

**2000 STATE TRACK & FIELD
CHAMPIONSHIPS**

2000 Time Schedule

Field Event Qualifying (Friday)

Event Reporting Time Starting Time

Field Event Clerk of Course

Girls' Pole Vault	1:00 p.m.	2:00 p.m.
Girls' Discus	2:00 p.m.	3:00 p.m.
Boys' Shot Put	2:00 p.m.	3:00 p.m.
Girls' High Jump	3:00 p.m.	4:00 p.m.
Boys' Long Jump	3:00 p.m.	4:00 p.m.
Girls' Long Jump	3:00 p.m.	4:00 p.m.
Boys' Discus	4:30 p.m.	5:30 p.m.
Boys' Pole Vault	5:00 p.m.	6:00 p.m.
Girls' Shot Put	5:00 p.m.	6:00 p.m.
Boys' High Jump	5:30 p.m.	6:30 p.m.
Boys' Triple Jump	5:30 p.m.	6:30 p.m.
Girls' Triple Jump	5:30 p.m.	6:30 p.m.

Field Event Championships (Saturday)

Event Reporting Time Starting Time

Field Event Clerk of Course

Girls' Pole Vault	1:15 p.m.	2:15 p.m.
Girls' Discus	2:00 p.m.	3:00 p.m.
Boys' Shot Put	2:00 p.m.	3:00 p.m.
Girls' High Jump	2:00 p.m.	3:00 p.m.
Boys' Long Jump	2:00 p.m.	3:00 p.m.
Girls' Long Jump	2:00 p.m.	3:00 p.m.
Boys' Pole Vault	4:00 p.m.	5:00 p.m.
Boys' Discus	4:00 p.m.	5:00 p.m.
Girls' Shot Put	4:00 p.m.	5:00 p.m.
Boys' High Jump	4:30 p.m.	5:30 p.m.
Boys' Triple Jump	4:30 p.m.	5:30 p.m.
Girls' Triple Jump	4:30 p.m.	5:30 p.m.

Track Qualifying (Friday)

5:00	Girls' 400m Relay	(Heat #1)
5:04		(Heat #2)
5:08		(Heat #3)
5:12	Boys' 400m Relay	(Heat #1)
5:16		(Heat #2)
5:20		(Heat #3)
5:24	Girls' 1600m Run	(Heat #1)
5:31		(Heat #2)
5:38	Boys' 1600m Run	(Heat #1)
5:44		(Heat #2)
5:55	Girls' 100m HH	(Heat #1)
6:00		(Heat #2)
6:05		(Heat #3)
6:10	Boys' 110m HH	(Heat #1)
6:15		(Heat #2)

6:20		(Heat #3)
6:24	Girls' 400m Dash	(Heat #1)
6:28		(Heat #2)
6:32		(Heat #3)
6:36	Boys' 400m Dash	(Heat #1)
6:40		(Heat #2)
6:44		(Heat #3)
6:48	Girls' 100m Dash	(Heat #1)
6:52		(Heat #2)
6:56		(Heat #3)
7:00	Boys' 100m Dash	(Heat #1)
7:04		(Heat #2)
7:08		(Heat #3)
7:12	Girls' 800m Run	(Heat #1)
7:17		(Heat #2)
7:22		(Heat #3)
7:27	Boys' 800m Run	(Heat #1)
7:32		(Heat #2)
7:37		(Heat #3)
7:42	Girls' 300m LH	(Heat #1)
7:46		(Heat #2)
7:50		(Heat #3)
7:55	Boys' 300m IH	(Heat #1)
7:59		(Heat #2)
8:03		(Heat #3)
8:08	Girls' 200m Dash	(Heat #1)
8:12		(Heat #2)
8:16		(Heat #3)
8:20	Boys' 200m Dash	(Heat #1)
8:24		(Heat #2)
8:28		(Heat #3)
8:50	Girls' 1600m Relay	(Heat #1)
8:58		(Heat #2)
9:04		(Heat #3)
9:10	Boys' 1600m Relay	(Heat #1)
9:16		(Heat #2)
9:22		(Heat #3)

Track Qualifying (Saturday)

4:00	Girls' 400m Relay	6:00	Boys' 300m IH
4:08	Boys' 400m Relay	6:10	Girls' 200m Dash
4:19	Girls' 1600m Run	6:17	Boys' 200m Dash
4:28	Boys' 1600m Run	6:25	Girls' 3200m Run
4:44	Girls' 100m HH	6:42	Boys' 3200m Run
4:54	Boys' 110m HH	7:00	Girls' 1600m Relay
5:04	Girls' 400m Dash	7:10	Boys' 1600m Relay
5:11	Boys' 400m Dash		
5:19	Girls' 100m Dash		
5:25	Boys' 100m Dash		
5:34	Girls' 800m Run		
5:42	Boys' 800m Run		
5:53	Girls' 300m LH		

Weatherspoon Weathers Obstacles to Excel in Track

By Kirby Lee

Alexis Weatherspoon has conquered her biggest obstacles even before stepping into the starting blocks in 100 and 200 meters in the state track and field championships at Cerritos College today.

The junior from Grant High in Van Nuys is fortunate to be even running let alone walking.

Weatherspoon was born with a severely deformed left foot, which protruded outward. She wore orthopedic shoes for a year as an infant to straighten her foot and allow her to walk normally. Weatherspoon has also overcome a childhood battle with epilepsy and had surgery for hernia. In addition, Weatherspoon has asthma.

Weatherspoon pushed the maladies aside to win the 100 and 200 meters in the 1999 City meet. This season, she ranks among the state's best with marks of 11.79 and 24.64. She has also added the long jump and triple jump to her repertoire.

"I can't say I am a walking time bomb, but more like dice," Weatherspoon said. "I am unpredictable. I never know what's going to turn up next."

Particularly her sophomore season. The 5-5 Weatherspoon, who earned All-City honors playing on the Lancers' basketball team, missed nearly three weeks of training with sore knees after jumping into track.

Weatherspoon was also slowed by another hernia, which is unrelated to the one suffered as a child. The condition has limited her training and may require surgery if she overexerts herself. She has also had a long bout with the flu.

Antelope Valley College sprints coach James Harvey, a family friend who serves as a training consultant, said Weatherspoon workouts last season were limited to mostly drills and she has been unable to do any speedwork because of her maladies. There were also times when Weatherspoon came



Triumph over Tragedy -- Alexis Weatherspoon has beaten the odds to advance to the state meet. photo by Kirby Lee

close to quitting and broke out into tears because the pain was so great.

"When Alexis says she is in pain, you know she is really hurting," Harvey said. "She has a heart as big as a stadium. What she has been through has been pretty traumatic. We just tried to get through the season without getting hurt. If she got the starting line at the state meet and does not run a single step, she will be happy. That's more than we've asked for."

Weatherspoon's older brother John, 23, also suffered from epilepsy but her younger sister and brother are unaffected. Doctors are unsure of the cause of John and Alexis' epilepsy but hypothesize it may be caused by a lack of oxygen at birth.

Alexis, who was diagnosed in the first grade, has never lost conscious-

ness but suffered mild seizures which caused mental lapses during classes and conversations. She took medication for five years and her seizures appear to be in remission.

A relapse, however, is still in the back of Weatherspoon's mind, particularly with the death of Florence Griffith-Joyner, who suffered from a similar condition and died in her sleep during a seizure.

"I don't want that to be the only thing I have in common with FloJo," Weatherspoon said. "I just space out and stare into space and the next thing I know I would miss a whole lesson in class. Teachers thought I was not paying any attention. When I was talking to people, I wouldn't remember anything they said."

Still, Weatherspoon has been a model student at Grant. Weatherspoon maintains a 3.8 grade-point average and was nominated by the Grant faculty to serve as a liaison for the technology and communication magnet to improve communication between students and teachers.

Weatherspoon is an accomplished jazz and ballet dancer, pianist and violinist and also participated in gymnastics and swimming as a child.

Her uncle is actor John Weatherspoon, who plays "Pops" on the Wayans Bros. television show. Her father Ronald is a songwriter who has written compositions for Diana Ross and the Temptations.

Her mother Loretta knows the risk of Weatherspoon's involvement in sports with epilepsy, asthma and hernia but encouraged her daughter to go out for track as a Grant freshman. In her first season of track Weatherspoon finished second in the 100 in the City championships to earn a state-meet berth.

"I worry about her physical condition but she is a competitor and you have to realize what is going to happen is going to happen," her mother said. "You can't sit away and let life pass you by."

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

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 10 of 17 national high school records. Seven of those have been accomplished in the 1990's.

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 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). Howard has the oldest national record in the books for a California girl athlete setting the standard in 1982. One year later, in 1983, Fullerton Union graduate Natalie Kaaiawahia set the national record in the shot put (53-7 3/4).

Mills High standout Leslie Maxie continued the trend in 1984 setting the national mark in the 300-meter low hurdles (40.18). It was seven years before another Californian would enter the record books when Juliana Yendork from Walnut High, set a national record in the triple jump (44-0 1/2) in 1991.

Suzy Powell of Downey Modesto joined the list with a best discus toss of 188-4 in 1994. Then Thousand Oaks High School added another star to the list when Kim Mortensen eclipsed the

national mark in the 3200 meters (9:48.59) in 1996.

On the team side, St. Bernard Playa del Rey and Long Beach Wilson both broke marks held by California schools. St. Bernard broke the 400 meter relay record with a time of 44.70 in 1997. The following year, Long Beach Wilson set a new national record in the 1600 meter relays (3:36.32).

Boys track athletes have also fared well nationally, holding seven national records and many second and third best national marks.

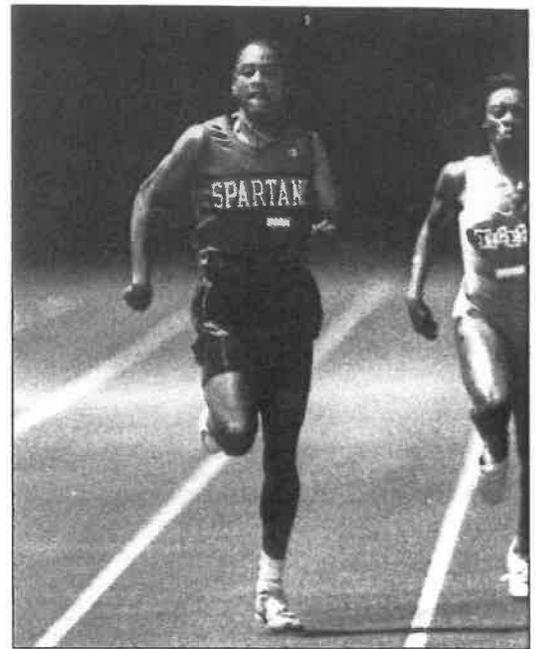
Calvin Harrison of North Salinas set a national record of 45.25 in the 400 meters, the only national record for boys in any state during the 1993 season. Charles Mayfield of Muir High, has held onto the national record in the triple jump (52-10 1/2) since 1980.

Lompoc's George Porter set the standard in the 300 meter intermediate hurdles (35.32) in 1985. That same year, Hawthorne set the team mark in the 1600 meter relays with a sizzling 3:07.40.

In 1986 Eric Mastalir of Jesuit High set the new national mark in the 3200 meter run at 8:44.95. James Stallworth of Tulare set the national mark in the long jump in 1989 at 26-4 3/4.

The newest boys' national mark came in 1996 when Bell Gardens standout Michael Granville bested Pete Richardson's (Berkeley High) long-time record in the 800 meters. Richardson set the mark of 1:47.31 in 1981, but Granville beat that with a time of 1:46.45.

As the old saying goes, records are made to be broken. Californians take this to heart.



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.

NATIONAL RECORDS HELD BY CALIFORNIA GIRLS (TRACK & FIELD)

- 100 Meters:** 11.14 - Marion Jones, Thousand Oaks H.S. 1992
200 Meters: 22.67 - Marion Jones, Thousand Oaks H.S. 1992
400 Meters: 52.39 - Denean Howard, Kennedy HS. 1982
3200 Meters: 9:48.59 - Kim Mortensen, Thousand Oaks H.S. 1996
300 Meter LH: 40.18 - Leslie Maxie, Mill H.S. 1984
400 Meter Relay: 44.70 - St. Bernard, Playa del Rey 1997
1600 Meter Relay: 3:36.32 - Long Beach Wilson 1998
Triple Jump: 44-0 1/2 - Juliana Yendork, Walnut H.S. 1991
Shot Put: 53-7 3/4 - Natalie Kaaiawahia, Fullerton HS 1983
Discus Throw: 188-4 - Suzy Powell, Downey Modesto H.S. 1994

NATIONAL RECORDS HELD BY CALIFORNIA BOYS (TRACK AND FIELD)

- 400 Meters:** 45.25 - Calvin Harrison, North Salinas H.S. 1993
800 Meters: 1:46.45 - Michael Granville, Bell Gardens H.S. 1996
3200 Meters: 8:44.95 - Eric Mastalir, Jesuit H.S. 1986
300 Meter IH: 35.32 - George Porter, Lompoc Cabrillo H.S. 1985
1600 Meter Relays: 3:07.40 - Hawthorne 1985
Long Jump: 26-4 3/4 - James Stallworth, Tulare 1989
Triple Jump: 52-10 1/2 - Charles Mayfield, Muir H.S. 1980

Nation's Premier Track Event

Figures to Have Plenty of Excitement

Henderson, Perkins Square off in 400 Meters

By Rich Gonzalez
San Gabriel Valley Tribune

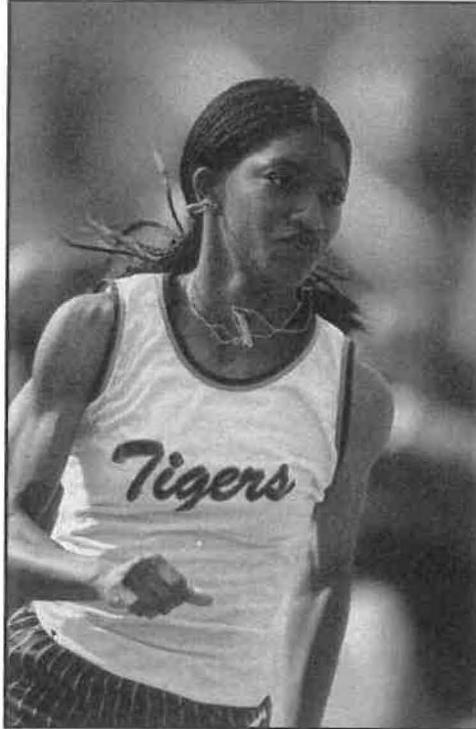
NORWALK — Long considered home to America's premier female prep talent, the Golden State has really outdone itself this spring! As proof, a pair of Southern Californians have set national records in the same event in recent weeks, a third athlete had seriously threatened knocking off another national mark, and the area now boasts the national record holders in the distance medley relay as well as the strongest collection of 1,600-meter baton units in U.S. history. In fact, Californians hold down this season's nation-leading marks in nine of the sixteen girls' events!

Athletes on the boys' side aren't actually dragging their heels either, not with one red-hot distance star flirting with four-minute four-lappers in recent outings, a triumvirate of pole vaulters as good as any in the country and national-class sprinters just starting to rev into high gear for their own assault on the all-time standards.

Teamwise, the battle for state plaques projects to J.W. North of Riverside having a slight edge over Berkeley for the girls' crown, with Moore League rivals Long Beach Wilson and Long Beach Poly in hot pursuit.

For the boys, a wide-open affair is on tap, with Serra (Gardena) and Rancho Bernardo (San Diego Section) having the slight edge, although Long Beach Poly, Taft and Gahr are other serious contenders.

So sit back and enjoy the next two days of action as the 81st edition of the CIF-State Track and Field Championships roll into town to take center stage



Simply Sensational - Morse High's Monique Henderson smashed the national high school record in the 400 with a time of 51.31 at the CIF Southern Section Finals. Henderson broke Angel Perkins' (Gahr High) clocking of 52.28 set the previous week. This is a must-see event: photo by Kirby Lee

at Cerritos College, promising a slew of exceptional season-ending performances by an estimated 900 scholar/athletes representing 300-plus schools.

Here's a look at some of the top names and stories to look for, starting with the girls' events:

Nothing elicits excitement from a track crowd and produces more breathtaking drama than the speed events, with this year's collection of dashers sure to achieve that effect at "record" levels. Leading the way are San Diego Morse's Monique Henderson and Cerritos Gahr's Angel Perkins, a pair of one-lap standouts who have combined to twice rewrite

the record books in recent weeks. Perkins kicked off the postseason theatrics with a 52.28 clocking to set the National Federation Record at the Southern Section Division I finals, but it lasted only seven days as Henderson smashed it by smoking the track for a 51.31 as part of the greatest single-day sprint effort in national history (to go along with a 23.70 for 200, 11.88 for 100, and 51.8 anchor for the long relay). Now Henderson aims to gain revenge for her setback to Perkins in the prestigious Arcadia Invitational. Can these two one-lap wonders crack into "50-point" turf? Yikes !!!

As talented as Henderson and Perkins are, neither might be the favorite at the 200 distance, where Berkeley's Aisha Margain holds camp. The Yellowjackets senior scorched the tartan straightaway for a lifetime-best (11.63) in the 100 last week, already having powered her way to a wind-aided 23.10 (national best under any conditions) in the deuce earlier this spring!

Henderson went 23.70 last week, with Perkins checking in at 23.73, making this a potential lean-at-the-finish-line affair! Margain is the favorite in the 100 in the race for team points under the 10-8-6-4-2-1 scoring system for the top six places, with Centennial's Tiffany Bennett (11.69) and L.A. Grant's Alexis Weatherspoon (11.77 after a season-opening injury) among the leading challengers.

Despite J.W. North's DQ in the short relay last week (they were the year's national leader at 45.30), the relays promise to be a pair of sizzling affairs. Margain, Katrina Keith, Simone Brooks and T'Carra Pennick lead Berkeley (46.13), which looks to

get its state team-title bid off on the right track. James Logan (46.77) and Long Beach Wilson (46.78) are also in the running for the top spot. The meet-ending long relay could be even more exciting, where J.W. North (3:39.46) and Long Beach Wilson (3:39.64) helped produce the fastest race in national history as two squads eclipsed 3:40 in the same race for the first time ever! Poly (3:45.04) and Berkeley (3:47.50) also lurk closely in the rear-view mirror.

The hurdling events should be a pair of blazing affairs, with Long Beach Wilson's Lashinda Demus and J.W. North's Nichole Denby ranking as this year's national leaders and among the best in prep history in their specialties! Demus, the third-fastest low hurdler in U.S. annals (40.44 last year), appeared on her way to taking down Californian Leslie Maxie's national mark (40.19) last week, but she chopped her strides and struck the final hurdle hard to keep the longtime standard at bay at least another week. Denby, with a nation-leading 13.41 to her credit in the highs (the #11 time in U.S. history), ran 13.92 to get here today, sensational considering the third hurdle flight was placed in the wrong location last week, altering the steps and the rhythm of the entire Southern Section field in that one early on. As indication of Denby's stellar effort, she left runner-up Demus 1.37 seconds behind in the official results. Other leading barrier negotiators to keep tabs on include Oak Grove's Tamara Gulley (13.87) and Woodland Hills Taft's Deneeka Torrey (13.76w, 42.79) and Undine Becker (14.43, 43.28).

San Lorenzo Valley's Alejandra Barrientos has been downright awesome this spring, with nation-leading marks of 2:09.35, 4:46.60 and 10:11.19 to her credit, punctuated by a 4:44.5 split for 1,600 on the school's national record-setting distance medley relay jaunt (11:41.28 for her, younger sister Raquel Barrientos, Lindsay Scarborough

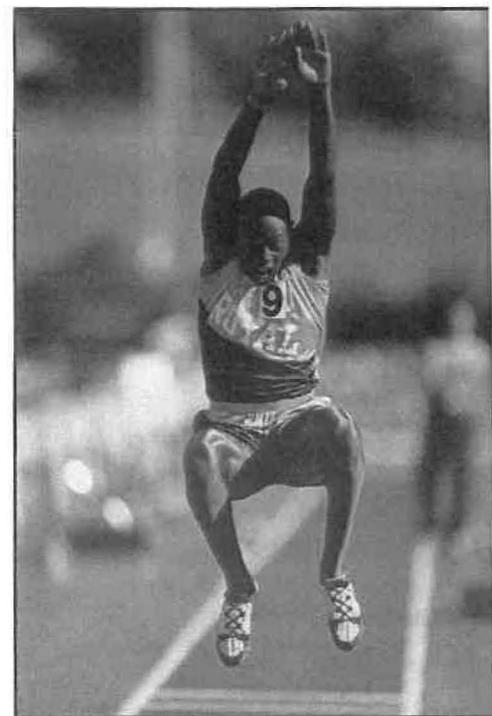
and Shiloh Whiting) in sending the Franklin Field crowd at the fabled Penn Relays into a frenzy. She and Montgomery's Sara Bei (sub-4:57 and sub-10:35 indoor for one and two miles, respectively), a two-time qualifier for the cross country nationals, are headed for a grueling double this weekend, with the latter fresh off a seasonal-best 4:49.09 clocking at her section finals. Glendale Hoover's Anita Siraki (10:18.61) is aiming for the upset in the 3,200, although some might consider her the favorite considering her slew of top efforts, having just one event to focus on, and being under the tutelage of standout coach Greg Switzer (has any California coach produced more top-level individuals in the distances?) provide a lethal combination. Keep an eye on Mira Costa frosh Lynn Dixon (4:50.05), the nation's newest distance find, and seasoned Newport Harbor junior Amber Steen (4:50.75, 10:52.32).

