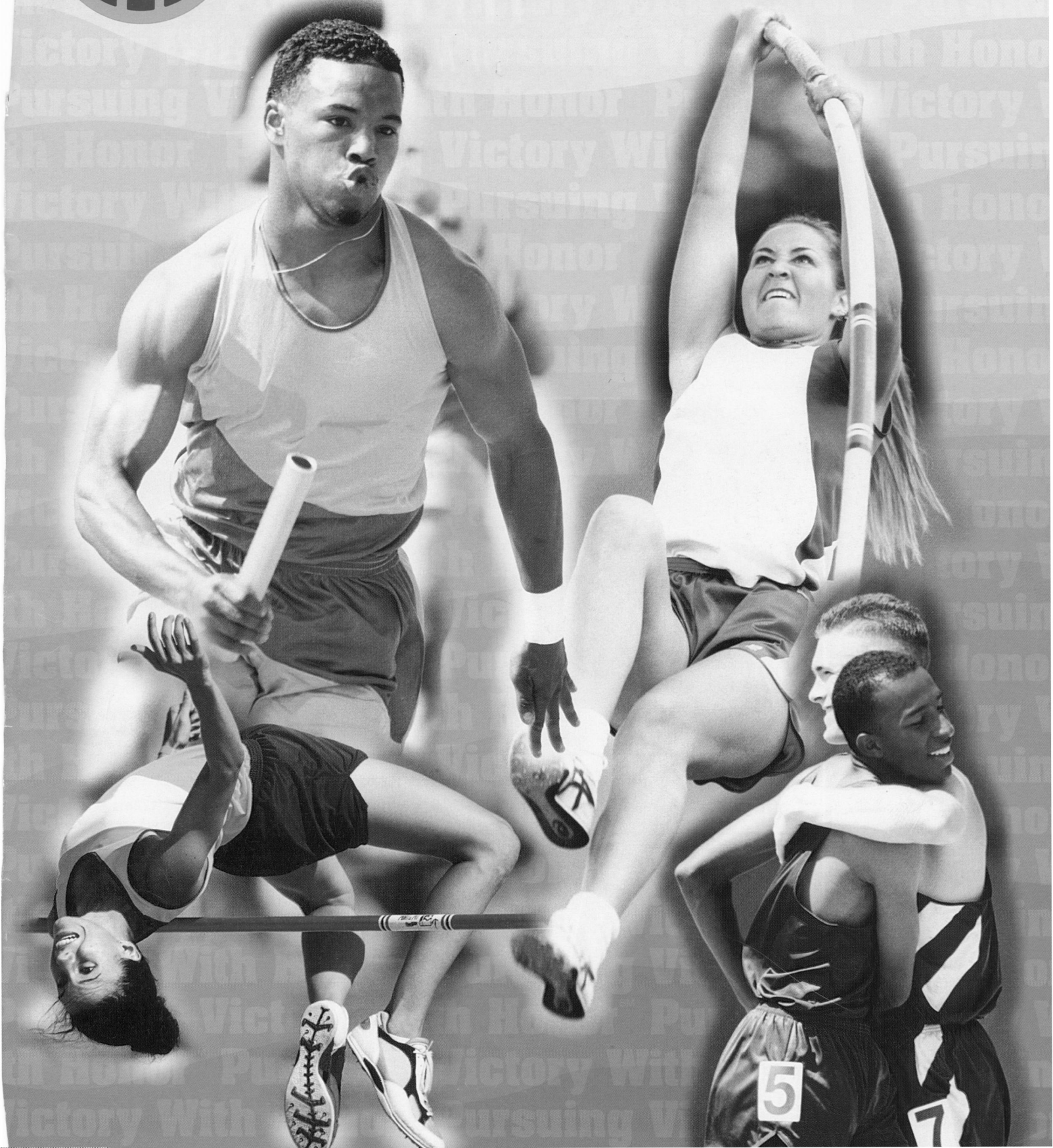




# 2002 State Track Championships



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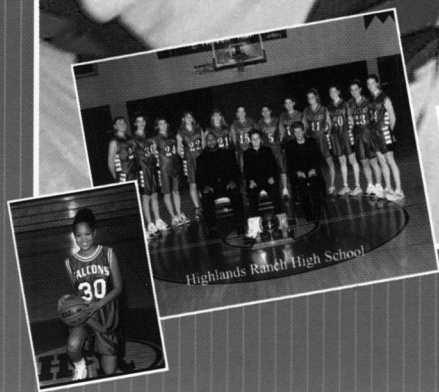
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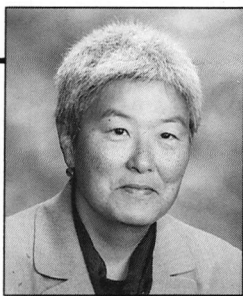


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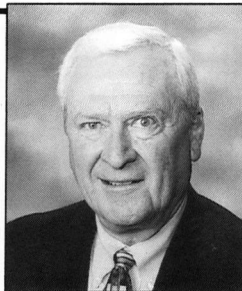
## CIF State Track and Field Championship Schedule Three-Year Calendar

Year	Date	Site
2003	June 6-7	Cerritos College, Norwalk
2004	June 4-5	Sacramento
2005	June 3-4	Sacramento

pictured above (L-R) - Adam Tafralis of Mills High School, Rachel Varner of Bakersfield (48-11 1/2 shot in 2002, 178-0 in discus), Mary Meyham of Carlmont. Photos of Tafralis and Meyham by Mark Foyer.



**Marie M. Ishida**  
CIF Executive Director



**Charley Berger**  
CIF President

# Welcome From the State Office of the **CALIFORNIA** **INTERSCHOLASTIC** **FEDERATION**

The CIF has a proud heritage in providing equitable athletic competition for 1,292 high schools in California. Since its beginnings in 1914, the CIF has grown to become the largest youth agency in the nation, serving more than 600,000 young student-athletes each year who participate in the interscholastic athletic activities of California's secondary schools.

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

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

## **TODAY'S ATHLETES, TOMORROW'S LEADERS**

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

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

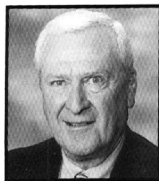
We are proud of the more than four million alumni from California high schools. We thank you for your attendance and urge you to continue your support of scholar-athletes by attending high school sporting events in your community.



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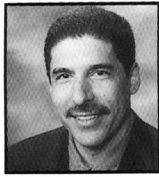
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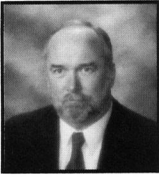
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as listed at the bottom of the page

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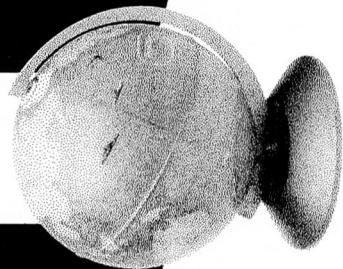
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California State Championships

# Viri, Schram Selected Spring CIF Spirit of Sport Award Winners

## All Spirit of Sport Winners Honored at Federated Council

Patti Viri of Westmoor High School in Daly City and Jonathan Schram of Francis Parker High School in San Diego have been selected as the spring CIF Spirit of Sport Award winners.

The CIF Spirit of Sport Award winners from the fall, winter and spring were honored at the recent CIF Federated Council Meeting in Ontario. David Jackson representing the California School Boards Association was the emcee of the event.

The CIF Spirit of Sport Award recognizes student-athletes who have demonstrated the principles of Pursuing Victory With Honors<sup>sm</sup>, are leaders within their school and communities and are active in community and school service. The 16 principles of Pursuing Victory With Honors<sup>sm</sup> are the operating principles of the CIF.

"The goal of the CIF and its member schools is to conduct sports much like the Olympic model, where sportsmanship is first. The positive impact that these outstanding students display on a daily basis at their schools and in their communities is exactly what sport is about," said Marie M. Ishida, CIF executive director. "These students represent the best in high school athletics and in humanity."

