

Track & Field

1997

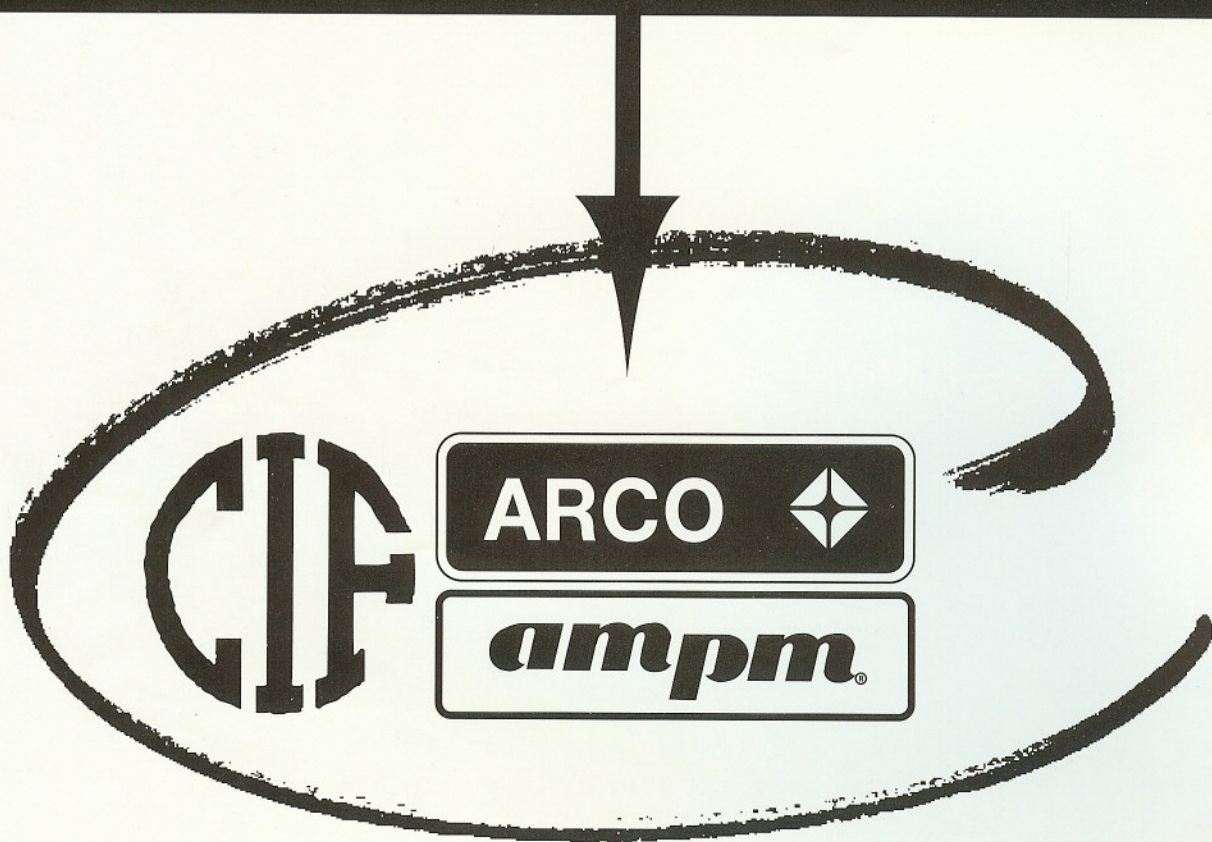


State Championships

In the game →



In the game



ARCO & am/pm salute all those athletes who have that winning spirit.



GOVERNOR PETE WILSON



1997

I am pleased to extend my best regards to everyone participating in California Interscholastic Federation State Championships this year.

High school athletics are about so much more than wins and losses. Rather, they provide participants with lasting friendships, and invaluable lessons in perseverance, teamwork, and self-respect. That's why the Governor's Council on Physical Fitness and Sports supports the CIF State Championships -- because they celebrate the positive role that sports can play in the emotional lives of young athletes, and stress the importance of good health and physical fitness.

I commend the California Interscholastic Federation for ensuring the highest standards of quality and excellence in high school athletic competition for decades. Their efforts have made a profound difference in countless lives, and have helped to build a healthy California.

I know that every athlete here has devoted a great deal of time and energy in preparation for these events, and each should take special pride in the hard work and commitment they have exhibited in reaching the CIF State Championships.

Please accept my best wishes for every success in your chosen sport, and in all your future endeavors.

Sincerely,

A handwritten signature in cursive script that reads "Pete Wilson".

PETE WILSON

THE CALIFORNIA INTERSCHOLASTIC FEDERATION WELCOMES YOU



Dr. Ken Gunn
CIF President

On behalf of the entire CIF family, I would like to welcome you to our CIF ARCO *am/pm* State Championship playoffs. To coaches and athletes this event means you have been extremely successful. Only the truly elite are competing at this level. Your hard work and exceptional performance has most certainly "paid off". Please take time to consider the magnitude of your accomplishment and enjoy every moment of this experience. It is something you will remember the rest of your lives. Each of you are already winners.

To parents, schools and communities the fact your teams have advanced to these championships means you have also contributed greatly. I know you are tremendously proud of your athlete(s) and teams. Without your support they would not be here.

To the officials, staff members, and many volunteers who have contributed so much of their time and talent, a sincere thank you. Because of your efforts this event will be an exciting and positive experience for our athletes and their fans. When you realize that there are over 1.2 million students attending the 1000 plus high schools in California, you cannot help but be very impressed with the athletes and teams that are competing in this event.

Dr. Ken Gunn
Principal, Walnut High School

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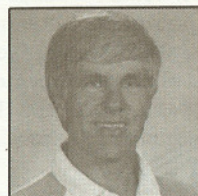
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Track Coach, Madera
High School



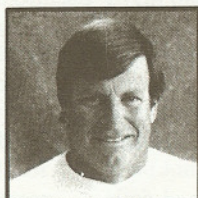
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Cal. Track Starters Association



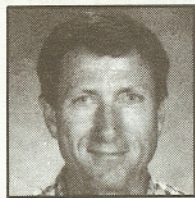
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1997



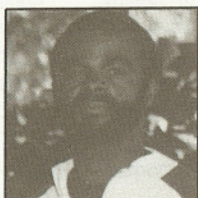
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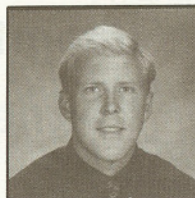
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Cross Country Coach
Mount Carmel High



Marty Simpson
Meet Director
CIF ARCO am/pm State
Cross Country



Floyd Hurndon
Girls Cross Country Coach
Overfelt High



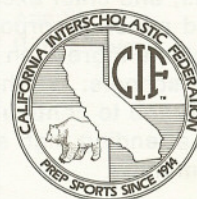
Brian Weaver
Asst. Meet Director
CIF ARCO am/pm
Cross Country

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Special Thanks

A debt of thanks in is order for all coaches, parents and media services that provided photos for this program. Also thanks to CIF statewide sponsors ARCO am/pm and Herff Jones.





JACK HAYES
CIF Executive
Director



MARGARET DAVIS
CIF Associate
Executive Director

WELCOME FROM THE STATE OFFICE OF THE CALIFORNIA INTERSCHOLASTIC FEDERATION

The CIF has a proud heritage in providing equitable athletic competition for 1,189 high schools in California. Since its beginnings in 1914, the CIF has grown to become the largest youth agency in the state, serving more than 500,000 young student-athletes each year who participate in the interscholastic athletic activities of California's secondary schools.

As a problem-solving organization, the CIF retains its original responsibility as a rules enforcing agency, but has expanded its duties to include much more. As the needs of students, coaches and the entire community change, the CIF will continue to meet these changing demands. In its commitment to educating youngsters for a better tomorrow, the CIF will work in partnership with the entire community to assure equity and provide the services, opportunities, and leadership necessary to establish and maintain quality high school athletic programs.

The values of athletics cannot be understated. Sportsmanship, fair play, achieving one's full potential, time management and working together as a team to reach a common goal are just some of the lessons

TODAY'S ATHLETES, TOMORROW'S LEADERS

learned on the athletic facilities of California's high schools. In addition, a myriad of studies show that athletes get higher grades than non-athletes, are more likely to graduate from high school, and are less likely to smoke and become involved in substance abuse than students not involved in athletics.

It's no wonder that California athletes have achieved at all levels. Many of the names are sports legends such as Janet Evans, Cheryl Miller, Pat Haden, Flo Hyman, Lynn Swann, Lisa Leslie, Jason Kidd, Randy Johnson, George Brett, Ann Meyers-Drysdale, Ted Williams and numerous others. Athletes from the "Golden State" have also been Rhodes Scholars, Olympians, and chief executive officers of major California and national corporations.

We are proud of the more than four million alumni from California high schools. We thank you for your attendance and urge you to continue your support of scholar-athletes by attending high school sporting events in your community.



CIF =
Competition
Integrity
Fairness

1997 CIF ARCO *am/pm* STATE MEET

STAFF AND OFFICIALS

MEET DIRECTORS

Mike Larsen Meet Director
Lori Larsen Asst. Meet Director

STAFF

Doug Speck Announcer
Keith Conning Announcer Assistant
Stephen Fagundes Announcer Assistant
Linda Dorton Awards
Millie Krogh Awards
Kevin Morning Awards
Michelle Dedin Awards Music
Richard Cabral Clerk
Bill Carr Clerk
Rocky Evans Clerk
Amber Lassetter Coaches' Corner
Dave Soeth Coaches' Corner
Geri Brown Copy of Results
C Ray Triplett Copy of Results
Larry Triplett Copy of Results
Rich Barboza Discus Throw
Charlie Black Discus Throw
Larry Campbell Discus Throw
John Donch Discus Throw
Steve Kester Discus Throw
Richard Zulaica Discus Throw Head Judge
Nancy Moore Event Indicator Boys LJ/
TJ
Bill Hambrick Event Indicator Boys/Girls
Shot Put
Leigh Rutledge Event Indicator Girls LJ/
TJ
Pole Vault Officials Event Indicator Pole Vault
Larry Hogue Expeditor
Greg McKinstry Expeditor
Jim Roeber Expeditor
Pete Sawyer Expeditor
Kent Leiberman Field Coordinator
Jerry Colman Field Judge Head
Dave Gregson High Jump
Frank Lopez High Jump
Steve Unterholzner High Jump
Pat Randall High Jump, Head Judge
David Unterholzner Hurdle Chief
Al Baker Inspector
Sharon Baker Inspector
Brent Barnam Inspector
Bob Burns Inspector
Paul Castoro Inspector
Roberto Cazares Inspector
Shirley Connors Inspector
Myron Godwin Inspector

Randy Hale Inspector
Elmer Haynes Inspector
Gordon Hubble Inspector
Will Matthews Inspector
Bob Rauch Inspector
Dan Ross Inspector
Brigette Ross Inspector
Bob Shor Inspector
Bev Tanem Inspector
Jim Waldron Inspector
Tim Williams Inspector
Bill Wyrick Inspector
Mike Miles Inspector, Head
Michele Buchicchio Jury of Appeals
Dennis DeWitt Jury of Appeals
Scott Fairley Jury of Appeals
Dennis McClanahan Jury of Appeals
Terry Ward Jury of Appeals
Tom McGuire Marshall
Bob Osborne Marshall
Gary Preto Marshall
Abe Underwood Marshall
Bob King Marshall, Head
Jim Drake Marshall
Pat Drake Marshall
Chris Smart Marshall
Barbara Farren Marshall
Tom Farren Marshall
Mike Mahlman Marshall
Stephanie Carro Marshall
Lisa Evanhoe Marshall
Paul Godley Marshall
Clay Lowery Marshall
Delouis Knox Marshall
Ernie Gomes Marshall
Bob Baker Meet Referee
Linda Sawyer Officials
Coordinator
Delores Dyson Packet Pickup
Gene Dyson Packet Pickup
Don Winters Packet Pickup
Chrisine Burke Physician
Don Aguiar Pole Vault
Mark Jones Pole Vault
Janis Kaempfer Pole Vault
Dick Reimers Pole Vault
Ron Ruptier Pole Vault
Greg Wright Pole Vault
Jon Kaempfer Pole Vault, Head
Judge
Jim Duel Press Steward
Bob Rush Results/Scorer
Roger Kessler Scorer Backup

Dick Seward Scorer Backup
Bob Rush Scorer/Computer
John Gallagher Shot Put
Charles Gardner Shot Put
Steve Green Shot Put
Dennis Shannon Shot Put
Bob Thompson Shot Put
Gail Wetzork Shot Put Head
Lisa Bauduin Stadium Manager
Bob Lanza Stadium Manager
Chuck Buettner Starter
Colin Campbell Starter
Joe Harper Starter
Ron Spradlin Starter
Pam Borg Timer/Judge
Dan Davidson Timer/Judge
John Galvan Timer/Judge
Marty Growdon Timer/Judge
Gary Hills Timer/Judge
Dick Kessler Timer/Judge
Luka Sekulich Timer/Judge
Phil Watkins Timer/Judge
Bill Edgar Timer/Judge Head
Judge
David Day TJ/LJ (Boys)
John Luppess TJ/LJ (Boys)
Sig Ostrom TJ/LJ (Boys)
Tom Schroeder TJ/LJ (Boys)
James Wynn TJ/LJ (Boys)
Lori Maynard TJ/LJ (Boys) Head
Judge
Dick Connors TJ/LJ (Girls)
Teddy Hayes TJ/LJ (Girls)
Rod Hunt TJ/LJ (Girls)
Joan Reichardt TJ/LJ (Girls)
Terry Reichardt TJ/LJ (Girls)
Sonny Maynard TJ/LJ (Girls) Head
Judge
Mary Lund Trainer
John Luppess Weights &
Measures
Phil Watkins Weights &
Measures
Dick Connors Weights &
Measures-
TJ/LJ Girls
George Kleeman Weights &
Measure/
Discus Throw
Dr. Leon Glover Wind Gauge
Wes Muller Wind Gauge
Ann Simpson Wind Gauge
Bill Tudsberry Wind Gauge

CALIFORNIA

TRACK & RUNNING NEWS

HIGH SCHOOL

Track & Field and

Cross Country

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ON-LINE: <http://www.runningnetwork.com/CTRN/>

TIME SCHEDULE

TRACK QUALIFYING (Friday, June 6)

5:00 p.m.	Girls' 400m Relay (Heat 1)
5:04 p.m.	Girls' 400m Relay (Heat 2)
5:08 p.m.	Girls' 400m Relay (Heat 3)
5:12 p.m.	Boys' 400m Relay (Heat 1)
5:16 p.m.	Boys' 400m Relay (Heat 2)
5:20 p.m.	Boys' 400m Relay (Heat 3)
5:24 p.m.	Girls' 1600m Run (Heat 1)
5:31 p.m.	Girls' 1600m Run (Heat 2)
5:38 p.m.	Boys' 1600m Run (Heat 1)
5:44 p.m.	Boys' 1600m Run (Heat 2)
5:55 p.m.	Girls' 100m HH (Heat 1)
6:00 p.m.	Girls' 100m HH (Heat 2)
6:05 p.m.	Girls' 100m HH (Heat 3)
6:10 p.m.	Boys' 110m HH (Heat 1)
6:15 p.m.	Boys' 110m HH (Heat 2)
6:20 p.m.	Boys' 110m HH (Heat 3)
6:24 p.m.	Girls' 400m Dash (Heat 1)
6:28 p.m.	Girls' 400m Dash (Heat 2)
6:32 p.m.	Girls' 400m Dash (Heat 3)
6:36 p.m.	Boys' 400m Dash (Heat 1)
6:40 p.m.	Boys' 400m Dash (Heat 2)
6:44 p.m.	Boys' 400m Dash (Heat 3)
6:48 p.m.	Girls' 100m Dash (Heat 1)
6:52 p.m.	Girls' 100m Dash (Heat 2)
6:56 p.m.	Girls' 100m Dash (Heat 3)
7:00 p.m.	Boys' 100m Dash (Heat 1)
7:04 p.m.	Boys' 100m Dash (Heat 2)
7:08 p.m.	Boys' 100m Dash (Heat 3)
7:12 p.m.	Girls' 800m Run (Heat 1)
7:17 p.m.	Girls' 800m Run (Heat 2)
7:22 p.m.	Girls' 800m Run (Heat 3)
7:27 p.m.	Boys' 800m Run (Heat 1)
7:32 p.m.	Boys' 800m Run (Heat 2)
7:37 p.m.	Boys' 800m Run (Heat 3)
7:42 p.m.	Girls' 300m IH (Heat 1)
7:46 p.m.	Girls' 300m IH (Heat 2)
7:50 p.m.	Girls' 300m IH (Heat 3)
7:55 p.m.	Boys' 300m IH (Heat 1)
7:59 p.m.	Boys' 300m IH (Heat 2)
8:03 p.m.	Boys' 300m IH (Heat 3)
8:08 p.m.	Girls' 200m Dash (Heat 1)
8:12 p.m.	Girls' 200m Dash (Heat 2)
8:16 p.m.	Girls' 200m Dash (Heat 3)
8:20 p.m.	Boys' 200m Dash (Heat 1)
8:24 p.m.	Boys' 200m Dash (Heat 2)
8:28 p.m.	Boys' 200m Dash (Heat 3)

8:50 p.m.	Girls' 1600m Relay (Heat 1)
8:58 p.m.	Girls' 1600m Relay (Heat 2)
9:04 p.m.	Girls' 1600m Relay (Heat 3)
9:10 p.m.	Boys' 1600m Relay (Heat 1)
9:16 p.m.	Boys' 1600m Relay (Heat 2)
9:22 p.m.	Boys' 1600m Relay (Heat 3)

FIELD EVENTS QUALIFYING (Friday, June 6)

2:00 p.m.	Boys' Pole Vault
3:00 p.m.	Boys' Discus
3:00 p.m.	Girls' Shot Put
4:00 p.m.	Boys' High Jump
4:00 p.m.	Girls' Long Jump
4:00 p.m.	Boys' Long Jump
5:30 p.m.	Girls' Discus
6:00 p.m.	Girls' Pole Vault
6:00 p.m.	Boys' Shot Put
6:30 p.m.	Girls' High Jump
6:30 p.m.	Girls' Triple Jump
6:30 p.m.	Boys' Triple Jump

TRACK CHAMPIONSHIPS (Saturday, June 7)

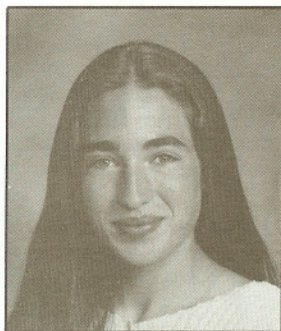
6:00 p.m.	Girls' 400m Relay
6:08 p.m.	Boys' 400m Relay
6:17 p.m.	Girls' 1600m Run
6:28 p.m.	Boys' 1600m Run
6:45 p.m.	Girls' 100m HH
6:55 p.m.	Boys' 110m HH
7:03 p.m.	Girls' 400m Dash
7:10 p.m.	Boys' 400m Dash
7:17 p.m.	Girls' 100m Dash
7:23 p.m.	Boys' 100m Dash
7:30 p.m.	Girls' 800m Run
7:37 p.m.	Boys' 800m Run
7:46 p.m.	Girls' 300m LH
7:53 p.m.	Boys' 300m IH
8:01 p.m.	Girls' 200m Dash
8:08 p.m.	Boys' 200m Dash
8:16 p.m.	Girls' 3200m Run
8:33 p.m.	Boys' 3200m Run
8:48 p.m.	Girls' 1600m Relay
8:58 p.m.	Boys' 1600m Relay

FIELD EVENT CHAMPIONSHIPS (Saturday, June 7)

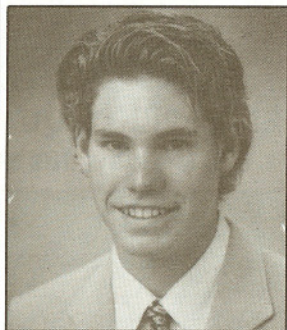
4:00 p.m.	Boys' Pole Vault
5:00 p.m.	Boys' Discus
5:00 p.m.	Girls' Shot Put
5:00 p.m.	Boys' High Jump
5:00 p.m.	Girls' Long Jump
5:00 p.m.	Boys' Long Jump
7:00 p.m.	Girls' Discus
7:00 p.m.	Girls' Pole Vault
7:00 p.m.	Boys' Shot Put
7:00 p.m.	Girls' High Jump
7:00 p.m.	Girls' Triple Jump
7:00 p.m.	Boys' Triple Jump

Beaubien, Sullivan Gain CIF ARCO *am/pm* Scholar-Athlete of the Year Honors

20 Section Winners Also Named



Cathleen Sullivan
North Hollywood
High School



Brady Beaubien
Coronado
High School

4.33	GPA	4.65
Soccer	Primary Sport	Water Polo
Amherst	College	Stanford
Spanish/International Relations	Major	International Relations/ Computer Science

"The two state winners and the 20 section finalists represent the finest in academics and athletics at California high schools. We thank ARCO and its *am/pm* mini-markets for making this program possible. They have become a partner in the enhancement of the interscholastic athletic experience for athletes and coaches throughout the state" ---

Jack Hayes
CIF
executive
director

Coronado High School's Brady Beaubien and Cathleen Sullivan of North Hollywood High School have been named the recipients of the 1997 CIF ARCO *am/pm* Scholar-Athlete of the Year Award. In addition, 20 section winners have been honored (pictured to the right).

Goals are obviously very important in the lives of Beaubien and Sullivan. Beaubien strives to score them while in a pool during a water polo match. Sullivan yearns to rack them up while on a field during a soccer match. They also both know how to achieve them academically and in community service activities.

Beaubien carries a 4.65 weighted grade point average and ranks number one in a class of approximately 200, and Sullivan who has a 4.33 weighted GPA with a 1510 SAT score, headline a list of 22 of the state's top scholar-athletes.

The boys and girls winner each receive a \$5,000 scholarship at the school of their choice and will be guests of honor on Thursday, June 5 at a luncheon to be held at the State Capitol in Sacramento. In addition, 20 winners representing each of the 10 sections of the CIF also will be a guest of honor at the luncheon and will each receive a \$2,000 scholarship award. The entire program is funded by the CIF's statewide corpo-

rate title sponsor, ARCO, and its *am/pm* convenience mini-markets.

Beaubien and Sullivan also will be saluted during the CIF ARCO *am/pm* State Track and Field Championships on Saturday, June 7 at Hughes Stadium, in Sacramento. The travel to Sacramento and related expenses for the student-athletes are paid by CIF.

Beaubien and Sullivan are the 31st and 32nd state scholar-athletes of the year. The program began in 1982, with ARCO's sponsorship commencing last year. Beaubien is only the second overall boys winner from the CIF San Diego Section during the 1990's, but he's the third water polo athlete to take the top spot in the last four years. Sullivan is the first girl from the CIF Los Angeles City Section to be named the statewide overall girls winner.

Besides setting a bit of history for her section, Sullivan ranks as one of the most amazing CIF ARCO *am/pm* State Scholar-Athlete of the Year winners due to her background (she lives off a dirt road in a mountain canyon only 40 miles from downtown Los Angeles) and her ingenuity (she started the girls soccer program at her high school on her own).

Beaubien, regarded as one of the best water polo prospects in the nation, showed his true colors last season when he raised more than \$10,000 for a local home that enables physically and mentally challenged young men to train for the Special Olympics. He raised the funds by collecting pledges for every goal he scored during the season.

Also among the list of 22 statewide winners are Daphne Zhu from International Studies Academy in San Francisco, a badminton standout who did not know a word of English when she came to this country only four years ago, and Jesse McKeithen from Technical High of Oakland, a three-sport standout with a truly unique perception of race relations. This school year, McKeithen was the only white player on an all African American basketball team, the only white player on an all Hispanic soccer team

and the only white player on an all Asian American golf squad.

ARCO has enhanced the program tremendously in the past two years, expanding the dollar amount for the two overall statewide winners and adding scholarship awards for each of the state's boys and girls section winners. This year, the company is giving more than \$50,000 in scholarship money.

"What a perfect fit ARCO *am/pm* has become for not only this scholar-athlete of the year program, but also for all of our section and statewide playoffs," said Jack Hayes, executive director of the California Interscholastic Federation. "They have continuously gone above and beyond simply being a financial sponsor. They have become a partner in the enhancement of the interscholastic athletic experience for athletes and coaches throughout the state."

Steve Rullo, senior vice president of retail marketing, ARCO Products Company, continues to be impressed at the quality of the scholar-athlete recipients that are honored by the CIF and ARCO each year, and reiterates the company's commitment to interscholastic athletics.

"These young men and women are certainly the best of California," Rullo said. "We're happy to give them a small push toward whatever success awaits them and hope the honors inspire other young people throughout the state to similar heights."

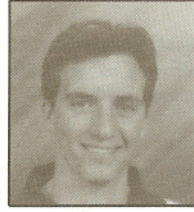
Of the 22 ARCO *am/pm* scholarship winners, 12 recorded perfect 4.0 grade point averages on an unweighted 4.0 scale. All 22 were above 4.0 on a weighted scale that provides extra credit for advanced placement classes. Many of the group have been highly recruited by some of the top colleges and universities in the nation and will attend college in the fall on athletic or academic scholarships. The CIF ARCO *am/pm* scholarship money can be used for other college expenses if the recipient has received a full scholarship or additional money from a college, university of organization.

CIF ARCO *am/pm* Scholar-Athletes of the Year

SECTION WINNERS



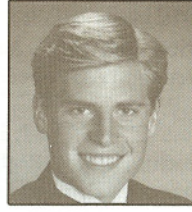
**Jill
Edminister**
Tulare H.S.
CIF Central



**Jerry
Thomas**
Buchanan H.S.
CIF Central



**Michelle
Steingart**
St. Francis H.S.
CIF Central Coast



**Ryan
Camacho**
Hollister H.S.
CIF Central Coast



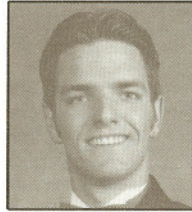
**Rachael
Krakoff**
Hamilton H.S.
CIF Los Angeles



**Marcel
Hovsepian**
Monroe H.S.
CIF Los Angeles



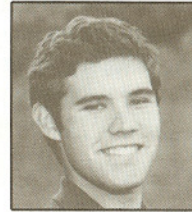
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Howisey**
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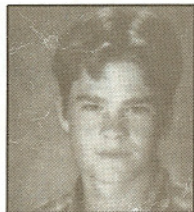
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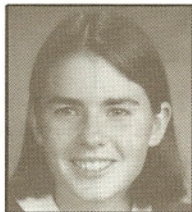
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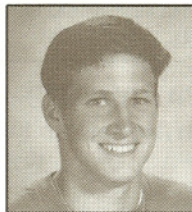
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Lu**
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CIF Oakland



**Jesse
McKeithen**
Technical H.S.
CIF Oakland



**Anne
Gunnison**
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CIF Sac-Joaquin



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Ryan**
Casa Roble H.S.
CIF Sac-Joaquin



**Renee
de la Torre**
Grossmont H.S.
CIF San Diego



**Aron
Tremble**
Torrey Pines H.S.
CIF San Diego



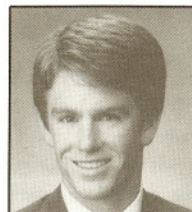
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Zhu**
International
Studies Academy
H.S.
CIF San Francisco



**Leo
Chen**
Washington H.S.
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**Annie
Maxwell**
Santa Barbara H.S.
CIF Southern



**Justin
Nyberg**
Irvine H.S.
CIF Southern

CIF SCHOLASTIC STATE CHAMPION TEAMS NAMED

The CIF Scholastic State Champions in girls' basketball, boys' basketball and wrestling have been named. In addition, individuals achieving a 3.5 grade point average or above in these winter sports have been honored as Scholastic All-CIF Selections.

Biggs High School, with a cumulative team GPA of 3.87, is the CIF Scholastic State Champion in the sport of wrestling. Ernest Righetti High School is the girls' basketball scholastic state champs with a 3.85 team GPA. In boys' basketball, Fullerton Union High School, with a state best 3.71 GPA, is the scholastic state champions.

The CIF Scholastic State Champions program honors teams demonstrating the highest collective GPA's (on a 4.0 scale) statewide in their respective sport. Each scholastic state champion receives a pennant suitable for display at the school. The first, second and third place team winners receive certificates and will be featured in the upcoming spring edition of the CIF News.

Individual student-athletes maintaining a minimum 3.5 GPA during their season of sport competition are honored as Scholastic All-CIF award winners. These two new scholastic programs are for teams and individuals competing in sports that offer state championships. For the winter these sports include boys' and girls' basketball and wrestling.

CIF SCHOLASTIC STATE CHAMPIONS

Wrestling

- 1 3.87 **Biggs**
(Neil Andes, Marcus Brown, John Ceballas, Garrett McCullaugh)
- 2 3.57 **Jesuit Carmichael**
(Todd Anderson, Mike Couch, Brady Culver, Aron DeFerrari, SetDunipace, Josh Ewert, Serge Haddad, Ryan Jung, Andy Laughlin, John Mack, Nino Mancuso, Greg McLaughlin, James Moralez, Nick Short, Pat Smith, Alex Washington).
- 3 3.45 **Temecula Valley**
(Joe Issa, Brett Baughman, Matt Cannon, Nathan Hope, Josh Woods, Rob Post, Brson Moslenko, Ryan Rine, Travis Elder, Steve Smith, Tyler Winslow, Mike Bogle, Steve Barbosa, Trevor Misipekl)

Special Thanks to the Following Organizations for their Generous Contributions

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Girls' Basketball

- 1 3.85 **Ernest Righetti Santa Maria**
(Brittany Blackburn, Caroline Breit, Stephanie Cain, Cynthia Camacho, Jennifer Correll, Jennifer Davies, Bridget Howell, Rebecca Miller, Jewelee Moreno, Erin Oliveira, Julie Samuel, Shannon Ward, Melanie Wuerstle)
- 2 3.78 **Forest Lake Christian Auburn**
(Jody Cross, Amber Daley, Katie Foster, Caitlin Galbraith, Kersten Galbraith, Rachel Hiscock, Sara Ingman, Sarah Langford, Andria Miller, Natalie Nagel, Angela Ritter, Amy Russell, Ashley Whittington)
- 3 3.76 **Calvary Baptist Schools La Verne**
(Toni Dial, Alison Shier, Tina Quan, Lendy Sullivan, Amanda Buff).

Boys' Basketball

- 1 3.71 **Fullerton Union**
(Emmanuel Anderson, Arie Barendrecht, David Brookman, Michael Davern, Joey Emigh, Brandon Rosenthal, Mike Sailhamer, Andrew Stadel)
- 2 3.68 **Laguna Blanca Santa Barbara**
(Brian Niehaus, Christopher Tamas, Garrett Wilson, David Cochran, Jonathan Keith, Chad Lewis, Zadok Sacks, Brian Bishop, Ryan Krauch, David Bradley)
- 3 (tie) 3.59 **Calvary Chapel Santa Ana**
(Robert Cutler, Garid Beeler, Kevin Falconer, Grant Kimbell, Joe Ortiz, Andrew Richey, Noah Thompson, David Williams, Brett Young)
- 3 (tie) 3.59 **Laguna Beach**
(B.J. Jameson, Sean Donnelly, Aaron Skinner, Kraigher O'Keefe, Blair Anderson, Jimmy McKibban, Chris Sirianni, Kurt Beimfohr, David Buckley)

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Test Your Knowledge on the CIF ARCO *am/pm* State Track and Field Championships

1. Where was the first state track and field meet held (bonus point if you can name the year)?

- A) YMCA Field, Los Angeles
- B) Fresno High School
- C) Sacramento Fair
- D) Occidental College, Los Angeles

2. Which of the following athletes is a California state champion in track and field?

- A) Barry Bonds
- B) Lisa Leslie
- C) Henry Neal
- D) Janeene Vickers

3. What boys' team set the state meet record for most team points scored?

- A) Muir - 57
- B) Berkeley - 58
- C) Muir - 51
- D) Jefferson LA - 47

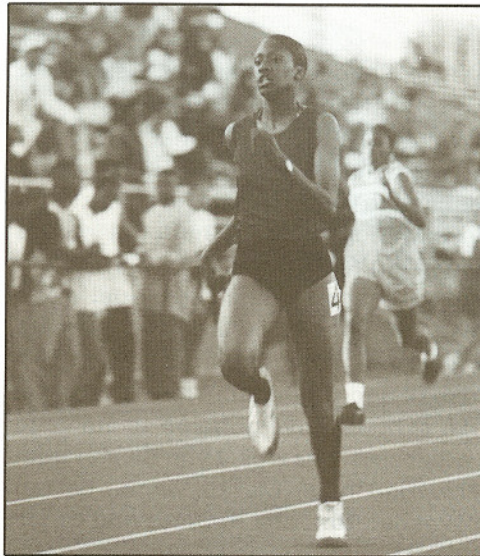
4. Match the athlete with the high school they competed for (one point for each correct answer).

