

# San Diego Section High School

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## Track & Field Guide



**Marquis Roberts Otay Ranch  
Field Athlete of the Year  
State Champion Triple Jump**

## 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)
2011	800	Shyan Vaziri, Scripps Ranch	1:50.15 (n)
1972	1600	Terry Cotton, El Cajon	4:04.04*(n)
1976	3200	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
1979	High Jump	Frank Schiefer, Madison	7-2
2005	Pole Vault	Derek Scott, El Camino	16-8
1966	Long Jump	Doyle Steel, San Diego	25-5 ¼
1994	Triple Jump	Von Ware, RBV	52-0
1990	Shot Put	Brent Noon, Fallbrook	76-2
2006	Discus	Darius Savage, Morse	212-1

### 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
2011	1600	Alli Billmeyer, Torrey Pines	4:41.71 (n)
2011	3200	Alli Billmeyer, Torrey Pines	10:18.92
1984	100H (30')	Gail Devers, Sweetwater	13.41
2009	100H (33')	Danielle Littleton, Vista	14.13
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
2007	High Jump	Whitney Sisler, La Costa Canyon	5-11
2010	Pole Vault	Kortney Ross, Westview	13-6
1984	Long Jump	Gail Devers, Sweetwater	20-7
1987	Triple Jump	Jackie Anderson, Mount Miguel	41-8 ¼
2001	Shot Put	Aiga Marie Taumua, Sweetwater	46-10 ¼
1986	Discus	Lori Parker, Ramona	162-0

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

(\*) Converted to metric time from yard time

NOTE: All section records must meet National Federation guidelines

## **DEEP BOYS AND GIRLS HURDLES TOP 2012 PROSPECTS**

Over the years, the San Diego Section has the reputation of either having very good hurdlers or no hurdlers at all.

Going back almost 100 years there have been exactly one boy and one girl state champion in the short hurdles. It has been almost three-quarters of a century since San Diego High's John Beinwaner won the title for the boys in 1938 and more than a quarter of a century since Sweetwater's Gail Devers did it in 1984.

That string could end this year, just as the longest drought for the girls was snapped last year when Carlsbad's Breana Jemison captured the shot put—the first San Diego athlete to climb to the top of the victory stand in that event since Mission Bay's Kathy Devine won back-to-back titles in 1974 and 1975.

With Jemison returning, six of the top nine competitors in that event should make things very interesting.

But not like the hurdles where not only great talent, but depth has caught the notice of track experts nation-wide.

Leading the way for the boys, who had an unbelievable four of the nine finalists in Clovis last year, is senior Devin Hickey who will be taking dead aim on first cracking the 14-second barrier and then ending that state gold medal drought.

Hickey finished strong by running a personal best 14.16 in the section finals before overcoming treacherous conditions on a rain-slick track in Clovis to finish fourth. Right behind him in fifth was La Costa Canyon's Julien Todd-Borden (14.36) and in ninth was El Camino's Isiah Jackson (14.35), both of whom also return.

Still, the girls have even more depth.

The top four finishers, led by Torrey Pines senior Taylor Larch-Miller (14.33), and six of the eight fastest runners will be around to challenge the best in the state. Since Devers ran lower hurdles in high school, the section record of 14.13 is clearly within reach.

The 300-meter hurdles are even deeper with the nine fastest runners from 2011 returning, led by Oceanside's Joniece Ervin (43.17) leading the way. One of them could well join San Pasqual's Erin Blunt who in 1991 became the section's lone gold medalist in that event.

Although graduation took away two-time section record-holder Alli Billmeyer of Torrey Pines (Stanford) and Molly Grabill of Rancho Bernardo (Oregon) on the girls side and Matt Carpowich of Torrey Pines (Stanford) for the boys, the cupboard is not bare in the distance events with runners like La Costa Canyon's Darren Fahy (8:55.53) and classmates Shanoah Souza (10:27.73) and Emma Abrahamson (10:33.04) back.

It should be fun to watch the improvement of state pole vault silver medalist McKenzie Johnson (12-6) of Clairemont and 800-meter bronze medalist Charlotte Kuzminsky of Canyon Crest (2:09.11).

### **Thanks, Thanks, Thanks**

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Although dozens of individuals helped compile this book, special thanks go out to the UT Marketing and Photo departments and Anthony Tarantino. – Steve Brand, Editor.

## Captions and Credits

Front page: Otay's Ranch's Marquis Roberts, state triple jump champion. Photo by Gabriel Sanchez.  
Back page: Carlsbad's Breana Jemison, state shot put champion. Photo by Sherri Cortez.

### 2011 Boys Leaders

(\* Junior, \*\* Sophomore, \*\*\*Freshman

#### 100 (Fully Electronic)

10.60	Jared Pickering, Rancho Bernardo	State Prelims
10.75	De'Saan Hardwick, Madison	Sundevil
10.77	*Nick Gonsalves, St. Augustine	Western Finals
10.78	Hansell Wilson, Valhalla	State Prelims
10.85	Marquise Roach, University City	Eastern Finals
10.94	Mark Reynolds, EC Southwest	IVL Finals
10.95	*Dylan McCloskey, El Camino	Section Prelims
10.96	Jacob Hare, Scripps Ranch	Dual
10.96	David Jones, Rancho Bernardo	Section Prelims
10.97	Devin Saunders, Rancho Bernardo	Valley Center
10.97	*Ronnie Bourguignon, Valley Center	Valley Finals
10.97	*Evan Gray, Poway	Palomar Prelims
10.98	*Caine Harder, Westview	Dual
11.00	*Gary Thompson, Helix	Grossmont Prelim
11.02	**Tracy McNair, Morse	Eastern Prelims
11.03	**Nehemiah Brown, Valhalla	Tiger Relays
11.03	*Larell Ward, Helix	Section Prelims
11.06	Trevor Stevens, Cathedral	Dual
11.08	Emmanuel Quiambao, Montgomery	Mesa Prelims
11.08	**Donald Molton, Otay Ranch	Desert Relays
11.09	*Sidney Harper-Johnson, OG	Valley Finals
11.09	Ronnie Hicks, Mt. Miguel	Section Prelims
11.09	*Eric Judge, San Diego	Tiger Relays
11.10	*Samuel Haynes, University City	Dual
11.11	*Devan McCracken, Mt. Carmel	Palomar Prelims
11.13	*Chad Smith, El Capitan	Grossmont Finals
11.14	**Grant Zebold, Cathedral	Arcadia
11.14	*Luis Verduzco, Mater Dei	Dual
11.15	*Jordan Williams, Orange Glen	Section Prelims
11.16	Mitch Yocom, Torrey Pines	Palomar Prelims
11.17	**Tessie Edwards, Serra	Eastern Finals
11.17	Shamone Fletcher, Mira Mesa	Dual
11.17	Preston Blincoe, Imperial	IVL Finals
11.19	**Devon Allen, Steele Canyon	Frosh-Soph

11.19	Oren Davidson, Rancho Bernardo	Dual
11.19	***Justin Ryan, Mater Dei	Dual
11.20	**Pierre Cormier, Madison	Central Finals
<b>200</b>		
21.13	Jared Pickering, Rancho Bernardo	Arcadia
21.0	De'Saan Hardwick, Madison	Dual
21.62	Hansell Wilson, Valhalla	Section Prelims
21.77	*Evan Gray, Poway	Section Prelims
21.96	*Caine Harder, Westview	Section Prelims
22.02	Larell Ward, Helix	Section Prelims
22.03	David Jones, Rancho Bernardo	Section Prelims
22.04	*Dylan McCloskey, El Camino	Section Prelims
21.8	Josh Kubischta, Henry	Dual
21.8	Zach Kovach, Ramona	Dual
22.09	Walfrido Rodriguez, Mt. Miguel	Mt. Miguel
22.09	*Chad Smith, El Capitan	Grossmont Finals
22.11	*Nick Gonsalves, St. Augustine	Section Prelims
22.13	Trevor Stevens, Cathedral	Section Prelims
22.17	Ronnie Hicks, Mt. Miguel	Grossmont Finals
22.21	*Ronnie Bourguignon, Valley Center	Section Prelims
22.22	*Eric Judge, San Diego	Eastern Finals
22.24	**Nehemiah Brown, Valhalla	Frosh-Soph
22.27	**Anthony Ardis, La Costa Canyon	Section Prelims
22.29	Dame Ndiaye, Hoover	Central Finals
22.30	Mitch Yocom, Torrey Pines	Section Prelims
22.31	Taylor Schneider, Granite Hills	Section Prelims
22.33	Jahmani Lockett, Monte Vista	Dual
22.1	*Gary Thompson, Helix	Dual
22.37	Quincy Rodriguez, San Marcos	Avo East Prelims
22.38	**Tessie Edwards, Serra	Eastern Finals
22.38	Oren Davidson, Rancho Bernardo	Valley Center
22.39	*Samuel Haynes, University City	Dual
22.41	*Marcel Harrell, Mt. Miguel	Grossmont Finals
22.46	Steven Herrera, Calexico	Cibola
22.50	***Brandon Lucas, Poway	Section Prelims
<b>400</b>		
47.40	Walfrido Rodriguez, Mt. Miguel	Escondido
48.56	Jahmani Lockett, Monte Vista	Section Finals
48.60	Jared Pickering, Rancho Bernardo	Escondido
48.82	Nicholas Aly, San Pasqual	Section Finals
48.96	Zach Kovach, Ramona	Section Finals
49.26	Sage Hagestrom, LJCD	Section Prelims
49.36	**Alex Grigoriev, Rancho Bernardo	Palomar Finals
49.60	*Suavea Zaczkiwicz, Serra	Escondido

