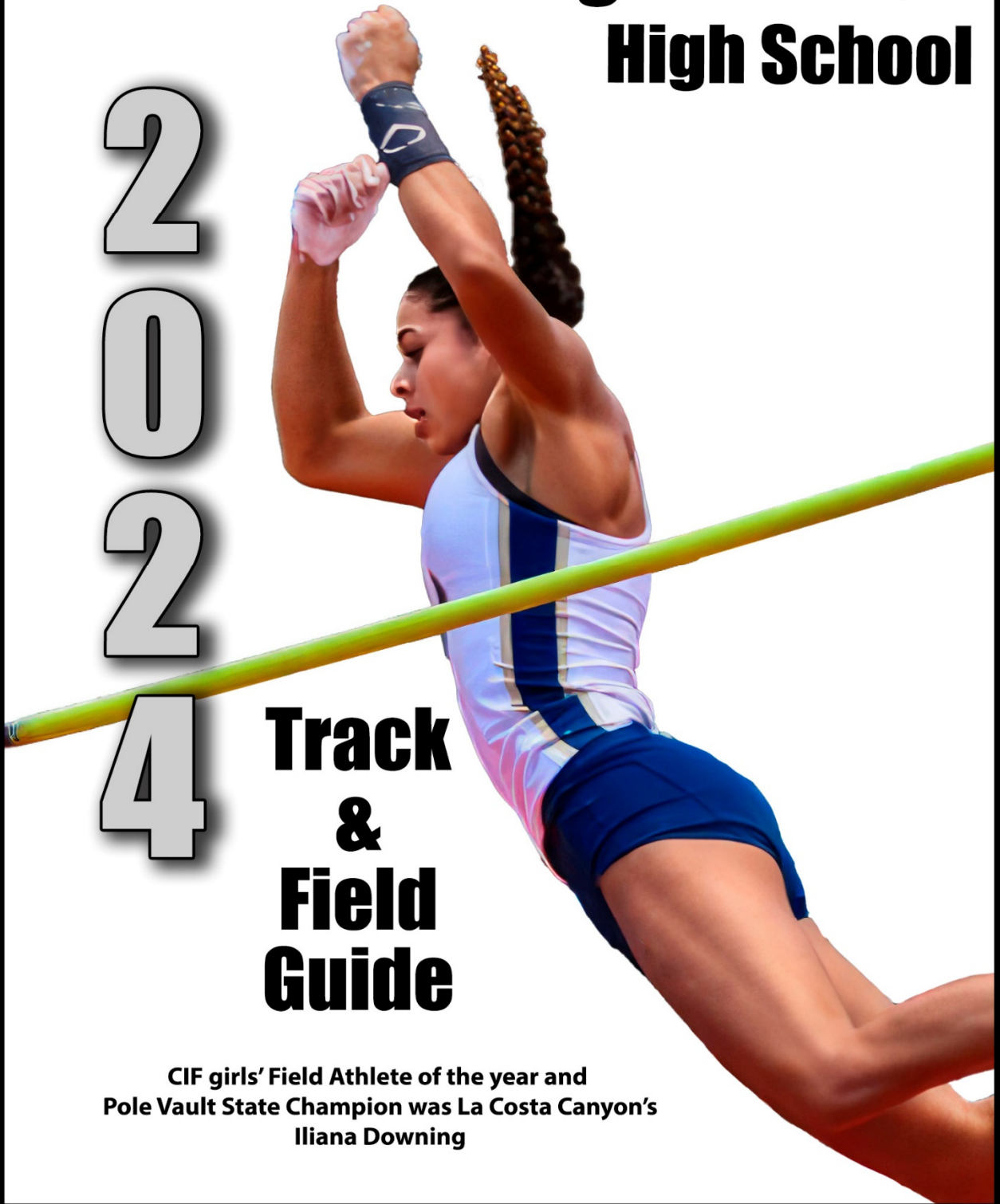


# San Diego Section High School

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## Track & Field Guide

CIF girls' Field Athlete of the year and  
Pole Vault State Champion was La Costa Canyon's  
Iliana Downing



## 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
2023	400	Adren Parker, Helix	46.48
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 (Lamont Long, Devon Ward, Stephen Hayes, Deandre Douglas)	40.65
1996	4x400 Relay	Morse (Tawaiin Jones, Ray Carter, Kendall Pinson, Lydell Burston)	3:10.80
2011	4x800 Relay	Torrey Pines (Andrew Ward, Matt Carpowich, Trent Newquist, Andrew Eckberg)	7:48.39
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
2023	800	Hannah Riggins, Del Norte	2:06.69 (n)
2023	1600	Hannah Riggins, Del Norte	4:41.42 (n)
2023	3200	Gioana Lopizzo, La Costa Canyon	9:59.08 (n)
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 (Danita Young, Judy Reed, Katie Gaston, Jewell Lovelady)	45.94*
2015	4x400 Relay	Cathedral Catholic (Olivia Firsching, Claire Hobrock, Hannah Labrie-Smith, Dani Johnson)	3:47.63
2023	4x800 Relay	Del Norte (Emily Russo, Ella Echsner, Hannah Riggins, Paige Echsner)	8:55.99
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 and Phil Grooms 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.

## 2023—FIVE SECTION RECORDS, TWO STATE CHAMPS

San Diego's girls distance runners outdid themselves as every event from the 800 to the 3200 was wiped off the record books and when the state added the 4x800-meter relay, the section became the first titlist, an historic honor.

Del Norte's Hannah Riggins, now at Princeton, had a hand (OK, legs and feet) in three of the records.

--Riggins got caught in a scorching 800-meter race at the Arcadia Invitational where she clocked a 2:06.69, obliterating the previous best of 2:08.00 by Mt. Carmel's Lesley Noll 38 years ago in 1985.

--Enroute to placing third in the state 1600, Riggins clocked a 4:41.42, erasing the previous best of 4:41.71 set in 2011 by Torrey Pines' Alli Billmeyer.

--She and her Nighthawks teammates dominated the 4x800 relay. First, they clocked a 9:00.77 to win the Arcadia Invitational as she was credited with a 2:07. In the state finals, the same foursome of sophomore Emily Russo, junior Ella Echsner, Riggins (2:06) and sophomore Paige Echsner won convincingly in 8:55.99. The quartet then competed in the Nike Nationals in Eugene where they clocked an 8:51.78 for first place with Riggins being clocked in 2:05.

The final girls standard to be rewritten was also dramatic as La Costa Canyon junior Gioana Lopizzo became the first girl from the section to break the 10-minute barrier, running 9:59.08 at Arcadia before going on to place third at state.

After twice lowering his own section 400-meter record, Helix's Adren Parker's season came to a disappointing end when, after running 46.48 to win the section, he felt a muscle pull while warming up at state and had to withdraw.

About those girls events. Not only did the records tumble, but there was fantastic depth.

Behind Riggins in the 800 was Poway junior Tessa Buswell whose 2:08.30 in third is No. 3 all-time. In the 1600, La Jolla freshman Chiara Dailey posted the third-fastest time in section history at 4:42.43 with Lopizzo (7<sup>th</sup> in 4:45.34) and Eastlake 9<sup>th</sup> grader Jaelyn Williams (9<sup>th</sup> in 4:46.26) all in the top 10.

Not only did Lopizzo set the 3200 record, Williams' time of 10:11.01 in fourth at state is No. 2 all-time.

This record book also notes the all-time mile record and five runners—Dailey (4:44.47 at Nike), Lopizzo (4:47.76), Riggins (4:48.21), Buswell (4:51.11) and Williams (4:55.10) are among the top seven. Ever.

This year the section also brought home the gold medal in the girls pole vault where junior Iliana Downing of La Costa Canyon won at 13-5 before raising the bar to 14-3, which she will attack this coming spring. Her best was 14-feet.

The boys also had an outstanding performance in the 1600 where Torrey Pines senior Ryan Thomas placed second in the state meet at 4:08.82.

Non-winning places are meaningful when those individuals return and that is the case with San Diego High sophomore Anisa Bowen-Fontenot, who was second in the 300 hurdles (41.88) and fourth in the 100-hurdles (wind-aided 13.89), as well as La Jolla's Payton Smith, who posted thirds in the 200 (23.78, No. 6 all-time) and the 400 (53.86, No. 3 all-time). Don't forget state cross country champion Buswell's third in the 800 (2:08.30).

For the boys, the section's top four pole vaulters, and 13 of the top 16, return led 16-footers Jacob Emerson of Sage Creek and Joey Weiseman of Torrey Pines plus the section's top hurdlers, Helix's Shon Martin in the 110s (14.27) and Vincent Atilano in the 300s (37.73 for fourth at state), are poised for big senior seasons.

