

San Diego Section High School

2
0
2
3



Track & Field Guide

Union Tribune Athlete of The Year for Track and Volleyball,
Cathedral Catholic's Kapiolani Coleman
State Gold in the 300 hurdles and third in the 100 hurdles

CIF-San Diego Section Track and Field Records

Boys

Year	Event	Name, School	Mark
1992	100 Meters	Riley Washington, Southwest	10.30
2019		Kenan Christon, Madison	10.30
2019	200	Kenan Christon, Madison	20.55
2022	400	Adren Parker, Helix	46.82 (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	40.65
		(Lamont Long, Devon Ward, Stephen Hayes, Deandre Douglas)	
1996	4x400 Relay	Morse	3:10.80
		(Tawaiin Jones, Ray Carter, Kendall Pinson, Lydell Burston)	
1979	High Jump	Frank Schiefer, Madison	7-2
2021	Pole Vault	Garrett Brown, La Costa Canyon	17-2
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
2012	100 Meters	Jasmine Gibbs, El Camino	11.43
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)
2019	3200	Kristin Fahy, La Costa Canyon	10:11.38
1984	100H (30')	Gail Devers, Sweetwater	13.41
2022	100H (33')	Aaliyah McCormick, Scripps Ranch	13.61
2015	300H	Dani Johnson, Cathedral Catholic	41.30
1977	4x100 Relay	Crawford	45.94*
		(Danita Young, Judy Reed, Katie Gaston, Jewell Lovelady)	
2015	4x400 Relay	Cathedral Catholic	3:47.63
		(Olivia Firsching, Claire Hobrock, Hannah Labrie-Smith, Dani Johnson)	
2007	High Jump	Whitney Sisler, La Costa Canyon	5-11
2021	Pole Vault	Ashley Callahan, Rancho Bernardo	14-6
1984	Long Jump	Gail Devers, Sweetwater	20-7
2021	Triple Jump	Elise Miller, San Pasqual	42-3 ½
2015	Shot Put	Laulauga Tausaga, Mount Miguel	48-3 ½
2016	Discus	Laulauga Tausaga, Mount Miguel	167-3

(n) Non-winning mark.

(*) Converted to metric time from yard time

NOTE: All section records must meet National Federation guidelines

Thanks, Thanks, Thanks

These lists would not be possible without the help of track and field supporters like Don Jones, George Green, Rick Smith, Buzz Thom and dozens of others. Thanks to Dennis McClanahan, Phil Grooms, Raymond Tran, and Jeffrey Parenti for their brilliant photos. Rather than mention everyone, let's just say this is a labor of love by a lot of people who still find high school track the most exciting of all sports. No part of these lists can be duplicated without the expressed written consent of the editor.

2022—TWO SECTION RECORDS, TWO STATE CHAMPS

It isn't always the section records or that state championships that people remember 5, 10, 20 years later.

You can bet 2022 will be that kind of year because it combined a dominant, record-setting individual with an extremely controversial disqualification at the 102nd State Championships in Clovis.

Scripps Ranch's Aaliyah McCormick was simply unbeatable in the 100-meters hurdles, seemingly lowering the section record every week or running times that excessive wind prevented from record-consideration. Her legal 13.61 in the Eastern League finals was surpassed only by a 13.46 with the help of a 3.5 mps gust in the Section DII Prelims.

Only one other girl in the state of California, San Diego High's Charlize James, broke the 14-second barrier where her 13.67 in the state prelims was part of a head-shaking decision that will mystify and frustrate track fans, and Scripps Ranch followers in particular, forever.

In the first heat of the 100-meter hurdle prelims, McCormick breezed over the first hurdle and before the second barrier, she and another runner bumped. McCormick still finished second to easily qualify but two of the three officials determined she had impeded the other runner and she was disqualified despite adamantly saying the other runner came into her lane and bumped her. No video or pictures, which appeared to confirm her protest, are allowed to be considered.

With the stadium still buzzing a day later, James, who is at San Diego State, showed just how dominant the section was by winning the gold with her third sub-14 time of the year, 13.95. Cathedral Catholic's Kapiolani Coleman charged to grab the bronze medal.

Coleman was just warming up, though, as she came back to win the 300-meter hurdles in 42.23 seconds, just behind her season-best of 42.19 at Arcadia. James had injured her ankle winning the 100-hurdles but Torrey Pines' Karina Janik grabbed the bronze in 42.67. The good news is Coleman and Janik return this season.

McCormick was matched in the section-record category when Helix's Adren Parker scorched a 46.82 in the state 400-meter prelims, eclipsing the 46.85 clocked by Morse's Lydell Burston in 1996. Burston was in the stands watching his Helix freshman son, Laurence, run on the relays.

Parker wasn't finished, however, as he anchored the Scotties' 4x400 relay to a fifth-place finish in a season-best 3:15.79. His anchor split was a sizzling 45.8 and he'll be the top-returning runner in the state in that event this season.

Solid performances elsewhere netted second place finishes in the girls pole vault from state co-leader (14-feet) Lexi Evans of Scripps Ranch at 13-9 and fellow co-state leader (6-9) Leon Gillis of Steele Canyon in the boys high jump at 6-5.

But there were some big-time performances elsewhere including a 4:46.97 (No. 6 all-time) in the 1600 by Del Norte's Hannah Riggins for fifth at state, an 11.66 (No.8 all-time) in the 100 by Madison soph Amirah Shaheed before she pulled up in the 200 with an injury, a 10:17.91 (No. 3 all-time) by Poway's Mackenzie Rogers in the 3200, a state-leading 47-5 (No. 3 all-time) in the girls shot put by Cathedral Catholic's Kennedy Clarke, a 2:09.54 (No. 10 all-time) in the girls' 800 by Poway sophomore Tessa Buswell, a 1:51.90 (No. 8 all-time) in the boys'800 by San Marcos' Quinn Harder in the section finals, an 8:53.23 (No. 3 all-time) by Sage Creek's Bryce Gilmore in the 3200, a 10.54 (equal No. 9 all-time) by Lincoln's Jalil Tucker in the 100 as well as a 10.56 (equal No. 11) by sophomore Matthew Priest of Maranatha.

The good news: Parker, Priest, Coleman, Janik, Riggins, Shaheed, and Buswell will headline the list of athletes to watch heading into the 2023 season.

Steve Brand, Editor

2022 Boys Leaders

(* Junior, ** Sophomore, ***Freshman)

100 (Fully Electronic, wind legal)

10.54	Jalil Tucker, Lincoln	City Finals
10.56	**Matthew Priest, Maranatha	D3 Prelims
10.61	Bryce Brock, Cathedral Catholic	Section Finals
10.68	Lamar Smith, Mission Hills	Section Finals
10.74	*Charles Sullivan, Central	Dual
10.75	Ivan Morgan, O'Farrell	Cluster Meet
10.76	Jayden Bryce-Smith, Lincoln	Dual
10.79	Jayden Cortell, Eastlake	D1 Prelims
10.81	Jared Jones, Helix	D1 Prelims
10.82	*Adren Parker, Helix	Dual
10.85	Donovan Saunders, Cathedral Catholic	Falcon Inv.
10.86	*Jason Wells, La Costa Canyon	Section Finals
10.87	Quince Chapman, Mission Hills	D1 Prelims
10.87	*Surahz Buncom, Mater Dei Catholic	Dual
10.89	*Jonathan Littlejohn, Orange Glen	Section Finals
10.92	Cash Jones, Ramona	Section Finals
10.97	*Mathew Robertson, Palo Verde	IVL Finals
10.94	Samuel Taylor, Mission Hills	Section Finals
10.98	**Chris Brown, Mira Mesa	Western Finals
10.98	Joshua Morgan, St. Augustine	Dual
10.99	Kian Maher, San Marcos	Dual
11.01	*Major Givens, Steele Canyon	D1 Prelims
11.01	Spencer Layne, Rancho Bernardo	Dual
11.02	*Jonah Priest, Mission Bay	Dual
11.03	Nathan Acevedo, Lincoln	City Finals
11.03	Dante Scott, Bonita Vista	Viking Inv.
11.05	Lucky Sutton, Cathedral Catholic	Dual
11.06	**Terrick Fisher, Rancho Bernardo	Palomar Finals
11.06	***Laurence Burston, Helix	Dual
11.06	Henry Foster IV, West Hills	Dual
11.06	**Jonathan Butler, Poway	Dual
11.07	*Jonathan Aukerman, Mt. Carmel	Dual
11.08	Xavier Van, Helix	Dual
11.09	Bryle Ong, Westview	Palomar Finals
Wind-aided		
10.51	Jalil Tucker, Lincoln	D2 Prelims

200 (Fully electronic, wind legal)