49.62	Taylor Schneider, Granite Hills	Mt. Miguel
49.5	Trent Newquist, Torrey Pines	Dual
49.77	*Bernard Bonner, Scripps Ranch	Section Prelims
49.79	*Juvanie Robinson, Grossmont	Section Prelims
49.82	Ryan Urie, Henry	Dual
49.85	*Jose Prieto, Palo Verde	Section Finals
49.85	**Alex Gronette, Westview	Palomar Finals
49.93	*Quincy Rodriguez, San Marcos	Section Prelims
49.98	Juwan Sumpter, Fallbrook	Valley Center
49.99	*Rhett Cookson, Scripps Ranch	Section Finals
50.01	***Brian Thomas, Scripps Ranch	Western Prelims
50.03	Kevin Lewis, Mt. Carmel	Palomar Finals
50.08	Tim Patrick, University City	Arcadia
50.1	Shyan Vaziri, Scripps Ranch	Dual
50.1	*Yinka Bello, Grossmont	Dual
50.25	Dame Ndiaye, Hoover	Central Finals
50.2	*Caine Harder, Westview	Torrey Pines
50.38	Conor Hamill, RBV	Avo East Finals
50.45	Chung Pham, Westview	Section Prelims
50.48	**Michel Adkins, Helix	Frosh-Soph
50.55	*Josh Lirette, Mt. Miguel	Grossmont Finals

## 800

1:50.21	Shyan Vaziri, Scripps Ranch	State Finals
1:51.99	Matt Carpowich, Torrey Pines	Escondido
1:52.44	Carlos Bojorquez, Kearny	State Prelims
1:53.04	Chris Brewer, RBV	Escondido
1:53.05	Trent Newquist, Torrey Pines	Palomar Finals
1:53.40	Ryan Urie, Henry	Section Prelims
1:54.44	*Eric Hayen, Poway	Palomar Finals
1:55.03	*Alex Monsivaiz, Army-Navy	Section Finals
1:55.04	Andrew Richardson, Carlsbad	Section Prelims
1:55.19	Justin Jones, Fallbrook	Escondido
1:55.29	Ian Cable, Rancho Bernardo	Palomar Finals
1:55.38	Andrew Farkas, La Jolla	Dual
1:55.78	***Adrian Mangoba, Vista	Avo East Finals
1:56.0	*Brad Littooy, Scripps Ranch	Dual
1:56.16	*Angel Saucedo, Point Loma	Escondido
1:56.89	**Shelby Hernandez, Helix	Grossmont Finals
1:57.02	*Spencer Poiset, St. Augustine	Section Finals
1:57.02	Christian Lopez, Central	Section Prelims
1:57.12	*Pedro Maldonado, Valley Center	Section Prelims
1:57.44	Ben Beck, Grossmont	Grossmont Finals
1:57.3	Lee Klitzner, LJCD	Dual
1:57.45	*Michael Barker, Otay Ranch	Escondido
1:57.52	Adam Faison, Poway	Palomar Finals
1:57.66	Thomas Valente, Cathedral	Mt. Miguel

1:57.82	*Trent Warren, Eastlake	Section Prelims
1:57.99	Alex Eve, La Jolla	Dual
1:58.0	Lee McAllister, Helix	Dual
1:58.0	*Will Wilde-Botta, Bishop's	Dual
1:58.16	Jake DeSaegher, Scripps Ranch	Section Finals
1:58.17	**Brandon Howard, Steele Canyon	Grossmont Finals
1:58.33	**Alex Gronette, Westview	Dual
1:58.35	Aryan Shay, Coronado	Section Finals
1:58.43	**Scott Snow, Carlsbad	Avo West Finals
1:58.46	*Riess Haslam, University City	Escondido
1:58.46	Jose Serrano-Flores, Chula Vista	Metro Finals

## 1600

4:07.21	Matt Carpowich, Torrey Pines	State Finals
4:11.24c	Chris Brewer, RBV	Section Finals
4:13.23	Shyan Vaziri, Scripps Ranch	Escondido
4:14.10c	Darren Fahy, La Costa Canyon	Azusa-Pacific
4:15.07c	Ryan Urie, Henry	Azusa-Pacific
4:15.33	*Dylan Blankenbaker, Ramona	State Prelims
4:16.28	Kyle Lynch, RBV	Section Finals
4:16.37	Andrew Farkas, La Jolla	Section Prelims
4:17.26	*Brad Littooy, Scripps Ranch	Section Finals
4:17.28c	Tom Valente, Cathedral	Arcadia
4:18.12	*Eric Causey, La Costa Canyon	Section Finals
4:18.69	Trent Warren, Eastlake	Section Prelims
4:19.39	Geoff Bogan, Rancho Bernardo	Section Prelims
4:19.66	*Kevin Mihalik, Rancho Bernardo	Section Prelims
4:20.75	Jack Wilson, Cathedral	Escondido
4:20.82	Andrew Ward, Torrey Pines	Sundevil
4:20.87	Lee Klitzner, LJCD	Section Finals
4:21.0	*Will Wilde-Botta, Bishop's	Dual
4:21.19	*Riess Haslam, University City	Section Prelims
4:21.22	Cameron Barela, Mission Hills	Sundevil
4:21.40	**Eric Sindel, Mt. Carmel	Palomar Finals
4:21.7	*Alexander Monsivaiz, Army-Navy	Dual
4:22.18	*Scott Gisel, RBV	Avo East Finals
4:22.41	*Chris Tonsey, Poway	Section Prelims
4:22.82	*Ryan Schall, Westview	Escondido
4:23.30	Lee McAllister, Helix	Section Finals
4:23.89	Zach Barber, Poway	Section Prelims
4:24.15	Chance Varnado-Richardson, Ramona	Palomar Finals
4:24.20	**Christian Freeman, Carlsbad	Avo West Prelims
4:24.68	Anthony Girolamo, Rancho Bernardo	Palomar Prelims
4:24.73	*Gregorio Ponce, EC Southwest	Section Prelims
4:24.83c	*Angel Saucedo, Point Loma	Runge
4:24.90	Justin Jones, Fallbrook	Avo East Finals
4:24.96	*Connor Torre, Madison	Section Finals