- A) Jeff Buckey
 - B) Kim Mortensen
 - C) Natalie Kaaiawahia
 - D) Brent Noon
1. Fullerton
 2. Bakersfield
 3. Fallbrook
 4. Thousand Oaks

5. What girls' team set the state meet mark for most points scored? Bonus point if you can name the year this feat was accomplished.

- A) Long Beach Poly - 56
- B) Bakersfield - 61
- C) Berkeley - 64
- D) John Muir - 66

6. Which of the following boys' athletes did not compete at a California High School?



Who Am I? - Give yourself a bonus point if you can name this outstanding athlete.

- A) Lynn Swann
- B) Randy Johnson
- C) Michael Carter
- D) Rafer Johnson

7. Which of the following California track and field athletes went on to professional football careers?

- A) Henry Ellard
- B) John Elway
- C) Napoleon Kaufman
- D) Dokey Williams
- E) All of the above
- F) A, C, D above

8. Marion Jones won nine individual track and field championships - the most-ever in girls' competition. Can you name the three athletes who have won six titles apiece?

- A) Wendy Brown, Natalie Kaaiawahia and Denean Howard
- B) Wendy Brown, Juliana Yendork and Natalie Kaaiawahia
- C) Juliana Yendork, Wendy Brown and Angela Burnham.
- D) Anglea Burnham, Denean Howard, Melisa Weis.

9. How many national high school records are held by California girl athletes in the sport of track and field?

- A) 11
- B) 10
- C) 8
- D) 9

10. Which athlete has won the most individual titles in the boys' competition in California?

- A) Warren Beaty
- B) Forest Beaty
- C) Forest Gump
- D) Roman Gomez

Scoring System: 1 point for each correct answer, then add bonus points to your overall score (maximum points 16). 10 or higher = CIF ARCO *am/pm* State Track and Field Champion. 8-9 = Runner-up. 6-7 = Third Place. 4-5 = Fourth Place. 3 or less = Did Not Place - Better Luck Next Year.

Answers: 1. B - Fresno High School (bonus point for the year - 1915). 2. D - Janeene Vickers, from Pomona High School holds the state meet record in the 300 meter low hurdles (40.26), which she set in 1987. 3. B - Berkeley High, then coached by Willie White, scored a meet record 58 points in winning the 1981 team championship. Muir came within 1 point of breaking that record last season in winning its eighth title. 4. A-2, B-4, C-1, D-3. 5. C - Berkeley scored a record 64 points in winning the 1981 state meet crown - the first of three straight titles for the Yellowjackets. Incidentally, Willie White also coached the boys' team at Berkeley to a state title in 1981. 6. C - Michael Carter was a state champion and national record holder in the shot put from Jefferson High School in Dallas, Texas. 7. F - John Elway, from Granada Hills High School in California, starred in football and baseball, but not track and field. 8. B 9. A - California girls hold 11 of 17 recognized national records in track and field. 10. D - Gomez, from Belmont High School, won four titles in his career. **Answer to Who Am I In the Above Photo** - Carla Estes of James Logan High School (photo by Ken Grimes).



History of the CIF ARCO *am/pm* State Championships

State Championships in Track and Field Began in 1915

Suffice to say, the CIF ARCO *am/pm* State Championship history in California is a golden one. For starters, it has spanned the tenure of 15 presidents; Woodrow Wilson, Warren Harding, Calvin Coolidge, Herbert Hoover, Franklin Roosevelt, Harry Truman, Dwight Eisenhower, John Kennedy, Lyndon Johnson, Richard Nixon, Gerald Ford, Jimmy Carter, Ronald Reagan, George Bush and Bill Clinton.

In existence since 1914, the CIF offers state championships in six different sports; cross country, girls' volleyball, wrestling, basketball, track and field and golf. Track and field, the longest running state championship, was held for the first time at Fresno High in 1915 and reached its 75th anniversary during the 1993 season. Except for the war years from 1941-45, the track and field championships have been held annually.

Early championships were conducted at high schools, YMCA's, universities and fair sites including: the Sacramento Fair in 1918, the San Bernardino Fair of 1919, the Bakersfield Fair in 1920 and the Stockton Fair in 1922.

1974 featured the first year of girls' competition in the CIF ARCO *am/pm* State Track and Field Championships with the setting at Memorial Stadium, Bakersfield.

Accomplished athletes in various sports dot the list of Califor-

nia High School competitors in the track and field state championships.

Names like Dwight Stones, an Olympic medalist in the high jump, Rafer Johnson, a Gold Medalist in the decathlon, Marion Jones a national record holder in the 100 meters, 200 meters and a winner of nine individual state titles and Sherri Howard, an Olympian in the 4 X 400 highlight the list.

Track and field stars from California High schools have gone on to succeed in other sports as well. Lynn Swann from Serra High in San Mateo, James Lofton of Washington, Los Angeles and Dokie Williams of El Camino, Oceanside each made a name for themselves in professional football, and were state champions in the long jump. Henry Ellard, of Hoover Fresno and now with the Washington Redskins, won the CIF ARCO *am/pm* State title in the triple jump in 1979.

More recently, Napoleon Kaufman now with the Oakland Raiders and Curtis Conway, with the Chicago Bears were state titlists in the 200 and 100 meters respectively.

The 1996 meet saw many highlights as Bell Gardens High School sensation Michael Granville set a national record in the 800 meters and two state meet records were broken.

Granville, who had been challenging Pete Richardson's national mark of 1:47.31 all season long, climaxed his year with a 1:46.41 run in Friday's qualifying meet.

In addition to Granville, Kim Mortensen of Thousand Oaks, who had set a national mark of 9:48.59 in the 3200 meters the previous week, set a state meet record of 9:58.80 and, in the process, outlasted Santa Rosa High's two-time champion Julia Stamps.

In winning its record-tying eighth team title, John Muir boys' set a state meet record of 3:08.66 in the 1600 meter relays. Muir, behind Obea Moore, ran

away from the competition with 57 points. Moore was an individual state champion in the 200 meters and in the 400 meters and anchored Muir's relay teams.

In the girls' competition, Long Beach Wilson led by junior Kinshasa Davis, who was first in the 400 meters and third in the 200 meters, edged James Logan, 43-42.

Obea Moore of Muir High and Jernae Wright of James Logan High were the stars of the 1995 meet.

Moore scored 18 points by himself finishing first in the 400 meters (46.08) and second in the 200 meters (20.95), and then came back from nearly 25 meters behind to pace Muir to a first place finish in the 1600 meter relays.

Wright also scored 18 points single-handedly winning the long jump (20-8) and placing second in the 100 meters (11.50) to lead James Logan.

One national high school record was set as Kingburg High's Melissa Price went 12-6 in the first-ever girls' pole vault scoring event at the state finals.

Other standout performers from the 1995 meet included Julia Stamps, who won her second state title in the



3200 meters (10.15.27). Stamps has won four overall state titles with two in track and field and two in cross country.

Muir won the boys' team title in 1995, while the James Logan girls finished second to Long Beach Poly (52-50) in one of the closest finals ever.

The 1994 meet saw two athletes double up as winners in two separate events. Pat Johnson of Redlands High was a state champion in both the 100 and 200 meters, while Mebrahtom Keflezighi, of San Diego High, took a rare double in the 1600 and 3200 meters in a sizzling 8:58.11.

But the meet might best be remembered for Skyline High girls' relay teams and Kenny Haslip leading Muir to a team title.

Haslip took the title in the 300 meter hurdles and finished second in the 110 meter hurdles to pace Muir. It was the relays that catapulted Skyline Oakland to the girls' title over favored Long Beach Poly and Bishop O'Dowd Oakland.

Among the highlights of the meet were Suzy Powell's (Downey, Modesto) attempt to better her national record in the discus. Powell's best throw of 174-2 was just off her national best, but more than 20 feet better than the second place finisher.

Jeremy Fischer of Camarillo, whose best high jump coming into the meet of 7-4 was just short of the national mark of 7-5 1/4, went over 7-0 to claim the individual title in that event.

There's no doubt that the 1993 meet (the 75th edition of the championship) will be remembered as Marion Jones' farewell meet. Jones, perhaps the most celebrated female track and field athlete ever from the Golden State, concluded her high school career in grand fashion winning three individual titles and shattering the state mark of six career championships.

With championships in the 100 meters, the 200 meters and in the long jump - where she set a state record of 22 1/2 - Jones made it nine individual crowns in her four years at both Rio Mesa Oxnard and Thousand Oaks High's. Jones also holds the national record in the 100 and 200 meters.

Jones received a rousing ovation from those in attendance as she made



a last victory run around the Cerritos College course.

Andrea Anderson and Aminah Haddad of Long Beach Poly spent most of the day chasing Jones (in both the 100 and 200 meters), but at day's end Long Beach Poly emerged with its second straight team crown.

Other meet highlights from 1993 included a great performance by Calvin Harrison of North Salinas High. Harrison put on quite a show winning in the 200 meters and the 400 meters, where he set both a state and national record with a time of 45.25. He anchored the North Salinas 1600 relay team as well.

Anthony Volsan, who placed third in both the 100 and 200 meters and helped Merced High to a first place finish in the 400 meter relay and Brian Wilkinson, a winner in the 1600 meters, were the main cogs for Merced which tied North Salinas for a team crown.

Three state and one national record was set. In addition to Jones' state record in the long jump and Calvin Harrison's state and national record in the 400, Kristin Heaston of Ygnacio Valley High set a standard in the girls' shot put with a throw of 52-11 1/2.

Other highlights included Milena Glusac's rare double in the 1600 meters and 3200 meters. The Fallbrook High sensation finished with five career titles, two in cross country and three in track and field.

The 1992 meet was highlighted by Twila Sims' (Lompoc High) double in the 100 meter hurdles and the 300 meter

hurdles. Sims took the 300 meter hurdles title in 1989 as well.

Jeff Buckey, now with the Miami Dolphins, placed first in the discus and second in the shot put, lifting Bakersfield High boys to the team crown, edging Morningside High 25-24. It was the third team title for Bakersfield which previously won back-to-back crowns in 1939-40.

Freshman sprinters Andrea Anderson and Aminah Haddad, who combined for 26 points in the 100 and 200 meters, plus a first place team finish in the 1600 meter relays sparked Long Beach Poly to the girls' championship, its first.

And then there was Jones. Marion set a national record in the 100 meters in a time of 11.14, besting her own mark of 11.17 set at the 1991 state meet, and then exceeded her own state mark in the 200 meters with a time of 22.71.

Riley Washington of Southwest High set a new standard in the boys' 100 meters with a time of 10.30, surpassing the 10.44 set by Hawthorne's Henry Thomas in 1984.

Janice Nichols of Bakersfield High won her third straight state title in the 300 meters with a time of 54.46, tying Angela Rolfe of Dorsey for the most individual titles in that event.

Over the years the team competition has also been fiercely contested. Manual Arts, Los Angeles took the first-ever boys' title in 1915 and have won seven overall championships.

Muir Pasadena and Jefferson High, Los Angeles have the most boys' titles with eight. Muir is heavily favored to break its tie with Jefferson and emerge with its ninth title this weekend. The Mustangs also look for a record fourth straight crown.

Berkeley High leads the girls' with five state championships. Long Beach Poly is second with three in the last five years (1991-92, 1995).

Hughes Stadium in Sacramento will host its first meet since 1987 this weekend. Cerritos College has been the championship site from 1988-96. The meet is scheduled to rotate north/south on a yearly basis.

There's no doubt that the 1997 meet will have its share of highlights as the top athletes in the state gather for the 79th renewal of this great event.

Muir Boys Look For Unprecedented Ninth Team Crown; St. Bernard High A Leading Contender in Girls' Field

By Richard Gonzalez
Correspondent

Red-hot rivalries and record-book pursuits are the catch words this weekend as the 79th annual CIF ARCO am/pm State Track and Field Championships return to Northern California and Hughes Stadium in what promises to be another action-packed affair.

From the tactical squareoffs of Julia Stamps and Kristin Gordon in the multi-lap events to the sheer talent showdown between Angela Williams and the all-time standards in the dashes, performances on the girls' side should reach unprecedented levels.

For the boys', the sudden emergence of speedburner Sultan McCullough and the long-time reign of "long-sprint" king Obea Moore -- both teammates from defending champion John Muir High of Pasadena -- are among the key dramas expected to unfold.

As far as the battles for team plaques are concerned, Southern Section schools could conceivably make it a clean sweep with several perennial national-class programs hitting very adept strides through the spin as a whole of 15 of 32 national-leading event marks have been achieved by athletes from the Golden State with several more possible by meet's end.

Here's a closer breakdown of the events for this two-day extravaganza which features more than 850 athletes representing 10 CIF sections.

GIRLS' SPRINTS

Only aiding winds have kept Chino High star Angela Williams from etching her name into the record books each of the past two weekends, including America's first-ever, sub-11.00 clocking by a prepster (10.98 second with a 3.8 meters-per-second advantage).

She'll be chasing former sprint icon Marion Jones' wind-legal national record of 11.14 in the century, where the wind gauge will be as crucial as the timing system.

Based on Angela's superb getaway from the blocks and her unmatched top-end speed, this should leave a great battle for second between the phalanx of blazers from St. Bernard (sisters Malika and Miya Edmonson and teammate Miesha Withers), Menlo's Damesha Craig, and San Diego Monte Vista's Akiba McKinney.

Long Beach Wilson's Kinshasa Davis looms as the queen of the long sprints, with her nicely-timed peak leading to a pair of one-sided victories (22.70w in the 200 and 53.97 in the 400) at last week's Southern Section Master's Meet. Her foes here include Malika Edmonson and Craig in the former and a balanced slew of challengers in the latter.

The 4X100 relay should get the meet started in fine fashion as St. Bernard looks to improve upon the unprecedented sub-45.00 clocking it produced last weekend. The quartet of the Edmonson sisters, Withers, and Regime Caruthers combined for a 44.91 effort, shaving a full two-tenth of a second off the previous national record.

The Vikings are also a slight favorite in the 4X400 after upsetting national leader Long Beach Wilson last week (3:41.14-3:44.10). Those two teams and Long Beach Poly are the top entrants in both relays and their pecking order here could go along way in determining the team title.

BOYS' SPRINTS

Sultan McCullough has destroyed several of the nation's best in recent weeks, with the fine football tailback for Muir keying the team's hopes for an unheard of fourth consecutive and ninth overall team crown. His mind-boggling times of 10.24 (wind aided) and 20.62 (wind legal) are the fastest produced by a Californian in the last four years.

But a host of others should be biting at his heels including Fresno's Tierre Sams, Alemany's Miguel Fletcher, Notre Dame's Justin Fargas, and Long Beach Poly's tandem of Karrem Kelly and Daryl Rideaux.

The one-lap affair has Golden Valley's



Top Thrower - Stephanie Brown of Arroyo Grande High is the defending state champion in the shot put.

Eddie Levine (46.63 at the CIF Sac-Joquin Section finals) tabbed as the favorite with Muir's Jucorie Tryon, Atwater's Tony Berrian, Del Campo's Mike Kenyon, and McClymonds' Tim Brown comprising a very deep field.

Muir will likely need to win both relays if it is to emerge as the victor in the team competition, but the Mustangs have shown up to the task thus far. Using an interchangeable slew of speedburners, coach Clyde Turner's group has posted the nation's best times (40.28 and 3:08.72) this spring.

The key drama here revolve around the heralded Obea Moore, who has been forced to the sidelines in recent weeks to attend to an ailing right hamstring.

If healthy, he'll run the long relay, sparking Muir's last-ditch attempt at breaking Hawthorne's long-standing record (3:07.40 in 1985). Moore (44.2 at last year's World Junior Championships), McCullough (45.8 at this year's Penn Relays), Tryon (46.78 at last year's state meet) have relay split times to put the group well within reach.

Other leading teams include San Diego Morse (41.08) and Poly (40.7 hand-timed) in the short relays and Dominguez and Poly (both at sub-3:13.00) in the long relay.

GIRLS' DISTANCES

The action is "super hot" here as national leaders Lindsay Hyatt (800), Julia Stamps (1600) and Andrea Neipp (3200) are a trio that promise to make this a barnburner worth the price of admission for distance fans.

Hyatt has already been timed in the sub-2:10.00 this spring with Poly's Angelita Green (2:10.50 at Masters) making a strong push in recent weeks.

Over the longer haul, 1994 national cross country champion Stamps and 1996 champion Kristin Gordon add another chapter to an intense rivalry that included the latter holding off the former in the 1600 at the midseason Arcadia Invitational with the table then turned in both the 1600 and 3200 at last week's North Coast Section finals.

The best race should be the 3200, where Stamps (10:19.50), Gordon (10:20.91) and Neipp (10:19.55) have topped the national charts this spring.

BOYS' DISTANCES

Golden Valley's James Levine, who ripped a nation-leading 1:49.21 to thwart a stellar field at Arcadia, is the prohibitive favorite in the two-lap event with age-group standout Ryan Meuse (1:52.57) of Simi Valley leading a very deep group of able challengers.

The 1600 has one of the meet's truly wide-open affairs with St. Ignatius' Brendan Fitzgibbon (4:13.00) ranking as the top qualifier. However, the times usually improve significantly from previous showings at this stage. Among the ones to keep an eye on are Mission San Jose's Jon Stevens and Bellarmine's Andrew Wulf.

In the 3200, Morro Bay junior Isaiah Festa has dominated the competition week in and week out, with wire-to-wire victories being the modus operandi for the national leader (9:07.06). If he finds his 70 second per lap rhythm, he sets the competition up for his find speed and endurance (2:05 for the last 800).

Top challengers hoping to break him include Fresno High's Michael Kashahun and Hanford's Juan Chavira.

GIRLS' HURDLES

Nicole Hoxie of J.W. North Riverside (Southern Section) is closing in on Janeene Vickers' state-meet high hurdles outdoor record (13.34) after enjoying a stellar "undercover" campaign in the wintertime.



Underdog - Fresno's Michael Kashahun takes on the underdog role in the 3200 meters with Isaiah Festa favored. photo by Bill Cockerham, Cal. Track and Running News

Hoxie, the Masters Meet champion, will have her hands full with Mission Viejo's versatile Ashley Bethel, De Anza's Daveeta Shepard, and Logan's Natasha Neal also ranking among the nation's best.

Neal has the top qualifying time by over a second in the 300 low hurdles with Shepard considered a main threat there. Keep an eye on Oak Grove freshman Tamara Gullery (43.44), one of the West Coast's rising young stars.

BOYS' HURDLES

Dominique DeGrammont of Tustin and Ken-Yon Rambo of Poly are pegged to go 1-2 in both events with the former considered the favorite after commanding victories over his rival in both last weekend.

DeGrammont isot to Rambo in the intermediate at Arcadia but has rebounded nicely to emerge as the national leader. Rambo's points will be vital to the Jackrabbits in their bid for the team title.



Fab Three - Julia Stamps (left), Andrea Neipp (center) and Kristin Gordon (right) highlight one of the biggest battles of the meet in the 3200 meters. photo by Bill Cockerham, Cal. Track and Running News

Other top barrier negotiators include Montgomery's Reggie DePass and Crenshaw's Sharif Paxton in the highs and Ridgeview's Nick Ray and DePass in the intermediates.

Even with such strong fields, don't look for either Renaldo Nehemiah's (12.9) or George Porter's (35.32) national records to be challenged.

GIRLS' JUMPS

Talented bounders make up some very competitive fields here as none of the three events have clear-cut favorites.

Rancho Buena Vista's Lisa Underhill cleared 5-9 to win the San Diego Section finals high jump in leading all qualifiers with Yreka's Susan Schamp advancing in 5-8 from the Northern Section. Michelle Perry of Quartz Hill has emerged as the most consistent long jumper in the state in recent weeks with the UCLA-bound senior exploding to a 19-3 1/2 at the masters meet. Poly's Bunmi Oguneleye and Mission Viejo's Ashley Bethel are other seasoned performers entered.

The triple jump showcases Oceanside El Camino's Andrea Booker and Reynda King of St. Mary's Academy joined by La Mirada's Brianna Glenn, the nation's hottest find in the event. Glenn, a junior, took up triple jumping last month and has developed quickly, evidenced by her 39-1 1/2 effort last week.

BOYS' JUMPS

Selma's Gabriel Zarate, Ridgeview's Jason Howard and Alta Loma's Clinte Motley have all cleared the seven-foot barrier this spring to lead the high jump field while Center's (Sac-Joaquin Section) Anthony Colson emerging as the big pre-meet name in the horizontal jumps.

Colson, a senior, had a very impressive

51-3 to win the Sac-Joaquin sectional in the triple jump and also is amongst a group in the 23-foot plus range for the long jump. Leading the long jump field is Carson's Patrick McCall, who has jumped in the mid-24-foot range over the last two years.

GIRLS' POLE VAULT

Camarillo's Heather Sickler soared a personal best 12-3 last weekend to help continue the skyrocketing popularity for this fairly new addition to girls' competition. She leads a very deep field -- including age-group national record-holder Bridget Pearson of Hoover -- that should continue upping the standard this weekend. Ten athletes come in with a qualifying mark of at least 11-0.

BOYS' POLE VAULT

Although not as deep as in year's past, the competition here should still be a good one with Del Mar San Jose's Steve Harris already clearing the 17-foot barrier this spring and Bear Creek's David Gritz (16-6) also coming off a recent strong performance at Sac-Joaquin Section finals.

Five aerialists come in with qualifying marks in the 15-foot plus range with several more looking to make the big step up.

GIRLS' THROWS

Defending state discus champion Chaniqua Ross of Laguna Creek aims for double victory this time around. The talented junior comes in with the top seed mark in her specialty (169-4) and is one inch off Madera's Brandi Smith (45-10 to 45-9) in the shot put.

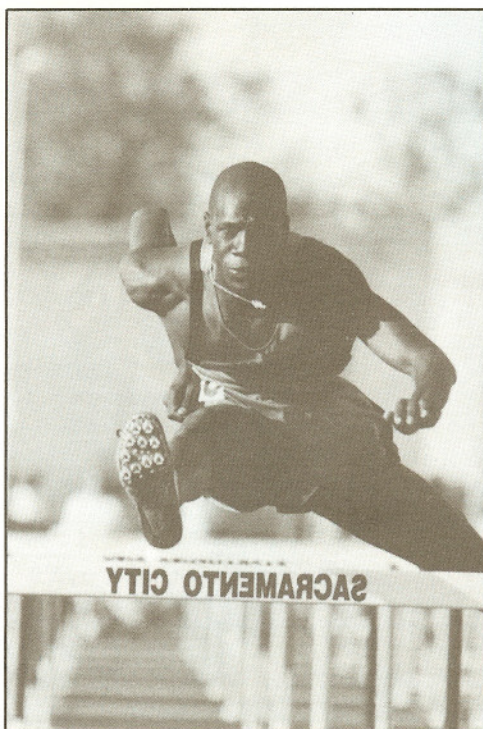
Other key entrants primed for late-season success include Bakersfield's April Burton, Poly's Cynthia Ademiluyi, Logan's Melissa Reis, and Fremon Christian's May Thiel.

BOYS' THROWS

National leaders Van Mounts (shot put) of Bakersfield and Scott Moser (discus) of Huntington Beach headline a particularly strong year for West Coast throwers with several others expected to keep that tandem honest.

Mounts, the latest in an endless line for the school, looks to flirt with the 70-foot barrier this weekend, hoping to cap a breakthrough season for the giant gem.

Moser, who has popped several 200-foot plus efforts this season, is the favorite in the discus and a solid entrant in the



One More Hurdle to Jump - Arend Watkins of Silver Creek High is a challenger in the hurdles. photo by Ken Grimes

shot put for the Oilers.

Superb entrants also gracing the list of entries include Jesuit's John Badovinac, Rancho Cucamonga's John Bello, Cardinal Newman's Brian Chase and El Capitan's Dan Ames.

TEAM COMPETITIONS

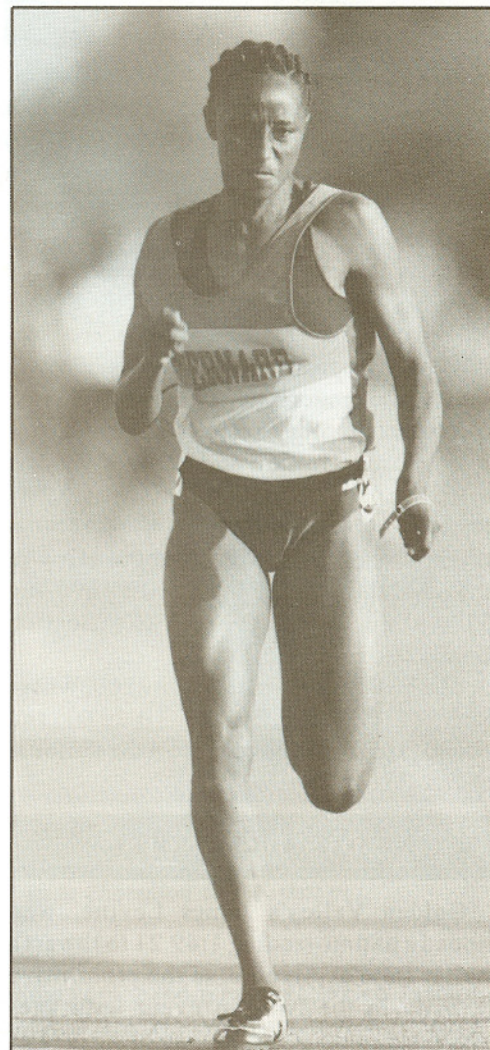
It figures to be a three-team battle amongst Southern Section powers on the girls' side as St. Bernard gets a very slight nod over Moore League rivals Long Beach Poly and Long Beach Wilson in a pre-meet dope sheet.

St. Bernard is expected to score heavily in the 100 as well as the relays with Wilson relying on a similar combination. Poly, the state's most balanced program, figures to score in a number of events.

On the boys' side, eight time-defending champion Muir has its hands full with rival Long Beach Poly. Muir is favored to win the relay, but just about all its projected points come from first place finishes -- in other words, no margin for error.

Poly, on the other hand, should score in a number of events despite not being expected to win any. The Jackrabbits are a two-point underdog to Muir on the pre-meet form charts but that could change very easily. It should come down to the 1600 meter relay.

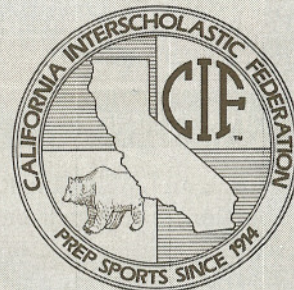
Teams expected to vie for the third place plaque include Golden Valley, San Diego Morse, Ridgeview and Tustin.



Sprint Sensation - Malika Edmonson of St. Bernard Playa del Rey High is one of the top sprinters nationally and hopes to fuel St. Bernard's title hopes. photo by Kirby Lee

LOOKING FOR RESULTS?

Take a look at the CIF's internet site for published results of the CIF ARCO am/pm State Track and Field Championships at www.cifstate.org.



Californian's Dominate National High School Records in Track and Field; Swimming

California is truly the "Golden State" when it comes to performances on athletic fields, gyms, pools and other athletic facilities across the state. The National High School Record Book will attest to this. The book is jam-packed with great performances and records by California athletes in a variety of sports.

In the sport of track and field, California athletes are especially well-represented. California girls tracksters hold 11 of 17 recognized national high school records, with Thousand Oak High's Kim Mortensen the newest edition. Mortensen set a record of 9:48.59 in the 3200 meters during the 1996 season. In 1995, Melissa Price of Kingsburgh High set a standard in a new event for girls - the pole vault - with a mark of 12-6. Marion Jones, who competed at both Rio Mesa Oxnard High and Thousand Oaks High in her fabulous high school career, owns two of those records. Jones is the national record setter in the 100 meters (11.14) and the 200 meters (22.67).

Besides Mortensen, Price and Jones, other California greats who have a place in the national record book include: Denean Howard of Kennedy Granada Hills, who holds the national mark in the 400 meters (52.39); Juliana Yendork from Walnut High, a national record-holder in the triple jump (44-0 1/2); Fullerton Union graduate Natalie Kaaiawahia, who set the national record in the shot put (53-7 3/4) in 1983; Suzy Powell of Downey Modesto whose best discus toss of 188-4 is a national mark; and Mills High standout Leslie Maxie, who holds the national mark in the 300-meter low hurdles (40.18).

On the team side, Hawthorne girls set the national mark in the 400-meter relay (45.11), and John Muir of Pasadena girls hold the national record in the 1600-meter relay (3:37.69).

Boys track athletes have also fared well nationally, holding six national records and many second and third best national marks. The newest edition came last year

when Michael Granville dazzled a state championship crowd by besting Pete Richardson's (Berkeley High) long standing mark in the 800 meters set in 1981 (1:46.41-1:47.31). Calvin Harrison of North Salinas set a national record of 45.25 in the 400 meters, the only national record for boys in any state during the 1993 season. Charles Mayfield of Muir High, has held onto the national record in the triple jump (52-10 1/2) since 1980.

Berkeley High boys set the national mark in the 1600 meter relay, which was bested by Hawthorne High in 1985 (3:07.40). Lompoc's George Porter holds the national record in the 300 meter hurdles (35.32) and James Stallworth of Tulare set the national mark in the long jump in 1989 at 26-4 3/4.

California girls have also made quite a splash nationally holding six national records in the sport of swimming. Olympic standout and Placentia High graduate Janet Evans holds the national record in the 500-yard freestyle, setting the standard of 4:37.30 in 1988.

Evans also set the national mark in the 200-yard individual medley, a record that was beat two years ago by Kristine Quance of Granada Hills (1:59.53) and was then broken by Allison Wagner of Eastside High in Florida. Quance still holds the national mark in the 100-yard breaststroke with a time of 1:01.79 during her stellar 1993 season.

Dara Torrez, from Westlake High, set the 50-yard freestyle national record of 22.69 in 1985. Mission Viejo graduate Cynthia Woodhead still holds the national mark in the 200-yard freestyle (1:45.98), which she set in 1982. Jenna Johnson of Whittier Christian High in La Habra set the national best of 53.98 in the 100-yard butterfly in 1984. California added another national record when Denali Knapp of Davis High set a national mark of 53.98 in the 100-yard backstroke.

In the boys swimming competition two national records are held. Upland High



Sprint Sensation -- Marion Jones set national records in both the 100 and 200 meters as a junior for Thousand Oaks High. In her career, Jones had a record nine individual state titles.

graduate Jeff Kostoff still holds the mark in the 500-yard freestyle (4:16.39) which he set in 1983. Woodbridge Irvine High standout Derya Buyukuncu set the national standard in the 100-yard backstroke with a tremendous time of 47.84. The old mark of 48.93 was set by Derek Weatherford of Fort Myers High in Florida.

