

San Diego Section High School

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Track & Field Guide

**Girls' Track Athlete of the Year,
Eastlake's
Jaelyn Williams**



Sophomore Jaelyn Williams posted the top all-time San Diego Section marks in the 1600 and 3200 meter runs. After running 4:40.29 for the 1600 at the section finals, she won the 3200 at the state meet in 9:57.11. She also has a time of 2:09.87 for the 800.

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
2024		Brandon Arrington, Mt. Miguel	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*
2024	110HH	Shon Martin, Helix	13.84
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
2024	800	Tessa Buswell, Poway	2:06.51
2024	1600	Jaelyn Williams, Eastlake	4:40.29
2024	3200	Jaelyn Williams, Eastlake	9:57.11
1984	100H (30')	Gail Devers, Sweetwater	13.41
2024	100H (33')	Anisa Bowen-Fontenot, San Diego	13.59
2024	300H	Morgan Herbst, Carlsbad	41.26
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 Phil Grooms for his 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.

2024—SEVEN SECTION RECORDS, 10 STATE CHAMPS

Fans pulling for San Diego athletes at the 104th State Track and Field Championships in Clovis had to be giddy.

Event after event, the announcer seemed to be identifying local athletes as state champions as 10 individuals climbed to the top of the victory stand in the greatest section performance in the 104-year history of the boys meet and the 50th anniversary of the girls competition.

In that meet alone, four section records tumbled and another equaled. For the season, seven all-time bests were recorded or matched.

Eastlake sophomore Jaelyn Williams led the way as she clocked the fastest times in both the 1600 and 3200. At the Section Finals she roared to a 4:40.29 in the 1600 and a week later in Clovis she led wire-to-wire to eclipse the 10-minute 3200 barrier, winning in 9:57.11.

It was the final section mark at that meet, following Poway senior Tessa Buswell capturing the 800 in 2:06.51, San Diego junior Anisa Bowen-Fontenot lowering the 100-meter hurdle standard to 13.59, Carlsbad junior Morgan Herbst erasing the nine-year-old 300 hurdle with a 41.26 and Mt. Miguel sophomore Brandon Arrington matching the record 20.55 in the boys 200 set by Madison's Kenan Christon in 2019.

Earlier in the season, Helix senior Shon Martin trimmed the 27-year standard in the 110-meter hurdles by Montgomery's Reggie DePass with a 13.84-second time at the Mt. Carmel Invitational.

While section records withstood the challenge of five other champions, they still climbed to the top of the victory stand.

For the boys, in addition to Arrington's 200 win, he doubled, easing up at the finish while winning the 100 in 10.33; Carlsbad senior Cain Evans captured the 800 in 1:50.21; University City junior Kai Anderson overcame a hamstring injury to equal his personal best in the pole vault at 16-8; Madison's Oregon-bound Amirah Shaheed captured the 200 in 23.52; and La Jolla's Payton Smith won the 400 in a school record 53.39, besting the 53.53 by Janice Wiser in 1974, the first year of the state meet with girls.

It wasn't just wins, either.

Right behind Buswell in the 800 was Carlsbad junior Makenna Herbst (2:07.23—No. 3 all-time) and fourth was Westview 11th-grader Kaitlyn Arciaga (2:08.08). Del Norte junior Paige Echsner got a PR to finish third in pole vault at 13-5, La Jolla sophomore Chiara Dailey placed third in a loaded 1600 (4:43.30), as did Bowen-Fontenot in the 300 hurdles (42.76).

For the boys, Cathedral Catholic's Vincent Atilano was third in the 300 hurdles (37.62), Torrey Pines' Joey Weisman was fourth in the pole vault (15-6) and Mission Bay's Brandon Cheeks II was fourth in the long jump (23-5).

The good news is Williams, Arrington, Bowen-Fontenot, the Herbst sisters, Arciaga and Echsner will return in 2025 with high expectations.

Also of note, the state record in the girls 4x800 of 8:55.99, set by Del Norte last year, withstood a challenge by Ventura, which won at 8:57.21.

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, so once a student graduates, any mark set by that individual or a relay team with that individual, can't be considered for record purposes.

Steve Brand, Editor

2024 Boys Leaders

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

100 (Fully Electronic, wind legal)

10.33	**Brandon Arrington, Mt. Miguel	State Finals
10.84	*Elliot Getz, Mission Bay	D3 Championships
10.84	Austin McCotter, Cathedral Catholic	Section Finals
10.87	*Amari Sanders, Mira Mesa	Western League
10.90	*Matthew Carr, Mater Dei Catholic	D3 Championships
10.92	**Brice Abawi, Rancho Bernardo	Palomar League
10.92	O'Neil Cruz, Santana	Grossmont League
10.92	Jalen Saint Paul, Carlsbad	Falcon Relays
10.93	Arturo Estrada, Central	D1 Championships
10.93	Eden Perez, Escondido	Valley League
10.94	Terrick Fisher, Rancho Bernardo	D1 Championships
10.94	Donald Moore III, Rock Academy	Arcadia Inv.
10.95	Austin Snook, Bonita Vista	D1 Championships
10.95	Leed Smoole, La Jolla	D3 Championships
10.95	*Laurence Burston, Helix	Grossmont League
10.95	*Jace Nix, San Marcos	Falcon Relays
10.95	*David Slaughter, Mt. Carmel	Dual
10.96	*Brady Pohl, San Marcos	D1 Championships
10.96	*Logan Houston, Poway	Palomar League
10.97	*Harlem Harris, Helix	Grossmont League
10.98	No'Koi Maddx, Granite Hills	Runge Inv.
10.99	Brett Barry, Torrey Pines	Falcon Relays
11.02	*Jeffrey Lee Jr., Bonsall	Runge
11.03	Nick Priest, LJCD	Viking Relays
11.04	Tolani Osinflarin, Otay Ranch	D1 Championships
11.04	Gevonni Richey, Otay Ranch	Jaguar Inv.
11.06	**Landon Schrom, Army-Navy	D3 Championships
11.06	***Lovones Trotter, Grossmont	Grossmont League
11.07	*Sachin Wijay, Torrey Pines	D1 Championships
11.07	*Jimmy Dorame, Imperial	Desert Relays
11.08	Jake Warren, Del Norte	D1 Championships
11.09	Brian Lloyd, Westview	D1 Championships
Wind-aided		
10.27	***Brandon Arrington, Mt. Miguel	State Prelims



Sophomore Brandon Arrington from Mt. Miguel won both the 100- and 200-meter dashes at the state meet and was named the boys' Track Athlete of the year. His 200 time of 20.55 at the state meet tied the all-time section record.

200 (Fully electronic, wind legal)

20.55	**Brandon Arrington, Mt. Miguel	State Finals
21.60	*Spencer Gray, Helix	State Prelims
21.86	*David Slaughter, Mt. Carmel	D2 Championships
21.86	**Brice Abawi, Rancho Bernardo	Frosh-Soph
22.11	Vincent Jones, Mt. Miguel	D2 Championships
22.18	**Leed Smoole, La Jolla	D3 Championships
22.18	*Amari Sanders, Mira Mesa	Western League
22.19	**Jonah Holloway, Morse	D2 Championships
22.19	Jalen Saint Paul, Carlsbad	Dual
22.21	Eden Perez, Escondido	Valley League
22.28	*Logan Houston, Poway	Palomar League
22.33	O'Neil Cruz, Santana	D2 Championships

22.36	**Devin Manns, St. Augustine	Frosh-Soph
22.37	*Sachin Wijay, Torrey Pines	D1 Championships
22.37	Cole Lambeth, St. Augustine	D2 Championships
22.38	*Jacob Meraz, Otay Ranch	D1 Championships
22.42	*Harlem Harris, Helix	D1 Championships
22.42	Mike Valenzuela, Santana	D2 Championships
22.42	*Matthew Carr, Mater Dei Catholic	South Bay League
22.46	Geovonni Richey, Otay Ranch	Jaguar Inv.
22.48	*Harrison Caulfield, Mt. Carmel	Palomar League
22.48	*Ty Olsen, Del Norte	Dual
22.49	*George Serrano, Vista	D2 Championships
22.53	*Dallas Corbett, Otay Ranch	D1 Championships
22.55	Divad Diaz, SD Southwest	D2 Championships
22.57	**Archer Chapman, Mission Hills	D1 Championships
22.58	*Jack Mullen, Sage Creek	D2 Championships
22.58	Terrick Fisher, Rancho Bernardo	Dual

Wind-aided

20.40	**Brandon Arrington, Mt. Carmel	Section Finals
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400

47.89	*David Slaughter, Mt. Carmel	D2 Championships
48.02	Vincent Jones, Mt. Miguel	State Prelims
48.70	*Harrison Caulfield, Mt. Carmel	Section Finals
49.09	*Dallas Corbett, Otay Ranch	Jaguar Inv.
49.22	*Samuel Fredrickson, El Camino	D1 Championships
49.25	Mike Valenzuela, Santana	Grossmont Finals
49.25	*Spencer Gray, Helix	Mt. Carmel Inv.
49.36	Vincent Atilano, Cathedral Catholic	Jaguar Inv.
49.40	Alfredo Dorame, Imperial	IVL Finals
49.43	Divad Diaz, SD Southwest	South Bay Finals
49.62	*Luis Romero, San Ysidro	South Bay Finals
49.68	Jalen Saint Paul, Carlsbad	Dual
49.77	**Jackson Ellis, Helix	Section Finals
49.81	Shamarion Uden, El Capitan	Dual
49.87	Nathan Bruhn, Cathedral Catholic	Mt. Carmel Inv.
49.88	Nolan Jones, Mission Hills	Dual
49.88	Cain Evans, Carlsbad	Dual
49.97	Angel Cordero, Olympian	Dual
50.06	*Jaylon Graves, Olympian	Section Finals
50.25	Christian Magana, Mission Hills	Dual
50.28	*Chase Brotman, Carlsbad	D1 Championships
50.29	D'Angelo Besikof, San Diego	Viking Relays
50.30	Josiel Rodriguez, Central Union	D1 Championships
50.30	Jacob Azevedo, Steele Canyon	Escondido Inv.
50.33	Ben Furgeson, La Costa Canyon	D2 Championships
50.40	*Ayden Goodwin, Oceanside	D2 Championships
50.43	Jonathan Tseko-Biffle, El Capitan	Jaguar Inv.
50.47	*Tyler Tennant, Maranatha Christian	Jim Cerveny Inv.
50.49	**Shreyas Dillon, San Dieguito	Avocado Finals



Carlsbad's Cain Evans won the 800-meter run at the state meet in 1:50.21. His time ranks him number two on the section all-time list.