21.40	Bryce Brock, Cathedral Catholic	Section Finals
21.74c	Jalil Tucker, Lincoln	Dual
21.75	*Adren Parker, Lincoln	Hills Finals
21.83	**Matthew Priest, Maranatha	Coastal Finals
21.90	**Chris Brown, Mira Mesa	Western Finals
21.92	**D'Angelo Besikof, San Diego	Dual
21.93	Joshua Morgan, St. Augustine	Dual
21.94	Lamar Smith, Mission Hills	Section Finals
21.98	Cash Jones, Ramona	Section Finals

21.99	Hadyn Brotschi, Otay Ranch	Section Finals
22.01	Xavier Rodriguez, Bishop's	D3 Prelims
22.06	Kian Maher, San Marcos	Section Finals
22.06	Jayden Cortell, Eastlake	Mesa Finals
22.17	***Laurence Burston, Helix	Section Finals
22.17	*Jason Wells, La Costa Canyon	Section Finals
22.26	*Charles Sullivan, Central	Valley Center
22.27	Ivan Morgan, O'Farrell	Section Finals
22.30	Nathan Acevedo, Lincoln	Dual
22.34	Xavier Van, Helix	Dual
22.37	*Mathew Robertson, Palo Verde	Section Finals
22.38	Quince Chapman, Mission Hills	Section Finals
22.38	*Josiah Cox, Lincoln	Dual
22.40	Dominick Wright, Eastlake	Mesa Finals
22.45	Donovan Saunders, Cathedral Catholic	Dual
22.47	Jonathan Littlejohn, Orange Glen	Dual
22.47	Bryan Atterton, Westview	Dual
22.48	Lucky Sutton, Cathedral Catholic	Dual
22.54	Patrick Bekano, Rancho Bernardo	Palomar Finals
22.55	Nathan Gillis, Steele Canyon	Dual
22.56	*Jonathan Aukerman, Mt. Carmel	Dual
22.57	*D.J. Overstreet, Mater Dei Catholic	D3 Prelims
22.58	Xavier Peace, El Capitan	Sundevil Inv.
22.58	*Demarion Wright, Morse	Willie Banks
Wind-aided		
21.47	Jalil Tucker, Lincoln	Sundevil Inv.

400

46.82	*Adren Parker, Helix	State Prelims
48.12	Hadyn Brotschi, Eastlake	Section Finals
49.02	Kian Maher, San Marcos	Section Finals
49.06	Xavier Peace, El Capitan	Dual
49.07	Luke Yruretagoyena, Grossmont	D1 Prelims
49.22	Dominick Wright, Eastlake	Dual
49.44	Xavier Van, Helix	Hills Finals
49.44	Byron Atterton, Westview	Escondido Inv.
49.72	Vaughn Lacour, Rancho Bernardo	Falcon Inv.
49.83	**D'Angelo Besikof, San Diego	D1 Prelims
50.01	*Ian Seifert, La Costa Canyon	Section Finals
50.06	*Malachi McCoy, Hilltop	Section Finals
50.08	Kaleem Perkins, Steele Canyon	Hills Final
50.10	*Benito Villa, Steele Canyon	Dual
50.12	Joshua Morgan, St. Augustine	D2 Prelims
50.16	*Lucas Hughes, Poway	D1 Prelims
50.30	*Charles Sullivan, Central	IVL Finals
50.31	Christopher Simsic, Point Loma	Western Finals
50.40	*Travis Petton, Ramona	Section Finals
50.53	Quinn Harder, San Marcos	Dual
50.57	Jeremiah Symington, Patrick Henry	Cerveny Inv.
50.64	Braden Oberg, West Hills	Section Finals
50.68	*Ian Seifert, La Costa Canyon	Coastal Finals
50.68	Christopher Malone, EC Southwest	Dual
50.77	Tyler Bay, Scripps Ranch	Cerveny Inv.

50.79 **Divad Diaz, San Diego EC
 50.80 Bryce Gilmore, Sage Creek
 50.97 *Jonathan Cohen, Ramona

Section Finals
 Dual
 Sundevil Inv.

800



Quinn Harder, San Marcos

1:51.90 Quinn Harder, San Marcos
 1:52.34 *Ryan Thomas, Torrey Pines
 1:52.93 Bryce Gilmore, Sage Creek
 1:53.87 Levi Taylor, San Marcos
 1:54.24 Blake Levy, Cathedral Catholic
 1:54.81 *Manuel Correia, Point Loma
 1:55.12 *Ian Rosen, Grossmont
 1:55.38 Vaughn Lacour, Rancho Bernardo
 1:55.57 Nicolas Saenz, El Camino
 1:55.70 Kenan Pala, Francis Parker
 1:56.11 Christopher Malone, EC Southwest
 1:56.43 Max Schemenauer, Mt. Carmel
 1:56.72 **Angel Cordero, Olympian
 1:56.94 *Benito Villa, Steele Canyon
 1:57.77 Max Miller, Canyon Hills
 1:57.88 *William Cornick, Canyon Crest
 1:58.08 Carlos Alvarez, San Marcos
 1:58.39 Allen Malo, Mira Mesa
 1:58.45 Shervin Bahmanpour, Sage Creek
 1:58.49 Doug Frattini-Edwards, SDHTH
 1:58.70 *Julian Reyna, Holtville
 1:58.73 **Aundrey Calvert, El Capitan

Section Finals
 State Prelims
 Azusa-Pacific
 Palomar Finals
 Escondido Inv.
 Escondido Inv.
 Mt. SAC
 Section Finals
 Escondido Inv.
 Cluster Meet
 Section Finals
 Palomar Finals
 Mesa Finals
 Dual
 Section Finals
 Escondido Inv.
 Palomar Finals
 Sundevil Inv.
 Coastal Finals
 Section Finals
 Section Finals
 Section Finals

1:59.01	*Jacob Juden, Otay Ranch
1:59.05	Matthew Nunes, La Jolla
1:59.12	*Brian Maweu-Small, Sage Creek
1:59.67	Gabriel Hermosillo, El Camino
1:59.86	Beck Schemenauer, Mt. Carmel

Jaguar Inv.
Distance Fest.
Coastal Finals
Escondido Inv.
Section Finals

1600



Bryce Gilmore, Sage Creek

4:10.31c	Bryce Gilmore, Sage Creek
4:11.87	Levi Taylor, San Marcos
4:13.72	Kenan Pala, Francis Parker
4:14.08	*Manuel Correia, Point Loma
4:14.85	Preston Bowlds, Patrick Henry
4:16.01	*Ryan Thomas, Torrey Pines
4:16.80	*Micah Sanchez, Liberty Charter
4:18.28	Jimmy Byland, Hilltop
4:19.29	**Omar Reyes, El Camino
4:19.74	*Jimmy Markowicz, St. Augustine
4:20.19	*Tommy Bell, Mt. Carmel
4:20.20	Blake Levy, Cathedral Catholic
4:20.75	*Jacob Juden, Otay Ranch
4:21.11	Alexander Bobowski, Santa Fe Christian

Mt. SAC Mile
Section Finals
D3 Prelims
D2 Prelims
Western Finals
Arcadia Inv.
Section Finals
D2 Prelims
Section Finals
Escondido Inv.
Section Finals
Western Finals
Escondido Inv.
Coastal Finals

4:21.51	James Brumley, Patrick Henry	Bronco Inc.
4:21.82	*Ken Belt, Scripps Ranch	Escondido Inv.
4:22.82	Allen Malo, Mira Mesa	Sundevil Inv.
4:23.32	Nathan Osborn, SDHTH	Sundevil Inv.
4:24.04	*Ian Rosen, Grossmont	UC Classic
4:24.48	Anthony Martinez, Eastlake	Section Finals
4:24.72	Caden Romaine Gleim, Patrick Henry	Western Finals
4:24.95	**York Bourgeois, Francis Parker	Sundevil Inv.
4:25.03	*Jacob Niednagel, La Costa Canyon	NC Coastal Finals
4:25.38	Owen Conner, Mt. Carmel	Sundevil Inv.
4:25.46	Christopher Malone, EC Southwest	D2 Prelims
4:25.67	*Russell Blakely, Grossmont	UC Classic
4:25.88	Max Miller, Canyon Hills	UC Classic
4:26.76	Joseph DePascale, University City	Western Finals
4:27.49	*Andrew Presa, San Marcos	Section Finals
4:27.53	Owen Clines, Carlsbad	Dual
4:27.57	Mark Trammell, Santa Fe Christian	Coastal Finals
4:27.72	*Derek Kirschbaum, Poway	Sundevil Inv.

