

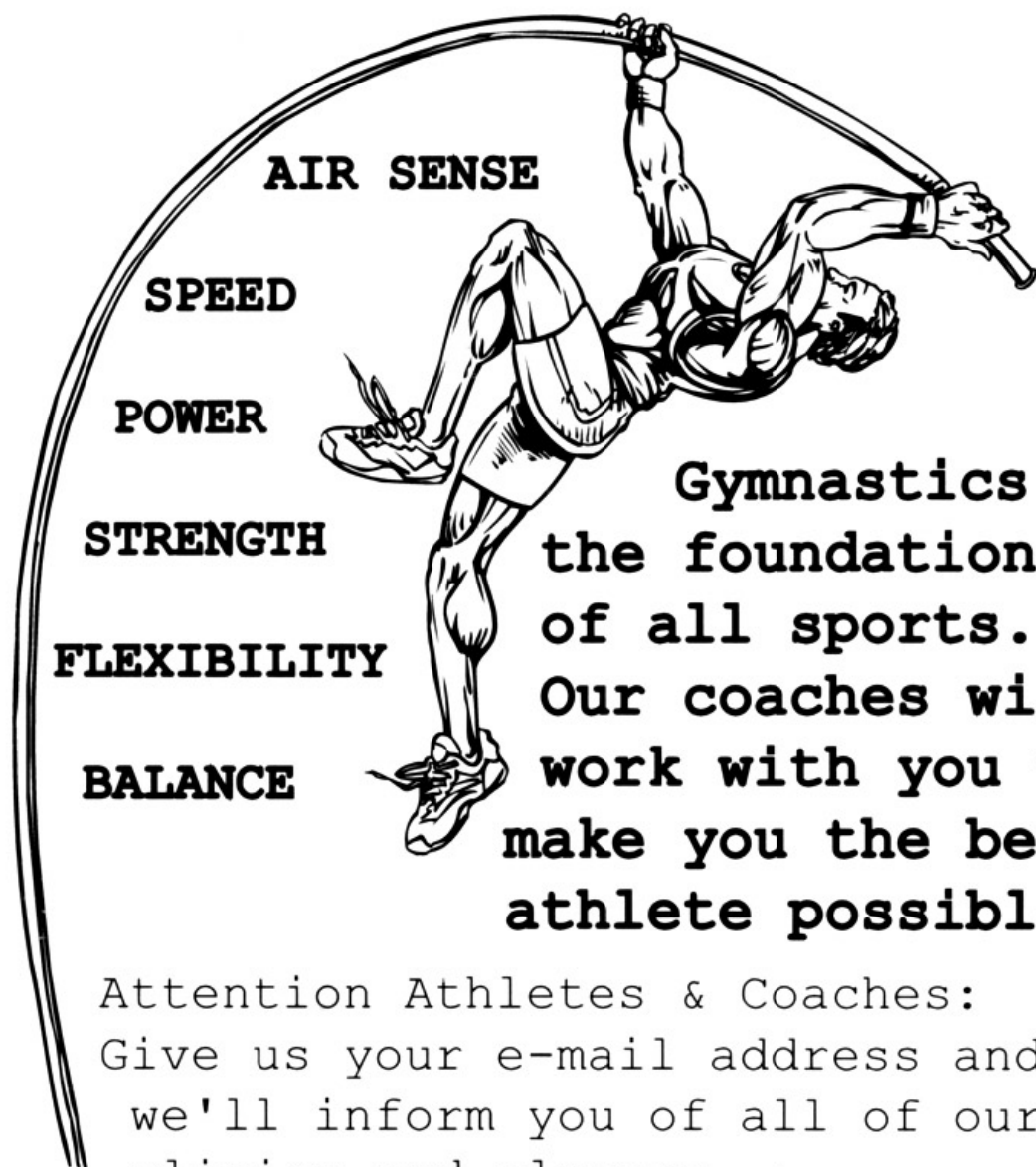


**The San Diego
Union-Tribune**

**Track
& Field
Guide
2003**

*Reggie Bush,
Helix High School*

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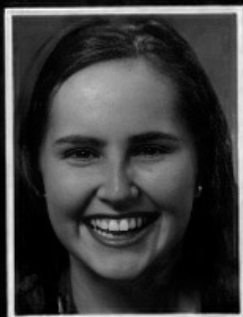
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North County Gymnastics

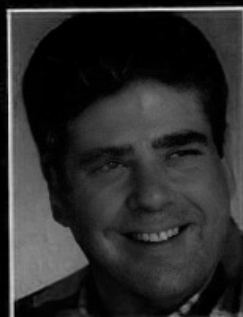
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FOOTBALL STAR CAN RUN, TOO

There's no missing Helix High's Reggie Bush in a crowd. He's the muscular, athletic-looking fellow with the easy smile and confident demeanor.

He's also the fastest returning sprinter in the state who, upon declaring that he was going to sign a football letter of intent with the University of Southern California, told a national television audience he would do so because of USC's, "strong track and field tradition."

A plug for track on national TV? During a football game? Unheard of.

But Reggie Bush takes his track seriously. Third place finishes in the 100 and 200-meter dashes at last year's California State Championships only fired his competitive instincts. Days after finishing an exhausting football campaign, he was on the track, starting what he hopes is the road to returning sprint dominance to San Diego.

Bush clocked times of 10.42 seconds in the 100 and 21.06 in the 200.

As if that weren't enough, it looks as though the Scotties will be positioned for a serious threat on the CIF-San Diego Section 400-meter relay record as well. Bush, Derrell Hutsona and Bryon Barmer return off last year's club and will be joined by Rancho Bernardo transfer Deun White, who has clocked times of 21.17 in the 200 and 47.36 in the 400.

White, who missed out on last year's state meet, is a potential state scorer in both of his favorite events and when you add in distance running standout Babey Wagnew (tie for 9th in the Footlocker Western Regional), Marcus Carroll, a 23-4 (windy) long jumper, Barmer in the hurdles and Hutsona in the short sprint, you can see why Helix is considered one of the early favorites for the state team title.

Elsewhere for the boys, state finalists like Clairemont's Jake Symons and Carlsbad's Kurt Hurley in the short hurdles, Rancho Bernardo's 15-4 pole vaulter Zack Miller, and weight men Nick Allotta of RB and Jared Bray of Mission Bay, it should be an interesting year.

It was a youth movement in the girls ranks last year and there is no shortage of possible state contenders.

El Camino's Jolanda Diego was a state qualifier in the 100 and 200 as a soph, UC's Shakara Lott dazzled in the 400 as a freshman and Serra's Sparkle Anderson joined an elite group of 40-foot triple jumpers in her junior season.

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

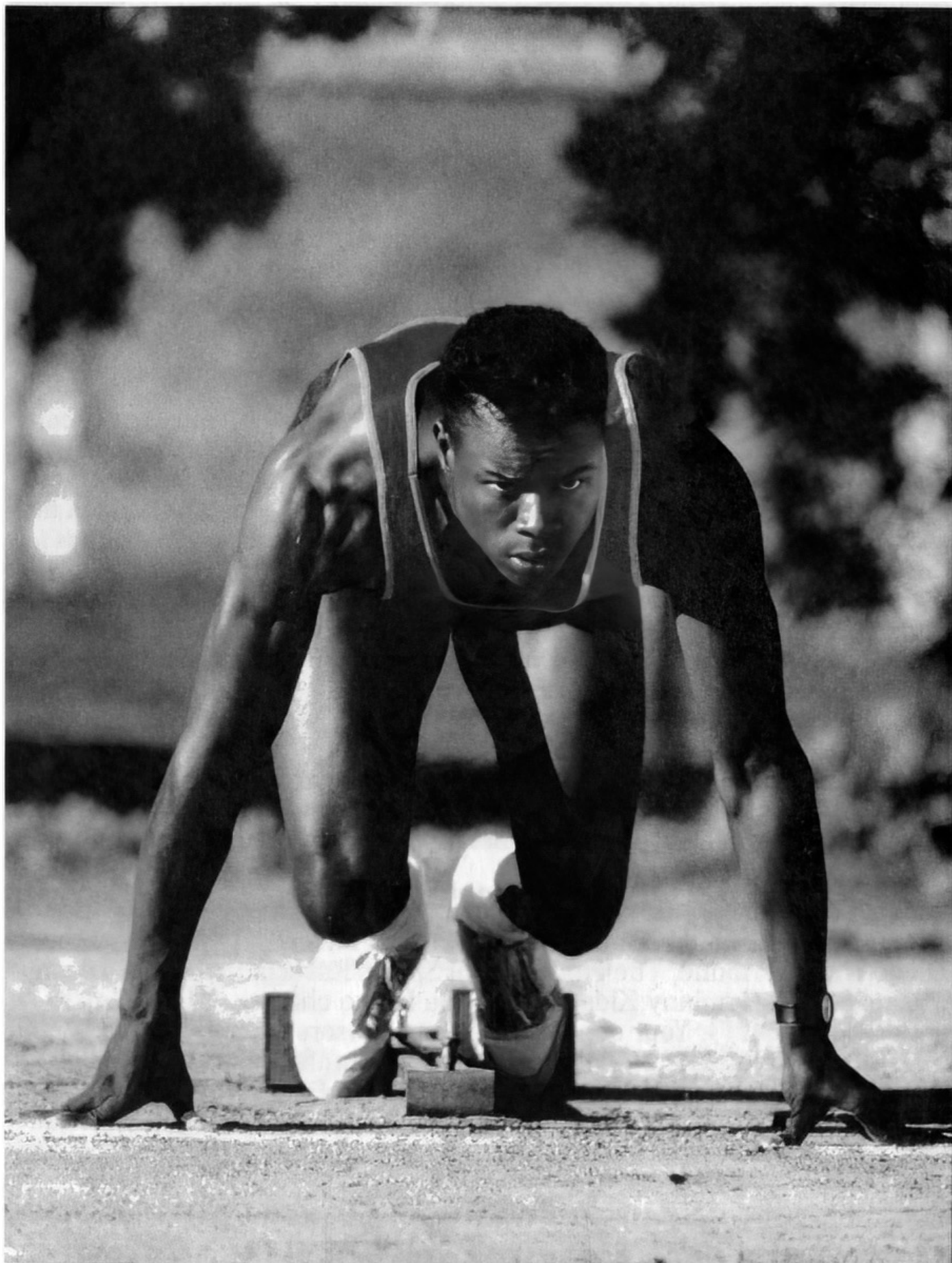
Captions

Front page: Helix's Reggie Bush, male track athlete of the year.