In addition to Viri and Schram, spring finalists for boys and girls were selected and are highlighted below. Bios on all finalists for fall, winter and spring can be found on the CIF website at [www.cifstate.org](http://www.cifstate.org).



**Spirit of Sport Honorees - (L-R) - Patti Viri of Westmoor High, Jonathan Schram from Francis Parker, Eric Morgan of Rocklin, Kate Branson from Bonita Vista and Kathryn Di Pietro of Flintridge Sacred Heart Academy. Not pictured but honored as a fall winner is Abraham Hanono of Bonita Vista.**

### Patti Viri

Viri epitomizes the spirit of sport. During her league cross country finals, she stopped during her race to help a fellow student who was having an epileptic seizure and didn't continue on until adult supervision arrived. Viri is the track and field team captain at Westmoor, serves as a tutor to underprivileged children and is involved in Westmoor's Service Commission which helps assist incoming students. She is a member of the Christian Club and the Future Business Leaders of America.

### Jonathan Schram

Schram has competed on two CIF San Diego Section Division III championship volleyball teams at Francis Parker High. He is involved in Habitat for Humanity, has volunteered in community clean-up projects and with the YMCA Youth League basketball. "When one can give their all against opponents whom they have known and respected most of their lives, one has truly lived an experience which they will remember for the rest of their lives," stated Schram in his essay.

### **BOYS FINALISTS (ALPHABETICAL ORDER)**

<u>Name</u>	<u>High School</u>	<u>Sport/or Cheer</u>
Nicolas Agostini	A.B. Miller, Fontana	Track and Field
Carl P. Agulo	St. Mary's, Stockton	Tennis
Rohin Das	St. Francis, Mt. View	Tennis
Denny Flanagan	Edison, Huntington Beach	Track and Field
Nicholas Gomez	Charter Oak	Track and Field
Paul Kasaty	Lutheran, San Diego	Baseball
David Wongeog Oh	Laguna Hills	Tennis
<b>Jonathan Schram</b>	<b>Francis Parker</b>	<b>Volleyball</b>
Donald W. Williams	Whittier Christian	Track and Field

### **GIRLS FINALISTS (ALPHABETICAL ORDER)**

<u>Name</u>	<u>High School</u>	<u>Sport/or Cheer</u>
Lisa Arias	Francis Parker	Track and Field
Laura Caldwell	Redlands	Track and Field
Ashley Coelho	St. Joseph, Santa Maria	Track and Field
Jaclyn Rose Gogan	Rancho Alamitos	Softball
Andrea Gruber	Corona del Mar	Softball
Aislinn Fitzgerald	Mira Mesa	Cheerleading
Elise Vander Putte	Anaheim	Cheerleading
Stacy Sinclair	Rocklin	Swimming
<b>Patti Viri</b>	<b>Westmoor</b>	<b>Track and Field</b>

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# Murphy, Shafer Selected 2002 CIF Scholar-Athlete of the Year

Shay Murphy of Los Alamitos High School and Scotti Nicole Shafer of Carlsbad High School have been selected as the 2002 CIF Scholar-Athletes of the Year.

Both students will be honored at the State Capitol in Sacramento on Thursday, June 20. In addition, they will receive a \$2000 scholarship to the college/university of their choice. Nominations for the prestigious award are received from the 1292 high schools that make up CIF membership.

"I am constantly encouraged by the young people in our schools and our two scholar-athletes are another affirmation of the great potential the future holds," said CIF Executive Director Marie Ishida. "I wish to personally congratulate all the nominees. We, once again, had an excellent group of scholar-athletes."

**Shafer** was a member of the U.S. Junior National Team that won the Junior World Championship in water polo. She was the CIF San Diego Section Player of the Year in water polo this season and is a four-time all-leaguer in the sport.

Additionally, Shafer is very active in her community and in school activities. She is a student tutor at an elementary school, a volunteer aquatics coach and is the president of the Environmental Club at Carlsbad High School.

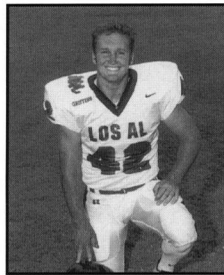
The Sunset League Player of the Year and Defensive Player of the Year in football this fall, **Murphy** set the Los Alamitos school record for most career tackles at his linebacker position. His team advanced all the way to the CIF Southern Section Semi-Finals this past season after making it to the quarterfinals in 2000.

Active in ASB student government, Murphy is a member of the Ecology Club, has volunteered with the Special Olympics and in numerous charity fundraisers. In addition, he coached youth soccer.

## Scotti Nicole Shafer - Essay

"Never ever give up. Never." This simple statement from Winston Churchill is often pushed aside in the face of tough opposition and intimidating obstacles. But when told to the right person, one with a determined spirit, these mere words transform into a philosophy for life. When I first heard this quote in the 7<sup>th</sup> grade, I truly took the advice to heart and have applied it to every endeavor and challenge set before me.

I first walked on to a pool deck to play water polo in the 7<sup>th</sup> grade. I remember spending my first practice learning how to swim properly. Despite my lack in swimming ability my coach, Chip O'Rourke, saw a talent in me. He saw my determination to succeed and to always try my



**Shay Murphy**  
Los Alamitos H.S.



**Scotti Nicole Shafer**  
Carlsbad H.S.

best.

With the encouragement of my coach, I decided to turn my lack of swimming ability into a goal setting opportunity. I remember setting swimming objectives; some I would achieve, others required more effort. In the instances where I did not reach my objectives, I would turn the disappointment into a positive; almost enlightened, by realizing the extra work I needed to do. As a result of hard work and determination, I earned the position of primary sprinter for my high school team.

At Carlsbad High School I am known for my determination to succeed and my trait of constantly setting high goals to work toward. With my coach's encouragement, since my freshman year I have been writing short and long-term affirmations in a journal. Chip O'Rourke taught me to set high goals and to work diligently to achieve them. Now I have set my long-term future sights on graduating from Stanford as an All-American athlete with a degree in Aeronautic Engineering.

This year, one of my goals was to make the Junior National Water Polo team. Through hard work and many hours of grueling swim sets and treacherous workouts, my goal became a reality. And last December I was awarded the opportunity to travel to Perth Australia where I was crowned as a World Champion on the American Junior National Water Polo Team.

Winning Junior Worlds was incredible. Wearing a gold medal, standing beside some of the best water polo players in the world, before thousands of spectators, was definitely a once in a lifetime experience. But it was also a stepping-stone toward my next goal of being a part of the 2004 and 2008 Olympic Teams.

## Shay Devlin Murphy, Essay

Throughout the world, cultures tend to look toward the elderly for knowledge and wisdom. This steadfast belief is based upon the idea that with experience comes knowledge. For the most part this is true; however, the most integral part of my knowledge and wisdom came from 13 six-

year-old soccer players.

When my father and I decided to coach a youth recreational soccer team, I was extremely excited! I had grown up with a true love of the game; I believed I could relay this passion to my fledgling "footballers." I thought, in my youthful exuberance, that I would be able to give my energetic players a positive experience with soccer. I had no doubt in my adolescent mind it was going to be easy. However, I was wrong. I was very, very wrong.

All 13 players, the Bumblebees, were absolutely awkward and utterly uncoordinated. However, I assumed I could miraculously bring about a revolution of skill and poise among the children. In a few weeks, I realized that I could not do this. This team had the ability to focus only until the next passing butterfly pleading to be pursued or stray dandelion puff begging to be blown into a thousand seedlings.

Disorder became a way of life on my soccer field. I had no ideas concerning discipline. I seemed to be the only one on the field who wanted to discuss the merits of a championship season. The players just seemed to worry about going to the bathroom and getting long, cool drinks of water. Perhaps, I set my goals for these children a bit high.