800

1:50.21	Cain Evans, Carlsbad	State Finals
1:52.02	Angel Cordero, Olympian	Section Finals
1:52.67	**Josiah Bowman, Sage Creek	Section Finals
1:54.84	*Samuel Fredrickson, El Camino	Nike Nationals
1:56.83	Peter Akinpelu, Del Norte	D1 Championships
1:56.94	Anthony Estrella, Olympian	Section Finals
1:56.97	*Thijs Eldik Thieme, Scripps Ranch	Jim Cerveny
1:57.06	Garrett Cloyd, Mt. Miguel	Mt. SAC Relays
1:57.08	**Derek Stevenson, Carlsbad	Dual
1:57.37	*Gabriel Xavier, Point Loma	Jim Cerveny
1:57.43	*Micah Senn, Steele Canyon	Escondido Inv.
1:57.49	**Nathan Bamford, Scripps Ranch	Mt. SAC Relays
1:57.74	Alex Freshley, Helix	Section Finals
1:57.99	Aundrey Calvert, El Capitan	Falcon Relays
1:58.02	Kaeden Berner, Westview	Dual
1:58.05	Jonas Rickert, Torrey Pines	Dual
1:58.08	Marlon De la Torre, Brawley	IVL Finals
1:58.22	**Nathan Ayan, Coronado	Section Finals
1:58.28	Jacob Pippel, Canyon Crest	Dual
1:58.32	**Maurizio Castellon, San Marcos	Frosh-Soph
1:58.35	Rafael Roos, Coronado	Mt. Carmel Inv.
1:58.35	Ian Ridge, Bonita Vista	Jim Cerveny
1:58.44	Adam Freshley, Helix	Grossmont Finals
1:58.81	*Ryan Chelesnik, Torrey Pines	Dual
1:58.85	Adrian Welton, Westview	Jaguar Inv.

1:58.94	*Alex Magoffin, Steele Canyon	Dual
1:59.10	**Callum Arnaudy, St. Augustine	Jim Cerveny
1:59.13	Aiden O'Toole, Sage Creek	Irvine Inv.
1:59.22	Caden Hicks, University City	Dual
1:59.33	Austin Boinus, El Capitan	D2 Championships
1:59.42	Austin Calvert, El Capitan	Dual
1:59.44	**Finn Butler, Del Norte	Frosh-Soph
1:59.51	Luke Jin, Del Norte	Falcon Relays
1:59.64	***Kian Massoud, Torrey Pines	Section Finals
1:59.83	Omar Reyes, El Camino	Falcon Relays
1:59.93	*Matthew Walker, Carlsbad	Falcon Relays

1600

4:15.10	**Josiah Bowman, Sage Creek	Arcadia Dist.
4:15.16	Cain Evans, Sage Creek	Mt. SAC Relays
4:16.34	Aiden O'Toole, Sage Creek	Azusa-Pacific
4:18.01	**Nathan Bamford, Scripps Ranch	Section Finals
4:18.40	*Micah Senn, Steele Canyon	Section Finals
4:18.79	Garrett Cloyd, Mt. Miguel	Section Finals
4:19.13	Omar Reyes, El Camino	Trabuco Hills
4:19.18	Jacob Pippel, Canyon Crest	D1 Championships
4:19.42	Jonas Rickert, Torrey Pines	Section Finals
4:19.61	Adrian Welton, Westview	Palomar League
4:21.37	Kai Lange-Dei, SD High Tech	Section Finals
4:21.85	**Cooper Castleberry, Poway	Section Finals
4:21.99	Caden Hicks, University City	Mt. Carmel D-F
4:22.42	**Benjamin Stephens, Scripps Ranch	D2 Championships
4:23.91	*Camden Luecht, Rancho Bernardo	D1 Championships
4:24.05	*Luke Jin, Del Norte	D1 Championships
4:24.56	Brogan Fountain, Mt. Carmel	Palomar League
4:24.57	John Bitner, Calvin Christian	Section Finals
4:24.75	Max Schaller, Rancho Bernardo	Palomar League
4:25.27	Angel Cordero, Olympian	Dual
4:26.66	**Luca Caruso, Canyon Crest	Dual
4:27.04	**Derek Stevenson, Carlsbad	Frosh-Soph
4:27.52	*Jarrett Cruz, Vista	Section Finals
4:27.82	*Landon Hale, Classical Academy	Section Finals
4:27.84	Kaeden Berner, Westview	Dual
4:28.25	Zach Schmid, Vista	Avocado League
4:28.35	*Ryan Chelesnik, Torrey Pines	Dual

3200

9:02.96	Caden Hicks, University City	Arcadia Inv.
9:03.93	Jacob Pippel, Canyon Crest	Arcadia Inv.
9:07.17	Omar Reyes, El Camino	Arcadia Inv.
9:10.60	Adrian Welton, Westview	State Finals
9:14.08	Aiden O'Toole, Sage Creek	Arcadia Inv.
9:17.16	Jonas Rickert, Torrey Pines	Mt. SAC Relays
9:20.91	*Camden Luecht, Rancho Bernardo	Mt. SAC Relays
9:24.29	**Luca Caruso, Canyon Crest	Section Finals
9:27.72	Ryan Willems, University City	Section Finals
9:29.39	Ivan Guzman, Liberty Charter	Section Finals

9:32.11 John Bitner, Calvin Christian
 9:32.52 Kai Bolaris, Canyon Crest
 9:32.90 **Nathan Bamford, Scripps Ranch
 9:33.39 *Micah Senn, Steele Canyon
 9:35.46 Kai Lange-Dei, SD High Tech
 9:35.55 York Bourgeois, Francis Parker
 9:36.28 *Owen Arnaudy, St. Augustine
 9:36.29 *Daniel Vestemean, West Hills
 9:37.27 *Lyon Craig, Health Services
 9:38.93 *Jamie Gachuzo, Del Lago
 9:39.26 *Orlando Carrillo, Granite Hills
 9:39.80 Spencer Borin, Torrey Pines
 9:40.31 *Miguel Casillas, Steele Canyon
 9:41.19 **Ryan Romero, El Camino
 9:42.12 *Liam Beighley, Mission Hills
 9:42.17 **Benjamin Stephens, Scripps Ranch
 9:42.18 Zachary Shorey, Otay Ranch
 9:42.58 Max Schaller, Rancho Bernardo
 9:42.61 **Cooper Castleberry, Poway
 9:42.64 **Max Marchi, Sage Creek
 9:44.47 *Rowan Hannaman, Westview

Arcadia Dis.
 Section Finals
 Frosh-Soph
 D1 Championships
 Mt. Carmel Inv.
 Bronco Inv.
 D2 Championships
 Sundevil Inv.
 Section Finals
 Mt. Carmel Inv.
 Mt. Carmel Inv.
 Bronco Inv.
 D1 Championships
 NCC Coastal
 Mt. Carmel Inv.
 Frosh-Soph
 D1 Championships
 Mt. Carmel Inv.
 Palomar League
 NCC Coastal
 Section Finals



In this podium shot from the section 300-meter championships, the top three finishers advanced to the state meet. At state, Vincent Atilano (left) from Cathedral Catholic placed third in the 300 hurdles with 37.62. El Capitan's Jonathan Tseko-Biffle (center) placed third in the 110 hurdles with a time of 13.98. He was also seventh in the 300 hurdles. Shon Martin (right) from Helix was fourth in the 110 hurdles at state in 14.07. Earlier in the season Martin set a new section record for the 110 hurdles at 13.84.

110HH (Fully electronic, wind legal)

13.84	Shon Martin, Helix	Mt. Carmel Inv.
14.11	Jonathan Tseko-Biffle, El Capitan	Section Finals
14.28	Vincent Atilano, Cathedral Catholic	Mt. SAC Relays
14.36	*Caleb Reese, San Marcos	State Finals
14.52	*Sterling Bryant, Ramona	Valley League
14.55	*Caden Taffe, Mission Bay	Section Finals
14.59	Justin Reichenberg, Mission Bay	D3 Championships
14.66	*Josiah Kim, University City	Dual
14.74	Christopher Cappello, Rancho Bernardo	Palomar League
14.79	**Jayden Leyva, Imperial	Section Finals
14.87	**Callum McFarlane, Carlsbad	Falcon Relays
14.87	Devin Escobar, El Camino	Section Finals
14.90	*Jayden Bailey, Mission Bay	Elmer Runge
14.91	*Stephen Wong, Rancho Bernardo	Section Finals
14.99	*Roy Rosas, Brawley	IVL Finals
14.99	Evan Munoz, Granite Hills	Section Finals
15.02	Deonte Sharp, Monte Vista	Section Finals
15.11	*Owen Cruise, Torrey Pines	NCC Coastal
15.14	Ivan Huerta, Mission Hills	Mt. Carmel Inv.
15.14	Luke Yakubisin, Westview	Palomar League
15.25	Dean Phillips, Del Norte	Dual
15.34	Joseph Gyamfi, Del Norte	Dual
15.50	Josh Spurgiesz, Del Norte	D1 Championships
15.54	**Nyjah West, El Camino	D1 Championships
15.54	*Charlie Berkley, St. Augustine	Section Championships
15.58	Benjamin Mapes, Liberty Charter	D3 Championships
15.59	**Deion Askew, Ramona	Valley League
15.60	Jermarrion Williams, Otay Ranch	Section Finals
15.61	Aiden Vargas, Mt. Carmel	Mt. Carmel Inv.
15.66	*Jack Lowell, Classical Academy	D3 Championships
15.71	Fabian Resler, Otay Ranch	D1 Championships
15.71	*Wolfe Altamirano, Rancho Bernardo	D1 Championships
15.76	*Kohner Griffiths, Olympian	D1 Championships
15.78	Mitchell Nations, Poway	D1 Championships
15.80	*Juan Matuz, Hilltop	South Bay League