Although Barrientos won't be in the two-lap race, Corona del Mar's Liz Morse and Vallejo's Spring Dawson should provide fans with quite a treat. Morse went 2:08 and change indoors against an open field to kick off the year, with an outdoor best 2:09.40 while weathering a grueling schedule (she keyed a CIF-SS Division III title for the Sea Queens with an amazing quadruple!). Dawson (2:09.36) clipped more than three seconds off her personal best last week, giving the ultra-tough Morse (also 24.80 and 55.89) something to think about as this clash plays itself out. Shannon Rowbury of Sacred Heart Cathedral (San Francisco) has posted a 2:10.89 to loom among the top challengers.

Temple City's Laura Chen has been the pole vaulter to beat all season, with five meet records to her credit thus far. But while Chen's clearance of 12-3 tops the state for 2000 (a mere inch off the state record for juniors set by Golden West's Brooke

Lankard in 1997), Birmingham's Melissa Astete (12-2 1/4) to claim the LA City Section crown and Long Beach Poly's Jaim Kolar (12-0) also have their sights fixated on a championship flight pattern. Rachel Ziemann (Edison, Huntington Beach) came through with a huge four-inch improvement in the high jump at the SS Masters Meet last weekend, joining Central Coast Section titlist Jenna Grimaldi (St Ignatius) with 5-10 qualifying marks coming in. Among others in the picture for the top spot are 5-9 jumpers Chaunte Howard of J.W. North and Sharon Day of Costa Mesa, and Ziemann's twin sister Bianca (5-8).

No less than six athletes have successfully soared 19 feet thus far in the long jump under wind-legal conditions, headed by Elzunia Lamb of San Benito (19-11 3/4). Although ranking as the favorite, Lamb's task is made tougher by the recent emergence of Mission Viejo's Dana Bethel (including a seasonal-best 19-1), the continued progress in frosh phenom Michelle Sanford of Woodbridge (19-3 and the daughter of USC sprint recordholder James Sanford) and Sac-Joaquin



Flying High—Oliver Jackson of Royal High in Simi Valley finished second in the long jump last year and jumped 24-0 3/4 at the CIF Southern Section finals.

Section winner Jimia White of Casa Roble (19-5). Blessing Ufodiama (41-1 3/4) has mastered the triple jump in recent years, but the Long Beach Poly star has found company in the 40-foot ranks at championship time as Laguna Creek's Lauren Chestnut extended for a 41-0 measurement last time out and Gahr's Nicole Duhart (40-4 1/2) has joined that select group under windy conditions.

A great clash ensues in the shot put, where San Luis Obispo junior Karen Freberg took over the national lead in the event with a heave of 50-10 1/4 at League Finals, with #2 nationally Jill Camarena of Woodland just a half-inch short of eclipsing the 50-foot barrier at the Arcadia Invitational. A third athlete on the radar screen is Jessica Cosby of Cleveland (Reseda), who posted a lifetime best 48-6 1/4 at Arcadia. Jill Camarena looks to cap a stellar senior campaign, with the Woodland High star having a 161-9 toss to her credit thus far. Her top challenger should be San Diego Hoover's Candace Hill (151-9), with Michelle Daggs (149-4 for Oakland Bishop O'Dowd) and Krissy Schelir (149-3 at Sierra Tollhouse) among the other top entrants.

Ryan Hall has captured the imagination of the Golden State's distance runners in recent weeks to highlight the boys' events coming in, with the Big Bear junior coming down from the mountain to repeatedly humble solid competition with seeming ease. Reportedly under the tutelage of Irv Ray (coach of American mile recordholder Steve Scott), Hall has dazzled Southland fans in recent weeks with Division IV record clockings of 4:05.78 and 4:05.01 for the 1,600 and 9:02.57 for the 3,200. Hall has dropped the four-lap battle from his agenda this week, opting to focus on the 3,200 for strength work in preparation for his anticipated showdown with Virginian Alan Webb (3:59.9 relay split for 1,600) at the National Scholastic Out-



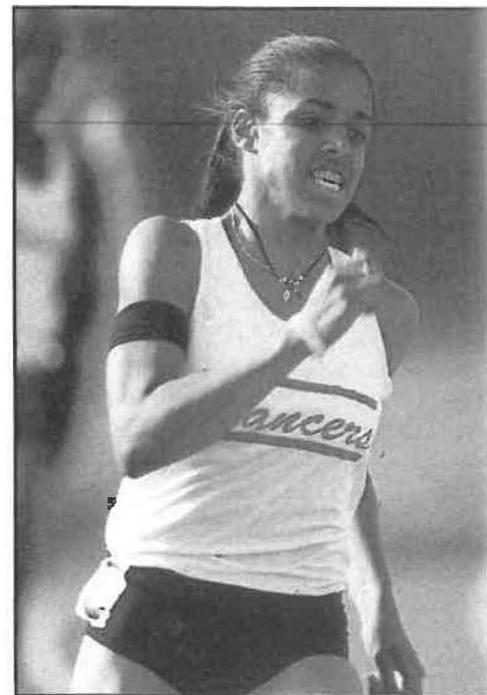
One to Watch -- Erby Houston of Gahr High ran a 1:54.58 (800 meters) in the CIF Southern Section finals . photo by Kirby Lee

door Championships in two weeks. Can you say 4-minute mile? Although going unchallenged in recent weeks, Hall won't have it easy this weekend with Ventura standout Josh Spiker (8:56.66 in 1999) having rebounded admirably from leg surgery to join Buchanan's Fernando Cabada (8:59.08 in '99) and San Diego Ramona's Matt McInvale (9:05:50) as leading entrants. Keep an eye on Southern Section underclassmen Tom Kubler of Viewpoint (peaking nicely for a 9:16.98 PR last week) and Cate's Henry Hagenbuch (9:17.39), among the nation's hottest sophomores!

With Hall and the Wisconsin-bound Spiker out of the mix for the 1,600, who'll step up to challenge Arizona State-signed ace Ryan Bousquet of Esperanza? It could be a pair of multi-lappers from Santee West Hills. Evan Fox, the CIF State Scholar-Athlete of the Year award winner (see page 8), braved warm weather to win San Diego Section honors in a personal best 4:10.84, with teammate Ben Aragon (4:12.08) right on his tail. Jin Daikoku (4:12.63), the San Francisco Section champ, and LA City titlist Sergio Campos (4:13.63) are also

in the title mix. The race at 800 meters might be a rematch of last week's San Diego Section affair, where Sean Rancho Bernardo's Sean Ricketts (1:52.69), Vista's Jared Emmons (1:53.13) and Poway's Aaron Powell (1:53.16) handled the spotlight in grand fashion, leaving a pair of sub-1:54 competitors out of the qualifying. Tustin's Alonso Smith had been the state leader over the last month after his 1:52.87 win at the Orange County Championships, looking to regain the top spot here. Chris Wells-Anders (1:53.00) of El Camino Real (Los Angeles) is another top entry.

After having laid low for most of this season, Albert Hollis (Christian Brothers, Sacramento) really rolled to the sprints forefront with a wind-aided 10.29 clocking his last time out, making the "dash clash" with Long Beach Poly's Bennie Robinson and Gardena Serra's Warren Rogers among the most anticipated matchups of the week. Hollis, whose imposing frame befits his gridiron presence, is in a groove (also 21.06 for the deuce last week), but Robinson (10.41, 21.13) has big Arcadia and Masters Meet wins to his credit while Rogers (10.34, 20.88) sports the best lifetime marks among the trio.



Two-Event Standout -- Grant High's Alexis Weatherspoon could place in both the 100 and 200 meters . photo by Kirby Lee

Fred Williams (21.12 for Woodland Hills Taft) and Rodney Landingham (10.49 for Sonora) are others to watch.

Jason Lovell (Cleveland, Reseda) sports the state's fastest time in the one-lap sprint (47.43), but the experience harbored by Chino's Travon Walton (47.09 last year), Gahr's Robert Nunn (47.59) and Riverside Notre Dame's Derrick Johnson (47.74) make this race anyone's guess. The relays could depend largely upon the health of Serra's Rogers. He's been nursing a tender hamstring in recent weeks, but the Cavaliers stunned their opposition with 41.22 and 3:13.72 Masters Meet wins without their main gun in the lineup last week! But DQs are always a major risk factor in these events (just ask L.B. Poly's unit, which was booted out of the divisional prelims), so look for such speed factories as Unversity City (41.18), Gahr (41.38, 3:15.55), L.B. Poly (3:14.40) and Cleveland (41.39, 3:16.06) to be caught in a no-room-for-error race to the wire!

The presentation of the boys team-title plaques might hinge on what happens in the hurdle events, where Serra's Steven Smith, the state's most-improved hurdler in recent weeks (dropping almost two seconds in the intermediates to 37.50) locks up with Rancho Bernardo's Bobby Salimi (lifetime bests of 37.27 and 14.08 in sweeping the San Diego-area titles) head on. Both their teams are in serious contention for the team title. In either case, Smith and Salimi must contend with versatile wunderkind Trevor Jones of Newport Harbor and blazer Chris Morgan of Taft (Woodland Hills). The UCLA-bound Jones, whose name appears on the California "top marks" lists with mind-boggling frequency, boasts the state-leading mark in the intermediates (37.08) and has gone 14.21 in the highs. Morgan is the favorite in the highs after scorching the straightaway for a state-leading 13.94 clocking in winning the Arcadia Invitational.

Aerialists take center stage in the field events, where a trio of Californians are ranked on the top seven in the national pole vault lists this year! Marina senior Logan Odden leads the way, having cleared an Orange County record 16-7 at the Mt. Carmel Invitational in late April. The mark ranks third nationally this spring, with Verdugo Hills' Shane Hackett (sixth at 16-4) and Mt. Carmel's Travis Offner (seventh at 16-2) also regarded as models of consistency in this nerve-racking event! Palmdale's Jerrick Holmes is the only seven-footer in the high jump field (clearing that precise height at an early-season meet), but Ebon Glenn (St. Mary's Berkeley) ranks as the hottest entrant after last week's 6-11 mark at sectionals. Four others in the field have cleared 6-10, meaning keen strategy in choosing an entering height and total misses might play a major role in determining final places. Another interesting story to keep tabs on is the performance of Camarillo junior Chadd Smith, who has chosen to brave through the final months of the season while postponing his surgery for torn knee cartilage.

Royal's Oliver Jackson rode a sensational series of efforts at last month's Ventura County Championships to claim the state long jump lead, capping his day with a wind-legal effort measured at 24-5 3/4. But with Lincoln's (Stockton) Brandon Parker soaring a seasonal-best 24-3 1/2 last week, state-meet veteran Tony Allmond (St. Paul, Santa Fe Springs) stretching out to 24-4, and all-around talent Matt Ware (Student Sports Magazine's top-rated junior in football) of Loyola, this should be a great competition! The triple jump appeared to be wide open a few weeks ago, but breakthrough efforts last week from Highland's Anton Porter (49-9-1/2) and Helix's Tony Ortiz (49-3) were the best marks in the state this year under any condi-

tions. Rashod Higgs of Indence (San Jose) has gone 48-2 to head up a dozen athletes having gone 47-plus.

The leading entrants in discus hail from opposite of the Southern Section, Esperanza's Travis Pendlet (state-leading 199-2) and Arroyo Grande's Sean Shields (199-1) being the latest products of the pair of factories. Few schools have generated as many top weight men over the years as these two recognized powerhouses. Eagle's Rhuben Williams has been at the top of the field for shot put supremacy since spring with a heave of 61-8. Atwater's Rusty Price (61-8) and Arroyo Grande's Shields (61-6) are the other 60-footers in the field.

1999 CIF Track and Field Sportsmanship Award Winners

<i>Athlete</i>	<i>High School</i>
Jill Camarena	Woodland
Tim Adrian	Moorpark
Kim Stone	York
Jeremy Richards	Righetti
Tenisha Johnson	Arch. Mitty
Bernard Grady	Scripps Ranch
Buffie Ryan	Soquel
Brandon Braunstein	Newark Mesa
Antonia Lozano	Katella
Alejandra Barrientos	San Lorenzo
Marcus Chandler	Sierra
Derrick Wise	A.B. Miller



CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 400m RELAY

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

Records - National: 44.70 St. Bernard (Playa del Rey, CA) 1997
State: 44.70 St. Bernard (Playa del Rey, CA) 1997

Lane	School	Sect.	Sect. Mark	Pos	Place	Mark
1	Fremont (Ok)	OS	49.63			
2	Milpitas	CCS	48.52			
3	Holy Names	NCS	48.04			
4	Rio Mesa	SS	47.73			
5	Berkeley	NCS	46.13			
6	Birmingham	LAS	47.73			
7	Notre Dame-S.O.	SS	48.03			
8	Mt. Miguel	SDS	48.48			
9	Lemoore	CS	49.11			
<hr/>						
1	Washington (Sf)	SFS	50.27			
2	Gunn	CCS	48.65			
3	Morningside	SS	48.15			
4	Deer Valley	NCS	47.90			
5	Logan, James	NCS	46.77			
6	Gahr	SS	47.72			
7	Cleveland	LAS	47.97			
8	Stockdale	CS	48.45			
9	Ceres	SJS	48.93			
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1	Red Bluff	NS	50.36			
2	Woodcreek	SJS	48.91			
3	Morse	SDS	48.34			
4	Dorsey	LAS	47.92			
5	Long Beach Wilson	SS	47.04			
6	El Camino (Sd)	SDS	47.64			
7	Archbishop Mitty	CCS	47.94			
8	Vallejo	SJS	48.40			
9	Edison (Ce)	CCS	49.02			

BOYS 400m RELAY

Prelims: 5:12 p.m. - Fri. Final: 4:08 p.m. - Sat.

Records - National: 39.76 Fort Worth O.D., Wyatt, TX 1998
State: 40.35 John Muir (Pasadena, CA) 1997

Lane	School	Sect.	Mark	Pos	Place	M
1	Lassen	NS	43.03			
2	Bellarmino	CCS	42.61			
3	Dorsey	LAS	42.28			
4	Morningside	SS	41.90			
5	University City	SDS	41.18			
6	Pasadena	SS	41.73			
7	Sonora (Sj)	SJS	42.25			
8	Carson	LAS	42.56			
9	Deer Valley	NCS	42.93			
<hr/>						
1	Foothill (Nc)	NCS	43.26			
2	Archbishop Riordan	CCS	42.69			
3	Grant (Sj)	SJS	42.31			
4	Rancho Bernardo	SDS	41.93			
5	Serra (Ss)	SS	41.22			
6	Clovis West	CS	41.70			
7	Hanford	CS	42.21			
8	Kennedy (Sj)	SJS	42.46			
9	Pittsburg	NCS	42.84			
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1	Lincoln (Sf)	SFS	45.06			
2	Mc Clymonds	OS	42.72			
3	Lincoln (Sd)	SDS	42.31			
4	Palmdale	SS	41.95			
5	Gahr	SS	41.38			
6	Cleveland	LAS	41.39			
7	St Mary's (Nc)	NCS	42.00			
8	Redwood (Ce)	CS	42.33			
9	Milpitas	CCS	42.81			



Tracy Thomas played a big role in Riverside North High's first-ever team title last year. photo by Kirby Lee



Warren Rogers helped Serra to a 41.22 timing in the CIF Southern Section Final. photo by Kirby Lee

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 1600m RUN

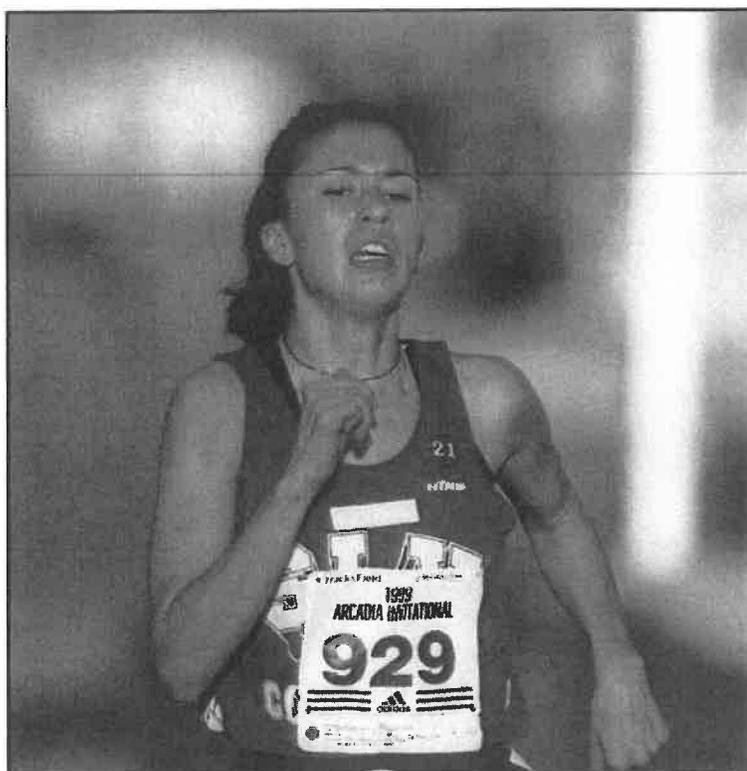
Prelims: 5:24 p.m. - Fri. Final: 4:19 p.m. - Sat.
 Records - National: 4:39.40 Laura Matson (Bloomfield Hills, MI) 1991
 State: Polly Plummer (University, Irvine) 1982

Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1	Alicia Veiss	09 Mc Farland	CS	5:06.36		
2	Ali Nicolas	12 Lincoln	CS	5:03.18		
3	Cosette Smith	12 Mira Costa	SS	4:57.22		
4	Jenny Aldridge	10 Maria Carillo	NCS	4:56.40		
5	Alejandra Barrientos	11 San Lorenzo Valley	CCS	4:47.56		
6	Amber Steen	11 Newport Harbor	SS	4:50.75		
7	Jenny Esser	10 Foothill	NCS	4:56.60		
8	Kristin Cohoon	10 Chadwick	SS	5:02.42		
9	Natalie Stein	11 North Hollywood	LAS	5:06.29		
10	Katie Baker	12 Poway	SDS	5:10.40		
11	Julia Gray	12 San Pedro	LAS	5:12.73		
12	Maja Ruznic	11 ISA	SFS	5:13.60		
13	Lindi Bedke	10 Centennial	CS	5:16.91		
1	Robyn Stevens	11 Vacaville	SJS	5:06.55		
2	Sarah West	10 Davis	SJS	5:04.30		
3	Desiree Davila	11 Hilltop	SDS	4:59.00		
4	Bridget Duffy	10 St Mary's	NCS	4:56.60		
5	Sara Bei	11 Montgomery	NCS	4:49.09		
6	Lynn Dixon	09 Mira Costa	SS	4:50.05		
7	Breane Sandberg	11 Peninsula	SS	4:57.01		
8	Raquel Barrientos	09 San Lorenzo Valley	CCS	5:00.15		
9	Lauren Gustafson	12 Mills	CCS	5:05.60		
10	Julie Komosinski	11 Torrey Pines	SDS	5:09.20		
11	Ciara Harvey	10 Central Valley	NS	5:13.02		
12	Valerie Delgado	09 Buchanan	CS	5:13.27		
13	Maria Blazquez	10 Roosevelt	LAS	5:18.17		

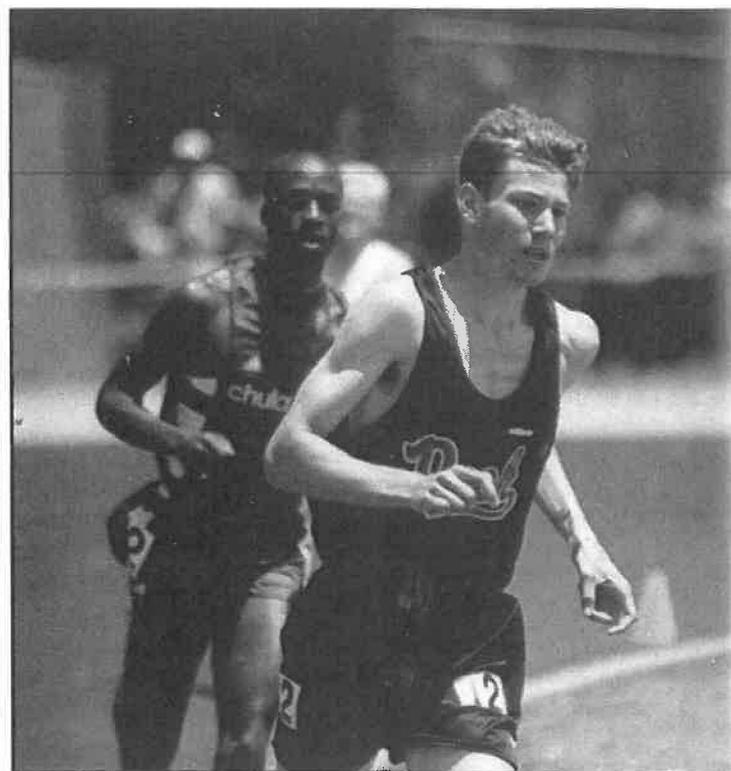
BOYS 1600m RUN

Prelims: 5:38 p.m. - Fri. Final: 4:28 p.m. - Sat.
 Records - National: 3:58.30 Paul Vandergrift, Conshohocken Archbishop Kennedy, PA 1987
 State: 4:04.00 Michael Stember (Jesuit, Carmichael) 1995

Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1	Eddie Alaniz	12 Mt. Pleasant	CCS	4:20.21		
2	Kyle Dunst	12 Peninsula	SS	4:18.57		
3	Chris Lanese	12 Moreau Catholic	NCS	4:18.18		
4	Josh Pope	12 Poway	SDS	4:15.32		
5	Ryan Bousquet	12 Esperanza	SS	4:09.38		
6	Jin Daikoku	11 Lowell	SFS	4:15.13		
7	Neil McDonagh	12 St Ignatius	CCS	4:16.84		
8	Jordan Kinley	10 Maria Carillo	NCS	4:18.56		
9	Chris Layman	12 Corona	SS	4:19.29		
10	Brandon Collins	11 Jesuit	SJS	4:22.04		
11	Daniel Clements	11 Taft	LAS	4:22.10		
12	Erik Webb	12 North Bakers.	CS	4:23.63		
13	Leon Buchanan	12 Monroe	LAS	4:23.80		
1	Sergio Campos	12 Marshall	LAS	4:21.10		
2	Andres Gomez	11 Mc Farland	CS	4:18.63		
3	Josh Campbell	12 North Monterey	CCS	4:18.27		
4	Nick Brannen	12 Don Lugo	SS	4:15.95		
5	Evan Fox	12 West Hills	SDS	4:10.84		
6	Ben Aragon	11 West Hills	SDS	4:12.08		
7	Garrett Milner	12 San Clemente	SS	4:16.69		
8	Zach Ardell-Smith	12 San Leandro	CCS	4:18.41		
9	Chris Wondoloski	11 De La Salle	NCS	4:19.52		
10	Trevor Uyemura	10 Sanger	CS	4:22.04		
11	Joel Bosserman	10 Del Oro	NS	4:23.18		
12	Will Merchad	12 Davis	SJS	4:23.33		
13	Matt Sartor	11 Enterprise	NS	4:24.53		



Alejandra Barrientos ran a 4:47.56 at the section finals. photo by Kirby Lee



Evan Fox of West Hills High School is a leading contender to take the 1600 meter title.