Back page: Jenna Timinsky, female track athlete of the year.

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

STARS OF THE PAST



Southwest High's Riley Washington set a still-standing state meet record winning the 100-meter dash at 10.30 in 1992.

2002 Boys Leaders

100 (fully Electronic)

10.42	*Reggie Bush, Helix	State Prelims
10.72	Fiat Johnson, Serra	Eastern Final
10.78	*Michael Matison, Mt. Carmel	Masters
10.81	Blake Frazier, Uni. City	Eastern Finals
10.83	Chauncey Smith, Uni. City	Pasaadena Games
10.90	**Vinnie Weathers, Serra	Eastern Prelims
10.91	*Derrell Hutsona, Helix	Div. Finals
10.98	DeCoryius Jones, Lincoln	Harbor Finals
10.99	Travis Picou, Mt. Miguel	Grossmont Finals
11.02	*Demetrius Westbrook, Morse	Dual
11.08	*Baumer Brumfield, Uni. City	Dual
11.08	*Bryce Yeaton, Ramona	Masters
11.09	J.C. Marasigan, Orange Glen	Dual
11.10	*Brandon Anthony, El Camino	Div. Prelims
11.14	**Marvell Wynne, Poway	Palomar Finals
11.19	Ian Moreland, Morse	Dual
11.20	*Ryan Welter, Granite Hills	Div. Prelims
11.24	*Derrick Doggett, Uni. City	Eastern Prelims
11.24	**Chris Robinson, Eastlake	Div. Prelims
11.27	Jeff McNeal, Montgomery	Jaguar Inv.
11.27	Tyrae Jones, El Camino	CIF Prelims
11.28	Qumar Potter, San Diego	Eastern Prelims
11.29	*Bernard Lam, Bishop's	Coastal Final
11.29	B..J. Adams, Horizon	Coastal Final
11.30	*Brett Swain, Carlsbad	CIF Prelims

200

21.06	*Reggie Bush, Helix	CIF Finals
21.16	*Deun White, Rancho Bernardo	Palomar Finals
21.26	Fiat Johnson, Serra	Masters
21.82	Brady Douglas, Mt. Miguel	CIF Prelims
21.83	*Travis Picou, Mt. Miguel	Masters
21.92	DeCoryius Jones, Lincoln	Harbor Finals
21.98	*Daniel Christian, Henry	Masters
22.08	Chauncey Smith, Uni. City	Pasadena Games
22.39	*D'Undre Byrd, Eastlake	CIF Prelims
22.39	Ferris Gaylon, RBV	CIF Prelims
22.40	*Derrick Doggett, Uni. City	Eastern Finals
22.47	*Demetrius Westbrook, Morse	Eastern Prelims
22.49	Said Nelson, Rancho Bernardo	Palomar Finals
22.52	*Baumer Brumfield, Uni. City	Pasadena Games
22.57	Rashad Moseley, El Camino	CIF Prelims
22.59	Jeff McNeal, Montgomery	Sundevil
22.60	Maeland James, Uni. City	Eastern Finals

400

47.63	*Deun White, Rancho Bernardo	Palomar Finals
47.84	Brady Douglas, Mt. Miguel	CIF Finals
48.84	*DaSean Cunningham, Uni. City	Eastern Finals
48.89	*D.J. Contreras, Valley Canter	Masters
49.00	Ferris Galyon, RBV	CIF Finals
49.3	*Demetrius Westbrook, Morse	Dual
49.6c	*Reggie Bush, Helix	Dual
49.76	Hunter Reddick, Morse	Eastern Finals
49.87	*Roy Benjamin, Helix	CIF Finals
50.04	Patrick Mahoney, Mt. Carmel	Palomar Finals
50.10	*Daniel Christian, Henry	Masters
50.2	Rodney Brown, San Diego	Dual
50.27	Pat McDonough, La Costa Canyon	Orange Glen
50.30	Maeland James, Uni. City	CIF Finals
50.33	Steve Maldonado, Vista	Palomar Finals
50.62	Marcos Torres, Brawley	CIF Finals
50.80	*D'Juan Wright, Kearny	Western Finals
50.91	*Andre Hadley, Monte Vista	Orange Glen
51.0	Randon Jorgenson, Vista	Dual
51.09	Gabe Uribe, Mt. Carmel	CIF Finals
51.14	Chauncey Smith, Uni. City	Bronco
51.19	**Dani Mankoff, San Pasqual	Valley Prelims
51.2c	Quentin Anderson, Valhalla	Grossmont prelims
51.23	Ben Shiftan, LJCD	Coastal Finals
51.26	**Jack Dollard, USDHS	CIF Finals
51.29	*Julian Arthur, Bishop's	Coastal Finals

800

1:55.69	Abadir Barre, Mt. Carmel	Orange Glen
1:56.14	Mike Ostler, El Camino	Masters
1:56.17	*Drew Porter, La Costa Canyon	Orange Glen
1:56.29	*Dan Blomgren, Scripps Ranch	Masters
1:56.31	*Zach Gribben, El Cajon Valley	Masters
1:56.66	Cooper Bachman, Valley Center	Masters
1:56.81	Eric Dunn, Pt. Loma	CIF Finals
1:56.93	Scott Servis, Escondido	Orange Glen
1:57.67	Mario Fierro, USDHS	Masters
1:57.94	*Dan Driscoll, Monte Vista	Masters
1:58.10	*Artemio Mateo, RBV	Bronco
1:58.69	Alan Aradanas, Mt. Carmel	Orange Glen
1:58.95	*Wai John Wai, Christian	CIF Finals
1:59.17	Tim Irwin, Fallbrook	CIF Prelims
1:59.8	*Anthony Fogelstrom, Carlsbad	Avocado Finals
1:59.83	Chris Tanks, Rancho Bernardo	Titan
2:00.20	**Oscar Ignacio, San Marcos	Titan
2:00.23	Jimmy Retherford, San Marcos	Titan
2:00.28	Karthik Demoor, West Hills	CIF Prelims

1,600

4:17.39	Abadir Barre, Mt. Carmel	Palomar Finals
4:18.31	**Troy Swier, Mar Vista	CIF Finals
4:19.81	Taylor Williams, Helix	Masters
4:19.83	*Artemio Mateo, RBV	State Prelims
4:22.13	Joe Ruiz de Chavez, Rancho Bernardo	Dual
4:23.28	*Elliott Davey, Mt. Carmel	Palomar Finals
4:24.13	*Brad Liber, Uni. City	Eastern Finals
4:24.93	Nicholas Salomone, Vista	Palomar Finals
4:25.62	*Gus Polito, Valley Center	Orange Glen
4:26.13	*Sean Barrett, St. Augustine	Western Finals
4:26.40	*Oswaldo Alvarez, San Diego	CIF Finals
4:26.67	**Paul Coover, La Jolla	Sundevil
4:27.37	Brandon Zelones, Mira Mesa	CIF Prelims
4:27.46	**Ryan Becijos, Bonita Vista	CIF Prelims
4:28.53	**Jose Diaz, Vista	Sundevil
4:28.58	Haji Hassan, Hoover	CIF Finals
4:28.92	**Edgar Llanes, Sweetwater	Sundevil
4:28.99	*Adam Goldberg, Mt. Carmel	Orange Glen
4:29.35	**Ryan Graddy, Torrey Pines	Palomar Finals
4:29.38	**Zack Norcross, Monte Vista	CIF Finals
4:29.38	Kevin Brock, Mission Bay	CIF Finals
4:29.73	*Kern Huerta, Uni. City	Pasadena Games
4:29.84	Filberto Martinez, El Cajon Valley	CIF Finals
4:29.9c	**Garrick Frew, Helix	Grossmont prelims
4:30.2c	*Dan Driscoll, Monte Vista	Grossmont prelims
4:30.4c	**Babey Wagnew, Helix	Grossmont prelims
4:30.53	*Brian Bradshaw, Pt. Loma	CIF Prelims
4:30.6	Mike Ostler, El Camino	Avocado prelims

3200

9:15.51	**Babey Wagnew, Helix	Arcadia
9:19.69	*Gus Polito, Valley Center	State Finals
9:22.79	**Troy Swier, Mar Vista	Arcadia
9:28.75	*Sean Barrett, St. Augustine	Masters
9:29.08	Taylor Williams, Helix	Arcadia
9:29.1	*Brad Liber, Uni. City	Eastern Finals
9:30.72	Solomon Kumbi, Hoover	Masters
9:32.19	Abadir Barre, Mt. Carmel	Palomar Finals
9:35.24	*Adam Goldberg, Mt. Carmel	Palomar Finals
9:36.33	Brandon Zelones, Mira Mesa	Bronco
9:38.66	Ryan Skerl, Valley Center	Valley Finals
9:44.05	*Shea Rollin, Henry	CIF Finals
9:44.60	Carlos Sanchez, Ramona	CIF Finals
9:45.6	Haji Hassan, Hoover	Harbor Finals
9:46.44	**Jose Lopez, San Diego	CIF Finals
9:46.72	Andres Padilla, Chula Vista	Titan

9:47.00	*Kip Madden, Valhalla	Bronco
9:47.05	**Edgar Llanez, Sweetwater	Titan
9:48.0	*Kern Huerta, Uni. City	Dual
9:48.51	*Ross Halleland, West Hills	Orange Glen
9:49.1	*Alex Casarez, Fallbrook	Avocado Finals
9:50.05	*Oswaldo Alvarez, San Diego	Avocado Finals
9:51.49	*Tye Lidman, Torrey Pines	Palomar Finals
9:51.68	Abdirizak Abdi, Sweetwater	Titan

110HH

14.28	Blake Frazier, Uni. City	Mt. SAC
14.59	Mike Cunningham, West Hills	Sundevil
14.76	Trent Stroh, Valley Center	Titan
14.76	*Jake Symons, Clairemont	Masters
14.77	*Kurt Hurley, Carlsbad	CIF Finals
14.90	Ryan Bartsch, Eastlake	CIF prelims
14.92	*Brandon Bornes, RBV	Sundevil
14.92	Marcel Baca, Eastlake	Sundevil
14.93	**Bryon Barmer, Helix	CIF Prelims
14.98	Nathan Enriquez, St. Augustine	Sundevil
15.05	Keoni Owens, Helix	CIF Finals
15.12	Said Nelson, Rancho Bernardo	Palomar Finals
15.29	*Chris Reina, Orange Glen	Valley Finals
15.33	*Eric Castille, El Camino	Sundevil
15.34	Jeremiah McLeod, Fallbrook	CIF Prelims
15.41	*Chaz Lomack, Pt. Loma	CIF Finals
15.42	**Sean Pentz, Poway	Palomar Finals