300IH

37.42	Vincent Atilano, Cathedral Catholic	Arcadia Inv.
37.45	Jonathan Tseko-Biffle, El Capitan	Section Finals
37.58	Shon Martin, Helix	Arcadia Inv.
38.34	*Jacob Reese, San Marcos	Section Finals
38.78	Devin Escobar, El Camino	Section Finals
38.82	Josh Spurgiesz, Del Norte	D1 Championships
38.99	*Caden Taffe, Mission Bay	Section Finals
39.05	Ivan Huerta, Mission Hills	Section Finals
39.25	Justin Reichenberg, Mission Bay	Viking Relays
39.26	Deonte Hark, Monte Vista	Section Finals

39.42	Joseph Gyamfi, Del Norte	Section Finals
39.82	*Charlie Berkley, St. Augustine	D2 Championships
39.85	*Josiah Kim, University City	Dual
39.95	*Xavier Morales, Canyon Hills	Section Finals
40.06	Fabian Resler, Otay Ranch	Jaguar Inv.
40.06	Christopher Cappello, Rancho Bernardo	Palomar League
40.11	*Sterling Bryant, Ramona	Section Championships
40.31	*Stephen Wong, Rancho Bernardo	Palomar League
40.31	*Juan Matuz, Hilltop	D2 Championships
40.71	Benjamin Mapes, Liberty Charter	Frontier Cluster
40.75	*Jayden Bailey, Mission Bay	Elmer Runge
40.77	*Wolfe Altamirano, Rancho Bernardo	D1 Championships
40.79	*Jack Lowell, Classical Academy	D3 Championships
40.85	**Wade Mettler, Point Loma	D2 Championships
40.86	Jermarrion Williams, Otay Ranch	Mesa League
40.88	***Anthony Etheridge, St. Augustine	D2 Championships
40.90	*Qayden Coleman, El Camino	NCC Coastal
40.94	Nathan Linck, Eastlake	D1 Championships
40.96	Ryan Cathers, Valley Center	Valley League
40.99	Mitchell Nations, Poway	D1 Championships
40.99	*Jason Dickerson, Torrey Pines	Dual

400 Relay

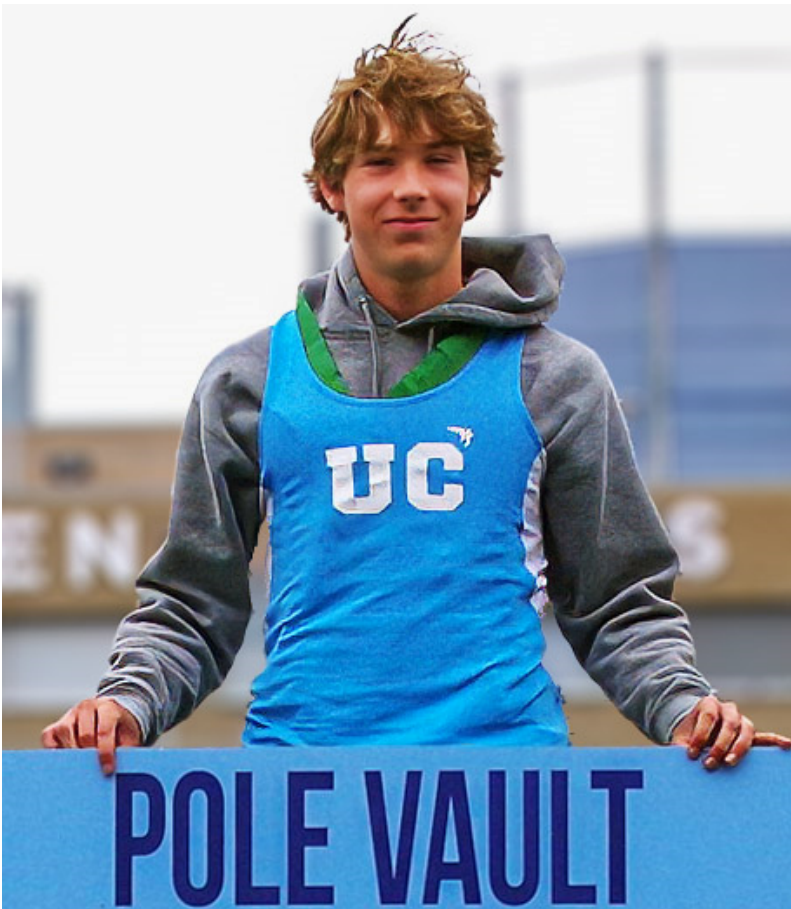
41.70	Rancho Bernardo	Section Finals
41.86	Cathedral Catholic	State Prelims
41.90	Helix	Grossmont League
41.92	San Marcos	Palomar League
42.20	Mt. Miguel	Section Finals
42.32	Santana	Dual
42.45	Del Norte	Section Finals
42.46	Mira Mesa	Western League
42.56	Torrey Pines	NCC Coastal
42.65	Carlsbad	Avocado League
42.81	Otay Ranch	D1 Championships
42.89	St. Augustine	Eastern League
42.94	El Capitan	Grossmont League
42.96	Mission Hills	Escondido Inv.
43.05	Poway	Section Finals
43.05	Central Union	D1 Championships
43.13	El Camino	NCC Coastal
43.20	Lincoln	City League
43.25	Mater Dei Catholic	Section Finals
43.26	Granite Hills	D1 Championships
43.34	Mission Bay	Eastern League
43.45	Mt. Carmel	Palomar League
43.46	Morse	Eastern League
43.47	Grossmont	Grossmont League
43.53	Bonita Vista	D1 Championships
43.59	La Jolla	Section Championships
43.67	Patrick Henry	Western League
43.73	Imperial	IVL Finals
43.85	University City	D2 Championships
43.85	Monte Vista	Grossmont League

43.87	Scripps Ranch	D2 Championships
43.88	Steele Canyon	Dual
43.90	Olympian	Mesa League
1600 Relay		
3:18.60	Helix	Section Finals
3:19.13	Mt. Carmel	Mt. SAC Relays
3:19.31	Mt. Miguel	Section Finals
3:20.59	Olympian	Section Finals
3:21.09	Carlsbad	Section Finals
3:22.06	Del Norte	Palomar League
3:22.52	Cathedral Catholic	Mt. Carmel Inv.
3:22.84	Poway	Section Finals
3:23.87	El Capitan	Bronco Inv.
3:24.52	Rancho Bernardo	Mt. SAC Relays
3:26.40	Imperial	IVL Finals
3:26.40	Sage Creek	D2 Championships
3:26.80	Steele Canyon	D1 Championships
3:26.86	Oceanside	D2 Championships
3:26.90	Mission Hills	Dual
3:27.17	Eastlake	Mesa League
3:27.36	La Jolla	Section Finals
3:27.70	Otay Ranch	Section Finals
3:27.89	Mira Mesa	Western League
3:28.28	San Marcos	Mt. Carmel Inv.
3:28.33	Scripps Ranch	D2 Championships
3:28.89	Central Union	Dual
3:29.25	Mission Bay	Eastern League
3:29.98	Brawley	IVL Finals
3:29.99	Point Loma	D2 Championships
3:30.04	St. Augustine	Eastern League
3:31.57	San Dieguito	D2 Championships
3:31.59	Canyon Hills	D3 Championships
3200 Relay		
7:51.29	Carlsbad	Section Finals
7:54.74	Westview	Mt. SAC Relays
7:55.68	El Capitan	Mt. SAC Relays
7:58.25	Point Loma	Section Finals
8:00.28	Del Norte	Section Finals
8:02.52	Helix	D1 Championships
8:08.22	St. Augustine	D2 Championships
8:12.51	Rancho Bernardo	D1 Championships
8:12.84	Liberty Charter	Section Finals
8:13.56	San Marcos	Mt. Carmel Inv.
8:15.59	University City	D2 Championships
8:16.20	Poway	Mt. SAC Relays
8:16.56	Canyon Crest	Jaguar Inv.
8:20.65	Steele Canyon	D1 Championships
8:20.67	Mission Vista	Section Finals
8:21.29	Mt. Miguel	D2 Championships
8:22.74	Imperial	D3 Championships
8:24.00	Torrey Pines	Mt. Carmel Inv.

8:25.79	Vista	Mt. Carmel Inv.
8:27.50	Scripps Ranch	D2 Championships
8:28.20	Hilltop	D2 Championships
8:28.31	Crawford	D3 Championships
8:28.83	Central Union	Jaguar Inv.
8:31.21	Sage Creek	D2 Championships
8:31.96	Rancho Buena Vista	D2 Championships
8:34.66	Bonita Vista	D1 Championships
8:34.91	San Dieguito	Mt. Carmel Inv.
8:35.50	Mira Mesa	D1 Championships
8:36.30	El Camino	D1 Championships
8:37.57	Mt. Carmel	Mt. Carmel F-D
8:38.46	Cathedral Catholic	Western League
8:38.56	Sweetwater	Viking Relays

High Jump

6-10	Brandon Cheeks, Mission Bay	Mt. Carmel F-D
6-8	Sammy Carmona, Fallbrook	D1 Championships
6-8	Jackson Gross, Torrey Pines	Section Finals
6-7	Brandon Doctor, Valhalla	Grossmont League
6-6	Shon Martin, Helix	Triton Inv.
6-6	***Jerry Stokes, Bonita Vista	Dual
6-4	***Aljah Cheeks, Mission Bay	Dual
6-4	Dorian Fillmore, Monte Vista	Dual
6-3	Shamarrion Uden, El Capitan	Grossmont Finals
6-3	*Donovan Arnold, San Pasqual	Jaguar Inv.
6-3	**Andrew Washington, Point Loma	Frosh-Soph
6-2	*Dylan Griffin, University City	Western League
6-2	Lucas Heldman, La Jolla Country Day	Mt. Carmel Inv.
6-2	Deon Hasley, Scripps Ranch	Elmer Runge
6-2	Samuel Gouvalaris, Torrey Pines	Mt. Carmel F-D
6-2	*Kasseem Dean, Torrey Pines	Dual
6-2	*Max Riker, Westview	Dual
6-2	Tyler Scott, Bonita Vista	Dual
6-2	Jonathan Tseko-Biffle, El Capitan	Dual
6-1	*Daimaggio Wyatt, Central Union	Dual
6-0 ³ / ₄	Hudson Shaver, La Costa Canyon	All-Comers
6-0	*Jair Benjamin, Lincoln	City Finals
6-0	Dylan Eads, Christian	City Finals
6-0	Jamil Kassab, Ramona	Valley Finals
6-0	**Joaquin Beltran, Sweetwater	Elmer Runge
6-0	Blessed Sellers, Canyon Hills	Mt. Carmel Inv.
6-0	*James Robinson, El Cajon Valley	Escondido Inv.
6-0	Owen Gergurich, Sage Creek	Irvine Inv.
6-0	**Dimitar Radoev, Canyon Crest	Dual
6-0	Jared Nixon, Imperial	Dual
6-0	Darrious Baker, Granite Hills	Dual
6-0	*Ryan Fishwick, Christian	Dual
6-0	Joshua Dixon, University City	Dual
6-0	**Justian Richardson, Rancho Buena Vista	Dual
6-0	Jalen Brown, Monte Vista	Dual
6-0	Ival Momoh, University City	Dual
6-0	Jerome Smith, Sweetwater	Dual



The boys' field athlete of the year award went to Kai Anderson from University City. His 16-8 vault at the state meet won the event and tied him for second place all-time for the San Diego Section.