## 3200

8:55.53	*Darren Fahy, La Costa Canyon	Arcadia
8:59.68	Chris Brewer, RBV	Bronco
8:59.96	Matt Carpowich, Torrey Pines	State Finals
9:19.08	*Will Wilde-Botta, Bishop's	Arcadia
9:20.36	Cameron Barela, Mission Hills	Section Finals
9:20.47	**Christian Freeman, Carlsbad	Section Finals
9:20.67	Geoff Bogan, Rancho Bernardo	Dual
9:24.07	Alex Eve, La Jolla	Section Prelims
9:24.81	*Eric Causey, La Costa Canyon	Dual
9:27.19	**Forest Riley, Ramona	Section Prelims
9:27.27	*Steven Martinez, Otay Ranch	Section Prelims
9:27.65	Anthony Girolamo, Rancho Bernardo	Arcadia
9:30.86	*Dimitri Voytilla, Rancho Bernardo	Arcadia
9:31.89	*Caeser Castillo, Bonita Vista	Section Prelims
9:32.0	*Scott Gisel, Rancho Bernardo	Dual
9:32.64	*Brad Littooy, Scripps Ranch	Section Prelims
9:33.11	*Duncan Tomlin, Henry	Valley Center
9:33.19	Shinaoloa Agbede, Bonita Vista	Section Prelims
9:33.91	Tom Valente, Cathedral	Valley Center
9:34.72	Lee McAllister, Helix	Section Prelims
9:34.95	*Ryan Rampaldi, Rancho Bernardo	Palomar Finals
9:35.0	Ryan Urie, Henry	Dual
9:35.15	Brandon Lafiti, Mt. Carmel	Sundevil
9:35.21	*Nick Grubiss, Cathedral	Section Prelims
9:35.39	*Alec Richardson, Ramona	Palomar Finals
9:36.33	*Arjun Kumar, Torrey Pines	Section Prelims
9:38.07	Shyan Vaziri, Scripps Ranch	Dual
9:38.08	Chance Vernado-Richardson, Ramona	Section Prelims
9:39.91	Jon Arellano, Escondido	Avo East Finals
9:40.00	Andrew Farkas, La Jolla	Western Finals
9:40.02	***Tal Braude, Torrey Pines	Palomar Finals
9:40.68	Dylan Blankenbaker, Ramona	Palomar Finals

## 110HH

13.92	Jacob Hare, Scripps Ranch	Western Finals
14.16	*Devin Hickey, Vista	Section Finals
14.21	Devin Saunders, Rancho Bernardo	Section Finals
14.35	*Isiah Jackson, El Camino	Section Finals
14.36	*Julian Todd-Borden, LCC	Section Finals
14.51	Deante Kemper, Serra	Section Finals
14.91	*Devin McCracken, Mt. Carmel	Section Finals
14.96	J'vion Johnson, Otay Ranch	Mesa Prelims
15.03	**Jacob James, Granite Hills	Valley Center
15.03	Chris Canseco, University City	Eastern Finals



15.07	Alex Allen, Mt. Carmel	Palomar Finals
15.12	Julian Robinson, Olympian	Section Prelims
15.16	Karl Mickelsen, Morse	Dual
15.25	Imani Ludd, Scripps Ranch	Western Finals
15.25	**Grant Zebold, Cathedral	Western Finals
15.34	Joseph Caluza, West Hills	Grossmont Finals
15.48	*Ben Gossmeier, Steele Canyon	Grossmont Finals
15.48	Isaac Mallett, Otay Ranch	Section Prelims
15.49	Joshua Sims, El Camino	Section Prelims
15.49	**Ben Hartinger, San Pasqual	Avo East Prelims
15.57	*Kyle Proctor, Henry	Eastern Finals
15.62	*Kene Anigbogu, Helix	Section Prelims
15.64	*Marcellus Smith, Imperial	IVL Finals
15.67	*Alejandro Garcia, Sweetwater	Mt. Miguel
15.70	Daniel Thomas, El Capitan	Section Prelims
15.74	Kenny Keys, Helix	Section Prelims
15.76	*Ryan Galloway, Poway	Palomar Finals
<b>300IH</b>		
37.38	Jacob Hare, Scripps Ranch	Section Finals
37.61	Alex Allen, Mt. Carmel	Section Finals
38.06	Devin Saunders, Rancho Bernardo	Section Finals
38.06	*Isiah Jackson, El Camino	Section Finals
38.54	*Julien Todd-Borden, LCC	Avo West Finals
38.71	*Devin Hickey, Vista	Avo East Finals
38.74	Isaac Mallott, Otay Ranch	Section Prelims
39.25	Deante Kemper, Serra	Eastern Prelims
39.26	Julian Robinson, Olympian	Section Finals
39.37	*Jason Bandong, Mission Hills	Avo East Finals
39.48	Chris Canseco, University City	Eastern Finals
39.70	Sage Hagstrom, LJC	Mt. SAC
39.99	**Grant Zebold, Cathedral	Section Prelims
40.01	**Jacob James, Granite Hills	Section Prelims
40.0	Joshua Sims, El Camino	Dual
40.57	Montel Anderson, Serra	Section Finals
40.65	*Austin Peterson, West Hills	Section Prelims
40.70	*Alejandro Garcia, Sweetwater	Valley Center
40.71	**Chase Peterson, Canyon Crest	Section Prelims
40.72	*Ben Gossmeier, Steele Canyon	Grossmont Finals
40.85	Adrian Daniel, Monte Vista	Grossmont Finals
40.85	J'vion Johnson, Otay Ranch	Dual
40.87	Nick Zupfer, Steele Canyon	Grossmont Prelims
40.8	*Kene Anigbogu, Helix	Dual
40.97	Ben McCullom, Poway	Dual

## 400 Relay

41.67	Rancho Bernardo	Escondido
42.22	Helix	Section Prelims
42.23	El Camino	Section Finals
42.33	Mt. Miguel	State Prelims
42.67	Granite Hills	Section Finals
42.69	Poway	Section Prelims
42.84	Cathedral Catholic	Section Prelims
42.96	Torrey Pines	Palomar Finals
42.96	Madison	Runge
42.99	University City	Eastern Finals
43.01	Serra	Eastern Finals
43.03	Westview	Palomar Finals
43.03	Valhalla	Grossmont Finals
43.10	Eastlake	Dual
43.25	San Marcos	Section Finals
43.29	La Costa Canyon	Section Prelims
43.30	Morse	Eastern Finals
43.36	Fallbrook	Section Prelims
43.3	Steele Canyon	Dual
43.46	San Diego	Mustang
43.47	Mira Mesa	Eastern Finals
43.50	Ramona	Dual
43.4	Monte Vista	Dual
43.65	El Capitan	Section Prelims
43.69	Mt. Carmel	Palomar Finals

## 1600 Relay

3:16.60	Mt. Miguel	State Finals
3:17.35	Scripps Ranch	State Finals
3:19.93	Rancho Bernardo	Palomar Finals
3:20.15	Westview	Palomar Finals
3:20.58	Grossmont	State Prelims
3:21.13	Mt. Carmel	Section Finals
3:21.94	Torrey Pines	Section Prelims
3:21.8	Granite Hills	Dual
3:23.11	Steele Canyon	Section Prelims
3:23.0	Helix	Dual
3:24.18	Fallbrook	Avo East Finals
3:24.28	El Camino	Avo West Finals
3:24.59	Otay Ranch	Metro Finals
3:24.81	El Capitan	Section Finals
3:24.98	Rancho Buena Vista	Avo West Finals
3:25.17	Ramona	Palomar Finals
3:25.28	University City	Mt. Miguel

3:25.59	Serra	Mt. SAC
3:26.05	Hoover	Mt. SAC
3:26.75	Poway	Palomar Finals
3:26.84	Monte Vista	Dual
3:27.31	Olympian	Frosh-Soph
3:27.40	Eastlake	Metro Finals
3:27.50	Central	Section Finals
3:27.70	Vista	Avo West Finals
3:27.81	La Jolla	Section Finals
3:29.04	Cathedral Catholic	Escondido
3:29.63	San Pasqual	Escondido
3:29.66	Chula Vista	Metro Finals
3:29.71	Valley Center	Valley Finals

### High Jump

7-0	Brandon Ford, Mt. Carmel	MC Dist.
6-10	Deante Kemper, Serra	Sundevil
6-7	Kenny Keyes, Helix	Section Finals
6-7	Alex Campbell, Scripps Ranch	UCSD
6-7	*Dillon McMahan, Poway	Dual
6-5	*Brandon Greene, Bonita Vista	Section Prelims
6-5	*Chris Bernal, Fallbrook	Avo West Finals
6-5	Lawrence McClendon, Palo Verde	Section Prelims
6-4	*Sam Hartinger, San Pasqual	Dual
6-4	Jaecob Snow, El Camino	Mt. Miguel
6-4	J'vion Johnson, Otay Ranch	Desert Classic
6-3	Robbie Slater, Mira Mesa	Section Finals
6-3	*Jevon Hasten, Valhalla	Grossmont Finals
6-3	Curtis Royall, Lincoln	Dual
6-2	*Spencer Curtis, Sweetwater	Tiger
6-2	*Danny Podraza, Scripps Ranch	Dual
6-2	*Elijah Walker, Fallbrook	Torrey Pines
6-2	Rasean Simpson, Lincoln	Dual
6-2	Joe Moberly, Rancho Bernardo	MC Dist.
6-2	Nicholas Kurtz, Valhalla	Dual
6-2	Sage Brielmaier, RBV	Dual
6-2	**Scott Snow, Carlsbad	Dual