**Note: National Federation High School rules say section records must be set during the season of sport and the San Diego Section follows those guidelines. Thus, Del Norte's girls running 8:51.78 in the Nike Nationals is listed as the all-time best but the 8:55.99 winning the state meet is the official section record.**

Steve Brand, Editor

## 2023 Boys Leaders

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

### 100 (Fully Electronic, wind legal)

10.49	Jason Wells, La Costa Canyon	Section Finals
10.68	***Brandon Arrington, Helix	Dual
10.70	Aaron Fruge, University City	Western Finals
10.71	Adren Parker, Helix	Dual
10.74	Matthew Robertson, Palo Verde	Section Finals
10.83	Xavier Rodriguez, Bishop's	Runge Inv.
10.83	Steven Luker, Central	IVL Finals
10.84	**Jase Nix, San Marcos	D1 Prelims
10.87	*Austin McCotter, Cathedral Catholic	Western Finals
10.87	Dante Scott, Bonita Vista	Section Finals
10.88	*Eden Perez, Escondido	Section Finals
10.89	*Alfredo Dorome, Imperial	IVL Finals
10.90	*Riley Leyva, Cathedral Catholic	Western Finals
10.93	**Matthew Carr, Mater Dei Catholic	Dual
10.95	Quentin Stevens, Steele Canyon	Dual
10.97	Aleonte Logan, Morse	Dual
10.98	Jonathan Krynicki, Mt. Carmel	Jaguar
10.98	Nathan Jay Porter, Vista	Dual
10.99	Jonathan Aukerman Salinas, Mt. Carmel	Section Finals
11.00	*Joseph Solomon, Eastlake	Section Finals
11.00	Brandon Worsley, Mission Hills	Valley Finals
11.01	Major Givens, Steele Canyon	Grossmont Finals
11.03	**Dreyden Garner, University City	Western Finals
11.05	*Brandon Cheeks II, Mission Bay	Dual
11.05	**Samuel Harris, University City	Western Finals
11.05	Elijah Thornton, Kearny	City Finals
11.06	Javon Jordan, Olympian	Runge Inv.
11.06	*Grayson Montoya-Harper, Torrey Pines	Falcon Relays
11.06	Phoenix Zhan, Rancho Bernardo	Palomar Finals
11.06	**Matteo Natale, Valley Center	Valley Finals
11.07	Makei Thompson, Mira Mesa	Western Finals
11.08	**Bradley Pohl, San Marcos	Section Finals
11.09	**Spencer Gray, Helix	Dual
11.09	**Tayshawn Shrapshire, Lincoln	City Finals
11.10	Sevan McGrath, La Costa Canyon	Dual
11.10	*Tayshawn Taylor, Bishop's	Coastal Finals

### Wind-aided

10.58	***Brandon Arrington, Helix	Sundevil Inv.
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**200 (Fully electronic, wind legal)**

21.26	Adren Parker, Helix	Dual
21.48	***Brandon Arrington, Helix	Dual
21.51	Jason Wells, La Costa Canyon	Section Finals
21.71	Jonathan Aukerman Salinas, Mt. Carmel	D2 Prelims
21.84	**David Slaughter, Mt. Carmel	D2 Prelims
21.85	Steven Luker, Central Union	D2 Prelims
21.86	Malachi McCoy, Hilltop	D2 Prelims
21.87	David Acosta, El Camino	D1 Prelims
21.95	Matthew Robertson, Palo Verde	Section Finals
21.99	Quentin Stevens, Steele Canyon	D1 Prelims
22.00	*D'Angelo Besikof, San Diego	D1 Prelims
22.00	*Alfredo Dorame, Imperial	IVL Finals
22.03	*Joseph Solomon, Eastlake	D1 Prelims
22.05	**Jase Nix, San Marcos	Frosh/Soph
22.06	Xavier Rodriguez, Bishop's	Runge Inv.
22.07	*Eden Perez, Escondido	D2 Prelims
22.14	Jonathan Krynicki, Mt. Carmel	Palomar Finals
22.14	Ahmad Jackson, Canyon Hills	Dual
22.15	*Ricky Leyva, Cathedral Catholic	D2 Prelims
22.30	Brandon Worsley, Mission Hills	D1 Prelims
22.33	**Spencer Gray, Helix	Valley Center
22.40	***Jonah Holloway, Morse	D2 Prelims
22.42	Habib Ismail, Crawford	City Finals
22.43	*Chris Brown, Mira Mesa	Chandler Rotary
22.43	*Gevonni Richey, Otay Ranch	D1 Prelims
22.44	*Jalen Saint Paul, Carlsbad	D1 Prelims
22.50	Carter Schoon, Poway	Dual
22.50	Dante Scott, Bonita Vista	D1 Prelims
22.51	**Laurence Burston, Helix	Dual
22.53	*Terrick Fisher, Rancho Bernardo	D1 Prelims
22.58	**Matteo Natale, Valley Center	Dual
22.60	Aaron Fruge, University City	Escondido
22.60	Phoenix Zahn, Rancho Bernardo	Palomar Finals

**Wind-aided**

21.29	***Brandon Arrington, Helix	Sundevil Inv.
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In addition to clocking 10.71 in the 100 and leading the section in the 200 with a time of 21.26, Adren Parker from Helix set a new section record in the 400 at the CIF finals with a mark of 46.48. He repeated as CIF boys' Track Athlete of the Year.

#### 400

46.48	Adren Parker, Helix	Section Finals
48.14	**David Slaughter, Mt. Carmel	Section Finals
48.52	Malachi McCoy, Hilltop	D2 Prelims
48.98	*D'Angelo Besikof, San Diego	Section Finals
49.11	David Acosta, El Camino	Escondido
49.70	*Vincent Jones, Mt. Miguel	Grossmont Finals
49.70	Lukas Hughes, Poway	Escondido
49.86	*Vincent Atilano, Cathedral Catholic	Dual
49.87	Carter Schoon, Poway	Palomar Finals
50.11	**Preston Hines, San Marcos	D1 Prelims
50.12	***Brandon Arrington, Helix	Dual
50.12	*Jalen Saint Paul, Carlsbad	Dual
50.13	*Michael Valenzuela, Santana	Falcon Relays
50.19	Finn Deatherage, Sage Creek	D2 Prelims
50.26	Jaden Dasher, Oceanside	Dual
50.31	**Jaylon Graves, Olympian	D1 Prelims
50.33	Xavier Rodriguez, Bishop's	UC Classic
50.38	*Divad Diaz, SD Southwest	South Bay Finals
50.40	Ian Seifert, La Costa Canyon	D2 Prelims
50.50	Danny Tragarz, Del Norte	Dual
50.50	*Nathan Bruhn, Cathedral Catholic	Escondido
50.52	*Shamarion Uden, El Capitan	Grossmont Finals
50.53	Shakur Jackson, Hoover	Dual
50.55	Jonathan Krynicki, Mt. Carmel	Escondido
50.57	Manuel Correia, Point Loma	Dual
50.62	*Aundrey Calvert, El Capitan	Dual
50.73	*Hassan Angelo, Hoover	Dual
50.83	**Tyler Tennant, Maranatha	Section Finals

50.84 Habib Ismail, Crawford  
 50.86 \*Donald Moore, Rock  
 50.94 \*Marley Randolph, Scripps Ranch

Section Finals  
 D3 Prelims  
 Section Finals



Manuel Correia from Point Loma led the section in the 800 with a mark of 1:51.44 with Torrey Pines' Ryan Thomas just a tick behind with 1:52.04. In the 1600 Thomas was the leader with 4:07.90 with Correia second with 4:09.83. At the State Meet Thomas placed second in the 1600.

## 800

1:51.44	Manuel Correia, Point Loma	Escondido Inv.
1:52.04	Ryan Thomas, Torrey Pines	Escondido Inv.
1:53.43	*Angel Cordero, Olympian	Section Finals
1:54.26	Ian Rosen, Grossmont	Section Finals
1:54.72	***Josiah Bowman, Sage Creek	Section Finals
1:56.18	***Cameron Yarbrough, Del Norte	Bronco Inv.
1:56.64	Micah Sanchez, Liberty Charter	Cluster Meet
1:56.92	Brandon Day, Rancho Bernardo	Section Finals
1:57.20	Mark Deharo, Vista	Escondido Inv.
1:57.52	Jacob Niednagel, La Costa Canyon	Dual
1:57.97	Adren Parker, Helix	Dual
1:58.09	William Cornick, Canyon Crest	Section Finals
1:58.15	Brian Maweu-Small, Sage Creek	D2 Prelims
1:58.20	*Aundrey Calvert, El Capitan	Section Finals
1:58.42	Jayson Oliver, Santana	Falcon Relays
1:58.68	*Peter Akinpelu, Del Norte	D1 Prelims
1:58.94	Captain Burnett, San Diego	Jim Cerveny
1:59.00	Ryan Hurley, San Marcos	Section Finals
1:59.08	*Jacob Pippel, Canyon Crest	Dual
1:59.14	Juan Pablo Arredondo, Steele Canyon	Bronco Inv.
1:59.18	Nathan Christmore, Torrey Pines	Dual
1:59.23	Kaipo Christensen, Poway	Palomar Finals
1:59.27	**Gabriel Xavier, Point Loma	Section Finals
1:59.31	*Adam Freshley, Helix	Grossmont Finals
1:59.36	Jimmy Markowicz, St. Augustine	Escondido Inv.

1:59.49	**Matthew Stevens, Westview	D1 Prelims
1:59.57	Tom Bell, Mt. Carmel	Dual
1:59.58	*Alex Freshley, Helix	Dual
1:59.65	**Matty Walker, Carlsbad	Avocado Finals
1:59.70	**Rafael Herchenhorn, Torrey Pines	D1 Prelims
1:59.92	JB Kouwondou, Helix	D1 Prelims
1:59.94	*Ian Ridge, Bonita Vista	D1 Prelims

## 1600

4:07.90	Ryan Thomas, Torrey Pines	Azusa-Pacific
4:09.83	Manuel Correia, Point Loma	Mt. SAC
4:11.64	Micah Sanchez, Liberty Charter	Section Finals
4:12.37	Tom Bell, Mt. Carmel	Section Finals
4:12.87	Jacob Juden, Otay Ranch	Section Finals
4:12.87	Brandon Day, Rancho Bernardo	Section Finals
4:13.04	***Cameron Yarborough, Del Norte	D1 Prelims
4:16.79	Jimmy Markowicz, St. Augustine	Section Finals
4:18.05	Nathan Christmore, Torrey Pines	D1 Prelims
4:18.57	*York Bourgeois, Francis Parker	Section Finals
4:19.72	Ken Belt, Scripps Ranch	Section Finals
4:19.78	Jacob Niednagel, La Costa Canyon	D2 Prelims
4:21.27	**Evan Smith, Santa Fe Christian	Section Finals
4:21.86	Jayson Oliver, Santana	D2 Prelims
4:22.14	Finn McClure, Monte Vista	Sundevil Inv.
4:22.69	***Josiah Bowman, Sage Creek	Arcadia Dist.
4:22.82	*Angel Cordero, Olympian	Dual
4:23.78	*Jacob Pippel, Canyon Crest	Dual
4:23.91	*Kai Lange-Dei, SD High Tech	Section Finals
4:24.03	*Omar Reyes, El Camino	Dual
4:24.75	Isaac Chu, La Jolla	Sundevil Inv.
4:25.19	*Jonas Rickert, Torrey Pines	NC Coastal Finals
4:25.70	Mason Coyle, Grossmont	Section Finals
4:25.95	Logan Harding, Canyon Crest	NC Coastal Finals
4:26.43	**Micah Senn, Steele Canyon	Grossmont Finals
4:26.81	**Lukas Wolf, Patrick Henry	Bronco
4:26.89	Derek Kirschbaum, Poway	Dual
4:26.94	Captain Burnett, San Diego	Viking Relays
4:27.10	Juan Pablo Arredondo, Steele Canyon	D1 Prelims
4:27.22	Rowan Nicholas, Rancho Bernardo	Dual
4:27.40	**Camden Luecht, Rancho Bernardo	Dual
4:27.51	*Bryce Conover, Torrey Pines	Dual
4:27.90	Connor Cheary, Santana	Section Finals

## 3200

8:58.26	Micah Sanchez, Liberty Charter	State Finals
9:06.91	Tom Bell, Mt. Carmel	State Finals
9:12.79	Manuel Correia, Point Loma	Don Jones
9:14.46	Jacob Juden, Otay Ranch	Escondido Inv.
9:14.51	*Caden Hicks, University City	Mt. SAC
9:15.38	*Omar Reyes, El Camino	Arcadia Inv.
9:15.50	Jacob Niednagel, La Costa Canyon	Azusa-Pacific
9:15.77	*Jacob Pippel, Canyon Crest	Escondido Inv.