Hand times

14.6	Blake Frazier, Uni. City	Dual
14.7	Richard Encinas, Brawley	Yuma Invite
14.7	Trent Stroh, Valley Center	Dual
14.7	Ryan Bartsch, Eastlake	Dual
14.8	*Jake Symons, Clairemont	Dual
14.8	Marcel Baca, Eastlake	Dual
14.8	Mike Cunningham, West Hills	Grossmont prelims
14.9	**Bryon Barmer, Helix	Dual
15.0	*Kurt Hurley, Carlsbad	Avocado Prelims

300IH

38.21	Tyrae Jones, El Camino	State prelims
38.26	Mike Cunningham, West Hills	Titan
38.72	*Brandon Bornes, RBV	CIF Finals
39.03	Nathan Enriquez, St. Augustine	Orange Glen
39.07	Trent Stroh, Valley Center	Valley prelims
39.21	*Ryan Welter, Granite Hills	CIF Finals
39.57	Chris Hayward, El Camino	Sundevil
39.71	*Kurt Hurley, Carlsbad	Arcadia

39.74	*Jake Symons, Clairemont	Masters
39.84	Adam Contreras, Valley Center	Sundevil
40.04	*Justin Hillary, Bonita Vista	Sundevil
40.25	*Alfonso Hernandez, Sweetwater	Titan
40.31	Ryan Bartsch, Eastlake	Titan
40.34	Jeremiah Mcleod, Fallbrook	Sundevil
40.37	*Chris Reina, Orange Glen	CIF Finals
40.44	Said Nelson, Rancho Bernardo	Titan
40.47	Corey Dart, Granite Hills	CIF Finals
40.66	Blake Frazier, Uni. City	Dual
40.66	*Bryon Barmer, Helix	Grossmont Finals
40.67	J. D. Gaddis, El Centro Central	CIF Prelims
40.75	Marlon Lonzon, Montgomery	Sundevil
40.8	Richard Encinas, Brawley	Yuma Invite

4x100 Relay

41.00	Helix	State Finals
41.51	University City	Mt. SAC
42.17	Serra	CIF Finals
42.18	Rancho Bernardo	Palomar Finals
42.34	El Camino	Masters
42.39	Mt. Miguel	Masters
42.48	Mt. Carmel	Palomar Finals
42.81	Morse	eastern Finals
43.24	Eastlake	CIF Prelims
43.24	Lincoln	CIF Finals
43.41	Vista	Jaguar
43.52	Bishop's	CIF Finals
43.55	Ramona	Titan
43.66	Poway	CIF Prelims
43.97	Carlsbad	Orange Glen
43.98	Horizon	Coastal Finals
43.99	Rancho Buena Vista	Palomar Finals
43.99	West Hills	CIF Prelims
44.09	Orange Glen	Valley Finals
44.09	Montgomery	Sundevil

4x400 Relay

3:16.73	University City	State Finals
3:20.27	Rancho Bernardo	Palomar Finals
3:22.25	La Costa Canyon	Masters
3:23.07	Mt. Carmel	Masters
3:23.16	Helix	CIF Prelims
3:23.90	Poway	Palomar Finals
3:25.00	Vista	Palomar Finals
3:25.67	USDHS	Masters
3:25.69	Escondido	CIF Finals
3:26.17	Lincoln	CIF Finals

High Jump

7-0	Keno White, Rancho Bernardo	Dual
6-8	Pat McDonough, La Costa Canyon	Dual
6-6	Blake Frazier, Uni. City	Dual
6-6	*Cole Marton, Carlsbad	Dual
6-3	**Michael Menke, Vista	Dual
6-3	**Desmond Burt, Serra	State Prelims
6-2	**Dominic Mercado, Torrey Pines	Dual
6-2	**Darrell Zepeda, Rancho Bernardo	Bronco
6-2	**Kellan Anderson, La Costa Canyon	Dual
6-2	*Owen Olson, La Costa Canyon	Maverick
6-2	Gerell Henderson, El Centro Central	Sweetwater
6-2	*John Gunther, Fallbrook	Dual
6-2	*Zack Miller, Rancho Bernardo	Dual
6-2	Daniel Poyner, Serra	Dual
6-2	Ronnie Jones, Fallbrook	Orange Glen
6-2	Demetrius Leviatt, Monte Vista	Orange Glen
6-2	J.D. Gaddis, El Centro Central	IVL Finals
6-2	***Reid McLean, Coronado	CIF Finals
6-1	**Roger Endreson, Mt. Carmel	Sundevil
6-1	Anthony Tindell, Granite Hills	Sundevil
6-1	Marcel Baca, Eastlake	Dual
6-1	*Raul Hernandez, Brawley	Dual

Pole Vault

15-8	Adrian Ruark, Pt. Loma	Masters
15-4	Tim Warner, Carlsbad	Masters
15-4	*Zack Miller, Rancho Bernardo	State Prelims
15-0	Cameron Figueroa, Granite Hills	Arcadia
15-0	Ryan Spitz, Rancho Bernardo	Dual
15-0	Josh Malmuth, Torrey Pines	CIF Finals
14-10	Daniel Poyner, Serra	State Prelims
14-8	*Billy Matthies, Rancho Bernardo	Dual
14-6	**Matt Steverson, rancho Bernardo	Frosh-Soph
14-6	Joe Harlin, Fallbrook	Avocado Finals
14-1	*Charlie Montgomery, Grossmont	Jaguar
14-0	*Fernando Romero, Sweetwater	Dual
14-0	**Jon Hori, Orange Glen	Dual
13-9	Aldrich Galimba, Escondido	Dual
13-9	**Jared Secrist, Mt. Carmel	Dual
13-9	*Eric Nyberg, Uni. City	Dual
13-8	Brendan Hawkins, San Pasqual	CIF Finals
13-7	Terral Beanum, Valley Center	Dual
13-6	Frank Vasquez, Eastlake	Orange Glen
13-6	**Evan Peterson, Fallbrook	Avocado Finals
13-6	Mike Cunningham, West Hills	Grossmont Finals

Long Jump

23-1 1/2	Keno White, Rancho Bernardo	Palomar Finals
23-1	Demetrius Westbrook, Morse	Dual
23-0	*Derrell Hutsona, Helix	Jaguar
23-0	Arquis Lawson, Lincoln	Dual
22-11 1/2	**Vinnie Weathers, Serra	Dual
22-8	*Brandon Bornes, RBV	Jaguar
22-7 1/2	*Travis Picou, Mt. Miguel	Orange Glen
22-7	Marcus Carroll, Helix	Grossmont Finals
22-4	Leonard Caples, Eastlake	Dual
22-3 1/2	*Joey Hauser, Vista	Jaguar
22-3 1/2	Dean Wu, Uni. City	Sundevil
22-0	*Patrick Carroll, San Diego	Dual
22-0	Jay Banks, Bonita Vista	Dual
21-11	Avante Agurs, Grossmont	Dual
21-10	Chris Greene, Ramona	Dual
21-8	Nykolas Tyler, Lincoln	Harbor Prelims
21-7 1/2	*Kenyatta Williams, Montgomery	Sundevil
21-7 1/2	**John Parker, Ramona	CIF Finals
21-7	*Marcus Smith, Morse	Dual
21-5 1/2	*Ryan Guy, La Costa Canyon	Dual
21-5	Ronnie Jones, Fallbrook	Dual
21-3 1/2	*Shean Hager, Santana	Grossmont prelims
21-3	*Joe Sly, Scripps Ranch	Jaguar
21-3	*Charles Smith, Helix	Grossmont Finals
21-2 3/4	**Dallas Johnson, Uni. City	Frosh-Soph
21-2 1/2	***Reid McLean, Coronado	Bronco
21-2	**Dominic Smith, Fallbrook	Dual