NATIONAL RECORDS HELD IN TRACK AND FIELD BY CALIFORNIA GIRLS

Record Holder	Event
Marion Jones, Thousand Oaks	100m, 11.14 (1992)
Marion Jones, Thousand Oaks	200m, 22.67 (1992)
Denean Howard, Kennedy	400m, 52.39 (1982)
Leslie Maxie, Mills Milbrae	300mLH, 40.1 (1984)
Kim Mortensen, Thous. Oaks	3200m, 9:48.59
Juliana Yendork, Walnut	TJ, 44-0 1/2 (1991)
Suzy Powell, Downey Modesto	Discus, 188-4 (1994)
Natalie Kaaiawahia, Fullerton Union	Shot Put, 53-7 3/4 (1983)
Melissa Price, Kingsburgh	PV, 12-6 (1996)
Hawthorne High Hawthorne	400m Relay, 45.11 (1985)
John Muir Pasadena	1600m Relay, 3:37.69('85)

NATIONAL RECORDS HELD IN TRACK AND FIELD BY CALIFORNIA BOYS

Record Holder	Event
Calvin Harrison, North Salinas	400m, 45.25 (1993)
Michael Granville, Bell Gardens	800m, 1:46.41 (1996)
George Porter, Lompoc Cabrillo	300mh, 35.32 (1985)
James Stallworth, Tulare	LJ, 26-4 3/4 (1989)
Charles Mayfield, Muir Pasadena	TJ, 52-10 1/2 (1980)
Hawthorne High Hawthorne	1600 meter relay, 3:07.40(1985)

ARCO Products Company
1055 West Seventh Street
Post Office Box 2570
Los Angeles, California 90051-0570



Steve Rullo
Senior Vice President
Marketing

Dear CIF Participants, Parents and Families:

As the proud sponsor of CIF athletic competition throughout the state, ARCO congratulates all of the schools, athletes, parents and families of the participants in this year's CIF sectional and state playoffs.

Many of us at ARCO have been participants in CIF competition while growing up in California, or have children who either are currently participating or have experienced the thrill of taking part in high school athletics and ultimately advancing to the CIF playoffs. So, we know that feeling of excitement and anticipation many of you are experiencing now and are proud to share your enthusiasm through our sponsorship.

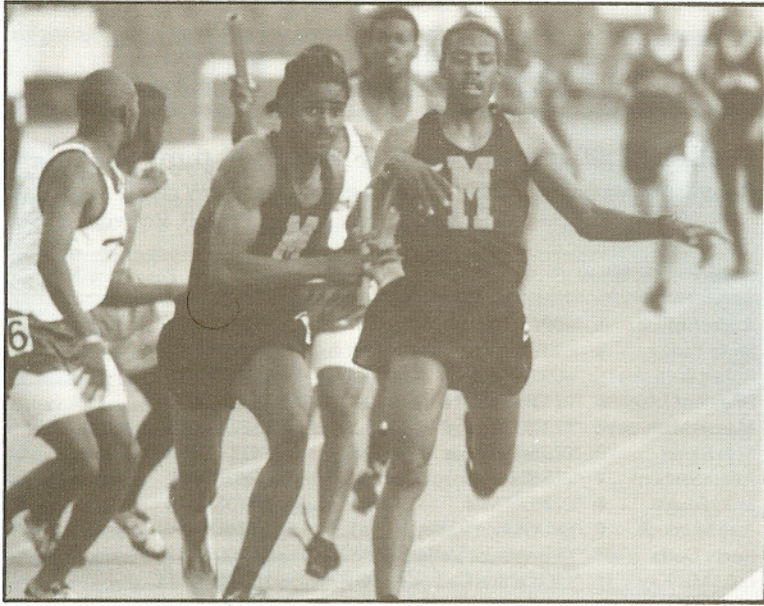
As CIF sponsor we understand and appreciate the importance of the lessons learned from representing your school in athletic competition, including teamwork, determination, self-respect, friendship, and dedication. CIF playoff competition historically has set the highest standards of excellence and quality while also playing a significant role in helping develop leaders who will shape the future of our communities and state.

Please accept ARCO's best wishes in pursuing your CIF dreams and know that we share in your pride, salute your accomplishments, and recognize your commitment to hard work in reaching this highest level of scholastic athletic achievement. We look forward to the excitement of the CIF playoffs and to our continued partnership with the CIF and the communities it represents.

Sincerely,

Steve Rullo

Schedule of Events



CIF ARCO *am/pm* STATE CHAMPIONSHIPS

BOYS POLE VAULT

Prelims: 2:00 p.m. - Fri. Final: 4:00 p.m. - Sat.

Records - National: 17-09.5 Joe Dial, Marlow, OKLA 1981

State: 17-00.5 Antony Curran, Crespi 1978

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Peter Mak	10 Lowell	SF	10'06.00"	1		
Arthur Harris	11 McClymonds	O	12'03.00"	2		
Daniel Kassab	11 University LA	LA	13'00.00"	3		
Ryan Tacheria	11 San Ramon Valley	NC	13'06.00"	4		
Patrick Turner	11 Granada Hills	SS	13'06.00"	5		
Jason Honey	11 West Valley Cotten	N	13'06.00"	6		
Matt Mueller	12 Rancho Buena Vista	SD	13'10.00"	7		
Eric Cheng	12 Rancho Buena Vista	SD	13'10.00"	8		
Brandon Braunstein	10 Newark Memorial	NC	14'00.00"	9		
Brian Price	12 Kingsburg	C	14'00.00"	10		
Jacob Hayes	12 Fortuna	NC	14'00.00"	11		
Mao Phoenu	12 Bear Creek	SJ	14'03.00"	12		
James Tutrow	12 Poway	SS	14'04.00"	13		
Andrew Peeke	11 Peninsula	SS	14'06.00"	14		
Eddie Becker	12 Temescal Canyon	SS	14'06.00"	15		
Robert Carbajal	11 Mt. Pleasant	CC	14'06.00"	16		
Joel Kriwinski	12 Arroyo Grande	SS	14'06.00"	17		
Alan Ekstrand	12 Glendora	SS	14'06.00"	18		
Jeremy Cunningham	12 Verdugo Hills	LA	14'06.00"	19		
Trent Nahas	12 Monte Vista Dan.	NC	14'06.00"	20		
Travis Vandrovec	12 Fountain Valley	SS	14'06.00"	21		
Willie Deitchman	12 Ponderosa	SJ	14'09.00"	22		
Mark Unzueta	11 Lemoore	C	15'06.00"	23		
David Grijalva	12 North Monterey	CC	15'06.00"	24		
Seth Benson	12 Golden West	SJ	15'06.00"	25		
Steve Harris	12 Del Mar	CC	15'06.00"	26		
David Gritz	12 Bear Creek	SJ	16'06.00"	27		

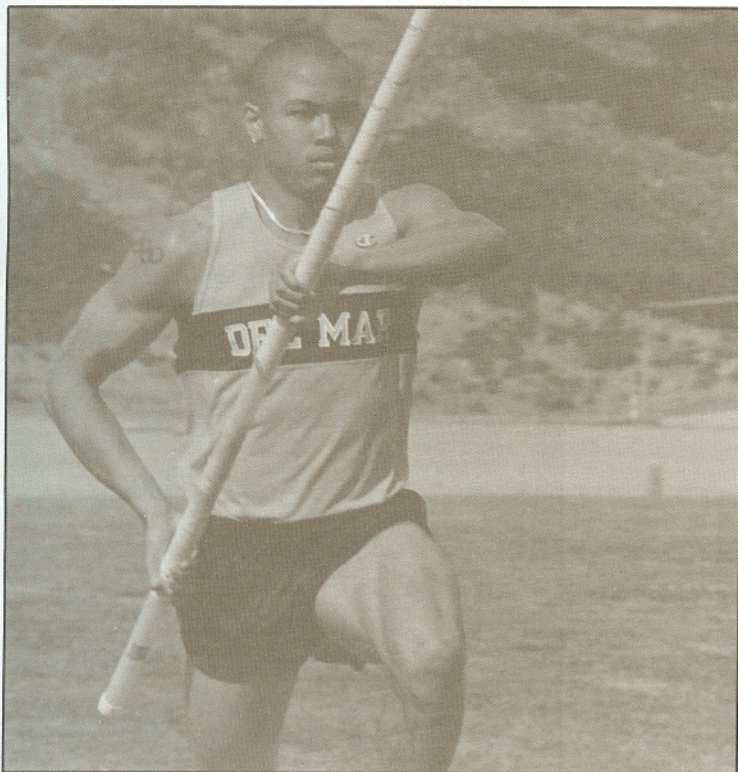
BOYS DISCUS

Prelims: 3:00 p.m. - Fri. Final: 5:00 p.m. - Sat.

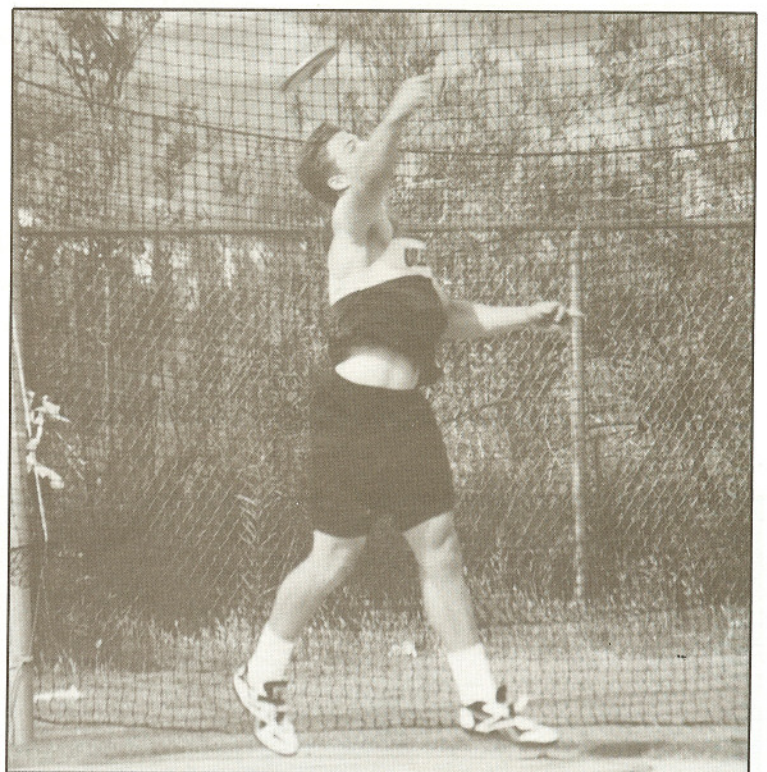
Records - National: 224-03.0 Kamy Keshmiri, Reno, NV 1987

State: 203.04.0 Blutreich, Capo Valley, Powell, Redwood 85/90

Name	Gr. School	Sect.	Sect.	Mark	Pos.	Place	M
Andre Collins	09 Castlemont	O		113'02.00"	1		
Steve Parker	12 McAteer	SF		145'07.00"	2		
Ruben Williams	09 Eagle Rock	LA		150'00.00"	3		
Brandon Goldstein	11 Piedmont Hills	NC		151'06.00"	4		
Marcus Matheney	12 St. Bernard Eureka	N		152'11.00"	5		
Seth Barret	12 Santa Rosa	NC		153'11.00"	6		
Adam Sanborn	12 San Lorenzo Valley	NC		158'03.00"	7		
Mike Fought	12 Del Mar	CC		159'03.00"	8		
Josh Murdock	11 Golden Valley	SJ		159'11.00"	9		
Rocci Doria	12 Amador Valley	NC		160'09.00"	10		
Luke MacKay	10 Central Catholic	C		162'08.00"	11		
Richard Legarra	11 Wilson HH	SS		164'11.00"	12		
Jim Norum	12 Brea-Olinda	SS		166'00.00"	13		
Justin Johnson	12 Fresno	C		166'03.00"	14		
Brian Chase	12 Cardinal Newman	NC		167'06.00"	15		
Jeff Beadle	12 Highland Bakers.	C		168'03.00"	16		
Dan Ames	10 El Capitan	SD		171'05.00"	17		
Nathan Desomber	12 Gridley	N		171'09.00"	18		
Vili Makhele-	11 San Marcos	SS		172'04.00"	19		
Reedus Thurmond	11 Serra	SS		175'06.00"	20		
Tooran Gilliam -	12 San Diego	SD		180'03.00"	21		
Van Mounts	11 Bakersfield	C		181'03.00"	22		
John Bello	12 Rancho Cucamonga	SS		183'03.00"	23		
John Badovinac	12 Jesuit	NC		187'04.00"	24		
Scott Moser	12 Huntington Beach	SS		188'07.00"	25		



Steve Harris of Del Mar San Jose High was third last year (15-6), but has amassed the 17-0 mark this year.



Scott Moser is a returning state cham from Huntington Beach and has a USA new state mark of 213-11 set this year.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

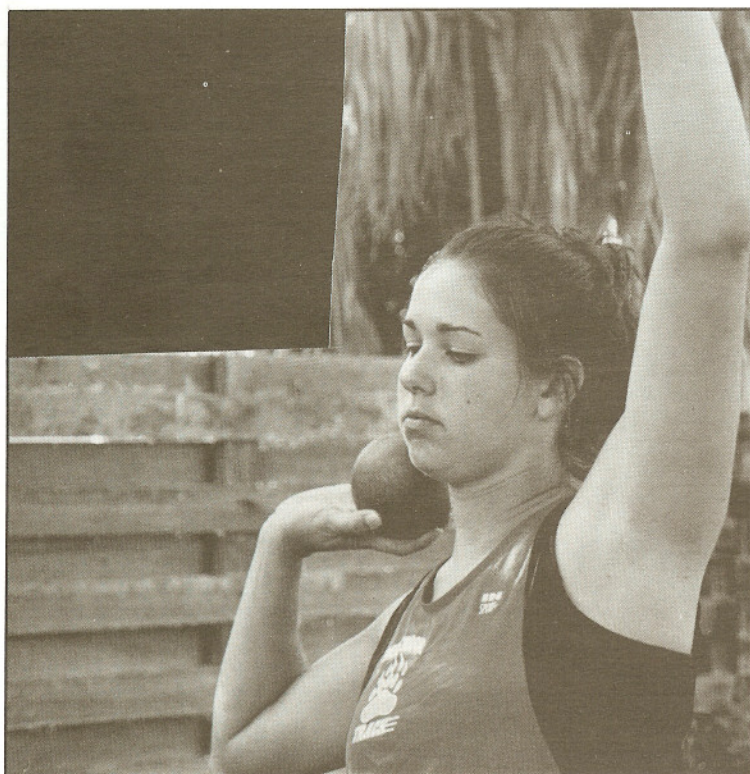
GIRLS SHOT PUT

Prelims: 3:00 p.m. - Fri. Final: 5:00 p.m. - Sat.

Records - National: 53-07.75 Natalie Kaaiawahia, Fullerton, CA 1983

State: 52-11.50 Kristin Heaston, Ygnacio Valley 1993

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Jennifer Speech	12 Lowell	SF	31'05.00"	1		
Mona Payne	12 Fremont Oakland	O	35'03.00"	2		
Kanisha Best	12 Washington LA	LA	36'09.00"	3		
Mary Alessi	11 Helix	SD	37'03.50"	4		
Rachael Fikse	12 Escondido	SD	37'03.50"	5		
Julie Howard	11 Ukiah	NC	37'06.50"	6		
Jenn Santos	11 Los Altos	CC	38'06.00"	7		
Shanika Askew	12 Birmingham	LA	38'06.50"	8		
Shanah Keyes	12 Gilroy	C	39'01.00"	9		
Nicole Sanders	12 Orange Glen	SS	39'04.50"	10		
Andrea Loman	10 Polytechnic Rivers	SS	39'05.00"	11		
Jenny Shutt	12 Edison HB	SS	39'06.75"	12		
F. Matranga	11 Healdsburg	NC	39'08.25"	13		
Jill Camarena	09 Woodland	C	40'00.00"	14		
Melissa Reis	11 James Logan	NC	40'02.00"	15		
Vanessa Shields	11 Arroyo Grande	SS	40'02.50"	16		
Theresa Hahn	11 Granada	NC	40'04.25"	17		
Robin Schwamb	10 Selma	C	41'04.00"	18		
Stephanie Brown	11 Arroyo Grande	SS	41'08.50"	19		
Amy Thiel	12 Fremont Christian	CC	41'08.50"	20		
Bell Jordan	11 Lincoln Stockton	SJ	42'06.00"	21		
Jessica Cosby	09 Granada Hills	SS	43'02.75"	22		
April Burton	10 Bakersfield	C	43'04.00"	23		
Kristen Bryden	12 Anderson	N	44'10.50"	24		
Cynthia Ademiluyi	12 Long Beach Poly	SS	45'03.00"	25		
Chaniqua Ross	11 Laguna Creek	SJ	45'09.00"	26		
Brandi Smith	12 Madera	C	45'10.00"	27		



Kristin Bryden of Anderson High looks to better her third place effort of a year ago.

GIRLS HIGH JUMP

Prelims: 6:30 p.m. - Fri. Final: 7:00 p.m. - Sat.

Records - National: 6-03.0 Amy Acuff, Corpus Cristi, TX (Calallen) 1992

State: 6-02.0 Latrese Johnson, Clovis 1985

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Georgette Counte	11 Dorsey	LA	5'00.00"	1		
Joy Nelson	11 Clovis	C	5'00.00"	2		
Rene Warner	12 McAteer	SF	5'00.00"	3		
Jen Ruff	11 Ponderosa	SJ	5'02.00"	4		
Kibibi Bodden	12 James Logan	NC	5'03.00"	5		
JaAnna Parker	09 Northgate	NC	5'03.00"	6		
Erin Boothe	12 Buchanan	C	5'03.00"	7		
Ashley Bethel	11 Mission Viejo	SS	5'04.00"	8		
April Ross	09 Newport Harbor	SS	5'04.00"	9		
Kim Stone	10 The York	CC	5'04.00"	10		
Liz Giltner	12 Chaminade	SS	5'04.00"	11		
Holly Demeter	10 Los Altos	CC	5'04.00"	12		
Krissy Harris	12 St. Helena	NC	5'04.00"	13		
Michelle Mahlke	10 Marymount	SS	5'04.00"	14		
Angela Terry	11 Grant LA	LA	5'04.00"	15		
Jamila Cooksey	11 Skyline	O	5'04.00"	16		
Mia Gramata-Jones	12 Dorsey	LA	5'04.00"	17		
Aubrey Preston	10 Vista	SD	5'05.00"	18		
Nicole Branagh	12 Miramonte	NC	5'05.00"	19		
Spring Harris	10 St. Mary's College	NC	5'05.00"	20		
Nichole Hawkins	12 Tracy	SJ	5'05.00"	21		
Shirley Anku	12 Rancho Buena Vista	SD	5'06.00"	22		
Sandra Butler	11 Gunderson	CC	5'06.00"	23		
Nikki Avery	9 Lemoore	C	5'06.00"	24		
Tayyiba Haneef	12 Laguna Hills	SS	5'06.00"	25		
Susan Schaap	10 Yreka	N	5'08.00"	26		
Lisa Underhill	12 Rancho Buena Vista	SD	5'09.00"	27		



Liz Giltner of Chaminade High School.
photo by Bill Cockerham, California Track and Running News

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS LONG JUMP

Prelims: 4:00 p.m. - Fri. Final: 5:00 p.m. - Sat.

Records - National: 22-01.75 Kathy McMillian, Raeford, NC 1976

State: 22-00.5 Marion Jones, Thousand Oaks 1993

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Jamila Cooksey	11 Skyline	O	16'03.50"	1		
Keisha Mierez	11 Birmingham	LA	16'07.25"	2		
Montique Sargent	11 James Logan	NC	16'08.50"	3		
Raquel Brewer	12 Berkeley	NC	16'09.50"	4		
Natalie Shorter	10 Dorsey	LA	16'10.25"	5		
Tracy Hess	10 Lincoln	SJ	16'11.00"	6		
Tracie Banks	12 Campolindo	NC	17'00.25"	7		
Beth Johnson	11 James Logan	NC	17'00.75"	8		
Tosha Thomas	11 Bakersfield	C	17'04.25"	9		
Tanisha Cole	10 Banning	LA	17'04.75"	10		
April Horne	12 Clovis West	C	17'05.50"	11		
Clara Johnson	12 McAteer	SF	17'06.00"	12		
Kameelah Elarms	12 Piedmont Hills	NC	17'06.75"	13		
LaRonda Hite	11 Lincoln	SD	17'10.00"	14		
Christine Chan	12 Mountain View	CC	17'10.50"	15		
Lineni Noa	12 Grant Sacto	SJ	17'11.50"	16		
Julie Jones	12 Oakmont	SJ	18'00.25"	17		
Dee Scott	10 South Bakersfield	C	18'03.00"	18		
Joy Gertsch	12 San Pasqual	SD	18'03.75"	19		
Macklin Harris	11 Enterprise	N	18'07.50"	20		
Akiba McKinney	12 Monte Vista SV	SD	18'09.75"	21		
Gencin Jefferson	12 Eisenhower		18'11.00"	22		
Ashley Bethel	11 Mission Viejo	SS	18'11.75"	23		
Danielle Martin	12 Valley		19'00.25"	24		
Brianna Glenn	11 La Mirada	SS	19'00.75"	25		
Bunni Oguncleye	11 Long Beach Poly	SS	19'01.00"	26		
Michelle Perry	12 Quartz Hill	SS	19'03.50"	27		

BOYS LONG JUMP

Prelims: 4:00 p.m. - Fri. Final: 5:00 p.m. - Sat.

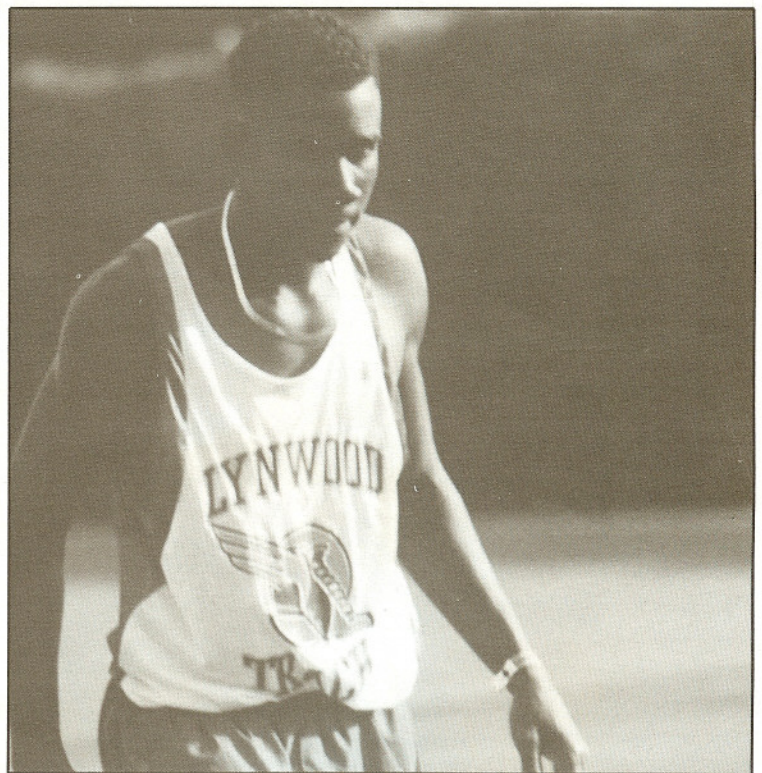
Records - National: 26-04.75 James Stallworth, Tulare, CA 1989

State: 26-04.75 James Stallworth, Tulare 1989

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Ryan Fernandez	11 Skyline	O	21'02.50"	1		
Quac Hoang	12 Galileo	SF	21'07.00"	2		
Matt Hunt	11 Fortuna	NC	21'08.00"	3		
Kieran Cox	12 Antioch	NC	21'08.25"	4		
Darrell Lewis	12 Pittsburg	NC	22'00.50"	5		
Dan Littlefield	10 Sonoma Valley	NC	22'00.50"	6		
Donald Strickland	11 Archbishop Mitty	CC	22'02.75"	7		
Brandon Jones	11 Ayala	SS	22'03.00"	8		
Mike Smith	12 El Toro	SS	22'03.00"	9		
Billy Wingfield	11 Carson	LA	22'03.00"	10		
David Landingham	12 Corning	N	22'03.50"	11		
William Nero	12 Menlo Atherton	CC	22'04.50"	12		
C J Nakayama	12 Clovis	C	22'04.50"	13		
Ray Bardone	12 Edison HB	SS	22'05.00"	14		
Marcel Armstrong	11 McLane	C	22'06.00"	15		
Courtney Palmore	12 Oxnard	SS	22'07.00"	16		
Eric Hollins	11 Escondido	SD	22'07.75"	17		
Henry Jenkins	12 Paso Robles	SS	22'08.25"	18		
B B Malone	11 Golden West	SJ	22'08.50"	19		
Daniel Herman	11 Granite Hills	SS	22'09.75"	20		
Chris Lacy	12 Oak Grove	CC	22'10.75"	21		
Austin Uku	12 Narbonne	LA	23'02.00"	22		
Anthony Colson	12 Center	SJ	23'04.75"	23		
Kenny Pearson	11 AA Stagg	SJ	23'06.00"	24		
Marvin Brown	12 Will C. Wood	SJ	23'07.75"	25		
Elliot Walker	12 Morse	SD	23'08.50"	26		
Patrick McCall	12 Carson	LA	23'08.50"	27		



Monique Harris of Cerritos High was third (19-3 3/4) last year.
photo by Bill Cockerham, California Track and Running News.



Gerald Williams of Lynwood High School.
photo by Bill Cockerham, California Track and Running News

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS POLE VAULT

Prelims: 6:00 p.m. - Fri. Final: 7:00 p.m. - Sat.

Records - National: 12-6 Melissa Price, Kingsburg 1995

State: 12-6 Melissa Price, Kingsburg 1995

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Elizabeth Serna	11 Roosevelt LA	LA	7'06.00"	1		
Amy Tran	11 Lowell	SF	7'06.00"	2		
Christina Merrell	12 JF Kennedy LA	LA	8'00.00"	3		
Jennifer Capehart	12 JF Kennedy LA	LA	9'00.00"	4		
Sophie Donnelly	11 Sonoma Valley NC	NC	9'06.00"	5		
Kimberly Foxx	11 Notre Dame SalinasCC	CC	9'06.00"	6		
Amy Bei	10 Montgomery SR	NC	10'00.00"	7		
Valerie Nellis	12 Bear Creek SJ	SJ	10'00.00"	8		
Tracy Garman	10 Yreka N	N	10'00.00"	9		
Sarah Barnett	10 Downey Modesto SJ	SJ	10'03.00"	10		
Shail Pec-Crouse	10 Santa Rosa NC	NC	10'03.00"	11		
Natalie Dennison	10 Rancho Bernardo SD	SD	10'04.00"	12		
Allyson Crosby	11 Stockdale C	C	10'06.00"	13		
Iran Serrano	10 Gonzales CC	CC	10'06.00"	14		
Kaley Kitto	12 Bear Creek SJ	SJ	10'06.00"	15		
Vanessa Yebra	11 Gonzales CC	CC	10'06.00"	16		
Mahogany Ayele	12 San Marcos SS	SS	11'00.00"	17		
Katie Rorem	11 Marina HB	SS	11'00.00"	18		
Kylene Nixon	12 Poway SD	SD	11'04.00"	19		
Maria Lopez	12 Newark Memorial NC	NC	11'05.00"	20		
Bianca Maran	12 St. Monica SS	SS	11'06.00"	21		
Sara Higham	11 Mission Viejo SS	SS	11'06.00"	22		
Allison Knode	11 Kingsburg C	C	11'06.00"	23		
Brooke Lankard	11 Golden West SJ	SJ	11'06.00"	24		
Bridget Pearson	10 Hoover-Glendale SS	SS	12'00.00"	25		
Heather Sickler	11 Camarillo SS	SS	12'03.50"	26		



Allison Knode of Kingsburg High placed third in the 1996 finals with a mark of 11-4.

GIRLS 400m RELAY

Prelims: 5:00 p.m. - Fri. Final: 6:00 p.m. - Sat.

Records - National: 45.11 Hawthorne, CA 1985

State: 45.13 Berkeley 1981

44.91 - CACT
NATIONAL REC.

School	Sect.	Sect. Mark	Pos.	Place	Mark
West Valley Cottonwood	N	49.74	1		
Lemoore	C	48.46	2		
Skyline	O	48.04	3		
Encinal	NC	46.94	4		
St. Bernard Playa del Rey	SS	44.91	5		
Westchester	LA	46.80	6		
Monte Vista Spring Valley	SD	47.86	7		
Mission San Jose	CC	48.43	8		
Lincoln Stockton	SJ	49.55	9		
Hogan	SJ	49.98	1		
South Bakersfield	C	48.53	2		
El Camino Oceanside	SD	48.10	3		
Valley	SS	47.21	4		
Wilson Long Beach	SS	45.63	5		
Taft LA	LA	46.67	6		
Morse	SD	47.48	7		
Bishop O'Dowd	NC	48.40	8		
St. Francis Mountain View	CC	48.91	9		
Lowell	SF	50.02	1		
Gunn	CC	48.67	2		
Foothill Bakerfield	C	48.17	3		
North JW Riverside	SS	47.38	4		
Long Beach Poly	SS	46.33	5		
James Logan	NC	46.55	6		
Woodbridge	SS	47.45	7		
Carson	LA	48.20	8		
North Salinas	CC	48.87	9		



St. Bernard Playa del Rey's 400 meter relay team. photo by Ken Grimes

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

BOYS 400m RELAY

Prelims: 5:12 p.m. - Fri. Final: 6:08 p.m. - Sat.

Records - National: 39.9 Austin Jasper HS, Texas 1991

State: 40.78 Muir 1987, Skyline Oakland 1995

School	Sect.	Sect. Mark	Pos	Place	Mark
Pleasant Valley	N	43.17	1		
James Logan	NC	42.45	2		
Crenshaw	LA	41.79	3		
Edison Fresno	C	41.59	4		
John Muir	SS	40.91	5		
AA Stagg	SJ	41.41	6		
Rowland	SS	41.77	7		
North Monterey	CC	42.41	8		
California San Ramon	NC	43.07	9		
San Ramon Valley	NC	43.35	1		
Rancho Bernardo	SD	42.49	2		
Hawthorne	SS	42.09	3		
Gunderson	CC	41.60	4		
Morse	SD	41.08	5		
University City SD	SD	41.34	6		
Dorsey	LA	41.69	7		
Grant Sacto	SJ	42.32	8		
St. Mary's College	SJ	42.86	9		
Galileo	SF	43.42	1		
Bakersfield	C	42.53	2		
McClymonds	O	42.12	3		
Gardena	SS	41.63	4		
Chino	SS	41.24	5		
Serra	SS	41.26	6		
Lemoore	C	41.66	7		
Atwater	SJ	42.26	8		
Cupertino	CC	42.54	9		

GIRLS 1600m Run

Prelims: 5:24 p.m. - Fri. Final: 6:17 p.m. - Sat.