3200

8:53.23	Bryce Gilmore, Sage Creek	Arcadia Inv.
9:00.32	Preston Bowlds, Patrick Henry	Arcadia Inv.
9:01.43	Kenan Pala, Francis Parker	Cluster Meet
9:06.31	Nathan Osborn. SD High Tech	Arcadia Inv.
9:09.14	Alexander Bobowski, Santa Fe Christian	Section Finals
9:09.87	Mark Trammell, Santa Fe Christian	Arcadia Inv.
9:18.79	Jimmy Byland, Hilltop	Arcadia Inv.
9:20.50	*Jacob Niednagel, La Costa Canyon	Azusa-Pacific
9:24.08	*Russell Blakely, Grossmont	Mt. SAC
9:26.36	**Omar Reyes, El Camino	Section Finals
9:27.99	*Derek Kirschbaum, Poway	Section Finals
9:30.39	*Tommy Bell, Mt. Carmel	Section Finals
9:33.19	**York Bourgeois, Francis Parker	Frosh-Soph
9:33.38	*Gael McClain-Martinez, University City	Section Finals
9:36.73	**Adrian Welton, Westview	Palomar Finals
9:37.17	*Jimmy Markowicz, St. Augustine	UC Classic
9:37.39	***Camden Luecht, Rancho Bernardo	Section Finals
9:37.41	Emmanuel Archer, El Camino	NC Coastal Finals
9:38.17	Joseph DePascale, University City	Escondido Inv.
9:39.00	**Preston Seay, Francis Parker	Dual
9:39.85	**Aiden O'Toole, Sage Creek	NC Coastal Finals
9:40.45	**Jacob Pippel, Canyon Crest	D1 Prelims
9:40.59	Anthony Martinez, Eastlake	D1 Prelims
9:41.86	*Andrew Presa, San Marcos	Palomar Finals
9:42.32	Victor Rosas, Point Loma	Section Finals
9:42.50	*Manuel Correia, Point Loma	Runge Inv.
9:43.09	**Matt Conway, Torrey Pines	NC Coastal Finals
9:43.57	**Caden Hicks, University City	Frosh-Soph
9:43.97	*Logan Harding, Canyon Crest	Escondido Inv.
9:44.17	Caden Romaine Gleim, Patrick Henry	Western Finals

110HH (Fully electronic, wind legal)

14.83	Isaac Thomas, Mission Hills	State Prelims
15.00	**Shon Martin, Eastlake	State Prelims
15.17	*Elton Hurd, El Camino	Section Finals
15.42	Garret King, University City	Section Finals
15.46	*Jaden Dorsey, Olympian	Section Finals
15.47	***Jayden Bailey, Mission Bay	Section Finals
15.48	Joseph Forte, Rancho Bernardo	Palomar Finals
15.49	Oskari Tantamaki, San Pasqual	Valley Finals
15.51	*Khalid Aldelaيمي, Mt. Carmel	SD USATF
15.58	**Brandon Cheeks, Mission Bay	D3 Prelims
15.58	*Xavier Barksdale, Steele Canyon	Dual
15.79	**Ryan Richter, Santana	Section Finals
15.80	**Justin Reichenberg, Mission Bay	Section Finals
15.83	Aiden Flood, La Costa Canyon	NC Coastal Finals
15.86	**Vincent Atilano, Cathedral Catholic	Western Finals
15.97	*Hudson Blattman, Rancho Bernardo	D1 Prelims
16.06	*Deshawn Smith, Sweetwater	D1 Prelims
16.06	Andrew Carty, Sage Creek	NC Coastal Finals
16.09	*Daniel Camillo, Brawley	Section Finals
16.13	Kyle Guides, El Camino	NC Coastal Finals
16.17	*Balamber Izsold, San Marcos	D1 Prelims
16.19	Damien Ledesma, Granite Hills	D1 Prelims
16.21	***Owen Cruise, Torrey Pines	NC Coastal Finals
16.21	*Danny Tragarz, Del Norte	Palomar Finals
16.26	*Daniel Zavala, Central	Jaguar Inv.
Wind-aided		
15.19	Garrett King, University City	D2 Prelims

300IH

38.78	**Vincent Atilano, Cathedral Catholic	Section Finals
38.93	Jonathan Nelson, Patrick Henry	Section Finals
39.42	Isaac Thomas, Mission Hills	Trabuco Hills Inv.
39.63	*Danny Tragarz, Del Norte	Section Finals
39.94	*Jaden Dasher, Oceanside	Section Finals
40.01	Zachery Stevens, Mt. Carmel	Section Finals
40.12	**Shon Martin, Eastlake	Mesa Finals
40.26	Oskani Rantamaki, San Pasqual	Sundevil Inv.
40.41	Liam Urich, San Dieguito	Avocado Finals
40.70	*Daniel Zavala, Central	Jaguar Inv.
40.74	*Jaden Dorsey, Olympian	D1 Prelims
40.98	**Justin Reichenberg, Mission Bay	Section Finals
41.04	Zane Delcore, Coronado	City Finals
41.11	*Ryan Quamina, El Capitan	Hills Finals
41.20	***Jayden Bailey, Mission Bay	Section Finals
41.22	Leon McClain, Hilltop	SoBay Finals
41.23	Aiden Flood, La Costa Canyon	NC Coastal Finals
41.37	*Steven Gomez, EC Southwest	IVL Finals
41.48	Akinori Wada, Mt. Carmel	Dual
41.52	Nate De La Garza, Christian	D3 Prelims
41.59	Brett Matthews, Westview	Dual
41.65	Hudson Blattman, Rancho Bernardo	Section Finals

41.70	*Khalid Aldelaimi, Mt. Carmel	D2 Prelims
41.72	**Devin Escobar, El Camino	NC Coastal Finals
41.76	*Wyn Smoole, La Jolla	D3 Prelims
41.77	*Brennan Andruss, Poway	Palomar Finals
41.88	Patrick Cote, Canyon Crest	NC Coastal Finals
41.90	Kyle Guides, El Camino	NC Coastal Finals
41.95	Erik Mellado, Mar Vista	D3 Prelims
42.00	Ethan Brown, Torrey Pines	Section Finals

400 Relay

41.70	Mission Hills	State Prelims
41.75	Helix	State Prelims
42.13	Lincoln	D2 Prelims
42.55	Cathedral Catholic	Arcadia Inv.
42.68	Steele Canyon	Hills Finals
42.75	La Costa Canyon	NC Coastal Finals
42.90	Ramona	Section Finals
42.90	Eastlake	Mesa Finals
42.94	San Marcos	Palomar Finals
43.04	Rancho Bernardo	D1 Prelims
43.20	Central Union	Section Finals
43.20	El Camino	D1 Prelims
43.23	Otay Ranch	UC Classic
43.33	Grossmont	Dual
43.47	Mt. Carmel	D2 Prelims
43.50	St. Augustine	D2 Prelims
43.52	Mater Dei Catholic	Dual
43.53	Mira Mesa	D1 Prelims
43.55	Canyon Hills	Eastern Finals
43.62	Torrey Pines	NC Coastal Finals
43.74	Mission Bay	Section Finals
43.75	San Diego	Dual
43.79	Scripps Ranch	Dual
43.85	San Pasqual	D1 Prelims
43.87	Fallbrook	D2 Prelims
43.88	Vista	Avocado Finals
44.00	Morse	Eastern Finals

1600 Relay

3:15.79	Helix	State Finals
3:19.97	San Marcos	State Finals
3:22.20	Steele Canyon	Section Finals
3:24.48	El Capitan	Section Finals
3:25.75	Central Union	Section Finals
3:25.83	Ramona	Section Finals
3:26.32	Sage Creek	Section Finals
3:27.07	Mt. Carmel	Mt. SAC
3:27.33	Mission Hills	Valley Finals
3:28.07	Cathedral Catholic	D2 Prelims
3:28.35	Point Loma	Western Finals
3:28.68	Westview	Dual

3:29.21 Otay Ranch
 3:29.50 Grossmont
 3:29.83 Patrick Henry
 3:29.91 La Costa Canyon
 3:29.98 San Diego
 3:30.23 El Camino
 3:30.29 Hilltop
 3:30.49 Torrey Pines
 3:30.58 Bishop's
 3:30.79 Poway
 3:31.48 Del Norte
 3:32.47 Oceanside
 3:32.56 Southwest (SD)
 3:32.91 Francis Parker

D1 Prelims
 Dual
 D1 Prelims
 NC Coastal Finals
 D1 Prelims
 D1 Prelims
 South Bay Finals
 NC Coastal Finals
 Section Finals
 Section Finals
 Dual
 Avocado Finals
 South Bay Finals
 Section Final

High Jump



Leon Gillis, Steele Canyon



Justin Cardoza, Eastlake

6-9 Leon Gillis, Steele Canyon
 6-8 **Brandon Cheeks, Mission Bay
 6-8 Justin Cardoza, Eastlake
 6-7 Max Meisterlin, Fallbrook
 6-3 Zyun McGee, Mira Mesa
 6-3 Joseph Forte, Rancho Bernardo
 6-2 ¼ Ginkgo Cauwenberghs, Canyon Crest
 6-2 *John Chang, Rancho Bernardo
 6-2 **Hudson Shaver, La Costa Canyon
 6-2 *Aaron Fruge, University City
 6-2 **Ian Stockes, Carlsbad
 6-1 Cole Chinn, Poway
 6-1 **Lucas Heldman, LJCD
 6-1 Ayo Shotomide, St. Augustine
 6-0 *Cayden How, Mission Hills
 6-0 Angel Perez Martinez, El Capitan
 6-0 James Stuermer, Santana
 6-0 Jackson Cross, Tri-City Christian
 6-0 *Jaylani Sanders, Otay Ranch
 6-0 Nick Watson, St. Augustine

Jaguar Inv.
 Section Finals
 Jaguar Inv.
 Valley Finals
 Western Finals
 Bronco Inv.
 Dual
 Section Finals
 Section Finals
 Section Finals
 Dual
 Palomar Finals
 Sundevil Inv.
 Dual
 Section Finals
 Section Finals
 D2 Prelims
 D3 Prelims
 Sundevil Inv.
 Cerveney Inv.