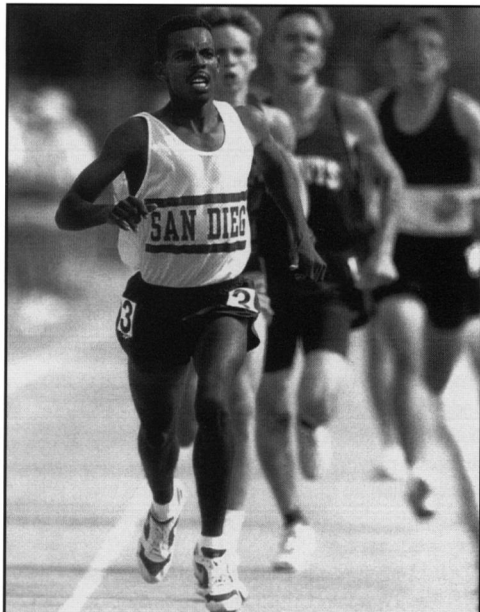
I soon discovered my zealotry for perfection was not at all effective at cultivating phenomenal soccer talent. As I realized this, practices started to pick up; I began having as much fun as the little ones. I stopped pressuring them. Not because I believed they could not win, but because they did not wish to. Their impetus was not toward victory, but toward jubilation. In fact, after our first loss, my athletes traded their post-game treats with the other team; then both teams played together on a nearby playground.

These children were teaching me something miraculous - winning is not everything, being happy was. Soon, I realized I was the one learning the important life lessons. I learned to laugh, and I began to feel a sense of tolerance for those not as competitive as I. Through coaching this enlightening team, I came to realize we are often different in our goals, our loves, and our needs. We all strive to find our way.

My only goal in life is to remain an elated six-year-old in a forty-year-old's body. I taught them with laughter and love. With great big toothless grins, the Bumblebees taught me to giggle a little bit more.

"I want to be remembered as the guy who gave his all whenever he was on the field, rather than the man who won all the championships." - Walter "Sweetness" Payton.

This quote sums up my feeling about the role of athletics. Sportsmanship, leadership, honor, integrity, character and valor are far more important than the score at the end of the contest.



# History of the CIF State Track and Field Championships

Track and field is the longest running state championship event in California. Established in 1915, the CIF State Track and Field Championships were held for the first time at Fresno High School. The 2002 meet marks the 84th year of the event. Except for the war years from 1941-45, the track and field championships have been held annually.

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

1974 featured the first year of girls' competition in the state championships with the setting at Memorial Stadium, Bakersfield.

Accomplished athletes in various sports dot the list of California high school competitors in the track and field state championships.

Names like Ollie Matson, an Olympian at the 1952 Helsinki Games, Dwight Stones, and Olympic medalist in the high jump, Rafer Johnson, a Gold Medalist in the decathlon, Marion Jones an Olympic Gold Medalist in the 100 and 200 (Bronze in the long jump) and Sherri Howard, an Olympian in the 4X400 highlight the list.

Track and field stars from California high schools have gone on to succeed in other sports as well. Lynn Swann from Serra High in San Mateo, James Lofton of Washington, Los Angeles and Dokie Williams of El Camino, Oceanside each

made a name for themselves in professional football, and were state champions in the high jump. Henry Ellard, of Hoover Fresno, won the state title in the triple jump in 1979 and had a long NFL career. Matson is a member of the NFL Hall of Fame.

More recently, Napoleon Kaufman and Curtis Conway were state titlists in the 200 and 100 meters respectively.

Nationally, California girl tracksters hold an amazing 12 of 16 national high school records, while the boys have seven national bests.

Two national marks and one state meet record were set at the 2001 meet. Shayla Ballentine of Morro Bay wowed the crowd with a national high school best mark in the pole vault at 13-8, breaking the previous mark of 13-4 set by Stacie Manuel of Albertville High School in Minnesota. The Long Beach Wilson girls broke their own national mark in the 1600 meter relay in a sizzling 3:35.72 and Big Bear's Ryan Hall challenged the 4-minute mark in the 1600, setting a state meet best time of 4:02.62.

The 2000 meet also featured two national marks as Monique Henderson set the standard in the 400 meters (50.74) and Nicole Denby broke the 100 meter high hurdles mark in 13.20. Henderson broke Denean Howard mark

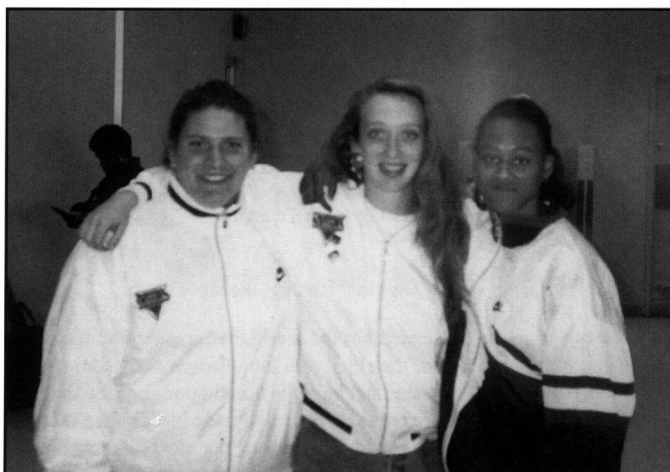
of 52.39 set in 1982.

For the boys, Charles Mayfield's triple jump national best of 52-10 1/2 has held since 1980. The most recent addition to the national records for boys came in 1996 when Bell Garden High's Michael Granville set the 800 meter record of 1:46.45.

On the team side, Manual Arts Los Angeles was dominating in the early years winning five of the first 11 state meets. Manual Arts won the first-ever state meet on April 3, 1915 at Fresno High School.

Overall, Jefferson Los Angeles and Muir Pasadena share the most boys' titles with eight apiece. Jefferson holds the mark for most consecutive boys' championships with four (1949-52). Long Beach Poly has seven boys' titles as does Manual Arts. Hawthorne dominated the 1980's with six titles in that decade (1983-85 and 1987-89).

In the short history of the girls' meet, Berkeley and Long Beach Poly have dominated. Berkeley has five titles, while Long Beach Poly moved to the front of the pack with six after its championship in 2001. Berkeley won the first-ever girls' title in 1974. The Jackrabbits, of Long Beach Poly have owned the 1990's winning titles in 1991-92, 1994 and 1997-98.



## The Stars Align

- (L-R) Krisin Heaston, Suzy Powell and Marion Jones coming home from the U.S. Junior Nationals in 1992.

**Top Photo -** Mebratom Keflezighi formerly of San Diego High School.

# Two National, One State Meet Record Set

The best in the nation is the way the CIF State Track and Field Championships are often described. And for good reason.

The 2001 meet, held at Hughes Stadium in Sacramento on June 1st and 2nd, was filled with great individual and team performances as two national high school records and one state meet record was set. In addition, Long Beach Poly won a record sixth girls' team title with a 59-point effort.

Shayla Ballentine of Morro Bay High School provided one of many meet highlights with a national record vault of 13-8. Her mark topped the previous best of 13-4 set by Stacie Manuel of Albertville High School in Minnesota set in 2000.



**Celebration** - Bei and Siraki celebrate a one-two finish in the 3200. Their marks (10:11.11 and 10:11.79) were tops in the nation this year. photo by Eileen Illia-Birk.

Big Bear's Ryan Hall then challenged the 4-minute mark in the 1600, setting a state meet best time of 4:02.62. Michael Stember of Jesuit had the previous state mark of 4:04.00 (1995).

The Long Beach Wilson girls then broke their own national mark in the 1600 meter relay in a sizzling 3:35.72. Wilson set the previous standard of 3:36.32 at the 1998 state meet.

Sara Bei, of Montgomery High in Santa Rosa and the CIF Scholar-Athlete of the Year, capped off her career in a dynamic fashion.



**National Best** -- Shayla Ballentine shattered the national record in the pole vault at 13-8. photo by Eileen Illia-Birk.

Bei, who finished second to Alejandra Barrientos (San Lorenzo High) in the 1600, overtook Anita Siraki on the final turn of the 3200 to win the title. It was the seventh individual title for Bei, who is the only California athlete to win four state cross country championships. Bei has two titles in the 3200 and one in the 1600. She won both events as a freshman.