Records - National: 4:39.4 Laura Matson, Bloomfield, MI (Andover) 1985

State: 4:39.92 Polly Plummer, Irvine (University) 1982

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Bree Akeeson	12 JF Kennedy	LA	5:16.64			
Melissa Peralta	11 South Gate	LA	5:09.87			
Stephanie McCarty	12 Madera	C	5:07.29			
Mary Moore	11 Woodbridge	SS	5:06.67			
Julia Stamps	12 Santa Rosa	NC	4:42.79			
Elaine Canchola	11 Nordhoff	SS	4:55.34			
Jennifer Akana	11 Lowell	SF	4:56.02			
Tricia Mattson	12 Fallbrook	SD	4:59.51			
Sarah Ellis	12 La Canada	SS	5:02.38			
Jaymie Harper	12 Santana	SD	5:05.08			
Tara Pedshaw	11 Foothill Sacto	SJ	5:08.59			
Anne-Elyse Smith	11 Aptos	CC	5:10.94			
Chrisie Gregory	10 Clovis	C	5:17.48			
Jenee Erickson	10 West Valley Cotten	N	5:23.65			
Jeanne Fishback	12 Los Gatos	CC	5:13.01			
Tiffany Burgess	10 Birmingham	LA	5:08.80			
Anne Gunnison	12 McClatchy	SJ	5:07.20			
Heather Garritson	11 Buena Park	SS	5:07.04			
Kristin Gordon	12 Carondelet	NC	4:53.30			
Julie Ott	12 University of SD	SD	4:55.08			
Katie Hotchkiss	10 Mission San Jose	CC	4:57.05			
Kelley Howisey	12 Clayton Valley	NC	4:57.08			
Tracy Cohn	12 Stockdale	C	5:03.93			
Spring Dawson	09 Vallejo	SJ	5:04.71			
Kyra Patterson	11 San Luis Obispo	SS	5:08.67			
Katie Appenrodt	11 St. Ignatius	CC	5:12.56			
Emily Dixon	10 Skyline	O	5:22.76			



Skyline High's relay team.
photo by Ken Grimes



Anne Gunnison of McClatchy High School was also a section CIF ARCO *am/pm* Scholar-Athlete recipient.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS DISCUS

Prelims: 5:30 p.m. - Fri. Final: 7:00 p.m. - Sat.
 Records - National: 188-4 Suzy Powell, Modesto, CA (Downey) 1994
 State: 176-07 Suzy Powell, Modesto (Downey) 1993

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Fusi Fine	12 Fremont Oakland	O	86'01.00"	1		
Jennifer Speech	12 Lowell	SF	99'05.00"	2		
Tia De Soto	10 Montgomery SR	NC	113'07.00"	3		
Sarah Roberts	12 Live Oak MH	CC	118'01.00"	4		
Jenn Santos	11 Los Altos	CC	118'05.00"	5		
Jami Questa	11 Edison HB	SS	123'07.00"	6		
Mary Alessi	11 Helix	SD	123'09.00"	7		
Monica Crawford	10 Butte Valley	N	124'05.00"	8		
Cari Suong	10 North JW	SS	124'11.00"	9		
Hally Stephenson	12 Oakmont	SJ	126'07.00"	10		
Dana Lawson	12 Clayton Valley	NC	127'06.00"	11		
Sarah Lilly	12 Johansen	SJ	128'00.00"	12		
Rosie Aikens	10 St. Mary's College	SJ	128'01.00"	13		
Cynthia Ademiluyi	12 Long Beach Poly	SS	130'01.00"	14		
Jessica Bryne	11 Ramona	SD	131'09.00"	15		
Melissa Price	12 Loara	SS	132'08.00"	16		
Krissy Schelir	9 Sierra	C	136'08.00"	17		
Erin McGrath	12 Eastlake	SD	140'04.00"	18		
Amy Thiel	12 Fremont Christian	CC	141'01.00"	19		
Carrie Axton	12 Los Amigos	SS	144'00.00"	20		
Melissa Reis	11 James Logan	NC	149'10.00"	21		
Cecilia Barnes-Mil	11 Clovis West	C	150'04.00"	22		
April Burton	10 Bakersfield	C	163'05.00"	23		
Chaniqua Ross	11 Laguna Creek	SJ	169'04.00"	24		



Laguna Creek High's Chaniqua Ross is the defending state champion in the discus (158-4).

BOYS 1600m RUN

Prelims: 5:38 p.m. - Fri. Final: 6:28 p.m. - Sat.
 Records - National: 3:58.30 Jim Ryun, Wichita, KA (East) 1965
 State: 4:05.4 Mark Schilling, Garden Grove 1972; 4:04.00 Michael Stember, Jesuit 1995

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Gregorio Ramirez	12 Oakland Tech	O	4:27.70			
Matt Duma	12 Mt. Whitney	C	4:21.84			
Tom Prindiville	12 De La Salle	NC	4:20.65			
Ali Benmohamed	12 Monroe	LA	4:20.15			
Brendan Fitzgibbon	12 St. Ignatius	SF	4:13.00			
Cheyne Jones	12 Coronado	SD	4:17.13			
Gavin Chamberlain	12 Oak Ridge	SJ	4:18.21			
Brad Hansen	12 St. Ignatius	SF	4:18.38			
Clint DiChoso	11 Downey Modesto	SJ	4:18.45			
Jason Taylor	11 Peninsula	SS	4:19.51			
Paul Muite	12 North Hollywood	LA	4:20.81			
Irving Moreno	11 Polytechnic Riv.	SS	4:22.27			
Scott McDonald	11 James Logan	NC	4:27.85			
Paul Choi	12 Lowell	SF	4:34.18			
Eric Gans	12 Dos Pueblos	SS	4:22.97			
Jose Merino	12 Crenshaw	LA	4:21.13			
Jason Manhart	12 Trabuco Hills	SS	4:20.48			
Jason Hunter	12 Sultana	SD	4:20.32			
Andrew Wulf	12 Bellarmine	CC	4:16.30			
Evan Fox	09 West Hills	SD	4:16.74			
Jon Stevens	11 Mission San Jose	CC	4:18.26			
Mike Altieri	11 Jesuit	SJ	4:18.37			
Adam Greene	11 St. Augustine	SD	4:19.31			
Steve Barrus	12 Clovis	C	4:19.35			
Alex Sanchez	12 De La Salle	NC	4:20.98			
Mike Pestorich	11 Clovis West	C	4:22.66			
Ryan Wade	12 Central Valley	N	4:28.09			



Matt Duma of Mt. Whitney High in Visalia is one of the favorites in the 1600 meters.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS 100m HURDLES

Prelims: 5:55 p.m. - Fri. Final: 6:45 p.m. - Sat.

Records - National: 13.33 Dawn Bowles (Neptune HS) S. Plainfield, NJ 88
State: 13.34 Jancene Vickers, Pomona 1987

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Tiara Anderson	10 West Valley Cotten	N	15.54	1		
Frances Santin	11 Taft LA	LA	15.14	2		
Andrea Booker	11 El Camino OS	SD	14.78	3		
Randi Smith	11 Beverly Hills	LA	14.40	4		
Nicole Hoxie	12 North JW	SS	13.43	5		
Natasha Neal	11 James Logan	NC	13.94	6		
Jonae Hunt	12 Westchester	LA	14.78	7		
Mandi Ruzieck	10 Tehachapi	SS	14.87	8		
Alisha Carter	11 Rancho Bernardo	SD	15.44	9		
Lisa Ford	12 Buchanan	C	15.80	1		
Sherita Williams	10 El Camino	OS	15.32	2		
Tamisha Allen	12 North Salinas	CC	14.81	3		
Lisa O'Reilly	12 St. Mary's Stock.	SJ	14.52	4		
Ashley Bethel	11 Mission Viejo	SS	13.62	5		
Hannah Cooper	12 Hawthorne	SS	13.87	6		
Mickila Tate	13 Turlock	SJ	14.77	7		
Katie Schuckle	12 Santa Rosa	NC	14.85	8		
Rene Warner	12 McAteer	SF	15.39	9		
Eseta Lavaka	12 Fremont Oakland	O	18.31	1		
Mandy Hollister	10 Turlock	SJ	15.33	2		
Khameel Flemming	12 Dorsey	LA	14.82	3		
Damesha Craig	12 Menlo	CC	14.65	4		
Daveeta Shepard	12 De Anza	NC	13.80	5		
Michelle Perry	12 Quartz Hill	SS	13.82	6		
Mandy Mazik	12 Capuchino	CC	14.71	7		
Carrie McGraw	11 Mission San Jose	CC	14.83	8		
Dee Scott	10 South Bakersfield	C	15.34	9		

BOYS 110m HURDLES

Prelims: 6:10 p.m. - Fri. Final: 6:55 p.m. - Sat.

Records - National: 12.9 Renaldo Nehemiah, Fanwood, NJ (Scotch Plains) 77
State: 13.41 Steve Kerho, Mission Viejo 1982

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Charles Amey	11 James Logan	NC	15.13	1		
Stevonne Smith	12 University LA	LA	14.70	2		
Kevin Carter	12 South Bakersfield	C	14.43	3		
Brandon Brown	12 Dominguez	SS	14.22	4		
Dominique DeGrammo	12 Tustin	SS	13.54	5		
Tim Bogdanoff	11 Buchanan	C	14.08	6		
Tony Galaviz	12 Gunderson	CC	14.34	7		
Rich Nero	11 St. Mary's College	NC	14.66	8		
Jason Andrews	12 Rancho Cotate	NC	15.07	9		
Tino Ratliff	11 McAteer	SF	15.30	1		
John Knowles	12 Fairfield	SJ	14.71	2		
Tracy Smith	12 Rancho Buena Vista	SD	14.48	3		
Clinte Motley	12 Alta Loma	SS	14.25	4		
Kenyon Rambo	12 Long Beach Poly	SS	13.75	5		
Sharif Paxton	12 Crenshaw	LA	14.06	6		
Guy McGowan	11 Leigh	CC	14.34	7		
David Ladingham	12 Coming	N	14.61	8		
Jerry Woestman	12 El Capitan	SD	14.84	9		
Roy Edwards	12 Fremont Oakland	O	15.81	1		
Terry Ellis	10 Dorsey	LA	14.72	2		
Gerald Franks	12 Jesuit	SJ	14.57	3		
Lamarlo Robinson	12 Tulare Western	C	14.27	4		
Arend Watkins	12 Silver Creek	CC	13.84	5		
Reggie DePass	12 Montgomery	SD	13.86	6		
Mike Smith	12 El Toro	SS	14.28	7		
Henry Frazier	12 Hogan	SJ	14.57	8		
Donte Joseph	12 Pinole Valley	NC	14.82	9		



Ashley Bethel of Mission Viejo High looks to do one better than her second place finish (14.08) a year ago in the finals.



Sharif Patton of Crenshaw Los Angeles was third last year with a time of 13.81.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS 400m RUN

Prelims: 6:24 p.m. - Fri. Final: 7:03 p.m. - Sat.

Records - National: 52.39 Denean Howard, Granada Hills (Kennedy) 1980
State: 52.39 Denean Howard, Granada Hills (Kennedy) 1980

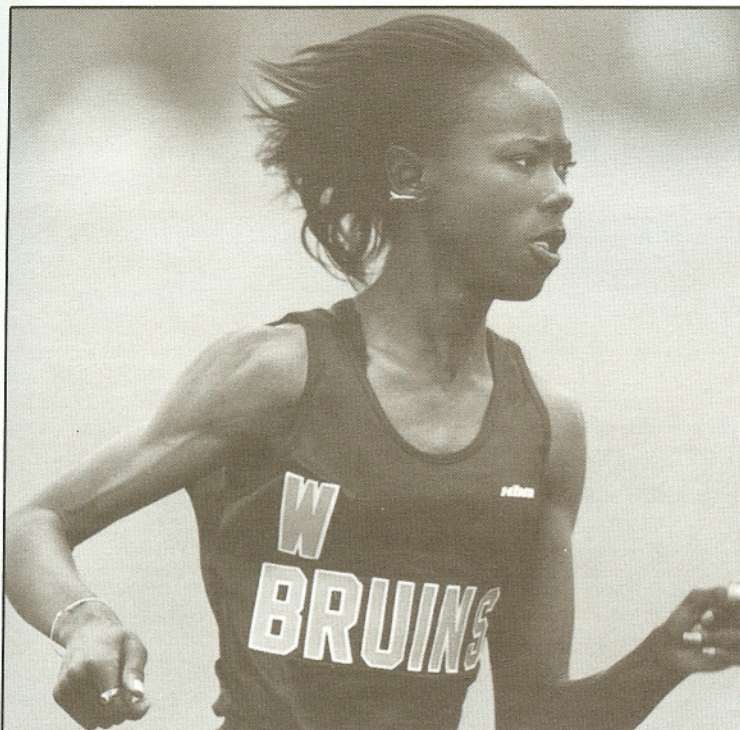
Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
LaRonda Hite	11 Lincoln SD	SD	57.88	1		
Starla Henderson	10 Morse	SD	56.84	2		
Nikelola Balogun	12 Westchester	LA	55.98	3		
Monica Coleman	12 Gunn	CC	55.75	4		
Kinshasa Davis	12 Wilson L. Beach ✓	SS	53.97	5		
Brandee Grant	12 Holy Names	NC	55.18	6		
Latrice Borders	10 Wilson L. Beach	SS	55.95	7		
Jini Hogg	10 Inter. Studies Aca	SF	56.75	8		
Amber Newsome	10 Stockdale	C	57.47	9		
Crissa Dwelly	12 Sacramento Waldorf SJ		58.38	1		
Mmichelle Boughton	9 Centennial Bak.	C	57.02	2		
Maggie Vessey	9 Monte Vista Christ	CC	56.05	3		
Malinda Malone	09 Cleveland	LA	55.85	4		
Aisha Margain	09 San Lorenzo	NC	54.60	5		
Bunmi Oguneleye	11 Long Beach Poly	SS	55.15	6		
Kameelah Elarms	12 Piedmont Hills	CC	55.95	7		
Jill Santucci	12 Oakdale	SJ	56.46	8		
Tania Woods	10 Skyline	O	57.45	9		
Heather Otter	12 Enterprise	N	58.85	1		
Aroline Neal	09 Rancho Buena Vista SD		57.38	2		
Regine Caruthers	12 St. Bernard ^{54.6}	SS	56.08	3		
Julia Gray	11 North JW	SS	55.86	4		
Seneik Saavedera	12 Encinal	NC	54.89	5		
Rose Criss	12 Analy ^{55.4}	NC	55.12	6		
Stacey Harris	12 Cleveland	LA	55.92	7		
Chloe' Jarvis	09 St. Francis Sacto	SJ	56.42	8		
Lenore Harris	10 Wasco	C	57.40	9		

BOYS 400m RUN

Prelims: 6:36 p.m. - Fri. Final: 7:10 p.m. - Sat.

Records - National: 45.25 Calvin Harrison, North Salinas, CA 1993
State: 45.25 Calvin Harrison, North Salinas, CA 1993

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Dan Schuman	12 Cardinal Newman	NC	49.82	1		
Jafar Williams	11 St. Mary's College	NC	48.58	2		
Chris Forde	12 Notre Dame SO	SS	48.13	3		
Jason Manly	12 Rowland	SS	47.80	4		
Eddie Levine	12 Golden Valley	SJ	46.63	5		
Larry Jones	11 Taft	LA	47.80	6		
Lawrence Jones	11 Taft	LA	48.12	7		
Julani Hogg	12 Archbishop Mitty	CC	48.58	8		
Ryan Locklin	12 Gridley	N	49.74	9		
Gabe Orosco	11 Tulare	C	49.87	1		
Ricky Sharpe	11 Mt. Carmel	SD	48.99	2		
Marlon Jarrett	12 Mark Keppel	SS	48.14	3		
Scott Sims	12 La Costa Canyon	SD	47.88	4		
Tony Berrian	12 Atwater	SJ	47.16	5		
Jucorie Tryon	12 John Muir	SS	47.62	6		
Bryan Bartling	11 Grossmont	SD	48.09	7		
Will Downer	12 California SR	NC	48.50	8		
Shane Sanders	12 Cardinal Newman	NC	49.69	9		
David Navarretz	12 Lincoln SF	SF	50.19	1		
Richard Rivera	11 Tulare	C	49.46	2		
Ernesto Salinas	11 Gilroy	CC	48.18	3		
Marques Anderson	12 Long Beach Poly	SS	47.94	4		
Mike Kenyon	12 Del Campo	SJ	47.38	5		
Tim Brown	12 McClymonds	O	47.55	6		
Calvin Carlyle	12 Dorsey	LA	48.06	7		
Nick Ray	11 Ridgeview	C	48.46	8		
Tom Stout	11 Mills	CC	49.61	9		



Defending state 400 meter champion Kinisha Davis from Long Beach Wilson gives her team a shot at another title. photo by Kirby Lee



Eddie Levine of Golden Valley High placed third in the 400 meters at last year's CIF ARCO *am/pm* State finals.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

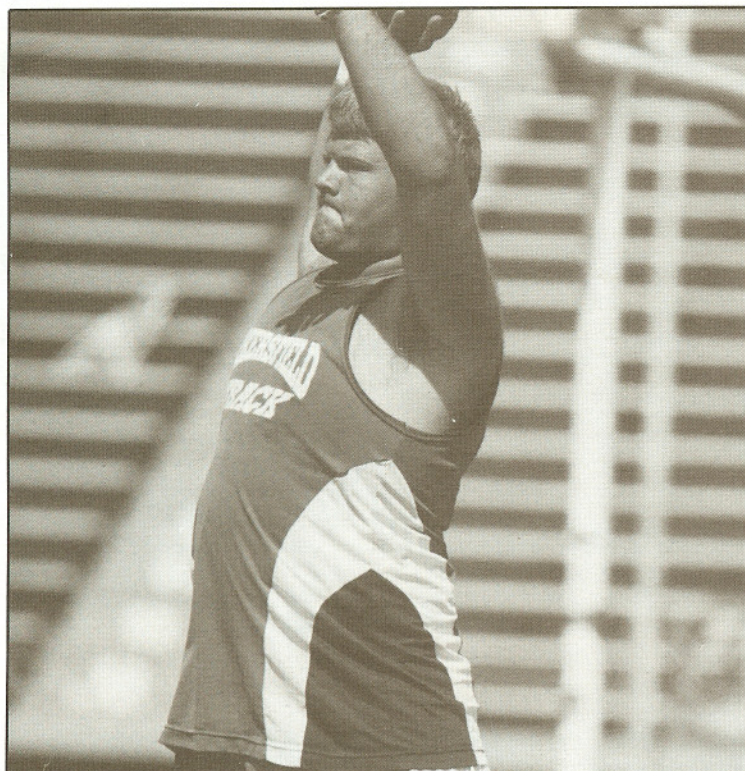
BOYS SHOT PUT

Prelims: 3:00 p.m. - Fri. Final: 7:00 p.m. - Sat.

Records - National: 77-00.0 Michael Carter, Dallas, TX (Jefferson) 1979

State: 74-04.75 Brent Noon (Fallbrook) 1990

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Marquez Ologbosele	11 Castlemont	O	41'09.00"	1		
Anselmo Loya	11 Franklin LA	LA	49'11.50"	2		
Vince Rodriguez	12 Canoga Park	LA	51'09.00"	3		
Marcus Matheney	12 St. Bernard Eureka	N	51'09.25"	4		
Larry Tripplett	12 Westchester	LA	52'03.50"	5		
Rocci Doria	12 Amador Valley	NC	52'04.50"	6		
Brock Torresdal	12 Woodside	C	52'11.00"	7		
Steve Parker	12 McAteer	SF	53'04.00"	8		
Jeff Beadle	12 Highland Bak.	C	53'10.25"	9		
Luke MacKay	10 Central Catholic	C	54'00.50"	10		
Andre Carter	12 Oak Grove	SJ	54'01.25"	11		
Rusty Price	09 Atwater	SJ	54'02.00"	12		
Nathan Desomber	12 Gridley	N	55'04.00"	13		
Jeremy Holt	12 Tamalpais	NC	55'07.75"	14		
Mike Rainis	12 St. Paul	SS	56'02.75"	15		
Rodney Leslie	10 Ridgeview	C	56'05.00"	16		
Scott Weigand	11 Arcadia	SS	56'09.25"	17		
Vili Makhele	11 San Marcos	SS	57'03.00"	18		
Derek Kurkowski	12 Canyon Springs	SS	57'07.25"	19		
Roy Rivas	11 Carlsbad	SD	58'05.50"	20		
Pete Bjorklund	10 Los Altos	CC	58'06.00"	21		
Brian Chase	12 Cardinal Newman	NC	58'07.50"	22		
John Bello	12 Rancho Cucamonga	SS	58'07.75"	23		
Dan Ames	10 El Capitan	SD	59'04.00"	24		
John Badovinac	12 Jesuit	SJ	59'07.50"	25		
Scott Moser	12 Huntington Beach	SS	60'00.00"	26		
Van Mounts	11 Bakersfield	C	67'00.75"	27		



Bakersfield High's Van Mounts hopes to capture a state title after placing second a year ago in the shot (62-11 1/2).

photo by Bill Cockerham, California Track and Running News.

BOYS HIGH JUMP

Prelims: 4:00 p.m. - Fri. Final: 5:00 p.m. - Sat.

Records - National: 7-05.25 Dothel Edwards, Athens, GA (Cedar Shoals) 84

State: 7-03.25 Lee Balkin, Glendale 1979

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Jacques Wilson	09 Lincoln SF	SF	5'06.00	1		
Bryan Reese	12 Dana Hills	SS	6'04.00"	2		
Steve Carpenter	10 Ygnacio Valley	NC	6'04.00"	3		
David Collin	12 James Logan	NC	6'04.00"	4		
John Darcey	11 Serra SM	CC	6'04.00"	5		
Elliot Walker	12 Morse	SD	6'04.00"	6		
Ben Cook	12 Carmel	SD	6'04.00"	7		
Ricky Duff	11 Manual Arts	LA	6'04.00"	8		
Dexter Amey	12 Skyline	O	6'04.00"	9		
Edward Maldur	12 Birmingham	LA	6'04.00"	10		
Chris Drewry	11 Stockdale	SJ	6'05.00"	11		
Alex Woods	13 Tokay	SJ	6'06.00"	12		
Rahul Hazarika	12 Rancho Bernardo	SD	6'06.00"	13		
Mike Ruffell	12 Enterprise	N	6'06.00"	14		
Jimmy Cepeda	12 Hollywood	LA	6'06.00"	15		
Eric Hollins	11 Escondido	SD	6'07.00"	16		
Lester Deraad	12 Tustin	SS	6'08.00"	17		
Elliot Parks	12 El Toro	SS	6'08.00"	18		
Rokeem Osby	12 Cordova	SJ	6'08.00"	19		
Darrell Lewis	12 Pittsburg	NC	6'08.00"	20		
Demario Franklin	12 Arcadia	SS	6'08.00"	21		
Clinte Motley	12 Alta Loma	SS	6'08.00"	22		
Seth Barrett	12 Santa Rosa	NC	6'08.00"	23		
Jason Howard	12 Ridgeview	C	6'10.00"	24		
Darryl Feilbach	12 Bear Creek	SJ	6'10.00"	25		
Darren Marble	11 Los Altos	CC	6'10.00"	26		
Gabriel Zarate	10 Selma	C	7'00.00"	27		



Elliott Parks of El Toro High School is the defending state champion in the high jump.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS TRIPLE JUMP

Prelims: 6:30 p.m. - Fri. Final: 7:00 p.m. - Sat.

Records - National: 44-0.5 Juliana Yendork, Walnut, CA 1991

State: 44-0.5 Juliana Yendork, Walnut, CA 1991

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Paula Thomas	11 Fremont Oakland	O	31'09.50"	1		
Amy Tran	11 Lowell	SF	33'10.25"	2		
Brienne Dawson	11 Carondelet	NC	35'01.00"	3		
Susan Fagundes	12 Tulare Western	C	35'06.25"	4		
April Horne	12 Clovis West	C	35'09.00"	5		
Shawnee Pickney	12 Washington	LA	35'09.50"	6		
Nina Onwubere	12 Banning	LA	35'10.00"	7		
Angela Anderson	12 Aptos	CC	36'07.00"	8		
Nicole Branagh	12 Miramonte	NC	36'07.25"	9		
Jamara Smith	10 James Logan	NC	36'08.25"	10		
Beth Johnson	11 James Logan	NC	36'08.50"	11		
Brittney Roberts	10 Bullard	C	37'00.00"	12		
Shawna Adkins	11 Piedmont Hills	CC	37'04.00"	13		
Ika Eliashvili	11 Birmingham	LA	37'05.00"	14		
Evelyn Shih	12 Gunn	CC	37'05.25"	15		
Nichole Hawkins	12 Tracy	SJ	37'06.75"	16		
Anna Doty	11 Merced	SJ	37'08.75"	17		
Damesha Griffith	11 Vacaville	SJ	38'01.25"	18		
Heather Contreras	10 Sutter	N	38'03.00"	19		
Alexis Hill	11 Pomona	SJ	38'03.25"	20		
Tamara Espinoza	11 Hilltop	SD	38'04.75"	21		
Sherita Williams	10 El Camino OS	SD	38'06.00"	22		
Kinicia Robinson	12 Morningside	SS	38'08.50"	23		
Blessing Ufodicama	09 Long Beach Poly	SS	38'11.75"	24		
Brianna Glenn	11 La Mirada	SS	39'01.50"	25		
Reynda King	12 St. Mary's Incl.	SS	39'03.50"	26		
Andrea Booker	11 El Camino OS	SD	39'07.25"	27		



Kelly O'Connor from Esperanza High won the championship a year ago.

BOYS TRIPLE JUMP

Prelims: 6:30 p.m. - Fri. Final: 7:00 p.m. - Sat.

Records - National: 52-10.5 Charles Mayfield, Pasadena (Muir) 1980

State: 52-04.75 Ken Frazier (Mission, SF) 1981

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mar
Tan Nguyen	12 Lowell	SF	42'07.00"	1		
Garrett White	11 Corning	N	42'09.50"	2		
Amon Head	11 Dorsey	LA	44'04.75"	3		
Damian Mackey	11 James Logan	NC	45'00.25"	4		
Tafari Wilson	11 James Logan	NC	45'05.50"	5		
Jason Humphrey	12 Bishop O'Dowd	NC	45'06.00"	6		
Glen Stone	11 Yerba Buena	CC	45'08.00"	7		
J. L. Lewis	11 Dorsey	LA	45'10.00"	8		
Andy Badger	11 Diamond Bar	SS	45'10.75"	9		
Danny Douglas	12 Fremont Sunnyvale	CC	45'11.25"	10		
Chi Hoeng	12 Crawford	SD	46'03.00"	11		
Markus Carr	12 Palmdale	SS	46'03.75"	12		
Thomas Carter	12 John Muir	SS	46'06.50"	13		
Duran Archie	11 Hoover Fresno	C	46'06.50"	14		
Ryan Fernandez	11 Skyline	O	46'07.25"	15		
B B Malone	11 Golden West	SJ	46'07.75"	16		
William Rosser	12 Gardena	SS	46'08.00"	17		
Matt Primous	11 Lompoc	SS	47'02.50"	18		
Michael Cordoba	11 North Salinas	CC	47'03.25"	19		
Joe Augustine	12 Yuba City	SJ	47'03.75"	20		
Daniel Johnson	12 Vanden	SJ	47'05.50"	21		
Clinte Motley	12 Alta Loma	SS	47'07.25"	22		
Tyriff Rudder	12 Mt. Miguel	SD	48'00.50"	23		
Draper Rivers	12 Morse	SD	48'09.75"	24		
Jerroid Mack	11 St. Mary's College	NC	49'00.25"	25		
Jason Howard	12 Ridgeview	C	49'01.25"	26		
Anthony Colson	12 Center	SJ	51'03.00"	27		



Tyriff Rudder

photo by Bill Cockerham, California Track and Running News.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS 100m RUN

Prelims: 7:00 p.m. - Fri. Final: 7:17 p.m. - Sat.

Records - National: 11.14 Marion Jones, Thousand Oaks 1992

State: 11.14 Marion Jones, Thousand Oaks 1992

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Tracie Banks	12 Campolindo	NC	12.54	1		
Jamara Smith	10 James Logan	NC	12.29	2		
Zhauntel Holman	12 Valley	SJ	12.05	3		
Akiba McKinney	12 Monte Vista SV	SD	11.84	4		
Angela Williams	11 Chino	SS	11.15	5		
Damesha Craig	12 Menlo	CC	11.84	6		
Hilma Decree	9 Foothill Bakerfield	C	12.04	7		
Shaunte Williams	11 Armijo	SJ	12.24	8		
Annetta Wells	12 University	LA	12.38	9		
Andrea Kincaid	10 Skyline	O	12.63	1		
Yahvoh Totimeh	11 Valley	SJ	12.31	2		
Adrena Williams	09 James Logan	NC	12.07	3		
DeCola Groce	10 Morse	SD	11.96	4		
Malika Edmonson	12 St. Bernard	SS	11.52	5		
Miya Edmonson	09 St. Bernard	SS	11.73	6		
Anita McCallum	10 San Lorenzo	NC	12.01	7		
Sah Nee Roseby	9 North Salinas	CC	12.24	8		
Tiffany Bennett	9 Centennial Bak.	C	12.38	9		
Amy Hill	12 Lowell	SF	12.76	1		
Tenesha Webb	10 Wilcox	CC	12.34	2		
Kameelah Allen	09 Mt. Miguel	SD	12.11	3		
Eboni Grayson	11 Taft	LA	12.00	4		
Miesha Withers	10 St. Bernard	SS	11.58	5		
Michelle Perry	12 Quartz Hill	SS	11.72	6		
Bo Alade	11 Foothill Bak.	C	12.01	7		
Janice Thomas	12 Dorsey	LA	12.15	8		
Macklin Harris	11 Enterprise	N	12.35	9		



Double Trouble - Malika Edmonson of St. Bernard Playa del Rey was a state titlist in both the 100 and 200 meters last year. photo by Kirby Lee

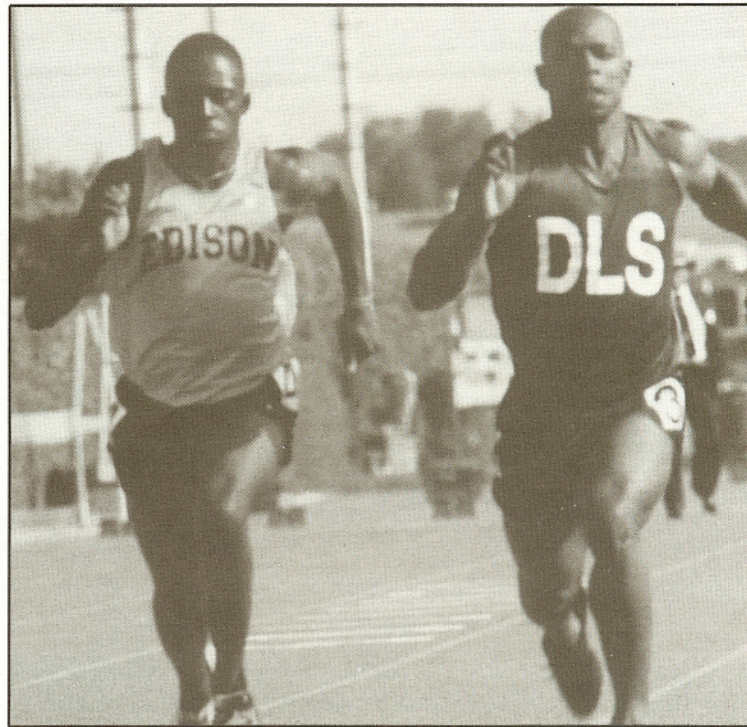
BOYS 100m RUN

Prelims: 7:00 p.m. - Fri. Final: 7:23 p.m. - Sat.

Records - National: 9.9 Henry Neal, Greenville, TX 1990

State: 10.30 Riley Washington, Southwest 1992

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Tramell Pree	12 Mt. Diablo	NC	11.13	1		
Atari Callen	10 De La Salle	NC	10.96	2		
Lance Wilson	12 Grace Davis	SJ	10.87	3		
Tierre Sams	12 Fresno	C	10.67	4		
Sultan McCullough	11 John Muir	SS	10.28	5		
Jerome Avery	12 Lemoore	C	10.56	6		
Yanta Morrow	10 Serra SD	SD	10.86	7		
Demetrus Patterson	11 Birmingham	LA	10.96	8		
Lenny Walls	12 Galileo	SF	11.09	9		
Antwon Chrisholm	11 Santa Rosa	NC	11.16	1		
Quincy Wright	11 El Camino Real	LA	10.97	2		
Devon Ward	11 University City	SD	10.87	3		
Kenny Wiley	12 Bullard	C	10.68	4		
Daryl Rideaux	10 Long Beach Poly	SS	10.43	5		
Miguel Fletcher	11 Alemany	NC	10.50	6		
Kevin Howard	12 Crenshaw	LA	10.83	7		
Aaron Bryant	11 Wilcox	CC	10.94	8		
Tim Stevens	11 San Ramon Valley	NC	11.07	9		
Daniel Jackson	11 Pleasant Valley	N	11.17	1		
Mike Taylor	12 Vacaville	SJ	11.00	2		
Joseph Hunter	11 Vacaville	SJ	10.89	3		
Ike Okenwa	11 Morse	SD	10.68	4		
Justin Fargas	11 Notre Dame SO	SS	10.45	5		
Dashaun McCullough	10 Serra	CC	10.46	6		
Chris Vivit	12 North Monterey	CC	10.74	7		
Kenny Slayton	12 Oak Grove	CC	10.94	8		
Andre Ammons	12 Skyline	O	11.01	9		



Tierre Sams of Edison High School and Leon Cullen (right) photo by Bill Cockerham, California Track and Running News.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS 800m RUN

Prelims: 7:12 p.m. - Fri. Final: 7:30 p.m. - Sat.