Pole Vault

16-8	*Kai Anderson, University City	Western Finals
16-3	Jacob Emerson, Sage Creek	Winter Qualifier
16-0 ½	**Dylan Yarbrough, San Dieguito	Jaguar Inv.
16-0	Joey Weisman, Torrey Pines	Section Finals
15-6	Aiden Bernier, Fallbrook	D1 Championships
15-6	Rob Saunders, Rancho Bernardo	Palomar League
15-6	*Joseph Sbuttoni IV, St. Augustine	Elmer Runge
15-6	Chance Rynearson, Mission Bay	Mt. SAC Relays
15-6	Vincent Farenc, Westview	Dual
15-0	Andrew Schiering, Westview	Section Finals
15-0	*Merrick Stroschine, Scripps Ranch	D2 Championships
15-0	Leo Sun, Del Norte	Dual
14-7	Ethan Heldman, La Jolla Country Day	Vikings Relays
14-6	Gian Casanova, Valhalla	D2 Championships
14-6	Tristan Sotelo, Grossmont	Dual
14-6	Jordan Kondo, Vista	Dual

14-6	Jackson Gilbert, Poway	Dual
14-6	Brandon Moore, Torrey Pines	Dual
14-6	Jackson Gilbert, Poway	Dual
14-2	**Tyler Suhar, Torrey Pines	Frosh-Soph
14-0	Tyler Thomas, Santana	D2 Championships
14-0	Damien Votaw, Fallbrook	Valley League
14-0	Justin Reichenberg, Mission Bay	Elmer Runge
14-0	**Leo Guseman, Mt. Carmel	Dual
14-0	Beckett Beireis, Powau	Dual
14-0	Alexander Paik, Canyon Crest	Dual
14-0	*Parker Doomey, Ramona	Dual
14-0	***Torin Sotelo, Grossmont	Dual
13-7	**Grayson Lewis, West Hills	Grossmont League
13-6	*Peyton Leigh, Del Norte	Palomar League
13-6	Dean Le, Canyon Crest	Mt. Carmel F-D
13-6	***Courtland Bradshaw, Del Norte	Dual



Mission Bay's Brandon Cheeks II was the section leader for the long jump and high jumps with marks of 23'11.25" and 6-10. At the state meet he placed 4th in the long jump and 8th in the high jump.

Long Jump

23-11 ¼	Brandon Cheeks II, Mission Bay	Mt. Carmel Inv.
23-4	Austin McCotter, Cathedral Catholic	Falcon Relays
23-2 ½	Shon Martin, Helix	Section Finals
23-0	Amare Shaw, Scripps Ranch	Western Finals

22-8 ¼	Josiah Wilson, Steele Canyon	Section Championships
22-7 ¼	Kai Dahlan, Carlsbad	Bronco Inv.
22-5 ¼	*Jacob Sheridan, RBV	D2 Championships
22-5	**Mekhi Oluwa, Mater Dei Catholic	D3 Championships
22-4 ¼	Marcus Harris, Vista	Mt. Carmel F-D
22-3 ½	***Cole Dahlan, Carlsbad	Avocado League
22-3 ½	Vincent Jones, Mt. Miguel	Dual
22-2	*Ethan Dohrmann, Cathedral Catholic	D2 Championships
22-2	Jayden Peterson, Bonita Vista	Dual
22-1 ½	Samuel Gouvalaris, Torrey Pines	Section Finals
22-1 ¼	Logan Henry, El Capitan	Falcon Relays
22-1	Devin Escobar, El Camino	Dual
22-0 ¼	Jared Nixon, Imperial	D3 Championships
22-0	Ka'Andre Stephen, Mission Hills	Dual
22-0	*Ryley Parenteau, Madison	Dual
21-11	Kevin Allen, Helix	Triton Inv.
21-11	**Jaxen Carlisle, La Costa Canyon	Dual
21-10 ½	Rhys Vaughn, Cathedral Catholic	D2 Championships
21-10 ½	Arturo Estrada, Central Union	IVL Finals
21-10	D'Angelo Besikof, San Diego	Eastern Finals
21-10	Cory Stevens, Oceanside	Mt. Carmel Inv.
21-10	*Zeshaun Daley, El Camino	Dual
21-9 ½	Anthony Wise, Bonita Vista	Dual
21-8 ½	Justin Reichenberg, Mission Bay	Viking Relays
21-7	**Coby Herman, La Costa Canyon	Dual
21-7	Jaiden Ingram, Otay Ranch	Dual

Triple Jump

47-8 ¾	Justin Reichenberg, Mission Bay	Eastern League
47-7 ¾	*Zeshaun Daley, El Camino	Section Finals
46-1 ½	Samuel Gouvalaris, Torrey Pines	State Prelims
45-9	Brandon Cheeks II, Mission Bay	Winter Championships
45-7	Marcus Harris, Vista	Dual
45-1	Jaiden Ingram, Otay Ranch	Dual
44-10	**Mekhi Oluwa, Mater Dei Catholic	D3 Championships
44-8 ¾	Jordan Julien, Mt. Carmel	Section Finals
44-8 ½	Donovan Wood, Point Loma	Dual
44-6	Jared Dixon, Imperial	Dual
44-5	Anthony Wise, Bonita Vista	Dual
44-1 ½	**Nyjah West, El Camino	Section Finals
44-1	Blessed Sellers, Canyon Hills	Eastern League
44-0 ½	Evan Carlisle, La Costa Canyon	NCC Coastal
43-5 ¼	*Andrew Weim, Point Loma	D2 Championships
43-4 ½	Elijah Hamilton, University City	Dual
43-3 ¼	Jalen Brown, Monte Vista	D2 Championships
43-3	Malik McGown, West Hills	Dual
43-1 ¾	*Shaun Young, Mt. Carmel	Dual
43-1 ½	Dorian Fillmore, Monte Vista	D2 Championships
43-0 ½	Adriann Cao, Torrey Pines	Dual
42-8 ¾	*Kyler Griffiths, Olympian	D1 Championships
42-7	**Kymani Nua, Oceanside	Dual

42-7	**Joaquin Beltran, Sweetwater	Dual
42-6	*Jacob Trang, Eastlake	Bronco Inv.
42-5 ½	Jamil Kassab, Ramona	D2 Championships
42-5	*Jayson Garnier, University City	Section Finals
42-5	Arturo Estrada, Central Union	Dual
42-1	**Justian Richardson, RBV	Dual
42-0 ½	Ariah Minnifield, West Hills	Mt. Carmel Inv.
42-0 ½	Joshua Dixon, University City	Dual
42-0	Mario Pennyman, Rancho Bernardo	D1 Championships
42-0	*Anthony Taylor, Del Norte	Palomar League
42-0	Kai Dahlan, Carlsbad	Dual

Shot Put

57-9	Anthony Gash, Helix	Dual
57-0 ½	Ryan Telemaque, Sage Creek	Dual
50-11	Jake Nickley, San Pasqual	Valley Finals
50-4	**Jayden Gibbs, Oceanside	D2 Championships
50-1	Max Victor, Valley Center	Section Finals
49-10 ½	Kellen Maciejewski, Del Norte	Dual
49-10	Jake Vorhees, San Marcos	Dual
49-10	Josue Ledesma, San Pasqual	Dual
49-7	*Matek Gelt, San Marcos	D1 Championships
48-11 ¾	Orlando Castillo, Mission Bay	Section Finals
48-5	Caleb Addleman, Eastlake	Dual
48-4 ½	Jordan Tompkins, San Pasqual	Dual
48-3	*Jacob Polak, Granite Hills	Dual
47-11 ¾	**Steven Munoz, El Camino	Section Finals
47-11	Geordan Beamon, Oceanside	Dual
47-10 ½	Javier Quiroga, Steele Canyon	Escondido Inv.
47-7	*Maximus Alvarez, Imperial	IVL Finals
47-5 ½	*Luke Westfall, Cathedral Catholic	Western League
46-9 ½	Baylor Marcos, Poway	Dual
46-5	**Jackson Rochet, Scripps Ranch	Western League
46-4 ½	**Elekana Taa, Monte Vista	D2 Championships
46-4	Lautele Iuta, San Marcos	Dual
46-3	Oliver Ghadban, Poway	Palomar League
46-2 ½	Trey Blazeovich, La Costa Canyon	D2 Championships
46-0 ¾	Trent Oreb, Sage Creek	Dual
45-9 ¾	Zachery Bader, Santana	Grossmont League
45-9 ½	Aiden Cornthwaite, Valhalla	D2 Championships
45-7	Yusbel Pacheco, Valley Center	Dual
45-6 ½	Nathan Manzo, Steele Canyon	Grossmont League
45-6	*Iain Evans, Otay Ranch	Mesa League
45-6	**Levi Mincher, Imperial	IVL Finals
45-5 ½	Dylan Gascon, Foothills Christian	Bronco Inc.
45-2	Edward Brandreth, La Costa Canyon	Dual
45-1 ½	Manny Cerda, Olympian	Dual
45-1	Ethan Aguirre, Imperial	IVL Finals