Bei and Siraki, of Hoover Glendale High, also had the top national marks of the year in the 3200 at 10:11.11 and 10:11.79 respectively. Both will attend Stanford University in the fall.

Candace Bauchman sparked Long Beach Poly to the girls' team title finishing first in the triple jump (42-04.50) and third in the Long Jump. Other big contributors for Poly included Tunishia Johnson, who was second in the 300 meter low hurdles and sixth in the 100 meter high hurdles, and Shalonda Soloman, who was second in the 100 and third in the 200. Poly breezed to the title with 59 points, while Long Beach Wilson was second (40) and JW North finished third (34).

Sean Shields lifted Arroyo Grande to its first ever boys' team title by winning the discus and placing second in the shot. Ryan Zimmerman scored the other eight points with a second place mark in the triple jump. Arroyo Grande edged Granite Hills, 28-25, while Cleveland of Reseda placed third.

# BANNERS OF CHAMPIONS

## CONFERENCE BANNERS

**HADDON TOWNSHIP**

**HAWKS**

Colonial Conference

CVAA

LEAGUE FOOTBALL CHAMPIONS

RCI 1931 RCI 1934 RCI 1946  
 R L 1952 RCI 1954 RCI 1956  
 RCI 1958 DVL 1959 DVL 1960  
 DVL 1964 DVL 1965 DVL 1966

1991 WESTERN DIVISION

SOUTHEASTERN SEC CONFERENCE

Co-Champions

Character First!

Victory With Honor

Victory With Honor

## ADD-A-YEAR BANNERS

**STEAMBOAT SPRINGS High School**

**BASKETBALL CHAMPIONSHIPS LEAGUE**

1982 1988 1992 1993 1994

REGIONAL 1982 1993 1994

STATE QUALIFIERS 1982 1993 1994

GIRLS GIRLS

SPRINGFIELD NORTH

1977 GIRLS STATE CHAMPIONS

D. Bell  
L. Downing  
G. Holland  
L. Jenkins  
K. Lawson  
C. Poland  
C. Stapp

Head Coach: R. S.  
Principal: Dr. L.  
Athletic Director:

## STATE CHAMPIONSHIP BANNERS

**FREMONT**

*Tigers*

SCHOOL ACTIVITIES

**Mission Statement**

The Mission Of The Fremont Public Schools Activity Program Is To Develop Responsible And Productive Citizens Through Participation, Sportsmanship, Teamwork, Performance, And Competition.

## MISSION STATEMENT BANNERS

HOME OF THE

**PALISADES**

*Panthers*

## SCORER'S TABLE BANNERS

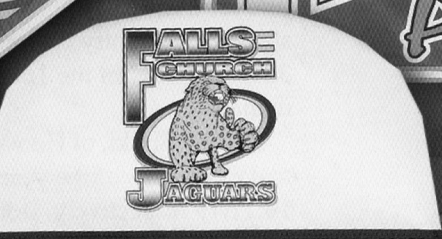
## North Hills Swimming Records

Name	Time	Year	Event	Name	Time Year
J. Nelson, R. Redman, V. Wilson, J. Hough	148.37	1997	200 Medley Relay	J. Davidek, J. Dinkel, P. Mathews, M. Schomaker	1:40.14 1996
Jenna Hough	1:54.12	1998	200 Free	Polo Mathews	1:44.75 1996
Ryan Redman	2:03.47	2000	200 Ind. Medley	Steve Wukitch	1:54.75 1986
Dobbie Jones	24.09	1991	50 Free	Matt Drozd	21.08 2000
Lauren Gaylor	299.75	1997	Diving	David O'Keefe	316.50 1995
Nancy Henry	58.60	1975	100 Butterfly	Dave O'Dell	53.14 1990
Debbie Jones	53.08	1991	100 Freestyle	Matt Drozd	47.30 2000
Jenna Hough	5:00.71	1998	500 Freestyle	Polo Mathews	4:42.22 1997
Jessica Nelson	1:00.31	1996	100 Backstroke	Paul Kress	57.79 1991
Ryan Redman	1:03.79	2000	100 Breaststroke	Steve Wukitch	57.65 1986
J. Nelson, R. Redman, V. Wilson, J. Hough	3:36.59	1997	400 Free Relay	M. Schomaker, J. Knaebel	3:16.09 1996
D. Jones, K. Levine, A. Maurer, D. Jones	1:39.91	1991	200 Free Relay	J. Davidek, P. Mathews, J. Knaebel, B. Knaebel, B. Devlin, M. Drozd	1:28.64 1998

Girls'

Boys'

## SPORT RECORD BANNERS

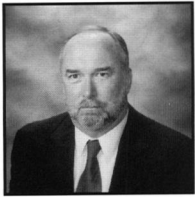


## CHAIR BACK COVERS

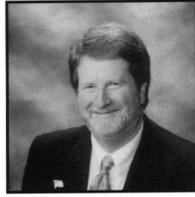
Banners with "Appeal"

**CABANA BANNERS**

# Track and Field Advisory Committee



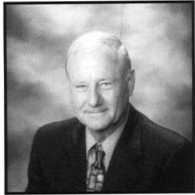
**Steve Raupp**  
Chair



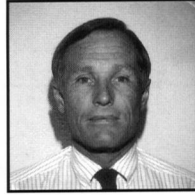
**Roger Blake**



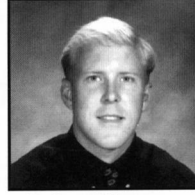
**Dean Crowley**



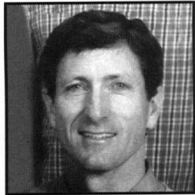
**Jerry Luzar**



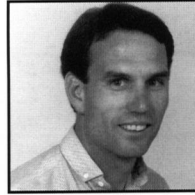
**Hal Harkness**



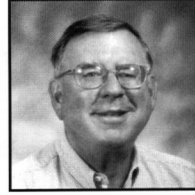
**Brian Weaver**



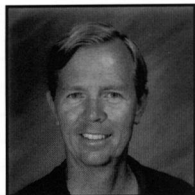
**Marty Simpson**



**Scott Fairley**



**Jim Eckman**



**Doug Speck**



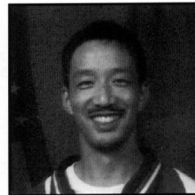
**Roberta Chisam**



**Bruce Shimizu**



**Allan Amundson**



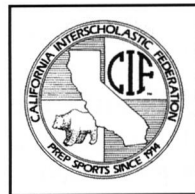
**Andy Leong**



**Bob King**



**Ernest Aguirre**



**Peter Brewer**



**Amber Lassetter**

# Meet Officials

## Administrative Staff

Dean Crowley, Events Coordinator  
Hal Harkness, Meet Director  
Bob McGuire, Meet Manager  
Lanny Carter, Management Staff  
Bob Dugard, Management Staff  
Marge Fulton, Management Staff  
Ben Gonzalez, Management Staff  
Dennis Perez, Management Staff

## Support Staff

Dave Hurlburt, Announcer  
John Dahlem, Asst. Announcer  
Dave Smith, Asst. Announcer  
Matt Farmer, Asst. Announcer  
Ernie Archer, Officials Gate  
Gary Brooks, Field Events  
Communication  
Don Chadez, Finishlynx Operator  
Barry Sacks, Finishlynx Operator  
Julie McNealy, Results Emirustus  
Kathy Harkness, Results Coordinator  
Jacqueline Stanley, Results  
John Rouse, Hurdle Crew Supervisor  
Dennis Kelly, Field Events Crew  
Supervisor  
Barry Sacks, Senior Crew Supervisor  
Bryan Leighliter, Support Crew  
Supervisor  
Jim Duel, Media Director/Program  
Kevin Morning, Awards Announcer  
Epi Torres, Awards  
Joe Torres, Awards  
Bob Seaman, Weights and Measures  
Dick McQuarrie, Weights and  
Measures  
Karl Moseley, Weights and Measures