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 100m HH

Prelims: 5:55 p.m. - Fri. Final: 4:44 p.m. - Sat.

Records - National: 13.23 Dominique Calloway (Lakewood, CO) 1996
State: 13.23 Nicole Hoxie (JW North, Riverside) 1997

Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1	Julie Handy	10 Esperanza	SS	15.83		*
2	Gina Londono	10 Highland	SS	15.42		
3	Brynne Steward	09 Cleveland	LAS	14.94		
4	Danielle Stokes	10 St Mary's	NCS	14.58		
5	Tamara Gulley	12 Oak Grove	OCS	13.76		
6	Sani Roseby	12 Monterey	OCS	14.54		
7	Catie Coin	12 Rancho Bernardo	SDS	14.86		
8	Bryeanna Barmer	10 Heix	SDS	15.40		
9	Kira Costa	09 Lemoore	CS	15.81		
1	Emily Azevedo	11 Chico	NS	15.92		
2	Essence Stamps	11 Dorsey	LAS	15.43		
3	Willimena Cisco	10 Laguna Creek	SJS	15.01		
4	Deneeka Torrey	12 Taft	LAS	14.60		
5	Nicole Denby	12 North, JW	SS	13.92		
6	Ashley Lodree	09 El Cerrito	NCS	14.46		
7	Tanisha Johnson	09 Eastlake	SDS	14.86		
8	Lashinda Demus	11 Long Beach Wilson	SS	15.29		
9	Roshena Duree	10 Burton	SFS	15.59		
1	Ashanti Ellis	10 Skyline	OS	16.04		
2	Laura Pilliti	10 Stockdale	CS	15.52		
3	Stephanie Cowling	12 Benicia	SJS	15.09		
4	Brooklyn Hann	11 L Burbank	SJS	14.63		
5	Beyonka McDowell	12 Vallejo	SJS	14.43		
6	Undine Becker	11 Mt. Pleasant	OCS	14.43		
7	Simone Brooks	12 Berkeley	NCS	14.65		
8	Osarhiemen Omwagh	10 Buchanan	CS	15.23		
9	Chelsea Johnson	10 Atascadero	SS	15.74		

BOYS 110m HH

Prelims: 6:10 p.m. - Fri. Final: 4:54 p.m. - Sat.

Records - National: 13.1 Dennis Brantley, Houston Worthing, TX 1980
State: 13.41 Steve Kerbo (Mission Viejo) 1982

Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1	Chris Santana	11 Benicia	SJS	15.64		
2	Darion Williamson	12 Morse	SDS	14.80		
3	Jeremy Thornburg	12 Cathedral City	SS	14.51		
4	Jeff Hunter	11 Granite Hills	SDS	14.40		
5	Christopher Morgan	11 Taft	LAS	14.07		
6	Daveed Diggs	12 Berkeley	NCS	14.32		
7	Jeff Garrison	11 North, JW	SS	14.50		
8	Matt Chisam	12 St Francis	OCS	14.80		
9	Jason Jones	12 West Valley	NS	15.46		
1	Stanley Wong	11 Washington	SFS	16.21		
2	Erik Allen	12 Mission San Jose	CCS	14.95		
3	Nate Petralli	11 Elk Grove	SJS	14.63		
4	Chris Johnson	11 Arlington	SS	14.45		
5	Bobby Salimi	12 Rancho Bernardo	SDS	14.08		
6	Greg Ross	12 Sheldon		14.31		
7	Kenneth Thomas	11 Gardena	SS	14.50		
8	Maurice Mann	12 Monterey	CCS	14.80		
9	Cory Sims	11 South Bakers.	CS	15.11		
1						
2	Jeremy Garcia	12 Reedley	CS	15.05		
3	Logan Moore	12 Elk Grove	SJS	14.63		
4	Scott Jarvis	11 Covina	SS	14.49		
5	Kenan Jackson	12 Cleveland	LAS	14.10		
6	Trevor Jones	12 Newport Harbor	SS	14.22		
7	Ben Bogdanot	12 Buchanan	CS	14.50		
8	Carlos Johnson	12 Liberty	NCS	14.69		
9	Nate Boudreaux	12 Piedmont Hills	NCS	15.16		



Nicole Denby, of Riverside North, is a returning state champion in the 100 meter hurdles and was second in the 300 meter hurdles.
photo by Kirby Lee

QUIZ

1. Which boys' team won the first-ever state championship in 1915?

- A. John Muir
- B. Jefferson LA
- C. Hawthorne
- D. Manual Arts LA

2. Which famous track star was not a California athlete?

- A. Rafer Johnson
- B. Ollie Matson
- C. Steve Prefontaine
- D. George Porter

3. How many national records do California athletes hold in track and field (boys and girls combined)?

- A. 17
- B. 18
- C. 19
- D. 15

answers: 1 D; 2 C; 3 A

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 400m DASH

Prelims: 6:24 p.m. - Fri. Final: 5:04 p.m. - Sat.
 Records - National: 52.39 Denean Howard (Kennedy, Gran. Hills, CA) '82
 State: 52.39 Denean Howard (Kennedy, Gran. Hills, CA) 1982

Pos. Name	Gr. School	Sect. Sect. Mark	Place	Mark
1 Ilia Silas 12 Hogan SJS 59.31				
2 Rochelle Carter 11 Hillsdale CCS 57.46				
3 Gigi Mendola 12 Birmingham LAS 57.04				
4 Erin Reed 12 Taft LAS 55.96				
5 Monique Henderson 11 Morse SDS 51.31				
6 Donisha Sanford 10 Morningside SS 55.74				
7 Shante Smith 11 Mt. Pleasant CCS 56.76				
8 Rebecca Cartmell 10 San Ramon Valley NCS 57.39				
9 Britney Gilbert 09 Tulare Union CS 59.30				
1 Georgya Ferguson 10 Burton SFS 59.93				
2 Naomi Mattos 11 Fallbrook SDS 57.49				
3 T'Carra Penick 11 Berkeley NCS 57.19				
4 Julia Pitts 10 North Torrance SS 56.11				
5 Angel Perkins 10 Gahr SS 53.34				
6 Cheri Craddock 09 Logan, James NCS 55.18				
7 Monique Jessie 12 Carson LAS 56.62				
8 Chloe Jarvis 12 St Francis SJS 57.39				
9 Sheena Goss 12 Laguna Creek SJS 58.37				
1 Destany Clearley 10 Fall River NS 60.32				
2 Ocie Parks 11 Fremont CS 57.77				
3 Stephanie Blake 11 Francis Parker SDS 57.23				
4 Nicole Gaskins 12 Diamond Bar SS 56.12				
5 Maggie Vessey 12 Soquel CCS 54.78				
6 Ashlee Brown 09 North, JW SS 55.15				
7 Keysha Gaines 09 Stockdale CS 56.59				
8 Bahati Bodden 11 Logan, James NCS 57.35				
9 Terrlyah Woods 12 Edison CS 58.11				

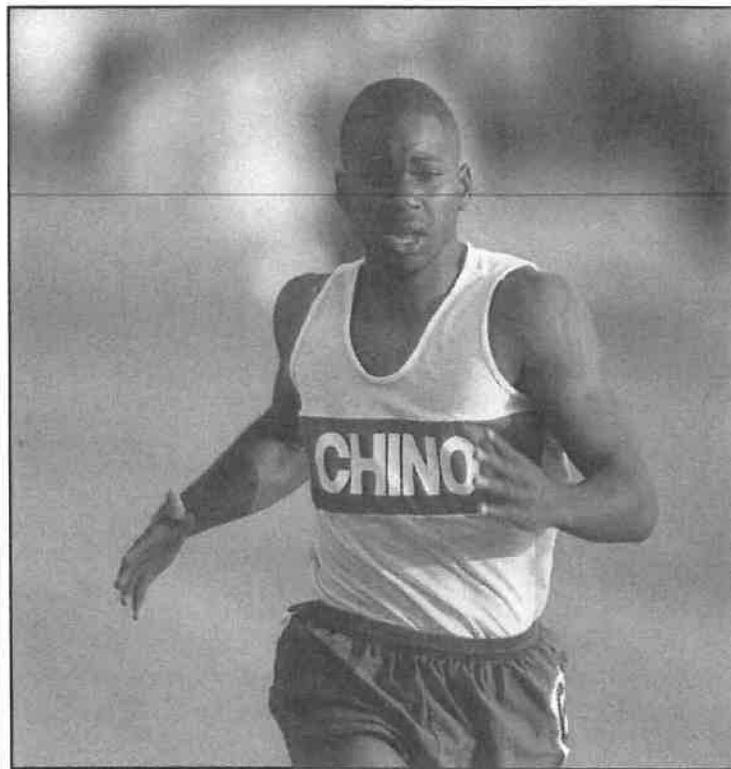
BOYS 400m DASH

Prelims: 6:36 p.m. - Fri. Final: 5:11 p.m. - Sat.
 Records: - National: 45.25 Calvin Harrison (North, Salinas, CA) 1993
 State: 45.25 Calvin Harrison (North, Salinas, CA) 1993

Pos. Name	Gr. School	Sect. Sect. Mark	Place	Mark
1 Obi Osuji 11 Red Bluff NS 50.31				
2 Brady Douglas 10 Mt. Miguel SDS 49.22				
3 Chris Dunbar 10 St Mary's NCS 48.83				
4 Carl McGirt 12 Upland SS 48.22				
5 Travon Walton 12 Chino SS 47.68				
6 Reginal Allen 12 McLane CS 48.03				
7 Juan Cruz 12 Palma CCS 48.69				
8 R.J. Oliver 12 Escondido SDS 49.21				
9 Randy Fair 11 Folsom SJS 49.61				
1 Anthony Rollins 11 Mc Ateer SFS 51.15				
2 Gabe Cabrera 12 Silver Creek CCS 49.38				
3 Raul Rivera 12 Tulare Union CS 48.90				
4 Mark Petty 12 Serra SS 48.32				
5 Brandon Matlock 12 Stockdale CS 47.77				
6 Robert Nunn 12 Gahr SS 47.96				
7 Ramai Porter 10 Birmingham LAS 48.60				
8 Bennie Prescott 12 Vallejo SJS 49.16				
9 Aaron Williams 10 San Leandro NCS 49.58				
1				
2 Isaiah Peoples 11 Grace Davis SJS 49.44				
3 Steve Fitch 12 San Ramon Valley NCS 49.00				
4 Denye Versher 12 St Mary's NCS 48.55				
5 Derrick Johnson 12 Notre Dame-Riv. SS 47.77				
6 Jason Lovell 11 Cleveland LAS 47.83				
7 Boris McDaniel 11 Lincoln SDS 48.58				
8 Brian Edwards 11 Los Gatos CCS 49.14				
9 Randolph Bundy 10 Cleveland LAS 49.55				



Maggie Vessey of Soquel High School tops her heat with a section time of 54.78.



Chino High's Travon Walton had the best section final time (47.68) and figures as a favorite. photo by Kirby Lee

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 100m DASH

Prelims: 6:48 p.m. - Fri. Final: 5:19 p.m. - Sat.

Records - National: 11:14 Marion Jones (Thousand Oaks, CA) 1991
State: 11:14 Marion Jones (Thousand Oaks, CA) 1991

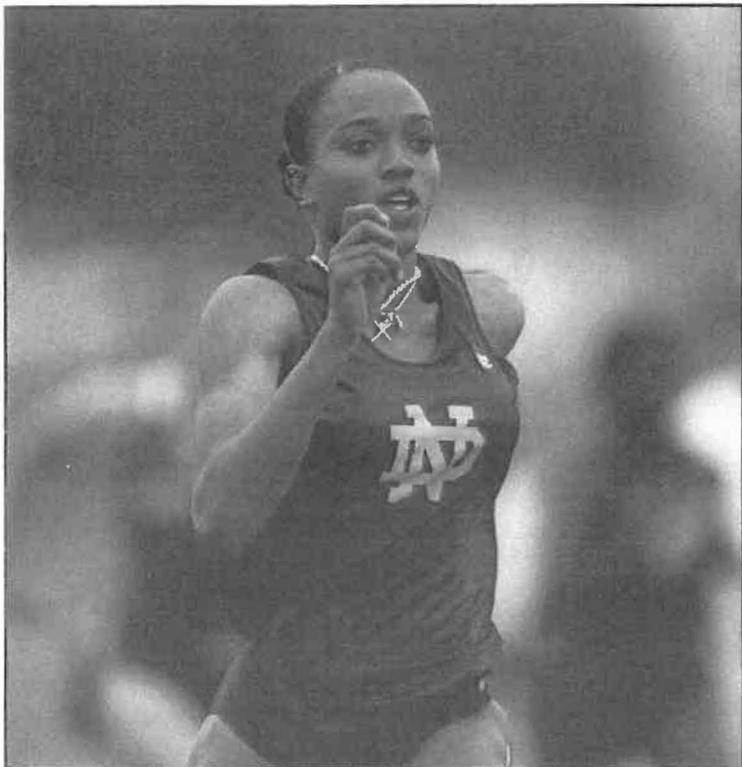
Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1	Emily Griffin	11 Del Oro	NS	12.43		▲
2	Bridgette Williams	09 North, JW	SS	12.13		
3	China Jones	11 Deer Valley	NCS	11.99		
4	Sani Roseby	12 Monterey	CCS	11.84		
5	Tiffany Bennett	12 Centennial	CE	11.69		
6	Adrena Williams	12 Logan, James	NCS	11.82		
7	Porchea Carroll	11 Rio Mesa	SS	11.98		
8	Tamara Gulley	12 Oak Grove	CCS	12.10		
9	Kameelah Allen	12 Mt. Miguel	SDS	12.38		
1	Kelli Enos	11 Willows	NS	12.45		
2	Raynisha Bragg	11 Edison	SJS	12.18		
3	Michelle Stinnette	10 Cleveland	LAS	12.03		
4	Halima Decree	12 Foothill	CS	11.86		
5	Aishia Margain	12 Berkeley	NCS	11.63		
6	Nicole Denby	12 North, JW	SS	11.81		
7	Latalia Goins	10 ISA	SFS	11.90		
8	Charlene Deardorf	11 Mt. Pleasant	CCS	12.09		
9	Beverly Zikarra	11 University SD	SDS	12.27		
1	Michelle Armstrong	12 Fremont	CS	12.86		
2	Nastassja Hall	10 Rancho Buena Vista	SDS	12.22		
3	Katrina Keith	11 Berkeley	NCS	12.03		
4	Sierra Hauser-Price	11 Notre Dame-S.O.	SS	11.86		
5	Alexis Weatherspoon	11 Grant	LAS	11.77		
6	Reshundra Smiley	11 Ceres	SJS	11.79		
7	Tracee Thomas	10 North, JW	SS	11.90		
8	Marcia Fenton	11 Dorsey	LAS	12.09		
9	Maxine Marlow	10 Centennial	CE	12.23		

BOYS 100m DASH

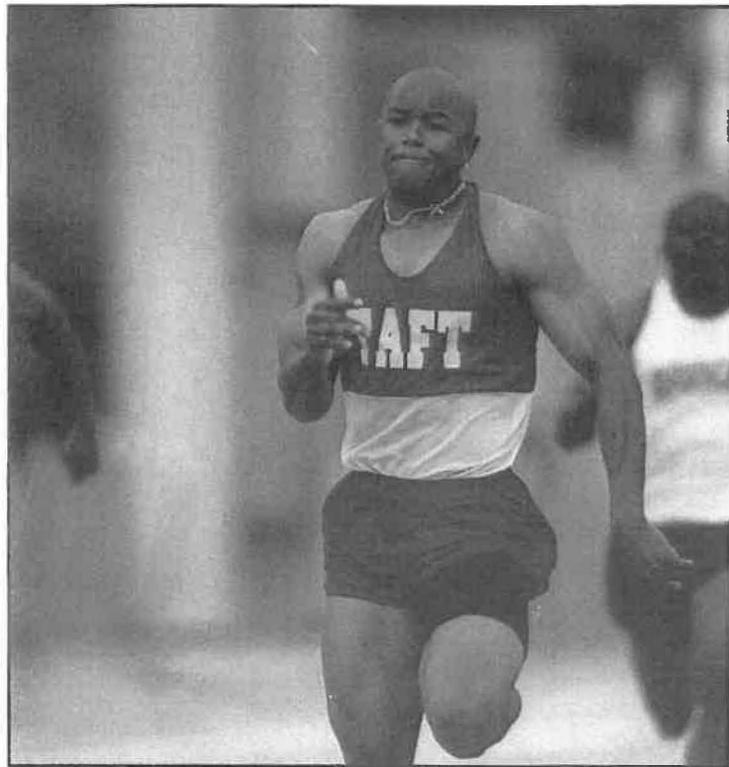
Prelims: 7:00 p.m. - Fri. Final: 5:25 p.m. - Sat.

Records: - National: 9.9h Henry Neal (Greenville, TX) 1990
State: 10.30 Riley Washington (Southwest, San Diego) 1992

Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1	Rashaad Allen	11 Mc Clymonds	CS	11.11		
2	Joe-K Onyenegecha	11 El Cerrito	NCS	10.99		
3	Blake Mackey	10 Bakersfield	CS	10.79		
4	Fred Williams	12 Taft	IA	10.68		
5	Albert Hollis	12 Christian Bro.	SJS	10.29		
6	Bennie Robinson	12 L.B. Poly	SS	10.63		
7	Michael Roberts	11 Patrick Henry	SDS	10.78		
8	Latorance Flax	12 Hanford	CS	10.93		
9	Jeff Billing	12 West Valley	NS	11.08		
1	Steven Tate	10 Lincoln	SFS	11.12		
2	Igoro Amanam	12 Bellarmine	CCS	11.00		
3	Antwan Guidry	11 Leigh	CCS	10.85		
4	Warren Rogers	12 Serra	SS	10.69		
5	Rodney Landingham	11 Sonora	SJS	10.49		
6	Lamont Long	12 University City	SDS	10.59		
7	Phillip Francis	11 Fairfax	LAS	10.76		
8	Claude Melvin	12 Gahr	SS	10.89		
9	Deonte Lewis	12 Livermore	NCS	11.01		
1	Paul Gates	12 Freedom	SJS	11.23		
2	Khaek Khongsaengda	11 Eureka	NS	11.00		
3	Merrian Fontenot	12 Leuzinger	SS	10.84		
4	Christopher Morgan	11 Taft	LAS	10.72		
5	Ricci Dula	12 Encina	SJS	10.58		
6	Dante Washington	12 Clovis West	CS	10.59		
7	Karl Paymah	12 Culver City	SS	10.76		
8	Nick Banks	10 Kearny	SDS	10.85		
9	Philip Jackson	12 Archbishop Riordan	CCS	11.03		



Sierra Hauser-Price of Notre Dame Sherman Oaks has a chance to be a finalist. photo by Kirby Lee.