Discus

181-11	Anthony Gash, Helix	Triton Inv.
176-9	Ryan Telemaque, Sage Creek	Irvine Inv.
159-7	Max Victor, Valley Center	State Prelims
157-4	Kellen Maciejewski, Del Norte	State Prelims
156-10	Jake Nickley, San Pasqual	D2 Championships
156-6	**Jayden Gibbs, Oceanside	Dual
156-5	Omar Ortega, Rancho Bernardo	Falcon Relays
154-2	Ethan Aguirre, Imperial	D3 Championships
153-7	Aidan Cornthwaite, Valhalla	Escondido Inv.
150-10	Joshua Carson, West Hills	Elmer Runge
148-5	Sam Bjerke, Cathedral Catholic	Dual
146-6	**Chance Curry, Rancho Bernardo	Palomar League
145-10	**Levi Mincher, Imperial	Section Finals
145-1	**Steven Munoz, El Camino	Section Finals
144-6	Geordan Beamon, Oceanside	D2 Championships
143-5	Trent Oreb, Sage Creek	Dual
143-4	*Jacob Polak, Granite Hills	Grossmont League
141-11	Jordan Tompkins, San Pasqual	Valley League
141-11	Nathan Simmons, Kearny	Mt. Carmel Inv.
140-7	Josue Ledesma, San Pasqual	Valley League
139-11	**Kawika Devore, Madison	D3 Championships
139-9	*Thien Franco, Rancho Bernardo	Dual
139-4	Andres Maces, Valley Center	Dual
139-0	*Jacob Llana, Rancho Bernardo	Dual
137-3	Josh Bowen, Santana	Dual
136-2	Ethan Arreola, Imperial	Dual
135-3	Orlando Castillo, Mission Bay	Dual
135-2	Deangelo Pollard, Escondido	D2 Championships
135-2	Joseph Hunt, Steele Canyon	Dual
134-0	*Nick Dipietro, Ramona	Escondido Inv.
133-11	*Meo Laurenceau, Tri-City Christian	Pacific Finals
133-10	*Matek Gelt, San Marcos	Dual
133-1	Yusbel Pacheco, Valley Center	D3 Championships

2024 Girls Leaders

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

100 (Fully electronic, wind legal)

11.51	Amirah Shaheed, Madison	D3 Championships
11.70	*Lauren Gilhooly, Coronado	Arcadia Inv.
11.83	Payton Smith, La Jolla	Mt. SAC Relays
11.91	*Morgan Herbst, Carlsbad	Avocado League
12.03	**Joelle Frazier, University City	Section Finals
12.04	**Ily Barclay, Steele Canyon	Section Finals
12.14	Tianna Ruskovich, Mt. Carmel	Jaguar Inv.
12.22	Chanel Burton, Helix	Section Finals
12.26	*Macy Ratermann, Westview	Section Finals
12.27	Brionna Dickens, Steele Canyon	Section Finals
12.28	*Kaylee Rebugio, Del Norte	Section Finals
12.28	Arynn Sanders, Otay Ranch	Arcadia Inv.
12.29	Tayhlore Hoagland, Rancho Bernardo	Section Finals
12.30	Abigail Lamirande, La Costa Canyon	Section Finals
12.33	Alexis Leath, West Hills	Section Finals
12.37	**Kinzy Duarte, Central Union	IVL Finals
12.39	*Carly Renison, San Dieguito	Dual
12.41	*Amelia Nail, OLP	Section Finals
12.45	***Jordan Gwynn, Mt. Carmel	Section Finals
12.47	**Charlotte Boleda, Valley Center	Valley League
12.53	**Zoe Gross, Del Norte	Dual
12.55	Brielle Jimerson, Madison	D3 Championships
12.55	*Olivia Smith, La Jolla	Mt. Carmel Inv.
12.57	*Jamiya Marie Valenciano, Bonita Vista	D1 Championships
12.57	***Emery Gonzales, Torrey Pines	Dual
12.60	**Makena Howard, San Dieguito	Dual
12.61	Kai Berry, Victory Christian	Dual
12.62	*Katherine Hunt, San Marcos	Section Finals
12.62	*Amanda Andres, Mission Hills	Dual
12.64	Marissa Toliver, Mission Bay	D3 Championships
12.65	Aliyah Ratcliffe, Cathedral Catholic	Jaguar Inv.
12.65	*Anisa Bowen-Fontenot, San Diego	Santa Monica Inv.
12.66	***Ashley Garcia, Sage Creek	Dual
12.67	*Aryah Palms, Kearny	Dual
12.68	***Laura Nalasco, Canyon Crest	D1 Championships
12.68	*Kassie Lofgran, El Capitan	Jaguar Inv.
12.69	Tatiana Potter, Coronado	D2 Championships
12.70	JoJo Hallahan, Foothills Christian	D3 Championships
12.70	*Karolina Gates, Point Loma	Western League

200 (Fully electronic, wind legal)

23.52	Amirah Shaheed, Madison	D3 Championships
23.94	Payton Smith, La Jolla	Mt. SAC Relays
24.36	*Lauren Gilhooly, Coronado	D3 Championships
24.43	**Ily Barclay, Steele Canyon	Section Finals
24.72	Tianna Ruskovich, Mt. Carmel	Section Finals
24.72	**Joelle Frazier, University City	D2 Championships
24.88	Laraigh Allen, Helix	Dual

24.93	*Macy Ratermann, Westview	D1 Championships
24.93	Nicoletta Burkhardt, Steele Canyon	D1 Championships
25.04	Brionna Dickens, Steele Canyon	D1 Championships
25.06	*Nadia Miechowicz, San Pasqual	Section Finals
25.10	**Kinzy Duarte, Central Union	Jaguar Inv.
25.18	Arynn Sanders, Otay Ranch	Jaguar Inv.
25.23	*Carly Renison, San Dieguito	D2 Championships
25.24	**Timyra Payne, Monte Vista	D2 Championships
25.26	*Amelia Nail, OLP	Section Finals
25.42	*Kaylee Rebugio, Del Norte	D1 Championships
25.47	Brielle Jimerson, Madison	D3 Championships
25.53	***Jordan Gwynn, Mt. Carmel	Frosh-Soph
25.59	*Morgan Herbst, Carlsbad	Dual
25.60	***Khadijah Jeffers, Morse	Dual
25.61	Tayhlore Hoagland, Rancho Bernardo	Dual
25.66	*Brielyn McCammon, San Marcos	Section Finals
25.69	***Emery Gonzales, Torrey Pines	Dual
25.70	**Elise Datuin, Mater Dei Catholic	D3 Championships
25.84	**Asia Broussard, Helix	Frosh-Soph
25.85	*Olivia Smith, La Jolla	D3 Championships
25.86	*Kaitlyn Arciaga, Westview	Jaguar Inv.
25.88	*Katherine Hunt, San Marcos	D1 Championships
25.92	***Ashley Garcia, Sage Creek	Dual
25.99	Helena Baez, OLP	Mt. Carmel Inv.



Amirah Shaheed (left), Payton Smith (middle), and Tessa Buswell (right) won their main events at the state meet. Shaheed won the 200 with 23.53 and placed fifth in the 100 with 11.54. Smith won the 400 with 53.39 and placed eighth in the 200 with 24.23. Buswell won the 800 to set a new section record with 2:06.51 Carlsbad's McKenna Herbst was less than a second back with 2:07.23 for a 1-2 San Diego Section finish.

53.39	Payton Smith, La Jolla	State Finals
54.38	Nicoletta Burkhardt, Steele Canyon	Section Finals
55.94	*Kaitlyn Arciaga, Westview	Jaguar Inv.
56.01	*Makenna Herbst, Carlsbad	Dual
56.53	***Emery Gonzales, Torrey Pines	Section Finals
56.67	*Morgan Herbst, Carlsbad	Dual
56.76	*Kaitlyn Donnelly, La Costa Canyon	D2 Championships
57.10	Tessa Buswell, Poway	Dual
57.17	Helena Baez, OLP	D2 Championships
57.22	*Nadia Miechowicz, San Pasqual	D2 Championships
57.28	**Jimena Valdovinos, Imperial	IVL Finals
57.89	*Paige Echsner, Del Norte	Mt. Carmel Inv.
57.97	Laraigh Allen, Helix	Bronco Inv.
57.98	*Olivia Teates, Francis Parker	Section Finals
58.09	**Elise Datuin, Mater Dei Catholic	D3 Championships
58.18	*Miriam Aguirre, Patrick Henry	Dual
58.28	*Brielyn McCammon, San Marcos	Section Finals
58.56	Hannah Keehn, Sage Creek	Dual
58.97	**Shiloh Baird, El Camino	Falcon Relays
59.05	Tiffany Stoughton, Scripps Ranch	Arcadia Inv.
59.15	**Ella Joo, Del Norte	Section Finals
59.24	*Gabrielle Hawkins, Olympian	Mesa League
59.37	**Delaney Hennigan, Westview	Frosh-Soph
59.42	*Jillian Herrera, Carlsbad	D1 Championships
59.44	*Tori McIntosh, Poway	D1 Championships
59.44	**Sofia Nunez, Bonita Vista	Mesa League
59.69	Abigail Plezia, La Jolla	Dual
59.76	*Macy Ratermann, Westview	Dual
59.81	Giselle Cassell, Mt. Carmel	Palomar League
59.86	Alonna Bush, Valhalla	Dual
59.89	***Harper Diaz, Santana	Bronco Inv.



La Jolla sophomore, Chiara Dailey (left), placed third at state in the 1600 with 4:43.30.