## Officials

Tom Esterbrook, Coaches Corner  
Tim Scalzo, Wind Gauge  
August Williams, Wind Gauge  
Jim Leahy, Head boys and girls high  
jump  
Vince Cleveland, Boys and girls high  
jump  
Craig Cooper, Head boys and girls  
pole vault  
Jim Richardson, Boys and girls high  
jump  
John Blair, Boys and girls pole vault  
Rick Foster, Boys and girls pole  
vault  
Jeff Haspell, Head boys long jump/  
triple jump  
Rick Santala, Boys long jump/triple  
jump  
Bill Edmonds, Boys long jump/triple  
jump  
Rodger Dubbs, Head girls long jump/  
triple jump  
T.J. Cusick, Girls long jump/triple  
jump  
Dick Forstall, Girls long jump/triple  
jump  
Art Jackson Sr., Girls long jump/  
triple jump  
Ray Fitzhugh, Head boys and girls  
shot put  
Ned Rogers, Boys and girls shot put  
Ryan Boedeker, Boys and girls shot  
put  
Al Mintum, Head boys and girls  
discus  
DeLewis Johnson, Boys and girls  
discus  
Robert Rosen, Boys and girls discus  
Art Jackson, Marshall  
Bill Crow, Marshall  
Steve Shepherd, Boys and girls discus  
Patty Shepherd, Boys and girls discus  
Ed Adstin, Co-Head Umpire  
Saul Pacheco, Co-Head Umpire  
Ralph Ayala, Umpire  
John Bennyworth, Umpire  
Jim Blilie, Umpire  
Alex Bravo, Umpire  
Jim Conlay, Umpire  
Willie Dawson, Umpire  
Bob Gross, Umpire  
George Eyles, Umpire  
Gary Farrell, Umpire  
Bill Garner, Umpire  
Bob Johnson, Umpire  
Tom Mew, Umpire  
Okeyo Jumal, Umpire  
Gerald Molina, Umpire  
Bill Mocnik, Umpire  
Keith Morris, Umpire  
Sam Moreno, Umpire  
Robert Palmer, Umpire  
David Palmquist, Umpire  
Art Pegg, Umpire  
Doug Rightmer, Umpire  
Ralph Robles, Umpire  
Paul Suzuki, Umpire

# 2002 Time Schedule

## Field Event Qualifying (Friday)

Event	Reporting Time	Starting Time
<i>Field Event Clerk of Course</i>		
Girls' Pole Vault	12:30 p.m.	2:00 p.m.
Girls' Discus	1:45 p.m.	3:00 p.m.
Boys' Shot Put	1:45 p.m.	3:00 p.m.
Girls' High Jump	2:45 p.m.	4:00 p.m.
Boys' Long Jump	2:45 p.m.	4:00 p.m.
Girls' Long Jump	2:45 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
<i>Field Event Clerk of Course</i>		
Girls' Pole Vault	1:00 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' 100mHH	(Heat #1)
6:00		(Heat #2)
6:05		(Heat #3)
6:10	Boys' 110mHH	(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 Championships (Saturday)

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

## Team Scoring

1st Place	10 points	4th Place	4 points
2nd Place	8 points	5th Place	2 points
3rd Place	6 points	6th Place	1 point

## Field Event Qualifying

The nine competitors with the best marks in each event qualify for Saturday's championships. Please note that "tie breaking" rules will be applied in the high jump and pole vault to determine the nine qualifiers.

## Running Event Qualifying

There will be three heats in each running event through 400 meters, each heat winner, plus the next six fastest times will qualify for Saturday's finals. There will be three heats in the 800 meters, first and second place in each heat, plus the next three fastest times will qualify for Saturday's finals. There will be two heats in the 1600 meter run. The first three placers in each heat, plus the next fastest three times will qualify. The 3200 meter run will be conducted as a final only for all entrants on Saturday.



# EPHEDRINE

## WHAT IS EPHEDRINE?

Ephedrine-containing products (Ma huang, Chinese Ephedra and Sida Cordifolia) are marketed to improve athletic performance and enhance weight loss.

Ephedrine is a powerful central nervous system stimulant and decongestant, which is effective for relieving bronchial asthma, but banned by the International Olympic Committee (IOC) and National Collegiate Athletic Association (NCAA).

Ephedrine is structurally similar to the amphetamines and increases heart rate and blood pressure.

## ADVERSE EFFECTS OF EPHEDRINE

Serious Adverse Effects: Heart attack, Stroke, Seizures, Psychosis and Death. Also, signs and side effects that may lead to the more serious adverse effects listed above, dizziness, headache, gastrointestinal distress, irregular heartbeat and heart palpitations.

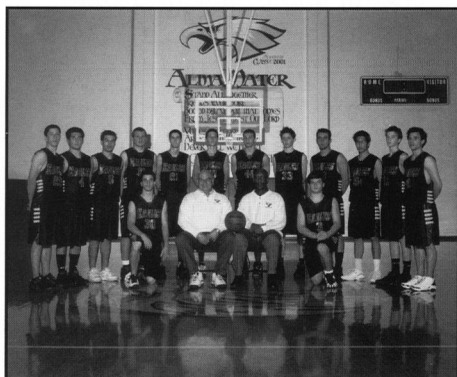
## COMBINING EPHEDRINE AND CAFFEINE

Combinations of ephedrine and caffeine have side effects substantially greater than those from the consumption of either compound alone. The herbs guarana, mate and kola nut contain caffeine.

## FACTS YOU NEED TO KNOW

- Some athletes consume herbal products (tablets, capsules, drinks, bulk herbs and herbal teas) for their reputed “performance-enhancing,” “weight loss,” or “medicinal” qualities.
- In April 1996 the FDA issued a warning not to buy products containing ephedra/ephedrine/Ma huang. The FDA has compiled a list of over 400 adverse events, including heart attack, stroke, tremors, insomnia and 15 reported deaths associated with this substance.
- Herbal products can go to market with no testing for efficacy or safety, thus skipping the years-long process that drugs must undergo. FDA approval is not required for package or marketing claims, so herbal manufacturers can put unsupported health claims on their labels.
- The belief that natural equals safe is a common and dangerous misconception, as evidenced by the adverse side-effects associated with ephedrine-containing products.
- Athletes may incorrectly assume that herbal products are safe and without side effects because these products are marketed as “natural” or “herbal” and can be purchased without a prescription.

# CALVARY CHAPEL SANTA ANA, CALVARY CHAPEL DOWNEY AND WESTLAKE GARNER CIF SCHOLASTIC STATE CHAMPIONSHIPS



**Calvary Chapel, Santa Ana**  
Boys' Basketball



**Calvary Chapel, Downey**  
Girls' Basketball



**Westlake**  
Wrestling

Calvary Chapel Santa Ana, Calvary Chapel Downey and Westlake High Schools are the winter CIF Scholastic State Champions in the respective sports of boys' basketball, girls' basketball and wrestling.

It's the first CIF Scholastic State Championship for Calvary Chapel Santa Ana, which edged Hesperia Christian (3.62 to 3.56) to win the boys' basketball scholastic title.

Calvary Chapel of Downey also took its first scholastic championship with an overall 3.93 team grade point average in girls' basketball. Mesrobian Pico Rivera was a close a second at 3.89 and

St. Joseph Santa Maria was an impressive third at 3.86. West Valley of West Hills and Harker San Jose finished tied for fourth at 3.85.

Westlake won its second overall CIF Scholastic State Championship in wrestling, having also won the title in 2000. Westlake had a 3.78 team GPA, followed by Ramona at 3.59 and Harker San Jose at 3.55.

The CIF Scholastic State Championships were initiated in 1996 as a way to reward teams with the highest collective GPA in their respective sport. Based on a 4.0 scale, the CIF Scholastic State Championships includes the sports

of girls' and boys' cross country, girls' volleyball, wrestling, boys' and girls' basketball and boys' and girls' track and field.