Fred Williams of Taft is one of the leaders here with a section run of 10.68. photo by Kirby Lee

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 800m RUN

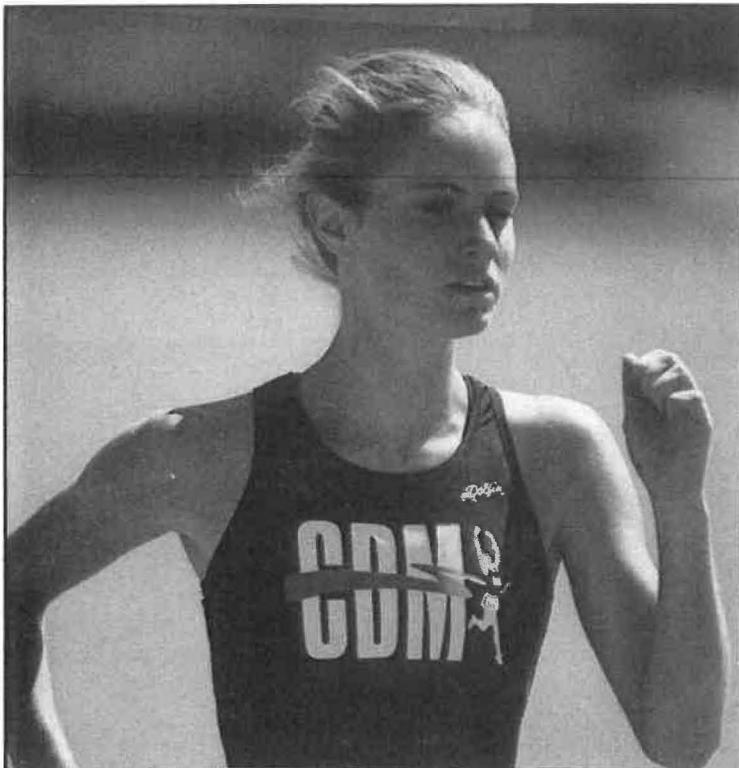
Prelims: 7:12 p.m. - Fri. Final: 5:34 p.m. - Sat.
 Records - National: 2:04.50 Joetta Clark (Maplewood, Columbia, NJ) '80
 State: 2:04.91 Trena Hull (Compton) 1984

Pos. Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1 Nicole Robidart	11 San Pedro	IAS	2:19.18		
2 Shantae McKinney	09 Westchester	IAS	2:16.23		
3 Jenna Keith	12 Centennial	CS	2:15.00		
4 Angelita Green	12 L.B. Poly	SS	2:13.56		
5 Spring Dawson	12 Vallejo	SJS	2:09.36		
6 Ashley Freeman	09 Long Beach Wilson	SS	2:13.33		
7 Jenny Esser	10 Foothill	NCS	2:14.87		
8 Jamillah Titus	10 Vintage	SJS	2:16.16		
9 Nicole Hodgson	11 Notre Dame San Jose	CCS	2:17.52		
1 Maja Ruznic	11 ISA	SFS	2:21.72		
2 Jill Steele	10 Mt. Carmel	SDS	2:16.52		
3 Keyotta Delemena	09 L.B. Poly	SS	2:15.26		
4 Natalie Garcia	11 Buchanan	CS	2:13.98		
5 Liz Morse	12 Corona Del Mar	SS	2:10.71		
6 Jenna Timinsky	10 San Dieguito Academy	SDS	2:13.38		
7 Yfa Kretzschmar	10 San Francisco Univ	SFS	2:14.59		
8 Marilyn Smith	12 Clovis West	CS	2:15.90		
9 Jennifer Tyler	11 Westchester	IAS	2:17.74		
1 Courtney Allen	10 Rancho Buena Vista	SDS	2:17.40		
3 Shiloh Whiting	11 San Lorenzo Valley	NCS	2:15.35		
4 Janelle Del Soldat	12 Crescenta Valley	SS	2:14.33		
5 Morgan Banks	10 Sir Francis Drake	NCS	2:11.04		
6 Shannon Rowbury	10 Sacred Hrt Cathedr	CCS	2:11.57		
7 Katie Scarlett	12 Woodland	NS	2:14.36		
8 Talita Wells	10 Clayton Valley	NCS	2:15.42		
9 Aleah Howington	12 Foothill	NS	2:19.17		

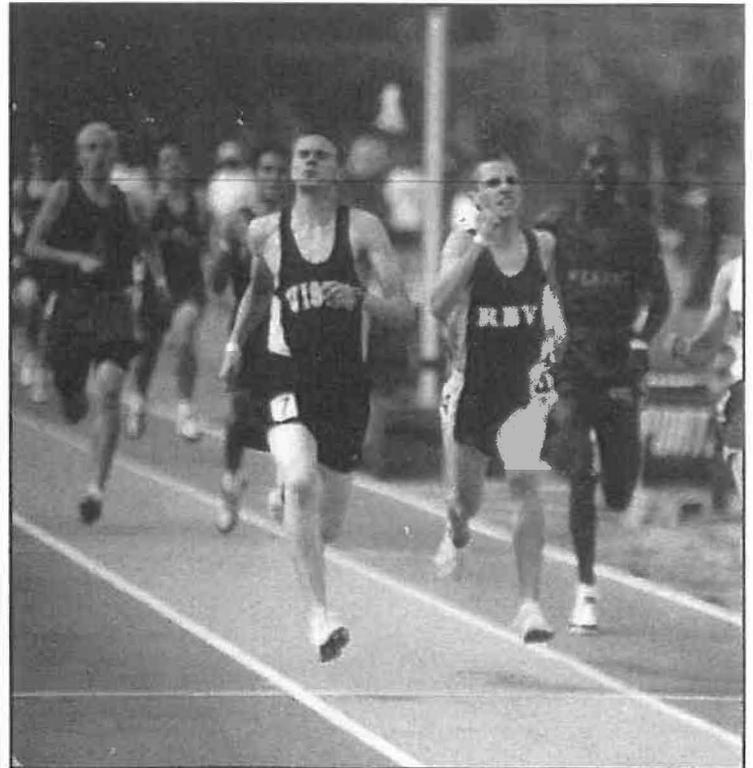
BOYS 800m RUN

Prelims: 7:27 p.m. - Fri. Final: 5:42 p.m. - Sat.
 Records - National: 1:46.45 Michael Granville (Bell Gardens, CA) 1996
 State: 1:46.45 Michael Granville (Bell Gardens, CA) 1996

Pos. Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1 Jonathan Gee	12 Lowell	SFS	1:59.33		
2 Micaah Strom	12 Mission San Jose	NCS	1:56.58		
3 Landis Rush	12 Valley	SJS	1:55.29		
4 Mike Serratos	12 Don Lugo	SS	1:54.36		
5 Sean Ricketts	12 Rancho Bernardo	SDS	1:52.69		
6 Matt Bates	11 Los Gatos	CCS	1:54.12		
7 Kris Monte	11 Capistrano Valley	SS	1:54.94		
8 Justin Temple	12 Dorsey	IAS	1:56.56		
9 Chris Fuge	12 Salinas	CCS	1:58.65		
1 Leland Lemmons	12 Mc Clymonds	CS	2:05.10		
2 Eric Gifford	10 Exeter	CS	1:57.08		
3 Daniel Villegas	12 Calaveras	SJS	1:55.36		
4 Erby Houston	11 Gahr	SS	1:54.58		
5 Christopher Wells	11 El Camino	IAS	1:53.00		
6 Alonso Smith	11 Tustin	SS	1:53.77		
7 Ontae Chaney	12 Cleveland	IAS	1:55.15		
8 Sean Geraghty	11 St Mary's	NCS	1:56.55		
9 Cecelio Barrera	11 Corcoran	CS	1:58.63		
1 Edgar Monsivais	12 Reedley	CS	1:59.34		
2 David Pearl	12 Bellarmine	CCS	1:57.28		
3 Jeff Squires	11 Mission San Jose	NCS	1:56.17		
4 Martell Mungia	11 Woodcreek	NS	1:54.71		
5 Jared Emmons	12 Vista	SDS	1:53.13		
6 Aaron Powell	11 Poway	SDS	1:53.16		
7 Brian Anderson	12 Burroughs-Burbank	SS	1:54.78		
8 Tim Nelson	11 Northgate	NCS	1:56.22		
9 Robert McNeil	11 Sutter	NS	1:58.29		



Corona del Mar's Liz Morse looks for a second straight title in the 800 meters. photo by Kirby Lee



Jared Emmons of Vista ran a 1:53.13 in the CIF San Diego Section finals.

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 300m LH

Prelims: 7:42 p.m. - Fri. Final: 5:53 p.m. - Sat.

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

State: 40.26 Janeene Vickers (Pomona) 1987

Pos. Name	Gr. School	Sect. Sect. Mark	Place	Mark
1 Gaynell Troy	12 Fremont	CS 46.06		
2 Simone Brooks	12 Berkeley	NCS 45.22		
3 Lindsay Scarborough	11 San Lorenzo Valley	NCS 44.30		
4 Chelsea Johnson	10 Atascadero	SS 43.42		
5 Lashinda Demus	11 Long Beach Wilson	SS 41.20		
6 Deanna Slaton	12 Silver Creek	CCS 43.38		
7 Osarhiemen Omwangh	10 Buchanan	CS 44.29		
8 Brooklyn Hann	11 L Burbank	SJS 45.10		
9 Linda Hannan	12 Vacaville	SJS 45.87		

1 Brooke Meredith	12 West Valley	NS 47.26		
2 Brynne Steward	09 Cleveland	IAS 45.40		
3 Bryeanna Barmer	10 Helix	SDS 44.51		
4 April Russell	12 De Anza	NCS 43.43		
5 Nicole Denby	12 North, JW	SS 42.26		
6 Deneeka Torrey	12 Taft	IAS 43.20		
7 Kelly Smith	12 Long Beach Wilson	SS 44.22		
8 Tiffany Brown	10 Stockdale	CS 44.67		
9 Ebony Brown	11 Madera	CS 45.82		

1 Georgya Ferguson	10 Burton	SFS 48.41		
2 Kirah White	10 Edison	SJS 45.62		
3 Catie Coin	12 Rancho Bernardo	SDS 44.53		
4 Tunisia Johnson	10 L.B. Poly	SS 43.68		
5 Undine Becker	11 Mt. Pleasant	CS 43.01		
6 Tanisha Johnson	09 Eastlake	SDS 43.04		
7 Ashley Lodree	09 El Cerrito	NCS 43.98		
8 Monique Jessie	12 Carson	IAS 44.60		
9 Bahati Bodden	11 Logan, James	NCS 45.75		

BOYS 300m LH

Prelims: 7:55 p.m. - Fri. Final: 6:00 p.m. - Sat.

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

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

Pos. Name	Gr. School	Sect. Sect. Mark	Place	Mark
1 Soroush Groger	12 San Leandro	NCS 40.22		
2 Shawn Hooper	12 Encina	SJS 39.59		
3 Alex Steele	12 Washington	CE 38.80		
4 Halihil Guy	11 St. Mary's	NCS 38.23		
5 Trevor Jones	12 Newport Harbor	SS 36.89		
6 Jeremy Thornburg	12 Cathedral City	SS 37.85		
7 Erik Allen	12 Mission San Jose	NCS 38.58		
8 Nate Boudreaux	12 Piedmont Hills	NCS 39.27		
9 Cameron Burks	12 Dorsey	IAS 40.18		

1 Stanley Wong	11 Washington	SFS 43.39		
2 Clay Manning	12 Reedley	CS 39.78		
3 Kenneth Thomas	11 Gardena	SS 38.67		
4 John Williams	11 Notre Dame-S.O.	SS 38.03		
5 Bobby Salimi	12 Rancho Bernardo	SS 37.27		
6 Kurt Siebert	12 Norco	SS 37.77		
7 Tyson Redmond	11 Laguna Creek	SJS 38.58		
8 Rigo Canela	12 Oak Grove	CCS 39.21		
9 Thomas Mack	09 Bakersfield	CS 40.01		

1 Jason Jones	12 West Valley	NS 39.92		
3 Brandon Williams	12 Mt. Pleasant	CCS 38.81		
4 Darnell Talbert	11 Mt. Carmel	SDS 38.29		
5 Jeff Hunter	11 Granite Hills	SDS 37.29		
6 Steven Smith	12 Serra	SS 37.50		
7 Micah Kemp	12 Stagg	SJS 38.33		
8 Daveed Diggs	12 Berkeley	NCS 39.20		
9 John Walker	11 Birmingham	IAS 39.93		



Lashinda Demus of Long Beach Wilson looks to defend her title and is hot off a 41.20 section finals mark. photo by Kirby Lee



John Walker of Birmingham ran a 39.93 at the CIF Los Angeles City Section finals. photo by Kirby Lee

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 200m DASH

Prelims: 8:08 p.m. - Fri. Final: 6:10 p.m. - Sat.

Records - National: 22.67 Marion Jones (Thous. Oaks, CA) 1992

State: 22.83 Marion Jones (Thous. Oaks) 1992

Pos. Name	Gr. School	Sect. Sect. Mark	Place	Mark
1 Erin Curtis	11 Archbishop Mitty CCS	26.03		
2 Emily Griffin	11 Del Oro SJS	25.02		
3 Erin Reed	12 Taft LAS	24.54		
4 Alexis Weatherspoon	11 Grant LAS	24.20		
5 Aishia Margain	12 Berkeley NCS	23.65		
6 Sani Roseby	12 Monterey CCS	24.19		
7 Allyson Felix	09 Los Angeles Baptist SS	24.47		
8 Maxine Marlow	10 Centennial CS	25.00		
9 Jaime Stanfield	11 Edison CS	25.76		
1 Elise Geiger	10 Gunn CCS	26.07		
2 Tiffany Johnson	10 St Mary's NCS	25.16		
3 Katrina Keith	11 Berkeley NCS	24.68		
4 Reshundra Smiley	11 Ceres SJS	24.31		
5 Monique Henderson	11 Morse SDS	23.70		
6 Sierra Hauser-Price	11 Notre Dame-S.O. SS	24.16		
7 Nastassja Hall	10 Rancho Buena Vista SDS	24.46		
8 Bridgette Williams	09 North, JW SS	24.86		
9 Deanna Goodwin	09 ISA SFS	25.73		
1				
2 Shante Winters	11 Woodcreek SJS	25.31		
3 Michelle Stinnette	10 Cleveland LAS	24.73		
4 Tracee Thomas	10 North, JW SS	24.33		
5 Angel Perkins	10 Gahr SS	23.78		
6 Tiffany Bennett	12 Centennial CS	24.11		
7 Cheri Craddock	09 Logan, James NCS	24.45		
8 Cieara Ray	12 Fallbrook SDS	24.83		
9 Kelli Enos	11 Willows NS	25.38		

BOYS 200m DASH

Prelims: 8:20 p.m. - Fri. Final: 6:17 p.m. - Sat.

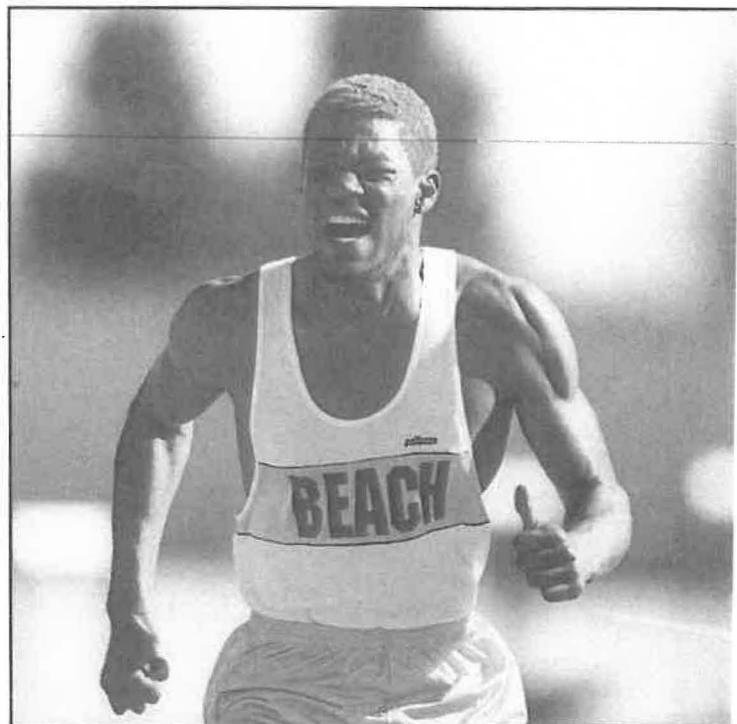
Records: - National: 20.0h Roy Martin (Roosevelt, Dallas TX) 1985

State: 20.76 Kareem Kelly (Long Beach Poly) 1998

Pos. Name	Gr. School	Sect. Sect. Mark	Place	Mark
1 Dennis Taylor	12 Pittsburg NCS	22.90		
2 Brandon Holland	12 Buchanan CS	22.37		
3 Charles Allgood	12 Washington LAS	21.78		
4 Michael Roberts	11 Patrick Henry SDS	21.70		
5 Albert Hollis	12 Christian Bros. SJS	21.06		
6 Merrian Fontenot	12 Leuzinger SS	21.56		
7 Karl Paymah	12 Culver City SS	21.73		
8 Steven Tate	10 Lincoln SFS	22.34		
9 Johnathon Lott	12 Kings Christian CS	22.57		
1 Wesley Williams	12 Redwood CS	22.57		
2 Rubin Williams	12 Valley Christian	22.38		
3 Boris McDaniel	11 Lincoln SDS	21.80		
4 Carlos Moore	11 Morningside SS	21.68		
5 Fred Williams	12 Taft LAS	21.12		
6 Lamont Long	12 University City SDS	21.50		
7 Claude Melvin	12 Gahr SS	21.73		
8 Paul Gates	12 Freedom SJS	22.31		
9 Khaek Khongsaengda	11 Eureka NS	22.48		
1				
2 Philip Jackson	12 Archbishop Riordan CCS	22.40		
3 Antwan Guidry	11 Leigh CCS	21.96		
4 Phillip Francis	11 Fairfax LAS	21.71		
5 Bennie Robinson	12 L.B. Poly SS	21.19		
6 Rodney Landingham	11 Sonora SJS	21.36		
7 Maurice Dosty	11 Franklin	21.71		
8 Joe-K onyenegecha	11 El Cerrito NCS	22.23		
9 Obi Osuji	11 Red Bluff NS	22.43		



Gahr High's Angel Perkins placed third last year and will be challenging Tracee Thomas and Sani Roseby. photo by Kirby Lee



Bennie Robinson ran a 21.19 at the CIF Southern Section finals and helps fuel the Jackrabbits title hopes. photo by Kirby Lee

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 3200m RUN

Final: 6:25 p.m. - Sat.

Records - National: 9:48.59 Kim Mortensen (Thousand Oaks, CA) 1996
State: 9:52.80 Kim Mortensen (Thousand Oaks, CA) 1996

Pos.	Name	Gr.	School	Sect.	Sect. Mark	Place	Mark
1	Emily Vince	10	Peninsula	SS	10:54.19		
2	Amber Steen	11	Newport Harbor	SS	10:52.32		
3	Jamie Witt	12	Folsom	SJS	10:47.36		
4	Alex Guerrero	12	Hughson	SJS	10:46.42		
5	Sara Bei	11	Montgomery	NCS	10:33.14		
6	Anita Siraki	11	Hoover	SS	10:38.21		
7	Julie Allen	10	Fountain Valley	SS	10:46.54		
8	Latesha Jones	12	Rialto	SS	10:49.75		
9	Amber Trotter	10	Ukiah	NS	10:52.56		
10	Alejandra Barrientos	11	San Lorenzo Vall.	NCS	10:56.01		
11	Susan Chan	11	Monte Vista	NCS	10:57.09		
12	Ruth Graham	09	Gunn	CCS	10:58.73		
13	Kim Smith	11	Clovis West	CS	11:03.27		
14	Shannon Rowbury	10	Sacred Hrt Cathedral	CCS	11:05.36		
15	Kelli Vanderburg	11	Buchanan	CS	11:06.68		
16	Julie Manson	12	Rancho Bernardo	SDS	11:07.16		
17	Valerie Flores	12	San Pedro	LAS	11:07.94		
18	Heather Hansen	10	Madera	CS	11:09.78		
19	Clara Horowitz	10	Head Royce	NCS	11:10.08		
20	Natalie Stein	11	North Hollywood	LAS	11:11.92		
21	Michelle Solone	10	Folsom	SJS	11:13.13		
22	Alle Porter	12	Dunsmuir	NS	11:15.05		
23	Loretta Kilmer	11	Ramona	SDS	11:24.33		
24	Jasmine Marquez	11	El Capitan	SDS	11:34.21		
25	Michi Hirakawa-Won	11	Lowell	SFS	11:41.72		
26	Julia Gray	12	San Pedro	LAS	11:42.58		

BOYS 3200m RUN

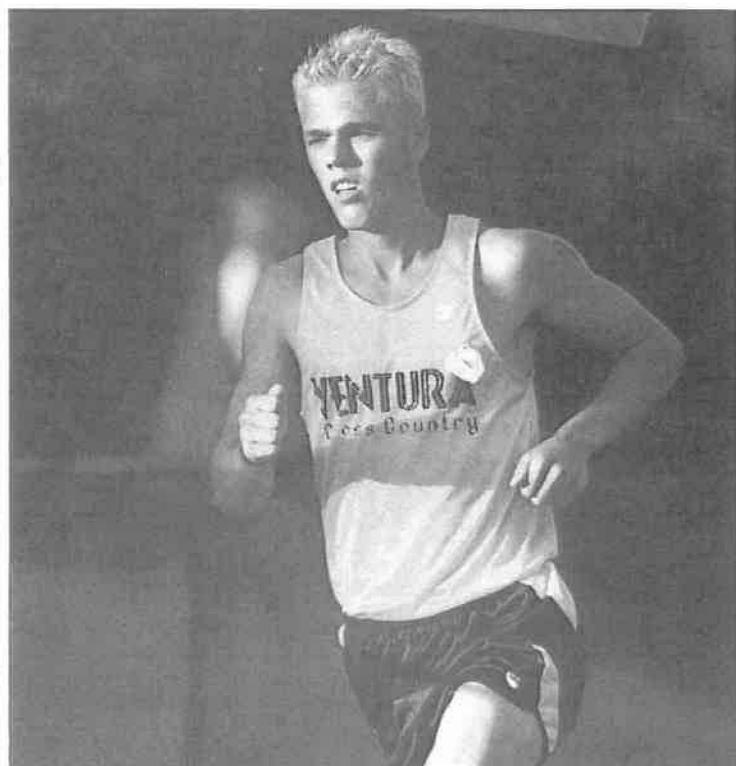
Final: 6:42 p.m. - Sat.