Carlsbad Junior, Makenna Herbst (right) placed second at state in the 800 with 2:07.23. Later at the Nike Nationals she ran 2:06.45

2:06.45	*Makenna Herbst, Carlsbad	Nike Nationals
2:06.51	Tessa Buswell, Poway	State Finals
2:07.32	*Kaitlyn Arciaga, Westview	Section Finals
2:09.87	**Jaelyn Williams, Eastlake	Dual
2:11.89	**Chiara Dailey, La Lolla	Eastern League
2:12.53	*Miriam, Aguirre, Patrick Henry	Section Finals
2:12.53	Kaya Scuba, Sage Creek	Azusa-Pacific
2:12.81	**Lindsey Zimmer, Cathedral Catholic	State Finals
2:14.44	*Addison Paladino, San Pasqual	Section Finals
2:14.65	***Harper Diaz, Santana	Section Finals
2:14.78	Ella Echsner, Del Norte	D1 Championships
2:14.89	*Michaela Miracco, Sage Creek	Section Finals
2:15.21	**Navah Lipsky, Francis Parker	Frosh-Soph
2:15.28	*Paige Echsner, Del Norte	D1 Championships
2:15.74	**Isabella Ramos, Point Loma	Jim Cerveny
2:16.18	*Hannah Aguirre, Patrick Henry	Dual
2:16.44	*Olivia Teates, Francis Parker	Section Finals
2:16.47	**Samhita Lagiseti, Del Norte	Section Finals
2:17.28	*Emily Russo, Del Norte	Dual
2:17.42	**Jada Kim, Scripps Ranch	Mt. SAC Relays
2:17.60	**Patsy Hellmann, Cathedral Catholic	Section Finals
2:17.98	*Eve Weekes, San Dieguito	D2 Championships
2:18.25	**Ayanna Hickey, Bishop's	Dual
2:18.52	Gioana Lopizzo, La Costa Canyon	Mt. SAC Relays
2:19.10	**Addison Shannon, Del Norte	Dual
2:20.24	***Kate Weaver, Helix	Dual
2:20.35	Scarlett Martin, Cathedral Catholic	Dual
2:20.46	**Liesel Sellerberg, Cathedral Catholic	Frosh-Soph
2:20.54	Ashley Purcell, San Marcos	Palomar League
2:20.72	***Tegan Koranda, Scripps Ranch	Jim Cerveny
2:20.89	*Katja Dunayevich, Canyon Crest	Dual
2:20.94	*Chiara Bonomi, Cathedral Catholic	Dual
2:20.96	**Delaney Hennigan, Westview	Palomar League
2:20.97	***Eliza Hong, Del Norte	Dual

1600

4:40.29	**Jaelyn Williams, Eastlake	Section Finals
4:42.26	**Chiara Dailey, La Jolla	Section Finals
4:50.61	Gioana Lopizzo, La Costa Canyon	NCC Coastal
4:51.11	Kaya Scuba, Sage Creek	NCC Coastal
4:52.39	**Ayanna Hickey, Bishop's	Section Finals
4:54.24	*Hannah Aguirre, Patrick Henry	Mt. SAC Relays
4:56.78	Tessa Buswell, Poway	D1 Championships
4:56.79	*Gabriella Peters, Sage Creek	D2 Championships
4:56.86	***Kate Weaver, Helix	Mt. SAC Relays
4:57.40	*Kaitlyn Arciaga, Westview	Arcadia Inv.
4:58.10	**Navah Lipsky, Francis Parker	Mt. Carmel F-D
4:58.95	Scarlett Martin, Cathedral Catholic	Western League
5:00.99	**Isabella Ramos, Point Loma	Western League
5:01.11	***Riley Biddle, Rancho Bernardo	Palomar League
5:01.18	**Addison Shannon, Del Norte	D1 Championships

5:01.21	*Katja Dunayevich, Canyon Crest	NCC Coastal
5:01.83	Alexandra Pena, Cathedral Catholic	Western Finals
5:02.15	**Lindsay Zimmer, Cathedral Catholic	D2 Championships
5:02.35	*Emily Russo, Del Norte	Palomar League
5:02.63	***Eliza Hong, Del Norte	Palomar League
5:04.01	**Olivia Campos, Mt. Carmel	Palomar League
5:04.45	***Harper Diaz, Santana	Frosh-Soph
5:04.90	**Jada Kim, Scripps Ranch	D2 Championships
5:05.06	Ella Echsner, Del Norte	Dual
5:06.11	*Jocelyn Gibson, Cathedral Catholic	Section Finals
5:06.19	*Chiara Bonomi, Cathedral Catholic	Dual
5:07.12	*Darcy Ray, University City	Dual
5:08.00	Daphne Mayer, La Jolla	Dual
5:08.62	*Miriam Aguirre, Patrick Henry	Dual
5:09.83	***Hannah Gordon, La Costa Canyon	Dual
5:09.85	**Lilah Enyedi, Del Norte	Frosh-Soph
5:10.46	***Ellie Cannon, Scripps Ranch	Frosh-Soph
5:12.48	**Liesel Sellerberg, Cathedral Catholic	Dual
5:12.48	*Ally Van Duren, Scripps Ranch	Dual
5:12.82	Sadie Keegan, Scripps Ranch	Dual
5:12.96	***Kristine Bickler, Cathedral Catholic	Frosh-Soph

3200

9:57.11	**Jaelyn Williams, Eastlake	State Finals
10:05.65	Gioana Lopizzo, La Costa Canyon	Arcadia Inv.
10:09.78	**Chiara Dailey, La Jolla	Arcadia Inv.
10:43.59	*Hannah Aguirre, Patrick Henry	Arcadia Inv.
10:43.62	*Gabriella Peters, Sage Creek	Section Finals
10:44.35	*Katja Dunayevich, Canyon Crest	Section Finals
10:49.26	***Eliza Hong, Del Norte	Dual
10:49.34	Scarlett Martin, Cathedral Catholic	Arcadia Inv.
10:50.38	Winter Moritz, University City	Arcadia Inv.
10:51.19	**Isabella Ramos, Point Loma	Arcadia Inv.
10:51.25	Alexandria Pena, Cathedral Catholic	Arcadia Inv.
10:53.48	***Ellie Cannon, Scripps Ranch	D2 Championships
10:56.14	***Riley Biddle, Rancho Bernardo	Mt. SAC Relays
10:58.01	Daphne Mayer, La Jolla	Section Finals
10:58.23	**Ayanna Hickey, Bishop's	Mt. Carmel Inv.
10:59.02	*Chiara Bonomi, Cathedral Catholic	Dual
10:59.83	Kirra Fisk, La Jolla	Mt. Carmel Inv.
11:01.09	*Darcy Ray, University City	Azusa-Pacific
11:01.28	*Emily Russo, Del Norte	Mt. SAC Relays
11:03.95	**Lindsay Zimmer, Cathedral Catholic	Dual
11:07.93	***Hannah Gordon, La Costa Canyon	Laguna Beach
11:08.93	**Jada Kim, Scripps Ranch	Frosh-Soph
11:09.35	Sadie Keegan, Scripps Ranch	D2 Championships
11:10.35	Fiona McGrath, Canyon Crest	Section Finals
11:12.88	Lindsay Clive-Smith, Parker	Summer Nights
11:13.34	***Alessandra Santavicca, Poway	D1 Championships
11:13.79	**Lilah Enyedi, Del Norte	Mt. SAC Relays
11:13.84	Tatiana Dorrestein, University City	Azusa-Pacific
11:14.19	Tessa Buswell, Poway	Dual
11:15.11	Lauren Preacher, Vista	D2 Championships

11:16.89	***Riley Martin, Scripps Ranch	D2 Championships
11:19.69	***Kate Weaver, Helix	Dual
11:19.94	**Olivia Campos, Mt. Carmel	Palomar League

100 Hurdles (Fully electronic, wind legal)

13.59	*Anisa Bowen-Fontenot, San Diego	State Finals
14.29	Lillian Cook, Steele Canyon	Section Finals
14.42	*Karolina Gates, Point Loma	Section Finals
14.76	*Zamaria Mack, Otay Ranch	D1 Championships
14.79	**Gabrielle Thomas, Grossmont	Section Finals
15.31	***Evie Allison, Steele Canyon	Falcon Relays
15.33	Isabella Robinson, Eastlake	D1 Championships
15.43	***Greta Pennock, Torrey Pines	Section Finals
15.49	Anyah Stevenson, Otay Ranch	Section Finals
15.54	*Jadyn Jones, Kearny	Section Finals
15.72	*Jane Kennedy, Westview	Palomar League
15.80	Ella Lovasz, Westview	Section Finals
16.08	*Citina Nardi, Carlsbad	Section Finals
16.12	Monserrat Mckoy, Chula Vista	Section Finals
16.13	*Petra Marsowicz, Mission Bay	Section Finals
16.14	*Chanel Wells, El Camino	Dual
16.19	*Haley Svendsen, Liberty Charter	Section Finals
16.19	*Songoli Ekwosi, Valhalla	D2 Championships
16.20	*Lyla Dufek, San Marcos	Palomar League
16.22	*Julianna Miracco, Sage Creek	Section Finals
16.32	**Hunter French, Mission Bay	D3 Championships
16.42	*Tiana Gordon, Montgomery	South Bay League
16.49	Natalie Guevara, Bonita Vista	D1 Championships
16.51	Samantha McMichael, Rancho Bernardo	D1 Championships
16.54	*Ella Sommer, Poway	Dual
16.64	**Geneva Grigg, Helix	Frosh-Soph
16.66	**Isabel Sims, San Dieguito	Dual
16.67	Nayomi Herriott-Campos, Madison	Elmer Runge
16.69	*Leilani Mayne, Calexico	Jaguar Inv.
16.70	**Breanna Esparza, El Camino	D1 Championships
16.71	*Alana Ortiz, Central Union	D1 Championships
16.72	***Izabella Czyszczon, Del Norte	Palomar League
16.77	*Audra Clark, Torrey Pines	D1 Championships
16.78	*Victoria Sullivan, Central Union	IVL Finals
16.86	**Samantha Huyghe, Torrey Pines	Frosh-Soph



These are the three state meet qualifiers for the girls' 300 hurdles taken at the masters meet. L-R are Anisa Bowen-Fontenot from San Diego, Morgan Herbst from Carlsbad, and Lillian Cook from Steele Canyon. At the state meet Herbst won the 300 hurdles with a time of 41.26 with Bowen-Fontenot third in 42.76. Bowen-Fontenot was the 100 hurdles champion with a time of 13.59. Cook qualified for the both hurdle events at state and ran 14.24 and 43.96 in the prelim heats.