Triple Jump

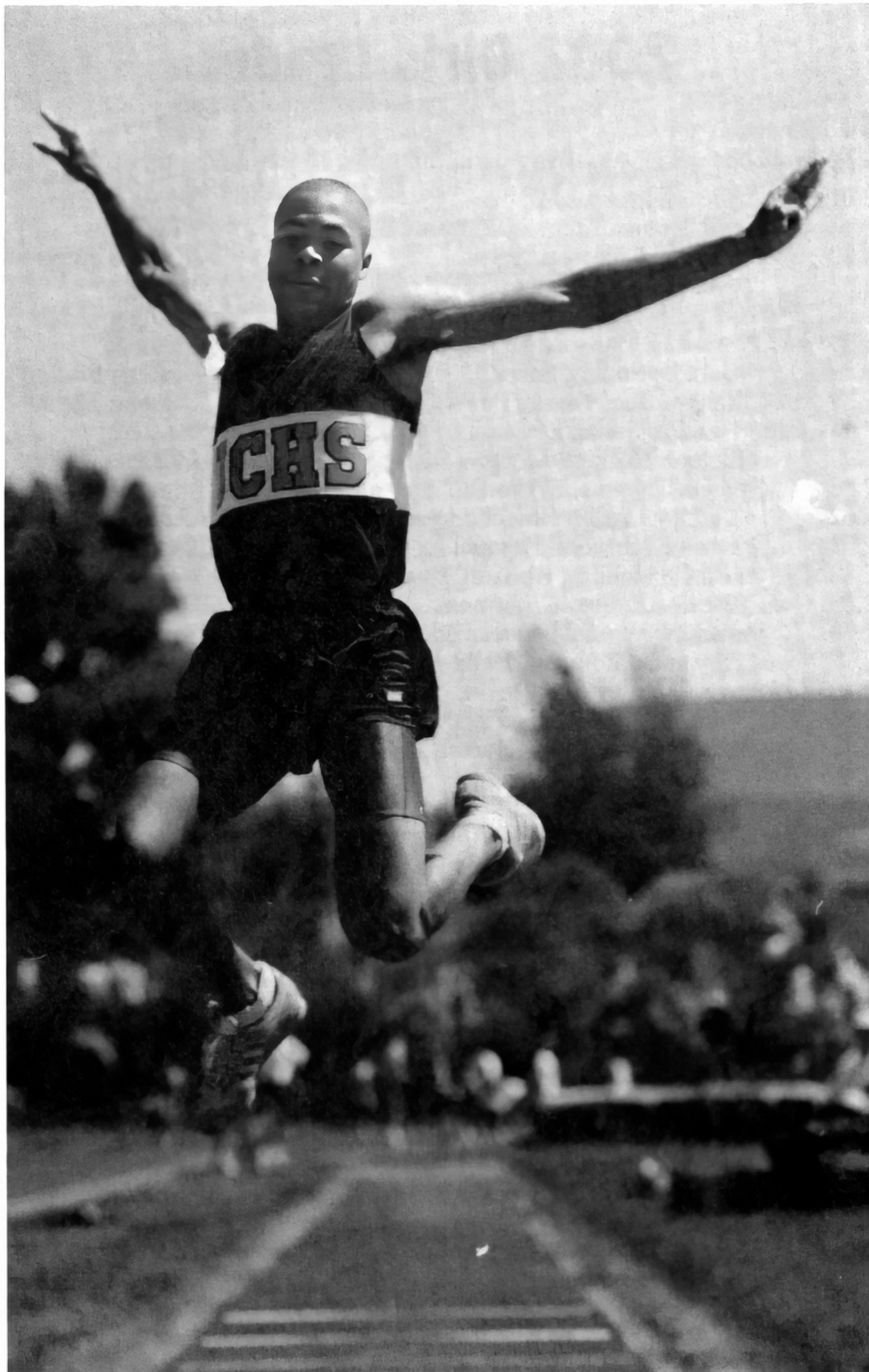
49-8 3/4	Keno White, Rancho Bernardo	Masters
46-6 3/4	**Frankie Green, Helix	Masters
46-4 1/4	*Roderick Williams, Sweetwater	CIF Finals
46-1 1/2	*Joey Hauser, Vista	Bronco
45-10 1/2	*Jordan Rosure, Sweetwater	Orange Glen
45-6 3/4	*Marcus Carroll, Helix	CIF Prelims
45-5	Avante Agurs, Grossmont	Arcadia
44-6	Charles Bean, Eastlake	Dual
44-5	Leonard Caples, eastlake	Dual
44-0 3/4	**Andrew Denny, Mt. Carmel	CIF Finals
43-11 1/4	Tyler Rohrback, La Costa Canyon	Avocado Finals
43-8 1/2	*Brandon Bornes, RBV	Dual
43-4 1/4	Anthony Simmons, Morse	CIF Prelims
43-4	Arquis Lawson, Lincoln	Dual
43-3 1/2	Jimmy Pinkerton, Carlsbad	Avocado Finals
43-3 1/2	Mike Hastings, Coronado	CIF Finals
43-3	Chris Greene, Ramona	Titan
43-2 1/2	Daniel Poyner, Serra	Eastern Finals
43-0 1/2	*Mark Cordes, Escondido	Valley Finals

Shot Put

58-6 1/2	*Jared Bray, Mission Bay	Western Finals
56-4	Eder Arosemena, Vista	CIF Prelims
56-1	*Nick Allotta, Rancho Bernardo	Masters
54-1	*Russell Foster, Bonita Vista	Dual
52-8	Dallas Smith, Escondido	Dual
52-5 1/4	*Tyler Ellis, Rancho Bernardo	Dual
51-8	Mike Moran, Calvary Christian	CIF Finals
51-7 1/2	Jarel Wilson, El Camino	Dual
51-7	Dustin Turley, Granite Hills	Grossmont Finals
51-2	Patrick Fejaran, Sweetwater	Orange Glen
50-7	Kyle Young, Fallbrook	Avocado Prelims
50-6 1/2	Sal Luna, Valhalla	Grossmont prelims
50-6 1/4	Cliff Learn, La Jolla	Masters
50-5	*R.J. Nevarez, Fallbrook	Dual
49-11	Brandon Fisher, Crawford	Dual
49-8 1/2	Greg Pulaski, Torrey Pines	Dual
49-6	**Chad Silva, RBV	Dual
49-5	*Ryan Simone, Helix	Grossmont Finals
49-3	Dion Girton, Pt. Loma	Sundevil
49-0 1/4	*Ante Smith, Hoover	Harbor Final
48-6	Sean McLean, Vista	Dual
48-5 1/2	*Mike Torcuato, Escondido	Valley Finals
48-4	Mark Martinez, Brawley	Dual

Discus

174-0	*Jared Bray, Mission Bay	CIF Prelims
171-10	*Nick Allotta, Rancho Bernardo	CIF Finals
167-4	*Tyler Ellis, rancho Bernardo	Dual
165-7	Cliff Learn, La Jolla	Masters
164-10	Jarel Watson, El Camino	CIF Finals
155-6	Dion Girton, Pt. Loma	Dual
155-4	Eder Arosemena, Vista	Dual
154-6	Ronnie McFadden, El Camino	Dual
153-2	*J. C. Cooper, Carlsbad	Orange Glen
152-2	*Cody Gocke, El Capitan	Sundevil
152-0	Patrick Fejaran, Sweetwater	Mesa Finals
150-10	*Chris Welter, Granite Hills	Dual
150-4	**Daniel Schaerer, Bishop's	CIF Prelims
149-4	Sal Carrera, Mar Vista	Dual
147-1	Ryan Ross, La Jolla	Dual
146-9	Cameron Mahr, Rancho Bernardo	Dual
146-7	*Howie Fuimaono, Bonita Vista	Mesa Finals
146-1	Sean McLean, Vista	Jaguar
145-8	**C.J. Bryant, West Hills	Dual
145-5	*Kevin Baer, Eastlake	Dual



University City's Jerome Price long jumped 25-5 in 1989

2002 Girls Leaders

100

12.01	**Jolanda Diego, El Camino	State Prelims
12.04	*Alicia Lowery, Morse	State Prelims
12.11	***Rashauna Amos, El Centro Southwest	CIF Finals
12.20	*Sparkle Anderson, Serra	Eastern Finals
12.22	**Taryn Jones, Helix	Masters
12.30	Nastassja Hall, RBV	Palomar Finals
12.38	**Kristan Matison, Mt. Carmel	Masters
12.39	**Jonelle Smiley, Serra	Eastern Prelims
12.39	*Kaitlyn Doe, Torrey Pines	Palomar Finals
12.43	**Jessica Gibbs, El Camino	Masters
12.45	*Shauna Hackett, Morse	Masters
12.48	Jessica Thomas, El Camino	Bronco
12.62	**Ashley Liggins, Rancho Bernardo	Dual
12.62	Valerie Evans, San Pasqual	Valley Finals
12.62	**Elisha Holiday, Horizon	Coastal Finals
12.65	**Bridgette Fox, Grossmont	CIF Finals
12.70	*Jasmine Winfield, Oceanside	Sundevil
12.76	**Laquisha Rodgers, Helix	Grossmont Finals
12.76	Deitra Manley, Lincoln	CIF Prelims
12.82	**Niki O'Neal, Chula Vista	Sundevil
12.84	Rachel Snare, Scripps Ranch	CIF Finals
12.85	***Vanessa Bobo, Morse	Frosh-Soph
12.85	*Marla Mason, Chula Vista	CIF Finals
12.86	Daniela Fromer, Mt. Carmel	Palomar Prelims
12.88	*Jaimee Grubbs, Escondido	Sundevil
12.89	***Eliana Paplada, Helix	Frosh-Soph

200

24.38	**Jolanda Diego, El Camino	State Prelims
24.96	***Shakara Lott, Uni. City	Eastern Finals
24.98	**Taryn Jones, Helix	Masters
25.12	***Rashauna Amos, El Centro Southwest	CIF Finals
25.5	*Jasmine Winfield, Oceanside	Dual
25.56	*Kaitlyn Doe, Torrey Pines	Palomar Finals
25.56	**Joelle Smiley, Serra	Eastern Finals
25.67	**Kristan Matison, Mt. Carmel	Sundevil
25.7	Nastassja Hall, RBV	Dual
25.7	Jessica Thomas, El Camino	Dual
25.77	Whitney Schmucker, La Jolla	Western Finals
25.8	***Kelly McCann, La Costa Canyon	Dual
25.90	*Alicia Lowery, Morse	Eastern Finals
25.97	Jenna Timinsky, San Dieguito	Coastal Finals
26.01	**Elisa Holiday, Horizon	CIF Prelims
26.08	*Denisha Bryant, Mt. Miguel	Grossmont Finals

26.08	*Jackie Mandy, Chula Vista	Sundevil
26.12	Deitra Manley, Lincoln	Harbor Finals
26.19	*Shauna Hackett, Morse	Eastern Prelims
26.31	**Bridgette Fox, Grossmont	CIF Finals
26.38	***Tracie Taylor, Clairemont	Harbor Finals
26.39	***Keierrah Beasley, Lincoln	Harbor Finals
26.40	*Daniela Fromer, Mt. Carmel	Palomar Finals
26.41	Valerie Evans, San Pasqual	Valley Finals
26.43	***Megan Parry, Poway	CIF Prelims
26.44	**Ashley Liggins, Rancho Bernardo	Dual
26.45	**Jessica Gibbs, El Camino	Frosh-Soph
26.58	**Laquisha Rodgers, Helix	Grossmont Finals

400

55.38	***Shakara Lott, Uni. City	State Prelims
56.06	***Kelly McCann, La Costa Canyon	Masters
56.40	Whitney Schmucker, La Jolla	Sundevil
57.0	Jenna Timinsky, San Dieguito	Dual
57.04	*Denisha Bryant, Mt. Miguel	Masters
57.54	*Jasmine Winfield, Oceanside	Masters
57.80	*Jackie Mandy, Chula Vista	CIF Finals
58.00	*Nicole Rothert, Fallbrook	Sundevil
58.8	**Jolanda Diego, El Camino	Dual
58.8c	Bryeanna Barmer, Helix	Grossmont Prelims
58.83	Nastassja Hall, RBV	Titan
59.02	**Holli Mayer, Monte Vista	Titan
59.21	**Cassie McLean, Vista	CIF Finals
59.29	**Monica Gamboa, El Centro Southwest	CIF Finals
59.72	*Aubree Duff, Valley Center	Valley Prelims
59.78	**Mishon Stalnaker, Ramona	CIF Finals
59.81	***Torrey Delaplane, Valley Center	Valley Finals
1:00.00	***Molly O'Toole, USDHS	Western Finals
1:00.0c	**Evon Willingham, Helix	Dual
1:00.10	Laura Landry, Rancho Bernardo	Dual
1:00.1	**Dani Schuster, Torrey Pines	Dual
1:00.12	**Lani Morris, Chula Vista	CIF Finals