### Pole Vault

15-6	Zack Logan, Rancho Bernardo	Dual
15-3	Brett Huff, Christian	State Prelims
15-0	*Pierre Pelletier, Rancho Bernardo	Palomar Prelims
14-9	*Ryan Zachilli, Rancho Bernardo	State Prelims
14-8	*Conner Rouse, Vista	Section Prelims
14-6	**Alex Law, Otay Ranch	Dual
14-3	*Robert Ruiz, Valhalla	Grossmont Finals

14-2	Brian Weiss, El Camino	Section Prelims
14-0 ½	*Simon Duvinage, Canyon Crest	Dual
14-0	*Peter McCoy, Steele Canyon	Dual
14-0	Matt Nash, Calvin Christian	Valley Center
13-9	Chris Canseco, University City	Eastern Finals
13-9	Jordan Gofigan, Steele Canyon	Grossmont Finals
13-9	**Ryan Lipinski, RBV	Avo West Finals
13-8	*Oliver Delgado, Rancho Bernardo	Section Finals
13-8	German Palma, Bonita Vista	Section Finals
13-8	*William Schmelter, Del Norte	Section Prelims
13-8	*Josh Ludwig, Rancho Bernardo	Section Prelims
13-6	**Kyle Norris, Granite Hills	Frosh-Soph
13-6	**Kyle Pater, Mt. Carmel	Dual

### Long Jump

24-8 ½	Jaecob Snow, El Camino	Section Finals
24-2	Hansell Wilson, Valhalla	Section Finals
23-8 ¼	Marquis Roberts, Otay Ranch	Section Prelims
23-8 ¼	Aaron Rattler, Escondido	Avo East Finals
23-6	Travis Johnson, Morse	Section Prelims
22-11 ½	*Chevy King, Castle Park	Dual
22-7	*Chris Bernal, Fallbrook	MC Dist.
22-6 ½	Jordan Hines, Eastlake	Valley Center
22-5 ¾	**Sydney Rush-Dunigan, Pt. Loma	Mustang
22-5	Brandon Ford, Mt. Carmel	Dual
22-4 ½	*Jason Perrault, Carlsbad	Dual
22-2	Stefan McClure, Vista	Sundevil
22-2	Johnny Jackson, St. Augustine	Section Prelims
22-0 ½	**Andy Hang, Mt. Carmel	Section Prelims
21-11 ½	Joey Marquis, La Costa Canyon	Avo West Finals
21-10 ½	**Baylor Rutherford, Bishop's	Valley Center
21-9 ½	*Chris Johnson, Palo Verde	Valley Center
21-9	**Alexander Simpson, University City	Section Finals
21-9	Dominic Freeman, Lincoln	Valley Center
21-9	**John Rodriguez, Canyon Crest	Dual
21-8 ½	*Chase Dariso, Oceanside	Section Prelims
21-8 ½	Robert Hall, Mt. Miguel	MC Dist.
21-8 ½	Trevor Dotson, Ramona	Palomar Prelims
21-8	*Cameron Bryant, Mira Mesa	Dual
21-7 ½	*Trevon Webb, Borrego Springs	Dual
21-6 ½	Roland Jackson, Parker	Valley Center
21-6	Deonte Flowers, Morse	Eastern Finals

## Triple Jump

49-6 ½	Marques Roberts, Otay Ranch	State Finals
49-3 ½	Stefan McClure, Vista	Sundevil
48-9 ½	Jordan Hines, Eastlake	CIF Finals
46-8	Thomas Clayton, Steele Canyon	Section Finals
46-4	*Chevy King, Castle Park	Valley Center
46-0	Travis Johnson, Morse	Section Prelims
45-8 ½	Deonte Flowers, Morse	Section Finals
45-8 ½	**Alexander Simpson, University City	Frosh-Soph
45-8	**Victor Aranda, Otay Ranch	Desert Classic
45-3	Jaecob Snow, El Camino	Avo West Finals
45-1 ¾	Jesse Iglinski-Benjamin, GHills	Mt. Miguel
44-8 ½	Matt Nash, Calvin Christian	Section Prelims
44-8	Brandon Ford, Mt. Carmel	Dual
44-4	*Sam Hartinger, San Pasqual	Section Prelims
44-0 ½	Nathan Willingham, Rancho Bernardo	Palomar Finals
44-0	Kevin Wichera, Rancho Bernardo	Palomar Finals
43-11 ¾	Kenny Keys, Helix	Dual
43-11	*Chase Dariso, Oceanside	Valley Center
43-8 ½	**Sean Esteban, Otay Ranch	Escondido
43-7 ½	Chance Early, Cathedral	Dual
43-6	Damon Karson, La Costa Canyon	Avo West Finals
43-6	Tyler Davey, Rancho Bernardo	Dual
43-5 ½	**Arthur Nguyen, Mt. Carmel	Palomar Finals
43-4	*Isaiah Gross, Poway	Dual
43-4	Javier Gamboa, Oceanside	Valley Center
43-3	**Saladin Nasser, Sweetwater	Otay Ranch
43-3	Josh Smith, Lincoln	Valley Center
43-0	*Chris Bernal, Fallbrook	Dual
43-0	Curtis Royall, Lincoln	Dual

## Shot Put

58-2 ½	Tyrone Sauls, Christian	Section Prelims
57-2	*Isaiah Saole, Carlsbad	Dual
53-3	Trey Woods, Helix	Section Finals
52-3 ½	Sammy Chaaban, El Camino	Section Prelims
52-1 ½	Chris Maligsa, University City	Eastern Prelims
51-9 ½	*Mario Yakoo, Steele Canyon	Grossmont Finals
51-9 ½	Brent Courtney, Carlsbad	Dual
51-5	*Michael Coe, Carlsbad	Escondido
50-9 ½	Andrew Gaston, Mt. Carmel	Palomar Finals
50-9	**DeShawn Tone, Valhalla	Grossmont Finals
50-7 ½	*Preston Johnson, Ramona	Dual
50-3	Jonathon Bajet, Otay Ranch	Arcadia
50-1	Zach Taylor, Torrey Pines	Palomar Prelims

50-0 ½	Junior Togliaso, LJCD	Dual
49-9 ½	Zach McDonnell, Poway	Dual
49-7	Josh Harrison, Christian	Central Finals
48-3	*Jordan Shipley, Morse	Dual
48-2 ½	Kyle Ross, Torrey Pines	Palomar Finals
48-2	Meekhiel Williams, Mission Bay	Western Finals
48-2	*Kyle Pierson, Granite Hills	Dual
47-10 ½	*Arthur Shepard, Helix	Grossmont Pre
47-9 ½	*Jeremiah Kolone, Fallbrook	Avo East Prelims
47-8	*Manny Torres, La Jolla	Section Prelims
47-7 ½	Scott Mainquist, Torrey Pines	Palomar Prelims
47-7	Sean Boozel, Steele Canyon	Grossmont Pre
47-7	Brian Wehn, Cathedral	Dual
47-5	**Jacob Alsadek, Torrey Pines	Section Prelims
47-0	Aaron Hughes, Morse	Eastern Prelims
47-0	Alex Cornist, Olympian	Metro Finals
<b>Discus</b>		
167-9	Aaron Russell, Poway	Dual
167-7	Sean Boozel, Steele Canyon	Dual
164-9	Brent Courtney, Carlsbad	State Prelims
162-5	Jonathon Bajet, Otay Ranch	Metro Finals
160-2	Junior Togliaso, LJCD	Section Finals
160-2	Zach Taylor, Torrey Pines	Section Finals
156-2	*Jean-Marc Brierre, Valley Center	Section Finals
155-9	**Brendan Song, West Hills	Otay Ranch
155-1	Thomas Durnil, University City	Eastern Finals
154-0	Garrett Barton, Rancho Bernardo	Section Prelims
150-8	Tyrone Sauls, Christian	Section Prelims
149-1	Andrew Gaston, Mt. Carmel	MC Dist.
148-9	Joseph Villanueva, Morse	Dual
147-5	Matt Nash, Calvin Christian	Valley Center
146-6	Sammy Chaaban, El Camino	Avo West Prelims
144-10	*Gilbert Cisneros, Steele Canyon	Escondido
144-4	***Darrion Savage, Morse	Section Finals
143-8	**Oscar Navarrete, University City	San Clemente
143-3	*Gordon Silver, Parker	Coastal Finals
143-2	Trey Woods, Helix	Grossmont Finals
142-9	Darrion Salazar, Morse	Dual
142-3	*Luka Miletic, RBV	Dual
141-11	*Edward Medrano, Mater Dei	Section Prelims
141-4	**Jamal Newman, El Camino	Avo West Finals
140-10	Brandon Brandy, Monte Vista	Grossmont Finals
140-7	*Keanu Johnson, Madison	Escondido