Records - National: 2:04.5 Joletta Clark, Maplewood, NJ (Columbia) 1980

State: 2:04.91 Trena Hull, Compton 1984

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Lupe Banuelos	12 Exeter	C	2:21.45	1		
Jennifer Stief	09 Escalon	SJ	2:16.84	2		
Colleen Wrenn	11 Palo Alto	CC	2:14.34	3		
Liz Morse	09 Corona del Mar	SS	2:12.53	4		
Angelita Green	09 Long Beach Poly	SS	2:10.50	5		
Stephanie Chavez	12 Los Gatos	CC	2:12.44	6		
Makia Nelson	11 Brea-Olinda	SS	2:14.15	7		
Rachelle Loftus	12 Buchanan	C	2:16.70	8		
Wendy Chan	11 Taft	LA	2:20.51	9		
Nicole Ruff	11 Las Plumas	N	2:21.98	1		
Jayda Bailey	09 Taft	LA	2:19.14	2		
Lesley Bravin	09 Valhalla	SJ	2:14.75	3		
Danielle Price	11 James Logan	NC	2:12.99	4		
Lindsay Hyatt	10 Placer	SJ	2:10.92	5		
Jenny Petite	11 Yucaipa	SS	2:12.36	6		
Angie Milner	12 Modesto	SJ	2:14.11	7		
Drisana Carey	12 University of SD	SD	2:15.77	8		
Vanessa Lewis	11 Fremont Oakland	O	2:20.49	9		
Sopagna Eap	10 Lowell	SF	2:24.69	1		
Emily Barrus	11 Clovis	C	2:20.12	2		
Erin Dehahn	10 Hilltop	CC	2:15.63	3		
Katie Bernarding	12 Sir Francis Drake	NC	2:13.45	4		
Monica Van Wegen	12 Amador Valley	NC	2:11.87	5		
Summer Shaw	12 Huntington Beach	SS	2:12.03	6		
Jennifer Bridgeman	12 James Logan	NC	2:13.55	7		
Brianna Denley	12 North Monterey	CC	2:15.74	8		
Margaret Roche	10 Grant	LA	2:20.21	9		



Returning state champion Lindsey Hyatt of Placer High in Auburn.

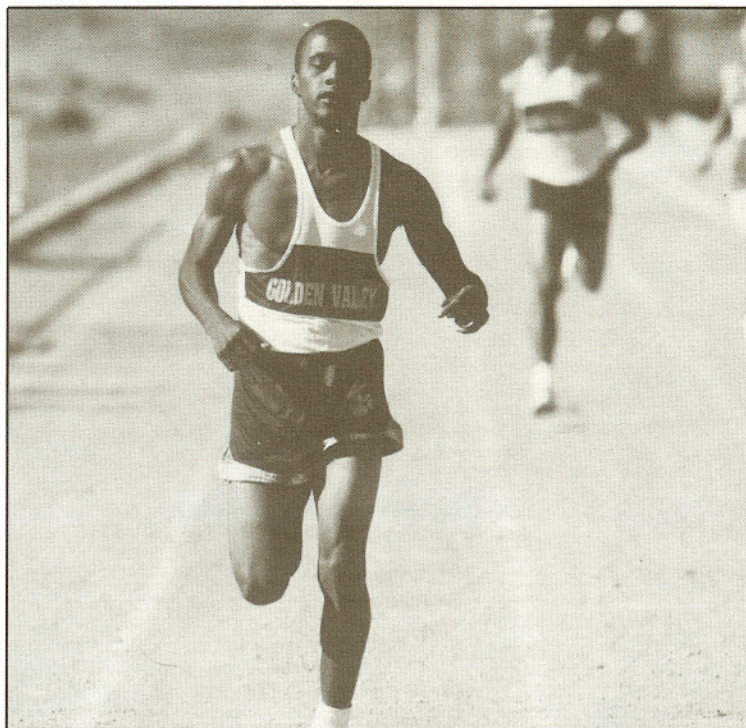
BOYS 800m RUN

Prelims: 7:27 p.m. - Fri. Final: 7:37 p.m. - Sat.

Records - National: 1:46.41 Michael Granville, Bell Gardens, CA 1996

State: 1:46.41 Michael Granville, Bell Gardens, CA 1996

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Jesse Mullins	12 Shasta	N	1:59.91	1		
Jose Arambula	11 McFarland	C	1:56.86	2		
Jeff George	12 De La Salle	NC	1:55.36	3		
Devin Lindahl	10 Dana Hills	SS	1:54.70	4		
James Levine	13 Golden Valley	SJ	1:51.47	5		
Mark Hassell	12 Barstow	SS	1:54.59	6		
Eric Soliz	12 Costa Mesa	SS	1:54.88	7		
Ronald Fleming	11 Fremont	LA	1:56.35	8		
Gabriel Gil	12 Madera	C	1:59.40	9		
J. Webster	12 Fremont Oakland	O	2:00.13	1		
Jake Bouey	12 Bishop O'Dowd	NC	1:56.92	2		
Steve Daynes	12 El Capitan	SD	1:55.57	3		
Tamo Trujillo	11 North Monterey	CC	1:54.74	4		
Jason Rudolph	12 Palo Alto	CC	1:54.11	5		
Ryan Carroll	12 Merced	SJ	1:54.47	6		
Jared Plemons	12 Oakmont	SJ	1:54.87	7		
Troy Smith	11 California SR	NC	1:55.98	8		
Ryan Smithhart	10 Buchanan	C	1:58.09	9		
Suaro Cervantes	12 Balboa	SF	2:08.09	1		
Jose Andrade	12 Belmont	LA	1:57.01	2		
Hong Castejon	11 Mira Mesa	SD	1:55.93	3		
Jason Adkins	12 Wilcox	CC	1:54.77	4		
Drew Ostler	12 Mission San Jose	CC	1:54.15	5		
Ryan Meuse	11 Simi Valley	SS	1:54.40	6		
Owen Keville	12 Santa Monica	SS	1:54.84	7		
Jason Mavromatis	12 Granite Hills	LA	1:55.95	8		
Rafael Dominguez	12 Roosevelt	LA	1:57.73	9		



Golden Valley High looks to James Levine (above) who placed second in the 800 meters at the state finals in 1996.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS 300m HURDLES

Prelims: 7:42 p.m. - Fri. Final: 7:46 p.m. - Sat.

Records - National: 40.18 Leslie Maxie, Millbrae, CA (Mills) 1984

State: 40.26 Janeene Vickers, (Pomona) 1987

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Mandi Ruzieck	10 Tehachapi	SS	45.68	1		
Sarah Brown	11 Woodland	C	45.31	2		
Mickila Tate	13 Turlock	SJ	44.66	3		
Ryan Peters	10 Skyline	O	43.68	4		
Natasha Neal	11 James Logan	NC	41.23	5		
Lisa O'Reilly	12 St. Mary's Stock.	SJ	43.60	6		
Sunny Nicholas	11 Sunny Hills	SS	44.58	7		
Detra King	10 Long Beach Poly	SS	45.27	8		
Tiara Anderson	10 West Valley	N	45.67	9		
Frances Santin	11 Taft	LA	45.88	1		
Romi Carillo	11 Parker	SD	45.37	2		
Khameel Flemming	12 Dorsey	LA	44.79	3		
Randi Smith	11 Beverly Hills	LA	43.84	4		
Mandy Mazik	12 Capuchino	CC	42.14	5		
Tamara Gulley	9 Oak Grove	CC	43.44	6		
Carolyn King	11 Carondelet	NC	44.50	7		
Jennifer Fuller	10 Hilltop	SD	45.16	8		
Dee Scott	10 South Bakersfield	C	45.66	9		
Myesha Kirtman	12 Lowell	SF	46.16	1		
Sarah Bonilla	11 Brea-Olinda	SS	45.50	2		
Rachel Bauer	11 Buchanan	C	45.04	3		
Carrie McGraw	11 Mission San Jose	CC	43.98	4		
Daveeta Shepard	12 De Anza	NC	42.37	5		
Hannah Cooper	12 Hawthorne	SS	42.90	6		
Michelle Steingart	12 St. Francis MV	CC	44.04	7		
Nicole Rodriguez	12 Granite Hills	SD	45.06	8		
Angela Terry	11 Grant	LA	45.59	9		

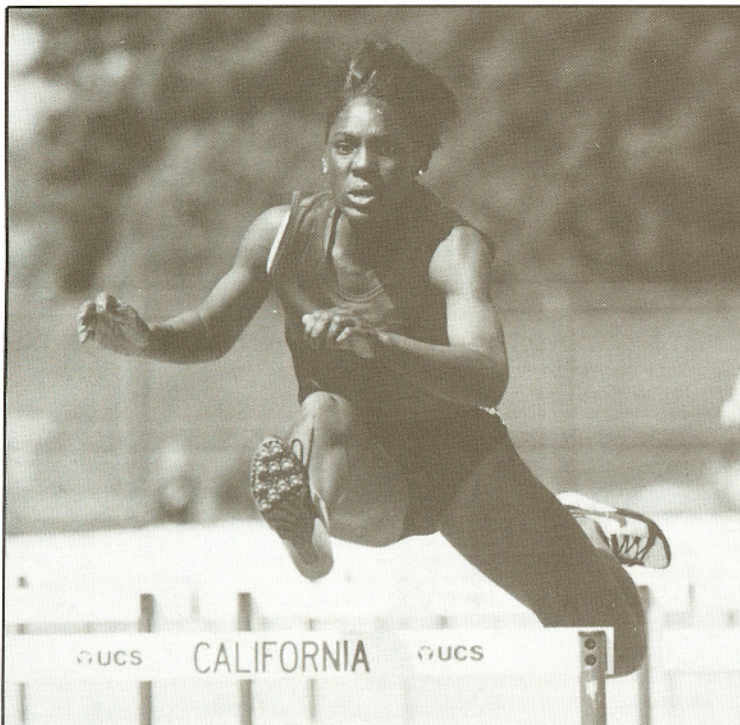
BOYS 300m HURDLES

Prelims: 7:42 p.m. - Fri. Final: 7:46 p.m. - Sat.

Records - National: 35.32 George Porter, Lompoc, CA (Cabrillo) 1985

State: 35.50 George Porter, Lompoc, CA (Cabrillo) 1985

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Kevin Mackey	11 Northgate	NC	39.69	1		
Thomas Hocker	11 Silver Creek	CC	39.05	2		
Richard Bravin	11 Valhalla	SJ	38.73	3		
Al Williams	11 Irvine	SS	38.20	4		
Dominique DeGrammo	12 Tustin	SS	36.70	5		
Tracy Smith	12 Rancho Buena Vista	SD	37.90	6		
Jason Andrews	12 Rancho Cotate	NC	38.64	7		
Derek Seymour	12 San Lorenzo Valley	NC	39.02	8		
Luke Dalske	12 Sutter	N	39.63	9		
Roy Edwards	12 Fremont Oakland	O	40.07	1		
Greg Lee	10 Dorsey	LA	39.07	2		
Stevonne Smith	12 University	LA	38.79	3		
Guy McGowan	11 Leigh	CC	38.34	4		
Kenyon Rambo	12 Long Beach Poly	SS	37.18	5		
David Warren	12 Hawthorne	SS	37.74	6		
Kevin Carter	12 South Bakersfield	C	38.58	7		
Marlon Beaver	11 Newark Memorial	NC	38.96	8		
Dave Bates	12 Del Oro	SJ	39.59	9		
Tino Ratliff	11 McAteer	SF	41.69	1		
Terry Ellis	10 Dorsey	LA	39.22	2		
Rich Nero	11 St. Mary's College	NC	38.79	3		
Leonard Lexion	11 San Bernardino	SS	38.43	4		
Reggie DePass	12 Montgomery	SD	37.47	5		
Nick Ray	11 Ridgeview	C	37.62	6		
Tim Bogdanoff	11 Buchanan	C	38.46	7		
John Knowles	12 Fairfield	SJ	38.88	8		
Ken Vaughn	12 Elk Grove	SJ	39.50	9		



Natasha Neal of James Logan High School.
photo by Ken Grimes



Reggie DePass of Montgomery High in San Diego was fourth in the 300 meter hurdles (37.22) at the 1996 state finals.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS 200m Run

Prelims: 8:08 p.m. - Fri. Final: 8:01 p.m. - Sat.

Records - National: 22.67 Marion Jones, Thousand Oaks 1992

State: 22.71 Marion Jones, Thousand Oaks 1992

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Macklin Harris	11 Enterprise	N	25.61	1		
Bo Alade	11 Foothill Bak.	C	25.15	2		
Adrena Williams	09 James Logan	NC	24.90	3		
Eboni Grayson	11 Taft	LA	24.42	4		
Kinshasa Davis	12 Wilson LB	SS	22.70	5		
Latrice Borders	10 Wilson LB	SS	24.21	6		
DeCola Groce	10 Morse	SD	24.62	7		
Zhauntel Holman	12 Valley	SJ	25.10	8		
Yahvoh Totimeh	11 Valley	SJ	25.40	9		
Amy Hill	12 Lowell	SF	26.93	1		
Tiffany Bennett	9 Centennial Bak.	C	25.28	2		
Hilma Decree	9 Foothill Bak.	C	24.94	3		
Sah Nee Roseby	9 North Salinas	C	24.58	4		
Malika Edmonson	12 St. Bernard	SS	23.52	5		
Brianna Glenn	11 La Mirada	SS	24.09	6		
Tania Woods	10 Skyline	O	24.61	7		
Annetta Wells	12 University	LA	25.01	8		
Brandee Grant	12 Holy Names	NC	25.39	9		
Kameelah Allen	09 Mt. Miguel	SD	27.07	1		
Shaunte Williams	11 Armijo	SJ	25.32	2		
Enjoli Smith	12 Gilroy	CC	24.98	3		
Aisha Margain	09 San Lorenzo	NC	24.58	4		
Damesha Craig	12 Menlo	CC	23.93	5		
Tiffany Thompson	10 Notre Dame SO	SS	24.01	6		
Janice Thomas	12 Dorsey	LA	24.59	7		
Andrea Booker	11 El Camino OS	SD	24.99	8		
Sharita Reed	11 Encinal	NC	25.39	9		

BOYS 200m RUN

Prelims: 8:20 p.m. - Fri. Final: 8:08 p.m. - Sat.

Records - National: 20.0 Roy Martin, Dallas, TX (Roosevelt) 1985

State: 20.77 Henry Thomas, Hawthorne 1984

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Ronald Evans	11 McAteer	SF	22.50	1		
Deywine Adams	12 Cleveland	LA	21.95	2		
Brian Grant	11 Ridgeview	C	21.86	3		
Andre Ammons	12 Skyline	O	21.54	4		
Sultan McCullough	11 John Muir	SS	20.80	5		
Kenny Slayton	12 Oak Grove	CC	21.53	6		
Joseph Hunter	11 Vacaville	SJ	21.83	7		
Marcus Fields	12 AA Stagg	SJ	21.93	8		
Shaun Ross	12 James Logan	NC	22.33	9		
Daniel Jackson	11 Pleasant Valley	N	22.51	1		
Hung Nguyen	10 Silver Creek	SJ	22.04	2		
Arvin Wu	11 El Camino SF	CC	21.86	3		
Ike Okenwa	11 Morse	SD	21.58	4		
Kareem Kelly	10 Long Beach Poly	SS	20.97	5		
Jason Manly	12 Rowland	SS	21.48	6		
Bryan Bartling	11 Grossmont	SD	21.81	7		
Devon Ward	11 University City	SD	21.90	8		
Ric Cottengim	10 Elk Grove	CC	22.22	9		
Tyree Davis	12 Pittsburg	NC	22.81	1		
Antwon Chrisholm	11 Santa Rosa	NC	22.13	2		
Demetrus Patterson	11 Birmingham	LA	21.87	3		
Kevin Howard	12 Crenshaw	LA	21.60	4		
Warren Rogers	09 Serra	CC	21.32	5		
Miguel Fletcher	11 Alemany	NC	21.40	6		
Jerome Avery	12 Lemoore	C	21.67	7		
Ryan Beasley	11 Bakersfield	C	21.89	8		
Dave Newton	12 San Ramon Valley	NC	22.19	9		



Chino High sensation Angela Williams placed second in the 200 meters at the 1996 state finals. photo by Kirby Lee



Miguel Fletcher of Alemany High School. photo by Bill Cockerham, California Track and Running News.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS 1600m RELAY

Prelims: 8:50 p.m. - Fri. Final: 8:48 p.m. - Sat.

Records - National: 3:37.69 Pasadena, CA (Muir) 1985

State: 3:37.71 Kennedy (Granada Hills) 1981

School	Sect.	Sect. Mark	Pos	Place	Mark
Buchanan	C	3:59.89	1		
Valley	SJ	3:57.61	2		
Taft	LA	3:54.46	3		
Skyline	O	3:52.35	4		
St. Bernard	SS	3:41.14	5		
Mission San Jose	CC	3:51.75	6		
Woodbridge	SS	3:54.30	7		
Leland	CC	3:57.00	8		
Poway	SD	3:58.35	9		
West Valley Cottonwood	N	4:02.27	1		
Archbishop Mitty	CC	3:57.68	2		
Westchester	LA	3:54.52	3		
Dorsey	LA	3:52.73	4		
Wilson Long Beach	SS	3:44.10	5		
James Logan	NC	3:51.00	6		
North JW	SS	3:54.16	7		
Stockdale	SJ	3:56.99	8		
Laguna Creek	SJ	3:58.15	9		
Lowell	SF	4:12.72	1		
Hilltop	SD	3:57.79	2		
Vallejo	SJ	3:55.61	3		
Morse	SD	3:53.43	4		
Long Beach Poly	SS	3:44.13	5		
Encinal	SJ	3:49.27	6		
St. Ignatius	SF	3:53.69	7		
Carondelet	NC	3:55.90	8		
Clovis West	C	3:58.10	9		

BOYS 1600m RELAY

Prelims: 9:10 p.m. - Fri. Final: 8:48 p.m. - Sat.

Records - National: 3:07.40 Hawthorne, CA 1985

State: 3:08.66 John Muir Pasadena, 1996

School	Sect.	Sect. Mark	Pos.	Place	Mark
Cardinal Newman	NC	3:23.54	1		
Skyline	O	3:20.74	2		
University City	SD	3:18.81	3		
Taft	LA	3:16.94	4		
John Muir	SS	3:12.83	5		
Golden Valley	SJ	3:16.51	6		
Gunn	CC	3:18.65	7		
Bakersfield	C	3:20.44	8		
Campolindo	NC	3:22.90	9		
Red Bluff	N	3:25.84	1		
Del Mar	CC	3:20.99	2		
Westchester	LA	3:19.06	3		
Morse	SD	3:17.79	4		
Dominguez	SS	3:13.91	5		
AA Stagg	SJ	3:16.08	6		
Ridgeview	C	3:18.57	7		
La Costa Canyon	SD	3:19.83	8		
California San Ramon	NC	3:22.69	9		
Lowell	SF	3:30.67	1		
Clovis	C	3:21.00	2		
Fairfield	SJ	3:19.14	3		
Dorsey	LA	3:17.84	4		
Hawthorne	SS	3:15.80	5		
Long Beach Poly	SS	3:16.07	6		
Notre Dame SO	SS	3:18.01	7		
St. Mary's College	NC	3:19.69	8		
St. Francis MV	CC	3:21.19	9		



Encinal High School's 1600 meter relay team.

photo by Ken Grimes



James Logan High's 1600 meter relay team.

photo by Ken Grimes

CIF ARCO am/pm STATE CHAMPIONSHIPS

GIRLS 3200m RUN

Final: 8:16 p.m. - Sat.

Records - National: 9:48.59 Kim Mortensen, Thousand Oaks 1996

State: 9:52.80 Kim Mortensen, Thous. Oaks, 1996

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Julia Stamps	12 Santa Rosa	NC	10:19.50	1		
Kristin Gordon	12 Carondelet	NC	10:20.91	2		
Andrea Neipp	12 Highland	SS	10:23.34	3		
Lauren Fleshman	11 Canyon CC	SS	10:33.13	4		
Trina Cox	10 Santa Rosa	NC	10:38.24	5		
Kimi Welch	11 Yucaipa	SS	10:38.96	6		
Yvonne Liebig	11 JF Kennedy Sac.	SJ	10:46.95	7		
Allyson Marquand	10 University Irvine	SS	10:52.62	8		
Marielle Schlueter	12 St. Ignatius	SF	10:59.04	9		
Emili Lawson	12 Clovis West	C	10:59.73	10		
Jen Schindler	12 Ponderosa	SJ	11:01.40	11		
Michelle Barrack	10 University of SD	SD	11:02.56	12		
Anne-Elyse Smith	11 Aptos	CC	11:02.94	13		
Alicia McFall	10 Newport Harbor	SS	11:03.07	14		
Susan Chou	12 Lowell	SF	11:04.31	15		
Ana Lilia Martinez	11 King City	CC	11:06.14	16		
Lisa Gills	11 Moreau	NC	11:08.34	17		
Kelly Grimes	11 Scripps Ranch	SD	11:12.03	18		
Michelle Leinfelde	12 Escalon	SJ	11:16.85	19		
Lanele Cox	10 Escondido	SD	11:17.08	20		
Stephanie McCarty	12 Madera	C	11:18.00	21		
Melissa Peralta	11 South Gate	LA	11:20.04	22		
Bree Akeeson	12 JF Kennedy	LA	11:21.97	23		
Jaime Jones	09 Cleveland	LA	11:22.02	24		
Angela Ruiz	12 Reedley	C	11:29.79	25		
Hillery Gemmill	12 Central Valley	C	11:55.71	26		
Stephanie Garcia	11 Skyline	O	12:54.95	27		

BOYS 3200m RUN

Final: 8:33 p.m. - Sat.

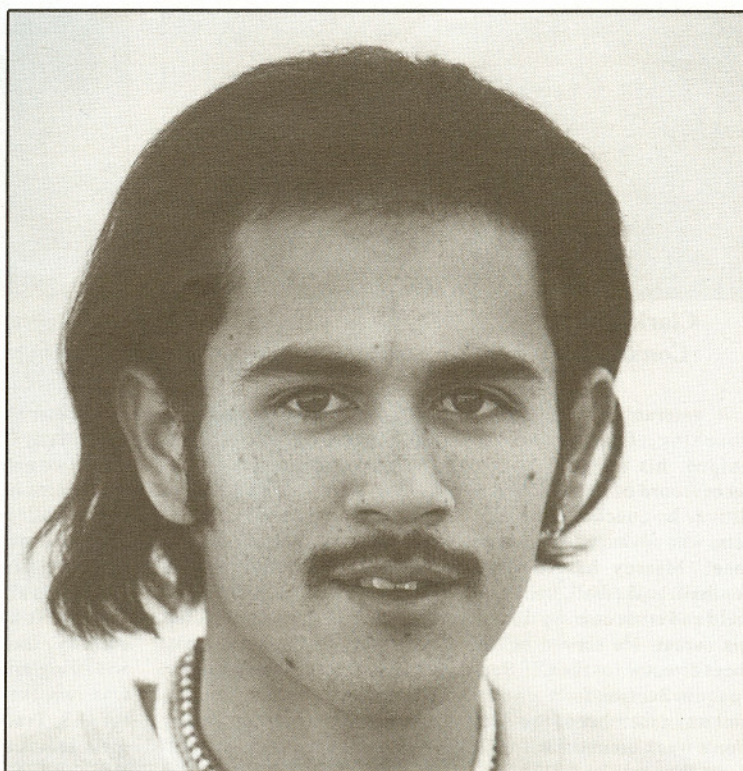
Records - National: 8:41.5 Steve Prefontaine, Coos Bay, OR (Marshfield) 1969

State: 8:44.9 Eric Hulst, Laguna Beach 1976

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Isaiah Festa	11 Morro Bay	SS	9:07.06	1		
Juan Chavira	11 Hanford	C	9:13.25	2		
Michael Khasahun	12 Fresno	C	9:14.32	3		
Chad Durham	11 Long Beach Poly	SS	9:14.97	4		
Noel Nelson	12 Redwood Visalia	C	9:15.25	5		
Ronnie Buchanan	11 Righetti	SS	9:18.61	6		
David Lopez	12 Hoover-Glendale	SS	9:18.94	7		
Dave Rodriquez	12 Mission San Jose	CC	9:19.28	8		
Mike Baskin	11 Mt. Carmel	SD	9:19.61	9		
Corey Creasey	12 Nevada Union	SJ	9:19.99	10		
Marcus Chandler	10 Serra SD	SD	9:20.09	11		
Justin Willingham	10 East Union	SJ	9:20.18	12		
Juan Pablo Miramon	12 Golden Valley	SJ	9:20.30	13		
Ryan Gallagher	12 Temecula Valley	SS	9:21.11	14		
Gary Passanisi	11 Aptos	CC	9:21.44	15		
Cuco Chavez	11 Hollister	C	9:23.72	16		
Adam Perez	11 Serra SM	CC	9:28.27	17		
Eron Tello	12 Rancho Bernardo	SD	9:28.63	18		
Tim Layden	11 De La Salle	NC	9:33.20	19		
David Vigil	10 College Park	NC	9:34.58	20		
Jose Merino	12 Crenshaw	LA	9:35.22	21		
Chad Foster	12 James Logan	NC	9:35.39	22		
Manuel Lopez	12 Belmont	LA	9:44.85	23		
Rodolfo Toro	12 Bell	LA	9:46.80	24		
David Braund	12 West Valley Cott.	N	9:48.82	25		
Aaron Clewis	12 Oakland	O	10:12.17	26		
Bentley Lim	10 Lowell	SF	10:28.30	27		



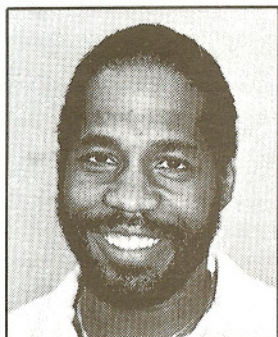
Andrea Neipp of Highland High looks to challenge Julia Stamps and Kristen Gordon. photo by Kirby Lee



David Lopez of Hoover High in Glendale.

1997 CIF ARCO *am/pm* State Track and Field Honor Coaches

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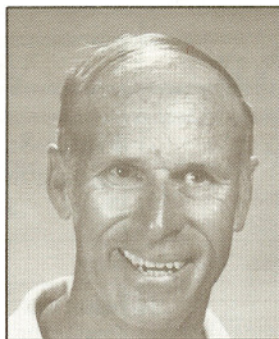
Steve Lang
Fremont High

Steve Lang began his coaching career in 1981 and has led Fremont High School in Los Angeles to 10 league titles and four section crowns. In addition, he has coached four individual state champions including Johnny Mitchell in the high jump, Greg Caldwell in the triple jump, Freeman Miller in the triple jump and Clarence Scott in the long jump. Lang was the CIF LA City Section Coach of the Year in 1981 and 1984. An outstanding athlete himself, Lang is a former CIF LA City Section champ in the high jump and captained the 1972 UCLA team that took the NCAA championship.



Jeff Dewitt
Skyline High

A cross country and track and field coach at Skyline High School in Oakland, Jeff Dewitt has coached a total of 25 state meet individual qualifiers in track and field (not including 1997). Dewitt has guided the track and field program at Skyline for the past seven years. During that time, Skyline has a 37-5 overall dual meet record, including 4-1 this season. In addition to guiding the track and field team at Skyline, Dewitt has coached the cross country team since 1990. His cross country teams have qualified for the state championships in all seven years.



Paul Kinder
Rancho Bernardo High

A veteran coach of 20 years, Paul Kinder's specialty is in the hurdles. As the hurdle coach at Rancho Bernardo High School, prior to taking over as head coach, Kinder guided his hurdlers to 32 league championships (16 for boys and 16 for girls). He has coached qualifiers to the state meet in each of the last 12 years including Pat Nash and Erin Blunt, who was a state champion from San Pasqual in 1991 (San Pasqual and Escondido combined to form Rancho Bernardo High School). Kinder was the Coach of the Year in the Avocado League in 1980.



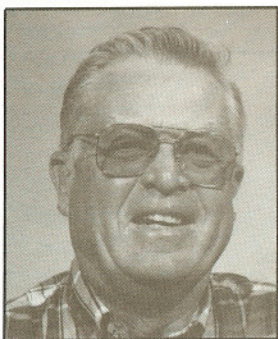
Manny Myers
Acalanes High

A highlight of Manny Myers career came when, as an assistant coach at CS Hayward, the women's team captured the AIAW National Track and Field Championship in 1981. He has coached at the high school level for 21 years and guided the Acalanes cross country team to a second place finish at the CIF North Coast Championships the last two years. In track and field, Myers has guided the girls' team to league titles in 1991, 1993-96, while the boys' were section titlists in 1992-94, and 1996. His 1994 girls team was second in the NCS championships.



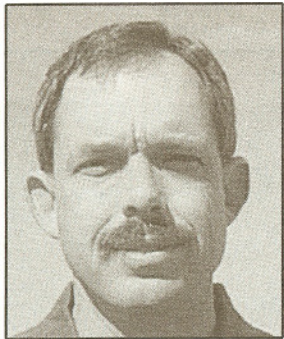
Amber Lassetter
Laguna Creek High

The head girls' track coach at Laguna Creek High for the past three years, Amber Lassetter coached her team to a second place finish in the CIF Sac-Joaquin Section ARCO *am/pm* finals in 1996. She has also guided the boys' and girls' cross country teams at Laguna Creek for the past three years. Prior to that, she coached at Del Campo High School. Lassetter will work as a member of the coaches corner at the 1997 state meet and worked the Mobil Outdoor National Track and Field Meet in 1996. She is currently the Delta League's cross country representative.



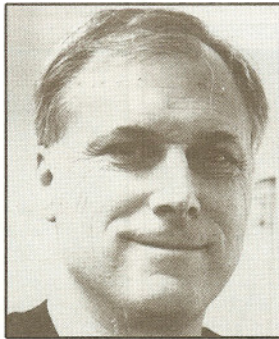
Clarke Massey
Cordova High

A veteran of 28 years of coaching, Clarke Massey guided his teams to a dual meet record of 148-12. In addition, he coached nine athletes who advanced to the state meet. Massey has coached football, basketball, track and field and cross country during his career. He served as the meet director for the CIF Sac-Joaquin Section for six years and was a member of the section's track committee for 10 years. His credits include being named Coach of the Year on 12 different occasions.



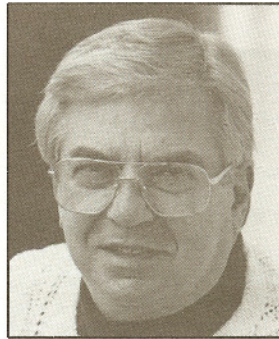
Gary Bennett
Big Valley High

Since taking over the track program at Big Valley High in 1993, Gary Bennett has guided Big Valley to two league titles and one 2A CIF Northern Section ARCO *am/pm* crown. In addition, in four of his five years coaching Big Valley has had individual qualifiers to the state meet. Coming from a small school in a rural area, it's not uncommon to see shot putters running in relay events at the school. Bennett gives a lot of credit for his success to his high school coach Gerald MacDonald.



Marty Growdon
Central Valley High

A former state meet participant, Marty Growdon competed on two national championship teams in the open 440 in junior college. He was twice an all-America selection. Growdon's first coaching position was at Morro Bay High School. He has coached cross country, track and field and wrestling and, 11 years ago, was involved as an official for U.S. Track and Field. His girls' teams at Central Valley High have garnered nine league and three CIF Northern Section ARCO *am/pm* titles.