Records - National: 8:44.95 Eric Mastalir, Jesuit Carmichael, CA 1986
State: 8:44.95 Eric Mastalir, Jesuit Carmichael, CA 1986

Pos.	Name	Gr.	School	Sect.	Sect. Mark	Place	Mark
1	Travis Laird	12	San Marcos	SDS	9:21.07		
2	Henry Hagenbuch	10	Cate	SS	9:18.54		
3	Tom Kubler	11	Viewpoint	SS	9:16.98		
4	Danny Mejia	12	Katella	SS	9:13.66		
5	Ryan Hall	11	Big Bear	SS	9:02.57		
6	Josh Spiker	12	Ventura	SS	9:13.35		
7	Girmay Guangul	12	Santa Clara	CCS	9:16.38		
8	Fernando Cabada	12	Buchanan	CS	9:17.89		
9	Mario Macias	12	Delano	CS	9:20.49		
10	Brett Gotcher	10	Aptos	CCS	9:21.44		
11	Neil Davis	11	Bellarmino	CCS	9:21.68		
12	Daniel Avila	12	Reedley	CS	9:21.90		
13	Yong-Sung Leal	09	Arroyo	NCS	9:22.80		
14	Gilliatt Ghebray	10	Logan, James	NCS	9:25.09		
15	Vic Moreno	12	Escalon	SJS	9:28.31		
16	Anton Chamberlain	12	Oak Ridge	SJS	9:28.70		
17	Shaun Lyle	10	Eureka	NS	9:29.00		
18	Sergio Campos	12	Marshall	LAS	9:29.81		
19	Tim Nelson	09	Liberty Chr.	SS	9:30.81		
20	Daniel Clements	11	Taft	LAS	9:31.29		
21	Justin Neuroth	12	Vista	SDS	9:31.34		
22	Carl Dambowski	10	Merill West	CS	9:31.87		
23	Matt McInvale	12	Ramona	SDS	9:34.73		
24	Tom Phelps	11	Piedmont Hills	CCS	9:35.72		
25	Raymundo Castillo	11	Belmont	LAS	9:38.15		
26	Robert Eap	12	Lincoln	SFS	10:17.88		



Sara Bei, a junior from Montgomery High School, has won individual titles in both the 1600 and 3200 meters. photo by Kirby Lee



Josh Spiker of Ventura High is the defending state champion in the 3200 meters. photo by Kirby Lee

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 1600m RELAYS

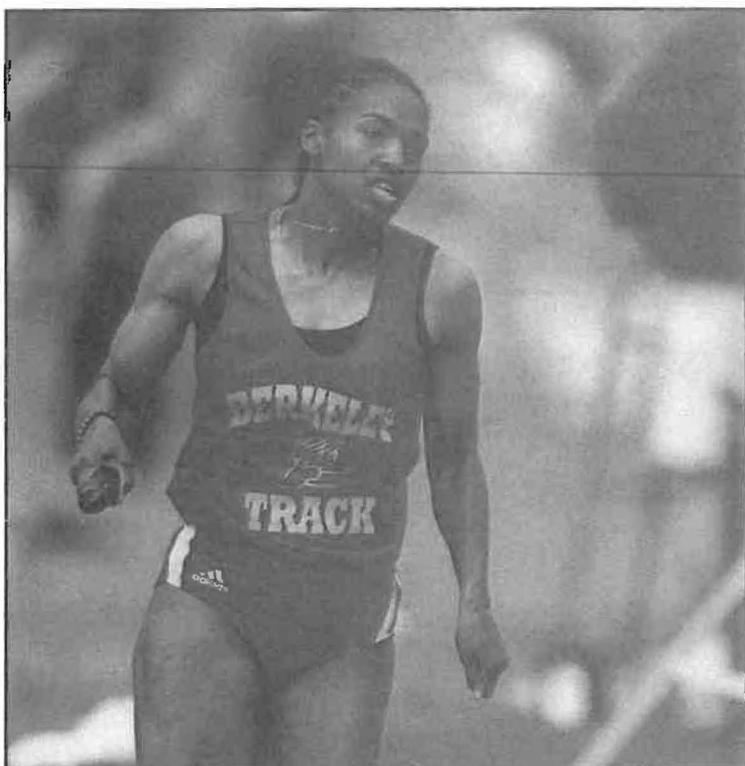
Prelims: 8:50 p.m. - Fri. Final: 7:00 p.m. - Sat.
 Records - National: 3:36.32 Long Beach Wilson (Long Beach, CA) 1998
 State: 3:36.32 Long Beach Wilson (Long Beach) 1998

Pos.	School	Sect.	Sect. Mark	Place	Mark
1	Fremont (Ok)	OS	4:03.85		
2	Vallejo	SJS	3:57.64		
3	Rancho Bernardo	SDS	3:55.82		
4	LA Salle	SS	3:52.83		
5	North, JW	SS	3:39.46		
6	De Anza	NCS	3:52.64		
7	Buchanan	CS	3:55.05		
8	Morse	SDS	3:56.88		
9	Silver Creek	SJS	4:00.90		
1	Foothill	NS	4:07.35		
2	Centennial	CS	3:57.75		
3	Deer Valley	NCS	3:56.19		
4	San Lorenzo Valley	NCS	3:53.15		
5	Long Beach Wilson	SS	3:39.64		
6	Morningside	SS	3:48.38		
7	Rancho Buena Vista	SDS	3:54.59		
8	Westchester	IAS	3:56.81		
9	Dorsey	IAS	3:59.98		
1	International Studies Academy	SFS	4:12.00		
2	Woodcreek	SJS	3:59.05		
3	Maria Carillo	NCS	3:56.40		
4	Birmingham	IAS	3:53.64		
5	L.B. Poly	SS	3:45.04		
6	Berkeley	NCS	3:48.28		
7	Edison	CS	3:54.14		
8	Soquel	CCS	3:56.55		
9	Laguna Creek	SJS	3:59.75		

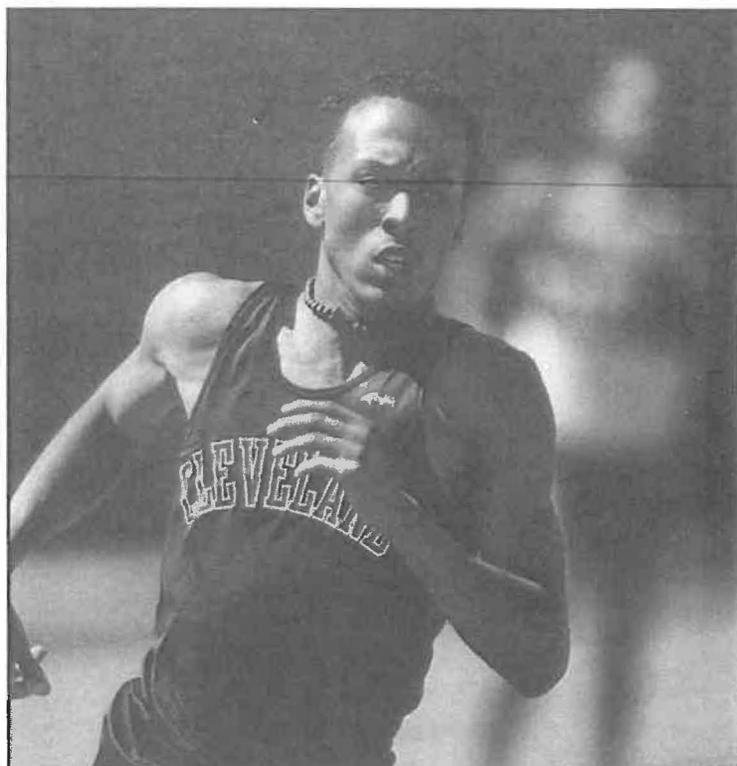
BOYS 1600m RELAYS

Prelims: 9:10 p.m. - Fri. Final: 7:10 p.m. - Sat.
 Records - National: 3:07.40 Hawthorne (Hawthorne, CA) 1985
 State: 3:08.66 Muir (Pasadena) 1996

Pos.	School	Gr. School	Sect.	Sect. Mark	Place	Mark
1	West Valley		NS	3:26.98		
2	Jesuit		SJS	3:21.13		
3	Stockdale		CS	3:20.64		
4	St Mary's		NCS	3:17.77		
5	Serra		SS	3:13.72		
6	Santa Margarita		SS	3:17.46		
7	San Lorenzo Valley		NCS	3:20.33		
8	Gardena		SS	3:21.01		
9	Fortuna		NCS	3:23.52		
1	Mc Clymonds		OS	3:31.80		
2	Fairfax		IA	3:21.24		
3	Deer Valley		NCS	3:20.91		
4	West Hills		SDS	3:18.00		
5	L.B. Poly		SS	3:14.40		
6	Serra		SDS	3:17.30		
7	Vallejo		SJS	3:19.86		
8	Palma		CCS	3:21.00		
9	Northgate		NCS	3:22.12		
1	Lincoln		SF	3:38.51		
2	Bakersfield		CS	3:21.79		
3	Bellarmine		CCS	3:20.99		
4	Morningside		SS	3:18.28		
5	Gahr		SS	3:15.55		
6	Cleveland		IAS	3:17.27		
7	Rancho Bernardo		SDS	3:19.57		
8	Valley (Sj)		SJS	3:21.00		
9	McLane		CS	3:21.94		



Aisha Morgain leads Berkeley's hopes in the 1600 meter relays.
 photo by Kirby Lee



Jason Lovell is the top relay runner for Cleveland High School.
 photo by Kirby Lee

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS HIGH JUMP

Prelims: 6:30 p.m. - Fri. Final: 5:30 p.m. - Sat.

Records - National: 7-05.25 Dothel Edwards, Athens, GA 1984
State: 7-03.25 Lee Balkin, Glendale 1979

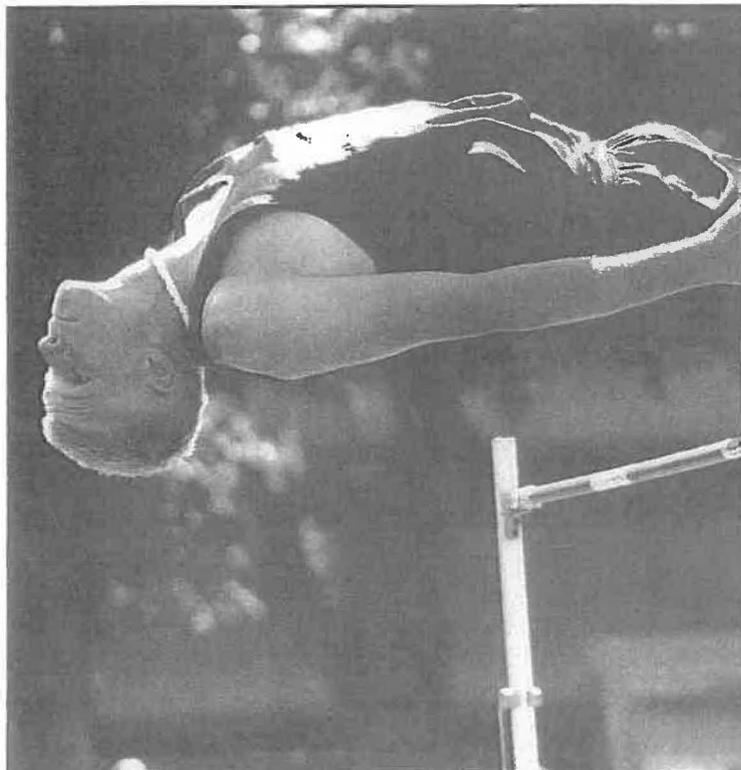
Pos. Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1 Edwin Shew	11 Lowell	SFS	6'02.00"	A	
2 Kenton Paulino	11 Fremont	LAS	6'02.00"		
3 Isaiah Mayne	12 Skyline	OS	6'02.00"		
4 Brandon Peters	12 Arroyo	NCS	6'04.00"		
5 Dan Trautner	11 Northgate	NCS	6'04.00"		
6 Kent Centers	10 Bellarmine	CCS	6'04.00"		
7 Isaac Simms	11 University City	SDS	6'05.00"		
8 Darren Williams	12 Andrew Hill	OCS	6'06.00"		
9 Doug Smith	12 West Valley	SS	6'06.00"		
10 Keno White	11 Rancho Bernardo	SDS	6'06.00"		
11 Reuben Mastin	12 Del Mar	CCS	6'06.00"		
12 Fernando Lopez	12 Taft	LAS	6'06.00"		
13 Jim Lunnen	12 Santa Margarita	SS	6'06.00"		
14 Eric Norcross	12 Clovis West	CS	6'06.00"		
15 Jon Willison	12 Montgomery	NCS	6'07.00"		
16 Chris Staton	12 Patrick Henry	SDS	6'08.00"		
17 James Sadler	12 Sierra	SJS	6'08.00"		
18 David Glasgow	12 Golden Valley	SJS	6'08.00"		
19 Michael Wood	12 Palisades	SS	6'08.00"		
20 James Randel	12 Lemoore	CS	6'08.00"		
21 Chadd Smith	11 Camarillo	SS	6'08.00"		
22 Jason Romero	12 Ganesha	SS	6'08.00"		
23 Curtis Dille	12 Center	SJS	6'09.00"		
24 Teak Wilburn	10 Chico	NS	6'09.00"		
25 Arthur Hinojosa	12 West Bakersfield	CS	6'10.00"		
26 Jerrick Holmes	12 Palmdale	SS	6'10.00"		
27 Ebon Glenn	12 St Mary's	NCS	6'11.00"		

BOYS POLE VAULT

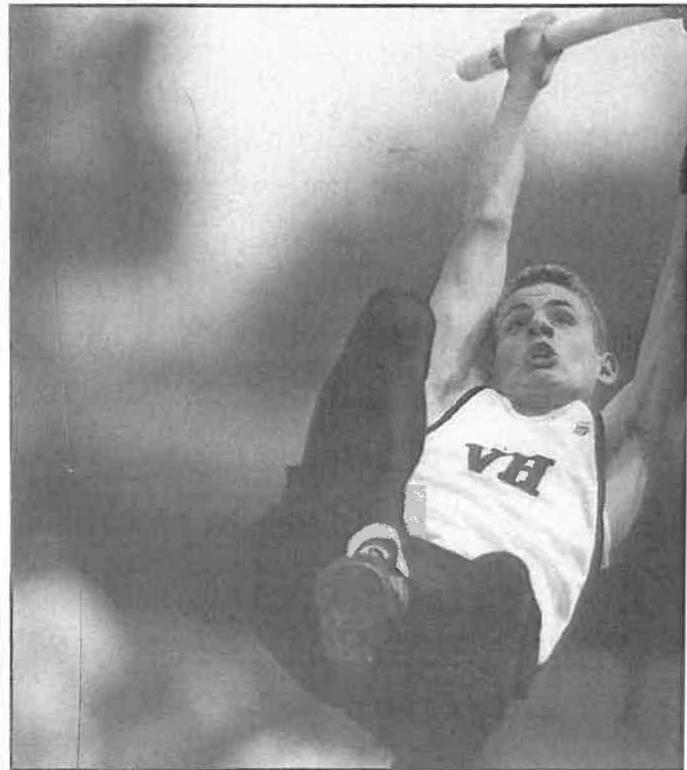
Prelims: 6:00 p.m. - Fri. Final: 5:00 p.m. - Sat.

Records - National: 17-9.05 Joe Dial Marlow, OK 1981
State: 17-00.5 Anthony Curran, Crespi 1978

Pos. Name	Gr. School	Sect.	Sect. Mark	Place	Ma
1 Tyler Gray	12 West Valley	NS	13'00.00"		
2 Robert Mooney	12 Birmingham	LAS	13'00.00"		
3 Jeff Harris	10 Ygnacio Valley	NCS	13'06.00"		
4 Casey Meirovitz	12 Moreau Catholic	NCS	13'09.00"		
5 Adam Hess	12 Logan, James	NCS	13'09.00"		
6 Will Snyder	12 San Benito	OCS	14'00.00"		
7 Nate Guido	12 Montgomery	NCS	14'00.00"		
8 Mark Martello	12 San Clemente	SS	14'00.00"		
9 Scott Weighall	10 Highland	CS	14'00.00"		
10 John Pinson	12 Kennedy	LAS	14'01.00"		
11 Tim Warner	10 Carlsbad	SDS	14'04.00"		
12 Ryan Ledger	12 Clovis West	CS	14'06.00"		
13 Matt Chisam	12 St Francis	OCS	14'06.00"		
14 Theotis Daniels	12 Gonzales	OCS	14'06.00"		
15 Rigo Vargas	12 Oakdale	SJS	14'06.00"		
16 Levi Walker	11 Hemet	SS	14'06.00"		
17 Ryan Grand	12 Sonora	SJS	14'06.00"		
18 Daniel Lundy	12 Woodcreek	SJS	14'06.00"		
19 Scott Sobieralshi	11 Golden West	CS	15'00.00"		
20 Pat Luke	12 Santa Margarita	SS	15'00.00"		
21 John Takahashi	12 Grossmont	SDS	15'04.00"		
22 Dustin Morrison	12 Alta Loma	SS	15'06.00"		
23 Travis Offner	12 Mt. Carmel	SDS	15'08.00"		
24 Logan Odden	12 Marina	SS	16'01.00"		
25 Shane Hackett	12 Verdugo Hills	SS	16'02.00"		



Golden Valley's David Glasgow went 6-8 at the CIF Sac-Joaquin Section finals.



Shane Hackett of Verdugo Hills figures as a favorite in pole vault. photo by Kirby Lee

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS LONG JUMP

BOYS TRIPLE JUMP

Prelims: 4:00 p.m. - Fri. Final: 3:00 p.m. - Sat.

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

State: 26-04.75 James Stallworth, Tulare, CA 1989

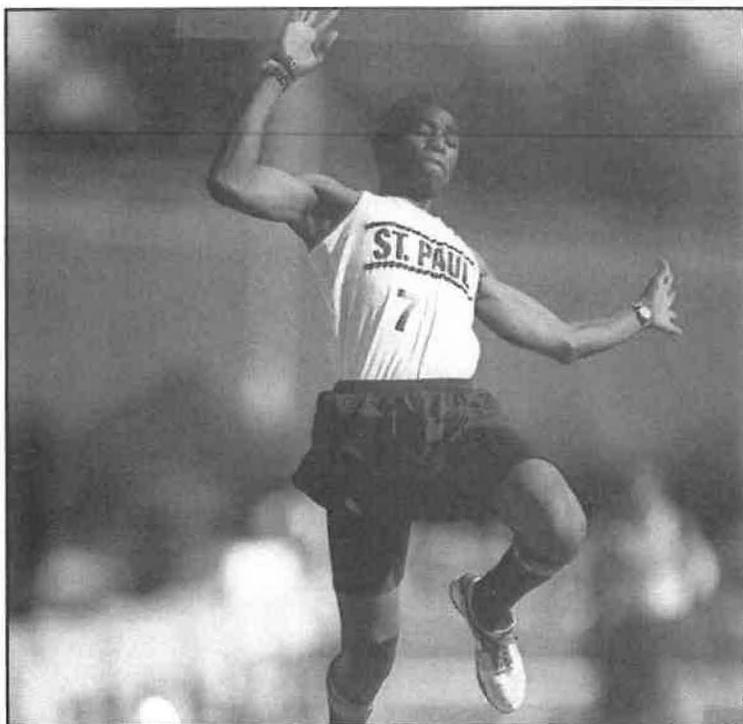
Pos. Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1 Donald Wilson	10 Dorsey	LAS	21'05.00"		
2 Michael Johnson	12 Mission San Jose	NCS	21'07.50"		
3 Chris Costa	11 California	NCS	21'07.75"		
4 Jamaal Crawford	12 Taft	LAS	21'10.25"		
5 Raymond Ng	12 Galileo	SFS	22'00.50"		
6 Chase Lyman	12 St Francis	OCS	22'02.75"		
7 Solomon Welch	10 St Mary's	NCS	22'03.00"		
8 Shannon Nowden	11 Mission Bay	SDS	22'04.25"		
9 Antonio Thomas	12 Century	SS	22'05.00"		
10 Andre Serrette	12 Eisenhower	SS	22'06.00"		
11 Steve Baker	12 Gunn	OCS	22'08.50"		
12 Christopher Morgan	11 Taft	LAS	22'09.50"		
13 Zonte Dunn	12 Wood	SJS	22'11.25"		
14 Trevor Chatterton	12 Concord	NCS	22'11.25"		
15 Alex Jones	11 Buchanan	CS	23'00.25"		
16 Jess Washington	12 Tulare Western	CS	23'00.25"		
17 Juaune Armon	12 Archbishop Mitty	OCS	23'01.50"		
18 Josh Lopes	12 Highland	CS	23'03.00"		
19 Tony Allmond	12 St Paul	SS	23'04.50"		
20 Jeff Billing	12 West Valley	NS	23'05.00"		
21 Eric Williams	12 Rancho Bernardo	SDS	23'05.75"		
22 Tony Ortiz	12 Helix	SDS	23'08.75"		
23 David Malonson	12 Mayfair	SS	23'09.75"		
24 Trevell Quinley	11 Merrill West	CS	23'11.00"		
25 Oliver Jackson	12 Royal	SS	24'00.75"		
26 Brandon Parker	12 Lincoln Stockton	SJS	24'03.50"		

Prelims: 6:30 p.m. - Fri. Final: 5:30 p.m. - Sat.