## 2011 State Meet Finalists

### Boys

100	4. Jared Pickering, Rancho Bernardo	10.72
200	4. Jared Pickering, Rancho Bernardo	21.61
400	4. Walfrido Rodriguez, Mt. Miguel	47.89
800	2. Shyan Vaziri, Scripps Ranch	1:50.21
	6. Carlos Bojorquez, Kearny	1:52.64
1600	4. Matt Carpowich, Torrey Pines	4:07.21
110HH	3. Jacob Hare, Scripps Ranch	14.47
	4. *Devin Hickey, Vista	14.55
	5. *Julian Todd-Borden, LCC	14.56
	9. *Isiah Jackson, El Camino	14.67
300IH	6. *Isiah Jackson, El Camino	38.52
4x400R	4. Mt. Miguel	3:16.60
	6. Scripps Ranch	3:17.35
HJ	3. Deante Kemper, Serra	6-7
	4. Brandon Ford, Mt. Carmel	6-7
PV	6. Brett Huff, Christian	14-6
LJ	5. Jaecob Snow, El Camino	22-10 $\frac{3}{4}$
	7. Aaron Rattler, Escondido	21-9
TJ	1. Marques Roberts, Otay Ranch	49-6 $\frac{1}{2}$

### Girls

100	5. *Jasmine Gibbs, El Camino	12.08
800	3. *Charlotte Kuzminsky, Cyn Crest	2:09.11
1600	2. Alli Billmeyer, Torrey Pines	4:41.71
	7. **Kelly Lawson, LCC	4:48.20
3200	2. Molly Grabill, Rancho Bernardo	10:19.17
	4. Alli Billmeyer, Torrey Pines	10:22.56
	8. *Shanoah Souza, LCC	10:27.73
	10. Aimee Trujillo, Poway	10:29.65
300LH	9. *Joniece Ervin, Oceanside	43.94
PV	2. *McKenzie Johnson, Clairemont	12-4
	7. *Kaitlin McCallum, LJCD	11-6
LJ	5. *Jasmine Gibbs, El Camino	18-2 $\frac{1}{4}$
SP	1. *Breana Jemison, Carlsbad	43-1 $\frac{1}{4}$
	2. Nneka Anyanwu, Westview	42-0 $\frac{3}{4}$
	6. *Jakayala Daniels, El Camino	40-8 $\frac{1}{2}$
DT	2. Alexa Evans, West Hills	149-3
	9. Nneka Anyanwu, Westview	125-7

## 2011 Girls Leaders

### 100

11.86	*Jasmine Gibbs, El Camino	State Prelims
12.18	Janay Pierce, University City	Eastern Finals
12.35	**Morgan Rehm, San Pasqual	Valley Prelims
12.42	*Cardedra Evans, Mater Dei	Dual
12.44	Brittany Brisco, Serra	Section Prelims
12.46	Jasmine Harris, El Cajon Valley	Section Prelims
12.53	**Alexis Hernandez, Mt. Carmel	Dual
12.54	Tiffany Tarver, Foothills	Southern Finals
12.55	***Kassidy Harper, Morse	Eastern Finals
12.55	**Lucrezia Capano, Rancho Bernardo	Palomar Finals
12.62	**Tiana Gillon, Hilltop	Section Prelims
12.63	***Nicole Johnson, Olympian	Section Prelims
12.63	*Keyahndra Cannon, Mission Bay	Western Finals
12.64	*Shareka Fowler, Mira Mesa	Eastern Finals
12.64	***Ayanna Riley, Otay Ranch	Dual
12.65	Dereka Charqualaf, Cathedral	Section Prelims
12.65	*Amanda Barvinchak, Rancho Bernardo	Palomar Finals
12.66	*Mishe Scott, El Camino	Avo West Finals
12.68	***Khyla Freeman, Carlsbad	Sundevil
12.72	**Niia Dimry, Mission Hills	Valley Prelims
12.76	*Jenna Asperslag, San Dieguito	Valley Finals
12.77	*Danyell Robbins, San Pasqual	Avo East Prelims
12.79	Teyshonnia Bealer-West, Grossmont	Grossmont Prelims
12.82	*Alyson Carter, Torrey Pines	Palomar Finals

### 200

24.87	*Jasmine Gibbs, El Camino	State Prelims
24.90	**Alexis Hernandez, Mt. Carmel	Section Prelims
25.01	*Corryn Barney, Henry	Section Prelims
25.23	*Alexis Ferebee, Mission Bay	Section Prelims
25.38	Janay Pierce, University City	UCSD
25.60	*Nikki Larch-Miller, Torrey Pines	Palomar Prelims
25.70	*Devin Collins, Granite Hills	Runge
25.79	*Shareka Fowler, Mira Mesa	Section Prelims
25.93	**Betsy Armitage, Clairemont	Western Finals
26.02	***Kassidy Harper, Morse	Frosh-Soph
26.05	**Angelique Carillo, Steele Canyon	Grossmont Finals
26.09	*Charity Lyons, Mt. Miguel	Grossmont Finals
26.10	*Cheyenne Overall, Madison	Section Prelims
26.11	**Lauren Adams, Canyon Crest	Valley Finals
26.11	**Kiera Williams, Otay Ranch	Section Prelims
26.14	*Keyahndra Cannon, Mission Bay	Western Finals



26.16	***Victoria Arredondo, RBV	Avo East Finals
26.17	*Amanda Barvinchak, Rancho Bernardo	Section Prelims
26.18	***Talisha Dozier, Mt. Miguel	Grossmont Finals
26.22	***Nicole Johnson, Olympian	Frosh-Soph
26.22	Caitlin Ford, San Dieguito	Valley Finals
26.25	Kianna Valdez, Central	Valley Center
26.26	***Khyla Freeman, Carlsbad	Dual
26.29	**Shanise Clark, Scripps Ranch	Western Finals

## 400

55.66	**Alexis Hernandez, Mt. Carmel	Section Finals
56.22	*Corryn Barney, Henry	Eastern Finals
57.34	*Charlotte Kuzminsky, Cyn Crest	Valley Center
57.56	**Betsy Armitage, Clairemont	Section Prelims
57.67	Jasmine Askew, Scripps Ranch	Western Finals
57.70	*Nikki Larch-Miller, Torrey Pines	Palomar Finals
57.98	Alex Parks, Mt. Carmel	Section Finals
58.22	Marline Estell, Mission Hills	Section Prelims
58.1	*Devin Collins, Granite Hills	Dual
58.25	*Racheal Rainey, Olympian	Section Finals
58.37	*Brianna Wood, Carlsbad	Avo West Finals
58.50	**Monique Van, Steele Canyon	Frosh-Soph
58.53	**Angelique Carillo, Steele Canyon	Grossmont Finals
58.62	*Joniece Ervin, Oceanside	Mt. Carmel
58.64	*Caitlin Krol, Cathedral	Dual
58.73	Kianna Valdez, Central	Section Prelims
58.87	**Kelli Hancock, La Jolla	Frosh-Soph
59.01	**EllaVerhees, Point Loma	Eastern Finals
59.05	**Alexandra Shade, Henry	Frosh-Soph
59.14	***Daeniesha Burell, Chula Vista	Metro Finals
59.37	**Sarah Garces, Eastlake	Section Prelims
59.40	*Cecily Gilson, Poway	Palomar Finals
59.48	Lauren Hall, Mt. Carmel	Dual
59.49	*Kristina Brown, Olympian	Metro Prelims
59.63	***Lizzy Buckle, San Pasqual	Section Prelims
59.63	**Kaitlin Large, Carlsbad	Avo West Finals
59.65	**Kiera Williams, Otay Ranch	Dual
59.77	*Zykeisha Dewberry, Serra	Eastern Finals
59.78	**Shanise Clark, Scripps Ranch	Section Prelims
59.80	*Ashley Hauke, Rancho Bernardo	Palomar Finals
59.84	*Cheyenne Overall, Madison	Section Prelims