800

2:08.74	Jenna Timinsky, San Dieguito	Masters
2:09.42	Whitney Schmucker, La Jolla	Masters
2:12.44	Allison Hall, Rancho Bernardo	State Prelims
2:15.02	Courtney Hall, RBV	Palomar Prelims
2:15.89	**Dani Schuster, Torrey Pines	Sundevil
2:16.21	**Cassie Atkinson, El Capitan	Masters
2:17.17	***Kelly McCann, La Costa Canyon	Arcadia
2:17.90	**Marie Raffray, San Dieguito	Masters
2:18.37	**Holli Mayer, Monte Vista	Masters
2:20.01	*Emily Melendrez, Poway	Titan
2:20.06	**Jackie Paras, Eastlake	CIF Prelims

2:20.33	Deanna Sick, Mt. Carmel	Sundevil
2:20.4c	Stephanie Baird, Helix	Dual
2:20.45	Kerry Kelly-Cochrane, USDHS	Masters
2:20.7	Nicole Mier, San Marcos	Avocado Finals
2:20.73	Sophia Marquez, Chula Vista	Masters
2:21.61	***Selina Munoz, Hilltop	CIF Prelims
2:21.8	Jenny Promack, Fallbrook	Avocado Finals
2:22.2	**Claire Rethmeier, San Pasqual	Dual
2:22.22	**Katherine Wingert, Coronado	Sundevil
2:22.52	**Mollie Gabriel, Uni. City	Eastern Finals
2:22.83	**Sariah St. Laurent, El Camino	Sundevil
2:22.9	*Jessie Ooms, Uni. City	Dual
2:23.69	***Kiri Gelhard, Rancho Bernardo	Titan
2:23.7	**Lorin Scott, San Pasqual	Dual
2:24.16	Katie Matlack, Fallbrook	Dual
2:24.2	**Halah Barre, Mt. Carmel	Dual
2:24.61	Jennifer Mitchell, Blythe Palo Verde	Titan
2:24.68	***Kristen Buono, Henry	Eastern Finals
2:24.87	***Casey Schostag, Valley Center	Valley Finals

1,600

4:54.23	**Dani Schuster, Torrey Pines	Palomar Finals
4:55.72	Jenna Timinsky, San Dieguito	Sundevil
5:01.45	Allison Hall, Rancho Bernardo	Trabuco Hills
5:06.61	**Rebecca Bostwick, Uni. City	Masters
5:06.86	**Lorin Scott, San Pasqual	Masters
5:08.35	*Jessica Ooms, Uni. City	Eastern Finals
5:08.6	Courtney Allen, RBV	Dual
5:08.8	Katie Matlack, Fallbrook	Avocado Finals
5:09.01	*Melissa Ramos, Fallbrook	Sundevil
5:09.5	Nicole Mier, San Marcos	Avocado Finals
5:09.91	**Camille Hall-Berry, Pt. Loma	Eastern Finals
5:10.2	Whitney Schmucker, La Jolla	Dual
5:10.72	Stephanie Baird, Helix	Dual
5:11.01	**Halah Barre, Mt. Carmel	Palomar
5:11.5	**Claire Rethmeier, San Pasqual	Dual
5:12.37	Deanna Sick, Mt. Carmel	CIF Finals
5:13.9	**Sariah St. Laurent, El Camino	Avocado Finals
5:16.07	***Amanda Beatty, Scripps Ranch	Western Finals
5:17.38	***Ranee Meeke, Grossmont	Masters
5:17.80	Krista Romley, Torrey Pines	Bronco
5:18.09	Rose Serna, Mission Bay	Western Finals
5:19.46	**Tracie Wooster, Poway	Palomar Finals
5:19.69	*Rebecca Sale, Valley Center	CIF Finals
5:20.04	*Rebecca Gonzalez, Bonita Vista	LB Wilson
5:20.48	Anne-Marie Byrne, USDHS	Western Finals
5:20.50	Hailey Moore, Torrey Pines	CIF Prelims
5:20.83	*Ali Baker, Mountain Empire	CIF Finals

5:20.91	Laura Adona, Serra	Eastern Finals
5:23.6	**Cassie Atkinson, El Capitan	Grossmont prelims
5:23.90	**Elaine Gillespie, West Hills	CIF Prelims
5:23.9	Sophie Marquez, Chula Vista	Mesa Finals

3,200

10:58.36	**Claire Rethmeier, San Pasqual	State Finals
11:07.53	**Halah Barre, Mt. Carmel	CIF Finals
11:09.93	Courtney Allen, RBV	State Finals
11:12.8	Courtney Hall, Rancho Bernardo	Bronco
11:15.31	***Erica Martineau, Vista	Masters
11:17.47	Stephanie Baird, Helix	Arcadia
11:20.47	*Jessica Ooms, Uni. City	CIF Finals
11:26.38	***Brooke Kerby, San Pasqual	Masters
11:27.0	**Rebecca Bostwick, Uni. City	Dual
11:32.30	Rose Serna, Mission Bay	CIF Finals
11:33.32	Kate Branson, Bonita Vista	Jaguar
11:34.15	Anne-Marie Byrne, USDHS	Masters
11:37.10	**Danae Hough, Valley Center	Valley Finals
11:39.42	Deanna Sick, Mt. Carmel	Titan
11:39.79	Sabrina St. Laurent, El Camino	Titan
11:39.94	**Erin Price, Santana	CIF Finals
11:40.5	Katie Matlack, Fallbrook	Tiger
11:41.28	**Samantha From, San Pasqual	Valley Finals
11:43.75	**Erica Bender, San Pasqual	Valley Finals
11:44.00	*Lauren Swigert, LJCD	CIF Finals
11:44.59	*Allison Hilton, Mt. Carmel	Palomar Finals
11:45.9	**Christine Burke, Henry	Eastern Finals
11:47.33	*Brenna Williams, Torrey Pines	Palomar Finals
11:47.6	Nicole Mier, San Marcos	Tiger
11:47.9c	*Rachel Farrior, Helix	Dual
11:47.99	***Randee Meeks, Grossmont	CIF Finals
11:48.33	Maija Rohde, Fallbrook	Sundevil

100H

14.78	*Tanisha Johnson, Helix	Sundevil
14.92	*jessica Eggleston, El Camino	Masters
15.05	*Meggie Afenir, Escondido	Masters
15.25	*Ashleigh Davis, El Camino	Masters
15.29	**Laiah Blue, Granite Hills	Masters
15.30	*Cheryl Hawkins, Morse	Eastern Finals
15.34	**Breanna White, Rancho Bernardo	Frosh-Soph
15.64	Alex Sims, Chula Vista	Masters
15.76	*Lyric Teigen, El Capitan	Masters
15.93	*Eva Tanner, Grossmont	CIF Finals
16.09	**Natasha Burton, Morse	Sundevil
16.12	*Kristina Andrews, Poway	Palomar Prelims
16.16	**Jennifer Black, El Centro Southwest	Masters

16.22	**Haley Robinson, Fallbrook	CIF Prelims
16.56	**Ashley Shriver, Monte Vista	Frosh-Soph
16.72	**LaShawn Cunningham, Lincoln	Harbor Finals
16.74	Devon Williamson, Morse	CIF Prelims
16.79	*Angela Lawrence, El Capitan	CIF Prelims
16.81	Alie Ribner, Torrey Pines	Palomar Finals
16.86	*Shanika White, Hoover	Harbor Prelims
16.86	**Lisa Malchow, Eastlake	CIF Prelims
16.88	***Katie Anderson, Poway	Palomar Prelims
16.90	*Antoinette Hill, Serra	Eastern Finals
16.91	*Kayleigh Knudson, Bonita Vista	CIF Prelims
16.92	Erica Schim, La Costa Canyon	CIF Prelims
16.99	*Brooke Alvord, Valley Center	CIF Finals

300LH

44.30	Nastassja Hall, RBV	Masters
44.70	*Jessica Eggleston, El Camino	CIF Prelims
44.98	Bryeanna Barmer, Helix	Grossmont Finals
45.1	*Ashleigh Davis, El Camino	Avocado Finals
45.4c	*Tanisha Johnson, Helix	Dual
46.02	*Meggie Afenir, Escondido	Valley Finals
46.23	Erica Schim, La Costa Canyon	Masters
46.54	*Jaimee Grubbs, Escondido	Sundevil
46.55	**Brooke Harper, Poway	Palomar Finals
47.07	**Lyric Teigen, El Capitan	Masters
47.15	**Jennifer Black, El Centro Southwest	CIF Finals
47.17	**Breanna White, Rancho Bernardo	Palomar Prelims
47.2	Laura Maurer, Fallbrook	Avocado Finals
47.24	*Cheryl Hawkins, Morse	CIF Prelims
47.31	*Nicole Woolfolk, Mission Bay	Masters
47.42	**Erica Julien, Clairemont	Masters
47.44	**Natasha Burton, Morse	Sundevil
47.44	*Trista Turner, RBV	Palomar Finals
47.48	Olivia Hudek, Hilltop	CIF Finals
47.71	***Bonnie Zabinsky, Valley Center	Valley Finals
47.88	Alex Sims, Chula Vista	CIF Prelims
47.9	***Jamie Klages, Coronado	Dual
47.92	*Alicia Sassano, Rancho Bernardo	CIF Prelims
47.96	**Krystine Cuaresma, OLP	Western Finals
48.00	*Brooke Alvord, Valley Center	CIF Finals
48.1	**Precious Beauford, Carlsbad	Avocado Prelims
48.22	*Kristina Andrews, Poway	Palomar Prelims
48.3	Alicia Demoe, Fallbrook	Avocado Finals
48.47	**Laiah Blue, Granite Hills	Sundevil
48.48	**Missy Briery, Torrey Pines	Palomar Prelims
48.48	***T'shara Hicks, Lincoln	CIF Finals
48.81	*Kayleigh Knudson, Bonita Vista	Titan
49.1	***Erica Ciaraldi, Uni. City	Dual
49.1	**Hayley Hamada, San Pasqual	Dual