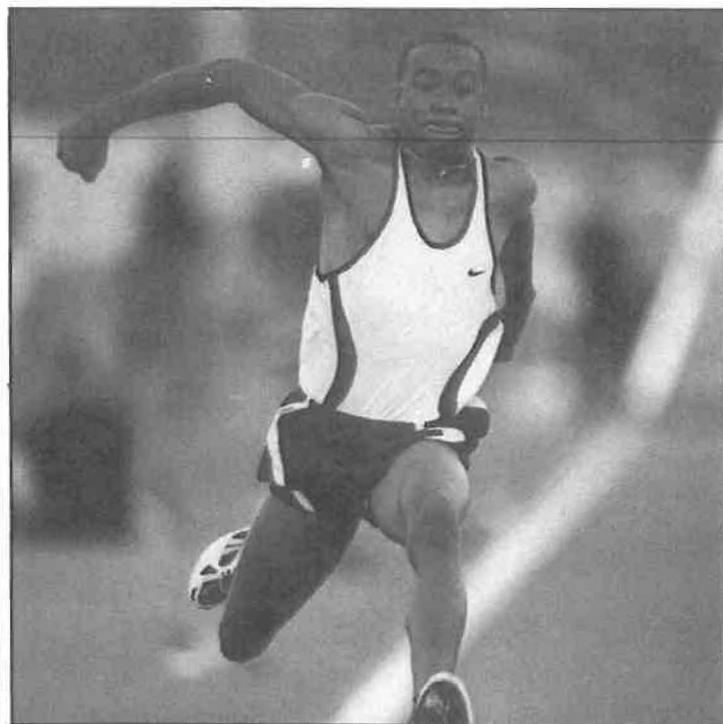
Records - National: 52-10.5 Charles Mayfield, Muir (Pasadena) 1980

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

Pos. Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1 Atiba Wright	11 Grant	IA	44'02.50"		
2 Michael Voong	12 Galileo	SFS	44'06.00"		
3 Patrick Grogan	11 Piedmont Hills	NCS	44'07.00"		
4 Isaac Clark	12 Lassen	NS	44'09.00"		
5 Jamaal Crawford	12 Taft	LAS	44'11.25"		
6 John Wiley	12 Bakersfield	CS	45'05.75"		
7 James Little	11 Turlock	SJS	45'06.00"		
8 Roshod Higgs	12 Independence	OCS	45'06.50"		
9 Jon-Pierre Loche	12 Bishop O'Dowd	NCS	45'08.50"		
10 Lenny McCormick	12 Clovis	CS	45'10.50"		
11 Michael Johnson	12 Mission San Jose	NCS	45'11.00"		
12 Ken Myers	11 Del Campo	SJS	46'02.50"		
13 Jason Romero	12 Ganesha	SS	46'02.50"		
14 Jamal Randall	12 Monte Vista	SDS	46'03.00"		
15 Asokah Muhammad	11 St Mary's	NCS	46'03.50"		
16 Donald Wilson	10 Dorsey	LAS	46'03.50"		
17 James Sadler	12 Sierra	SJS	46'06.50"		
18 Roger Nunn	12 Gahr	SS	46'08.25"		
19 Clarence Moore	12 Cypress	SS	47'02.50"		
20 Trandel Harvey	11 Sweetwater	SDS	47'06.00"		
21 Nate Maxwell	12 Mt. Pleasant	OCS	47'09.50"		
22 Solomon Welch	10 St Mary's	NCS	47'09.75"		
23 Jess Washington	12 Tulare Western	SJS	47'10.50"		
24 Jamil Smith	11 Palmdale	SS	47'11.75"		
25 Tony Ortiz	12 Helix	SDS	49'03.00"		
26 Anton Porter	12 Highland	SS	49'09.50"		



Tony Allmond of St. Paul High is a leading contender here with a section mark of 23-4 1/2. photo by Kirby Lee



Jamil Smith of Palmdale jumped 47-11 3/4 in the section finals. photo by Kirby Lee.

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS SHOT PUT

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

Records - National: 77-00.0 Michael Carter, Dallas TX (Jefferson) 1979
State: 74-04.75 Brent Noon (Fallbrook) 1990

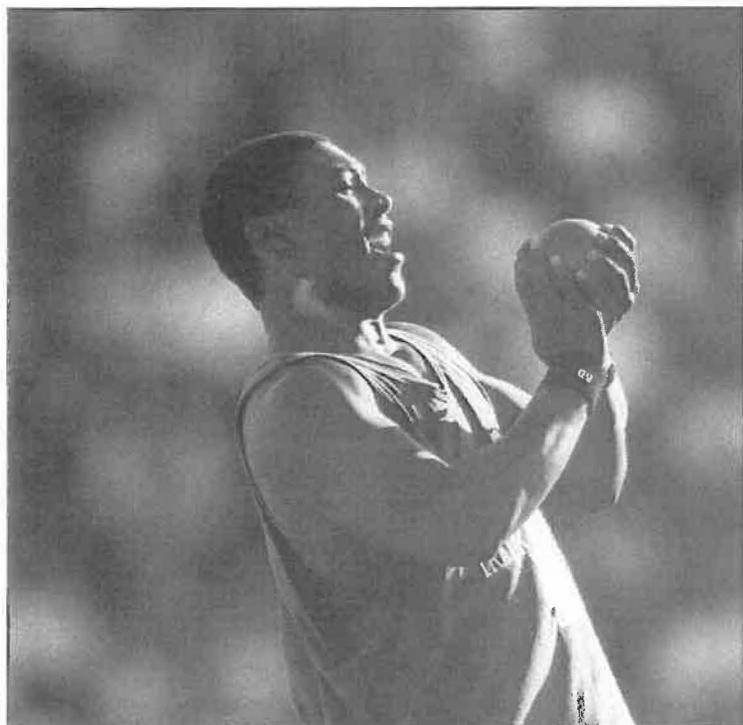
Pos. Name	Gr. School	Sect. Sect. Mark	Place	Mark
1 Matthew Joyner	12 Lincoln	SFS 42'04.00"	*	
2 Luis Medina	12 Birmingham	LAS 50'02.00"		
3 Edgardo Gonzalez	11 South Gate	LAS 50'08.50"		
4 Jason Turek	12 Rancho Bernardo	SDS 52'02.00"		
5 Jake Golenor	10 Foothill	NS 52'04.25"		
6 Andy Todd	12 Deer Valley	NCS 52'06.50"		
7 Steve Vieira	12 Carlsbad	SDS 52'07.00"		
8 William O'Neil	11 Clovis West	CS 53'00.00"		
9 Drew Tomblason	12 Woodland	NS 54'01.50"		
10 Tony Rivera	11 Menlo Atherton	CCS 55'03.00"		
11 Travis Watkins	12 Helix	SDS 55'07.00"		
12 Ryan Lockner	12 California	NCS 55'08.25"		
13 Adam Tafralis	10 Mills	CCS 56'05.00"		
14 Corey Hardin	12 Acalanes	NCS 56'05.00"		
15 John Newell	12 Woodland	NS 56'08.00"		
16 Anthony Sanchez	12 North Salinas	CCS 56'10.00"		
17 David Rivera	12 Arroyo Grande	SS 57'02.75"		
18 Teron Brown	12 Muir	SS 57'10.50"		
19 Brian Moon	12 Bishop O' Dowd	NCS 58'02.50"		
20 Travis Johnson	12 Notre Dame-S.O.	SS 58'04.00"		
21 Jake Knight	11 Rubidoux	SS 58'07.50"		
22 Cole Sprague	12 Coalinga	CS 59'02.00"		
23 Sean Shields	11 Arroyo Grande	SS 59'03.25"		
24 David Adamo	12 Clovis West	CS 59'07.50"		
25 Rusty Price	12 Atwater	SJS 61'06.50"		
26 Rhuben Williams	12 Eagle Rock	LAS 61'11.00"		

BOYS DISCUS

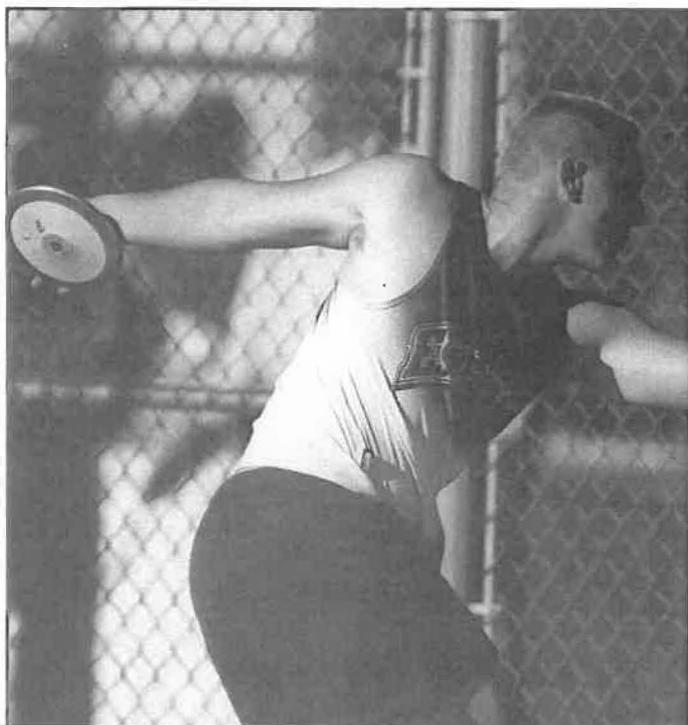
Prelims: 5:30 p.m. - Fri. Final: 5:00 p.m. - Sat.

Records - National: 224-03.0 Kamy Keshmiri, Reno, NV 1987
State: 203-04.0 Blutreich, Capo Valley; Powell, Redwood '85

Pos. Name	Gr. School	Sect. Sect. Mark	Place	Mark
1 Danny Kwong	10 Lowell	SFS 124'07.00"		
2 Vinnie William	12 Hollywood	LAS 127'11.00"		
3 Louis Menina	12 Birmingham	LAS 128'10.00"		
4 Jamal Jones	12 Skyline	CS 138'01.00"		
5 Charlie Griffin	11 Logan, James	NCS 149'07.00"		
6 Kurt Seefeld	10 Marin Catholic	NCS 155'10.00"		
7 Phil Hughes	12 Gridley	NS 159'10.00"		
8 Tony Arieta	12 De La Salle	NCS 166'00.00"		
9 Travis Asch	12 El Capitan	SDS 166'05.00"		
10 Hans Van Dale	11 Aptos	CCS 166'05.00"		
11 Javon Kemp	11 South Bakers.	CS 168'09.00"		
12 Chris Schwacofer	12 Gilroy	CCS 169'03.00"		
13 Gilbert Rocha	12 Linden	SJS 169'07.00"		
14 John Cunnie	12 San Marin	NCS 169'08.00"		
15 Jason Tuerk	12 Rancho Bernardo	SDS 170'08.00"		
16 Mike Meyer	12 Del Campo	SJS 170'09.00"		
17 William O'Neil	11 Clovis West	CS 171'06.00"		
18 Jeff Pederson	11 Sierra	CS 175'01.00"		
19 Sean Shields	11 Arroyo Grande	SS 176'09.00"		
20 Josh Rider	12 Murrieta Valley	SS 176'10.00"		
21 Rusty Price	12 Atwater	SJS 179'03.00"		
22 Jason Rider	11 Murrieta Valley	SS 180'10.00"		
23 Rhuben Williams	12 Eagle Rock	LAS 181'02.00"		
24 Chris Gocong	11 Carpinteria	SS 183'03.00"		
25 Tavis Jones	12 Mira Mesa	SDS 183'06.00"		
26 Tony Miranda	12 Sacred Hrt Cathedral	CCS 194'04.00"		
27 Travis Pendleton	12 Esperanza	SS 197'04.00"		



Eagle Rock's Rhuben Williams is the clear-cut favorite in the boys' shot put. photo by Kirby Lee



Travis Pendleton of Esperanza is the leader going into the meet in a section throw of 197-4. photo by Kirby Lee

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS HIGH JUMP

Prelims: 6:30 p.m. - Fri. Final: 3:00 p.m. - Sat.
 Records - National: 6-03.0 Amy Acuff, Corpus Cristi, TX (Calallen) 1992
 State: 6-02.0 Latrese Johnson, Clovis 1985

Pos. Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1 Victoria Curtis	10 Cleveland	IAS	5'00.00"		
2 Patrice Edwards	11 Banning	IAS	5'00.00"		
3 Kelsey Turner	12 Granite Hills	SDS	5'02.00"		
4 Heather Hernandez	09 Turlock	SJS	5'02.00"		
5 Eva Tanner	09 Grossmont	SDS	5'04.00"		
6 Lauren Jones	11 Torrey Pines	SDS	5'04.00"		
7 Skye Vendt-Pearch	12 Sonoma Valley	NCS	5'04.00"		
8 Kristen Andre	10 Kelseyville	NCS	5'04.00"		
9 Rachel Schaffner	09 Moreau Catholic	NCS	5'04.00"		
10 Jennifer Towsley	11 San Benito	CCS	5'04.00"		
11 Aoife Keane	11 St Ignatius	CCS	5'04.00"		
12 Amber Nixon	12 Amador Valley	NCS	5'05.00"		
13 Tara Maves	12 Nevada Union	SJS	5'05.00"		
14 Becky Rankin	12 Las Plumas	NS	5'06.00"		
15 Schquay Brignac	12 Taft	LA	5'06.00"		
16 Niki Avery	12 Lemoore	CS	5'06.00"		
17 Christine Harms	10 EL Dorado	SJS	5'06.00"		
18 Kelly Dahl	11 Kingsburg	CS	5'06.00"		
19 Jenna Lazzzerini	12 Garces	CS	5'06.00"		
20 Chaunte Howard	10 North, JW	SS	5'07.00"		
21 Lisa Wygant	12 Camarillo	SS	5'07.00"		
22 Bianca Ziemann	10 Edison-HB	SS	5'07.00"		
23 Sharon Day	09 Costa Mesa	SS	5'09.00"		
24 Rachel Ziemann	10 Edison-HB	SS	5'10.00"		
25 Jenna Grimaldi	11 St Ignatius	SES	5'10.00"		

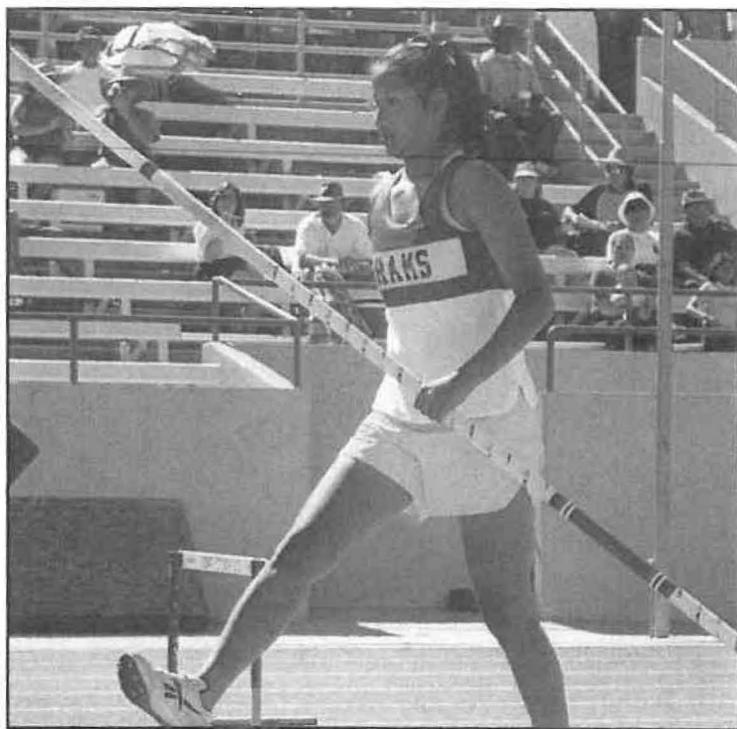
GIRLS POLE VAULT

Prelims: 2:00 p.m. - Fri. Final: 2:15 p.m. - Sat.
 Records: - National: 13-0 Shannon Agee, Helena, MT 1998
 State: 12-8 Tracy O'Hara, Rancho Bernardo 1998

Pos. Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1 Heidi Kreis	11 San Pedro	IAS	9'00.00"		
2 Jenkia Helm	12 Las Lomas	NCS	10'00.00"		
3 Sarah Burgess	11 Liberty	NCS	10'00.00"		
4 Kayla Wilson	12 Oakdale	SJS	10'03.00"		
5 Katie Nishimura	10 Bella Vista	SJS	10'03.00"		
6 Ali Fisher	11 Woodland	NS	10'03.00"		
7 Veronica Garcia	11 Newark Memorial	NCS	10'03.00"		
8 Julia Preston	12 Poway	SDS	10'04.00"		
9 Michelle Rivera	10 Birmingham	IAS	10'06.00"		
10 Katie Collins	12 Vista	SDS	10'08.00"		
11 Ashley Lennon	11 Petaluma	NCS	10'09.00"		
12 Shannon Benson	12 Golden West	CS	11'00.00"		
13 Molly Pascarella	11 Rancho Bernardo	SDS	11'00.00"		
14 Buffie Ryan	12 Soquel	OCS	11'00.00"		
15 Lexine Lesser	12 Hanford	CS	11'00.00"		
16 Paige Roberts	11 Atascadero	SS	11'00.00"		
17 Katharine Pacheco	11 Golden West	CS	11'00.00"		
18 Lauren Ho	11 Westmoor	OCS	11'06.00"		
19 Chelsea Connolly	11 Soquel	OCS	11'06.00"		
20 Anna Diko	12 Murrieta Valley	SS	11'06.00"		
21 Katie Eckley	11 West Valley	NS	11'06.00"		
22 Laura Chen	11 Temple City	SS	11'06.00"		
23 Jamie Kolar	11 L.B. Poly	SS	11'06.00"		
24 Caroline Rebello	12 Marina	SS	11'06.00"		
25 Melissa Astete	11 Birmingham	IAS	12'00.25"		



The sister duo of Bianca Ziemann (pictured) and Rachel Ziemann of Edison High figure among the favorites in the high jump. photo by Kirby Lee



Laura Chen, from Templeton City High, figures to challenge the leaders and the 12-0 mark.

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS LONG JUMP

Prelims: 4:00 p.m. - Fri. Final: 3:00 p.m. - Sat.

Records - National: 20-01.75 Kathy McMillian, Raeford, NC 1976
State: 20-00.5 Marion Jones, Thousand Oaks 1993

Pos.	Name	Gr.	School	Sect.	Sect. Mark	Pos.	Place	Mark
1	Shante Washington	12	Banning		16' 06.75"			
2	Renee Williams	09	Skyline	OS	16' 06.75"			
3	Chrissie Heckman	12	Sutter	NS	16' 09.75"			
4	Tammy Carpenter	12	Birmingham	LAS	16' 11.00"			
5	Jessica Thomas	10	El Camino	SDS	17' 04.50"			
6	Nastassja Hall	10	Rancho Buena Vista	SDS	17' 05.50"			
7	Kalani Holleman	11	Hayward	NCS	17' 06.75"			
8	Charlene Deardorf	11	Mt. Pleasant	CCS	17' 07.75"			
9	Gilleon Smith	12	MT Eden	NCS	17' 09.50"			
10	Aroline Neal	12	Rancho Buena Vista	SDS	17' 10.50"			
11	Kira Costa	09	Lemcoore	CS	18' 00.00"			
12	Ashley Lodree	09	El Cerrito	NCS	18' 01.00"			
13	Lakiste Barkus	12	Cerritos	SS	18' 01.25"			
14	Brandi Phifer	09	Clovis West	CS	18' 02.00"			
15	Lacey Turner	12	Dos Palos	CS	18' 02.50"			
16	Shante Smith	11	Mt. Pleasant	OCS	18' 02.75"			
17	Beyonka McDowell	12	Vallejo	SJS	18' 03.75"			
18	Blessing Ufodiama	12	L.B. Poly	SS	18' 04.25"			
19	Corri Allen	12	Laguna Creek	SJS	18' 04.50"			
20	Alexis Weatherspoon	11	Grant	IAS	18' 07.00"			
21	Porchea Carroll	11	Rio Mesa	SS	18' 07.50"			
22	Jimia White	11	Casa Roble	SJS	18' 07.75"			
23	Roshena Duree	10	Burton	SFS	18' 08.00"			
24	Dana Bethel	11	Mission Viejo	SS	19' 00.25"			
25	Michelle Sanford	09	Woodbridge	SS	19' 00.50"			
26	Shanita Bryant	12	Ygnacio Valley	NCS	19' 04.00"			
27	Elzunia Lamb	11	San Benito	OCS	19' 04.25"			

GIRLS TRIPLE JUMP

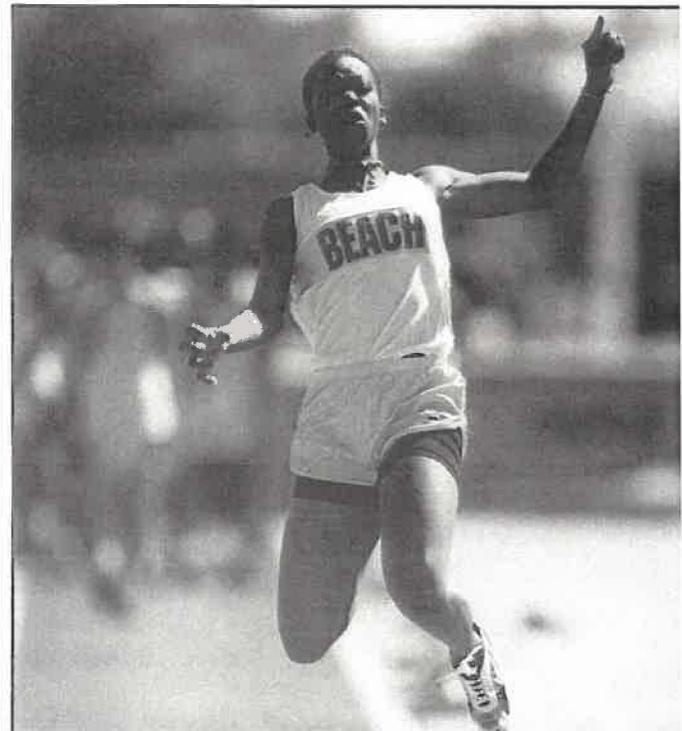
Prelims: 6:30 p.m. - Fri. Final: 5:30 p.m. - Sat.