6-0	*Adrian Phillips, Canyon Hills	Runge Inv.
6-0	**Isaiah Hasten, Granite Hills	Dual
6-0	*AJ McIlwain, Otay Ranch	Dual
6-0	Camrien Hunt, Steele Canyon	Dual
6-0	*Luis Villegas, Point Loma	Dual

Pole Vault

14-11	Matt Rydbeck, Rancho Bernardo	Section Finals
14-11	**Jacob Emerson, Sage Creek	Section Finals
14-11	Nathan Richards, Poway	D1 Prelims
14-9	Kaiden Luna de Fuerte, Rancho Bernardo	Dual
14-6	Jaeden Correa, Poway	MC F-D
14-0	Armando Castillo, University City	Escondido Inv.
14-0	**Joey Weisman, Torrey Pines	Frosh-Soph
13-11	*Kamren Boyles, San Marcos	Section Finals
13-11	***Kai Anderson, University City	Section Finals
13-9	**Caden Lefever, Rancho Bernardo	Palomar Finals
13-9	*Christian Saia, Mt. Carmel	Falcon Inv.
13-4	**Dean Le, Canyon Crest	Dual
13-3	**Rob Saunders, Rancho Bernardo	Dual
13-3	**Jordan Kondo, Vista	Dual
13-3	***Merrick Stroschine, Scripps Ranch	Dual
13-0	Mateo Graham, Santana	Sundevil Inv.
13-0	Noah White, Scripps Ranch	UC Classic
13-0	Hugh Do, Clairemont	Dual
13-0	Mateo Guerra, Poway	Dual
12-11	*Nathan Williamson, Rancho Bernardo	D1 Prelims
12-11	*Andrew Hamby, Mt. Carmel	D1 Prelims
12-11	**Aiden Bernier, Fallbrook	D2 Prelims
12-9	Gregory Holowka, Canyon Crest	NC Coastal Finals
12-9	Devyn Smith-Barrera, Ramona	Escondido Inv.
12-9	**Forest Lopez, Poway	Dual
12-9	Ethan Johnson, San Marcos	Dual
12-6	*Joseph Carter, Westview	Dual

Long Jump



Mission Bay's Brandon Cheeks was named the San Diego CIF Boys' Field Athlete of the Year. At the CIF Division III Championships he won the long jump, triple jump, and high jump.

23-11	Jalil Tucker, Lincoln	Dual
23-2 ½	**Brandon Cheeks, Mission Bay	Section Finals
23-2 ½	Donovan Saunders, Cathedral Catholic	Arcadia Inv.
23-2 ½	Tibyasa Matovu, Helix	Dual.
22-10 ½	Matt Martin, Mission Hills	Valley Finals
22-10	Xavier Peace, El Capitan	D2 Prelims
22-9 ¾	Ayo Shotomide, St. Augustine	Sundevil Inv.
22-9	**Marcus Harris, Vista	Frosh-Soph
22-7 ¼	Justin Cardoza, Eastlake	Section Finals
22-6	Arthur Simpson, Steele Canyon	Escondido Inv.
22-6	*Elton Hurt, El Camino	Dual
22-4	*Nicola Redon, San Diego	Eastern Finals
22-2 ¾	Rashaan Williams, Canyon Hills	Eastern Finals
22-2 ½	**Logan Henry, El Capitan	Frosh-Soph
22-2 ½	Phoenix Johnson, Carlsbad	Dual
22-1	Brandon Buu, Eastlake	Willie Banks
22-1	Titan Taylor, Mission Hills	Section Finals
22-0 ½	Marcus Moore, Lincoln	Dual
22-0	David Saldivar, San Ysidro	South Bay Finals
22-0	Cash Jones, Ramona	Falcon Inv.

21-10 ¼	Vishal Jayanthi, Sage Creek	D2 Prelims
21-9 ½	Ugo Ezeokoli, Mt. Carmel	Section Finals
21-9 ¼	*A.J. Cornwaithe, Valhalla	Grossmont Finals
21-9	*Dante Scott, Bonita Vista	Mesa Finals
21-8 ½	Jackson Cross, Tri-City Christian	Coastal Finals
21-8 ¼	*Nicolis Isaac, La Jolla	Sundevil Inv.
21-8	*Lucas Scott, Mission Hills	Dual
21-7 ½	Samuel Cook, Steele Canyon	Falcon Inv.
21-7 ¼	Josh Macapagal, Mission Bay	Dual
21-7	*A.J. McIlwain, Otay Ranch	Sundevil Inv.
Wind-aided		
23-3 ½	Tibyasa Matovu, Helix	Section Finals

Triple Jump

47-6	Brandon Buu, Eastlake	Mesa Finals
46-10 ¼	Ayo Shotomide, St. Augustine	Dual
46-3	**Brandon Cheeks II, Mission Bay	D3 Prelims
45-10	Leon Gillis, Steele Canyon	UC Classic
45-9	Justin Cardoza, Eastlake	Dual
44-9 ¼	Tibyasa Matovu, Helix	D1 Prelims
44-9	*Ravel Cato, Mira Mesa	Western Finals
44-9	Darrin Parham, Mt. Carmel	Dual
44-2	Ripley Brant, San Diego	Dual
44-1 ½	**Justin Reichenberg, Mission Bay	Eastern Finals
43-11 ¾	**Marcus Harris, Vista	Willie Banks
43-11 ¼	*AJ McIlwain, Otay Ranch	UC Classic
43-10	Zyun McGee, Mira Mesa	Western Finals
43-9 ½	Jaden Rucker, Bonita Vista	Dual
43-8 ½	Timothy Tran, Canyon Crest	Dual
43-8	Jaden Boggs, Eastlake	Mesa Finals
43-7 ½	*Isaiah Sutton, Kearny	City Finals
43-4	*Marcus Washington, Fallbrook	Valley Finals
43-1	**Logan Henry, El Capitan	Frosh-Soph
43-0	**Cooper Rohnow, Point Loma	Frosh-Soph
42-11	Nathan Rohnow, Point Loma	Western Finals
42-11	Jamison Davis, Rancho Bernardo	Dual
42-9 ¼	Jaxton Blodgett, Canyon Crest	Falcon Inv.
42-5 ¼	Lukas Spenser, Mountain Empire	Section Finals
42-5	Bryant Detling, Poway	Dual
42-3	*Adjatay Walker, Mira Mesa	Dual
42-2 ¼	Kevin Cauthorn, Rancho Bernardo	Palomar Finals
42-1 ½	**Kyzza Matovu, Helix	Sundevil Inv.
42-1 ½	Samuel Cook, Steele Canyon	Dual
42-1	*Johan Swaniker, Carlsbad	Dual
42-0 ¾	Luke Soche, Santa Fe Christian	Coastal Finals
42-0	*John Chang, Rancho Bernardo	Dual

Shot Put

59-11 ¾	Hawkin Miller, El Camino	Arcadia Inv.
59-11	Guillermo Lopez, EC Southwest	IVL Finals
58-3 ¼	Luis Martinez, Vista	State Finals
56-5	**Dillon Holmes, Del Norte	Dual