Sandy Scher
Birmingham High

A long-time coach at Birmingham High School, Scher has 34 years of coaching to his credits - 32 in track and field. He has guided the boys' track teams to 14 league titles and one section crown in 1992. A former sprinter at UCLA, Scher was the head coach for the LA City All-Star Team in 1972. He clerked the Olympic Legends Meet at UCLA in 1983 and the Masters Distance Nationals in 1983. In 1964, he worked as a translator for a telecast of the first USA versus USSR Track Meet in the Coliseum (1964).



Renee Ross
Rancho Buena Vista HS

Renee Ross led Rancho Buena Vista high girls' track team to its first-ever Palomar league championship in 1994. A three-time Coach of the Year recipient, Ross trained and competed in her third U.S. Olympic Trials in the 800 meters in 1996. This coming after an eight year layoff and after having two children. Since 1990, Ross has had at least one individual qualifier advance to the state championships. Her teams have captured five league titles in her 10 seasons at the helm.

1997 CIF ARCO am/pm State Track and Field Honor Coaches

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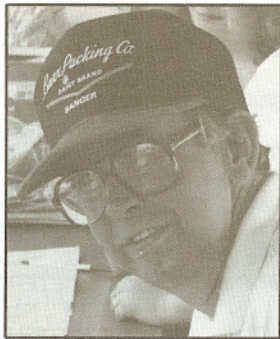
Ronald DiMaggio
Westmoor High

Ron DiMaggio received his bachelor's degree and teaching credential from CS Hayward in 1974. In 1979, he came to Westmoor High School as the head track and field coach. Over the past 18 years, his boys' and girls' varsity teams have won a combined total of 25 league championships, with a combined overall record of 242-34. In addition, DiMaggio's teams have qualified individuals to the state meet in 15 of those 18 years. DiMaggio has been recognized as Teacher of the Year at Fernando Rivera Junior High School.



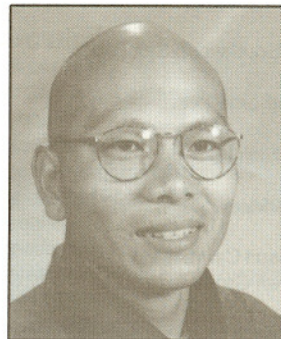
Larry Lung
Golden West High

Larry Lung is a 25-year veteran track and field coach. His credits include serving as the West Yosemite League representative in track and field. Additionally, he is the USA Track and Field Secretary for Central California and is the past-president of the USA Track and Field in Central California. Lung was the co-meet director for the section track and field championships in 1994. His girls' teams have won league titles in 1995-96, while his boys' won league in 1994. Additionally, his girls' have a 40-5-1 dual meet record the past five years.



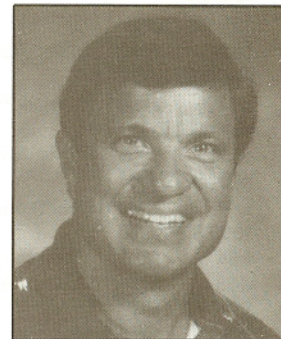
Ron Blackwood
Sanger High

To say that Ron Blackwood enjoys statistics - as they relate to sports - would be an understatement. Affectionately known as "Mr. Stat", Blackwood has researched records for all the football games ever played at Sanger High School and gets track and field records published throughout the state, working closely with the Fresno Bee.



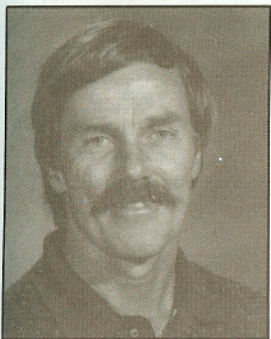
Dino Antonio
Balboa High

The head track and field coach at Balboa High since 1988, Dino Antonio is a former Balboa alumni. He has coached two athletes that advanced to the state finals - Vatau Pohahau, a shot putter, and Lisa Lopez, a miler. Antonio is the computer programmer for both the middle school and high school sectional meets. A graduate of San Francisco State University, Antonio loves coaching and working with students. He is also the girls' volleyball coach at Balboa High and teaches and coaches girls' volleyball at Aptos Middle School.



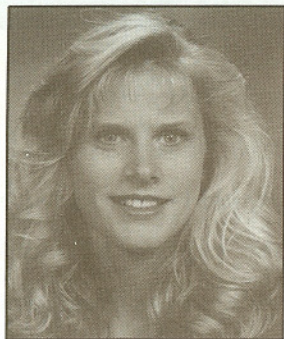
Bill Martin
Temple City High

A 30 year coaching veteran, Bill Martin has amassed an overall dual meet record of 258-130 at Temple City High School. He has guided the boys' team since 1967 and the girls' program from 1975 on. During that time, his teams have claimed eight league titles and finished as runner-ups in the CIF Southern Section ARCO am/pm Championships in 1985. He has coached eight state meet qualifiers with three in 1990. In addition to track and field, Martin is an assistant football coach and soccer at Temple City High.



Kit Myers
Santa Ynez High

A highlight of Kit Myers career came in 1985 when he guided Santa Ynez to a CIF Southern Section Championship in track and field. Myers has coached for 19 years and his teams have an overall dual meet record of 70-25 during that time. In addition, Santa Ynez has won seven league championships including five in a row at one point (1982-86). Myers has coached four individual state meet qualifiers while at Santa Ynez.



Pam Barstow
Brea-Olinda High

Pam Barstow has coached track and field for the past 11 years, with the last five as head track and field coach at Brea-Olinda. In those five years, Brea-Olinda has claimed five league titles and has an overall dual meet record of 46-17. The Orange League Coach of the Year from 1993-97, Barstow helped coach 15 athletes who made it to the state finals in Michigan. She credits assistant coach Dan Wilson with making a huge impact with her team.



Leading Contender -- Davetta Sheppard of De Anza High School looks for titles in both the 100 and 300 hurdles. photo by Ken Grimes.

CIF ARCO *am/pm* STATE TRACK AND FIELD CHAMPIONSHIP RECORDS

Boys

100 METERS		
10.30	Riley Washington, (Southwest) San Diego	1992
200 METERS		
20.77	Henry Thomas, Hawthorne	1984
400 METERS		
45.25	Calvin Harris, North Salinas	1993
800 METERS		
1:47.31	Pete Richardson, Berkeley	1981
1600 METERS		
4:04.00	Michael Stember, Jesuit Carmichael	1995
4:05.4	Mark Schilling, Garden Grove	1972*
3200 METERS		
8:44.9	Eric Hulst, Laguna Beach	1975
110 METER HIGH HURDLES		
13.41	Steve Kerho, Mission Viejo	1982
300 METER INTERMEDIATE HURDLES		
35.50	George Porter, (Cabrillo) Lompoc	1985
400 METER RELAY		
40.78	John Muir, Pasadena	1987
	Skyline, Oakland	1995
1600 METER RELAY		
3:08.66	John Muir, Pasadena	1996
HIGH JUMP		
7'3 1/4"	Lee Balkin, Glendale	1979
LONG JUMP		
26'4 3/4"	James Stallworth, Tulare	1989
POLE VAULT		
17'1/2"	Anthony Curran, (Crespi) Encino	1978
TRIPLE JUMP		
52'4 3/4"	Ken Frazier (Mission) San Francisco	1981
SHOT PUT		
74'4 3/4"	Brent Noon, Fallbrook	1990
DISCUS THROW		
203'4"	Brian Blutreich, (Cap. Valley) Mission Viejo	1985
	Rob Powell, Redwood	1990

*mile record

Girls

100 METERS		
11.14	Marion Jones, Thousand Oaks	1992
200 METERS		
22.83	Marion Jones, Thousand Oaks	1992
400 METERS		
52.39	Denean Howard, (Kennedy) Granada Hills	1982
800 METERS		
2:04.91	Trena Hull, Compton	1984
1600 METERS		
4:39.92	Polly Plumer, (University) Irvine	1982
3200 METERS		
9:52.80	Kim Mortensen, Thousand Oaks	1996
100 METER LOW HURDLES		
13.34	Janeene Vickers, Pomona	1987**
100 METER HIGH HURDLES		
13:45	Joanna Hayes, North Riverside	1995
300 METER LOW HURDLES		
40.26	Janeene Vickers, Pomona	1987
400 METER RELAY		
45.13	Berkeley	1981
1600 METER RELAY		
3:37.71	Kennedy, Granada Hills	1981
HIGH JUMP		
6'2"	Latrese Johnson, Clovis	1985
LONG JUMP		
22'0 1/2"	Marion Jones, Thousand Oaks	1993
POLE VAULT		
12-6	Melissa Price, Kingsburg	1995
TRIPLE JUMP		
43'11 1/2"	Juliana Yendork, Walnut	1991
SHOT PUT		
52'11 1/2"	Kristin Heaston, Ygnacio Valley	1993
DISCUS THROW		
174'2"	Suzy Powell, Downey Modesto	1994

**discontinued after 1993 season

U.S. NATIONAL HIGH SCHOOL RECORDS

Boys

100 METERS		
9.9	Henry Neal, Greenville, TX	1990
200 METERS		
20.0	Roy Martin, Dallas, TX, Roosevelt	1985
400 METERS		
45.25	Calvin Harrison, North Salinas, CA	1993
800 METERS		
1:46.41	Michael Granville, Bell Gardens HS, CA	1996
1600 METERS		
3:58.30	Jim Ryun, Wichita, KS, East	1965
3200 METERS		
8:41.50	Steve Prefontaine, Coos Bay, OR, Marshfield	1969
110 METER HIGH HURDLES		
12.9	Renaldo Nehemiah, Fanwood, NJ, Scotch Plains	1977
300 METER INTERMEDIATE HURDLES		
35.32	George Porter, Lompoc, CA, Cabrillo	1985
400 METER RELAY		
39.9	Jasper, TX	1991
1600 METER RELAY		
3:07.40	Hawthorne, CA	1985
HIGH JUMP		
7'5 1/4"	Dothel Edwards, Athens, GA, Cedar Shoals	1984
LONG JUMP		
26'4 3/4"	James Stallworth, Tulare	1989
POLE VAULT		
17'9 1/2"	Joe Dial, Narlow, OK	1981
TRIPLE JUMP		
52'10 1/2"	Charles Mayfield, Pasadena, CA, John Muir	1980
SHOT PUT		
77' 0"	Michael Carter, Dallas, TX, Jefferson	1979
DISCUS THROW		
224' 3"	Kamy Keshmiri, Reno, NV	1987

Girls

100 METERS		
11.14	Marion Jones, Thousand Oaks, CA	1992
200 METERS		
22.67	Marion Jones, Thouand Oaks, CA	1992
400 METERS		
52.39	Denean Howard, Granda Hills, CA, Kennedy	1982
800 METERS		
2:04.5	Joletha Clark, Maplewood, NJ, Columbia	1980
1600 METERS		
4:39.4	Laura Matson, Andover, Bloomfield Hills, MI	1985
3200 METERS		
9:48.59	Kim Mortensen, Thousand Oaks, CA	1996
100 METER HIGH HURDLES		
13.33	Dawn Boyles, Neptune, New Jersey	1988
300 METER LOW HURDLES		
40.18	Leslie Maxie, Millbrae, CA, Mills	1984
400 METER RELAY		
45.11	Hawthorne, CA	1985
1600 METER RELAY		
3:37.69	Pasadena, CA John Muir	1985
HIGH JUMP		
6'3	Amy Acuff, Corpus Christi, Calallen TX	1992
LONG JUMP		
22' 1 3/4"	Kathy McMillian, Raeford, NC, Hoke County	1976
POLE VAULT		
12-6	Melissa Price, Kingsburg	1995**
TRIPLE JUMP		
44-0 1/2	Juliana Yendork, Walnut, CA	1991
SHOT PUT		
53'7 3/4"	Natalie Kaaiawahia, Fullerton, CA	1983
DISCUS THROW		
188'4"	Suzy Powell, Downey Modesto, CA	1994

PAST CIF ARCO *am/pm* STATE TRACK AND FIELD TEAM CHAMPIONS

BOYS

School	Points	Coach	Location	Dates
Manual Arts, Los Angeles	25	Otto Fritsch	Fresno High	4/3/1915
Manual Arts, Los Angeles	37 1/2	Otto Fritsch	YMCA Field, Los Angeles	4/8/1916
Coalinga	25	Charles Geer	Berkeley	4/28/1917
Pasadena	25	George Main	Sacramento Fair	4/27/1918
Manual Arts, Los Angeles	21	Sid Foster	San Bernardino High	4/26/1919
Los Angeles	18	Glenn Whittle	Bakersfield Fair	4/24/1920
Lincoln, Los Angeles	17	Tommy Davis	Berkeley	4/30/1921
Huntington Beach	16	Ray Walker	Stockton Fair	5/6/1922
Hollywood	17 1/2	William Paige	Occidental College, Los Angeles	5/12/1923
Manual Arts, Los Angeles	26	Sid Foster	Taft High	5/10/1924
Manual Arts, Los Angeles	16	Sid Foster	Stanford Stadium	5/9/1925
Polytechnic, Los Angeles	17	Edward Leahy	Los Angeles Coliseum	5/8/1926
Glendale	35	Norman Hayhurst	Modesto High	5/7/1927
Polytechnic, Long Beach	21	Norman Baker	Selma High	5/5/1928
San Diego	22 3/4	Glenn Broderick	Los Angeles Coliseum	5/11/1929
Sacramento (tie)	11	Lawrence Janssen	Berkeley	5/10/1930
San Diego (tie)	11	Glenn Broderick		
Santa Ana (tie)	11	G.A. "Tex" Oliver		
Polytechnic, Los Angeles	19 1/2	Edward Leahy	Visalia	5/23/1931
Polytechnic, Long Beach	22 1/2	Norman Baker	Modesto Junior College	5/2/1932
Central, El Centro	18	J.H. Armstrong	Los Angeles Coliseum	5/20/1933
Muir, Pasadena	15 1/2	Albion Walton	Edwards Stadium, Berkeley	5/26/1934
Fullerton	14	Harold Lang	Ratcliffe Stadium, Fresno	5/25/1935
Muir, Pasadena	18	Albion Walton	Gridley High	5/23/1936
Jefferson, Los Angeles	23 1/2	Harold Edelson	Wilson High, Long Beach	5/22/1937
San Diego	18 1/2	Glenn Broderick	San Benito High, Hollister	5/28/1938
Bakersfield	16	"Cap" Haralson	Los Angeles Coliseum	5/27/1939
Bakersfield	18 1/2	"Cap" Haralson	Visalia High	5/25/1940
Edison, Fresno	22	Harold Bicknell	Spartan Stadium, San Jose	5/24/1941
Redondo	21	Harold Grant	Compton College	5/25/1946*
Washington, Los Angeles	24	Gail Wyatt	Visalia High	5/31/1947
Jordan, Los Angeles	22	Bill Zazueta	Edwards Stadium, Berkeley	5/29/1948
Jefferson, Los Angeles	28 1/2	Estel Johnson	Los Angeles Coliseum	5/28/1949
Jefferson, Los Angeles	40	Estel Johnson	Hughes Stadium, Sacramento	5/27/1950
Jefferson, Los Angeles	16 1/2	Estel Johnson	Edwards Stadium, Berkeley	5/26/1951
Jefferson, Los Angeles	30 1/2	Estel Johnson	Los Angeles Coliseum	5/24/1952
Manual Arts, Los Angeles	16 3/5	Charles Toney	Ratcliffe Stadium, Fresno	5/29/1953
Alameda	19	Lewis Jolley	Edwards Stadium, Berkeley	5/29/1954
Centennial, Compton	29	Bill Gill	Los Angeles Coliseum	5/28/1955
Jefferson, Los Angeles	24 2/3	Estel Johnson	Chico State College	6/2/1956
Berkeley	23	Rich Hacker	Edwards Stadium, Berkeley	6/1/1957
Compton (tie)	11	Ernest Hartman	Veterans Stadium, Long Beach	5/31/1958
Manual Arts, Los Angeles (tie)	11	Charles Toney		
Polytechnic, Long Beach	14	Leon Forman	Memorial Stadium, Bakersfield	5/29/1959
Jordan, Los Angeles	15	Jesse Flores	Stanford Stadium	6/4/1960
Centennial, Compton	11	Bill Gill	East Los Angeles College	6/3/1961
Jefferson, Los Angeles	14	John Childress	Modesto Junior College	6/2/1962
Edison, Fresno	15	Frank Fletcher	Edwards Stadium, Berkeley	5/31-6/1/1963
Jefferson, Los Angeles (tie)	13	Andy Bakjian	Los Angeles Coliseum	6/5-6/1964
Polytechnic, Long Beach (tie)	13	Leon Forman		
Polytechnic, Long Beach	19	Leon Forman	Memorial Stadium, Bakersfield	6/4-5/1965
Dorsey, Los Angeles	22	Rod Richard	Edwards Stadium, Berkeley	6/3-4/1966
Muir, Pasadena	26	Walter Opp	Balboa Stadium, San Diego	6/2-3/1967
Centennial, Compton	26	Bill Gill	Edwards Stadium, Berkeley	5/31-6/1/1968
Los Angeles	22	E. Bravo	UCLA	6/6-7/1969
Los Altos	29	Leo Long	Edwards Stadium, Berkeley	6/5-6/1970
Lompoc	13	Frank Hiatt	UCLA	6/4-5/1971
Sacramento	18**	Scotty Bingham	Oroville High	6/1-2/1972
Wilson, San Francisco	20	Adam Banks	Woodland High	6/1-2/1973
Muir, Pasadena	23**	Walter Opp	Memorial Stadium, Bakersfield	5/31-6/1/1974
Harry Elis, Richmond	22	Silvester Greenwood	San Diego	6/6-7/1975
Hamilton, Los Angeles (tie)	12	Gene Broadwater	U.C. Berkeley	6/4-5/1976
San Fernando, Los Angeles (tie)	12	John Wachtler		
Pasadena	26	Bob Pruitt	UCLA	6/3-4/1977
El Camino, Oceanside	16	Neill Kovacevich	Memorial Stadium, Bakersfield	6/2-3/1978
Pasadena	16	Art Large	Hughes Stadium, Sacramento	6/1-2/1979
Berkeley	41	Willie White	Edwards Stadium, Berkeley	6/6-7/1980
Berkeley	58	Willie White	Cerritos College, Norwalk	6/5-6/1981
Crenshaw, Los Angeles (Tie)	20	Bob Volles	Hughes Stadium, Sacramento	6/4-5/1982
Mission Viejo (Tie)	20	Gene Gurley		

PAST CIF ARCO *am/pm* STATE TRACK & FIELD TEAM CHAMPIONS

BOYS (cont.)

School	Points	Coach	Location	Dates
Hawthorne	40**	Kye Courtney	Memorial Stadium, Bakersfield	6/4/1983
Hawthorne	52	Kye Courtney	Los Angeles Coliseum	6/2/1984
Hawthorne	29	Kye Courtney	Sacramento	5/31/1985
Taft, Woodland Hills	26	Tom Stevenson	Cerritos College, Norwalk	6/6/1986
Hawthorne	34	Kye Courtney	Sacramento	6/5/1987
Hawthorne	34	Kye Courtney	Cerritos College, Norwalk	6/3/1988
Hawthorne	40	Kye Courtney	Cerritos College, Norwalk	6/2-3/1989
Muir	24	Clyde Turner	Cerritos College, Norwalk	6/1-2/1990
Compton	30	Alonzo Simmons	Cerritos College, Norwalk	5-31-6-1/1991
Bakersfield	25	Art Dalzell	Cerritos College, Norwalk	6/5-6/1992
Merced (tie)	36	Greg MCKinstry	Cerritos College, Norwalk	6-19/1993***
North Salinas (tie)	36	Ed Barber		
Muir Pasadena	36	Clyde Turner	Cerritos College, Norwalk	6/3-4/1994
Muir Pasadena	38	Cyde Turner	Cerritos College, Norwalk	6/2-3/1995
Muir Pasadena	57	Clyde Turner	Cerritos College, Norwalk	5-31/6-1/1996

* No meets held during the World War II period (1941-45)

** Reported figures for finals. Scoring system was 5-3-2-1 from 1915 to 1928; 5-3-2-1 1/2 from 1929 to 1965; 6-4-3-2-1 from 1966 to 1979; and 10-8-6-5-4-3 since 1980

*** Meet rescheduled due to rain

GIRLS

School	Points	Coach	Location	Dates
Berkeley	13	Willie White	Memorial Stadium, Bakersfield	5/31-6/1/1974
Washington, Los Angeles	22	Arnice Reddick	San Diego	6/6-7/1975
Berkeley	20	Willie White	U.C. Berkeley	6/4-5/1976
Locke, Los Angeles	14	Cherie Muller-Williams	UCLA	6/3-4/1977
Hill, San Jose	16	John Johnigan	Memorial Stadium, Bakersfield	6/2-3/1978
Westchester	24	Pat Nordell	Hughes Stadium, Sacramento	6/1-2/1979
Kennedy, Granada Hills	48	Dixie Griffen	Edwards Stadium, Berkeley	6/6-7/1980
Berkeley	64	Willie White	Cerritos College, Norwalk	6/5-6/1981
Berkeley	48	Willie White	Hughes Stadium, Sacramento	6/4-5/1982
Berkeley	29	Willie White	Memorial Stadium, Bakersfield	6/4/1983
Woodside	38	Susie Wilson	Los Angeles Coliseum	6/2/1984
Muir, Pasadena	55	Jim Brownfield	Sacramento	5/31/1985
Hawthorne	40	Kye Courtney	Cerritos College, Norwalk	6/6/1986
Pomona	30	Isaiah Sanders	Sacramento	6/5/1987
Bakersfield (tie)	28	Scott Semar	Cerritos College, Norwalk	6/3/1988
Rio Mesa (tie)	28	Brian Fitzgerald/Rick Torres		
Muir, Pasadena	36	Jim Brownfield	Cerritos College, Norwalk	6/2-3/1989
Bakersfield	61	Scott Semar	Cerritos College, Norwalk	6/1-2/1990
Morningside	28	Ron Tatum	Cerritos College, Norwalk	5-31-6-1/1991
Long Beach Poly	39	Don Norford	Cerritos College, Norwalk	6/5-6/1992
Long Beach Poly	56	Don Norford	Cerritos College, Norwalk	6-19/1993***
Skyline Oakland	36	Darrell Hampton	Cerritos College, Norwalk	6/3-4/1994
Long Beach Poly	52	Don Norford	Cerritos College, Norwalk	6/2-3/1995
Long Beach Wilson	43	Terry Kennedy	Cerritos College, Norwalk	5-31/6-1/1996

Scoring system used were 5-3-1 in 1974; 5-4-3-2-1 from 1976 to 1979; and 10-8-6-4-2-1 since 1980.

*** Meet rescheduled due to rain

CIF ARCO *am/pm* STATE TRACK AND FIELD TEAM RECORDS

BOYS

Most State Championships

- 8 - Jefferson, Los Angeles (1938, 49-52, 56, 62, 64)
- 8 - Muir, Pasadena (1934, 36, 67, 74, 90, 94-96)
- 7 - Manual Arts, Los Angeles (1915, 16, 19, 24, 25, 53, 58)
- 6 - Hawthorne (1983-85, 1987-89)
- 5 - Polytechnic, Long Beach (1928, 32, 59, 64-65)

Most Consecutive State Championships

- 4 - Jefferson, Los Angeles (1949-52)
- 3 - Hawthorne (twice; 1983-85, 1987-89)

GIRLS

Most State Championships

- 5 - Berkeley (1974, 76, 1981-83)
- 3 - Long Beach Poly (1991-92, 94)
- 2 - Muir, Pasadena (1985, 1989)
- 2 - Bakersfield (1988, 1990)

Most Consecutive State Championships

- 3 - Berkeley (1981-83)
- 2 - Long Beach Poly (1991-92)

Note: Boys CIF ARCO *am/pm* State Track and Field Championships began in 1915 and have been held annually since - excluding the World War II years (1941-45); The CIF ARCO *am/pm* Girls State Track and Field Championships were initiated in 1974 and have been held annually since.

CIF ARCO *am/pm* STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS (Boys)

100-Meter Dash

1957 - Preston Griffin (Centennial, Compton)	9.6
1958 - Hubie Watson (Jordan, L.A.)	9.6
1959 - Bill Cowings (Fowler)	9.7
1960 - Bill Cowings (Fowler)	9.7
1961 - Forrest Beaty (Hoover, Glendale)	9.5
1962 - Forrest Beaty (Hoover)	9.5
1963 - Alvin Mann (Edison, Fresno)	9.6
1964 - Jim Hines (McClymonds, Oak.)	9.7
1965 - Harold Busby (Muir, Pasadena)	9.5
1966 - Phil Underwood (Dorsey, L.A.)	9.6
1967 - Mel Gray (Montgomery, Santa Rosa)	9.4
1968 - Bob Ballard (Bellflower)	9.6
1969 - Willie Robinson (Central, El Centro)	9.6
1970 - Alle Carter (Bonita, La Verne)	9.8
1971 - George Reddick (Hamilton, L.A.)	9.6
1972 - Carl McCullough (Sacramento)	9.5
1973 - Elijah Jefferson (Crawford, S.D.)	9.6w
1974 - Elijah Jefferson (Crawford, S.D.)	9.8
1975 - Kevin Williams (San Fernando)	9.4
1976 - Billy Mullins (Hamilton, L.A.)	10.4
1977 - David Russell (Henry, S.D.)	9.61
1978 - Michael Sanford (Pasadena)	9.85
1979 - Bill Green (Cubberley, Palo Alto)	9.59
1980 - Howard Hawkins (Warren, Downey)	10.55
1981 - Ken Robinson (Berkeley)	10.60
1982 - Lew Dunn (North, Riverside)	10.53
1983 - Steve Jones (Burbank, Sacramento)	10.64
1984 - Henry Thomas (Hawthorne)	10.44
1985 - Ron McCree (Madera)	10.49
1986 - Ron McCree (Madera)	10.57
1987 - Quincy Watts (Taft)	10.49
1988 - Darren Stringer (Vacaville)	10.78
1989 - Curtis Conway (Hawthorne)	10.42
1990 - Napoleon Kaufman (Lompoc)	10.57
1991 - Ricky Carrigan (Compton)	10.33w
1992 - Riley Washington (Southwest)	10.30
1993 - Bryan Howard (Canyon Springs)	10.43
1994 - Pat Johnson (Redlands)	10.43
1995 - Marques Holliwell (West Bakersfield)	10.43w
1996 - Jim McGee (Sacramento)	10.52

200-Meter Dash

1957 - Preston Griffin (Centennial, Compton)	21.3
1958 - Mel Clipper (Muir, Pasadena)	20.7
1959 - Hubie Watson (Jordan, L.A.)	21.6
1960 - Bill Cowings (Fowler)	21.0
1961 - Forest Beaty (Hoover, Glendale)	21.5
1962 - Richard Stebbins (Fremont, L.A.)	20.9
1963 - John House (Muir, Pasadena)	21.3
1964 - Jim Hines (McClymonds, Oak.)	21.5**
1965 - Harold Busby (Muir, Pasadena)	21.0
1966 - Phil Underwood (Dorsey, L.A.)	21.2
1967 - Mel Gray (Montgomery, Santa Rosa)	20.7**
1968 - Willie Deckard (Dorsey, L.A.)	21.7
1969 - Willie Robinson (Central, El Centro)	21.7
1970 - Jackie White (Santa Ana)	21.5
1971 - Chuck Bommarito (Crestmoor, San Bruno)	21.2
1972 - Mike Shavers (Albany)	21.0
1973 - Clancy Edwards (Santa Ana)	21.2
1974 - Millard Hampton (Silver Creek, San Jose)	21.1
1975 - Billy Mullins (Hamilton, L.A.)	21.2
1976 - Billy Mullins (Hamilton, L.A.)	21.6
1977 - David Russell (Henry, S.D.)	20.97
1978 - Michael Sanford (Pasadena)	21.42
1979 - Michael Sanford (Pasadena)	21.00
1980 - Ken Robinson (Berkeley)	21.21
1981 - Kevin Wilhite (Cordova)	20.81
1982 - Antonio Manning (Hamilton)	21.05
1983 - Henry Thomas (Hawthorne)	21.02
1984 - Henry Thomas (Hawthorne)	20.77
1985 - Michael March (Hawthorne)	20.83
1986 - Quincy Watts (Taft, Woodland Hills)	21.03
1987 - Quincy Watts (Taft)	20.99
1988 - Bryan Bridgewater (Washington)	21.00
1989 - Barry Smith (Mission)	20.82
1990 - Napoleon Kaufman (Lompoc)	21.15
1991 - Ricky Carrigan (Compton)	20.84w
1992 - Gentry Bradley (Piux X)	20.97
1993 - Calvin Harrison (North Salinas)	21.12
1994 - Pat Johnson (Redlands)	21.01
1995 - Bryan Harrison (Dana Hills)	20.82w

1996 - Obea Moore (Muir Pasadena) 20.91

** Turn (Since 1967, to 220 and then 200 meters were run exclusively around one turn.)

400-Meter Dash

1958 - Dixon Farmer (Miramonte, Orinda)	48.6
1959 - Dixon Farmer (Miramonte)	48.6
1960 - Uli Williams (Compton)	47.2
1961 - Uli Williams (Compton)	47.8
1962 - Manual Diaz (Keppel, Alhambra)	47.8
1963 - Tommie Smith (Lemoore)	47.3
1964 - Fred Banks (Jefferson, L.A.)	47.5
1965 - Randy Julian (Bolsa Grande, Garden Grove)	47.4
1966 - Mike Newton (Whittier)	47.2
1967 - Mike Newton (Whittier)	47.2
1968 - Edesel Garrison (Centennial, Compton)	46.7
1969 - Larance Jons (Lemoore)	46.8
1970 - Rick Brown (Los Altos)	47.8
1971 - Tony Kryosiak (Garden Grove)	46.7
1972 - Robert Harrell (Santa Ana)	47.4
1973 - Ron Whitaker (Wilson, S.F.)	47.0
1974 - Rod Connors (Cordova)	47.7
1975 - John Ware (Sacramento)	47.2
1976 - Darold Harris (Pittsburg)	47.6
1977 - James Sanford (Pasadena)	46.60
1978 - Bill Green (Cubberley, Palo Alto)	46.77
1979 - Tony Banks (Morse, San Diego)	47.28
1980 - Mike Turner (Centennial, Compton)	47.51
1981 - David Timmons (Oakland)	47.09
1982 - Fabian Cooper (Washington)	46.38
1983 - Larry Walker (Edison, Fresno)	47.03
1984 - Chip Rish (Marina)	46.82
1985 - Chip Rish (Marina)	45.7
1986 - Steve Lewis (American, Fremont)	46.59
1987 - Steve Lewis (American, Fremont)	46.7
1988 - Travis Hannah (Hawthorne)	47.02
1989 - Beno Bryant (Dorsey)	47.52
1990 - Mike Sulcer (Muir)	47.54
1991 - Richard Dupree (Roosevelt)	47.21
1992 - Derek Shephard (Lincoln)	46.95
1993 - Calvin Harrison (North Salinas)	45.25
1994 - James Davis (Wood Vacaville)	46.96
1995 - Obea Moore (Muir Pasadena)	46.08
1996 - Obea Moore (Muir Pasadena)	45.81

800-Meter Run

1957 - Jim Cerveny (Mission Bay, S.D.)	1:52.7
1958 - Alfred Gentry (Fremont, L.A.)	1:55.4
1959 - Dave Dunbar (Westmoor, Daly City)	1:53.2
1960 - Ray VanAsten (Bonita, La Verne)	1:51.9
1961 - Mike Gibeau (Lincoln, S.F.)	1:53.1
1962 - Doug Parker (Chico)	1:52.2
1963 - Dennis Carr (Lowell, Whittier)	1:50.9
1964 - Bob Hose (Madison, S.D.)	1:57.7
1965 - Richard Joyce (Sierra, Whittier)	1:48.8
1966 - Terry Rogers (Hilltop, Chula Vista)	1:51.5
1967 - Lawrence Banks (Dorsey, L.A.)	1:51.2
1968 - George Alfaro (Pittsburg)	1:52.3
1969 - Ricco Sanchez (Canoga Park)	1:51.6
1970 - Rick Brown (Los Altos)	1:50.6
1971 - Percell Keeling (Morningside, Inglewood)	1:51.9
1972 - Dale Scott (El Cerrito)	1:49.7
1973 - Randy Lopez (Alhambra)	1:52.4
1974 - John Musich (Burbank)	1:51.0
1975 - Conrad Suhr (Leigh, San Jose)	1:51.0
1976 - Wyatt Bishop (Carlmont, Belmont)	1:54.4
1977 - Jim Walters (Estancia, Costa Mesa)	1:49.4
1978 - David Mack (Locke, L.A.)	1:53.83
1979 - David Mack (Locke)	1:50.17
1980 - Peter Quinonez (Tulare)	1:50.11
1981 - Pete Richardson (Berkeley)	1:47.31
1982 - John Phillips (Los Altos)	1:49.99
1983 - Kimmie James (Richmond)	1:50.63
1984 - Eric Schemerhorn (Woodbridge)	1:49.61
1985 - Sean Langer (Bakersfield)	1:51.75
1986 - Vincent Thompson (Locke, L. A.)	1:50.25
1987 - Don Gabor (Amador Valley)	1:52.3
1988 - Mark Senior (Mt. Miguel)	1:51.37
1989 - Gordon Johnson (Piedmont)	1:51.88
1990 - Craig Magress (Santa Teresa)	1:51.66
1991 - Mike Terry (El Modena)	1:53.99

800-Meter Run (Cont.)