## 800

2:09.11	*Charlotte Kuzminsky, Canyon Crest State Finals	
2:12.84	Alli Billmeyer, Torrey Pines	UCSD
2:13.22	**Carina Gillespie, Otay Ranch	State Prelims

2:14.64	*Ashlyn Dadkhah, Torrey Pines	Escondido
2:14.70	*Caitlin Krol, Cathedral	Escondido
2:14.79	Amanda Mulkey, Fallbrook	Section Prelims
2:14.82	Lauren Hall, Mt. Carmel	Section Prelims
2:15.56	**Alexandra Shade, Henry	Section Finals
2:16.23	*Savannah Roberts, Clairemont	Section Finals
2:16.39	Shanna St. Laurent, RBV	Section Finals
2:17.09	***Natalie Nashat, Scripps Ranch	Section Prelims
2:17.40	**Kaelyn Harbison, Westview	Dual
2:17.46	*Jessy Hansen, University City	Escondido
2:17.70	*Julia Yang, Westview	Dual
2:18.02	**Sabrina Seay, Mt. Carmel	MC Dist.
2:18.87	**Kelly Lawson, LCC	Avo West Prelims
2:19.06	***Kaylee Fitzgerald, Cathedral	Section Prelims
2:19.11	Laura Delgado, Granite Hills	Escondido
2:19.12	*Nicole Davies, Coronado	UCSD
2:19.12	***Lauren Voyles, Rancho Bernardo	Dual
2:19.15	Aimee Trujillo, Poway	Dual
2:19.87	Molly Grabill, Rancho Bernardo	Dual
2:19.94	**Emily Oetting, Carlsbad	Section Prelims
2:19.98	Meghan Breadmore, Point Loma	Dual
2:20.14	*Cynthia Ruffin, Chula Vista	Section Prelims
2:20.30	**Sarah Heisner, RBV	Mt. SAC
2:20.47	**Savanah Condon, Poway	Palomar Prelims
2:20.48	*Amanda Weber, Westview	Escondido
2:20.60	**Emily Lopez, Monte Vista	Section Finals
2:20.65	**Tori Casella, Torrey Pines	Section Prelims
2:20.79	***Anne Charles, Canyon Crest	Frosh-Soph

## 1600

4:41.71	Alli Billmeyer, Torrey Pines	State Finals
4:48.20	**Kelly Lawson, LCC	State Finals
4:51.55	Molly Grabill, Rancho Bernardo	Bronco
4:58.08	*Caitlin Krol, Cathedral	State Prelims
4:59.50	**Shanoah Souza, LCC	Section Prelims
4:59.94	**Sabrina Seay, Mt. Carmel	Dual
5:00.06	*Ashlyn Dadkhah, Torrey Pines	Section Prelims
5:01.43	Aimee Trujillo, Poway	Section Finals
5:01.82c	**Carina Gillespie, Otay Ranch	Mustang
5:02.89	Meghan Breadmore, Point Loma	Section Finals
5:03.78	***Anne Charles, Cyn Crest	Section Prelims
5:04.20	Amanda Mulkey, Fallbrook	Avo East Prelims
5:04.80	**Brianna Miller, Carlsbad	Avo West Finals
5:06.25	*Savannah Roberts, Clairemont	Section Finals
5:06.93	**Kaelyn Harbison, Westview	Section Finals
5:07.04	*Julia Yang, Westview	Palomar Finals
5:10.05	***Ashley Cope, Vista	Avo East Finals

5:10.10	Shanna St. Laurent, RBV	Dual
5:10.18	Paige Hughes, Valhalla	Grossmont Finals
5:10.23	**Andrea Hughes, Valhalla	Grossmont Finals
5:10.37	**Sarah Heisner, RBV	Section Prelims
5:10.51	*Jessy Hansen, University City	Section Finals
5:11.97	**Emily Lopez, Monte Vista	Section Finals
5:12.57	*Madison Nocon, Steele Canyon	Section Prelims
5:13.16	*Courtney Corradetti, Vista	Avo East Finals
5:13.50	Marline Estell, Mission Hills	Dual
5:13.61	Michelle LeRoux, Rancho Bernardo	Palomar Finals
5:14.25	***Marina Kemper, Torrey Pines	Sundevil
5:14.41	**Sophia Volk, University City	Frosh-Soph
5:14.65	**Ellie Abrahamson, LCC	Avo West Prelims
5:14.77	**Kaylee Hudson, Valley Center	Frosh-Soph
5:15.20	**Wendy Anae, Cathedral	Section Prelims
5:15.32	Katrina Mecklenburg, Cathedral	Section Finals
5:15.75	*Nicole Bell, Fallbrook	Avo East Finals
5:15.80	Leticia Preciado, Monte Vista	Section Prelims

### 3200

10:18.92	Alli Billmeyer, Torrey Pines	Palomar Finals
10:19.17	Molly Grabill, Rancho Bernardo	State Finals
10:27.73	*Shanoah Souza, LCC	State Finals
10:29.65	Aimee Trujillo, Poway	State Finals
10:33.04	***Emma Abrahamson, LCC	Arcadia
10:49.33	**Kelly Lawson, LCC	Great Oak
10:59.21	**Sabrina Seay, Mt. Carmel	Dual
11:04.50	**Brianna Miller, Carlsbad	Dual
11:05.41	**Kaylee Hudson, Valley Center	Valley Finals
11:06.10	**Ellie Abrahamson, LCC	Bronco
11:10.9	*Julia Yang, Westview	Dual
11:12.15	Paige Hughes, Valhalla	Section Finals
11:14.89	Meghan Breadmore, Point Loma	Escondido
11:15.14	*Nicole Bell, Fallbrook	Avo East Finals
11:19.26	**Hannah Kay, Patrick Henry	Section Finals
11:19.51	*Caitlin Krol, Cathedral	Valley Center
11:21.46	Melissa LeRoux, Rancho Bernardo	Palomar Finals
11:21.78	***Ashley Cope, Vista	Avo East Finals
11:22.20	Cristina Hernandez, Bonita Vista	Section Prelims
11:23.50	**Kaelyn Harbison, Westview	Dual
11:24.16	Courtney Corradetti, Vista	Avo East Finals
11:25.03	**Andrea Hughes, Valhalla	Grossmont Finals
11:25.49	**Catie Ledesma, Otay Ranch	Escondido
11:26.37	Janell Steigerwald, LCC	Escondido
11:27.30	*Christine Kent, Cathedral	Escondido
11:27.80	Michelle Read, Clairemont	Section Finals
11:29.51	Michelle LeRoux, Rancho Bernardo	Palomar Finals

11:31.91	Harper Cooksley, RBV	Escondido
11:33.07	**Kelsey O'Connell, Torrey Pines	Palomar Finals
11:34.86	**Rachel Johnson, West Hills	Grossmont Finals
11:35.56	Sofia Garcia, Bonita Vista	Metro Finals
11:35.90	Katrina Mecklenburg, Cathedral	Valley Center
11:35.93	***Shelby Garritson, Orange Glen	Valley Center

### 100 Hurdles

14.33	*Taylor Larch-Miller, Torrey Pines	Section Finals
14.38	*Devin Collins, Granite Hills	Section Finals
14.51	*Joniece Ervin, Oceanside	Section Finals
14.62	*Tamika Smith, El Camino	Section Prelims
14.93	Tia Knight, Steele Canyon	Grossmont Finals
14.96	**Morgan Rehm, San Pasqual	Section Finals
15.18	Lindsey Peck, LCC	Section Finals
15.32	**Alyssa Chang, Otay Ranch	Section Finals
15.44	Charlotte Wahl, Rancho Bernardo	Palomar Finals
15.47	Madeline Wahl, Rancho Bernardo	Palomar Finals
15.62	Breana Junious, San Diego	Eastern Finals
15.63	*Andrea Ringler, Mission Hills	Sundevil
15.70	*Sidney Reilly, Valley Center	Valley Finals
15.71	Jade Palm, Bonita Vista	Metro Finals
15.91	**Kelli Hancock, La Jolla	Section Prelims
15.99	Ashley Barnes, Monte Vista	Grossmont Prelims
16.00	Jazmin Harrell, Mt. Miguel	Sundevil
16.03	*Tatayna Brown, Lincoln	Section Prelims
16.12	**Vinessa Perryman, Valley Center	Valley Prelims
16.20	*Vanora Guerard, La Jolla	Section Prelims
16.28	Mallory Murphy, Torrey Pines	Palomar Finals
16.45	**Jade Martz, Point Loma	Section Prelims
16.47	Natalia Barbosa, OLP	Section Prelims
16.48	*Shay Boomer, Escondido	Avo East Finals
16.50	***Jessica Garcia, Rancho Bernardo	Bronco
16.51	Carolyn Tischer, Valhalla	Grossmont Finals
16.52	**Janaysha Lyons-Walker, Morse	Frosh-Soph
16.58	**Maria Garcia, Sweetwater	Section Prelims
16.58	Taylor Lansdale, Torrey Pines	Palomar Finals
16.59	**Leighann Shields, Mt. Carmel	Palomar Prelims
16.59	Brittany Beam, Steele Canyon	Section Prelims