9:15.80	*Adrian Welton, Westview	Section Finals
9:18.33	Nathan Christmore, Torrey Pines	Escondido Inv.
9:21.75	Derek Kirschbaum, Poway	Section Finals
9:25.67	Rowan Nicholas, Rancho Bernardo	D1 Prelims
9:26.22	Jake Shorey, Otay Ranch	D1 Prelims
9:26.44	**Camden Luecht, Rancho Bernardo	D1 Prelims
9:27.10	***Cameron Yarbrough, Del Norte	Dual
9:28.33	*Jonas Rickert, Torrey Pines	Escondido Inv.
9:28.53	Logan Harding, Canyon Crest	Escondido Inv.
9:30.80	Saul Johnson, Torrey Pines	D1 Prelims
9:31.51	**Bryce Conover, Torrey Pines	D1 Prelims
9:32.00	Jimmy Markowicz, St. Augustine	Sundevil Inv.
9:33.56	*Ivan Guzman, Liberty Charter	Section Finals
9:34.53	**Lukas Wolf, Patrick Henry	UC Classic
9:35.05	Russell Blakely, Grossmont	Sundevil Inv.
9:37.24	*Matt Conway, Torrey Pines	Sundevil Inv.
9:37.99	*Kai Lange-Dei, SD High Tech	Section Finals
9:38.14	Archie Olvera, Brawley	Dual
9:39.29	*York Bourgeois, Francis Parker	Coastal Finals
9:41.04	Gael McClain-Martinez, University City	Escondido Inv.
9:43.88	Ryland Arciaga, Westview	D1 Prelims
9:44.70	**Maxwell Gibbons, HC High Tech	Sections Finals
9:45.81	Connor Cheary, Santana	D2 Prelimffff



**Shon Martin, Helix: Section leader for 110 hurdles**

**110HH (Fully electronic, wind legal)**

14.27	*Shon Martin, Helix	Arcadia Inv.
14.47	*Cameron Rohde, Torrey Pines	Arcadia Inv.
14.71	Jaden Dorsey, Olympian	Section Finals
14.86	Balamber Izsold, San Marcos	Arcadia Inv.
14.90	*Ryan Richter, Santana	Arcadia Inv.
14.90	Xavier Barksdale, Steele Canyon	Jaguar Inv.
14.91	Hudson Blattman, Rancho Bernardo	Section Finals
14.94	*Christopher Cappello, Rancho Bernardo	D1 Prelims
14.95	**Jayden Bailey, Mission Bay	Section Finals
15.02	**Owen Cruise, Torrey Pines	Frosh-Soph
15.05	*Justin Reichenberg, Mission Bay	Section Finals
15.20	***Callum McFarlane, Carlsbad	Frosh-Soph
15.23	Daniel Zavala, Central Union	Section Finals
15.26	**Sterling Bryant, Ramona	Frosh-Soph
15.26	Jaden Dasher, Oceanside	Sundevil Inv.
15.28	*Jonathan Tseko-Biffle, El Capitan	Section Finals
15.31	Danny Tragarz, Del Norte	D1 Prelims
15.33	*Vincent Atilano, Cathedral Catholic	Western Finals
15.36	Eldon Hurd, El Camino	D1 Prelims
15.37	**Bucko Wong, Rancho Bernardo	Frosh-Soph
15.37	*Deonte Sharp, Monte Vista	Section Finals
15.39	Daniel Camillo, Brawley Union	Jaguar Inv.
15.42	Khalid Aldelaimi, Mt. Carmel	Section Finals
15.44	Dorian Marquez, Mission Bay	Section Finals
15.56	**Luke Yakubisin, Westview	Jaguar Inv.
15.57	Deshawn Smith, Sweetwater	D1 Prelims
15.59	*Devin Escobar, El Camino	D1 Prelims
15.63	Patrick Stewart, Scripps Ranch	Western Finals
15.71	Steven Gomez, EC Southwest	Section Finals
15.76	**Josiah Kim, University City	Western Finals
15.78	*Ivan Huerta, Mission Hills	Jaguar Inv.
15.79	Drew Tegt, Fallbrook	Valley Finals
15.82	Soloman Ojajuni, Sweetwater	D1 Prelims
15.83	**Caleb Reese, El Camino	NC Coastal finals
15.91	*Aidan Vargas, Mt. Carmel	Section Finals
15.95	**Wolfe Altamirano, Rancho Bernardo	Frosh-Soph



**Section 300 hurdles leader, Vincent Atilano, placed fourth at the State Meet.**

**300IH**

37.73	*Vincent Atilano, Cathedral Catholic	State Finals
38.18	*Shon Martin, Helix	State Prelims
38.22	*Cameron Rohde, Torrey Pines	Mt. SAC
38.28	Danny Tragarz, Del Norte	State Prelims
39.02	Jaden Dorsey, Olympian	D1 Prelims
39.19	Jaden Dasher, Oceanside	Mt. SAC
39.27	Xavier Barksdale, Steele Canyon	Section Finals
39.28	Daniel Camillo, Brawley Union	Jaguar Inv.
39.47	Ozzeno Diallo, Hoover	Section Finals
39.49	*Jonathan Tseko-Biffle, El Capitan	Section Finals
39.68	*Joseph Spurgiesz, Del Norte	Palomar Finals
39.80	Hudson Blattman, Rancho Bernardo	Dual
39.99	*Devin Escobar, El Camino	D1 Prelims
40.26	*Christopher Cappello, Rancho Bernardo	Dual
40.33	*Ivan Huerta, Mission Hills	Jaguar Inv.
40.37	*Deonte Sharp, Monte Vista	Section Finals
40.66	Wyn Smoole, La Jolla	Section Finals
40.70	*Ryan Richter, Santana	D2 Prelims
40.72	Daniel Zavala, Central Union	IVL Finals
40.93	**Bucko Wong, Rancho Bernardo	D1 Prelims
41.03	**Qayden Coleman, El Camino	Frosh-Soph

41.08	*Justin Reichenberg, Mission Bay	Dual
41.10	Drew Tegt, Fallbrook	Section Finals
41.37	Steven Gomez, EC Southwest	D2 Prelims
41.53	*Ryan Cathers, Valley Center	Valley Finals
41.54	Balamber Izsold, San Marcos	Dual
41.55	**Josiah Kim, University City	Western Finals
41.58	Khalid Aldelaimi, Mt. Carmel	Palomar Finals
41.64	**Jayden Bailey, Mission Bay	D3 Prelims
41.66	Isaiah DeJarnette, Mt. Carmel	Palomar Finals
41.73	Nolan Chen, Westview	D1 Prelims
41.73	Zealand Batis, Mira Mesa	D1 Prelims
41.74	Brandon Flanagan, RBV	D1 Prelims
41.89	Cole Hernandez, Carlsbad	Avocado Finals
41.91	**Jason Dickerson, Torrey Pines	D1 Prelims
41.94	Lucas Hughes, Poway	Dual

### 400 Relay

<b>42.03</b>	University City	D2 Prelims
42.04	Helix	Section Finals
42.20	Cathedral Catholic	D2 Prelims
42.23	La Costa Canyon	Section Finals
42.29	Mt. Carmel	Section Finals
42.42	Steele Canyon	Grossmont Finals
42.57	San Marcos	Jaguar Inv.
42.70	Del Norte	Section Finals
42.91	Olympian	Section Finals
42.92	Bonita Vista	Section Finals
42.99	Vista	Escondido Inv.
43.20	Eastlake	Mesa Finals
43.22	Otay Ranch	D1 Prelims
43.25	Mission Hills	Dual
43.26	El Camino	D1 Prelims
43.27	Rancho Bernardo	Dual
43.30	Mater Dei Catholic	Dual
43.31	Central Union	D2 Prelims
43.34	Mira Mesa	Chandler Rotary
43.40	Bishop's	Elmer Runge
43.47	Morse	Eastern Finals
43.52	Torrey Pines	NC Coastal Finals
43.60	Carlsbad	Dual
43.68	Poway	Dual
43.80	San Dieguito	D1 Prelims
43.80	Lincoln	Elmer Runge
43.86	Oceanside	Dual
43.87	Sage Creek	D2 Prelims
43.88	St. Augustine	Eastern Finals
43.90	Scripps Ranch	Section Finals
43.96	Hilltop	South Bay Finals