The first place teams receive a banner suitable for display in their school gym. Certificates to each team member are also awarded to the first, second and third place teams.

An individual program also recognizes all varsity students who have a 3.5 or better GPA during their season of sport. This program recognizes athletes in all sports and certificates awarding individuals with a 3.5 or better GPA were recently sent to member schools.

## 2003 CIF State Track Championships

June 6-7

@ Cerritos College, Norwalk

## 2004 CIF State Track Championships

June 4-5

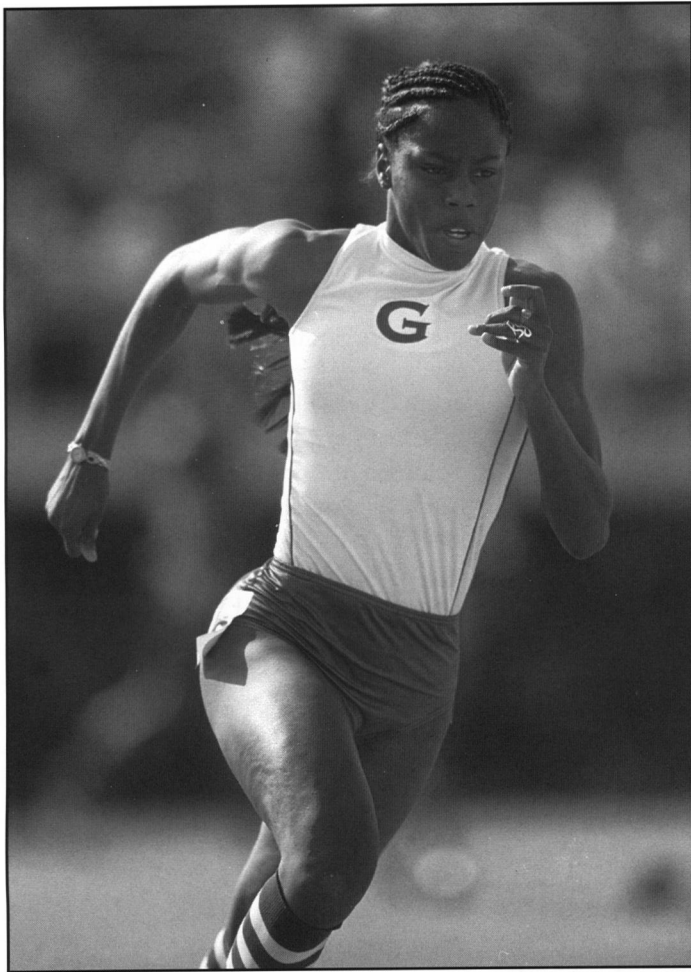
@ Sacramento

## 2005 CIF State Track Championships

June 3-4

@ Sacramento





# Sprint Specialist Perkins Excels in 100, 200 and 400

By Kirby Lee

Angel Perkins enjoys a little diversity now and then. It hasn't seem to hurt her in the national rankings in the 100, 200 and 400 with the Gahr High senior earning All-American honors in all three sprints in 2001 from *Track & Field News* magazine.

Perkins joined an elite group with Olympic gold medalists Marion Jones and Maciel Malone as the only females to earn All-American status in the sprints in the same year in the publication's rankings.

As a junior, Perkins recorded season bests of 11.45, 23.07 and 52.18 seconds to earn the distinction as the nation's No. 1 returnee in the 100 and 200 and No. 2 in the 400.

Her season culminated at the IAAF World Youth Games in Debrecen, Hungary where she was selected as the meet's female athlete of the meet after winning the 200 as a member of the U.S. sprint medley team that ran a world youth best.

Despite her 100 success, the 200 and 400 remain the Arizona-bound Perkins staples as in previous seasons. Perkins focused on the 100 as a freshman because of a

late start due to a stress fracture. She ran it last year as a way to score team points in sectional competition. Perkins' greatest acclaim has come in the 200 and 400. She finished fourth in the USATF nationals in the 200 last season and also turned in a wind-aided 22.85. In the 2000 Olympic Trials, Perkins was the meet's youngest competitor when she competed in the 400 as a sophomore at age 15.

"I just went out there and winged it in the Olympic Trials," Perkins said. "At nationals (in 2001), I knew what to expect. I am getting closer and closer to making it there. It helped my confidence going there."

The experience proved invaluable to Perkins in her first international competition in the world youth games last summer.

"It was a lot different than running in the state meet," Perkins said. "You get to see all different aspects of running and appreciate other countries."

Perkins had all she could handle at the high school level in California last year with national 400 record holder Monique Henderson, two-time athlete of the year Lashinda Demus of Wilson and world youth 100 champion Allyson Felix of L.A. Baptist among her rivals.

"It's pretty amazing to think that after all the success and especially after a year as great as Angel had in 2001 that she could have been in not one, but two athletes shadows," Gahr coach Dan Fitzpatrick said. "Competitive is an understatement when speaking of AP. She could win the high jump and shot put at the state meet if she wanted but having all these great athletes around is a big reason for her success."

That's particularly evident in her personal bests. Perkins ran her two best 400s of her career, 52.18 and 52.28 against Henderson and Demus. Her wind-aided 22.85 came against Felix.

"I have had the advantage to run against them on a regular basis," Perkins said. "The better people you run against the better you become. They push you and you have to run your best. Basically, it's anybody's race and anybody can come out on top that day."

With four-time state 400 champion Henderson now graduated and a UCLA freshman, Perkins hopes to finally claim her first state quarter crown this weekend. Perkins and Henderson, however, will renew their rivalry in the Pacific 10 Conference when Perkins heads to Arizona next year.

Perkins considered teaming with Henderson at UCLA but chose the Wildcats, swayed by Fred Harvey over potential NCAA team titles at UCLA and USC. She was impressed by the development of another So Cal high school graduate Brianna Glenn, winner of an unprecedented 200 and long jump double at the 2001 NCAA meet.

"He must be doing something right," Perkins said about Harvey. "There was no telling what might have happened with Monique and me on the same relay but it just didn't work out. It feels good for me because she doesn't know what I do in training and I second guess what she is doing just like in high school."

Perkins won't go as far to say she can take down Henderson's national-record 50.87 but she hopes to leave her mark before the season is through.

"I'd like to break a record and go out with a bang," Perkins said. "I don't want to graduate and no one remembers who I am."

# Speed Abounds as Sprints and Relays Figure to Decide Team Titles

By Kevin Askeland

When it comes to track and field, there aren't many events that can compare with the CIF State Track and Field Championships, held this year at Cerritos College in Norwalk, May 31 and June 1.

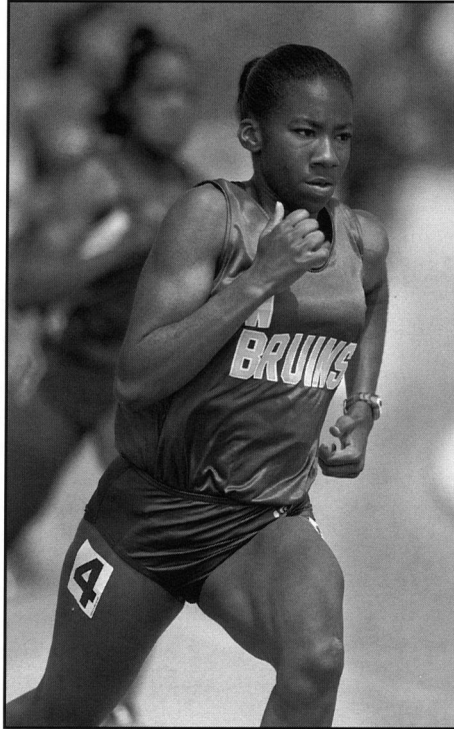
The quality of competition in California and at the state meet can be found right in the national record book. In the 32 track and field events listed, Californians hold 17 national records. Of those 17 records, nine have been set at the state meet including last year's 4x400 meter record of 3:35.72 by Long Beach Wilson.