### 300LH

43.17	*Joniece Ervin, Oceanside	Avo West Finals
43.67	*Devin Collins, Granite Hills	Section Finals
43.75	*Taylor Larch-Miller, Torrey Pines	Palomar Finals
43.93	*Tamika Smith, El Camino	Escondido
44.53	**Morgan Rehm, San Pasqual	Avo East Finals

44.69	Marline Estell, Mission Hills	Section Finals
44.74	**Monique Van, Steele Canyon	Section Prelims
45.78	**Janaysha Lyons-Walker, Morse	Section Finals
45.80	*Sidney Reilly, Valley Center	Section Finals
46.11	***Jessica Garcia, Rancho Bernardo	Section Finals
46.23	Jade Palm, Bonita Vista	Metro Finals
46.24	Natalia Barbosa, OLP	Section Prelims
46.31	**Vinessa Perryman, Valley Center	Section Finals
46.31	Breana Junious, San Diego	Eastern Finals
46.50	**Charmayne Judkins, Olympian	Section Finals
46.72	**Mercedes DeLaRosa, Mt. Miguel	Section Prelims
46.96	**Alyssa Chang, Otay Ranch	Dual
46.97	Charlotte Wahl, Rancho Bernardo	Palomar Finals
47.29	*Tatyana Brown, Lincoln	Central Finals
47.41	***Jeyla Spencer, San Diego	Eastern Prelims
47.46	*Andrea Ringler, Mission Hills	Sundevil
47.63	**Malia Nawahine, Cathedral	Western Finals
47.77	***Christine Burke, Scripps Ranch	Section Prelims
47.79	Simone Stevens, Carlsbad	Avo West Finals
47.79	**Tahlia Malachi, Eastlake	Section Prelims
47.91	Mallory Murphy, Torrey Pines	Palomar Finals
47.94	**Anna Velarde, Del Norte	Dual
47.95	*Krista Hill, Mira Mesa	Mt. Miguel

### 400 Relay

48.53	El Camino	Section Finals
48.58	Torrey Pines	Palomar Finals
49.03	Mt. Miguel	Section Finals
49.09	Oceanside	Section Finals
49.15	El Cajon Valley	Section Finals
49.36	University City	Eastern Finals
49.43	Hilltop	Metro Finals
49.61	Morse	Section Finals
49.62	San Pasqual	Avo East Finals
49.67	Otay Ranch	Mustang
49.73	Mission Hills	Section Finals
49.78	Mater Dei	Metro Finals
49.78	Monte Vista	Mustang
49.82	Serra	Eastern Finals
49.93	Mira Mesa	Dual
50.02	Steele Canyon	Escondido
50.14	San Dieguito	Section Prelims
50.18	Rancho Bernardo	Escondido
50.29	Granite Hills	Grossmont Finals
50.35	Olympian	Metro Finals
50.48	Clairemont	Section Finals
50.52	Poway	Otay Ranch

50.4	Helix	Dual
50.4	El Capitan	Dual
50.56	Mission Bay	Western Finals
50.59	Cathedral Catholic	Section Prelims

### 1600 Relay

3:55.20	Mt. Carmel	Section Finals
3:56.32	Mission Hills	Section Finals
3:56.54	Olympian	State Prelims
3:59.44	Steele Canyon	Section Prelims
4:00.01	Torrey Pines	Palomar Finals
4:02.1	Patrick Henry	Dual
4:02.55	Del Norte	Section Finals
4:02.63	Carlsbad	Section Finals
4:02.81	El Cajon Valley	Section Finals
4:02.81	Scripps Ranch	Western Finals
4:02.91	Bonita Vista	Section Prelims
4:03.21	University City	Section Finals
4:03.72	Chula Vista	Section Prelims
4:04.08	Granite Hills	Section Finals
4:04.51	Cathedral Catholic	Section Prelims
4:04.77	Morse	Eastern Finals
4:04.80	Canyon Crest	Valley Finals
4:05.94	Valley Center	Section Finals
4:07.02	Rancho Bernardo	Palomar Finals
4:07.08	Oceanside	Section Prelims
4:07.84	Otay Ranch	Dual
4:08.43	Westview	Palomar Finals
4:08.69	Del Norte	Valley Finals
4:09.09	Poway	Section Prelims
4:09.48	Eastlake	Metro Finals
4:09.59	San Pasqual	Section Prelims
4:09.80	San Marcos	Section Prelims
4:09.83	Monte Vista	Section Finals
4:09.85	Vista	Mt. Carmel

### High Jump

5-7	*Danielle Bryan, El Camino	Section Finals
5-6	McKenna Doyle, Point Loma	Mustang
5-5	**Mariah Slack, Vista	Section Finals
5-5	***Abigail Callahan, Coronado	Section Prelims
5-4	Nicole Bryan, El Camino	Escondido
5-4	Riley Hasche, Point Loma	Mustang
5-4	*Holly Contreras, Fallbrook	Sundevil
5-4	Tolanda Tate, Lincoln	Valley Center
5-4	*Julia Wildenthaler, Torrey Pines	Mt. SAC

5-4	*Tiffany Tate, Poway	Otay Ranch
5-3	**Bailey Chapman, Escondido	Section Finals
5-3	Jacy Epperson, Mountain Empire	Section Prelims
5-3	Briana Fair, Steele Canyon	Section Prelims
5-3	**Briteesha Soloman, Mission Bay	Western Finals
5-3	**Jade Martz, Point Loma	Eastern Finals
5-3	***Sierra Smith, Coronado	Frosh-Soph
5-3	*Faith Douglas, San Pasqual	Sundevil
5-2	*Miche Scott, El Camino	MC Dist.
5-2	*Vanora Guerard, La Jolla	Rancho Bernardo
5-2	**Lois Armitage, Clairemont	Mustang
5-2	**Keeshawna Jackson, Castle Park	Valley Center
5-2	*Kristina Brown, Olympian	Metro Finals
5-2	***Jane Andrews, La Jolla	Dual
5-2	**Jade Huska, Mission Hills	Dual
5-2	**Alexandra Young, Mater Dei	Dual
5-2	Erin Zwinger, Poway	Mustang
5-2	Farrah Shokoor, Henry	Dual

### **Pole Vault**

13-0	*McKenzie Johnson, Clairemont	Section Finals
12-3	**Mimi Liam, Rancho Bernardo	Section Prelims
12-0	*Kaitlin McCallum, LJCD	Coastal Finals
11-8	Riley Hasche, Point Loma	Sundevil
11-6	*Emily Mendoza, Poway	Dual
11-6	Tiffany Smith, Otay Ranch	Sweetwater
11-3	Cassie Centrofranchi, Escondido	Section Prelims
11-0	*Emily Palmer, Grossmont	Dual
10-9	Jennifer Pullman, Helix	Section Finals
10-7	*Mechelle Negrete, Steele Canyon	Bronco
10-5	*Bernadette Webb, El Capitan	Grossmont Finals
10-3	*Katie Winship, Rancho Bernardo	Section Prelims
10-3	**Tenaya Kothari, Torrey Pines	Section Prelims
10-3	*Jane Lively, San Pasqual	Dual
10-2	Brittany Cliffe, Helix	Sundevil
9-11	Amy Nanoka, Rancho Bernardo	Palomar Finals
9-9	***Lauren Bartsch, Coronado	Section Finals
9-9	Ella de Jong, Calvin Christian	Section Finals
9-9	***Ashlyn Martin, LCC	Section Prelims
9-6	Heather Hatfield, Westview	Dual
9-5	**Kristine Paik, Torrey Pines	Palomar Finals
9-5	*Catherine Terry, Monte Vista	Grossmont Finals
9-5	Kaycey Bui, Cathedral	Western Finals