### 1600 Relay

3:18.64	Mt. Carmel	State Prelims
3:20.83	Cathedral Catholic	State Prelims

3:21.17	Helix	Sundevil Inv.
3:21.92	Poway	Section finals
3:23.00	El Capitan	Arcadia Inv.
3:23.98	Olympian	Section Finals
3:24.11	Sage Creek	Section Finals
3:25.78	Point Loma	D2 Prelims
3:26.36	Oceanside	Section Finals
3:26.74	La Costa Canyon	D2 Prelims
3:27.01	Steele Canyon	D1 Prelims
3:27.95	Eastlake	Section Finals
3:28.10	Brawley	Dual
3:28.14	Mission Hills	D1 Prelims
3:28.30	Carlsbad	D1 Prelims
3:28.40	Imperial	Dual
3:28.46	Hoover	Section Finals
3:28.98	Central Union	Arcadia Inv.
3:29.63	Del Norte	Sundevil Inv.
3:29.94	San Ysidro	Section Finals
3:31.88	St. Augustine	Eastern Finals
3:31.72	San Marcos	Dual
3:31.79	La Jolla	Section Finals
3:32.48	Vista	Escondido Inv.
3:32.64	El Camino	Dual

### 3200 Relay

8:03.05	Del Norte	Mt. SAC
8:05.78	Helix	Section Finals
8:09.06	Steele Canyon	Section Finals
8:12.98	Carlsbad	Section Finals
8:16.16	Olympian	Section Finals
8:16.53	Poway	D1 Prelims
8:16.70	Scripps Ranch	Section Finals
8:16.98	Vista	Section Finals
8:18.79	Westview	Section Finals
8:19.70	Canyon Crest	Section Finals
8:20.46	Santa Fe Christian	Section Finals
8:21.55	El Camino	D1 Prelims
8:26.90	Central Union	D2 Prelims
8:29.17	Santana	Section Finals
8:30.08	Rancho Bernardo	D1 Prelims
8:31.50	Crawford	Section Finals
8:31.88	Mission Vista	Section Finals
8:32.79	Point Loma	D2 Prelims
8:33.23	Mt. Carmel	Section Finals
8:34.30	El Capitan	Field-Distance
8:35.07	Otay Ranch	D1 Prelims
8:36.44	Torrey Pines	D1 Prelims

### High Jump

6-6	*Brandon Cheeks, Mission Bay	Sundevil Inv.
6-6	Balamber Izsold, San Marcos	Jaguar Inv.
6-6	John Chang, Rancho Bernardo	Dual
6-5	Aaron Fruge, University City	D2 Prelims
6-5	*Shamarion Uden, El Capitan	Dual
6-4	Cayden How, Mission Hills	Valley Finals
6-4	*Sammy Carmona, Fallbrook	Jaguar Inv.
6-3	Adrian Phillips, Canyon Hills	Section Finals
6-3	*Hudson Shaver, La Costa Canyon	Section Finals
6-3	*Dorian Fillmore, Monte Vista	D2 Prelims
6-3	Ian Stolkes, Carlsbad	Dual
6-3	*Jackson Gross, Torrey Pines	Dual
6-2	*Jaylen Brown, Monte Vista	Grossmont Finals
6-2	*Jamil Kassab, Ramona	Falcon Relays
6-2	Grant Cegelski, Point Loma	Sundevil Inv.
6-1	*Jamal Lawrence, Canyon Hills	Section Finals
6-1	Quincy Herron, Helix	D1 Prelims
6-1	*Joshua Dixon, University City	Escondido Inv.
6-1	Malachi McCoy, Hilltop	Dual
6-1	AJ McIlwain, Otay Ranch	Dual
6-1	*Shon Martin, Helix	Dual
6-1	***Ronnie Steele, Madison	Dual
6-0	Isaiah Baker, Kearny	City Finals
6-0	Gabriel Valles, Otay Ranch	Redondo Fest.
6-0	**Kasseem Dean, Torrey Pines	Falcon Relays
6-0	Wyn Smoole, La Jolla	Sundevil Inv.
6-0	Gabriel Dagnino, Palo Verde	Dual
6-0	Jalen Beamon, Eastlake	Dual
6-0	**Ze Shaun Daley, El Camino	Dual
6-0	*Jared Nixon, Imperial	Dual
6-0	*Dylan Eads, Christian	Dual
6-0	Kyle Mello, Mission Bay	Dual

### Pole Vault

16-0 ¼	*Jacob Emerson, Sage Creek	Winter Champ.
16-0	*Joey Weisman, Torrey Pines	D1 Prelims
15-6	**Kai Anderson, University City	D2 Prelims
15-0	*Tristan Sotelo, Grossmont	Dual
14-9	Christian Saia, Mt. Carmel	Arcadia Inv.
14-9	Kamren Boyles, San Marcos	Dual
14-9	*Jordan Kondo, Vista	Dual
14-6	*Chance Rynearson, Mission Bay	Section Finals
14-6	*Rob Saunders, Rancho Bernardo	Section Finals
14-6	*Leon Sun, Del Norte	D1 Prelims
14-6	*Andrew Schiering, Westview	D1 Prelims
14-0	**Merrick Stroschine, Scripps Ranch	Section Finals
14-0	*Vincent Farenc, Westview	D1 Prelims
14-0	*Justin Reichenberg, Mission Bay	D3 Prelims
14-0	Mateo Guerra, Poway	Mt. SAC
13-8	**Dylan Yarbrough, San Dieguito	Sundevil Inv.
13-6	**Joseph Sbuttoni IV, St. Augustine	Section Finals
13-6	Jaden Ong, Westview	D1 Prelims

13-6	Ryan Nellies, Westview	Palomar Finals
13-6	*Beckett Beireis, Poway	Palomar Finals
13-2	*Dean Le, Canyon Crest	Sundevil Inv.
13-1	*Alexander Paik, Canyon Crest	Dual
13-1	Aiden Perkowski, El Camino	Dual
13-0	*Jackson Gilbert, Poway	D1 Prelims
13-0	Nathan Williamson, Rancho Bernardo	D1 Prelims
13-0	*Tyler Thomas, Santana	D2 Prelims
13-0	*Cannon Rudolph, Torrey Pines	Escondido Inv.
13-0	*Lucas Fowler, Westview	Jaguar Inv.
13-0	**Parker Doomey, Ramona	Escondido Inv.
13-0	Noah Pearl, Mt. Carmel	Palomar Finals
13-0	Brandon Foley, San Marcos	Dual
13-0	Andrew Hamby, Mt. Carmel	Dual

### Long Jump

23-8 ½	*Brandon Cheeks II, Mission Bay	Eastern Finals
23-7	Nicola Redon, San Diego	Arnie Robinson
23-4 ¾	AJ Cornthwaite, Valhalla	State Prelims
23-0	*Marcus Harris, Vista	Arcadia Inv.
23-0	Eldon Hurd, El Camino	Dual
22-11 ¾	Aaron Fruge, University City	D2 Prelims
22-11	Isaiah Chappell, Bonita Vista	Dual
22-9	**Sirdarius Autry, Hoover	Eastern Finals
22-5	**Ryley Parentau, Madison	Frosh-Soph
22-3	*Austin McCotter, Cathedral Catholic	Mt. SAC
22-3	*Vincent Jones, Mt. Miguel	D2 Prelims
22-2 ¼	*Justin Reichenberg, Mission Bay	D3 Prelims
22-2	*Shon Martin, Helix	Dual
22-1	Dante Scott, Bonita Vista	Dual
22-0 ½	*Kai Dahlan, Carlsbad	Willie Banks
21-11	*Amare Shaw, Scripps Ranch	D2 Prelims
21-11	Seven McGrath, La Costa Canyon	D2 Prelims
21-10	Ravel Cato, Mira Mesa	Western Finals
21-10	Lucas Scott, Mission Hills	Dual
21-9 ¾	*Isaiah Thompson, Mira Mesa	Falcon Relays
21-8	Gabriel Dagnino, Palo Verde	Dual
21-7 ½	Jarrd Nixon, Imperial	IVL Finals
21-7 ¼	A.J. McIlwain, Otay Ranch	Falcon Relays
21-7	**Diego Pereya, Clairemont	City Finals
21-6 ½	Travon Smith, Mar Vista	South Bay Finals
21-6	*Bruno Fong, Mission Hills	Valley Finals
21-5	Sullivan Adams, Army-Navy	Willie Banks
21-4	*Rhys Vaughn, Cathedral Catholic	Western Finals

### Triple Jump

46-6	*Justin Reichenberg, Mission Bay	Section Finals
46-4 ½	*Marcus Harris, Vista	Willie Banks
46-4	A.J. McIlwain, Otay Ranch	Section Finals
45-8 ½	Kesean Goodson, Oceanside	Section Finals
45-5 ¾	Ravel Cato, Mira Mesa	Section Finals
45-0	Isaiah Baker, Kearny	Dual

44-11 $\frac{3}{4}$	*Brandon Cheeks II, Mission Bay	Jim Cerveny
44-4 $\frac{1}{2}$	*Donovan Wood, Point Loma	D2 Prelims
44-2 $\frac{1}{4}$	John Chang, Rancho Bernardo	Palomar Finals
44-1 $\frac{1}{2}$	*Arturo Estrada, Central Union	IVL Finals
44-1 $\frac{1}{2}$	*Mario Pennyman, Rancho Bernardo	Willie Banks
44-1	*Dorian Fillmore, Monte Vista	D2 Prelims
43-10 $\frac{1}{2}$	*Isaiah Thompson, Mira Mesa	Western Finals
43-7 $\frac{1}{2}$	*Malakai Easter, Mira Mesa	Western Finals
43-6	*Anthony Wise, Bonita Vista	Mesa Finals
43-3 $\frac{1}{2}$	Samuel Gouvalaris, Torrey Pines	Section Finals
43-3	*Jordan Julien, Mt. Carmel	D2 Prelims
43-0 $\frac{3}{4}$	***Kymani Nua, Oceanside	Frosh-Soph
42-11	**Zeshaun Daley, El Camino	Dual
42-6 $\frac{1}{2}$	*Dane Peaslee, Mission Bay	Dual
42-4 $\frac{1}{2}$	*Jarrd Nixon, Imperial	IVL Finals
42-4 $\frac{1}{2}$	Isaiah Chappell, Bonita Vista	Sundevil Inv.
42-3 $\frac{1}{2}$	*Jaiden Ingram, Otay Ranch	Section Finals
42-2 $\frac{1}{2}$	**Sirdarius Autry, Hoover	Eastern Finals
42-0 $\frac{1}{2}$	*Jacob Shaw, Olympian	D1 Prelims
42-0 $\frac{1}{2}$	Justus Pfeiffer, Classical	Coastal Finals

#### Wind-aided

46-11 $\frac{1}{4}$	*Brandon Cheeks II, Mission Bay	Arcadia Inv..
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Section leader for both the shot put and discus throw, Tyler Knowles, was named the CIF boys' Field athlete of the year.