4x100 Relay

47.01	El Camino	State Finals
47.60	Helix	CIF Prelims
47.99	Morse	CIF Prelims
48.88	Serra	Masters
48.97	Mt. Carmel	Masters
49.32	Mt. Miguel	Masters
49.43	San Pasqual	Masters
49.56	Lincoln	Masters
49.71	Rancho Bernardo	CIF Prelims
49.75	La Costa Canyon	CIF Prelims
50.43	Chula Vista	Titan
50.58	El Centro Southwest	CIF Finals
50.60	Vista	Palomar Finals
50.60	Poway	CIF Prelims
50.60	Bonita Vista	CIF Prelims
50.62	University City	Eastern Finals
50.81	Torrey Pines	CIF Prelims
50.90	West Hills	CIF Prelims
51.03	Eastlake	CIF Prelims
51.09	Valley Center	Dual
51.17	Carlsbad	CIF Prelims
51.18	Scripps Ranch	CIF Finals
51.20	Escondido	Titan

4x400 Relay

3:56.45	La Costa Canyon	Masters
3:56.67	Mt. Miguel	Masters
3:57.40	Helix	Masters
3:57.60	Rancho Bernardo	Masters
4:00.74	Poway	Palomar Finals
4:01.13	San Pasqual	Masters
4:01.76	Monte Vista	CIF Finals
4:02.32	University City	Masters
4:04.12	El Centro Southwest	CIF Finals
4:07.01	Morse	CIF Prelims
4:07.28	Fallbrook	Sundevil
4:07.85	USDHS	CIF Finals
4:09.42	Coronado	CIF Finals
4:10.33	Chula Vista	CIF Prelims
4:10.75	El Capitan	CIF Prelims
4:10.84	Vista	Palomar Finals
4:11.0	Valley Center	Dual
4:11.03	Eastlake	CIF Prelims
4:11.18	Torrey Pines	Palomar Finals
4:13.01	Mission Bay	Maverick
4:13.06	Mt. Carmel	Palomar Finals

High Jump

5-6	*Alex Jackson, Carlsbad	Dual
5-4	Nastassja Hall, RBV	Tiger
5-4	Shelene Gutierrez, Rancho Bernardo	Titan
5-4	Kate Bartkiewicz, Chula Vista	Titan
5-4	***Lindsey Whetstine, Mt. Carmel	Jaguar
5-4	*Jaime Ransom, Santana	Sundevil
5-4	*Nicole Morton, Fallbrook	Avocado Finals
5-2 3/4	***Jamie Klages, Coronado	Titan
5-2	***Ashley Bright, Poway	Tiger
5-2	*Eva Tanner, Grossmont	Dual
5-2	**Ashley Shriver, Monte Vista	Jaguar
5-2	**Jennifer Black, El Centro Southwest	Jaguar
5-2	**Cassie Atkinson, El Capitan	Titan
5-2	*Chanel Jefferson, Vista	Dual
5-2	Nicole Wentz, LJCD	Dual
5-2	Misty Brewster, Granite Hills	Sundevil
5-2	***Hannah Haehn, San Pasqual	Dual
5-2	Katie Brown, San Marcos	Dual
5-2	**Candice Wiggins, LJCD	Frosh-Soph
5-2	*Veronica Andrews, La Costa Canyon	Avocado Finals
5-1	*Maggie McGill, Christian	Dual

Pole Vault

12-3	Janea Russ, Granite Hills	Dual
12-0	*Ama Navidi, Rancho Bernardo	CIF Finals
11-9	*Eva Tanner, Grossmont	Jaguar
11-6	*Kara Filipowski, Valhalla	State Prelims
11-1	Marissa Earle, Rancho Bernardo	Dual
10-8	*Becky Gausepohl, Fallbrook	Sundevil
10-8	*Brenna Moyer, Carlsbad	Masters
10-6	*Christina Sloyer, La Jolla	Western Finals
10-6	***Rebecca Adams, Rancho Bernardo	Palomar Finals
10-6	*Liz Leyvas, Rancho Bernardo	Palomar Finals
10-4	*Megan Wilkenson, Eastlake	Dual
10-1	**Erin Dibos, Valhalla	Dual
10-0	Anastasia Fiehler, Valley Center	Dual
9-8	*Lauren Behr, La Jolla	Sundevil
9-8	Jennifer Zehla, La Costa Canyon	Dual
9-6	*Anne Walkush, Scripps Ranch	Tiger
9-6	Teri Lopez, West Hills	Dual
9-6	***Caity Lotz, Rancho Bernardo	Dual
9-6	Laura Betts, RBV	Titan
9-6	**Katie Hammond, Fallbrook	Dual
9-6	**Marina pastrana, Eastlake	Dual
9-6	***Kate Mattoon, Rancho Bernardo	Dual

9-6	**Lisa Robbins, Coronado	Dual
9-6	*Brooke Alvord, Valley Center	Valley Finals
9-2	Bree Saliwanshik, Uni. City	CIF Prelims
9-2	*Chrissy Jackson, OLP	CIF Prelims

Long Jump

19-0	Nastassja Hall, RBV	CIF Finals
18-11	Jessica Thomas, El Camino	Avocado Finals
18-7	*Sparkle Anderson, Serra	State Prelims
18-4	*Jessica Eggleston, El Camino	Avocado Prelims
18-3 3/4	*Nayelli Kryger, Valley Center	Dual
18-1 1/2	***Marquita Berry, El Camino	Avocado Finals
18-1	**Megan Fielden, Carlsbad	Dual
17-7 1/2	**Kristie Ernau, San Pasqual	Frosh-Soph
17-6 3/4	**Elisa Holiday, Crawford	Masters
17-5	**Candice Wiggins, LJCD	CIF Finals
17-1 1/2	*Tanisha Johnson, Helix	Dual
17-0 1/2	**Evon Willingham, Helix	Dual
17-0 1/2	***Mia Mobley, Mt. Carmel	Frosh-Soph
17-0	Ashlee Hegner, West Hills	Grossmont prelims
16-11	**Andrea Haywood, Monte Vista	Frosh-Soph
16-10 1/2	*Bre Priest, San Pasqual	Falcon
16-10 1/4	Laura Landry, Rancho Bernardo	Dual
16-10	*Kaitlyn Doe, Torrey Pines	Falcon
16-10	**Nicole Newman, La Costa Canyon	CIF Final
16-9 1/2	Kara Zuidema, Calvin	Coastal Finals
16-9	**Charde Houston, San Diego	Dual
16-7 1/2	***Ricki Sullivan, El Camino	Avocado Finals
16-6 1/2	**Leslie Rychal, Valhalla	Grossmont Finals
16-6	Taylor Cassidy, Oceanside	Dual
16-6	Keya Mason, El Camino	Avocado Finals
16-5 3/4	*Shawnte Rodgers, Helix	Grossmont Finals
16-5 1/2	***Heather Liedle, RBV	Frosh-Soph
16-5 1/2	Denise French, Bonita Vista	CIF Prelims

Triple Jump

40-1 3/4	*Sparkle Anderson, Serra	State Prelims
39-9 1/4	*Jessica Eggleston, El Camino	Masters
37-1 1/4	**Evon Willingham, Helix	CIF Prelims
36-6 1/4	Jessica Thomas, El Camino	Masters
36-4	**Ashley Shriver, Monte Vista	Grossmont Finals
35-8	***Heather Leidle, RBV	Frosh-Soph
35-5 1/2	*Nayelli Kryger, Valley Center	Dual
35-0	*Torrey Trust, La Costa Canyon	Avocado Finals
34-11 1/2	Samantha Barbour, Poway	Palomar Prelims
34-11 1/4	Devon Williamson, Morse	Bronco
34-8 1/2	**Erica Julien, Clairemont	Frosh-Soph
34-5 3/4	Kara Zuidema, Calvin	CIF Finals

34-4	*Atong Arjok, Hoover	Dual
34-4	***Ricki Sullivan, El Camino	Avocado Finals
34-2 1/4	Ashley Fuller, Orange Glen	CIF Prelims
34-2	*Jordana Anderson, Rancho Bernardo	Dual
34-1	*Shawnte Rodgers, Helix	Dual
34-1	***Mia Mobley, Mt. Carmel	Dual
34-0 1/2	Renee McKinney, RBV	Palomar Finals
33-10	**Katherine Smith, Granite Hills	Dual
33-9 1/2	**Megan Fielden, Carlsbad	Avocado Finals

Shot Put

46-2	Aiga Marie Taumua, Sweetwater	Sundevil
44-9	Carrie Johnson, Fallbrook	Dual
44-0	Raeanna Makihele, San Marcos	CIF Prelims
40-0	Cynthia Flores, Brawley	CIF Finals
39-4	*Florida Hunt, El Camino	Dual
39-3	**Whitney DeWeese, RBV	Sundevil
39-2	**Soledad Gonzalez, Eastlake	CIF Prelims
39-1	Breanna Makihele, San Marcos	Sundevil
38-10 1/2	*Kali Vander Vort, Ramona	Valley Prelims
38-4	***Chastity Toilolo, Helix	Grossmont Finals
37-10	Lina Fanene, Carlsbad	Dual
37-8	**Melissa Karnaze, Rancho Bernardo	Palomar Finals
37-8	*Kim Griffin, West Hills	Grossmont Finals
37-5	Luna Faló, Madison	Dual
36-7	*Jennifer Gendron, Poway	Palomar Finals
36-6	***Christine Kennedy, USDHS	Western Finals
36-4	Martinique Askinfosile, LJCD	Dual
36-4	***Dereka Winters, El Camino	Dual
36-2	*Jackie Hudson, Madison	Dual
36-0 1/4	*Samantha Singley, West Hills	Dual
36-0	*Lauren Laurent, El Camino	Dual
35-10	*Brittany Moon-Battung, Poway	Dual
35-8	**Via Tupuola, Vista	Dual
35-7	**Nikki Oakland, El camino	Sundevil
35-0	Jackie Turpin, Santana	Grossmont Finals

Discus

142-4	Jackie Turpin, Santana	CIF Prelims
141-9	**Whitney DeWeese, RBV	Masters
140-11	Brianna Makihele, San Marcos	Dual
139-11	Carrie Johnson, Fallbrook	Masters
130-5	Raeanna Makihele, San Marcos	Dual
128-8	Lina Fanene, Carlsbad	Dual
125-8	Aiga Maria Taumua, Sweetwater	Sundevil
123-0	*Kali Vander Vort, Ramona	Valley Finals
121-5	**Melissa Karnaze, Rancho Bernardo	Palomar Finals
121-1	*Samantha Singley, West Hills	Grossmont Finals
120-9	*Shannon Young, Eastlake	Dual