53-6	*Tyler Knowles, RBV	Avocado Finals
51-11 ½	Sam Alligood, LJCD	D3 Prelims
48-9	*Phillip Cotton, Valley Center	Dual
48-8	Kendall Williams, Lincoln	Dual
47-11 ¾	Gracen Halton, St. Augustine	Sundevil Inv.
47-10	Darian Whaley, Cathedral Catholic	Dual
47-5 ½	Trey White, Eastlake	Dual
47-8	Alano Felix, El Camino	Section Finals
47-7	Zachary Bernard, Hilltop	D2 Prelims
47-6	**Ethan Reeves, Imperial	Dual
47-4	John Brown, Morse	Dual
47-3 ¼	Jacob Wheeler, La Costa Canyon	Falcon Inv.
47-1 ½	Ruben Hernandez, Mt. Miguel	D3 Prelims
46-6 ½	Matthias Johnson, Westview	Dual
46-4 ½	*Israel Rascon, Central Union	Dual
46-1	Tyler Daynes, Del Norte	Section Finals
46-1	*Osvaldo Avila, Otay Ranch	Mesa Finals
45-10	Creg Cooper, Monte Vista	Dual
45-8	Saitu Sagiao, Helix	Dual
45-7 ¼	*Trey Vergenz, Mission Hills	Valley Finals
45-7	Donny Coutts, Coronado	Dual
45-7	**Ethan Obrigewitch, University City	Dual
45-6	Roman Ramirez, St. Augustine	Sundevil Inv.
45-1 ½	**Quintin Johnson, El Camino	Dual
Discus		
175-4	Guillermo Lopez, EC Southwest	State Prelims
165-0	Hawkin Miller, El Camino	Arcadia Inv.
163-7	*Tyler Knowles, RBV	Escondido Inv.
162-3	*Gerardo Rodriguez, EC Southwest	Desert Relays
155-9	Sam Alligood, LJCD	Cluster Meet
153-5	Luis Martinez, Vista	Dual
151-11	*Trey Vergenz, Mission Hills	Dual
151-2	*Kaleb Bowler, Otay Ranch	Section Finals
143-6	Darian Whaley, Cathedral Catholic	Dual
142-8	Kendall Williams, Lincoln	D2 Prelims
142-8	Donny Coutts, Coronado	Viking Relays
141-8	Saitu Sagiao, Helix	Grossmont Finals
137-4	*Dominick Yaldo, Valhalla	Grossmont Finals
136-5	Jacob Wheeler, La Costa Canyon	Dual
136-4	Wolfgang Horner, Imperial	Jaguar Inv.
136-3	Josiah Brown, Ramona	Escondido Inv.
136-2	Alex Seavello, Ramona	Dual
133-4	**Omar Ortega, Rancho Bernardo	Section Finals
133-4	Zachary Bernard, Hilltop	D2 Prelims
133-3	**Emilio Hogate, Granite Hills	Section Finals
133-3	John Brown, Morse	D2 Prelims
132-11	Ruben Hernandez, Mt. Miguel	D3 Prelims
132-8	*Matthew Staycer, Torrey Pines	NC Coastal Finals
132-6	*LaDainian Lawrence, University City	D2 Prelims
131-9	*Thomas Smith, Grossmont	Dual
131-6	**Ryan Telemaque, Sage Creek	Dual
131-2	Tyler Daynes, Del Norte	Section Finals

131-1	Alano Felix, El Camino	NC Coastal Finals
130-9	Michael Williams, Liberty Charter	D3 Prelims
130-9	*Israel Rason, Central Union	Sundevil Inv.
130-0	Quentin McClure, Bonita Vista	Section Finals

2022 Girls Leaders

(* Junior, ** Sophomore, ***Freshman)

100 (Fully electronic, wind legal)

11.66	**Amirah Shaheed, Madison	Section Finals
11.76	Aaliyah McCormick, Scripps Ranch	Section Finals
11.97	Elizabeth Hatton, Sage Creek	Triton Inv.
12.02	**Laraigh Allen, Helix	Dual
12.06	**Payton Smith, La Jolla	Sundevil Inv.
12.13	Maddie Lyons, La Jolla	D3 Prelims
12.15	Alyssa Bean, Poway	Bronco Inv.
12.25	Daniella Smith, Patrick Henry	Section Finals
12.30	**Tianna Ruskovich, Mt. Carmel	Section Finals
12.32	D'Lainey Nakamoto, RBV	Triton Inv.
12.34	**Alexis Leath, West Hills	Section Finals
12.34	*Kelsey Swyney, Caralsbad	Arcadia Inv.
12.35	*Ashley Nash, Morse	Dual
12.41	Kendall Herren, Monte Vista	Sundevil Inv.
12.41	Caira Moore, Kearny	City Finals
12.41	*Ricki Taylor, Morse	Dual
12.44	Aryana Boostani, Cathedral Catholic	Sundevil Inv.
12.51	**Brionna Dickens, Steele Canyon	Section Finals
12.51	Charlotte Williams, Tri-City Christian	D3 Prelims
12.55	***Malaya Taylor, Bishop's	Dual
12.57	Alana Odom, Helix	Section Finals
12.57	**Jess Freeland, Canyon Crest	Section Finals
12.65	Denae Logan, Patrick Henry	UC Classic
12.69	Juana Fernandez Cabrera, Mission Hills	Triton Inv.
12.70	*Riley Lankford, Rancho Bernardo	Dual
12.73	**Kamlyn Huang, Otay Ranch	Frosh-Soph
12.74	**Chanel Burton, Helix	Dual
12.76	*Jenna Fields, Santana	Section Finals
12.77	Indiana Langford, Poway	D1 Prelims
12.79	Ceana Thomas, Cathedral Catholic	Section Finals
12.79	Anissa Blea, Bonita Vista	Section Finals
12.79	Marina Downing, La Costa Canyon	NC Coastal Finals
Wind-aided		
11.71	Aaliyah McCormick, Scripps Ranch	D2 Prelims

200 (Fully electronic, wind legal)

24.25	Alyssa Bean, Poway	Section Finals
24.45	**Amirah Shaheed, Madison	Mt. SAC
24.73	**Laraigh Allen, Helix	Dual
24.74	*Kapiolani Coleman, Cathedral Catholic	Dual
24.84	**Payton Smith, La Jolla	Jaguar Inv.

24.95	**Tianna Ruskovich, Mt. Carmel	Frosh-Soph
25.01	*Kelsey Swyney, Carlsbad	Section Finals
25.08	Aaliyah McCormick, Scripps Ranch	Dual
25.12	Aryana Boostani, Cathedral Catholic	Dual
25.34	Maddie Lyons, La Jolla	D3 Prelims
25.38	Deja Thomas, Mission Hills	Section Finals
25.42	Caira Moore, Kearny	D3 Prelims
25.44	Vanessa Sukay, Cathedral Catholic	Western Finals
25.46	Elizabeth Hatton, Sage Creek	Dual
25.47	Daniella Smith, Patrick Henry	Western Finals
25.54	*Jaclyn Macatee, Scripps Ranch	Western Finals
25.56	Arionn Livingston, Steele Canyon	Section Finals
25.58	**Brionna Dickens, Steele Canyon	Section Finals
25.59	Alana Odom, Helix	Section Finals
25.64	Kendall Herren, Monte Vista	Section Finals
25.69	**Arynn Sanders, Otay Ranch	Section Finals
25.70	Charlotte Williams, Tri-City Christian	Section Finals
25.70	D'Lainey Nakamoto, RBV	Dual
25.75	**Iliana Downing, La Costa Canyon	Frosh-Soph
25.88	**Alexis Leath, West Hills	Section Finals
25.90	Madeline Cramer, Bishop's	UC Classic
25.97	**Jess Freeland, Canyon Crest	Section Finals
26.05	*Trinity Solomon, Valhalla	Runge Inv.
26.05	Rasha Badrini, San Pasqual	Dual
26.06	***Morgan Herbst, Carlsbad	Frosh-Soph
Wind-aided		
24.70	**Payton Smith, La Jolla	State Prelims

400

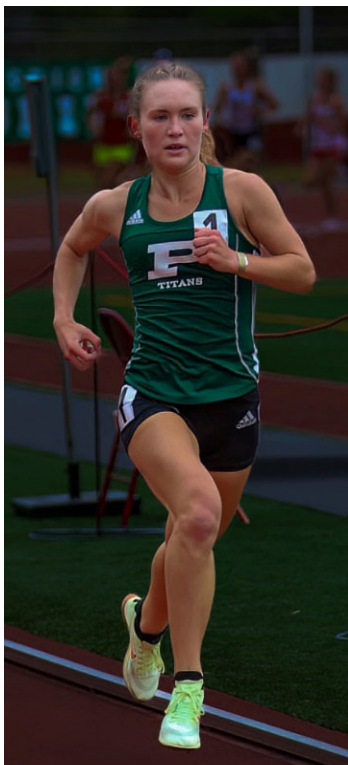
54.96	Alyssa Bean, Poway	Section Finals
55.74	**Peyton Smith, La Jolla	National JOs
56.21	Madeline Cramer, Bishop's	Bronco Inv.
56.39	***Makenna Herbst, Carlsbad	State Prelims
56.70	Arionn Livingston, Steele Canyon	Section Finals
57.48	Deja Thomas, Mission Hills	Valley Finals
57.51	**Nicoletta Burkhardt, Steele Canyon	Section Finals
57.90	***Morgan Herbst, Carlsbad	Section Finals
57.91	*Trinity Solomon, Valhalla	Arcadia Inv.
57.96	Rasha Badrini, San Pasqual	Valley Finals
58.03	*Audrey Vargas, Mt. Carmel	Section Finals
58.24	*Hannah Riggins, Del Norte	Dual
58.28	*Karina Janik, Torrey Pines	Dual
58.38	Sidney Garcia, EC Southwest	Jaguar Inv.
58.50	***Paige Echsner, Del Norte	Dual
58.66	Trinity Dixon, San Marcos	Dual
59.00	**Iliana Downing, La Costa Canyon	Falcon Inv.
59.20	*Megan Werts, San Marcos	Palomar Finals
59.23	**Alonna Bush, Valhalla	Section Finals
59.31	**Brielle Jimerson, Madison	Section Finals
59.43	Shayla Harris, Patrick Henry	Western Finals
59.46	**Anna Prasouvo, Del Norte	D1 Prelims
59.48	***Kaitlin Donnelly, La Costa Canyon	Dual
59.59	Claire Blanco, Poway	D1 Prelims