## Shot Put

59-9	Tyler Knowles, Rancho Buena Vista	State Prelims
56-3	Trey Vergenz, Mission Hills	Section Finals
51-6	Christian Ferguson, Otay Ranch	Dual
51-4	*Edward Brandreth, La Costa Canyon	Section Finals
50-10	Kaleb Bowler, Otay Ranch	Dual
50-5	Israel Rascon, Central Union	IVL Finals
50-4	Jesil Godzekpo, Poway	Section Finals
50-2 ½	Zachary Nigos, EC Southwest	IVL Finals
50-1 ½	*Anthony Gash, Helix	Section Finals
49-7 ¾	*Ryan Telemaque, Sage Creek	Dual
49-4	Osvaldo Avila, Otay Ranch	Dual
48-7 ¼	Paul Graham, Rancho Buena Vista	Avocado Finals
47-10	*Jake Vorhees, San Marcos	D1 Prelims
47-9	*Santiago Macias, Chula Vista	D2 Prelims
47-5	*Jake Nikley, San Pasqual	D2 Prelims
47-2	*Adrian Gutierrez, Lincoln	D2 Prelims
47-1 ½	Charles Sullivan, Central Union	IVL Finals
46-6	Dominic Holguin, Rancho Buena Vista	D1 Prelims
46-5	*Javier Quiroga, Steele Canyon	D1 Prelims
46-4	Tyeron Washington, Hilltop	South Bay Finals
46-0 ½	*Omar Ortega, Rancho Bernardo	Dual
45-11	*Orlando Castillo, Mission Bay	Eastern Finals
45-10	Alexander Hernandez, El Camino	Dual
45-7 ¾	*Oliver Ghadban, Poway	Palomar Finals
45-7	Da'Shaud Adair, Steele Canyon	Grossmont JV
45-6	*Jordan Tompkins, San Pasqual	D2 Prelims
45-4 ½	*Kellen Maciejewski, Del Norte	D1 Prelims
45-4	Teddy Buettner, Mission Bay	Dual
45-4	*Baylor Marcos, Poway	D1 Prelims
45-2	Dominick Yaldo, Valhalla	Dual

## Discus

185-5	Tyler Knowles, Rancho Buena Vista	Avocado Finals
166-7	Trey Vergenz, Mission Hills	Willie Banks
163-3	*Ryan Telemaque, Sage Creek	D2 Prelims
155-9	Kaleb Bowler, Otay Ranch	Dual
151-2	*Anthony Gash, Helix	Grossmont Finals
149-10	*Joshua Carson, West Hills	Section Finals
149-9	Matthew Staycer, Torrey Pines	Escondido Inv.
146-2	**Jacob Polak, Granite Hills	D1 Prelims
144-9	Kaleo Donaldson, Otay Ranch	Dual
144-4	*Sam Bjerke, Cathedral Catholic	Dual
142-3	Paul Graham, Rancho Buena Vista	D1 Prelims
142-2	Israel Rascon, Central Union	IVL Finals
141-10	*Adrian Gutierrez, Lincoln	Section Finals
140-5	Max Victor, Valley Center	Dual
140-0	Noah Straily, Steele Canyon	Grossmont Finals
139-10	*Kellen Maciejewski, Del Norte	Mt. SAC
139-8	Tyler Kousonh, University City	Jim Cerveny
138-7	*Jake Nickley, San Pasqual	Dual
137-5	Dominick Yaldo, Valhalla	Dual

135-1	Gael Lopez, Otay Ranch	Mesa Finals
134-11	*Omar Ortega, Rancho Bernardo	Dual
134-6	Teddy Buettner, Mission Bay	Eastern Finals
134-5	*Joaquin Edwards, Point Loma	Western Finals
134-2	Tyeron Washington, Hilltop	South Bay Finals
133-11	*Geordan Beamon, Oceanside	D2 Prelims
133-7	*Jordan Tompkins, San Pasqual	Valley Finals
132-7	Keon Jackson, Morse	D2 Prelims
132-1	*Ethan Arreola, Imperial	IVL Finals
131-11	*Dylan Gascon, Foothills	Jim Cerveny
131-9	*Andres Maces, Valley Center	Escondido Inv.
130-7	*Joseph Hunt, Steele Canyon	D1 Prelims
130-4	*Orlando Castillo, Mission Bay	Eastern Finals

## 2023 Girls Leaders

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



**Madison's Amirah Shaheed was the section leader for the 100-meter dash.**

## 100 (Fully electronic, wind legal)

11.58	*Amirah Shaheed, Madison	Section Finals
11.93	*Payton Smith, La Jolla	Dual
12.05	***Ily Barclay, Steele Canyon	Section Finals
12.06	**Malaya Taylor, Bishop's	Coastal Finals
12.13	*Tianna Ruskovich, Mt. Carmel	Section Finals
12.13	**Timyra Payne, Monte Vista	Dual
12.20	*Arynn Sanders, Otay Ranch	Section Finals
12.27	***Joelle Frazier, University City	Frosh-Soph
12.32	*Alexis Leath, West Hills	Section Finals
12.38	**Anisa Bowen-Fontenot, San Diego	Frosh-Soph
12.39	*Brionna Dickens, Steele Canyon	D1 Prelims
12.39	***Asia Brussard, Helix	Frosh-Soph
12.39	**Morgan Herbst, Carlsbad	Dual
12.40	Ashley Nash, Morse	Section Finals
12.46	*Tayhlore Hoagland, Rancho Bernardo	Falcon Relays
12.47	Solange Dzeketey, Pacific Ridge	Coastal Finals
12.49	**Macy Rattermann, Westview	Frosh-Soph
12.49	*Nicoletta Burkhardt, Steele Canyon	Dual
12.50	Riley Lankford, Rancho Bernardo	D1 Prelims
12.53	*Chanel Burton, Helix	Dual
12.54	Cassandra Cinzori, San Dieguito	Sundevil Inv.
12.55	*Jess Freeland, Canyon Crest	NC Coastal Finals
12.56	Eve Norban, Point Loma	Section Finals
12.56	**Kaylee Rebugio, Del Norte	Frosh-Soph
12.56	***Shiloh Baird, El Camino	Dual
12.60	***Shantilese Evans, El Cajon Valley	Dual
12.63	***Makena Howard, San Dieguito	Dual
12.64	**Carly Renison, San Dieguito	Dual
12.67	***Amanda Ramirez, EC Southwest	IVL Finals
12.68	**Sofia Buck, Mater Dei Catholic	Dual
12.68	Kelsey Swyney, Carlsbad	Dual
12.70	*Marissa Toliver, Mission Bay	Dual



**La Jolla's Payton Smith was the section leader in both the 200 and 400 dashes. She placed third in both events at the State Meet**

**200 (Fully electronic, wind legal)**

23.78	*Payton Smith, La Jolla	State Finals
24.22	*Amirah Shaheed, Madison	Nike Nationals
24.74	*Tiana Ruskovich, Mt. Carmel	D2 Prelims
24.90	***Timyra Payne, Monte Vista	Dual
24.93	*Arynn Sanders, Otay Ranch	D1 Prelims
25.11	***Ily Barclay, Steele Canyon	Frosh-Soph
25.11	Kapiolani Coleman, Cathedral Catholic	Dual
25.14	**Macy Ratermann, Westview	Palomar Finals
25.14	**Joelle Frazier, University City	Frosh-Soph
25.15	**Malaya Taylor, Bishop's	Jaguar Inv.
25.17	*Brionna Dickens, Steele Canyon	D1 Prelims
25.34	**Makenna Herbst, Carlsbad	Avocado Finals
25.40	**Morgan Herbst, Carlsbad Avocado	Avocado Finals

25.46	*Taylore Hoagland, Rancho Bernardo	D1 Prelims
25.59	*Nicoletta Burkhardt, Steele Canyon	Dual
25.59	Kyah Otholt, Rancho Bernardo	Palomar Finals
25.62	*Brielle Jimerson, Madison	Section Finals
25.70	**Kaitlin Donnelly, La Costa Canyon	D2 Prelims
25.74	*Nadia Miechowicz, San Pasqual	Section Finals
25.91	***Asia Broussard, Helix	Dual
25.93	*Shea Morgan, San Pasqual	Valley Finals
25.98	*Alexis Leath, West Hills	D2 Prelims
26.03	**Katherina Hunt, San Marcos	Frosh-Soph
26.04	Jaclyn Macatee, Scripps Ranch	Jim Cerveny
26.13	*Jess Freeland, Canyon Crest	NC Conf. Finals
26.14	**Kassie Lofgren, El Capitan	D2 Prelims
26.21	*Helena Baez, OLP	D3 Prelims
26.23	**Kaylee Rebigio, Del Norte	Frosh-Soph

