

All-Time CALIFORNIA High School Girls List

53.76	Gayle Kellon (Walnut)	1982
53.81	Janice Farwell (Muir, Pasadena)	1984
53.83	Nedra Rodgers (Berkeley)	1982
53.89	Janice Nichols (Bakersfield) -1	1990
53.90	Kim White (Berkeley)	1979

Hand Timing:

(*440 Yards Minus 0.3)

51.8*	Kathy Hammond (Mira Loma, Sacto)	1969
53.4*	Janice Wisner (LaJolla)	1973
53.4	Gayle Kellon (Walnut)	1983

◆ 800 Meters

(*880 Yards Minus 0.7)

State Meet Record: 2:06.08 Donna Curtis (Culver City) @ Norwalk, 1981. **Frosh:** 2:02.43 Mary Decker (Portola Jr., Orange) 1973. **Soph:** 2:02.29 Mary Decker (Orange) 1974. **Junior:** 2:04.6* Ann Regan (Camden, San Jose) 1978. **Senior:**

2:03.8*	Charlette Cooke (St. Mary's, L.A.)	1966
2:02.29	Mary Decker (Orange) @ Durham	1974
2:03.8*	Charlette Cooke (St. Mary's, L.A.)	1966
2:04.37	Ann Regan (Camden, San Jose)-3	1977
2:04.59	Kerri Zaleski (Millikan, Long Beach)-1	1985
2:04.91	Trena Hull (Compton)-1	1984
2:05.43	Linda Goen (North, Bakersfield)	1977
2:05.61	Nicole Teter (West Vly, Cottonwood)-1	1991
2:05.7	Rennie Durrand (Laguna Beach)-1	1980
2:05.84	Jessica Spies (Livermore)	1981
2:05.9	Francie Larrieu (Fremont, Sunnyvale)	1970
2:05.9	Lynn Hollins (Riverside)	1976
2:06.01	Donna Curtis (Culver City)-1	1981
2:06.07	Trescia Palmer (Westchester, L.A.)	1982
2:06.13	Kim Toney (Atascadero) -2	1990
2:06.47	Regina Jacobs (Argyll, North Hollywood)	1980
2:07.25	Becky Spies (Livermore)	1991
2:07.3	Marie Mulder (Sacramento)	1965
2:07.6*	Cis Schafer (Washington, Fremont)	1970
2:07.8	Arlise Emerson (Westminster)	1978
2:07.9*	Kathy Costello (Pleashill, San Jose)-2	1975
2:08.00	Lesley Noll (Mt. Carmel, San Diego)	1985
2:08.18	Michelle Taylor (Ganessa, Pomona)	1982
2:08.4	Kristin Dowell (StTeresa, San Jose)-1	1984
2:08.42	Laura Chapel (Univer City, San Jose)-1	1986
2:08.5*	Paula Rose (Newport Harbor)	1975

◆ 1500 Meters

(*En Route to Longer Distance)

Frosh: 4:24.17 Kathi Denz (Blair, Pasadena) 1978. **Soph:** 4:28.2+ Nanette Garcia (Silver Creek, San Jose) 1983. **Junior:** 4:16.8 Francie Larrieu (Fremont, Sunnyvale) 1969. **Senior:** 4:16.8+ Polly Plumer (University, Irvine) 1982.

4:16.8	Francie Larrieu (Frem, Snyv) @ Stuttgart	1969
4:16.8+	Polly Plumer (Univ, Irvine) @ Westwood	1982
4:20.9	Cheri Williams (Livermore)	1978
4:21.0+	Vickie Cook (Alemamy, Mission Hills)	1981
4:21.5	Eileen Claugus (Rio Americano, Sacto)	1972
4:23.0	Linda Goen (North, Bakersfield)	1979
4:23.9+	Darcy Arreola (Grossmont, La Mesa)	1986
4:24.17	Kathi Denz (Blair, Pasadena)	1978
4:24.3	Debbie Heald (Neff, La Mirada)	1972
4:24.4	Ann Trason (Pacific Grove)	1977
4:24.6	Paula Rose (Newport Harbor)	1976
4:25.0	Regina Jacobs (Argyll, North Hollywood)	1981
4:25.16	Becky Spies (Livermore)	1991
4:25.2	Gladys Prieur (La Lycee Francais, L.A.)	1983
4:25.4	Michelle Bush (Rolling Hills)	1979
4:25.4	Kristen Powell (STeresa, San Jose)	1985
4:25.6	Tracy Weber (Lynbrook, San Jose)	1981
4:25.66	Mary Decker (Portola Jr., Orange)	1973

4:25.7+	Paula Bresnan (Kennedy, GranHills)	1983
4:26.0+	Laurie Chapman (Gund, San Jose)	1986
4:26.8+	Julie Seleine (University, Irvine)	1983
4:27.7	Roxanne Bier (Independence, San Jose)	1979
4:27.8+	Tina Allen (Santana, Santee)	1982
4:27.8+	Jessica Spies (Livermore)	1982
4:27.9	Marilyn Davis (Miramonte, Orinda)	1981
4:27.9+	Cory Schubert (Del Mar, San Jose)	1983

4:33.44*	Polly Plumer (Univ.Irvine)-3 @ Westwd	1982
4:38.9*	Eileen Claugus (Rio Americano, Sacto)	1973
4:40.0*	Vickie Cook (Alemamy, Mission Hills)	1981
4:40.2*	Mary Decker (Portola Jr., Orange)	1973
4:42.77	Darcy Arreola (Grossm, La Mesa)-1	1986
4:43.15*	Cheri Williams (Livermore)-1	1978
4:43.90	Paula Bresnan (Kennedy, Gran Hills)	1983



POLLY PLUMER

Photo by Bill Cockerham



CHERI WILLIAMS

Photo by Keith Conning

◆ 1600 Meters

(* Mile Minus 1.8)

State Meet Record: 4:39.92 Polly Plumer (University, Irvine) @ Sacramento 1982. **Frosh:** 4:40.2* Mary Decker (Portola Jr., Orange) 1973. **Soph:** 4:45.98 Kira Jorgensen (Vista) 1987. **Junior:** 4:40.0* Vickie Cook (Alemamy, Mission Hills) 1981. **Senior:** 4:33.44* Polly Plumer (University, Irvine) 1982.

4:44.6*	Linda Goen (North, Bakersfield)-2	1979
4:44.76	Tracy Weber (Lynbrook, San Jose)	1981
4:44.93	Cory Schubert (Del Mar, San Jose)-1	1983
4:45.00	Julie Seleine (University, Irvine)	1983
4:45.11	Becky Spies (Livermore)-1	1991
4:45.13	Laurie Chapman (Gund, San Jose)	1986
4:45.2*	Jessica Spies (Livermore)	1982

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