59.69	**Hannah Keehn, Sage Creek	NC Coastal Finals
59.70	***Kaitlyn Arciaga, Westview	Dual
59.87	Sara Standlee, Grossmont	Falcon Inv.
59.93	**Arynn Sanders, Otay Ranch	Mesa Finals
1:00.07	**Tanna Schornstein, Torrey Pines	Falcon Inv.
1:00.07	Indiana Langford, Poway	Dual
800		
2:09.54	**Tessa Buswell, Poway	Arcadia Inv.
2:11.24	Madeline Cramer, Bishop's	Coastal Cluster
2:11.60	*Hannah Riggins, Del Norte	Falcon Inv.
2:11.94	Jayce Farmer, Rancho Bernardo	Arcadia Inv.
2:11.98	***Kaitlyn Arciaga, Westview	Arcadia
2:12.66	Trinity Dixon, San Marcos	Section Finals
2:13.33	*Kalista Villatoro, Canyon Crest	Section Finals
2:13.38	***Makenna Herbst, Carlsbad	USATF Qual
2:17.12	*McCall Dame, El Camino	NC Coastal Finals
2:17.63	Rebekah Niednagel, La Costa Canyon	Mt. SAC
2:17.76	*Sophia Biesinger, La Costa Canyon	Section Finals
2:18.17	Samantha Nauman, Scripps Ranch	Section Finals
2:18.46	Mackenzie Rogers, Poway	Dual
2:18.48	**Ella Echsner, Del Norte	Dual
2:19.00	*Malia Leupold, Sage Creek	Mt. SAC,
2:19.23	*Keira Rall, Cathedral Catholic	Section Finals
2:19.77	***Paige Echsner, Del Norte	D1 Prelims
2:20.01	*Clara Steer, Pacific Ridge	Section Finals
2:20.01	*Mikayla Horning, Santana	Section Finals
2:20.44	Anne Tedrow, Mission Hills	Mt. SAC
2:20.56	*Elaine Hobrock, Cathedral Catholic	Western Finals
2:20.58	Annika Salz, Torrey Pines	Escondido Inv.
2:20.71	***Emily Russo, Del Norte	Dual
2:20.90	*Breea Selbrede, Mt. Carmel	Palomar Finals
2:21.14	**Abigail Plezia, La Jolla	Frosh-Soph
2:21.52	Lake Merrifield, Eastlake	D1 Prelims
2:21.66	***Miriam Aguirre, Patrick Henry	Cerveney Inv.
2:21.94	**Brianna Busse, Del Norte	Frosh-Soph
2:21.96	**Ashley Purcell, San Marcos	Sundevil Inv.
1600		
4:46.97	*Hannah Riggins, Del Norte	State Finals
4:48.75	Mackenzie Rogers, Poway	Section Finals
4:54.21	*McCall Dame, El Camino	NC Coastal Finals
4:54.83	Jayce Farmer, Rancho Bernardo	Arcadia
4:55.52	**Tessa Buswell, Poway	Escondido Inv.
4:57.90	**Gioana Lopizzo, La Costa Canyon	NC Coastal Finals
4:57.90	Trinity Dixon, San Marcos	Dual
5:00.55	***Kaitlyn Arciaga, Westview	Palomar Finals
5:01.54	Annika Salz, Torrey Pines	NC Coastal Finals
5:02.83	*Breea Selbrede, Mt. Carmel	Section Finals
5:03.69	Kyra Compton, La Costa Canyon	NC Coastal Finals
5:04.23	*Keira Rall, Cathedral Catholic	D2 Prelims
5:04.24	**Kaya Scuba, Sage Creek	NC Coastal Finals

5:05.49	**Ella Echsner, Del Norte	Dual
5:05.52	**Scarlett Taylor, Torrey Pines	NC Coastal Finals
5:05.55	Madeline Cramer, Bishop's	Coastal Cluster
5:05.75	***Emily Russo, Del Norte	Section Finals
5:06.11	Rebekah Niednagel, La Costa Canyon	Stanford Inv.
5:06.80	***Paige Echsner, Del Norte	Frosh-Soph
5:07.30	***Chiara Bonomi, Cathedral Catholic	Dual
5:07.31	Sophie Compton, Point Loma	Western Finals
5:07.85	**Alexandria Pena, Cathedral Catholic	D2 Prelims
5:08.73	Sydney Paul, Mt. Carmel	Sundevil Inv.
5:10.58	*Marissa Gaut, Torrey Pines	NC Coastal Finals
5:10.87	***Addy Richardson, Scripps Ranch	Section Finals
5:11.43	**Ashley Purcell, San Marcos	Section Finals
5:11.44	Mackenzie Kozina, El Camino	NC Coastal Finals
5:11.58	*Kira Larner, La Costa Canyon	NC Coastal Finals
5:12.45	**Scarlett Martin, Cathedral Catholic	Frosh-Soph
5:12.54	*Audra Sutherland, Rancho Bernardo	Palomar Finals

3200

10:17.91	Mackenzie Rogers, Poway	Arcadia Inv.
10:25.46	**Gioana Lopizzo, La Costa Canyon	Section Finals
10:39.89	Kyra Compton, La Costa Canyon	Arcadia Inv.
10:50.43	Annika Salz, Torrey Pines	Section Finals
10:50.50	*Rebecca Bronstein, Canyon Crest	Escondido Inv.
10:52.71	Sophie Compton, Point Loma	Escondido Inv.
10:53.18	*Hannah Riggins, Del Norte	Dual
10:53.48	Stormy Wallace, Sage Creek	Arcadia Inv.
10:53.55	***Kaitlyn Arciaga, Westview	Dual
10:54.96	**Scarlett Taylor, Torrey Pines	Section Finals
10:56.00	***Emily Russo, Del Norte	Dual



Mackenzie Rogers, Poway

11:02.24	*Revere Schmidt, Santa Fe Christian	Coastal Cluster
11:03.03	**Alexandria Pena, Cathedral Catholic	Western Finals
11:07.41	*Sammi Dorostkar, Torrey Pines	Section Finals
11:07.58	*Nikki Dorostkar, Torrey Pines	Section Finals
11:09.73	*Marissa Gaut, Torrey Pines	Dual
11:10.08	***Chiara Bonomi, Cathedral Catholic	Arcadia
11:11.45	Sydney Paul, Mt. Carmel	Dual
11:12.02	**Scarlett Martin, Cathedral Catholic	Frosh-Soph
11:14.04	*Audra Sutherland, Rancho Bernardo	Section Finals
11:14.40	**Kirra Fisk, La Jolla	Sundevil Inv.
11:14.45	**Winter Moritz, OLP	UC Classic
11:15.04	**Natalie Wang, Torrey Pines	Frosh-Soph
11:15.44	Jayce Farmer, Rancho Bernardo	Escondido Inv.
11:16.36	*Alexis Noble, Clairemont	Section Finals
11:17.56	*Emma George, Torrey Pines	Sundevil Inv.
11:20.10	**Tessa Buswell, Poway	Dual
11:21.63	Emma Turpin, Mt. Carmel	Dual
11:22.22	Lexi Arambulo, Cathedral Catholic	Dual
11:22.82	Bethany Mapes, Liberty Charter	RR Track Fest

100 Hurdles (Fully electronic, wind legal)



Left to right: Charlize James, Aaliyah McCormick, Kapiolani Coleman
James was the State 100 meter hurdles champ
McCormick was the San Diego Section Girls' Track Athlete of the Year.
Coleman was the Union Tribune Athlete of the year for Volleyball and Track