#### 400

53.86	*Payton Smith, La Jolla	State Finals
55.13	*Nicoletta Burkhardt, Steele Canyon	Section Finals
55.37	**Makenna Herbst, Carlsbad	State Prelims
56.48	Karina Janik, Torrey Pines	Escondido Inv.
56.88	**Morgan Herbst, Carlsbad	Dual
56.95	**Kaitlyn Arciaga, Westview	Dual
56.96	Hannah Riggins, Del Norte	Dual
57.15	*Tessa Buswell, Poway	Dual
58.02	*Tiffany Stoughton, Scripps Ranch	Sundevil Inv.
58.51	*Laraigh Allen, Helix	Dual
58.63	**Nadia Miechowicz, San Pasqual	Section Finals
58.66	***Anna Wilson, Cathedral Catholic	D2 Prelims
58.70	***Shiloh Baird, El Camino	Dual
58.73	**Kaitlyn Donnelly, La Costa Canyon	NC Coastal
58.86	Kyah Otholt, Rancho Bernardo	D1 Prelims
58.86	Addison Slinger, Patrick Henry	D1 Prelims
58.90	*Gisella Cassell, Mt. Carmel	Palomar Finals
58.97	***Sophia Nunez, Bonita Vista	Section Finals
59.02	**Macy Ratermann, Westview	Dual
59.04	*Alanna Bush, Valhalla	D1 Prelims
59.10	Megan Werts, San Marcos	Section Finals
59.39	*Helena Baez, OLP	D3 Prelims
59.51	**Ivanna Ruiz, Olympian	Mesa Finals
59.61	**Izzy Matteson, Cathedral Catholic	Falcon Relays
59.68	***Samara Maldonado, Eastlake	Mesa Finals
59.71	Dasha Zerboni, Canyon Crest	Dual
59.80	**Elena Ferrar, La Jolla	Section Finals
59.80	Bianca Calafato, Del Norte	Section Finals
59.82	Sophia Biesinger, La Costa Canyon	Dual
59.84	**Jillian Herrera, Carlsbad	Avocado Finals
59.89	Dominika Janik, Torrey Pines	Dual
1:00.00	**Gabrielle Hawkins, Olympian	Dual





The female distance runners put on a show in 2023. From left to right in the photo above we have La Costa Canyon's Gioana Lopizzo, Eastlake's Jaelyn Williams, Poway's Tessa Buswell, and Del Norte's Hannah Riggins. Lopizzo set a new section record in the 3200 by becoming the first girl to run under 10 minutes. She placed third at the State Meet in the 3200-meter run. Freshman Williams clocked 2:14.61 for the 800, 4:46.26 for the 1600, and 10:11.01 for the 3200. Buswell's time of 2:08.30 netted her a third place finish at the State Meet and ranks her third all-time in the section. Riggins set a new section record in the 800 of 2:06.69, a new section record in the 1600 of 4:41.42, and a section record in the 4x800 while winning at State in that event along with teammates Emily Russo, Ella Echsner, and Paige Echsner. She was named the female CIF Track Athlete Of The Year.

**800**

2:06.69	Hannah Riggins, Del Norte	Arcadia Inv.
2:08.30	*Tessa Buswell, Poway	Section Finals
2:09.23	***Chiara Daily, La Jolla	Nike Nationals
2:10.74	Dominika Janik, Torrey Pines	State Finals
2:10.89	*Kaitlyn Arciaga, Westview	Arcadia Inv.
2:11.37	**Makenna Herbst, Carlsbad	Avocado Finals
2:12.27	Sophia Biesinger, La Costa Canyon	Azusa-Pacific
2:12.36	**Paige Echsner, Del Norte	Palomar Finals
2:13.33	Kalista Villatoro, Canyon Crest	Section Finals
2:13.39	Dasha Zerboni, Canyon Crest	Section Finals
2:14.61	***Jaelyn Williams, Eastlake	Dual
2:14.83	*Gioana Lopizzo, La Costa Canyon	Dual
2:14.90	Clara Steer, Pacific Ridge	D3 Prelims
2:15.18	***Navah Lipsky, Torrey Pines	Section Finals
2:16.18	***Lindsay Zimmer, Cathedral Catholic	D2 Prelims
2:16.27	Malia Leupold, Sage Creek	Escondido Inv.
2:17.11	Keira Rall, Cathedral Catholic	Section Finals
2:17.47	Jenna O'Bierne, University City	Escondido Inv.
2:17.62	**Miriam Aguirre, Patrick Henry	Section Finals
2:17.73	**Olivia Teates, Francis Parker	Section Finals
2:18.61	***Liesel Sellerburg, Cathedral Catholic	Section Finals
2:19.04	*Ella Echsner, Del Norte	Dual
2:19.05	***Isabella Ramos, Point Loma	D2 Prelims
2:19.27	**Emily Russo, Del Norte	Bronco Inv
2:19.29	*Alexandria Pena, Cathedral Catholic	Dual
2:19.32	Karina Janik, Torrey Pines	Dual
2:19.61	*Kaya Scuba, Sage Creek	Dual
2:19.69	**Michela Miracco, Sage Creek	D2 Prelims
2:19.75	*Scarlett Martin, Cathedral Catholic	Dual
2:20.67	**Izzy Matteson, Cathedral Catholic	Dual
2:20.82	Ella Steer, Pacific Ridge	Sundevil Inv.
2:20.94	*Ashley Purcell, San Marcos	Section Finals

**1600**

4:41.42	Hannah Riggins, Del Norte	State Finals
4:42.43	***Chiara Dailey, La Jolla	Brooks PR
4:45.94	*Gioana Lopizzo, La Costa Canyon	Mt. SAC
4:46.26	**Jaelyn Williams, Eastlake	Section Finals
4:48.76	*Tessa Buswell, Poway	Section Finals
4:57.70	Sophia Biesinger, La Costa Canyon	Mt. SAC
4:58.37	**Emily Russo, Del Norte	D1 Prelims
4:58.56	*Scarlett Martin, Cathedral Catholic	Western Finals
4:58.80	***Lindsay Zimmer, Cathedral Catholic	Western Finals
4:59.77	*Alexandria Pena, Cathedral Catholic	Western Finals
5:00.06	*Kaitlyn Arciaga, Westview	Arcadia Inv.
5:00.15	Jenna O'Bierne, University City	D2 Prelims
5:01.48	*Kaya Scuba, Sage Creek	Arcadia Dist.
5:02.59	**Addy Richardson, Scripps Ranch	Section Finals
5:03.24	Dasha Zerboni, Canyon Crest	NC Coastal
5:03.73	Breea Selbrede, Mt. Carmel	D2 Prelims

5:03.89	Amanda Challburg, Eastlake	Section Finals
5:04.01	Clara Steer, Pacific Ridge	Section Finals
5:05.07	***Ayanna Hickey, Bishop's	Section Finals
5:08.94	*Ella Echsner, Del Norte	Dual
5:08.95	Elsa Steer, Pacific Ridge	Sundevil Inv.
5:09.33	*Kirra Fisk, La Jolla	D3 Prelims
5:09.40	***Leisel Sellerburg, Cathedral Catholic	D2 Prelims
5:10.21	McCall Dame, El Camino	Dual
5:10.67	**Katja Dunayevich, Canyon Crest	NC Coastal
5:10.80	*Ashley Purcell, San Marcos	Field-Distance
5:11.81	**Hannah Aguirre, Patrick Henry	Western Finals
5:11.85	Keira Rall, Cathedral Catholic	Dual
5:12.65	Alexis Noble, Clairemont	UC Classic
5:12.78	***Jaylynn Erickson, Mission Vista	D2 Prelims
5:12.78	***Evelyn Lawson, Torrey Pines	NC Coastal
5:12.80	Audra Sutherland, Rancho Bernardo	D1 Prelims



La Jolla freshman Chiara Dailey was third in the section 800 with 2:09.23, second in the 1600 with 4:42.43, and third in the 3200 with 10:24.48.



3200

9:59.08	*Gioana Lopizzo, La Costa Canyon	Arcadia Inv.
10:11.01	***Jaelyn Williams, Eastlake	State Finals
10:24.48	***Chiara Dailey, La Jolla	Dual
10:46.96	Hannah Riggins, Del Norte	Bronco Inv.
10:49.12	*Tessa Buswell, Poway	Escondido Inv.
10:51.91	*Scarlett Martin, Cathedral Catholic	Section Finals
10:52.38	*Alexandria Pena, Cathedral Catholic	Escondido Inv.
10:52.70	*Winter Moritz, University City	Mt. SAC
10:56.33	*Kirra Fisk, La Jolla	Mt. SAC
10:56.33	***Lindsay Zimmer, Cathedral Catholic	UC Classic
10:57.32	**Emily Russo, Del Norte	Dual
11:02.18	**Katja Dunayevich, Canyon Crest	Escondido Inv.
11:08.99	Amanda Challburg, Eastlake	D1 Prelims
11:11.56	Breea Selbrede, Mt. Carmel	Dual
11:12.21	Sammi Dorostkar, Torrey Pines	Escondido Inv.
11:12.90	Clara Steer, Pacific Ridge	Coastal Finals
11:16.03	Revere Schmidt, Santa Fe Christian	Dual
11:16.32	***Ariella Llorens, Francis Parker	Coastal Finals
11:17.53	***Lilah Enyedi, Del Norte	Dual
11:18.01	Michaela Martin, Scripps Ranch	Western Finals
11:19.68	Alexis Noble, Clairemont	Laguna Beach
11:20.62	***Olivia Campos, Mt. Carmel	Section Finals
11:21.60	**Charlotte Sach, Torrey Pines	Dual
11:24.78	***Ayanna Hickey, Bishop's	Coastal Finals
11:25.32	*Avalon Nash, Poway	Escondido Inv.
11:25.58	**Addy Richardson, Scripps Ranch	Frosh-Soph
11:26.27	Rebecca Bronstein, Canyon Crest	Escondido Inv.
11:26.56	Melissa Estrada, Vista	Escondido Inv.
11:27.66	***Rachel Reyes, El Camino	Sundevil Inv.
11:27.79	***Isla Duncan, Francis Parker	Coastal Finals
11:28.08	**Darcy Ray, University City	D2 Prelims
11:28.25	Kira Larner, La Costa Canyon	Bronco Inv.
11:29.19	Audra Sutherland, Rancho Bernardo	Dual



**San Diego's Anisa Bowen-Fontenot was the section leader for both the 100 and 300 hurdles. At the State Meet she placed second in the 100 hurdles and fourth in the 300 hurdles.**