300LH

41.26	*Morgan Herbst, Carlsbad	State Finals
42.27	*Anisa Bowen-Fontenot, San Diego	Section Finals
43.27	Lillian Cook, Steele Canyon	Section Finals
43.40	*Zamaria Mack, Otay Ranch	Section Finals
44.58	*Karolina Gates, Point Loma	Section Finals
45.31	***Izabella Czyszczon, Del Norte	Section Finals
45.81	***Isabel Garcia, Holtville	D3 Championships
45.85	Ella Echsner, Del Norte	Dual
46.09	Anyah Stevenson, Otay Ranch	Dual
46.28	Abigail Plezia, La Jolla	D3 Championships
46.36	Isabella Robinson, Eastlake	D1 Championships
46.43	*Haley Svendsen, Liberty Charter	D3 Championships
46.67	*Petra Marsowicz, Mission Bay	Section Finals
46.71	*Gabriella Syrios, OLP	Mt. Carmel Inv.
46.80	**Sophie Bryson, Torrey Pines	D1 Championships
47.07	Chloe Barsana, Poway	Section Finals
47.20	**Gabrielle Thomas, Grossmont	D1 Championships
47.52	*Songoli Ekwosi, Valhalla	D2 Championships
47.53	*Alana Ortiz, Central Union	Dual
47.58	**Geneva Grigg, Helix	Dual
47.68	*Alexa Amador, Otay Ranch	D1 Championships
47.85	*Tiana Gordon, Montgomery	D2 Championships
47.86	*Julianna Miracco, Sage Creek	D2 Championships
47.97	Lindsey Balsley, Coronado	City League
48.17	Ella Lovasz, Westview	D1 Championships
48.23	*Hannah Reed, Mira Mesa	Western League
48.26	***Greta Pennock, Torrey Pines	Dual
48.33	*Jadyn Jones, Kearny	City League
48.34	**Ashlyn Blackburn, Del Norte	D1 Championships
48.35	***Evie Allison, Steele Canyon	Bronco Inv.
48.47	*Kahnee Atrushi, Otay Ranch	D1 Championships
48.49	*Audra Clark, Torrey Pines	D1 Championships

400 Relay

47.00	Steele Canyon	State Prelims
47.80	Helix	Dual
47.98	Otay Ranch	D1 Championships
48.15	Carlsbad	D1 Championships
48.33	Coronado	D3 Championships
48.67	Del Norte	D1 Championships
48.73	Madison	City League
48.82	La Jolla	Mt. Carmel Inv.
49.07	Olympian	D1 Championships
49.08	Mt. Carmel	Dual
49.14	Cathedral Catholic	D2 Championships
49.20	Canyon Crest	Section Finals
49.37	Sage Creek	Section Championships
49.38	San Marcos	Dual
49.39	La Costa Canyon	NCC Coastal
49.44	Bonita Vista	D1 Championships

49.50	West Hills	Section Finals
49.67	Our Lady of Peace	D2 Championships
49.71	Torrey Pines	NCC Coastal
49.82	San Pasqual	Valley League
49.87	Monte Vista	Grossmont Conference
50.11	Grossmont	D1 Championships
50.16	Westview	Palomar League
50.20	University City	Western League
50.25	Eastlake	D1 Championships
50.29	Rancho Bernardo	Dual
50.35	Central Union	D1 Championships
50.35	San Dieguito Academy	D2 Championships
50.43	El Capitan	D2 Championships
50.53	Oceanside	D2 Championships
50.59	Mission Hills	Dual
50.60	Mission Bay	Mt. Carmel Inv.
50.73	Kearny	D3 Championships
50.79	Point Loma	D2 Championships
50.87	Poway	Dual
50.97	Valley Center	Valley League

1600 Relay

3:51.20	Carlsbad	Mt. SAC Relays
3:55.18	Del Norte	Section Finals
3:55.31	Steele Canyon	Section Finals
3:57.00	Westview	Section Finals
3:57.17	La Jolla	Section Finals
3:58.23	Scripps Ranch	Section Finals
3:59.18	Poway	Section Finals
3:59.22	Eastlake	Section Finals
4:01.22	Olympian	Section Finals
4:01.55	Otay Ranch	D1 Championships
4:01.88	Sage Creek	D2 Championships
4:02.00	Torrey Pines	D1 Championships
4:02.13	Cathedral Catholic	Section Finals
4:02.27	San Marcos	D1 Championships
4:05.68	Our Lady of Peace	Mt. SAC Relays
4:05.92	Mt. Carmel	Mt. SAC Relays
4:06.80	Francis Parker	Coastal League
4:07.15	Madison	D3 Championships
4:07.35	Helix	D1 Championships
4:07.86	Mission Bay	Eastern League
4:08.69	Central Union	IVL Finals
4:10.69	West Hills	D2 Championships
4:10.81	Imperial	IVL Finals
4:11.23	La Costa Canyon	D2 Championships
4:11.61	San Dieguito Academy	Avocado League
4:12.17	San Pasqual	Escondido Inv.
4:13.63	Patrick Henry	Dual
4:14.18	Mira Mesa	Western League
4:14.46	Coronado	City League
4:15.41	Santana	D2 Championships
4:15.49	Point Loma	Western Finals

3200 Relay

9:10.51	Cathedral Catholic	Section Finals
9:13.90	Del Norte	State Finals
9:20.23	Scripps Ranch	Section Finals
9:31.83	Poway	Section Finals
9:37.87	Torrey Pines	Section Finals
9:40.08	Steele Canyon	D1 Championships
9:40.25	Point Loma	Mt. SAC Relays
9:42.83	Francis Parker	Coastal Cluster
9:55.74	University City	Section Finals
9:56.56	Westview	Arcadia Inv.
9:56.91	Eastlake	Section Finals
9:57.15	Patrick Henry	Section Finals
10:00.67	El Capitan	Section Finals
10:02.01	Vista	Section Finals
10:03.63	San Dieguito Academy	Mt. Carmel Inv.
10:06.33	La Jolla	Arcadia Inv.
10:12.20	Rancho Bernardo	D1 Championships
10:17.48	Canyon Crest Academy	D1 Championships
10:20.72	Sage Creek	D2 Championships
10:21.96	Mt. Carmel	Bronco Inv.
10:22.54	Christian	D3 Championships
10:24.87	Mater Dei Catholic	D3 Championships
10:25.16	Olympian	Mesa League
10:29.51	Hilltop	D2 Championships
10:33.59	Mira Mesa	Mt. Carmel Inv.
10:35.12	Classical Academy	Pacific Cluster
10:36.93	Imperial	IVL Finals
10:37.33	Mission Hills	D1 Championships

High Jump

5-6	**Natalie Stein, Patrick Henry	D1 Championships
5-6	*Claire Schroeder, Otay Ranch	D1 Championships
5-5	*Bridget Lopez Valenzuela, Poway	Dual
5-4	*Alana Ortiz, Central Union	IVL Finals
5-2	***Lina Hellberg, Canyon Crest	Section Finals
5-2	Samantha McMichael, Rancho Bernardo	D1 Championships
5-2	*Mia Webster, Canyon Hills	Mt. Carmel Inv.
5-2	Mya Williams, Steele Canyon	Bronco Inv.
5-2	Samone Cable, Otay Ranch	Falcon Relays
5-2	Kelly DeJong, Maranatha Christian	Elmer Runge
5-2	*Siena Bateman, La Jolla Country Day	Battle of La Jolla
5-2	***Isa Cunningham, Westview	Dual
5-2	Avery Redfern, La Jolla	Dual
5-2	**Alyssa Martin, Olympian	Dual
5-1	Camila Mendoza, Sweetwater	Desert Classic
5-1	*Yvonne Tremoulet, Francis Parker	Coastal Cluster
5-0	*Georgia Sporrer, La Costa Canyon	NCC Coastal
5-0	**Ashlyn Blackburn, Del Norte	Palomar League
5-0	Ana Villela, La Jolla	Mt. Carmel Inv.
5-0	Katie Snedden, OLP	Mt. Carmel F-D

5-0	*Evin McDowell, Grossmont	Dual
5-0	***Greta Pennock, Torrey Pines	Dual
5-0	Grace Neves, San Marcos	Dual
5-0	Monserrat Mckoy, Chula Vista	Dual
5-0	*Regan Malloy, Cathedral Catholic	Dual
5-0	*Lily Nolte, Carlsbad	Dual
5-0	*Breanna Montano, Brawley	Dual

Pole Vault

13-5	*Paige Echsner, Del Norte	State Finals
13-1 ½	Iliana Downing, La Costa Canyon	USATF SD-Imp
12-9	**Sophie Humer, Rancho Bernardo	D1 Championships
12-8	Kelly DeJong, Maranatha Christian	Winter Champs
12-3	**Caitlin Khieu, Del Norte	Section Finals
12-1	Jada Potenciano, Rancho Bernardo	Dual
12-0	Katie Snedden, OLP	Eastern League
12-0	**Alisa Galkina, Torrey Pines	Dual
12-0	Chloe Tseng, Del Norte	Dual
11-9	Lauren Scarpelli, Sage Creek	Section Finals
11-7	Maya Khoury, Fallbrook	Bronco Inv.
11-6	**Abby Tremble, Poway	Dual
11-3	Sahara Khoury, Fallbrook	Section Finals
11-3	*Lauren Roznovsky, Canyon Crest	Section Finals
11-3	*Chanel Wells, El Camino	Jaguar Inv.
11-3	Natalie Hobbs, Cathedral Catholic	Dual
11-1	**Anika Magnuson, University City	Dual
11-0	**Emma Viglotti, Francis Parker	Coastal League
11-0	**Izzy Bugayong, Rancho Bernardo	Dual
10-10	*Gabrielle Milocco, San Dieguito	Dual
10-9	*Nicole Kaiser, Del Norte	D1 Championships
10-9	*Adeline Williams, Cathedral Catholic	D2 Championships
10-9	Ria Rizo, Clairemont	D3 Championships
10-6	**Haley Ngo, Mt. Carmel	Dual
10-6	*Jessica Condliff, Canyon Crest	Summer Nights
10-3	*Keira Reaido, Del Norte	D1 Championships
10-3	Leela Hunter, Carlsbad	D1 Championships
10-3	*Mia Morris, Rancho Bernardo	D1 Championships
10-3	**Ella Rausa, San Dieguito	D2 Championships
10-3	*Madeline Unruh, San Dieguito	D2 Championships
10-3	Kendra Smith, Rancho Bernardo	Falcon Relays
10-2	Aasha Bishop, San Marcos	Mt. Carmel Inv.