13.61	Aaliyah McCormick, Scripps Ranch	Western Finals
13.67	Charlize James, San Diego	State Prelims
14.04	*Kapiolani Coleman, Cathedral Catholic	Section Finals
14.95	***Anisa Bowen-Fontenot, San Diego	Eastern Finals
15.28	Lauren Medley, Del Norte	Section Finals
15.50	Jenniece Pingley, El Camino	D1 Prelims
15.51	**Isabella Robinson, Eastlake	Section Finals
15.58	Sophie Truscott, Mt. Carmel	Dual
15.81	Iniyaa Mohranraj, Del Norte	D1 Prelims

15.83	*Dominika Janik, Torrey Pines	D1 Prelims
15.83	Skylar Joyner, San Marcos	Jaguar Inv.
15.86	**Natalie Guevara, Bonita Vista	Mesa Finals
15.87	*Karina Janik, Torrey Pines	D1 Prelims
16.04	Megan Goldberg, Poway	D1 Prelims
16.05	Rasha Badrani, San Pasqual	D1 Prelims
16.07	Maya Galvan, Olympian	D1 Prelims
16.12	Melanie Ceballos, El Camino	Dual
16.14	*Skye Uyeda, Rancho Bernardo	D1 Prelims
16.17	*Catherine Laube, Sage Creek	Sundevil Inv.
16.20	**Delaney Magers, La Costa Canyon	Sundevil Inv.
16.21	*Tylia Cole, Bonita Vista	D1 Prelims
16.24	Amaris Clough, San Dieguito	D1 Prelims
16.25	Juana Fernandez Cabrera, Mission Hills	D1 Prelims
16.26	**Lillian Cook, Steele Canyon	Jaguar Inv.
16.71	*Riya Jambhi, Granite Hills	Escondido Inv.
16.89	Yvette Martinez, Ramona	Section Finals
16.96	Mackayla Randolph, Steele Canyon	D1 Prelims
Wind-aided		
13.46	Aaliyah McCormick, Scripps Ranch	D2 Prelims

300LH



Identical twins, Karina Janik and Dominika Janik placed third and seventh in the 300 hurdles at the state meet.

42.19	*Kapiolani Coleman, Cathedral Catholic	Arcadia Inv.
42.38	*Karina Janik, Torrey Pines	Section Finals
42.71	Charlize James, San Diego	Section Finals
43.31	Aaliyah McCormick, Scripps Ranch	Western Finals
43.38	*Dominika Janik, Torrey Pines	Section Finals
44.37	Lauren Medley, Del Norte	Section Finals
45.08	***Anisa Bowen-Fontenot, San Diego	Section Finals
45.73	Rasha Badrani, San Pasqual	Section Finals
45.93	Skylar Joyner, San Marcos	Section Finals
46.15	Sophia Truscott, Mt. Carmel	Dual

46.31	Melanie Ceballos, El Camino	Dual
46.52	Mikaela Lyons, Poway	Bronco Inv.
46.61	Maya Galvan, Olympian	Mesa Finals
47.37	Yvette Martinez, Ramona	Section Finals
47.70	**Isabella Robinson, Eastlake	Mesa Finals
47.76	Melanie Lozano, Ramona	D2 Prelims
48.01	**Lindsey Balsley, Coronado	Frosh-Soph
48.02	**Lillian Cook, Steele Canyon	Grossmont Finals
48.13	*Riya Jambhi, Granite Hills	D1 Prelims
48.19	Jenniece Pingley, El Camino	Dual
48.21	*Tylia Cole, Bonita Vista	Mesa Finals
48.23	Isabella Laws, LJCD	D3 Prelims
48.38	*Catherine Laube, Sage Creek	Jaguar Inv.
48.56	Amaris Clough, San Dieguito	Avocado Finals
48.62	***Juliana Miracco, Sage Creek	Section Finals
48.81	**Kassa Lake, Mt. Carmel	D2 Prelims
48.87	**Natalie Guevara, Bonita Vista	Mesa Finals
49.00	Juana Fernandez Cabrera, Mission Hills	Dual

400 Relay

48.16	Cathedral Catholic	Arcadia
48.35	La Jolla	Eastern Finals
48.77	Carlsbad	D1 Prelims
48.83	Steele Canyon	D1 Prelims
48.98	Poway	Palomar Finals
49.08	Helix	Meb Inv.
49.18	Mt. Carmel	Palomar Finals
49.22	Sage Creek	D2 Prelims
49.30	Mission Hills	D1 Prelims
49.36	Madison	Section Finals
49.40	La Costa Canyon	NC Coastal Finals
49.57	Otay Ranch	D1 Prelims
49.70	Rancho Bernardo	D1 Prelims
49.85	Patrick Henry	Arcadia Inv.
49.89	Torrey Pines	D1 Prelims
49.95	San Marcos	Palomar Finals
50.12	Bonita Vista	Dual
50.14	Ramona	D2 Prelims
50.36	Monte Vista	Dual
50.36	West Hills	Grossmont Finals
50.44	Valhalla	Dual
50.45	Del Norte	Dual
50.56	Morse	Eastern Finals
50.73	Canyon Crest	D1 Prelims
50.76	Our Lady of Peace	Section Finals
50.96	San Dieguito Academy	Avocado Finals

1600 Relay

3:49.93	Poway	Section Finals
3:53.12	Del Norte	Section Finals
3:54.87	Carlsbad	Section Finals
3:54.94	Torrey Pines	Section Finals
4:00.42	Mt. Carmel	Arcadia

4:00.65	San Marcos	Section Finals
4:00.70	Steele Canyon	D1 Prelims
4:02.22	West Hills	Section Finals
4:03.66	Sage Creek	Section Finals
4:03.74	Olympian	Section Finals
4:04.03	La Costa Canyon	Arcadia
4:04.14	EC Southwest	Section Finals
4:04.22	Canyon Crest Academy	Section Finals
4:04.76	Valhalla	Arcadia
4:05.72	Scripps Ranch	Section Finals
4:07.57	Ramona	D2 Prelims
4:09.03	El Camino	D1 Prelims
4:09.68	Mission Hills	Valley Prelims
4:11.74	La Jolla	Eastern Finals
4:12.35	El Capitan	Bob Pryor
4:12.80	Grossmont	Bronco Inv.
4:12.93	San Pasqual	Dual
4:13.11	Patrick Henry	D1 Prelims
4:13.25	Bishop's	Section Finals
4:13.48	Rancho Buena Vista	Avocado Finals
4:13.73	Our Lady of Peace	Dual
4:14.26	Mission Bay	Section Finals
4:15.41	Otay Ranch	Dual
4:15.47	Eastlake	Mesa Finals
4:15.71	Bonita Vista	Mesa Finals

High Jump

5-7	*Lizzie Tarczy, Scripps Ranch	D2 Prelims
5-7	Macaria Moore-Bastide, Eastlake	Bronco Inv.
5-5	**Kelly DeJong, Maranatha	Section Finals
5-5	Cheyenne Roberts, Westview	Dual
5-5	Toni Chambers, Canyon Crest	Dual
5-4	*Breeze Czapinski, Poway	Dual
5-2	*Maria Shea, Rancho Bernardo	MC F-D
5-2	*Addison Fisher, San Dieguito	MC F-D
5-2	Jenniece Pingley, El Camino	Dual
5-1	*Ella Jones, OLP	D2 Prelims
5-1	*Aliyah Thibeault, El Capitan	D2 Prelims
5-1	*Marazanae Townsend, University City	Western Finals
5-1	Hadley Phillips, Palo Verde	Dual
5-1	Viviana Cuadras, Calexico	Dual
5-0	Olivia Hilts, Del Norte	Falcon Inv.
5-0	Jozie Gisler, Canyon Hills	Runge Inv.
5-0	**Mya Williams, Steele Canyon	Dual
5-0	*Julia Foote, Mt. Miguel	Dual
5-0	**Ana Villela, La Jolla	Dual

Pole Vault



Lexie Evans from Scripps Ranch placed second at state in 2022.