**100 Hurdles (Fully electronic, wind legal)**

13.92	**Anisa Bowen-Fontenot, San Diego	Section Finals
14.33	Kapiolani Coleman, Cathedral Catholic	Falcon Relays
14.77	**Zamaria Mack, Otay Ranch	D1 Prelims
14.92	*Lillian Cook, Steele Canyon	Dual
15.38	Karina Janik, Torrey Pines	NC Coastal
15.54	*Delaney Magers, La Costa Canyon	Section Finals
15.61	Dominika Janik, Torrey Pines	NC Coastal
15.78	Skye Uyeda, Rancho Bernardo	Section Finals
15.92	*Isabella Robinson, Eastlake	Section Finals
15.95	Marissa Bumanlag, Mira Mesa	Section Finals
16.14	**Petra Marsowicz, Mission Bay	Section Finals
16.18	**Haley Svendsen, Liberty Charter	Section Finals
16.24	**Julianna Miracco, Sage Creek	D2 Prelims
16.29	**Yvonne Tremoulet, Francis Parker	D3 Prelims
16.46	**Jadyn Jones, Kearny	D3 Prelims
16.47	**Karoline Gates, Point Loma	D2 Prelims
16.49	Maliyah Anthony, Lincoln	D2 Prelims
16.49	Riya Jambi, Granite Hills	Dual
16.50	*Rose Riley, The Rock	Coastal Finals
16.53	**Charlotte Weale, Torrey Pines	Section Finals
16.61	*Dessa Kuritz, Francis Parker	Section Finals
16.69	Catherine Laube, Sage Creek	Escondido Inv.
16.70	Tylia Cole, Bonita Vista	Dual
16.72	Ally Gaut, Christian	City Finals
16.74	Cheney Gomez, Imperial	Dual
16.76	**Tiana Gordon, Montgomery	Section Finals
16.80	***Gabrielle Thomas, Grossmont	Dual

16.96	**Ella Sommer, Poway	D2 Prelims
16.98	**Lyla Dufek, San Marcos	Dual
<b>Wind-aided</b>		
13.89	**Anisa Bowen-Fontenot, San Diego	State Finals
<b>300LH</b>		
41.88	**Anisa Bowen-Fontenot, San Diego	State Finals
42.19	Karina Janik, Torrey Pines	Mt. SAC
42.58	Kapiolani Coleman, Cathedral Catholic	Sundevil Inv.
43.48	**Morgan Herbst, Carlsbad	Section Finals
44.49	Dominika Janik, Torrey Pines	Arcadia Inv.
44.80	**Zamaria Mack, Otay Ranch	D1 Prelims
45.02	*Lillian Cook, Steele Canyon	Section Finals
45.82	*Ella Echsner, Del Norte	Section Finals
46.39	**Julianna Miracco, Sage Creek	Section Finals
46.81	**Anna Wilson, Cathedral Catholic	Frosh-Soph
47.08	**Charlotte Weale, Torrey Pines	D1 Prelims
47.23	**Yvonne Tremoulet, Francis Parker	Section Finals
47.25	Skye Uyeda, Rancho Bernardo	Palomar Finals
47.55	**Songoli Ekwosi, Valhalla	D1 Prelims
47.61	*Kassa Lake, Mt. Carmel	Palomar Finals
47.63	**Haley Svendsen, Liberty Charter	Section Finals
47.70	*Isabella Robinson, Eastlake	D1 Prelims
47.95	*Lindsey Balsley, Coronado	D3 Prelims
48.08	Marissa Bumanlog, Mira Mesa	Western Finals
48.10	Tylia Cole, Bonita Vista	Dual
48.11	**Tiana Gordon, Montgomery	Section Finals
48.27	**Alexa Amador, Otay Ranch	Mesa Finals
48.46	*Genesis Gonzalez, Valley Center	Section Finals
48.75	**Alana Ortiz, Central Union	D2 Prelims
48.78	Ava Llamas, Del Norte	Dual
48.81	**Petra Marsowicz, Mission Bay	D3 Prelims
48.88	*Nayomi Harriott Campos, Madison	City Finals
48.91	**Gabriella Syrios, OLP	D3 Prelims
48.96	Reese Silcox, La Costa Canyon	Section Finals

#### 400 Relay

47.48	Steele Canyon	State Prelims
47.98	Madison	Section Finals
48.29	Rancho Bernardo	Section Finals
48.39	Carlsbad	Escondido Inv.
48.40	Otay Ranch	Dual
48.66	Helix	Dual
49.11	Del Norte	Section Finals
49.16	San Dieguito	Section Finals
49.38	La Jolla	Section Finals
49.49	Cathedral Catholic	Dual
49.71	Mt. Carmel	Arcadia Inv.
49.73	Mission Hills	Section Finals
49.78	Torrey Pines	Dual
50.09	Bonita Vista	D1 Prelims
50.09	Mira Mesa	Western Finals

50.21	La Costa Canyon	NC Coastal
50.21	Olympian	Mesa Finals
50.25	Westview	D1 Prelims
50.34	Our Lady of Peace	Section Finals
50.36	West Hills	Grossmont Finals
50.37	Point Loma	Western Finals
50.45	San Marcos	Palomar Finals
50.48	Sage Creek	NC Coastal
50.59	Canyon Crest	NC Coastal
50.64	Morse	Eastern Finals
50.68	El Camino	D1 Prelims
50.69	San Pasqual	Valley Finals
50.69	University City	Dual
50.81	Hilltop	So. Bay Finals
50.89	Monte Vista	Dual
50.91	Eastlake	Dual

### 1600 Relay

3:53.00	Carlsbad	State Prelims
3:55.37	Del Norte	State Prelims
3:58.32	Torrey Pines	Arcadia Inv.
4:00.22	Cathedral Catholic	Sundevil Inv.
4:02.17	La Jolla	Section Finals
4:02.25	Otay Ranch	Section Finals
4:02.93	Scripps Ranch	D2 Prelims
4:04.50	Steele Canyon	D1 Prelims
4:05.09	Mt. Carmel	Arcadia Inv.
4:05.55	Canyon Crest	NC Coastal
4:05.91	West Hills	Section Finals
4:05.91	Sage Creek	Sundevil Inv.
4:06.13	Patrick Henry	Section Finals
4:07.15	San Marcos	Palomar Finals
4:07.19	Olympian	Section Finals
4:07.57	El Camino	Dual
4:07.83	EC Southwest	Section Finals
4:08.36	Madison	Escondido Inv.
4:09.11	OLP	D2 Prelims
4:10.29	Poway	Sundevil Inv.
4:10.89	Eastlake	D1 Prelims
4:12.23	Mira Mesa	D1 Prelims
4:12.37	Point Loma	Section Finals
4:13.08	Valhalla	D1 Prelims
4:13.20	Crawford	Section Finals
4:13.25	Westview	D1 Prelims
4:13.85	Rancho Bernardo	Palomar Finals
4:14.56	Mission Bay	Section Finals
4:15.25	Francis Parker	Dual
4:15.36	Fallbrook	Escondido Inv.
4:15.59	Classical Academy	Section Finals
4:15.80	El Capitan	Dual

## 3200 Relay

8:51.78	Del Norte	Nike Nationals
9:19.56	Sage Creek	Section Finals
9:27.30	Cathedral Catholic	Arcadia Inv.
9:34.99	El Camino	Section Finals
9:39.34	Canyon Crest	Section Finals
9:41.14	Francis Parker	D2 Prelims
9:45.27	Poway	Section Finals
9:49.43	La Jolla	Eastern Finals
9:51.12	Westview	Sundevil Inv.
9:52.83	Torrey Pines	Section Finals
9:54.49	Scripps Ranch	Section Finals
9:57.88	Point Loma	Sundevil Inv.
9:59.60	San Marcos	Section Finals
10:03.30	Clairemont	Section Finals
10:03.81	La Costa Canyon	D2 Prelims
10:07.15	Mira Mesa	Dual
10:13.19	Steele Canyon	D1 Prelims
10:13.50	Vista	Section Finals
10:13.61	El Capitan	Section Finals
10:17.05	Rancho Buena Vista	Section Finals
10:23.03	University City	Dual
10:26.60	Rancho Bernardo	D1 Prelims
10:27.99	Otay Ranch	D1 Prelims
10:28.06	Eastlake	Jaguar Inv.
10:30.12	Mission Vista	Section Finals

## High Jump

5-9	Lizzie Tarczy, Scripps Ranch	State Finals
5-7 ½	Breeze Czapinski, Poway	Dual
5-4	*Kelly DeJong, Maranatha	Elmer Runge
5-3	**Bridget Lopez Valenzuela, Poway	Section Finals
5-2	Aliyah Thibeault, El Capitan	Grossmont Finals
5-2	**Lilette Woldemichael, Helix	Dual
5-1	*Camelia Mendoza, Sweetwater	D1 Prelims
5-1	*Maia Gordon, Torrey Pines	D1 Prelims
5-1	*Tamia Gradney, Lincoln	D2 Prelims
5-1	**Yvonne Tremoulet, Francis Parker	D3 Prelims
5-1	**Alana Ortiz, Central Union	IVL Finals
5-1	*Samantha McMichael, Rancho Bernardo	Dual
5-1	*Mya Williams, Steele Canyon	Dual
5-0 ¼	Megan Burns, Scripps Ranch	Dual
5-0	*Addison Tent, Patrick Henry	Western Finals
5-0	Maria Shea, Rancho Bernardo	Falcon Relays
5-0	Julia Geddy, Rancho Bernardo	Willie Banks
5-0	***Sophia Johnson, Cathedral Catholic	Frosh-Soph
5-0	*Alexandria Dever, Victory Christian	Chargers Relays
5-0	**Ashley Applegate, Rancho Bernardo	Frosh-Soph
5-0	*Kaili Mason, Torrey Pines	Sundevil Inv.