Records - National: 44-05.5 Juliana Yendork, Walnut, CA 1991
State: 44-05.5 Juliana Yendork, Walnut, CA 1991

Pos.	Name	Gr.	School	Sect.	Sect. Mark	Place
1	Mary Young	11	Tulare Union	CS	ND	
2	Tamiliya Brown	12	Skyline	OS	35' 04.75"	
3	Sarah Robinson	09	Hoover	CS	36' 01.25"	
4	Xaviera Terry	12	Palisades	LAS	36' 04.00"	
5	Laura Pilliti	10	Stockdale	CS	36' 06.50"	
6	Sarah Iceman	12	Central Valley	NS	36' 09.25"	
7	Jane Givens	12	La Jolla	SDS	36' 10.50"	
8	Meagan Bornes	11	Rancho Buena Vista	SDS	37' 04.75"	
9	Schquay Brignac	12	Taft	LAS	37' 05.25"	
10	Beth Fernlund	12	Maria Carillo	NCS	37' 05.75"	
11	Patrice Edwards	11	Banning		37' 08.00"	
12	Elzunia Lamb	11	San Benito	CCS	37' 09.00"	
13	Shanita Bryant	12	Ygnacio Valley	NCS	37' 11.00"	
14	Roshena Duree	10	Burton	SFS	37' 11.00"	
15	Sraeya George	12	Valhalla	SDS	37' 11.75"	
16	Tiffany Johnson	10	St Mary's	NCS	38' 02.00"	
17	Michelle Sanford	09	Woodbridge	SS	38' 05.75"	
18	Lisa Smith	12	La Mirada	SS	38' 06.50"	
19	Kalani Holleman	11	Hayward	NCS	38' 07.25"	
20	Aryn Murray	12	Live Oak	NS	38' 10.00"	
21	Latoya Phillips	12	Archbishop Mitty	OCS	39' 00.00"	
22	Trinety White	11	Marysville	SJS	39' 00.00"	
23	Brooklyn Hann	11	L Burbank	SJS	39' 05.00"	
24	Jenny Moore	12	Upland	SS	39' 06.75"	
25	Candice Baucham	11	L.B. Poly	SS	39' 09.25"	
26	Blessing Ufodiama	12	L.B. Poly	SS	39' 11.75"	
27	Lauren Chesnut	10	Laguna Creek	SJS	41' 00.00"	



Porchea Carroll of Rio Mesa figures to score in the long jump and the 100 meters. photo by Kirby Lee.



Blessing Ufodiama of Long Beach Poly jumped 39-11 3/4 at the section finals. photo by Kirby Lee.

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS SHOT PUT

Prelims: 6:00 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

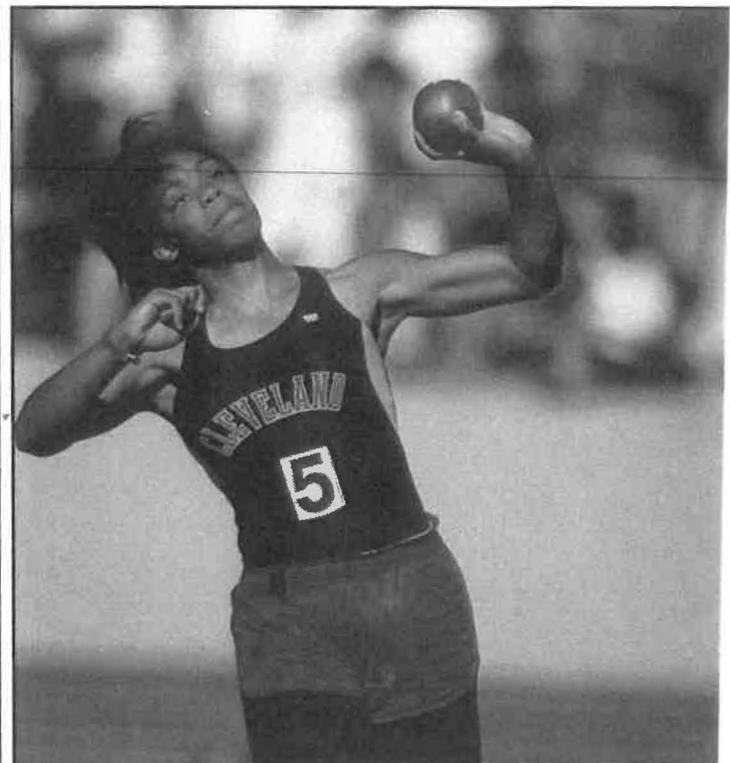
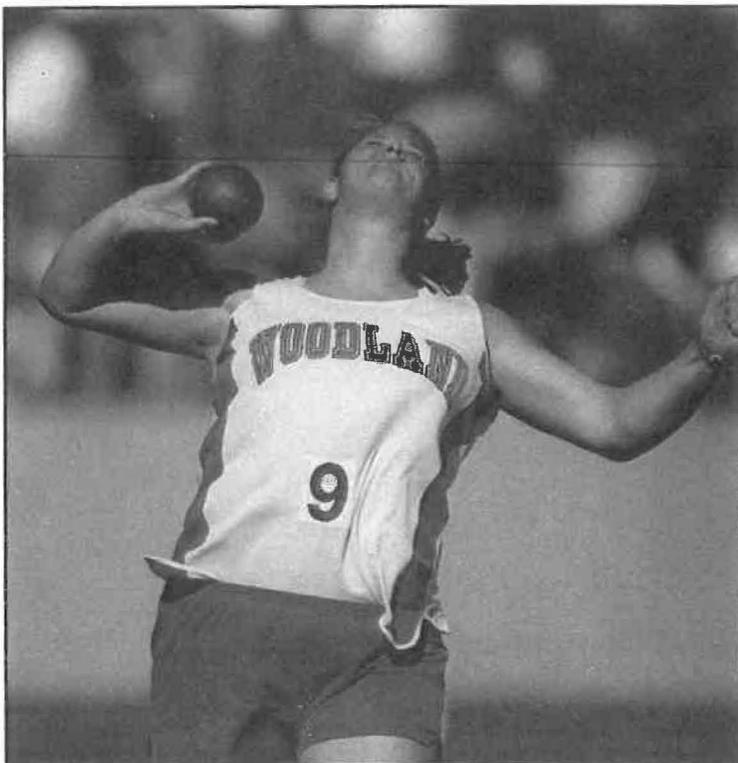
Pos. Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1 Cassie August	12 Carmel	CCS	36'02.00"		
2 Noni Nzerem	12 Lowell	SFS	37'00.00"		
3 Lisa Hawkins	12 Taft	LAS	37'07.75"		
4 Mikaelyn Austin	12 Rancho Bernardo	SS	37'08.75"		
5 Jamie Hawkins	10 Big Valley	NS	38'02.75"		
6 Angel Johnson	12 Oakland	CS	38'04.25"		
7 Tammy J'Artenay	12 Coalinga	CS	38'10.50"		
8 Kai Ivory	12 Marymount	SS	38'11.00"		
9 Aigamarie Taumua	10 Sweetwater	SDS	40'00.50"		
10 Tala Barber	11 Twentynine Palms	SS	40'02.25"		
11 Serena Boykin	12 Dorsey	LAS	40'04.50"		
12 Shelaine Larson	12 Buena	SS	40'07.25"		
13 Rachel Varner	10 Bakersfield	CS	41'01.50"		
14 Angelina Ray	12 Laguna Creek	SJS	41'03.50"		
15 Jenna Johnson	12 St Joseph-Sm	SS	41'04.50"		
16 Sabrina Kirkwood	10 Mercy-Sf	CCS	41'05.75"		
17 Amanda Patteson	12 Granada	NCS	42'02.50"		
18 Candace Hill	12 Hoover	SDS	43'02.75"		
19 Krissy Schelir	12 Sierra	CS	43'06.50"		
20 Michelle Daggs	12 Bishop O' Dowd	NCS	43'09.00"		
21 Kamaiya Warren	10 St Mary's	NCS	44'01.00"		
22 Katie McKeever	11 Woodland	NS	44'03.00"		
23 Laura Sauao	12 Overfelt	CS	45'09.00"		
24 Amanda Garcia	12 Carondelet	NCS	46'09.75"		
25 Jill Camarena	12 Woodland	NS	48'00.00"		
26 Jessica Cosby	12 Cleveland	LAS	48'06.00"		
27 Karen Freberg	11 San Luis Obispo	CS	49'01.50"		

GIRLS DISCUS

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

Records - National: 188-4 Suzy Powell, Modesto, CA (Downey) 1994
State: 181-3 Stephanie Brown, Arroyo Grande 1998

Pos. Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1 Michelle Perdande	11 Eagle Rock	LAS	69'10.00"		
2 Erin Helm	11 Burton	SFS	88'09.00"		
3 Ellen Shapstone	09 Birmingham	LAS	91'02.00"		
4 Shayma Hill	12 Casa Roble	SJS	122'03.00"		
5 Lacy Oliver	12 Los Molinos	NS	123'02.00"		
6 Rachel Varner	10 Bakersfield	CS	124'07.00"		
7 Rhiannon Hnry	12 Rancho Buena Vista	SDS	128'10.00"		
8 Jennifer Ladouceur	11 California	NCS	128'11.00"		
9 Aspen Marshall	11 Armiyo	SJS	131'11.00"		
10 Amanda Patteson	12 Granada	NCS	133'06.00"		
11 Mikaelyn Austin	12 Rancho Bernardo	SDS	133'10.00"		
12 Moji Alade	11 Highland	CS	134'07.00"		
13 Kristin Thompson	12 Esperanza	SS	135'03.00"		
14 Michelle Peguignot	11 Arroyo Grande	SS	135'05.00"		
15 Kamaiya Warren	10 St Mary's	NCS	136'05.00"		
16 Laura Sauao	12 Overfelt	CS	136'08.00"		
17 Krista Dill	12 Newport Harbor	SS	137'04.00"		
18 Billie Jo Grant	09 Arroyo Grande	SS	140'05.00"		
19 Sabrina Kirkwood	10 Mercy-Sf	CCS	140'08.00"		
20 Krissy Schelir	12 Sierra	CS	140'08.00"		
21 Anne Farnady	12 Los Gatos	CCS	142'05.00"		
22 Gennessa Guzman	11 Charter Oak	SS	144'04.00"		
23 Michelle Daggs	12 Bishop O' Dowd	NCS	145'08.00"		
24 Candace Hill	12 Hoover	SDS	146'02.00"		
25 Jill Camarena	12 Woodland	NS	156'03.00"		



Jill Camarena of Woodland High is the defending state champion in the shot. photo by Kirby Lee

Jessica Cosby of Cleveland High is a challenger in the shot put. photo by Kirby Lee

CIF 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 Harrison, North Salinas	1993
800 METERS		
1:46.45	Michael Granville, Bell Gardens	1996
1600 METERS		
4:04.00	Michael Stember, Jesuit Carmichael	1995
4:05.4	Mark Schilling, Garden Grove	1972*
3200 METERS		
8:44.95	Eric Mastalir, Jesuit Carmichael	1986
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		
40.35	John Muir, Pasadena	1997
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

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		
13:35	Nicole Hoxie, North Riverside	1997
300 METER LOW HURDLES		
40.26	Janeene Vickers, Pomona	1987
400 METER RELAY		
45.13	Berkeley	1981
1600 METER RELAY		
3:36.32	Long Beach Wilson	1998
HIGH JUMP		
6'2"	Latrese Johnson, Clovis	1985
LONG JUMP		
22'0 1/2"	Marion Jones, Thousand Oaks	1993
POLE VAULT		
12-8 1/4	Kathleen Donoghue, Rancho Bernardo	1999
TRIPLE JUMP		
43'11 1/2	Juliana Yendork, Walnut	1991
SHOT PUT		
52'11 1/2"	Kristin Heaston, Ygnacio Valley	1993
DISCUS THROW		
181-3	Stephanie Brown, Arroyo Grande	1998

*mile record - Note: Eric Hulst's 8:44.9 in the 3200 was hand timed.

**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		
1:46.45	Michael Granville, Bell Gardens, CA	1996
1600 METERS		
3:58.30	Paul Vandergrift, Conshohocken Archbishop Kennedy, PA '87	
3200 METERS		
8:44.95	Eric Mastalir, Jesuit Carmichael, CA	1986
110 METER HIGH HURDLES		
13.1	Dennis Brantley, Houston Worthing, TX	1980
300 METER INTERMEDIATE HURDLES		
35.32	George Porter, Lompoc, CA, Cabrillo	1985
400 METER RELAY		
39.76	Fort Worth O.D., Wyatt, TX	1998
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		
18-2 1/4	Eric Eshbach, Orangeville, TX	1999
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, Thousand Oaks, CA	1992
400 METERS		
52.39	Denean Howard, Granada Hills, CA, Kennedy	1982
800 METERS		
2:04.5	Jolletta 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		
13.23	Dominique Calloway, Denver South, CO	1996
300 METER LOW HURDLES		
40.18	Leslie Maxie, Millbrae, CA, Mills	1984
400 METER RELAY		
44.70	St. Bernard Playa del Rey, CA	1997
1600 METER RELAY		
3:36.32	Long Beach Wilson, CA	1998
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		
13-0	Shannon Agee, Helena, MT	1998
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 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	Nil 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 Gurule 38		

2000 CIF State Track and Field Honor Coaches

Honor Coaches are selected by the Track and Field Coaches Alliance and are honored for their contributions to the sport.



Bob Hastings
Las Plumas H.S.

Hastings competed at Las Plumas High in cross country and track and field, under current CIF Northern Section Track and Field Commissioner Norm MacKenzie. After graduating from Las Plumas in 1976, Hastings went on to compete in track and field and cross country at Butte College. He has been coaching cross country and track and field at Las Plumas since 1985. Throughout this time, several of Hastings' athletes have advanced to compete at the state meet.

John Larralde
Carpinteria H.S.

The 2000 season marked the 16th year at Carpinteria for Larralde and his 26th season in coaching. Larralde has coached 20 years at the high school level and six years collegiately. As a high school head coach at Carpinteria and Santa Barbara High Schools, he has coached 58 CIF Southern Section divisional scorers, 17 of them champions. His teams have won 17 league championships, one CIF Southern Section divisional championship (1999) and 12 top five placings. Twenty-two of his former athletes are now coaching.

Meredith Smith
Crenshaw H.S.

Smith has been coaching boys' and girls' track and field at Crenshaw High School for five years. Her teams have compiled an impressive 41-2 dual meet mark during that time with a combined three league titles. Smith has coached



Michael Wilson
Vallejo H.S.

The head track and field coach at Vallejo High School, Wilson's boys' team won the 1999 CIF State Track and Field Championship in the meet held at Hughes Stadium, Sacramento. He was the California Coaches Association Boy's Track Coach of the Year last season and was Sacramento Valley Track Coach of the Year in 1993. Among the state qualifiers he has coached are Ali Evans, Rico Hatter, Giovanni Miles and Spring Dawson.

several state meet qualifiers including Shariff Paxton (2nd in the 110HH in 1997), Kevin Howard and Stacy Goff. Smith also coached junior varsity softball at Banning High School in Wilmington.



Greg Leland
Sierra H.S.

Leland has been the head coach at Sierra High since 1995. His boys' team has won three consecutive league crowns and were the 1999 CIF Sac-Joaquin Section Champions. Leland was the Young Educator of the Year in Manteca Unified in 1989 and the Secondary Teacher of the Year in 1997.

Karin Fitzhugh
Central Valley H.S.

Fitzhugh has been involved in track and field for most of her life. She began her career in Eureka, competing in the Junior Olympic Program. She was a three-sport athlete in college and was all-conference in volleyball, basketball and track at Cal State University Chico. Fitzhugh began her coaching career at Hamilton City High School. She took over the girls' program at Oroville High in 1989 and joined Central Valley in 1998.

Charles Leathers
JW North H.S.

In his 25 year career, Leathers has coached eight state champions, 26 all-Americans, three national record-holders and a female Gatorade Athlete of the Year. Perhaps the highlight of his career came last year when the North High girls' team beat Long Beach Wilson, 42-37, to win the CIF State Championship. His teams have also garnered eight CIF Southern Section titles (1980, 1985, 1991, 1995-98 and 2000).

Tom Martin
Rancho Bernardo H.S.

Martin has been an assistant track and field coach Rancho Bernardo High School since 1991 (high jumps and pole vault). He has also made coaching stops at Monte Vista High in San Diego (1983-85) at Poway High (1986-90) and Martin, who was Grossmont League Coach of the Year in 1985, has guided back-pole vault state champions in Tracy O'Hara and Kathleen Donoghue (state meet record-holder).

Former State Winners to Be Honored; Will Assist With Awards

The CIF will honor a select group of former state champions at a special awards presentation at 3:30 p.m. on Saturday, June 3. The honorees will also assist in the awards presentations, in the event in which they participated.

Al Hassen (Jefferson High, L.A. - 1930)
Hassen is believed to be oldest living champion. He won the 1930 880 title in a big upset. Finished second in his league and fourth in Southern Section meet.

Lou Zamperini (Torrance High, SS - 1935)
Zamperini set a National Record that stood for 20 years as a junior in 1934. He won state as a junior. Zamperini won the 1936 Olympic Trials at 5000m, and was the leading American in that event at Berlin Olympic Games. He was a two-time NCAA Mile winner while at USC. His life has been chronicled in a book "Devil at my Heels" and a recent one-hour prime time special documenting his WWII tribulations (lost at sea, prisoner of war).

Wilbur Miller (Jefferson High, LA - 1937)
Miller won state 440 in 1937. He set a Community College record of 47.1 for 440 in 1938 at Compton College. Miller was also a member of three consecutive National Record relay teams at Jefferson in 1935, 1937 and 1937.

Wilbur Thompson (Modesto High, SJS - 1937)
Thompson, who weighed just 165 pounds, won three weight events at 1937 State Meet -- 12 lb shot, exhibition 16 lb shot and football throw (an official event then). He won two NCAA medals at USC and after service during WWII, returned home to win the Shot Put at the 1948 Olympics in London.

Ollie Matson (Washington High, San Francisco - 1948)
Matson finished 3rd in both 100/200 dashes in

1948 state meet. A week after the state meet, he ran 47.1 for 440 yards, one half second faster than any high schooler had ever run. It took seven more years for any other California high school runner to break 48 seconds. He was a Bronze medalist at 400m at 1952 Helsinki Olympic Games while attending University of San Francisco and lead off US 4x400m Relay team that broke existing WR but finished second. Best known for college and professional football career and is a member of the NFL Hall of Fame.

Guy Blackburn (Jefferson High, LA - 1950)
A member of the team that is considered the best overall high school team of all time. Blackburn won 1950 State 220 and was also a member of a Jefferson National Record relay team. His 9.6 in the 100 yard dash has been bettered by only 4 other sprinters in high school history. NCAA medalist while attending the University of California at Berkeley.

Lang Stanley (Jefferson High, LA - 1950)
Stanley was 5th in mile in 1949 as a junior. Switched to 880 in the latter half of the 1950 season, where he broke every record possible, including Los Angeles City Section, State and National Records. Broke National record at 1950 State meet at Sacramento. He was first high schooler to break 1:54.0 in 880. Was world class half miler and NCAA champion while attending San Jose State.

Steve Turner (Glendale High, SS - 1950)
Turner won both 120 yard high hurdles and 180 yard low hurdles at 1950 State Meet.