14-0	Lexi Evans, Scripps Ranch	Section Finals
13-7	Allison Leigh, Del Norte	Bronco Inv.
13-3	*Evangeline Thompson, Poway	Triton Inv.
13-0	Rose Wagner, Fallbrook	Dual
12-9	Quincy Hansen, San Dieguito	Section Finals
12-9	**Iliana Downing, La Costa Canyon	D2 Prelims
12-9	Melodie Quiroz, Rancho Bernardo	D1 Prelims
12-3	Charlotte O'Connor, Rancho Bernardo	D1 Prelims
12-2	*Avery Hilliard, Poway	Sundevil Inv.
12-0	*Jordan Kinkead, LJCD	Coastal Cluster
12-0	**Kelly DeJong, Maranatha	UC Classic
11-9	*Cassandra Cinzori, San Dieguito	D1 Prelims
11-9	*Eleanor Raibert, Poway	D1 Prelims
11-9	*Lilia Montiel, Rancho Bernardo	D1 Prelims
11-3	***Paige Echsner, Del Norte	D1 Prelims
11-0	Simone Fuller, Del Norte	Dual
10-9	Annika Huff, Point Loma	D2 Prelims
10-9	Elizabeth Wilson, Poway	Triton Inv.
10-9	Nicole Loy, Del Norte	Dual
10-8	**Chloe Tseng, Del Norte	Frosh-Soph
10-6	***Aubrey Kim, Del Norte	Palomar Finals
10-6	**Jada Potenciano, Rancho Bernardo	Dual
10-6	**Maya Khoury, Fallbrook	Bronco Inv.
10-3	Claire McLaughlin, Westview	D1 Prelims
10-3	**Lauren Scarpelli, Sage Creek	Section Finals
10-1	**Sahara Khoury, Fallbrook	Bronco Inv.
10-0	*Kaylee Tan, Del Norte	Dual
10-0	**Ria Rizo, Clairemont	Dual
10-0	Amaris Clough, San Dieguito	Dual

Long Jump

18-8 ½	Elizabeth Hatton, Sage Creek	NC Coastal Finals
18-6	*Ricki Taylor, Morse	D2 Prelims
18-4 ½	Kendell Herren, Monte Vista	D2 Prelims
18-4	*Kapiolani Coleman, Cathedral Catholic	D2 Prelims
18-2	*Jenna Fields, Santana	Arcadia
17-10	Melanie Ceballos, El Camino	NC Coastal Finals
17-8 ½	*Riley Lankford, Rancho Bernardo	Section Finals
17-8	Caira Moore, Kearny	Section Finals
17-6	*Skyler Simpson, Calvin	Pacific Cluster
17-4 ½	Allison Slater, Valhalla	Dual
17-2 ¼	*Mia Bento, Cathedral Catholic	Jaguar Inv.
17-2 ¼	Megan Goldberg, Poway	Dual
17-1 ¾	**Lindsey Balsley, Coronado	Dual
17-1	**Tayhlore Hoagland, Rancho Bernardo	Dual
16-11	**Chaya Scott, University City	D2 Prelims
16-11	***Siena Bateman, LJCD	D3 Prelims
16-11	Mikaela Miles, Point Loma	Western Finals
16-10 ½	*Ava Sims, Carlsbad	Sundevil Inv.
16-9 ½	***Evin McDowell, Grossmont	Grossmont Finals
16-9 ¼	Iniyaa Mohanraj, Del Norte	D1 Prelims
16-9	**Amaya Bryant, Westview	Palomar Finals
16-9	*Sofia Brigida, OLP	Dual
16-8 ½	Olivia Lewis, Carlsbad	Willie Banks Inv.
16-8 ¼	*Dominika Janik, Torrey Pines	Dual
Wind-aided		
19-1 ¼	Elizabeth Hatton, Sage Creek	State Prelims

Triple Jump

38-4 ¾	Jenniece Pingley, El Camino	D1 Prelims
38-2 ½	Mikaela Miles, Point Loma	Western Finals
37-9 ½	*Jenna Fields, Santana	UC Classic
37-0	Allison Slater, Valhalla	Section Finals
36-9 ½	**Natalie Guevara, Bonita Vista	D1 Prelims
36-6 ½	Melanie Ceballos, El Camino	Dual
36-4	Iniyaa Mohanraj, Del Norte	Palomar Finals
35-6 ¾	*Amari Vaughn, Steele Canyon	Section Finals
35-6	Jacqueline Inzunza, Point Loma	Dual
35-5	***Siena Bateman, LJCD	Coastal Cluster
35-3 ½	*Riley Lankford, Rancho Bernardo	D1 Prelims
35-0 ½	*Isabella Busch-Sorensen, Point Loma	Dual
34-11	*Mia Bento, Cathedral Catholic	D2 Prelims
34-10 ½	**Lillian Cook, Steele Canyon	D1 Prelims
34-10 ½	**Abigail Plezia, La Jolla	Eastern Finals
34-10	*Ricki Taylor, Morse	Eastern Finals
34-8 ½	**Chanel Burton, Helix	D1 Prelims
34-0	*Samantha Harris, Vista	Dual
33-11	**Kylie Wade, Point Loma	Section Finals
33-11	Megan Goldberg, Poway	Dual

33-10 ½	Caira Moore, Kearny	City Finals
33-10	Capri Suarez, Sage Creek	D2 Prelims
33-10	**Diana Kostina, Otay Ranch	Mesa Finals
33-9	*Angel Miller, El Camino	NC Coastal Finals
33-7 ½	Breck Blandford, Cathedral Catholic	D2 Prelims
33-7	*Laura Rucks, Torrey Pines	NC Coastal Finals
33-6 ¼	Megan Goldberg, Poway	Dual
33-6	**Kaya Adams, Westview	Palomar Finals

Shot Put



Kennedy Clark was the 2022 San Diego Section Girls' Field Athlete of the Year.

47-5	Kennedy Clarke, Cathedral Catholic	Dual
39-4 ¾	Kais Kimuli, Mt. Carmel	State Prelims
37-9 ½	Nicole Loy, Del Norte	State Prelims
37-0	*Lovely Gentry-Thomas, Morse	Dual
36-11	*Logan Shojgreen, Rancho Bernardo	Palomar Finals
36-5	***Shani Ford, Helix	Dual
36-4 ¼	*Lelia Keene, El Camino	D1 Prelims
36-3	Madeleine Seabolt, Mt. Carmel	Dual
36-1	**Hailey Lauifi, Helix	Dual
35-11 ¼	*Laura Rucks, Torrey Pines	D1 Prelims
35-4	*Kennedi Jones, Steele Canyon	Dual
35-3	***Lillianna Williams, El Capitan	Grossmont Finals
34-8	*Ashley Rosati, Monte Vista	Arcadia
34-4	Kamariah Croom, Hilltop	Dual
34-3	**Brenna Williams, Cathedral Catholic	Dual
34-3	Asja Mulic, Eastlake	Dual
34-2 ½	*Azaria Martin, Brawley	Bronco Inv.
34-2	Reina Alamillo, Oceanside	Avocado Finals

34-2	**Natalie Danks, El Capitan	Dual
34-0 ¼	Arramis Gonzalez, Otay Ranch	Dual
34-0	**Leilah Lauifi, Helix	Escondido Inv.
34-0	**Jayla White, Morse	Dual
33-9	***Mairead Frankel, Sage Creek	D2 Prelims
33-8	*Taylor Houston, Grossmont	D1 Prelims
33-7 ½	**Hannah McGrath, El Capitan	Dual
33-6	**Gabriella Colon Gipson, Otay Ranch	Mesa Finals
33-4	*Cheney Gomez, Imperial	Section Finals

Discus

147-9	Kennedy Clarke, Cathedral Catholic	D2 Prelims
133-8	Madeleine Seabolt, Mt. Carmel	Dual
131-6	Nicole Loy, Del Norte	State Finals
129-3	Asja Mulic, Eastlake	Dual
120-9	*Logan Shojgreen, Rancho Bernardo	Palomar Finals
120-0	**Brenna Williams, Cathedral Catholic	Jaguar Inv.
117-0	**Hailey Lauifi, Helix	Grossmont Finals
114-2	Kennedi Jones, Steele Canyon	Jaguar Inv.
112-3	Reina Alamillo, Oceanside	Avocado Finals
108-11	**Leilah Lauifi, Helix	Sundevil Inv.
108-5	Kais Kimuli, Mt. Carmel	Palomar Finals
108-1	Gaya Pica, Rancho Bernardo	Dual
107-5	*Cheney Gomez, Imperial	Jaguar Inv.
107-0	*Sharron Lee, Brawley	Jaguar Inv.
106-7	Arramis Gonzalez, Otay Ranch	Mesa Finals
106-5	**Mia Robles, Mt. Carmel	Section Finals
105-11	*Taylor Houston, Grossmont	Dual
105-1	***Mairead Frankel, Sage Creek	Section Finals
104-5	Jazmine Rosa, Rancho Bernardo	Dual
103-7	*Sofia Caruso, Rancho Bernardo	Jaguar Inv.
102-5	**Zoe Cruz, Mater Dei Catholic	Section Finals
102-2	Emma Jones, El Capitan	Grossmont Finals
101-3	*Leilia Keene, El Camino	NC Coastal Finals
100-9	Katherine Bruun, San Dieguito	MC F-D
100-7	Hannah Burton, El Capitan	Jaguar Inv.

For all-time lists check sdtrackmag.com

<https://sdtrackmag.com/TrackGuideBooks/>



CIF San Diego Section Boys' Track Athlete of the Year from Helix, Adren Parker, set a new Section Record in the 400 with a time of 46.82.