5-0	**Sienna Bateman, LJCD	Frosh-Soph
5-0	**Evin McDowell, Grossmont	Frosh-Soph
5-0	*Katie Snedden, OLP	Irvine Asics
5-0	*Ana Villela, La Jolla	St. Francis Inv.
5-0	Marazanae Townsend, University City	Dual
5-0	Kloe Taylor, Del Norte	Dual
5-0	Julia Foote, Mt. Miguel	Dual

### Pole Vault

14-0	*Iliana Downing, La Costa Canyon	NC Coastal
13-3	Avery Hilliard, Poway	D1 Prelims
12-9	**Paige Echsner, Del Norte	Section Finals
12-6	*Kelly DeJong, Maranatha	Arcadia
12-6	Lilia Montiel, Rancho Bernardo	Dual
12-3	**Jessica Condliff, Canyon Crest	Section Finals
12-3	Evangeline Thompson, Poway	Palomar Finals
12-2	Cassandra Cinzori, San Dieguito	Sundevil Inv.
11-10	Jordan Kinkead, LJCD	Dual
11-7	Kaylee Tan, Del Norte	Arcadia Inv.
11-3	Daniella Gould, University City	Section Finals
11-3	*Chloe Tseng, Del Norte	D1 Prelims
11-3	***Caitlin Khieu, Del Norte	Palomar Finals
11-3	*Lauren Scarpelli, Sage Creek	NC Coastal
11-3	*Maya Khoury, Fallbrook	Valley Finals
11-3	*Kate Snedden, OLP	Eastern Finals
11-3	*Jada Potenciano, Rancho Bernardo	Dual
11-0	*Sahara Khoury, Fallbrook	Dual
11-0	*Natalie Hobbs, Cathedral Catholic	Dual
10-9	***McKenzie Brown, Torrey Pines	D1 Prelims
10-9	*Quinn Campbell, Canyon Crest	D1 Prelims
10-6	Elizabeth Wilson, Poway	Escondido Inv.
10-6	Eleanor Raibert, Poway	Dual
10-6	**Keira Recaido, Del Norte	Dual
10-3	Nathalia Arista, University City	Section Finals
10-3	***Alisa Galkina, Torrey Pines	D1 Prelims
10-3	*Ria Rizo, Clairemont	D3 Prelims
10-3	*Kendra Smith, Rancho Bernardo	Dual
10-3	***Sophie Humer, Rancho Bernardo	Dual
10-2	**Adeline Williams, Cathedral Catholic	Dual
10-1	*Kelsi Hardy, Carlsbad	Falcon Relays
10-0	***Abigail Tremble, Poway	Dual
10-0	*Sophia Abola, Del Norte	Dual

### Long Jump

18-5	*Tayhlore Hoagland, Rancho Bernardo	Dual
18-5	Riley Lankford, Rancho Bernardo	Dual
18-3 ½	Jenna Fields, Santana	Grossmont Finals
18-3	Christian Waddell, Otay Ranch	Dual
18-1 ¼	Ashley Nash, Morse	Jim Cerveny
17-8 ¾	**Sienna Bateman, LJCD	D3 Prelims
17-8 ¼	Angel Miller, El Camino	NC Coastal
17-8 ¼	*Lindsey Balsley, Coronado	Jim Cerveny

17-6	Samantha Harris, Vista	Avocado Finals
17-6	*Jayla Morgan, Oceanside	Willie Banks
17-4 ¼	Skyler Simpson, Calvin	Pacific Cluster
17-4	Mia Bento, Cathedral Catholic	D2 Prelims
17-4	Amari Vaughn, Steele Canyon	Grossmont Finals
17-4	*Amaya Bryant, Cathedral Catholic	Dual
17-3	***Kyla O'Donnell, Cathedral Catholic	Western Finals
17-2 ¼	***Jaedah Holiday, Morse	Eastern Finals
16-11 ¾	*Aliyah Ratcliffe, Cathedral Catholic	Dual
16-11 ½	**Tatum Frith, La Costa Canyon	Frosh-Soph
16-11	*Avery Redfern, La Jolla	Section Finals
16-10 ½	*Diana Kostina, Otay Ranch	Dual
16-10 ¼	***Asia Broussard, Helix	Grossmont Finals
16-10	*Chanel Burton, Helix	Bronco Inv.
16-10	Sofia Brigida, OLP	Elmer Runge
16-10	Ava Sims, Carlsbad	Escondido Inv.
16-9 ¾	*Lillian Cook, Steele Canyon	Section Finals
16-9 ½	London Jackson, San Diego	Jim Cerveny
16-9	Erin Huang, Rancho Bernardo	D1 Prelims
16-9	Lizzy Tarczy, Scripps Ranch	Elmer Runge
16-9	*Abrielle Hogan, Morse	Dual

### Triple Jump

37-8 ¼	Jenna Fields, Santana	Grossmont Finals
37-7 ½	Amari Vaughn, Steele Canyon	Dual
36-8	Riley Lankford, Rancho Bernardo	Section Finals
36-3 ½	*Natalie Guevara, Bonita Vista	Section Finals
36-2	Mia Bento, Cathedral Catholic	Dual
36-0 ¾	*Rae Ball, Eastlake	Section Finals
36-0 ½	*Lillian Cook, Steele Canyon	Dual
36-0 ¼	**Siena Bateman, LJCD	Viking Relays
35-10	*Kylie Wade, Point Loma	D2 Prelims
35-9 ½	**Evin McDowell, Grossmont	Mt. SAC
35-8	*Avery Redfern, La Jolla	D3 Prelims
35-3 ½	Angel Miller, El Camino	D1 Prelims
35-1 ½	*Kanayjah Cook-Weaver, Mt. Miguel	Sundevil Inv.
34-11 ½	*Aliyah Ratcliffe, Cathedral Catholic	Jaguar Inv.
34-10 ½	*Chanel Burton, Helix	Dual
34-10	Samantha Harris, Vista	D2 Prelims
34-9	**Vinisha Rogers, Oceanside	D2 Prelims
34-8 ¾	***Kyla O'Donnell, Cathedral Catholic	Section Finals
34-7 ½	*Valeria Vasquez, Torrey Pines	Section Finals
34-3	*Aligail Plezia, La Jolla	Eastern Finals
34-0	**Peighton Millard, Carlsbad	Dual
33-7 ¾	Breeze Czapinski, Poway	Dual
33-7 ½	Isabella Busch-Sorensen, Point Loma	Dual
33-6 ½	***Astrid Egan, La Jolla	Section Finals
33-6	***Taliah Eshel, Rancho Bernardo	Dual
33-6	Isabelle Snook, Steele Canyon	Dual
33-5 ½	**Havana Jacobs, Mater Dei	SoBay Finals
33-5	Erin Huang, Rancho Bernardo	Dual
33-5	**Chanel Wells, El Camino	Dual
33-4	*Keana Smith, Lincoln	D2 Prelims

33-4	**Paulina Escajadillo, Bonita Vista	Dual
<b>Shot Put</b>		
39-11	*Gabriella Colon-Gipson, Otay Ranch	D1 Prelims
39-9 ½	**Shani Ford, Helix	D1 Prelims
39-1 ½	Kennedy Jones, Steele Canyon	Section Finals
38-8 ½	*Hailey Lauifi, Helix	Sundevil Inv.
38-2 ½	Logan Shojgreen, Rancho Bernardo	D1 Prelims
37-7	*Tesa Liufau, Helix	Section Finals
37-7	*Leilah Lauifi, Helix	Dual
37-4	*Brenna Williams, Cathedral Catholic	Section Finals
36-2 ½	Laura Rucks, Torrey Pines	NC Coastal
35-9	Azaria Martin, Brawley	Dual
35-7	**Mairead Frankel, Sage Creek	D2 Prelims
35-6	Lelia Keene, El Camino	Section Finals
35-2 ½	Cheney Gomez, Imperial	Dual
34-9	***Atria Wells, El Camino	D1 Prelims
34-5	*Elizabeth Driscoll, Canyon Crest	D1 Prelims
34-4	**Briana McClean, San Marcos	D1 Prelims
32-11 ½	*Zoe Cruz, Mt. Carmel	Dual
32-10 ½	*Mia Robles, Mt. Carmel	Dual
32-8 ½	**Karly Espinoza, EC Southwest	D2 Prelims
32-8 ½	*Carsen McKinney, Del Norte	Palomar Finals
32-8	**Jacqueline Seabolt, Mt. Carmel	Dual
32-7	*Jayla White, Morse	Section Finals
32-5 ½	Loren Swisher, Eastlake	Mesa Finals
32-5	Sofia Caruso, Rancho Bernardo	Willie Banks
32-4	Lovely Gentry, Morse	Willie Banks

## Discus

144-8	*Elisabeth Driscoll, Canyon Crest	State Finals
142-4	**Mairead Frankel, Sage Creek	State Prelims
136-8	*Brenna Williams, Cathedral Catholic	State Prelims
126-2	Kennedi Jones, Steele Canyon	Section Finals
125-10	Logan Shojgreen, Rancho Bernardo	Section Finals
120-6	*Hailey Lauifi, Helix	Grossmont Finals
118-5	*Mia Robles, Mt. Carmel	Section Finals
116-7	**Shani Ford, Helix	Grossmont Finals
116-5	Sofia Caruso, Rancho Bernardo	Dual
115-6	Lelia Keene, El Camino	Dual
113-9	Cheney Gomez, Imperial	Willie Banks
112-3	Loren Swisher, Eastlake	Dual
112-0	Iris Diaz, Valley Center	Dual
109-0	*Leilah Lauifi, Helix	Dual
108-7	*Mara Savaiinaea, Otay Ranch	Mesa Finals
105-6	Samantha Nelson, The Rock	Coastal Finals
105-0	*Zoe Cruz, Mater Dei Catholic	UC Classic
103-4	*Carsen McKinney, Del Norte	Dual
102-8	Aaliyah Sampson, Central	Dual
102-5	*Gabriella Colon-Gipson, Otay Ranch	UC Classic
102-1	Denise Molano, El Camino	Escondido Inv.
100-8	Samantha Brims, West Hills	Grossmont Finals
100-5	Taylor Houston, Grossmont	Dual



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**State Champions from Del Norte in the new CIF event, the 3200 meter relay.  
L-R: Emily Russo (10), Ella Echsner (11), Paige Echsner (10), Hannah Riggins (12)**