1992 - Mike Katri (Fortuna)	1:49.56
1993 - Vondre Armour (Bakersfield)	1:50.13
1994 - Michael Granville (Bell Gardens)	1:49.82
1995 - Aaron Richberg (James Logan)	1:48.40
1996 - Michael Granville (Bell Gardens)	1:50.68

1600-Meter Run

1957 - Tim Roelen (San Fernando)	4:20.2
1958 - Woody Covington (Compton)	4:23.7
1959 - Dale Story (Orange)	4:11.0
1960 - Ben Tucker (Polytechnic, S.F.)	4:14.3
1961 - Bruce Bess (La Habra)	4:18.8
1962 - Dennis Carr (Lowell, Whittier)	4:08.7
1963 - Tracy Smith (Arcadia)	4:14.4
1964 - Mike Ryan (Wilcox, Santa Clara)	4:11.2
1965 - Tim Danielson (Chula Vista)	4:08.4
1966 - Tim Danielson (Chula Vista)	4:07.0
1967 - Mike Solomon (Westminster)	4:11.4
1968 - Clifton West (Kennedy, Sacramento)	4:09.0
1969 - Decker Underwood (South, Torrance)	4:12.1
1970 - Brent Tubb (Cleveland, Reseda)	4:12.9
1971 - Brent Tubb (Cleveland)	4:09.6
1972 - Mark Schilling (Garden Grove)	4:05.4
1973 - Alvin Gilmore (Lompoc)	4:11.4
1974 - Rick Kimball (De La Salle, Concord)	4:06.6
1975 - John Johnson (Skyline, Oakland)	4:09.5
1976 - Jim Arriola (Gahr, Cerritos)	4:14.6
1977 - Mark Stillman (Willow Glen, San Jose)	4:06.9
1978 - Paul Medvin (University, L.A.)	4:08.91
1979 - Paul Medvin (University)	4:12.82
1980 - Larry Guinne (Castro Valley)	4:06.18
1981 - Jeff Scott (El Camino, Sacramento)	4:10.06
1982 - Tome Grewe (Carpinteria)	4:08.05
1983 - Jim Frey (Yreka)	4:08.82
1984 - Roman Gomez (Belmont)	4:09.05
1985 - Roman Gomez (Belmont)	4:15.93
1986 - Mark Mastililr (Jesuit, Carmichael)	4:07.81
1987 - Scott Robinson (Bellarmine)	4:07.95
1988 - Reggie Williams (River City)	4:08.78
1989 - Francis O'Neil (San Pasqual)	4:08.67
1990 - Coley Candaele (Carpinteria)	4:06.26
1991 - Daniel DasNeves (Helix)	4:12.22
1992 - Daniel DasNeves (Helix)	4:09.54
1993 - Brian Wilkinson (Merced)	4:08.13
1994 - Mebrahton Keflezighi (San Diego)	4:07.67
1995 - Michael Stember (Jesuit, Carmichael)	4:04.00
1996 - Michael Stember (Jesuit, Carmichael)	4:06.72

3200-Meter Run

1965 - Ralph Gamez (Berkeley)	9:12.9
1966 - Ralph Gamez (Berkeley)	9:01.6
1967 - Pete Romero (Reedley)	9:00.5
1968 - Ruben Chappins (Excelsior, Norwalk)	9:05.7
1969 - Ruben Chappins (Excelsior)	8:57.0
1970 - Ron Johnson (West, Torrance)	8:55.6
1971 - Dale Fleet (Claremont, S.D.)	8:53.8
1972 - Curtis Beck (Santa Monica)	8:52.3
1973 - Terry Williams (Lompoc)	8:54.8
1974 - Rick Kimball (De La Salle, Concord)	8:46.5
1975 - Eric Hulst (Laguna Beach)	8:44.9
1976 - Eric Hulst (Laguna Beach)	8:57.3
1977 - Frank Assumma (Eisenhower, Rialto)	8:52.9
1978 - Jeff Nelson (Burbank)	8:59.28
1979 - Jeff Nelson (Burbank)	8:47.35
1980 - Andy Diconti (La Canada)	8:55.79
1981 - Jon Butler (Edison, Huntington Beach)	8:46.78
1982 - Harold Kuphaldt (Bella Vista)	8:51.99
1983 - Eric Reynolds (Camarillo)	8:54.75
1984 - Roman Gomez (Belmont)	8:58.91
1985 - Roman Gomez (Belmont)	9:03.05
1986 - Eric Mastililr (Jesuit, Carmichael)	8:44.95
1987 - Paul Thomas (Jesuit, Carmichael)	9:02.82
1988 - Reggie Williams (River City)	8:59.61
1989 - David Welsh (Jesuit)	8:58.08
1990 - Bryan Dameworth (Agoura)	8:53.26
1991 - Dave Hartman (Canyon Country)	8:58.38
1992 - Angel Martinez (San Gabriel)	8:56.34
1993 - Matt Farley (Jesuit Carmichael)	9:04.39
1994 - Mebrahton Keflezighi (San Diego)	8:58.11
1995 - Jason Balkman (Lynbrook San Jose)	9:05.31
1996 - Aaron Gillen (Yreka)	9:03.96

CIF ARCO *am/pm* STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS (Boys)

110-Meter High Hurdles

1957 - Ken Overholser (Glendale)	14.3
1958 - Floyd James (Centennial, Compton)	14.1
1959 - Bob Pierce (Burbank)	14.3
1960 - Robert Bonds (Polytechnic, Riverside)	13.9
1961 - Abe Johnson (McClymonds, Oak.)	14.2w
1962 - Ron White (Dorsey, L.A.)	14.0
1963 - Carl Davis (Compton)	13.9
1964 - Earl McCulloh (Polytechnic, Long Beach)	14.1
1965 - Bill Persons (San Francisco)	13.8
Rich Miller (Monrovia)	13.8
1966 - Donald Parish (Dorsey, L.A.)	13.9
1967 - Jerry Proctor (Muir, Pasadena)	13.7
1968 - Kerry Hampton (Polytechnic, S.F.)	14.0
1969 - Jerry Wilson (Roosevelt, Fresno)	13.7
1970 - Alfonzo Hall (Morningside, Inglewood)	13.9
1971 - Charles Jackson (Lompoc)	13.6w
1972 - Daniel Jones (Palo Verde, Blythe)	13.6
1973 - Mike Johnson (Pasadena)	13.6w
1974 - Fred Shaw (Muir, Pasadena)	13.7
1975 - Robert Gains (Kennedy, Richmond)	13.3
1976 - Lloyd Jones (Ganesh, Pomona)	14.5
1977 - Phillip Johnson (Gardena)	13.66
1978 - Milan Stewart (West Covina)	13.97
1979 - Jim Scannella (San Ramon, Danville)	13.87
1980 - Don Ward (St. Mary's, Berkeley)	13.73
1981 - David Ashford (West Covina)	13.67
1982 - Steve Kerho (Mission Viejo)	13.41
1983 - Mark Boyd (St. Mary's, Berkeley)	13.93
1984 - Raymond Young (Hawthorne)	14.32
1985 - Robert Reading (St. Mary's, Berk.)	13.88
1986 - Terry Johnson (Katella, Anaheim)	13.88
1987 - Dana Hall (Ganesh)	13.98
1988 - Darrell Thompson (Cerritos)	14.25
1989 - William Henry (Arroyo Grande)	14.05
1990 - Curtis Hawkins (Carson)	14.41
1991 - Issac Carson (Jefferson)	13.67
1992 - Charlie Davidson (Saddleback)	13.94
1993 - Drue Powell (Reseda)	13.87
1994 - Gerimi Burleigh (Upland)	13.93
1995 - Joe Naivalu (Fremont San Jose)	14.33
1996 - Joe Naivalu (Fremont San Jose)	13.68

300-Meter Intermediate Hurdles

1957 - Jesse Bradfor (Shafter)	19.0
1958 - David Douglas (East Bakersfield)	19.0
1959 - Dixon Farmer (Miramonte, Orinda)	19.2
1960 - Robert Bonds (Polytechnic, Riverside)	18.8
1961 - Bill Mackey (East Bakersfield)	19.1
1962 - Ed Moody (McClymonds, Oakland)	18.3
1963 - Alvin Mann (Edison, Fresno)	18.9
1964 - Earl McCulloch (Polytechnic, Long Beach)	18.4
1965 - Manuel Murrell (Polytechnic, Long Beach)	18.2*
1966 - George Farmer (Puente, La Puente)	18.7
1967 - Jerry Proctor (Muir, Pasadena)	18.7**
1968 - Roy Hamley (Lowell, Whittier)	18.8
1969 - Jerry Wilson (Roosevelt, Fresno)	18.3
1970 - Milt Turner (Castlemont, Oakland)	18.6
1971 - Charles Jackson (Lompoc)	18.5
1972 - Daniel Jones (Palo Verde, Blythe)	18.7
1973 - Randall Jeffrey (Los Angeles)	18.7
1974 - Fred Shaw (Muir, Pasadena)	18.9**
1975 - Dedy Cooper (Ells, Richmond)	36.5
1976 - Charles White (San Francisco)	36.7
1977 - Andre Phillips (Silver Creek, San Jose)	36.43
1978 - Gary Lee (Polytechnic, Long Beach)	36.58
1979 - Gary Lee (Polytechnic, Long Beach)	36.22
1980 - Don Ward (St. Mary's, Berkeley)	36.57
1981 - Walter Murray (Berkeley)	36.26
1982 - Steve Kerho (Mission Viejo)	35.85
1983 - Danny Harris (Perris)	35.52
1984 - George Porter (Cabrillo)	36.10
1985 - George Porter (Cabrillo)	35.50
1986 - Rodney Bradshaw (Saugus)	37.30
1987 - Yki Vallery (Hawthorne)	37.14
1988 - John Montgomery (Independence)	36.43
1989 - John Prudenti (Siena)	37.28
1990 - Rocky Morris (Andrew Hill)	37.46
1991 - Keith Williams (Escondido)	37.28
1992 - Demond Smith (Hawthorne)	37.34
1993 - Kenny Haslip (Muir Pasadena)	37.80

1994 - Kenny Haslip (Muir Pasadena)	37.14
1995 - Mickey Grimes (Canyon Springs)	36.83
1996 - Makio Haywood (Muir Pasadena)	36.18

400-Meter Relay

1968 - Centennial, Compton	
1969 - Castlemont, Oakland	
1970 - Santa Ana	
1971 - El Cerrito	
1972 - Wilson, San Francisco	
1973 - Wilson, San Francisco	
1974 - Kennedy, Richmond	
1975 - Ellis, Richmond	
1976 - Kennedy, Barstow	
1977 - Pasadena	
1978 - El Cerrito	
1979 - Pasadena	
1980 - Washington, Los Angeles	
1981 - Berkeley	
1982 - Oakland	
1983 - Edison, Fresno	
1984 - Berkeley	40.83
1985 - Muir, Pasadena	41.32
1986 - Johnson, Sacramento	41.30
1987 - Muir, Pasadena	40.78
1988 - Oakland	41.33
1989 - Long Beach Poly	41.82
1990 - San Bernardino	41.05
1991 - Compton	41.68
1992 - Morningside	42.04
1993 - Merced	41.42
1994 - El Camino San Diego	41.16
1995 - Skyline	40.78
1996 - Serra	40.63

1600-Meter Relay

1968 - Centennial, Compton	3:14.3
1969 - Los Angeles	3:15.2
1970 - Los Altos	3:15.6
1971 - Castlemont, Oakland	3:13.2
1972 - El Cerrito	3:17.6
1973 - Cordova, Rancho Cordova	3:17.4
1974 - Muir, Pasadena	3:13.8
1975 - Ells, Richmond	3:15.7
1976 - Pasadena	3:18.2
1977 - Pasadena	3:13.7
1978 - Banning, Wilmington	3:11.57
1979 - Locke, Los Angeles	3:14.04
1980 - Centennial, Compton	3:10.37
1981 - Berkeley	3:08.94
1982 - Compton	3:14.45
1983 - Hawthorne	3:10.11
1984 - Hawthorne	3:09.45
1985 - Hawthorne	3:14.13
1986 - Hawthorne	3:14.79
1987 - Hawthorne	3:11.77
1988 - Hawthorne	3:10.46
1989 - Dorsey	3:12.21
1990 - Muir Pasadena	3:14.00
1991 - Morningside	3:15.01
1992 - Morningside	3:15.37
1993 - North Salinas	3:14.19
1994 - Muir Pasadena	3:12.54
1995 - Muir Pasadena	3:13.08
1996 - Muir Pasadena	3:08.66

High Jump

1957 - Robert Avant (Hart, Newhall)	6-8
1958 - Ray Nickleberry (Oxnard)	6-8
Paul Stuber (Bellflower)	6-8
1959 - Paul Stuber (Bellflower)	6-7 1/4
1960 - Archie Green (Oakland)	6-6 1/4
Roger Olsen (Willow Glen, San Jose)	6-6 1/4
1961 - Richard Jones (Bakersfield)	6-8 1/4
1962 - Richard Jones (Bakersfield)	6-7 1/2
Otis Burrell (Jefferson, L.A.)	6-7 1/2
Bob Channell (McLane, Fresno)	6-7 1/2
1963 - Ed Caruthers (Valley, Santa Ana)	6-8
1964 - Gregg Heet (Lowell, Whittier)	6-7 3/4
1965 - Ken Brown (Castlemont, Oakland)	6-8 1/2

1966 - Tom Clyburn (Balboa, S.F.)	6-10
1967 - Reynaldo Brown (Compton)	6-9 1/4
1968 - Reynaldo Brown (Compton)	7-0
1969 - Reynaldo Brown (Compton)	7-0
1970 - Jerry Culp (Oceanside)	7-0 1/4
1971 - Dwight Stones (Glendale)	7-1 1/2
1972 - Carl Miles (Polytechnic, Long Beach)	6-10
1973 - Randy Turner (Wilson, S.F.)	6-6
1974 - Charles Hatch (Wilson, S.F.)	7-0
1975 - Johnny Washington (Fremont, L.A.)	7-0
1976 - John Lane (American, Fremont)	6-11
1977 - Dennis Smith (Santa Monica)	7-2
1978 - Brad Harris (Los Alamitos)	6-11
1979 - Lee Balkin (Glendale)	7-3 1/4
1980 - Greg Denby (Crenshaw, L.A.)	6-10
1981 - Anthony Caire (Pius X, Downey)	7-1
1982 - Maurice Crumby (Balboa, S.F.)	7-2
1983 - Kenny Burke (Westlake)	7-0
1984 - Kenny Burke (Westlake)	7-0
1985 - Mark Webster (Homestead, Cupertino)	6-9
1986 - Derrick Moore (Millikan, Long Beach)	6-10
1987 - Luis F. Juico (Piedmont Hills)	7-1
1988 - Reggie Bettor (antelope Valley)	7-0
1989 - Mark Wilson (Charter Oak)	7-0
1990 - Kevin Carlson (Katella)	7-0
1991 - Avery Anderson (North, Riv.)	7-2
1992 - Griffin Childers (Woodland)	6-11
1993 - Jeff Nadeau (Monroe LA)	7-2
1994 - Jeremy Fischer (Camarillo)	7-0
1995 - Michael Wilkins (Red Bluff)	7-0
1996 - Elliott Parks (El Toro)	6-10

Long Jump

1957 - Luther Hayes (Lincoln, S.D.)	23-8 1/2
1958 - Steve Rogers (Brawley)	23-6
1959 - Effen Jones (Delano)	24-5 3/4
1960 - Walt Roberts (Compton)	24-7 1/4
1961 - Robert McKeever (Fremont, L.A.)	24-3
1962 - James Kennedy (Lincoln, S.D.)	24-5 3/4
1963 - Jerry Williams (Berkeley)	24-3 1/2
1964 - Bobby Bonds (Polytechnic, Riverside)	25-3
1965 - Manuel Murrell (Polytechnic, L.B.)	24-9 3/4
1966 - Doyle Steel (San Diego)	25-3 1/4
1967 - Jerry Proctor (Muir, Pasadena)	25-4 1/2
1968 - Heulon Hewitt (Merced)	24-7
1969 - Lynn Swann (Serra, San Mateo)	24-2 3/4
1970 - Lynn Swann (Serra, San Mateo)	24-2 3/4
1971 - Randy Williams (Edison, Fresno)	26-3 1/4
1972 - Carl McCulloh (Sacramento)	24-7
1973 - Jerry Herndon (Cajon, San Bernardino)	25-4 1/2
1974 - James Lofton (Washington, L.A.)	24-3 1/2
1975 - Paul Wilson (Fontana)	24-8 1/2
1976 - Larry Doubley (Manual Arts, L.A.)	25-3 3/4
1977 - Kurt Durham (Oakland)	25-0 3/4
1978 - Dokie Williams (El Camino, Oceanside)	25-1 1/4
1979 - George Gaffney (Lemoore)	24-1 3/4
1980 - Charles Mayfield (Muir, Pasadena)	23-4 3/4
1983 - Johnny Cleveland (Soquel)	24-6 1/2
1984 - Joe Richardson (Pasadena)	24-11
1985 - Larry Nelson (Simi Valley)	24-3 1/4
1986 - Curtis Rodgers (Johnson, Sacramento)	23-10
1987 - Percy Knox (Antelope Valley)	24-6 1/2
1988 - Diatroy Gilldersleev (Grant)	24-5 1/2
1989 - James Stallworth (Tulare)	26-4 3/4
1990 - Jerome Price (University City, S.D.)	25-3 1/4
1991 - Steve Stanley (Gardena)	25-1 1/4
1992 - Eugene Dreher (Antelop Valley)	24-1 1/2
1993 - LeAndrew Childs (Inglewood)	24-0
1994 - Tyree Washington (La Sierra)	23-9 1/4
1995 - Clarence Scott (Fremont)	24-7 3/4
1996 - Gerald Williams (Lynwood)	24-10 1/2

Pole Vault

1957 - Voyce Hendrix (Riverside)	13-6
1958 - John Rose (Hoover, Glendale)	14-1
1959 - Bob Looney (Santa Barbara)	13-8 3/4
1960 - Mike Flanagan (Ganesh, Pomona)	13-3
Gary Down (Anaheim)	13-3
1961 - Mike Graves (El Cajon)	14- 2 1/4
1962 - Eric Berge (Costa Mesa)	14-3
Bob Richardson (Ganesh, Pomona)	

CIF ARCO *am/pm* STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS (Boys/Girls)

1963 - Bill Fosdick (Hill, San Jose)	14-8 3/4
1964 - Paul Wilson (Warren, Downey)	14-4 1/4
1965 - Paul Wilson (Warren)	15-6 1/2
1966 - Wayne Meyers (Foothill, Sacramento)	15-0 3/4
1967 - Tom Reynolds (Morningside)	14-10
1968 - Steve Smith (South, Torrance)	15-3 1/2
1969 - Steve Smith (South)	16-0
1970 - Tom Lindsay (LaSierra, Carmichael)	14-10 1/2
1971 - Tim Quinn (Monroe, Sepulveda)	15-2
1972 - Hubert Black	15-2
1973 - Tim Curran (Crespi, Encino)	16-2 3/4
1974 - Jim Knaub (Lakewood)	16-6
1975 - Keith Schimmel (Villa Park)	15-6
1976 - Tim Hintnaus (Aviation, Redondo Bch)	15-2
1977 - Anthony Curran (Crespi, Encino)	16-0
1978 - Anthony Curran (Crespi)	17-0 1/4
1979 - Clark Eliot (Bellflower)	15-6
1980 - Greg Stull (Troy, Fullerton)	15-10
1981 - Doug Wicks (South, Bakersfield)	15-2
1982 - Scott Christensen (Acalances)	15-6
1983 - Mike Kibort (Saratoga)	15-6
1984 - Moen Ivar (Los Gatos)	16-2
1985 - Brent Burns (Acalances, Lafayette)	16-2
1986 - Steve Toney (Menlo-Atherton, Ath.)	16-2
1987 - Steve Slocum (Foothill, Santa Ana)	15-6
1988 - Tom Richards (San Marcos)	16-0
1989 - Jim Lawrence (Del Mar)	15-6
1990 - Ed Lasquette (Mt. Pleasant)	15-10
1991 - David Cox (Hoover)	16-6
1992 - Clarence Phelps (Christian Brothers)	16-0
1993 - Scott Slover (Leland San Jose)	16-2
1994 - Scott Slover (Leland San Jose)	16-10
1995 - Mike Brown (Torrey Pines)	16-4
1996 - Steve Michels (Brethren)	16-2

Triple Jump

1939 - Jack Laughner (Wilson, Long Beach)	44-8 1/2
1973 - Willie Banks (Oceanside)	49-7 1/4
1974 - Willie Banks (Oceanside)	50-9
1975 - Mike Dobbins (Merced)	49-3
1976 - Greg Caldwell (Fremont, Los Angeles)	51-8 1/2w
1977 - Dokie Williams (El Camino, Oceanside)	51-0 1/2
1978 - Dokie Williams (El Camino)	50-4 1/4
1979 - Henry Ellard (Hoover, Fresno)	48-2 1/2
1980 - Freeman Miller (Fremont, Los Angeles)	50-8
1981 - Ken Frazier (Mission, S.F.)	50-10 3/4
1982 - Archie Cornell (Fresno)	50-3 1/4
1983 - Torrey Barr (McLane, Fresno)	50-2 1/2
1984 - Joe Richardson (Pasadena)	51-8 1/4
1985 - Terrence Strong (Bakersfield)	51-9 1/2w
1986 - Marcus Hooks (Lakewood)	51-4 1/4
1987 - Joel Smith (Cordova)	50-10
1988 - Tyrone Scott (Mesa Verde)	50-6
1989 - Lenny McGill (Orange Glen)	51-1 1/4
1990 - Poupheet Singbandith (Magnolia)	51-7 3/4
1991 - Offord Rollins (Wasco)	51-4 3/4
1992 - Tony Parrish (Marina)	49-1
1993 - Tony Parrish (Marina)	50-11 3/4
1994 - Von Ware (Rancho Buena Vista-SD)	50-6
1995 - Michael Turner (Morningside)	49-2
1996 - Tye Anderson (Long Beach Poly)	49-11 3/4

Shot Put (Boys)

1957 - Clark Branson (Pasadena)	64-0 3/4
1958 - Jack Slocumbe (Millikan, Long Beach)	61-4 1/2
1959 - Mike Parker (Turlock)	57-8
1960 - Matthew Baggett (Berkeley)	60-7
1961 - Bill Pace (El Rancho, Pico Rivera)	64-3 1/2
1962 - Jim O'Brien (DeAnza, Richmond)	62-2 1/4
1963 - Bruce Wilsheim (Fremont, Sunnyvale)	63-4 3/4
1964 - Bob Brannan (Los Gatos)	62-7 1/4
1965 - Steve Marcus (Pacific Palisades)	63-11 1/4
1966 - John Hubbell (Polytechnic, Long Bch)	66-11
1967 - John Buehler (Whittier)	65-3 1/4
1968 - Pete Schmonck (San Dieguito, Encinitas)	63-11
1969 - Sam Cunningham (Santa Barbara)	61-2
1970 - Randy Withrow (Pasadena)	63-8 3/4
1971 - Mark Stevens (Newport Harbor)	67-2 1/4
1972 - Randy Cross (Crespi, Encino)	65-7 1/4
1973 - Jim Niedhart (Newport Harbor)	67-2 1/4
1974 - Dave Kurrasch (Santa Ana)	63-10 1/2

1975 - Dave Kurrasch (Santa Ana)	65-9 1/2
1976 - Steve Montgomery (Lassen, Susanville)	68-0
1977 - Craig Polley (Sunny Hills, Fullerton)	62-4 1/4
1978 - Dave Porath (Atwater)	65-10 3/4
1979 - Don Mosebar (Mt. Whitney, Visalia)	62-6 3/4
1980 - Scott Garnett (Muir, Pasadena)	64-4 1/4
1981 - John Frazier (Antelope Valley, Lancaster)	63-8 3/4
1982 - Pat Kyle (Buena Park)	60-4
1983 - Curt Siscoel (Vacaville)	63-9 1/2
1984 - Brian Blutreich (Capistrano Valley)	64-7 1/4
1985 - Brian Blutreich (Capistrano Valley)	68-4
1986 - Brian Boggess (El Capitan, Lakeside)	61-4
1987 - Dave Bultman (Royal, Simi Valley)	67-0
1988 - Kaleaph Carter (Edison, Hunt. Beach)	64-0 1/4
1989 - Brent Noon (Fallbrook)	66-1 1/2
1990 - Brent Noon (Fallbrook)	74-4 3/4
1991 - Mark Parlin (Esperanza)	61-5 1/2
1992 - Pete Swanson (San Benito)	61-3 1/4
1993 - Tyson Lingenfelter (Upland)	60-9 1/2
1994 - Chris DeMartine (St. Ignatius)	58-11 1/2
1995 - Matt Pentecost (Loyola)	62-3 3/4
1996 - Jason Hammond (Fowler)	64-4

Discus Throw (Boys)

1959 - Ron Sindow (San Rafael)	176-1
1960 - Alex Darnes (Polytechnic, S.F.)	178-8
1961 - Bob Stoecker (Los Altos)	188-6 1/2
1962 - Bob Stoecker (Los Altos)	185-11 1/2
1963 - Stan McDonald (Edison, Fresno)	178-1
1964 - Bill Staley (Las Lomas, Walnut Creek)	181-2
1965 - Bruce Naglee (Baltimore, San Jose)	172-3 1/2
1966 - Jim Peters (Piedmont)	189-1
1967 - Fred DeBernardi (Hart, Newhall)	178-2
1968 - Rory Kenward (San Marcos, Santa Barb.)	183-11
1969 - Chris Adams (Los Altos)	188-0
1970 - Chris Adams (Los Altos)	201-3
1971 - Bob Otto (Porterville)	184-9
1972 - Scott Overton (Los Altos)	185-10
1973 - Lonnie Shelton (Foothill, Bakersfield)	195-5
1974 - Ray Burton (Vacaville)	193-0
1975 - Mike Alberg (Lodi)	171-11
1976 - Scott Endler (Hoover, Fresno)	192-10
1977 - David Thompson (Santa Ynez)	190-0
1978 - David Porath (Atwater)	199-5
1979 - Hand Kraychir (San Jacinto)	192-9
1980 - Paul Dender (Shafter)	192-9
1981 - Antonio Dobbins (Burroughs, Ridge.)	180-10
1982 - Antonio Dobbins (Burroughs)	191-1
1983 - Barry Estes (Clovis)	183-4
1984 - Tambi Wenj (Fountain Valley)	185-11
1985 - Brian Blutreich (Capistrano Valley, Mission Viejo)	203-4
1986 - Jeff Hooper (Del Campo, Fair Oaks)	187-4
1987 - Dave Bultman (Royal, Simi Valley)	193-6
1988 - John Wirtz (Leland)	192-10
1989 - Derrick Stevens (Bakersfield)	188-2
1990 - Rob Powell (Redwood)	203-4
1991 - Jeff Buckley (Bakersfield)	182-5
1992 - Jeff Buckley (Bakersfield)	186-10
1993 - Chad Peare (Trabuco Hills)	182-2
1994 - Jeremy Staat (Bakersfield)	183-8
1995 - Chad Jones (Arroyo Grande)	183-9
1996 - Scott Moser (Huntington Beach)	185-7

1987 - Janeene Vickers (Pomona)	11.76
1988 - Angela Burnham (Rio Mesa, Oxnard)	11.52
1989 - Angela Burnham (Rio Mesa, Oxnard)	11.31
1990 - Marion Jones (Rio Mesa, Oxnard)	11.67w
1991 - Marion Jones (Rio Mesa, Oxnard)	11.17
1992 - Marion Jones (Thousand Oaks)	11.14
1993 - Marion Jones (Thousand Oaks)	11.61
1994 - Heather Sumpter (Muir Pasadena)	11.69
1995 - Lakeisha Backus (Wilson Long Beach)	11.39
1996 - Malika Edmonson (St. Bernard)	11.82

200-Meter Dash (Girls)

1974 - Janice Wiser (La Jolla)	24.2
1975 - Pam Waters (Bell)	24.4
1976 - Pam Waters (Bell)	24.8
1977 - Kim Robinson (Westchester)	23.97
1978 - Kella Bolton (Hill, San Jose)	23.53
1979 - Gwen Loud (Westchester)	23.535
1980 - Sheri Howard (Kennedy, Granada Hills)	23.19
1981 - Denean Howard (Kennedy, Gran. Hills)	23.73
1982 - Denean Howard (Kennedy)	23.53
1983 - Lisa Winston (Jordan, L.B.)	23.83
1984 - Paulette Blalock (Compton)	23.59
1985 - Tami Stiles (Hawthorne)	23.45
1986 - Tami Stiles (Hawthorne)	24.02
1987 - Hadette Smith (Quartz Hill)	24.12
1988 - Angela Burnham (Rio Mesa)	23.45
1989 - Angela Burnham (Rio Mesa)	23.56
1990 - Marion Jones (Rio Mesa)	23.71
1991 - Marion Jones (Rio Mesa)	22.91w
1992 - Marion Jones (Thousand Oaks)	22.83
1993 - Marion Jones (Thousand Oaks)	23.14
1994 - Lakeisha Backus (Wilson Long Beach)	23.21
1995 - Lakeisha Backus (Wilson Long Beach)	23.01
1996 - Malika Edmonson (St. Bernard)	23.47

400-Meter Dash (Girls)

1974 - Vernoica Venezis (Terra Linda, San Rafael)	56.4
1975 - Jodi Anderson (Washington, L.A.)	55.3
1976 - Marquite Belk (Silver Creek, San Jose)	55.2
1977 - Valerie Brisco (Locke, L.A.)	55.14
1978 - Arlise Emerson (Westminster)	54.3
1979 - Sherri Howard (San Geronio, San Bernardino)	53.65
1980 - Denean Howard (Kennedy, Gran. Hills)	53.04
1981 - Gervaise McGraw (Ganessa, Pomona)	54.15
1982 - Denean Howard (Kennedy, Gran. Hills)	52.39
1983 - Leslie Maxie (Mills, Millbrae)	53.19
1984 - Choo Choo Knighten (Locke, L.A.)	52.67
1985 - Choo Choo Knighten (Locke)	52.78
1986 - Princess Bennett (Compton)	53.56
1987 - Angela Rolfe (Dorsey)	53.55
1988 - Angela Rolfe (Dorsey)	54.26
1989 - Angela Rolfe (Dorsey)	53.97
1990 - Janice Nichols (Bakersfield)	53.89
1991 - Janice Nichols (Bakersfield)	54.19
1992 - Janice Nichols (Bakersfield)	54.46
1993 - Asha Jaysinghe (Arcadia)	55.45
1994 - Latasha Gilliam (Pittsburg)	53.93
1995 - Angela Williams (Chino)	53.40
1996 - Kinshasa Davis (Wilson Long Beach)	52.67