PAST CIF 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
Long Beach Poly	39	Don Norford	Hughes Stadium, Sacramento	6/6-7/1997
Long Beach Poly	42	Don Norford	Cerritos College, Norwalk	6/5-6/1998
Vallejo	35	Mike Wilson	Hughes Stadium, Sacramento	6-4-6-5/1999

* 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 1966-1979; 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	Amice 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
Long Beach Poly	49	Don Norford	Hughes Stadium, Sacramento	6/6-7/1997
Long Beach Wilson (tie)	42	Terry Kennedy	Cerritos College, Norwalk	6/5-6/1998
Long Beach Poly (tie)	42	Don Norford		
JW North, Riverside	42	Charles Leathers	Hughes Stadium, Sacramento	6-4-6-5/1999

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 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 - Polytechnic, Long Beach (1928, 32, 59, 64-65, 1997-98)
- 7 - Manual Arts, Los Angeles (1915, 16, 19, 24, 25, 53, 58)
- 6 - Hawthorne (1983-85, 1987-89)

Most Consecutive State Championships

- 4 - Jefferson, Los Angeles (1949-52)
- 3 - Hawthorne (twice; 1983-85, 1987-89)
- 3 - Muir, Pasadena (1994-96)

GIRLS

Most State Championships

- 5 - Berkeley (1974, 76, 1981-83)
- 5 - Long Beach Poly (1991-92, 94, 1997-98)
- 2 - Muir, Pasadena (1985, 1989)
- 2 - Bakersfield (1988, 1990)
- 2 - Long Beach Wilson (1996, 1998)

Most Consecutive State Championships

- 3 - Berkeley (1981-83)
- 2 - Long Beach Poly (twice; 1991-92, 1997-98)

Note: Boys CIF State Track and Field Championships began in 1915 and have been held annually since - excluding the World War II years (1941-45); The girls' championships were initiated in 1974 and have been held annually since.

CIF 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 Holiwell (West Bakersfield)	10.43w
1996 - Jim McGee (Sacramento)	10.52
1997 - Justin Fargas (Notre Dame Sher. Oaks)	10.52
1998 - Darrell Rideaux (Long Beach Poly)	10.43
1999 - Kareem Kelly (Long Beach Poly)	10.47

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 - Forrest 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 Decker (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 (Pasadea)	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 (Plux 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
1997 - Andrea Ammons (Skyline Oakland)	20.91
1998 - Kareem Kelly (Long Beach Poly)	20.76
1999 - Kareem Kelly (Long Beach Poly)	20.76

** 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 - Ullis Williams (Compton)	47.2
1961 - Ullis 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, GardenGrove)	47.4
1966 - Mike Newton (Whittier)	47.2
1967 - Mike Newton (Whittier)	47.2
1968 - Edesel Garrison (Centennial, Compton)	48.7
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 Sulzer (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
1997 - Eddie Levine (Golden Valley)	46.77
1998 - Mike Ryan (Beverly Hills)	47.62
1999 - Blaine Bussey (Taft, LA)	46.94

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 (Arnador 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
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
1997 - James Levine (Golden Valley)	1:50.62
1998 - Jon Stevens (Mission San Jose)	1:52.07
1999 - Brandon Shaw (Rancho Verde)	1:53.98

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 Mastilir (Jesusit, 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 Kefezighi (San Diego)	4:07.67
1995 - Michael Stember (Jesusit, Carmichael)	4:04.00
1996 - Michael Stember (Jesusit, Carmichael)	4:06.72
1997 - John Stevens (Mission, San Jose)	4:10.08
1998 - John Stevens (Mission, San Jose)	4:12.58
1999 - Marcus Chandler (Serra-SD)	4:10.44

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 Assuma (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

CIF STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS (Boys)

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 Mastilir (Jesusit, Carmichael)	8:44.95
1987 - Paul Thomas (Jesusit, Carmichael)	9:02.82
1988 - Reggie Williams (River City)	8:59.61
1989 - David Welsh (Jesusit)	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 (Jesusit Carmichael)	9:04.39
1994 - Mebrahton Kefezighi (San Diego)	8:58.11
1995 - Jason Balkman (Lynbrook San Jose)	9:05.31
1996 - Aaron Gillen (Yreka)	9:03.96
1997 - Isaiah Festa (Morro Bay)	9:06.06
1998 - Gary Passanisi (Aptos)	9:05.74
1999 - Josh Spiker (Ventura)	9:02.00

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 McCulloch (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 - Alfonso 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 (Ganesha, 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 (Ganesha)	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
1997 - Dominique DeGrammont (Tustin)	13.48
1998 - Marcel Allmond (St. Paul)	13.83
1999 - Marcel Allmond (St. Paul)	13.54

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 Valley (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
1997 - Kenyon Rambo (Long Beach Poly)	36.57
1998 - Al Williams (Irvine)	37.17
1999 - Rico Hatter (Vallejo)	36.53

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
1997 - John Muir Pasadena	40.35
1998 - Long Beach Poly	40.45
1999 - Vallejo	40.94

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
1997 - Dominguez Compton	3:12.51
1998 - Dominguez Compton	3:12.64
1999 - Dorsey	3:13.01

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 Cannell (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
1997 - Jason Howard (Ridgeview)	7-1
1998 - Darren Marble (Los Altos)	6-8
1999 - Gabe Zarate (Parlier)	6-11

Long Jump

1957 - Luther Hayes (Lincoln, S.D.)	23-8 1/2
1958 - Steve Rogers (Brawley)	24-6
1959 - Effen Jones (Delano)	23-5 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

CIF STATE TRACK AND FIELD

INDIVIDUAL EVENT CHAMPIONS (Boys/Girls)

1972 - Carl McCullough (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 Doubly (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
1981 - Ed Tave (Muir, Pasadena)	25-0 1/2
1982 - Eomell Archie (Norte Del Rio)	24-4 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, Sac.)	23-10
1987 - Percy Knox (Antelope Valley)	24-6 1/2
1988 - Diatory Gildersleeve (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 (Antelope 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)	24-101/2
1997 - Marvin Brown (Will C. Wood Vac.)	24-051/4
1998 - BB Malone (Redwood)	24-1
1999 - Robert Kennedy (El Camino)	25-2

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)	
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 Meyes (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)	14-101/2
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 Elliot (Bellflower)	15-6
1980 - Greg Stull (Troy, Fullerton)	15-10
1981 - Doug Wicks (South, Bakersfield)	15-2
1982 - Scott Christensen (Acalanes)	15-6
1983 - Mike Kibort (Saratoga)	15-6
1984 - Moen Ivar (Los Gatos)	16-2
1985 - Brent Burns (Acalanes, 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
1997 - David Gritz (Bear Creek)	16-7
1998 - Mark Unzueta (Lemoore)	16-2
1999 - Brandon Braunstein (Newark Memorial)	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)	51-812w
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.)	50-103/4
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)	51-912w
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 Parish (Marina)	49-1
1993 - Tony Parish (Marina)	50-113/4
1994 - Von Ware (Rancho Buena Vista-SD)	50-6
1995 - Michael Turner (Morningside)	49-2
1996 - Tye Anderson (Long Beach Poly)	49-113/4
1997 - Anthony Colson (Center)	49-111/4
1998 - Benson Jones (Clayton Valley)	51-1 1/2
1999 - Kyle Carano (Hoover)	52-2 1/2 w.2.6

Shot Put (Boys)

1957 - Clark Branson (Pasadena)	64-0 3/4
1958 - Jack Slocome (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)	63-111/4
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)	63-101/2
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)	65-103/4
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)	63-83/4
1982 - Pat Kyle (Buena Park)	60-4
1983 - Curt Sisco (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)	58-111/2
1995 - Matt Pentecost (Loyola)	62-3 3/4
1996 - Jason Hammond (Fowler)	64-4
1997 - Van Mounts (Bakersfield)	67-0 3/4
1998 - Van Mounts (Bakersfield)	66-7
1999 - Rhuben Williams (Eagle Rock)	62-8 1/2

Discus Throw (Boys)

1959 - Ron Sindow (San Rafael)	176-1
1960 - Alex Dames (Polytechnic, S.F.)	178-8
1961 - Bob Stoecker (Los Altos)	188-61/2
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)	172-31/2
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
1997 - Scott Moser (Huntington Beach)	203-2
1998 - Reodus Thurman (Serra)	202-1
1999 - Dan Ames (El Capitan)	199-9

Girls Champions

100-Meter Dash (Girls)

1974 - Janice Wiser (La Jolla)	10.8
1975 - Sanda 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 (Ganesh, Pomona)	11.69
1983 - Lisa Winston (Jordan, Long Beach)	11.73
1984 - Gail Devers (Sweetwater)	11.51
1985 - Tesha Giddens (Locke, L.A.)	11.58
1986 - Angela Burnham (Rio Mesa, Oxnard)	11.78
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 - Maika Edmonson (St. Bernard)	11.82
1997 - Angela Williams (Chino)	11.15
1998 - Angela Williams (Chino)	11.10w
1999 - Tania Woods (Skyline, Oakland)	11.41

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

CIF STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS (Girls)

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
1997 - Kinshasa Davis (Wilson Long Beach)	22.90
1998 - Angela Williams (Chino)	23.02
1999 - Tania Woods (Skyline, Oakland)	22.88

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 - Sheri Howard (San Geronio, San Bernardino)	53.65
1980 - Denean Howard (Kennedy, Gran. Hills)	53.04
1981 - Gervaise McGraw (Ganeshia, 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
1997 - Kinshasa Davis (Wilson Long Beach)	52.66
1998 - Monique Henderson (Morse)	53.41
1999 - Monique Henderson (Morse)	52.87

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
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 Auburn)	2:11.24
1997 - Lindsay Hyatt (Placer Auburn)	2:09.16
1998 - Lindsay Hyatt (Placer Auburn)	2:07.90
1999 - Lindsay Hyatt (Placer Auburn)	2:06.74

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
1997 - Julia Stamps (Santa Rosa)	4:44.78
1998 - Sara Bei (Montgomery Santa Rosa)	4:49.21
1999 - Alejandra Barrientos (San Lorenzo)	4:45.02

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 Shubert (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
1997 - Julia Stamps (Santa Rosa)	10:15.17
1998 - Sara Bei (Montgomery Santa Rosa)	10:31.06
1999 - Lauren Fleshman (Canyon CC)	10:18.81

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 - Chewakii 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
1997 - Nicole Hoxie (North Riverside)	13.35
1998 - Natasha Neal (James Logan)	13.57
1999 - Nicole Denby (JW North)	13.42w:2.6

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)	41.66
1991 - Erin Blunt (San Pasqual)	43.02
1992 - Twila Sims (Lompoc)	42.75
1993 - Angela Harris (Skyline Oak.)	42.76
1994 - Angela Harris (Skyline Oak.)	42.76
1995 - Joanna Hayes (North Riverside)	41.20
1996 - Tisha Ponder (Del Mar San Jose)	42.22
1997 - Ryan Peters (Skyline Oak.)	41.47
1998 - Natasha Neal (James Logan)	40.86
1999 - Lashinda Demus (Long Beach Wilson)	40.44

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	45.95
1985 - Hawthorne	45.95
1986 - Hawthorne	45.54
1987 - St. Francis, Mountain View	45.95
1988 - Hawthorne	47.1C
1989 - Muir, Pasadena	46.46
1990 - Bakersfield	46.45
1991 - Morningside	46.36
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
1997 - St. Bernard Playa del Rey	44.70
1998 - St. Bernard Playa del Rey	46.00
1999 - San Lorenzo	45.90

1600-Meter Relay (Girls)

1974 - Berkeley	3:46.
1975 - Washington, Los Angeles	3:44.
1976 - Fremont, Los Angeles	3:55.!
1977 - Locke, Los Angeles	3:52.
1978 - Fremont, Los Angeles	3:51.!
1979 - San Geronio, San Bernardino	3:44.!
1980 - Kennedy, Granada Hills	3:37.!
1981 - Kennedy, Granada Hills	3:37.
1982 - Dorsey, Los Angeles	3:41.
1983 - Dorsey, Los Angeles	3:46.
1984 - Locke, Los Angeles	3:38.!
1985 - Muir, Pasadena	3:43.
1986 - Compton	3:42.
1987 - Long Beach Poly	3:45.
1988 - Hawthorne	3:47.
1989 - Hawthorne	3:46.!
1990 - Morningside, Inglewood	3:44.
1991 - Long Beach Poly	3:48.!
1992 - Long Beach Poly	3:45.!
1993 - Long Beach Poly	3:42.
1994 - Skyline Oakland	3:41.!
1995 - Long Beach Poly	3:39.!
1996 - Wilson Long Beach	3:38.!
1997 - St. Bernard Playa del Rey	3:39.
1998 - Wilson Long Beach	3:36.
1999 - Wilson Long Beach	3:39.!

High Jump

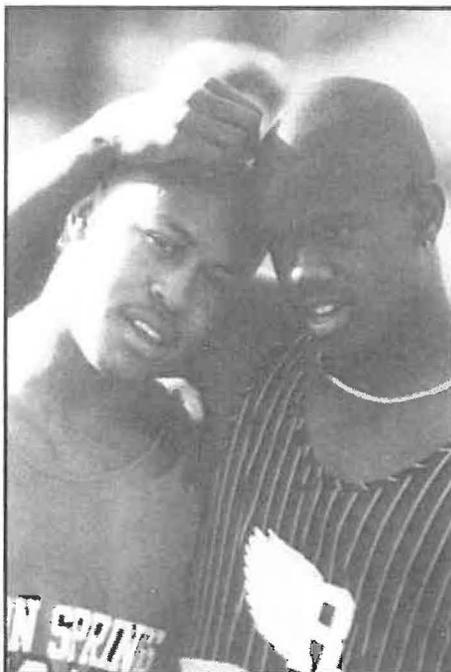
1974 - Pam Blackburn (Bubbertey, Palo Alto)	5-8
1975 - Kim Maddox (Los Angeles)	5-8
1976 - Kari Gosswiller (Upland)	5-10
1977 - Kari Gosswiller (Upland)	5-9
1978 - Sue McNeal (Carlsbad)	5-10
1979 - Tonya Alston (Chico)	5-9
1980 - Karen Lysaght (St. Francis, Sac.)	6-0
1981 - Katrina Johnson (Marshall,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

CIF STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS (Girls)

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
1997 - Tayyiba Haneef (Laguna Hills)	5-9
1998 - Tia Hanson (El Cajon)	5-8
1999 - Kim Stone (York)	5-9

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
1997 - April Home (Clovis West)	17-06 1/4
1998 - Angela Williams (Chino)	19-7 3/4
1999 - Sani Roseby (Monterey)	19-8 3/4 w:3.4



Friends and Champions - Bryan Howard (left) of Canyon Springs High School and Pat Johnson of Redlands High School were fierce competitors on the track and friends off it. Howard was a state champion in the 100 meters in 1993. Johnson doubled as a winner in the 100 and 200 meters in 1994. photo by Bill Cockerham.

Triple Jump

1982 - Wendy Brown (Woodside)	40-3
1983 - Wendy Brown (Woodside)	42-10 1/2
1984 - Wendy Brown (Woodside)	41-10w
1985 - Sheila Hudson (Rio Linda)	40-2
1986 - Felicia Harris (San Lorenzo)	39-6 1/4
1987 - Kim Lassair (Northgate)	39-1
1988 - Stacy Thompson (Morse)	41-10
1989 - Juliana Yendork (Walnut)	42-0 1/4
1990 - Juliana Yendork (Walnut)	43-6 1/2
1991 - Juliana Yendork (Walnut)	39-11 1/4
1992 - Kayla Montgomery (Clovis West)	40-1 1/4
1993 - Cheeza Figueroa (Quartz Hill)	38-11 1/2
1994 - Tamiaka Porter (Orange Glen)	40-6 1/2
1995 - Kelly O'Conner (Esperanza)	40-2 1/2
1996 - Kelly O'Conner (Esperanza)	40-0
1997 - Andrea Booker (El Camino)	40-0 1/4
1998 - Andrea Booker (El Camino)	40-3 3/4
1999 - Heather Contreras (Sutter)	40-3 3/4

Shot Put

1974 - Kathy Devine (Mission Bay, SD)	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 - Elaina 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

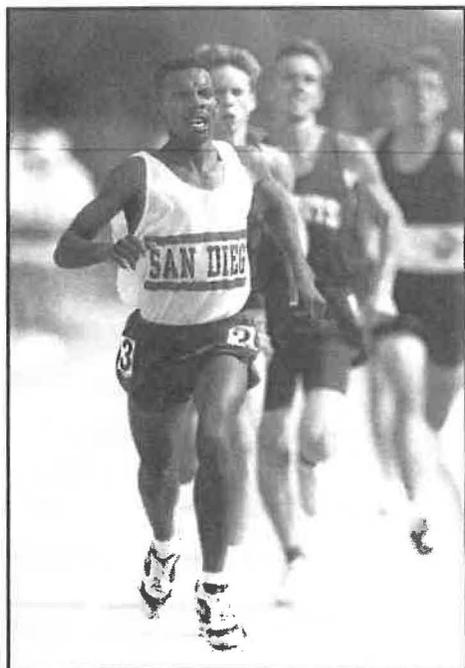
1989 - Melisa Weis (Bakersfield)	44-1
1990 - Dawn Dumble (Bakersfield)	49-3 1/2
1991 - Mika Hilaire (Pittsburg)	45-4 1/4
1992 - Kristin Heaston (Ygnacio Valley)	45-3 1/2
1993 - Kristin Heaston (Ygnacio Valley)	52-11 1/2
1994 - Delores Tuimolou (Channel Island)	46-10
1995 - Rebecca Morrison (Presentation)	47-6 3/4
1996 - Stephanie Brown (Arroyo Grande)	43-0 1/4
1997 - Cynthia Ademiluyi (Long Beach Poly)	47-05 1/4
1998 - Stephanie Brown (Arroyo Grande)	48-103/4
1999 - Jill Camarena (Woodland)	48-6

Discus Throw

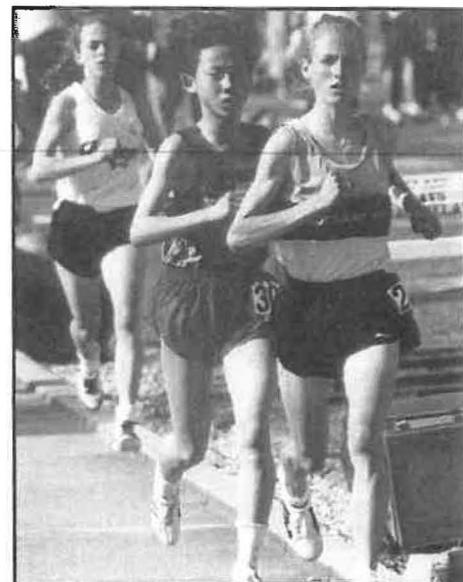
1976 - Kathy Middleton (Poway)	134-5
1977 - Karen Stampfl (Lassen, Susanville)	137-8
1978 - Christi Pyle (Hoover, Glendale)	149-3
1979 - Leslie Deniz (Gridley)	167-1
1980 - Leslie Deniz (Gridley)	172-11
1981 - Natalie Kaaiawahia (Fullerton)	162-10
1982 - Jacque Norton (Mission Viejo)	160-2
1983 - Natalie Kaaiawahia (Fullerton)	170-1
1984 - Stacy Hom (Cordova)	159-1
1985 - Lill Li (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
1997 - Chaniqua Ross (Laguna Creek)	177-01
1998 - Stephanie Brown (Arroyo Grande)	181-03
1999 - April Burton (Bakersfield)	153-10

Pole Vault

1995 - Melissa Price (Kingsburg)	12-6
1996 - Alexa Harz (Peninsula)	12-1 1/4
1997 - Bridget Pearson (Hoover Glendale)	12-0
1998 - Tracy O'Hara (Rancho Bernardo)	12-8
1999 - Kathleen Donoghue (Rancho Bernardo)	12-8 1/4



Double Trouble - Mebrathom Keflezighi of San Diego High School was a rare doubles winner with titles in both the 1600 and 3200 meters in the 1994 state meet. photo by Kirby Lee.



National Record-Holder - Thousand Oaks High School can claim to have two national record-holders in girls' track and field. Marion Jones is one and Kim Mortensen, pictured above, is the other. Mortensen breezed to a 9:48.59 in 1996. photo by Bill Cockerham, California Track and Running News.

CIF STATE TRACK AND FIELD MOST INDIVIDUAL TITLES

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 Williams, Chino**
100m (1997-98), 200m (1998), 400m(1995),
LJ (1998)
- 5 - **Angela Burnham, Rio Mesa Oxnard**
100m (1986, 1988-89) 200m (1988-89)
- 4 - **Julia Stamps, Santa Rosa**
3200 (1994-95, 1997) 1600 (1997)
- 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)
- 4 - **Lindsay Hyatt, Placer**
800m (1996-99)
- 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)
- 3 - **Stephanie Brown, Arroyo Grande**
DT (1998, SP (1996, 1998)

MOST INDIVIDUAL TITLES (BOYS)

- 6 - **Bud Houser, Oxnard**
SP (1920-22), DT (1920-22)
- 5 - **Charley Paddock, Pasadena**
100yards (1916, 1918), 220 yards (1916-18)
- 4 - **Frank Wykoff, Glendale**
100yards (1927), 220 yards (1927-28),
LJ (1927)
- 4 - **Eddie Morris, Huntington Beach**
100 yards (1940), 220 yards (1938-40)
- 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 Pasadena**
110HH ('67) 300IH ('67) LJ ('67)
- 3 - **Reynaldo Brown, Compton**
HJ (1967-69)
- 3 - **Brian Bluetreich, Capistrano Valley**
Shot (84-85) Discus (85)



FIVE-TIME CHAMPION- Angela Williams, of Chino High School, won individual titles in four different events. She twice won championships in the 100 meters (1997-98). In addition, she took individual championships in the 200 meters (1998), in the 400 meters (1995), and in the long jump (1998).

photo by Kirby Lee