120-6	Kara Smith, Valley Center	Dual
119-5	*Jessica Kondrick, La Jolla	Dual
118-4	Alex Tabas, Carlsbad	Avocado Finals
118-3	*Brittany Moon-Battung, Poway	Dual
118-1	***Chastity Toilolo, Helix	Grossmont Finals
117-10	Alexandra Ray, Torrey Pines	Falcon
117-3	Cassie Maciejewski, Valley Center	Dual
117-0	*Florida Hunt, El Camino	Dual
115-1	*Kelly Vurik, RBV	Dual
114-8	*Jackie Hudson, Madison	Dual
113-3	Sarah Finch, Granite Hills	CIF Prelims
113-1	*Stacy Martinovich, Eastlake	So. Bay Finals
113-0	Martinique Akinfosile, LJCD	Coastal Finals

2002 State Meet Finalists (Top 9)

Boys

100	3. Reggie Bush	Helix	10.74
200	3. Reggie Bush	Helix.	21.15
400	9. Brady Douglas	Mt. Miguel	49.22
110HH	4. Jake Symons	Clairemont	14.78
	7. Kurt Hurley	Carlsbad	14.93
300IH	7. Tyrae Jones	El Camino	39.07
4x100	3. Helix		41.00
4x400	6. University City		3:16.73
High Jump	8. Wade Curry	Eastlake	6-4
Pole Vault	4. Adrian Ruark	Point Loma	15-0
	6. Zack Miller	Rancho Bern.	15-0
	8. Tim Warner	Carlsbad	No Ht.
Long Jump	9. Marcus Carroll	Helix	21-9 3/4
Shot Put	9. Nick Allotta	Rancho Bern.	53-6 1/4

Girls

100	8. Jolanda Diego	El Camino	12.21
	9. Alicia Lowery	Morse	12.22
200	7. Jolanda Diego	El Camino	24.47
400	9. Sharaka Lott	Uni. City	57.13
800	2. Jenna Timinsky	San Dieguito	2:09.48
	3. Whitley Schmucker	La Jolla	2:09.73
	6. Allison Hall	Rancho Bern.	2:12.99
1,600	8. Dani Schuster	Torrey Pines	5:18.53
4x100	5. El Camino		47.03
Pole Vault	4. Janae Russ	Granite Hills	12-3
Long Jump	7. Sparkle Anderson	Serra	18-3 1/4
Triple Jump	7. Jessica Eggleston	El Camino	38-3
	9. Sparkle Anderson	Serra	NM
Shot Put	8. Aiga Marie Taumua	Sweetwater	43-6
	9. Carrie Johnson	Fallbrook	41-10 3/4

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	40.66
		(Long, Ward, Hayes, Douglas)	
1996	4x400 Relay	Morse	3:10.80 (n)
		(Jones, Carter, Pinson, Burston)	
1979	High Jump	Frank Schiefer, Madison	7-2
1995	Pole Vault	Mike Brown, Torrey Pines	16-4
1966	Long Jump	Doyle Steele, San Diego	25-5 1/4
1994	Triple Jump	Von Ware, RBV	52-0
1990	Shot Put	Brent Noon, Fallbrook	76-2
1990	Discus	Brent Noon, Fallbrook	200-8 (n)

Girls

Year	Event	Name, School	Mark
1984	100 Meters	Gail Devers, Sweetwater	11.51
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	45.94*
		(Young, Reed, Gaston, Lovelady)	
1996	4x400 Relay	Morse	3:49.12h
		(Rankin, Henderson, Groce, Garner)	
1978	High Jump	Sue McNeal, Carlsbad	5-10 1/4
1998	Pole Vault	Kathleen Donoghue, RB	12-8 1/4
1984	Long Jump	Gail Devers, Sweetwater	20-7
1987	Triple Jump	Jackie Anderson, Mt. Miguel	41-8 1/4
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
10.42	Reggie Bush	Helix	2002
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	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	Fiat Johnson	Serra	2002
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
10.77	Deun White	Rancho Bernardo	2002

200 Meters

20.97	Ike Okenwa	Morse	1998
20.99	Vince Williams	Uni. City	1996
21.00	Ray Ethridge	Crawford	1987
21.06	Reggie Bush	Helix	2002
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
21.16	Deun White	Rancho Bernardo	2002
21.23	Darnay Scott	Kearny	1991
21.24hc (21.1y)	Elijah Jefferson	Crawford	1975
21.24hc (21.1y)	David Russell	Henry	1976
21.26	Fiat Johnson	Serra	2002
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	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
48.84	DaSean Cunningham	University City	2002
48.85	Jamal Briggs	University City	2000
48.85	Brian Scott	Rancho Bern.	1995

800 Meter

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
14.28	Blake Frazier	University City	2002
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
38.21	Tyrae Jones	El Camino	2002
38.24h	Travis Knox	San Dieguito	1985
38.26	Mike Cunningham	West Hills	2002
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
38.72	Brandon Bornes	RBV	2002

400 Meter Relay

40.66	University City	1998
41.00	Helix	2002
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

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
3:16.73	University City	2002
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	Keno White	Rancho Bernardo	2002
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	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	Adrian Ruark	Point Loma	2002
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	Zack Miller	Rancho Bernardo	2002
15-4	Tim Warner	Carlsbad	2002
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 3/4	Keno White	Rancho Bernardo	2002
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

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	Kunesha Miller	Morse	1994
12.01	Yolanda Diego	El Camino	2002
12.03	Kim Matthews	Morse	1987
12.04	Alicia Lowery	Morse	2002
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
24.38	Jolanda Diego	El Camino	2002
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	DeCola 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

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
55.38	Sharaka Lott	Morse	2002
55.75	Whitney Schumucker	La Jolla	2001
55.82	Lesley Noll	Mt. Carmel	1985
56.04hc (56.2y)	Tracy Baker	Monte Vista	1982
56.08	Kelly McCann	La Costa Canyon	2002
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
57.04	Denisha Bryant	Mt. Miguel	2002
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
57.54	Jasmine Winfield	Oceanside	2002

800 Meters

2:08.00	Lesley Noll	Mt. Carmel	1985
2:08.46	Laura Chapel	University City	1986
2:08.74	Jenna Timinsky	San Dieguito	2002
2:09.06	Darcy Arreola	Grossmont	1985
2:09.42	Whitney Schmucker	La Jolla	2002
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
2:12.44	Allison Hall	Rancho Bernardo	2002
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
4:54.23	Dani Schuster	Torrey Pines	2002
4:54.24c (4:55.7y)	Cheryl Flowers	Valhalla	1977
4:55.08	Julie Ott	USDHS	1997
4:55.72	Jenna Timinsky	San Dieguito	2002
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

3,200 Meters

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
14.78	Tanisha Johnson	Helix	2002
14.82	Latanya Agurs	Grossmont	1998
14.86	Katie Coin	Rancho Bernardo	2000
14.92	Jessica Eggleston	El Camino	2002
14.99	Bahed Hernandez	Mt. Carmel	1996
15.03	Kiesha Porter	Mira Mesa	1994
15.05	Meggie Afenir	Escondido	2002
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	Ashleigh Davis	El Camino	2002
15.25	Audrey Pound	Poway	2001
15.29	Laiah Blue	Granite Hills	2002
15.30	Cheryl Hawkins	Morse	2002
15.30	Bryeanna Barmer	Helix	2001
15.32	Nikki Dulin	Rancho Bernardo	2000
15.32	Melissa McGrath	Rancho Bernardo	1999
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

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
44.30	Nastassja Hall	RBV	2002
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
44.70	Jessica Eggleston	El Camino	2002
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

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

47.03	El Camino	2002
47.12	Morse	1989
47.33	Morse	1991
47.41	Morse	1982
47.45	Morse	1985
47.48	Morse	1997
47.54	Morse	1999
47.60	Helix	2002
47.62	El Camino	2000
47.65	Lincoln	1998
47.68c (47.88y)	Morse	1977
47.83	Morse	1992

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
5-6	Alex Jackson	Carlsbad	2002

Pole Vault

13-3	Tracy O'Hara	Rancho Bernardo	1998
12-8 1/4	Kathleen Donoghue	Rancho Bernardo	1999
12-3	Janea Russ	Granite Hills	2002
12-3	Molly Pascarella	Rancho Bernardo	2001
12-2 1/2	Natalie Dennison	Rancho Bernardo	1999
12-0	Ama Navidi	Rancho Bernardo	2002
12-0	Erin Asay	Sweetwater	2001
11-9	Eva Tanner	Grossmont	2002
11-9	Kylene Nixon	Poway	1997
11-8	Julie Stuart	Grossmont	1998
11-6	Kara Filipowski	Valhalla	2002
11-6	Marissa Earle	Rancho Bernardo	2001
11-6	Julie Hudlow	Rancho Bernardo	2000
11-3	Julia Preston	Poway	2000
11-2	Betsy Halliburton	Torrey Pines	2001
11-1	Melissa Earle	Rancho Bernardo	2002

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
19-0	Nastassja Hall	RBV	2002
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	LaFrانيا 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
40-1 3/4	Sparkle Anderson	Serra	2002
39-9 1/4	Jessica Eggleston	El Camino	2002
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
44-9	Carrie Johnson	Fallbrook	2002
44-0	Raeanna Makihele	San Marcos	2002
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
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

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	Jackie Turpin	Santana	2002
142-4	Christina Magana	Fallbrook	1996
142-1	Katrina Crouch	El Capitan	1997
141-9	Whitney DeWeese	RBV	2002
141-8	Eric McGrath	Eastlake	1997
140-11	Breanna Makihele	San Marcos	2002
140-1	Mulu Tosi	Morse	1989
139-6	Kathleen Bihis	Mt. Carmel	1990
139-5	Cheryl Moses	Mt. Miguel	1982

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 Cerveny	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 Wisner	La Jolla	10.8y
200 Meters			
2000	Monique Henderson	Morse	23.19
1974	Janice Wisner	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
1,600 Meters			
1993	Milena Glusac	Fallbrook	4:50.83
1989	Kira Jorgensen	Rancho BV	4:49.55
1988	Kira Jorgensen	Rancho BV	4:49.54
1987	Kira Jorgensen	Vista	4:45.98
1986	Darcy Arreola	Grossmont	4:45.13
3,200 Meters			
1993	Milena Glusac	Fallbrook	10:42.68
1992	Milena Glusac	Fallbrook	10:28.62
100 Low Hurdles			
1984	Gail Devers	Sweetwater	13.41
300 Low Hurdles			
1991	Erin Blunt	San Pasqual	43.02
400 Meter Relay			
1977	Crawford		46.14y
High Jump			
1987	Lynn Patrick	Serra	5-10
1978	Sue McNeal	Carlsbad	5-10 1/4
Pole Vault			
1999	Kathleen Donoghue	Rancho Bern.	12-8 1/4
1998	Tracy O'Hara	Rancho Bern.	12-8
Long Jump			
1983	Gail Devers	Sweetwater	19-6
1981	Chris Mose	El Cajon Valley	18-10
1/4			
Triple Jump			
1994	Tamieka Porter	Orange Glen	38-11
1/2			
1997	Andria Booker	El Camino	40-0
1998	Andria Booker	El Camino	40-0 1/4
Shot Put			
1975	Kathy Devine	Mission Bay	42-3 3/4
1974	Kathy Devine	Mission Bay	47-4 1/2
Discus			
1986	Tracy Crawford	Southwest	156-2
1976	Kathy Middleton	Poway	134-5



Known more as an Olympic and World Champion hurdler and sprinter, Sweetwater's Gail Devers long jumped 20-7.