Long Beach Wilson figures to be one of the major players in this year's girls team championship, although neighboring Long Beach Poly looks to be the favorite along with JW North of Riverside. The three teams have dominated the girls events over the past decade with Poly winning six titles in the past 10 years (including last year) and Wilson and JW North each winning two.

Poly has a healthy stable of runners, led by Shalonda Solomon, Jasmine Lee, Dominique Dorsey and Tunisia Johnson. The Jackrabbits should do very well in the 100, 200, both hurdles and the two relays.

JW North's fortunes could depend on the performance of three-event standout Chaunte Howard, who could win the triple jump, long jump and high jump. A strong performance by Howard, as well as quality efforts in the hurdle races where JW North has two of the top five runners, could give JW North its third state championship.

The boys championship is a little tougher to call since no team dominates any one event like the Long Beach Poly girls do in the sprints. Taft and Long



**A Star is Born** -- Ashley Freeman is just one of the many talented athletes on Long Beach Wilson. She placed third in the 800 at the 2001 state meet. Photo by Kirby Lee

Beach Poly loom as the favorites. Both are among the nation's best in the relay events; but Taft may have the advantage thanks to Justin Tryon who is the favorite in the 400. Noah Smith also gives Taft a runner capable of picking up some points in the sprint events. Following is a closer look at each of the events.

## Girls

**100 meters** – The competition in the sprint events should be the best of the entire weekend. The Southern Section has the four top sprinters in the 100 meters, led by Allyson Felix of Los Angeles Baptist who has the best time in the state this year with an 11.48 clock-

ing at the Southern Section masters. She's the defending champion in the event, but has improved on her winning time last year of 11.61. Shalonda Solomon of Long Beach Poly, who was last year's runner-up and was also runner-up to Felix last week, has a qualifying time of 11.62, but has posted a best this year of 11.51. Meanwhile Angel Perkins of Cerritos Gahr is in the running as well with a seed time of 11.74. Perkins has been hampered by injuries this season, but still ranks as one of the best sprinters in the country. Jasmine Lee (11.84) and Dominique Dorsey (12.02), along with Solomon, give Poly the opportunity to place three runners in the 100 meters.

**200 meters** – Felix had the best time in the country in the 200 meters heading into the Southern Section masters with a 22.99. She topped it with a 22.95 to easily top the Poly duo of Solomon and Dorsey for first place. Solomon comes in at 23.56 and Dorsey runs a 23.73. Both marks are slower than their personal bests, but neither has come close to the times Felix has posted this year. One runner who has bettered Felix's marks in the past is Perkins, the defending champion. She won the 200 last year in a time of 22.84, but the injuries have limited her to a best time of 23.76 this year which she ran in taking fourth place at the Southern Section masters. Poly has another excellent opportunity to rack up points in this event as Jasmine Lee has the fifth best seed time at 24.11.

**400 meters** – Of the top nine finishers in the 400 meters at last year's state meet, seven were underclassmen. However, only two of those returners qualified in the top eight and three didn't qualify or chose not to compete in the event. Perkins chose not to compete in

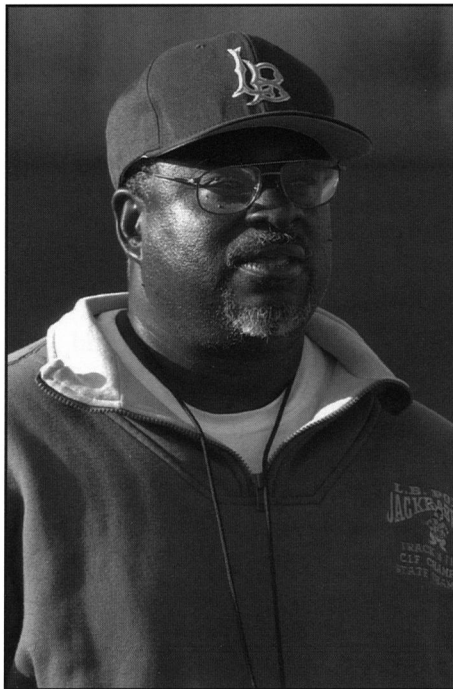
the event, despite finishing second last year with a time of 52.18 – which would have easily placed her as the top seed in this year's event. However Ashley Freeman of Long Beach Wilson has the state's best time this year at 53.71 and is the only qualifier who has gone under 54 seconds this year. Christina Hardeman of Wilcox has the second best qualifying time at 54.41 with Deondra Lawrence of Sheldon at 54.66 and Larnie Boyd of Vallejo at 54.72. The top returning runner in the event, Julia Pitts of North Torrance, qualified sixth at 54.85. Pitts finished sixth last year.

**800 meters** – Much like the 400 meters, the 800 will not have the top three finishers from last year competing in the event. Shannon Rowbury of Sacred Heart Cathedral, last year's champion, has decided to concentrate on the 1,600. Meanwhile Freeman of Long Beach Wilson will be running the 400. Last year's second place finisher, Treana Swain of Oakwood, did not qualify for the state meet. That opens the door for a pair of San Diego Section runners, Jenna Timinsky of San Dieguito and Whitney Schmucker of La Jolla, to claim the event. Timinsky outdueled Schmucker, 2:08.74 to 2:09.42 to win the San Diego Section meet. Those are the top two times in the state this year, according to *the Los Angeles Times*. Last year's fourth-place finisher, University of San Francisco's Yfa Kretschmar, qualifies third at 2:10.44. Ashley Caldwell of Los Gatos, who finished second behind Rowbury at the Central Coast Section finals, is the fourth seed at 2:10.80.

**1600** – A trio of North Coast Section runners tops the list of qualifiers in the 1600, led by Jenny Aldridge of Maria Carillo who posted the state's best performance at the NCS finals with a time of 4:50.18. Bridget Duffy of Berkeley St. Mary's finished second at 4:54.43 and Lindsay Allen of College Park took third at 4:55.18. Duffy is the top returning runner from last year, finishing fourth. Rowbury could be the one to beat, however. She has a season best time of 4:51.0 and will not have to

worry about running the 800 – the event she won at last year's state meet.

**3200 meters** – *The Los Angeles Times* lists the state's top 15 times in the 3200 this year, but interestingly enough only five of the runners listed will compete in this weekend's race. The most notable absentee is Ukiah's Amber Trotter, who suffered an injury and was unable to compete in the qualifying races. Trotter had the state's best time this year at 10:20.5. Trotter's absence opens the door for runners like Ruth Graham of Gunn, Clara Horowitz of Oakland Head Royce, Christine Bolf of Notre Dame Academy, Melissa Grelli of Presentation and Trotter's own teammate, Shelby Leland of Ukiah. All posted times under 10 minutes, 40 seconds in qualifying with Graham running the fastest time of 10:32.06. Graham finished sixth at last year's state meet. Horowitz, a 12<sup>th</sup> place finisher last year, is just slightly back at 10:32.20. Julie Allen of Corona Del Mar can't be counted out either, however. Although she qualified at 10:40.54, she did finish third last year and has a season best of 10:33.95.



**Eight Not Enough?** - Don Norford has led the boys teams at Long Beach Poly to two state titles (1997-98), while his girls' teams have have a record six (1992-93, 1995, 1997-98, 2001). Photo by Kirby Lee

**100 hurdles** – Talia Stewart of Union City James Logan had the state's best time with a wind aided 13.88 going into the North Coast Section finals; but she was upended by Berkeley St. Mary's Danielle Stokes, who posted the best qualifying time of 13.90. Stewart is tied with the second best qualifying time of 13.99. The NorCal duo will have to watch out for a pair of Riverside JW North teammates in Dominique Manning and Ashlee Brown, who finished 1-2 at the Southern Section masters with times of 13.99 and 14.06 respectively. Long Beach Poly's Tunisia Johnson and Deshante Harris are also in the mix.

**300 hurdles** – Julia Pitts of North Torrance posted the best time in the state this year with her qualifying time of 42.36. Johnson of Long Beach Poly is just a fraction behind at 42.40 while Tiffany Brown of Stockdale comes in at 42.77. JW North has a pair of runners in this event as well with Ashlee Brown (43.44) and Lili Calhoun (43.51). Long Beach Wilson is also represented with Dianna Gooden (43.15).