800-Meter Run (Girls)

1974 - Kathy Costello (Pleasant Hill)	2:10.4
1975 - Kathy Costello (Pleasant Hill)	2:09.2
1976 - Alice Trumbley (Coalinga)	2:13.3
1977 - Ann Regan (Camden, San Jose)	2:08.0
1978 - Ann Regan (Camden)	2:07.93
1979 - Ann Regan (Camden)	2:10.21
1980 - Marilyn Davis (Miramonte, Orida)	2:09.73
1981 - Donna Curtis (Culver City)	2:06.08
1982 - Rennie Durand (Laguna Beach)	2:06.36
1983 - Kerri Zaleski (Millikan, L.B.)	2:06.41
1984 - Trena Hull (Compton)	2:04.91
1985 - Kristen Dowell (Santa Teresa, San Jose)	2:10.07
1986 - Laura Chapel (University City, S.D.)	2:08.66
1987 - Kimberly McAllister (Locke, L.A.)	2:12.92
1988 - Kathy Roldan (Mt. Whitney)	2:12.11
1989 - Kim Toney (Atascadero)	2:09.33
1990 - Kim Toney (Atascadero)	2:06.13

Girls Champions

100-Meter Dash (Girls)

1974 - Janice Wiser (La Jolla)	10.8
1975 - Sandra Howard (Manual Arts, L.A.)	10.7
1976 - Pam Waters (Bell)	11.0
1977 - Jeanette Bolden (Centennial, Compton)	10.48w
1978 - Kella Bolton (Hill, San Jose)	10.92
1979 - Gwen Loud (Westchester)	10.62
1980 - Sharon Ware (Berkeley)	11.42
1981 - Sharon Ware (Berkeley)	11.66
1982 - Gervaise McGraw (Ganessa, Pomona)	11.69
1983 - Lisa Winston (Jordan, Long Beach)	11.73
1984 - Gail Devers (Sweetwater)	11.51
1985 - Tasha Giddens (Locke, L.A.)	11.58
1986 - Angela Burnham (Rio Mesa, Oxnard)	11.78

CIF ARCO *am/pm* STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS (Girls)

1991 - Nicole Teter (West Valley)	2:08.14
1992 - Miesha Marzell (Bishop O'Dowd)	2:10.29
1993 - Miesha Marzell (Bishop O'Dowd)	2:09.13
1994 - Kristie Johnston (Central)	2:09.98
1995 - Kristie Johnston (Central)	2:08.68
1996 - Lindsay Hyatt (Placer)	2:11.24

1600-Meter Run (Girls)

1974 - Jill Caldwell (Westminster)	5:02.2
1975 - Kathy Costello (Pleasant Hill)	4:53.5
1976 - Linda Broderick (Tamalpais, Mill Valley)	4:56.8
1977 - Linda Goen (North, Bakersfield)	4:47.8
1978 - Cheri Williams (Livermore)	4:44.95
1979 - Linda Goen (North, Bakersfield)	4:51.08
1980 - Polly Plumer (University, Irvine)	4:46.71
1981 - Polly Plumer (University)	4:42.43
1982 - Polly Plumer (University)	4:44.93
1983 - Cory Schubert (DI Mar, San Jose)	4:44.93
1984 - Shannon Clark (Mt. View)	4:47.52
1985 - Shannon Clark (Mt. View)	4:49.14
1986 - Darcy Arreola (Grossmont, Le Mesa)	4:45.13
1987 - Kira Jorgensen (Vista)	4:45.98
1988 - Kira Jorgensen (Vista)	4:49.54
1989 - Kira Jorgensen (Vista)	4:49.55
1990 - Becky Spies (Livermore)	4:48.74
1991 - Becky Spies (Livermore)	4:45.11
1992 - Shelley Taylor (Edison, Hunt. Bch.)	4:48.52
1993 - Milena Glusac (Fallbrook)	4:50.83
1994 - Elissa Riedy (Mission San Jose)	4:54.28
1995 - Elissa Riedy (Mission San Jose)	4:45.35
1996 - Annie Ebner (St. Lucy's Prep)	4:48.72

3200-Meter Run (Girls)

1977 - Roxanne Bier (Independence, San Jose)	10:39.7
1978 - Cheri Williams (Livermore)	10:17.71
1979 - Lisa Scaduto (Santa Monica)	10:35.0
1980 - Vicki Cook (Alemany, Mission Hills)	10:14.78
1981 - Vicki Cook (Alemany)	10:12.31
1982 - Vicki Cook (Alemany)	10:16.27
1983 - Cory Schubert (Del Mar, San Jose)	10:08.14
1984 - Kristen O'Hara (Palos Verde)	10:11.82
1985 - Rebecca Chamberlain (Leigh, S. Jose)	10:23.85
1986 - Laurie Chapman (Gunderson, S. Jose)	10:12.86
1987 - Mary Mendoza (Presentation)	10:33.04
1988 - Karen Hecox (South Hills)	10:16.14
1989 - Rayna Cervantes (Montebello)	10:32.95
1990 - Deena Drossin (Agoura)	10:29.60
1991 - Deena Drossin (Agoura)	10:30.71
1992 - Milena Glusac (Fallbrook)	10:28.62
1993 - Milena Glusac (Fallbrook)	10:42.68
1994 - Julia Stamps (Rincon Valley Jr.)	10:26.51
1995 - Julia Stamps (Santa Rosa)	10:15.27
1996 - Kim Mortensen (Thousand Oaks)	9:52.80

100-Meter Low Hurdles (Girls)

1974 - Yvonne Boone (Fremont, Oakland)	11.1
1975 - Yvonne Boone (Fremont)	10.1
1976 - Tuti Lee (Merced)	10.7
1977 - Kris Costello (Lynbrook, San Jose)	13.97
1978 - Kris Costello (Lynbrook)	13.83
1979 - Janet Yarborough (Clovis)	14.01
1980 - Judy Young (Berkeley)	13.52w
1981 - Sherifa Sanders (Berkeley)	13.74
1982 - Natalie Spinks (Skyline)	13.88
1983 - Chewaukii Knighten (Locke, L.A.)	13.88
1984 - Gail Devers (Sweetwater)	13.41
1985 - Lana Cantrell (Muir, Pasadena)	13.57
1986 - Janeene Vickers (Pomona)	13.74
1987 - Janeene Vickers (Pomona)	13.34
1988 - Michelle Decoux (Bishop O'Dowd)	13.91
1989 - Felice Lipscomb (Santa Monica)	13.69
1990 - Felice Lipscomb (Santa Monica)	13.58
1991 - Phetima Woods (Duarte)	14.08
1992 - Twila Sims (Lompoc)	13.83
1993 - Bisa Grant (Bishop O'Dowd)	14.11

100-Meter High Hurdles (Girls)

1994 - Davetta Shepard (JF Kennedy)	13.73
1995 - Joanna Hayes (North Riverside)	13.45
1996 - Nicole Hoxie (North Riverside)	13.87

300-Meter Low Hurdles (Girls)

1981 - Audrey Williams (Saugus)	42.26
1982 - Gayle Kellon (Walnut)	41.09
1983 - Gayle Kellon (Walnut)	41.71
1984 - Leslie Maxie (Mills)	40.90
1985 - Leslie Maxie (Mills, Millbrae)	41.80
1986 - Janeene Vickers (Pomona)	41.32
1987 - Janeene Vickers (Pomona)	40.96
1988 - Michelle Decoux (Bishop O'Dowd)	42.16
1989 - Twila Sims (Lompoc)	42.54
1990 - Felice Lipscomb (Santa Monica)	41.69
1991 - Erin Blunt (San Pasqual)	43.02
1992 - Twila Sims (Lompoc)	42.75
1993 - Angela Harris (Skyline Oak.)	42.78
1994 - Angela Harris (Skyline Oak.)	42.78
1995 - Joanna Hayes (North Riverside)	41.20
1996 - Tisha Ponder (Del Mar San Jose)	42.22

400-Meter Relay (Girls)

1974 - Berkeley	
1975 - Muir, Pasadena	
1976 - Muir, Pasadena	
1977 - Crawford, San Diego	
1978 - Jordan, Los Angeles	
1979 - Westchester	
1980 - Kennedy, Granada Hills	
1981 - Berkeley	
1982 - Dorsey, Los Angeles	
1983 - Hawthorne	46.56
1984 - Hawthorne	45.99
1985 - Hawthorne	45.95
1986 - Hawthorne	45.54
1987 - St. Francis, Mountain View	45.95
1988 - Hawthorne	47.10
1989 - Muir, Pasadena	46.46
1990 - Bakersfield	46.49
1991 - Morningside	46.38
1992 - Morningside	46.34
1993 - Long Beach Poly	45.74
1994 - Wilson Long Beach	46.17
1995 - Long Beach Poly	45.1
1996 - James Logan	45.20

1600-Meter Relay (Girls)

1974 - Berkeley	3:46.4
1975 - Washington, Los Angeles	3:44.5
1976 - Fremont, Los Angeles	3:55.9
1977 - Locke, Los Angeles	3:52.1
1978 - Fremont, Los Angeles	3:51.93
1979 - San Geronio, San Bernardino	3:44.05
1980 - Kennedy, Granada Hills	3:37.98
1981 - Kenndey, Granada Hills	3:37.17
1982 - Dorsey, Los Angeles	3:41.72
1983 - Dorsey, Los Angeles	3:46.24
1984 - Locke, Los Angeles	3:38.65
1985 - Muir, Pasadena	3:43.30
1986 - Compton	3:42.31
1987 - Long Beach Poly	3:45.20
1988 - Hawthorne	3:47.32
1989 - Hawthorne	3:46.59
1990 - Morningside, Inglewood	3:44.16
1991 - Long Beach Poly	3:48.85
1992 - Long Beach Poly	3:45.91
1993 - Long Beach Poly	3:42.75
1994 - Skyline Oakland	3:41.90
1995 - Long Beach Poly	3:39.53
1996 - Wilson Long Beach	3:38.50

High Jump

1974 - Pam Blackburn (Bubberley, Palo Alto)	5-8
1975 - Kim Maddox (Los Angeles)	5-8
1976 - Kari Gosswiller (Upland)	5-10
1977 - Kari Gosswiller(Upland)	5-9
1978 - Sue McNeal (Carlsbad)	5-10 1/4
1979 - Tonya Alston (Chico)	5-9
1980 - Karen Lysaght (St. Francis, Sac.)	6-0
1981 - Katrina Johnson (Marshall, Pasadena)	5-10
1982 - Katrina Johnson (Marshall, Pasadena)	5-11
1983 - Tonya Mendonca (Mt. Whitney, Visalia)	6-1
1984 - Wendy Brown (Woodside)	6-1 1/4
1985 - Latrese Johnson (Clovis)	6-2

1986 - Yleana Carrasco (Anaheim)	5-10
1987 - Lynn Patrick (Serra, San Diego)	5-10
1988 - Crissy Mills (Campbell Hall)	5-10
1989 - Crissy Mills (Campbell Hall)	6-0
1990 - Chi Johnson (Menlo-Atherton)	5-8
1991 - Tanya Smith (Cordova)	5-11
1992 - Kristy Kieruff (Esperanza)	5-10
1993 - Tracye Lawyer (Cate Carpinteria)	5-10
1994 - Kristy Kieruff (Esperanza Anaheim)	5-10
1995 - Tara Flaming (Immanuel Reedley)	6-0
1996 - Liz Giltner (Chaminade)	5-10

Long Jump

1974 - Jodi Anderson (Washington, L.A.)	19-7
1975 - Jodi Anderson (Washington)	19-6 1/2
1976 - Jodi Anderson (Washington)	20-0 1/4
1977 - Lisa Gourdine (El Toro)	19-1
1978 - Kathy Hayes (Madera)	19-3
1979 - Gwen Loud (Westchester)	20-4 1/2
1980 - Marlene Harmon (Thousand Oaks)	20-8 3/4
1981 - Chris Mose (El Cajon)	18-10 1/4
1982 - Wendy Brown (Woodside)	19-10 1/2
1983 - Gail Devers (Sweetwater)	19-6
1984 - Wendy Brown (Woodside)	20-9 3/4
1985 - Yvette Roberts (Washington UnionEaston)	19-1
1986 - Madette Smith (Quartz Hills)	20-4 3/4
1987 - Karen Lawson (St. Francis, Mt. View)	19-1 1/2
1988 - Tonya Conner (Barstow)	19-5 3/4
1989 - Juliana Yendork (Walnut)	20-2 1/2
1990 - Juliana Yendork (Walnut)	20-1 1/2
1991 - Juliana Yendork (Walnut)	20-7 1/2
1992 - Kam Warner (West, Bakersfield)	20-6 1/4
1993 - Marion Jones (Thousand Oaks)	22-0 1/2
1994 - Tara Dettinger (Foothill, Sac.)	19-7 1/2
1995 - Jernae Wright (James Logan)	20-8
1996 - Jernae Wright (James Logan)	20-3

Triple Jump

1982 - Wendy Brown (Woodside)	
1983 - Wendy Brown (Woodside)	40-3
1984 - Wendy Brown (Woodside)	42-10 1/2
1985 - Sheila Hudson (Rio Linda)	41-10w
1986 - Felicia Harris (San Lorenzo)	40-2
1987 - Kim Lassair (Northgate)	39-6 1/4
1988 - Stacy Thompson (Morse)	39-1
1989 - Juliana Yendork (Walnut)	41-10
1990 - Juliana Yendork (Walnut)	42-0 1/4
1991 - Juliana Yendork (Walnut)	43-6 1/2
1992 - Kayla Montgomery (Clovis West)	39-11 1/4
1993 - Cheaza Figueroa (Quartz Hill)	40-1 1/4
1994 - Tamiaka Porter (Orange Glen)	38-11 1/2
1995 - Kelly O'Conner (Esperanza)	40-6 1/2
1996 - Kelly O'Conner (Esperanza)	40-2 1/2

Shot Put

1974 - Kathy Devine (Mission Bay, San Diego)	47-4 1/2
1975 - Kathy Devine (Mission Bay)	42-3 3/4
1976 - Becky Daniel (Newport Harbor)	42-9 3/4
1977 - Debra Thorntana (Sacramento)	43-9
1978 - Kerry Zwart (Cresenta Valley)	45-11 1/2
1979 - Susie Ray (Villa Park)	48-4 1/2
1980 - Natalie Kaaiawahia (Fullerton)	48-4 1/2
1981 - Natalie Kaaiawahia (Fullerton)	51-8 1/2
1982 - Natalie Kaaiawahia (Fullerton)	50-3
1983 - Natalie Kaaiawahia (Fullerton)	52-7 1/2
1984 - Pam Alexander (Arlington)	46-3 1/2
1985 - Elaine Oden (Irvine)	46-11 3/4
1986 - Brandi Gail (Rowland, Hac. Heights)	45-2 1/2
1987 - Jenny Whelchel (Agoura)	43-9 1/2
1988 - Dawn Dumble (Bakersfield)	48-2 1/2
1989 - Melissa Weis (Bakersfield)	44-1
1990 - Dawn Dumble (Bakersfield)	49-3 1/2
1991 - Mika Hilaire (Pittsburg)	45-4 1/4
1992 - Kristin Heaston (Ygnacio Valley)	45-3 1/2
1993 - Kristin Heaston (Ygnacio Valley)	52-11 1/2
1994 - Delores Tuimoloau (Channel Island)	46-10
1995 - Rebecca Morrison (Presentation)	47-6 3/4
1996 - Stephanie Brown (Arroyo Grande)	43-0 1/4

Discus Throw

1976 - Kathy Middleton (Poway)	134-5
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CIF ARCO *am/pm* STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS (Girls)

1977 - Karen Stampfil (Lassen, Susanville)	137-8
1978 - Christi Pyle (Hoover, Glendale)	149-3
1979 - Leslie Deniz (Gridley)	167-1
1980 - Leslie Deniz (Gridley)	172-11
1981 - Natalie Kaaiawahia (Fullerton)	162-10
1982 - Jacque Norton (Mission Viejo)	160-2
1983 - Natalie Kaaiawahia (Fullerton)	170-1
1984 - Stacy Horn (Cordova)	159-1
1985 - Lill Lli (Nogales, La Puente)	162-2
1986 - Tracy Crawford (South East, S.D.)	156-2
1987 - Dawn Dumble (Bakersfield)	144-10
1988 - Melisa Weis (Bakersfield)	159-7
1989 - Melisa Weis (Bakersfield)	168-0
1990 - Melisa Weis (Bakersfield)	169-11
1991 - Celeste Mc Vey (Redlands)	160-11
1992 - Suzy Powell (Downey Modesto)	169-8
1993 - Suzy Powell (Downey Modesto)	168-11
1994 - Suzy Powell (Downey Modesto)	174-2
1995 - Nadia Lopez (Arroyo Grande)	152-6
1996 - Chaniqua Ross (Laguna Creek)	158-4

Pole Vault

1995 - Melissa Price (Kingsburg)	12-6
1996 - Alexa Harz (Peninsula)	12-1 1/4



Record Setter -Melissa Price of Kingsburgh High set a national standard of 12-6 in the girls pole vault last season. It was the first time that the girls pole vault event was conducted at the state championships.



1600 Phenom - Michael Stember of Jesuit High in Carmichael set a new record in the boys' 1600 meter run with his mark of 4:04.00 at the 1995 championship.

MOST INDIVIDUAL TITLES (GIRLS)

- 9 - Marion Jones, Rio Mesa Oxnard (1990-91), Thousand Oaks (1992-93) 100m (1990-93) 200m (1990-93) LJ (1993)
- 6 - Wendy Brown, Woodside HJ (1984) TJ (1982-84) LJ ('82-84)
- 6 - Juliana Yendork, Walnut LJ (1989-91) TJ (1989-91)
- 6 - Natalie Kaaiawahia, Fullerton, Shot ('80-83) Discus('81 &'83)
- 5 - Angela Burnham, Rio Mesa Oxnard 100m (1986, 1988-89) 200m (1988-89)
- 4 - Denean Howard, Kennedy Granada Hills 200m (1981-82) 400m (1980 & 1982)
- 4 - Janeene Vickers, Pomona 300LH ('86-87) 100MLH ('86-87)
- 4 - Melisa Weis, Bakersfield Discus (1988-90) Shot (1989)
- 3 - Pam Waters, Bell 200m (1975-76) 100m (1976)
- 3 - Angela Rolfe, Dorsey LA 400m (1987-89)
- 3 - Janice Nichols, Bakersfield 300m (1990-92)
- 3 - Kathy Costello, Pleasant Hill 1600m (1975) 800m (1974-75)
- 3 - Ann Reagan, Camden San Jose 800m (1977-79)
- 3 - Polly Plumer, University Irvine 1600m (1980-82)
- 3 - Kira Jorgensen, Vista 1600m (1987-89)
- 3 - Vicki Cook, Alemany Mission Hills 3200m (1980-82)
- 3 - Milena Glusac, Fallbrook 3200m (1992-93) 1600m (1993)
- 3 - Felice Lipscomb, Santa Monica 100MLH (1989-90) 300MLH (1990)
- 3 - Twila Sims, Lompoc 300LH (1989, 1992) 100LH (1992)
- 3 - Jodi Anderson, Washington LA, LJ (1974-76)
- 3 - Dawn Dumble, Bakersfield, Discus (1988-90) Shot (1989)
- 3 - Suzy Powell, Downey Modesto, Shot (1992-94)
- 3 - Lakeisha Backus, Long Beach Wilson 100m (95) 200m (94-95)

MOST INDIVIDUAL TITLES (BOYS)

- 4 - Roman Gomez, Belmont 1600m (1984-85) 3200m (1984-85)
- 3 - Obea Moore, Muir Pasadena 200m (1995-96) 200m (1996)
- 3 - Bill Cowings, Fowler 200m (1960) 100m (1959-60)
- 3 - Forrest Beaty, Hoover Glendale 100m (1961-62) 200m ('61)
- 3 - Billy Mullins, Hamilton LA 100m (1976) 200m (1975-76)
- 3 - Quincy Watts, Taft 100m (1987) 200m (1986-87)
- 3 - Jerry Proctor, Muir Pas. 110HH ('67) 300IH ('67) LJ ('67)
- 3 - Reynaldo Brown, Compton HJ (1967-69)
- 3 - Brian Bluetreich, Capistrano Valley - Shot (84-85) Discus (85)



ONE NATIONAL, TWO STATE MEET RECORDS SET AT 78TH ANNUAL CIF ARCO *am/pm* STATE TRACK AND FIELD CHAMPIONSHIPS

Bell Gardens High School sensation Michael Granville set a national record in the 800 meters and two state meet records were broken at the 78th annual CIF ARCO *am/pm* State Track and Field Championships held Friday, May 31 and Saturday, June 1 at Cerritos College, Norwalk. Attendance for the two-day meet was 19,511 with 11,675 witnessing Saturday's final.

Granville, who had been challenging Pete Richardson's national mark of 1:47.31 all season long, climaxed his year with a 1:46.41 run in Friday's qualifying meet. Richardson's (Berkeley High) national mark had held up since 1981.

In addition to Granville, Kim Mortensen of Thousand Oaks, who had set a national mark of 9:48.59 in the 3200 meters the previous week, set a state meet record of 9:52.80 and, in the process, outlasted Santa Rosa High's two-time champion Julia Stamps. The previous state meet mark in the 3200 meters was set in 1983 by Cory Schubert (10:08.14) of Del Mar San Jose High.

In winning its record eighth team title, John Muir boys' set a state meet record of 3:08.66 in the 1600 meter relays. The mark broke Berkeley High's record of 3:08.94 set in 1981. Muir, behind sensational junior Obea Moore, ran away from the competition with 57 points. The nearest competitor was Long Beach Poly boys' with 30 points. Moore was an individual state champion in the 200 meters (20.91) and in the 400 meters (45.81) and anchored Muir's relay teams.

In the girls' competition, Long Beach Wilson led by junior Kinshasa Davis, who was first in the 400 meters and third in the 200 meters, edged James Logan High, 43-42. James Logan was paced by the performance of junior Carla Estes, who capped her tremendous season with a third place finish in the 400 meters and a second place in the long jump (19-7 1/4) and Jernae Wright, who repeated as a champion in the long jump.

St. Bernard Play del Rey High's Malika Edmonson was also a force winning the



National Record Holder - Michael Granville of Bell Gardens High broke Pete Richardson's long-standing mark in the 800 meters with a dazzling 1:46.41 run.

100 meters and the 200 meters as St. Bernard placed third with 28 points.

Kelly O'Connor of Esperanza High was the only other repeat champion for the girls, besides Wright, taking the triple jump title with a mark of 40-2 1/2.

In the second year of the girls' pole vault event, Alexa Harz of Peninsula broke the 12-foot barrier with a vault of 12-1 1/4 to win the title.

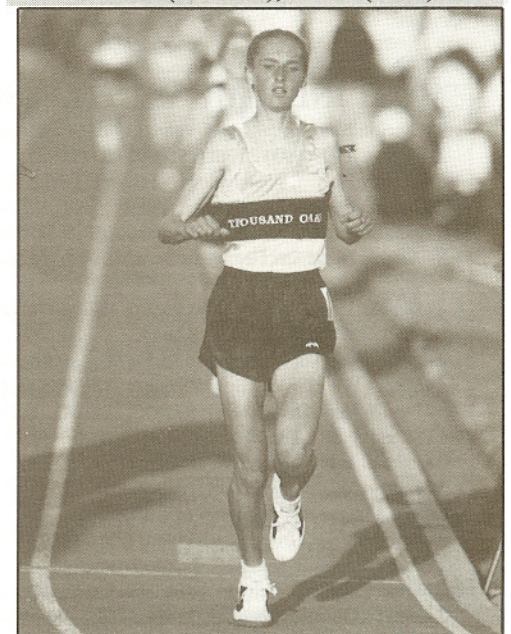
Repeat winners in the boys' field included Moore in the 400 meters and Jesuit High's Michael Stember in the 1600 meters. Moore's three overall titles moves him into an elite group of seven boys' (see list) who have won three career championships. Another title next year would place Moore with Roman Gomez of Belmont High as the only boys to win four state crowns. Two titles and Moore would become the only California boy with five individual titles.

With all the junior talent at the 1996 meet, 1997 figures to be another spectac-

ular meet. The 1997 meet will be held in Sacramento at Hughes Stadium. The meet will return to Cerritos College in 1998.

MOST INDIVIDUAL TRACK AND FIELD TITLES (BOYS)

- 4 Roman Gomez, Belmont 1600m (1984-95) 3200m (1984-85)
- 3 Obie Moore, Muir 400m (1995-96) 200m (1996)
- 3 Bill Cowings, Fowler 200m (1960), 100m (1959-60)
- 3 Forrest Beaty, Hoover Glendale 100m (1961-62) 200m (1961)
- 3 Billy Mullins, Hamilton LA 100m (1976), 200m (1975-76)
- 3 Quincy Watts, Taft 100m (1987), 200m (1986-87)
- 3 Jerry Proctor, Muir 110HH (1967), 300mIH (1967) LJ (1967)
- 3 Reynaldo Brown, Compton HJ (1967-69)
- 3 Brian Bluetreich, Capistrano Valley - Shot (1984-85); Discus (1985)



Breaking the 10-Minute Barrier - Kim Mortensen of Thousand Oaks High School, who earlier broke the national record in the 3200, set a state meet mark of 9:48.59.

1996 CIF ARCO am/pm State Track and Field Championship Results

Girls Results

100 Meters

1. Malika Edmonson, St. Bernard-SS	11.82
2. Miesha Withers, Morningside-SS	11.85
3. Damesha Craig, St. Francis Mt. View-CC	11.92

200 Meters

1. Malika Edmonson, St. Bernard-SS	23.47
2. Angela Williams, Chino-SS	23.49
3. Kinshasa Davis, Wilson Long Beach-SS	23.72

400 Meters

1. Kinshasa Davis, Wilson Long Beach-SS	52.67
2. Joni Smith, Wilson Long Beach-SS	53.64
3. Carla Estes, James Logan-NC	54.29

800 Meters

1. Lindsay Hyatt, Placer-SJ	2:11.24
2. Sharon Rhetta, Long Beach Poly-SS	2:13.12
3. Amanda Boice, Folsom-SJ	2:13.60

1600 Meters

1. Annie Ebner, St. Lucys-SS	4:48.72
2. Kristen Gordon, Carondelet-NC	4:50.78
3. Shaluinn Fullove, Louisville-SS	4:58.38

3200 Meters

1. Kim Mortensen, Thousand Oaks-SS	9:52.80
2. Julia Stamps, Santa Rosa-NC	10:15.13
3. Kristen Koppes, Foothill-N	10:40.70

400 Meter Relay

1. James Logan-NC	45.20
2. Wilson Long Beach-SS	45.53
3. St. Bernard-SS	45.62

1600 Meter Relay

1. Wilson Long Beach-SS	3:38.50
2. James Logan-NC	3:40.95
3. Poly Long Beach-SS	3:43.61

100 meter high hurdles

1. Nicole Hoxie, North Riverside-SS	13.87
2. Ashley Bethel, Mission Viejo-SS	14.08
3. Rory Kelly, Morningside-SS	14.10

300 Meter Hurdles

1. Tisha Ponder, Del Mar-CC	42.22
2. Nicole Hoxie, North Riverside-SS	42.66
3. Michelle Perry, Quartz Hill-SS	42.68

High Jump

1. Liz Giltner, Chaminade-SS	5-10
2. Tara Flaming, Immanuel-C	5-10
3. Tayyiba Hanef, Laguna Hills-SS	5-8

Long Jump

1. Jernae Wright, James Logan-NC	20-3
2. Carla Estes, James Logan-NC	19-7 1/4
3. Monique Harris, Cerritos-SS	19-3 3/4

Triple Jump

1. Kelly O'Conner, Esperanza-SS	40-2 1/2
2. Julie Tinker, Valley-SJ	39-3 1/4
3. Andria Booker, El Camino	39-1 1/2

Shot Put

1. Stephanie Brown, Arroyo Grande-SS	43-0 1/4
2. Chaniqua Ross, Laguna Creek-SJ	42-9 1/2
3. Kristin Bryden, Anderson-N	42-9

Discus

1. Chaniqua Ross, Laguna Creek-SJ	158-4
2. April Burton, Bakersfield-C	154-8
3. Darlene Tulua, Carmel-CC	153-11

Pole Vault

1. Alexa Harz, Peninsula-SS	12-1 1/4
2. Bridget Pearson, Hoover-SS	11-4
3. Allison Knode, Kingsburg-C	11-4

Team Standings

1. Wilson Long Beach	43 points
2. James Logan Union City	42
3. St. Bernard Playa del Rey	28
4. North Riverside	22
5. Long Beach Poly	20
6t Laguna Creek Elk Grove	18
Morningside Inglewood	18
8. Del Mar San Jose	14
9. Carondelet Concord	13
10. Santa Rosa	12
St. Francis Mountain View	12

Boys Results

100 Meters

1. Jim McGee, Sacramento-SJ	10:52
2. Vince Williams, University City-SD	10:70
3. Gerald Williams, Lynwood-SS	10:77

200 Meters

1. Obea Moore, Muir-SS	20:91
2. Vince Williams, University City-SD	21:07
3. Kevin Griswold, Garden Grove-SS	21:21

400 Meters

1. Obea Moore, Muir-SS	45:81
2. Lydell Burston, Morse-SD	46:85
3. Eddie Levine, Golden Valley-SJ	47:36

800 Meters

1. Michael Granville, Bell Gardens-SS	1:50.68
2. James Levine, Golden West-SJ	1:52.13
3. Jess Strutzel, Huntington Beach-SS	1:52.25

1600 Meters

1. Michael Stember, Jesuit-SJ	4:06.72
2. Micheil Jones, Livermore-NC	4:09.82
3. Robert Frichtel, Hemet-SS	4:10.32

3200 Meters

1. Aaron Gillen, Yreka-N	9:03.96
2. Will Bernaldo, Nordhoff-SS	9:04.18
3. Juan Chavira, Hanford-C	9:10.51

400 Meter Relay

1. Serra-SS	40:63
2. Muir-SS	40:64
3. Long Beach Poly-SS	41:35

1600 Meter Relay

1. Muir-SS	3:08.66
2. Morse-SD	3:10.80
3. Long Beach Poly-SS	3:13.10

110 Meter Hurdles

1. Joe Naivalu, Fremont-CC	13.68
2. Makio Haywood, Muir-SS	13.80
3. Sharif Patton, Crenshaw-LA	13.81

300 Meter Hurdles

1. Makio Haywood, Muir-SS	36.18
2. Joe Naivalu, Fremont-CC	36.26
3. Kenyon Rambo, Long Beach Poly-SS	36.99

High Jump

1. Elliott Parks, El Toro-SS	6-10
2. Gabriel Zarate, Selma-C	6-10
3. Kevin Wilkinson, Arroyo Grande-SS	6-8

Long Jump

1. Gerald Williams, Lynwood-SS	24-10 1/2
2. Jim McGee, Sacramento-SJ	24-3 1/2
3. Patrice McCall, Carson-LA	24-0 1/2

Triple Jump

1. Tye Anderson, Long Beach Poly-SS	49-11 3/4
2. Gerald Williams, Lynwood-SS	47-10 1/2
3. Peter Slater, Pleasant Valley-N	47-9 1/2

Pole Vault

1. Steve Michels, Brethren-SS	16-2
2. Nate Fox, Edison-SS	15-10
3. Steve Harris, Del Mar-CC	15-6

Shot Put

1. Jason Hammond, Fowler-C	64-4
2. Van Mounts, Bakersfield-C	62-11 1/2
3. Tony Sotelo, Ramona-SD	62-7 1/2

Discus

1. Scott Moser, Huntington Beach-SS	185-7
2. John Bello, Rancho Cucamonga-SS	183-7
3. Jason Hammond, Fowler-C	179-6

Team Standings

1. John Muir	57 points
2. Long Beach Poly	30
3. Lynwood	28
4t Fremont	18
Golden Valley	18
Morse	18
Sacramento	18
8t Fowler	16
Huntington Beach	16
University City	16



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