Long Jump

18-10	*Tatum Frith, La Costa Canyon	Mt. SAC Relays
18-8	Tayhlore Hoagland, Rancho Bernardo	D1 Championships
18-4	***Malia Jones, Oceanside	Dual
18-1	*Siena Bateman, La Jolla Country Day	Coastal Cluster
17-11 ¾	**Amaya Estes, Canyon Crest	D1 Championships
17-10 ¼	***Devyn Harper, Steele Canyon	Section Finals

17-10	Aliyah Ratcliffe, Cathedral Catholic	Western eague
17-8 ¾	**Charlotte Boleda, Valley Center	Dual
17-8 ¼	Avery Redfern, La Jolla	D3 Championships
17-7	Neveah Elefante, Bonita Vista	Dual
17-6 ¾	*Naja Fonseca, Del Norte	D1 Championships
17-6	Lindsey Balsley, Coronado	Viking Relays
17-6	Abrielle Hagans, Morse	Dual
17-5 ½	*Evin McDowell, Grossmont	Dual
17-4 ¾	Anyah Stevenson, Otay Ranch	Mesa League
17-4	**Kaliani Ewing, Steele Canyon	D1 Championships
17-3 ½	*Sydney Terrell, Mission Hills	Valley League
17-3	Jayla Morgan, Oceanside	Dual
17-3	**Kyla O'Donnell, Cathedral Catholic	Dual
17-2 ¾	Kelly DeJong, Maranatha Christian	Pacific League
17-2 ¾	*Lucia Arlotto, Canyon Hills	Viking Relays
17-2	**Virginia Bustarde, San Marcos	Dual
17-1 ½	***Sa'Mari Thomas, El Cajon Valley	D2 Championships
17-0	Amaya Bryant, Cathedral Catholic	Western League
17-0	Camila Mendoza, Sweetwater	Viking Relays
17-0	*Peighton Millard, Carlsbad	Dual
17-0	***Anastasia Volkov, La Jolla	Dual
16-11 ¾	Lillian Cook, Steele Canyon	Bronco Inv.
16-11	*Jordynn Rogers, Mission Vista	Dual
16-9 ¾	***Lexington Pascual, Rancho Bernardo	Dual
16-9 ¾	***Emery Gonzales, Torrey Pines	Dual
16-9 ½	Chanel Burton, Helix	Grossmont Finals
16-9	Natalie Guevara, Bonita Vista	Dual
16-9	Abbi Loret, Del Norte	Dual

Triple Jump

38-11 ½	***Malia Jones, Oceanside	Avocado League
37-9	*Siena Bateman, La Jolla Country Day	Viking Relays
37-3 ¾	**Kyla O'Donnell, Cathedral Catholic	Section Finals
37-3	Lillian Cook, Steele Canyon	Grossmont Finals
37-2 ¾	Natalie Guevara, Bonita Vista	D1 Championships
37-2 ¾	Anyah Stevenson, Otay Ranch	Section Finals
36-9	**Charlotte Boleda, Valley Center	Section Finals
36-8	Tayhlore Hagland, Rancho Bernardo	D1 Championships
36-7	Avery Redfern, La Jolla	Dual
36-5 ¼	***Lexington Pascual, Rancho Bernardo	D1 Championships
36-4 ½	Aliyah Ratcliffe, Cathedral Catholic	Dual
36-0 ½	*Sheridan Roche, Eastlake	Section Finals
36-0 ¼	Chanel Burton, Helix	D1 Championships
35-10	*Havana Jacobs, Mater Dei Catholic	Dual
35-8 ¼	*Alena Ramirez, Bonita Vista	D1 Championships
35-7 ¾	***Devyn Harper, Steele Canyon	Falcon Relays
35-7 ½	Abigail Plezia, La Jolla	Section Finals
35-6	***Rita Hazzard, Oceanside	Dual
35-6	Rae Ball, Eastlake	Dual
35-4 ½	Valeria Vasquez, Torrey Pines	NCC Coastal
35-3 ½	Kanay'Jah Cook-Weaver, Mt. Miguel	Elmer Runge
35-2	**Kaliani Ewing, Steele Canyon	D1 Championships

35-1	***Anatasia Volkov, La Jolla	Eastern League
34-11	*Vinisha Rogers, Oceanside	Dual
34-8	*Shayden Kaiser, Mountain Empire	Frontier League
34-6 ¾	Madeline Ho, University City	Western League
34-5	*Regan Malloy, Cathedral Catholic	D2 Championships
34-4 ¾	Ava Dawson, San Marcos	Mt. Carmel Inv.
34-4	Neveah Elefante, Bonita Vista	Dual
34-3 ¾	*Evin McDowell, Grossmont	Mt. SAC Relays
34-3 ½	*Peighton Millard, Carlsbad	D1 Championships
34-2 ½	Diana Kostina, Otay Ranch	Redondo Festival
34-2 ½	*Jordynn Rogers, Mission Vista	Dual
34-1 ¾	*Naja Fonseca, Del Norte	Dual
34-1 ½	*Kaylee Nguyen, Coastal Academy	Dual
34-0	*Djula Vucicevic, Torrey Pines	Mt. Carmel Inv.
34-0	*Chanel Wells, El Camino	Dual

Shot Put

42-2	Gabriella Colon Gipson, Otay Ranch	Jaguar Inv.
42-0	*Shani Ford, Helix	Section Finals
39-8	Hailey Lauifi, Helix	Section Finals
39-4	Tesa Liufau, Helix	Trackrabbit Inv.
39-3 ½	Leilah Lauifi, Helix	Section Finals
38-11 ½	Elisabeth Driscoll, Canyon Crest	Dual
38-0	Brenna Williams, Cathedral Catholic	Dual
36-10 ½	*Su'Riah Williams, Rancho Bernardo	Winter Champs
36-10 ½	*Mairead Frankel, Sage Creek	Dual
35-10 ½	**Olivia Bartlett, West Hills	D2 Championships
35-10	*Jacqueline Seabolt, Mt. Carmel	Dual
34-10	*Faith Gadzekpo, Poway	D1 Championships
34-6	Zoe Cruz, Mater Dei Catholic	Dual
34-6	Kamryn Williams, Olympian	Dual
34-4	**Mariah Hubbard, Canyon Hills	D3 Championships
34-4	Mia Robles, Mt. Carmel	Palomar League
34-1 ½	*Summer Smith, El Camino	D1 Championships
34-1 ½	Fialupe Vaivai, RBV	D2 Championships
34-0 ½	*Karly Espinoza, EC Southwest	D2 Championships
33-10 ½	*Briana McClean, San Marcos	D1 Championships
33-10	Jada Balingit, Mission Hills	Jaguar Inv.
33-8 ½	Carsen McKinney, Del Norte	Palomar League
33-5	Jayla White, Morse	D2 Championships
33-1	Hannah McGrath, El Capitan	Dual
32-7 ½	Morgan Fornof, Valley Center	D3 Championships
32-6	Zariah Hendrix, Monte Vista	Grossmont League
32-5	Grace Staff, Vista	Dual
31-11 ½	**Jaiden Sadhu, Mission Vista	D2 Championships
31-11	***Mereane Savaiinaea, Otay Ranch	D1 Championships
31-11	Mya McClain, Central Union	Dual

Discus

157-11	Elisabeth Driscoll, Canyon Crest	NCC Coastal
139-8	Brenna Williams, Cathedral Catholic	State Finals
138-6	*Mairead Frankel, Sage Creek	Dual

127-6	Mara Savaiinaea, Otay Ranch	Mesa League
123-2	Hailey Lauifi, Helix	D1 Championships
122-6	Fialupe Vaivai, RBV	Section Finals
121-0	Carsen McKinney, Del Norte	D1 Championships
119-8	Samantha Nelson, Rock Academy	Section Finals
119-5	Gabriella Colon Gipson, Otay Ranch	Dual
119-4	*Shani Ford, Helix	Mt. Carmel Inv.
118-8	Zoe Cruz, Mater Dei Catholic	South Bay League
116-2	*Jacqueline Seabolt, Mt. Carmel	Dual
115-0	Leilah Lauifi, Helix	Grossmont League
114-3	*Julianne Sugimae, Canyon Crest	Falcon Relays
113-4	Mia Robles, Mt. Carmel	Dual
113-2	Tesa Liufau, Helix	Triton Inv.
113-1	Anelina Pimentel, Otay Ranch	Dual
111-1	Georgia Gomez, Imperial	D3 Championships
110-2	*Briana McLean, San Marcos	Dual
107-3	Morgan Fornof, Valley Center	Valley League
106-9	*Jaya Khot, Rancho Bernardo	Dual
106-8	Julie Zamarripa, Mater Dei Catholic	D3 Championships
105-8	***Yarely Vasquez, Imperial	D3 Championships
104-3	**Daniela Molano, El Camino	Dual
103-3	***Olinda Fuller-Lytle, Crawford	Dual
103-2	Madison Culuko, Hilltop	Elmer Runge
102-9	***Kai Brown, Santana	Grossmont League
102-4	Jessica Thiss, OLP	Elmer Runge
102-2	Maya Couey, La Jolla Country Day	Coastal Cluster
101-5	Jada Balingit, Mission Hills	Avocado League
100-0	Rachel Peterson, Christian	Dual

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Del Norte's Paige Echsner (right) was the Girls Field Athlete of the Year for 2024. She placed second at the state meet with 13' 5". Also qualifying for state was Maranatha's Kelly de Jong (left) who placed 8th.