## Long Jump

18-11 $\frac{3}{4}$	*Miche Scott, El Camino	Section Finals
18-8 $\frac{1}{2}$	*Jasmine Gibbs, El Camino	State Finals
18-4	*Charity Lyons, Mt. Miguel	Sundevil
18-2 $\frac{1}{2}$	**Monique Van, Steele Canyon	Section Finals
17-8	Jamie Nordling, Henry	Dual
17-6	Jasmine Harris, El Cajon Valley	Section Finals
17-5 $\frac{1}{2}$	*Vanora Guerard, La Jolla	Mustang
17-4 $\frac{1}{2}$	*Tamika Smith, El Camino	Dual
17-3	Talonda Tate, Lincoln	Valley Center
17-3	*Tiffany Tate, Poway	Dual
17-2 $\frac{1}{2}$	*Hannah Wilson, Fallbrook	Dual
17-2	Danielle Harris, Valhalla	Section Prelims
17-2	***Madeline Hopson, Coronado	Frosh-Soph
17-0 $\frac{1}{4}$	**Sheree Collins, Lincoln	Central Finals
16-11	*Lauren Ellison, Rancho Bernardo	Dual
16-10 $\frac{1}{2}$	*Bernadette Webb, El Capitan	Grossmont Finals
16-10 $\frac{1}{2}$	*Sidney Reilly, Valley Center	Dual
16-9 $\frac{3}{4}$	*Mechelle Negrete, Steele Canyon	Dual
16-9 $\frac{1}{2}$	Danielle Wilson, Valhalla	Valley Center
16-9 $\frac{1}{2}$	*Pamela Gellada, Mira Mesa	Eastern Finals
16-9	***Hadiyah Muhammad, LJCD	Frosh-Soph
16-8 $\frac{1}{2}$	*Christina Carmichael, Rancho Bernardo	Dual
16-8	Brittany Brisco, Serra	Section Finals
16-8	***Rashawna Williams, Vista	Avo East Prelims
16-7	Teyshonnia Bealer-West, Grossmont	Valley Center
16-7	*Kara Steenstra, Cavin Christian	Dual
16-6 $\frac{1}{2}$	*Michelle Fekete, Mission Hills	Dual
16-6 $\frac{1}{2}$	*Jordyn McMaster, Mission Hills	Dual
16-6 $\frac{1}{2}$	**Maria Garcia, Sweetwater	Nighthawk
16-6	Riley Hasche, Point Loma	Dual
16-6	***Julia Hasselhuhn, Carlsbad	Dual

## Triple Jump

39-4 $\frac{1}{2}$	*Tamika Smith, El Camino	Section Finals
38-8 $\frac{1}{2}$	**Alexandria Young, Mater Dei	State Prelims
37-6 $\frac{1}{2}$	**Monique Van, Steele Canyon	Frosh-Soph
36-10	*Vanora Guerard, La Jolla	Western Finals
36-9 $\frac{1}{2}$	*Julia Wildenthaler, Torrey Pines	Section Finals
36-9	*Lauren Ellison, Rancho Bernardo	Dual
36-8 $\frac{1}{4}$	***Daeniesha Burell, Chula Vista	Section Prelims
36-5	*Charity Lyons, Mt. Miguel	Section Prelims
36-0	Briana Fair, Steele Canyon	Section Finals
35-10	Courtney Whisenhunt, La Jolla	Dual
35-9 $\frac{1}{2}$	**Sheree Collins, Lincoln	Section Prelims



35-9	**Caitlin Cole, Del Norte	Frosh-Soph
35-8	*Jordyn McMaster, Mission Hills	Avo East Finals
35-6 ½	*Hannah Wilson, Fallbrook	Avo East Finals
35-3 ½	Farrah Shokoor, Henry	Eastern Prelims
35-2	***Madeline Hopson, Coronado	Frosh-Soph
35-2	Shantee Woods, Monte Vista	Dual
35-1 ½	***Julia Hasselhuhn, Carlsbad	Dual
35-0 ½	**Avyon Mathis, Scripps Ranch	Frosh-Soph
35-0	Colleen Boyle, OLP	Western Finals
34-11	Shayna Stein, Torrey Pines	Section Prelims
34-10 ½	*Michelle Fekete, Mission Hills	Avo East Prelims
34-10 ½	*Emani Harris, El Camino	Dual
34-10	***Rashawna Williams, Vista	Frosh-Soph
34-9 ½	**Hadiyah Muhammad, LJCD	Coastal Finals
34-8 ½	Jasmine Stevens, Steele Canyon	Sundevil
34-7 ¾	*Sidney Reilly, Valley Center	Dual
34-6 ½	**Shannon Saliba, San Pasqual	Avo East Finals
34-6	*Christy Jarman, San Pasqual	Avo East Finals

### Shot Put

45-10 ¼	*Breana Jemison, Carlsbad	State Finals
42-7	Nneka Anyanwu, Westview	Section Finals
42-5 ½	Mariah Counts, Poway	Palomar Finals
42-5	*Jakayla Daniels, El Camino	Section Finals
41-6	Alexa Evans, West Hills	Dual
39-6	**Vanessa Sierra, El Capitan	Frosh-Soph
38-3 ½	*Amie Callaway, San Diego	Dual
37-7 ¾	*Rachel Alesi, Christian	Section Finals
37-0	**Jessica Cheadle, Escondido	Avo East Finals
36-11	Asia Adkins, Lincoln	Central Finals
36-10 ½	Dana Hosley, Helix	Aztec
36-4 ¾	Jessica Mendoza, Castle Park	Metro Finals
36-2	*Dalynn Williams, Mira Mesa	Section Prelims
36-0	Katie Hardisty, Granite Hills	Escondido
35-10 ½	**Zaybree Haury, Scripps Ranch	Section Prelims
35-10	Courtney Whisenhunt, La Jolla	Dual
35-8	Jaleisha Freeman, Bonita Vista	Sundevil
35-8	**Analyse Angelini, El Capitan	Dual
35-5 ½	*Lauren Gilster, Valley Center	Section Finals
35-5	LaTreace Johnson, Bishop's	Bronco
35-3	Meena Azziz, Serra	Eastern Finals
35-2	Danissa Dunn, Rancho Bernardo	Dual
35-1	Deanna Bembry, Monte Vista	Runge
34-9	*Jalen Olquin, Imperial	Dual
34-9	Ashley Bjork, Grossmont	Dual
34-8 ½	***Kiele Osby, Escondido	Avo East Finals

34-7	**Lakisha Carson, Morse	Eastern Finals
34-6 ¼	**Brandi Walker, Rancho Bernardo	Dual
<b>Discus</b>		
158-3	Alexa Evans, West Hills	Dual
140-9	LaTreace Johnson, Bishop's	Calvin
140-6	Nneka Anyanwu, Westview	Sundevil
137-2	*Breana Jemison, Carlsbad	Section Finals
137-1	Mariah Counts, Poway	Dual
131-6	Katie Hardisty, Granite Hills	Section Prelims
128-3	*Jakayla Daniels, El Camino	Section Finals
125-10	*Samantha Vernon, Steele Canyon	Sundevil
122-7	Laticia Lonon, West Hills	Grossmont Finals
118-10	Courtney Whisenhunt, La Jolla	Sundevil
115-5	**Kiele Osby, Escondido	Section Prelims
114-8	Lilliana Cervantes, Poway	Palomar Finals
114-7	**Vanessa Sierra, El Capitan	Mustang
113-5	**Analyse Angelini, El Capitan	Section Finals
113-0	Ashley Evans, Palo Verde	Section Finals
112-6	Deanna Bembry, Monte Vista	Section Prelims
112-6	***Cynthia Jones, Helix	Dual
112-5	**Zaybree Haury, Scripps Ranch	Tiger
112-4	*Aimee Callaway, San Diego	Section Finals
111-2	Macaria Robinson, RBV	Avo East Finals
110-8	Dana Hosley, Helix	Sundevil
110-2	*Rachel Alesi, Christian	Section Finals
110-0	*Lauren Gilster, Valley Center	Valley Finals

**Note... The original paper versions of the guides included All-Time Lists and State Champions by year.**

**Since these lists are added to from year-to-year they are not included in the digital versions. To see the current list go to [sdtrackmag.com](http://sdtrackmag.com) where you'll find all the guides we have available, as well as the complete lists of All-Time marks and State Winners.**



Carlsbad's Breana Jemison, state shot put champion.