HIGH SCHOOL SPORTS ASSOCIATION

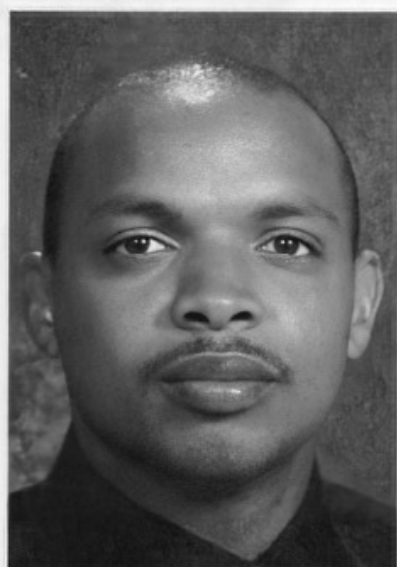
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**El Camino's
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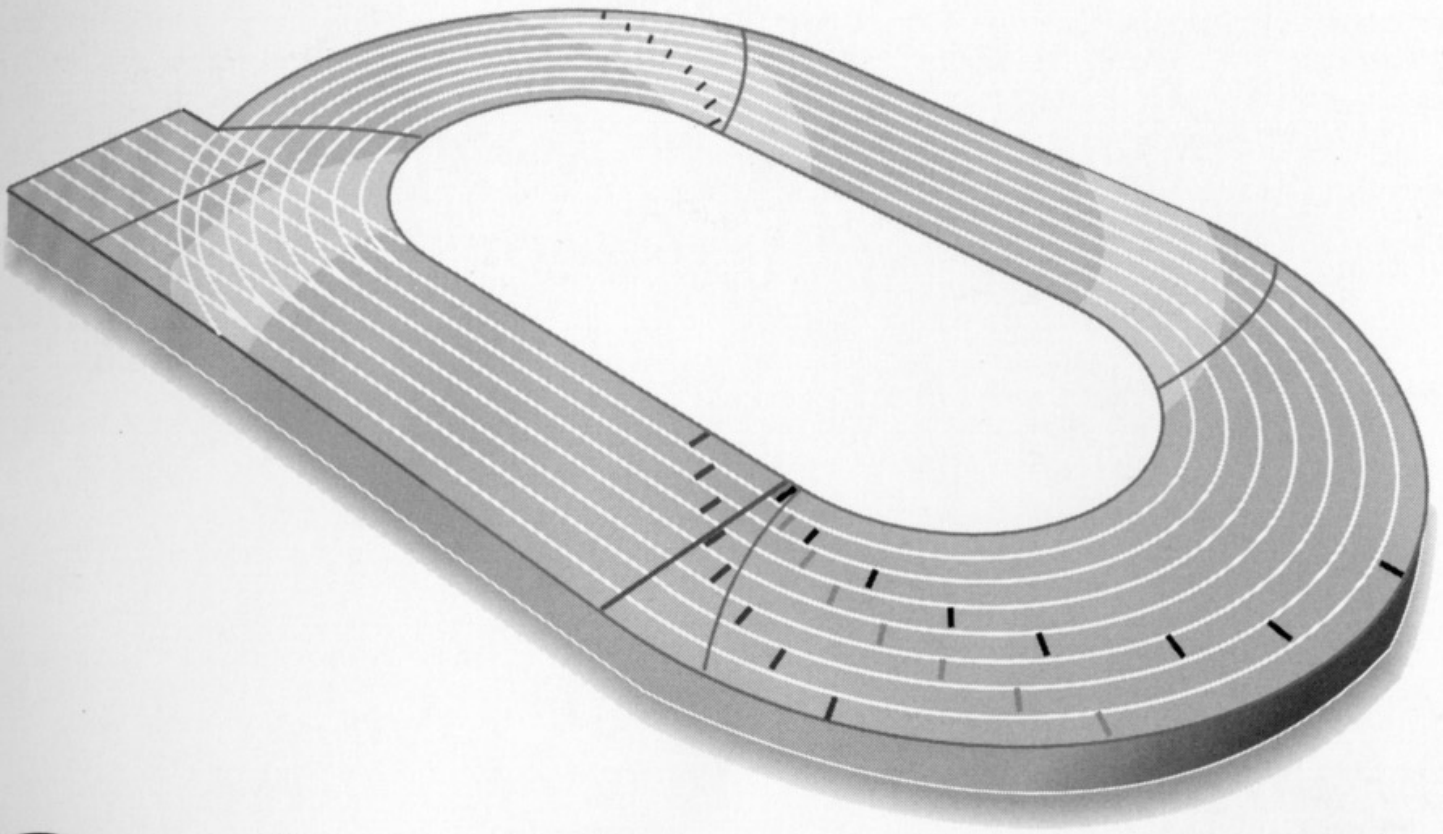
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Register Online: www.utdrseussrace.com

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Quiz time

Q: What do these four items have in common:

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

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

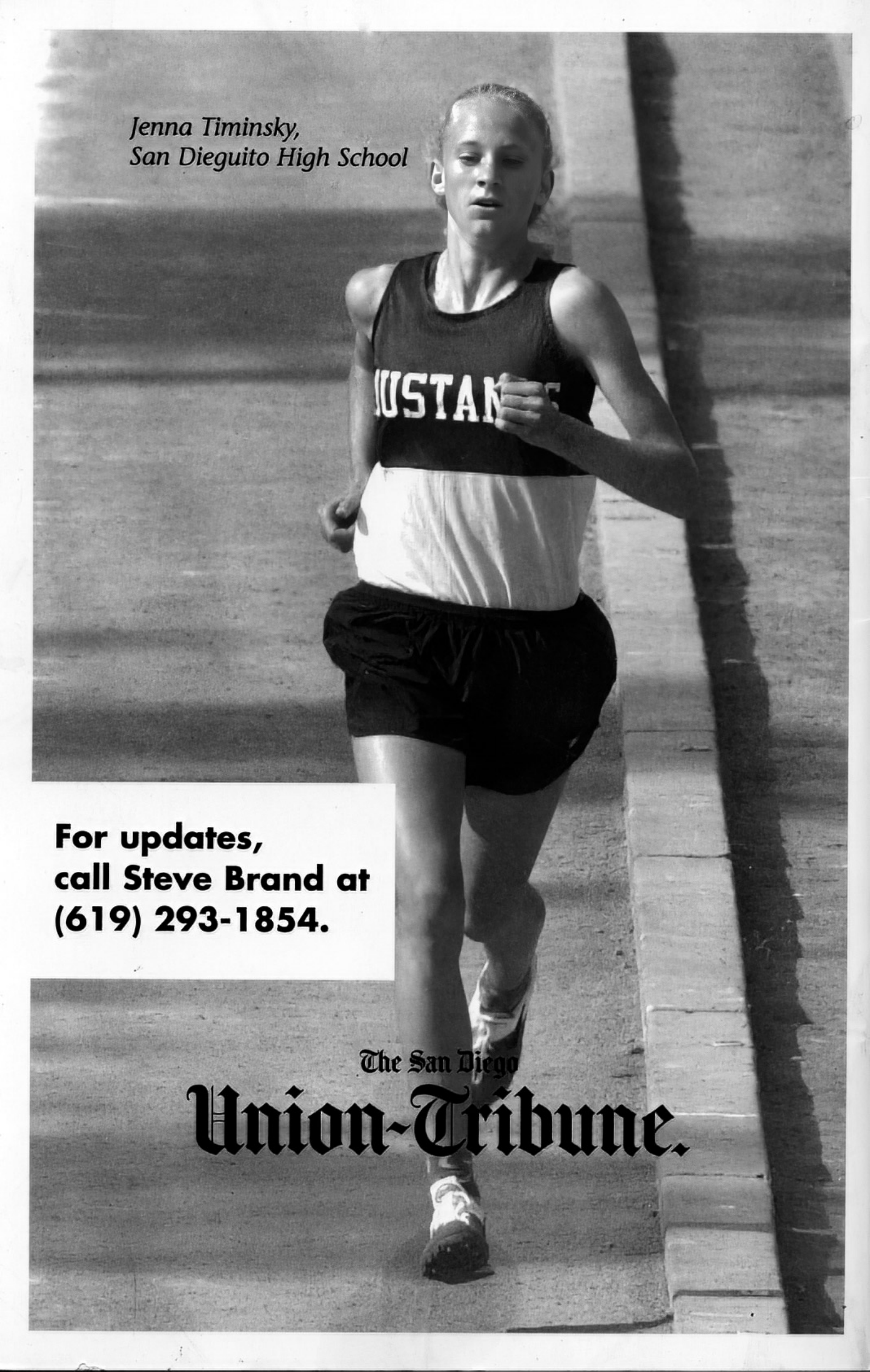
Factoid: It takes 50 officials to conduct a championship meet.

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 Ken Bernard of USA Track and Field
at 858-756-1239 for more information.**



*Jenna Timinsky,
San Dieguito High School*

**For updates,
call Steve Brand at
(619) 293-1854.**

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