**High Jump** – Chaunte Howard of JW North is tied with Sharon Day of Costa Mesa with the top qualifying mark at 5-10, however Howard is the only girl in the state to clear 6-0 – a mark that leads the nation. Sharie Joest of Clovis, Julia Pitts of North Torrance and Rachel Zieman of Edison Huntington Beach all qualified at 5-8. Howard won last year's meet while Zieman finished second and Day finished third.

**Pole Vault** – Chelsea Johnson of Atascadero is the top vaulter in the country this year with a best of 13-6. She qualified with a vault of 13-3 and is the only vaulter in the state competing this weekend to clear 13-0. She leads a trio of Atascadero vaulters that includes Kacey Lundgren (12-3) and Monica Pacas (12-3). Kristen McGregor of Marina had a personal best of 12-9 in qualifying second.

**Long Jump** – Chaunte Howard looked to be the clear favorite here after leaping a state best 20-4.5 inches in the Southern Section masters qualifier two weeks

ago, but then Michelle Sanford set a national best a week later with a leap of 20-8.75 inches to take over the mantle as the favorite. Sanford finished second last year (20-5) and missed winning the event by just half an inch. Gayle Hunter of Martin Luther King qualified third at 20-0.5. The trio are the only jumpers over 20 feet in the state this year, although JW North's Lena Bettis qualified fourth at 19-10.75.

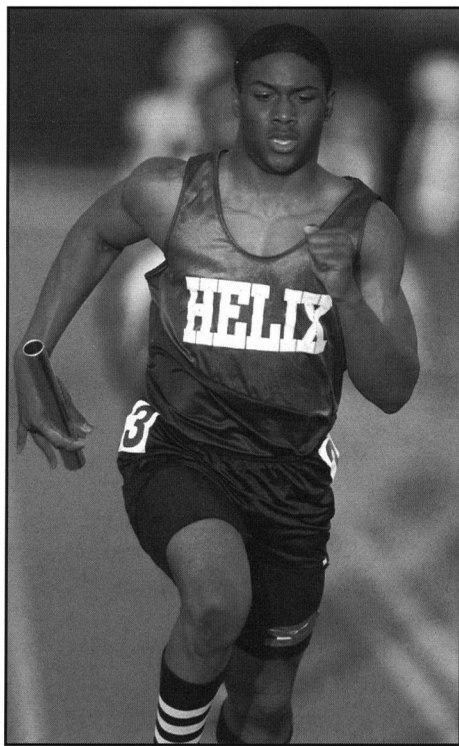
**Triple jump** – Sanford, who finished second last year at the state meet, qualified with the best mark by nearly two feet as she went 41-8.75 in winning the Southern Section masters. No other competitor qualified at over 40 feet, although Howard, who had the 10<sup>th</sup> best qualifying jump, has gone 41-3 this year. Sanford's best mark this year is 42-6.5, which ranks as the best mark in the country this year.

**Shot put** – This event is wide open as five different throwers have gone over 46 feet this year, although Jessica Pressley of Laguna Creek is the only thrower with a qualifying mark over that distance (46-4.00). Rachel Varner of Bakersfield has the state's best throw this year at 48-11.5. Pressley finished second last year, followed by Kamaiya Warren of Berkeley St. Mary's, Aigamarie Taumura of National City Sweetwater and Varner.

**Discus** – Billie Jo Grant of Arroyo Grande is the top qualifier (165-8) followed by Warren (165-5) and Varner (162-2), however Varner has the best throw in the state at 178-0. Grant is also over 175 feet with a throw of 175-3.

**4x100 Relay** – No surprise here that Long Beach Poly as the best qualifying time by over a second. With three of the top sprinters in the state in Shalonda Solomon, Dominique Dorsey and Jasmine Lee, the Jackrabbits have the best time in the nation this year.

**4x400 Relay** – Long Beach Wilson, which set the national and state meet record last year in this event, has the best qualifying time by over four seconds (3:38.71). The time is the best



**Multiple Threat** -- Reggie Bush gives Helix High a big scoring threat. He finished sixth in the 100 meters in last year's state meet. Photo by Kirby Lee

in the country this year, although Long Beach Poly has posted a time of 3:39.19 this year as well.

## Boys

**100 meters** – Rubin Williams of Valley Christian San Jose posted the best time in the state this year with his 10.37 qualifying time. Also look for Matt Bruno of Trabuco Hills (10.48) and Gary Jones of Skyline. Jones qualified 16<sup>th</sup> with a time of 10.84, but has a time of 10.45 this year.

**200 meters** – Williams and Bruno are the only runners in the state under 21 seconds this year. Williams qualified at 20.84 and could challenge the state meet record of 20.76. Bruno clocked in at 20.93.

**400 meters** – This event could be a close one as four different runners are all within 7 tenths of a second. Justin Tryon of Woodland Hills Taft has the best qualifying time of 47.25 – the best

time in the state this year; but Latrell Kidd of Elk Grove (47.80 qualifying time), Randy Bundy of Reseda Cleveland (47.90) and Deun White of Rancho Bernardo (47.92) are just slightly behind. White is the top returning runner after finishing fourth last year.

**800 meters** – Expect another close race here. Beau Bettinger of Castro Valley has the state's best time this year after qualifying at 1:52.34. However that's only four one-hundredths off of Duane Solomon of Lompoc Cabrillo's best time this year. Solomon qualified in 1:52.84. Kyle Sunderland of Etiwanda (1:53.02), Eric Gifford of Exeter (1:53.75) and Kenny Frank of Enterprise (1:53.83) all should be in the hunt.

**1600 meters** – Sean Drake of University San Francisco and Giliat Ghebray of James Logan Union City are the top two qualifiers after finishing 1-2 at the North Coast Section finals. Drake's time of 4:11.55 is the best in the state this year. Phillip Reid of Rio Mesa has also run under 4:13 this year with a best of 4:12.65.

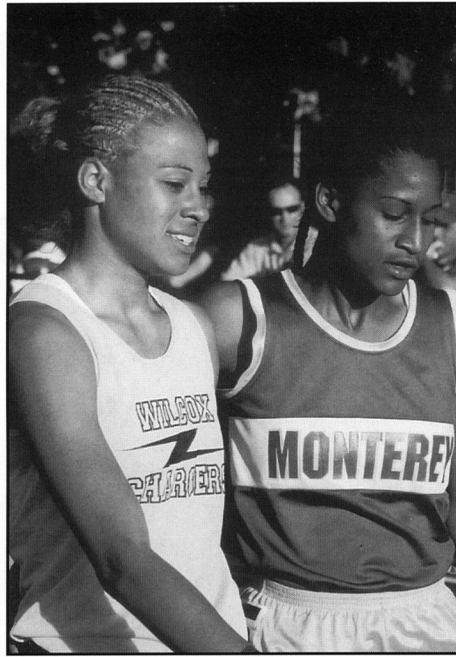
**3200 meters** – Billy Nelson of Taft has the best time in the state this year at 8:54.85, but he finished second to Kyle Alcorn of Buchanan at the Central Section finals. Alcorn qualified at 9:02.71 and Nelson at 9:04.26. Brett Gotcher of Aptos is the only other runner with a time under nine minutes this year with a best of 8:55.09. Last year's state champion Yong-Sung Leal of Arroyo did not qualify in the event and last year's runner-up, Tim Nelson of Liberty, qualified 12<sup>th</sup> at 9:20.27. Nelson does have a best of 9:02.50 this year, however.

**110 Hurdles** – Thomas Mack of Bakersfield has the best time in the state this year at 14.04 and his qualifying time of 14.08 is nearly two tenths of a second faster than the second seeded runner Justin Johnson of Rio Mesa (14.26). Joe Fleskowski of Mission Viejo (14.27) and Jarrett Bush of Will C. Wood (14.29) are just behind Johnson.

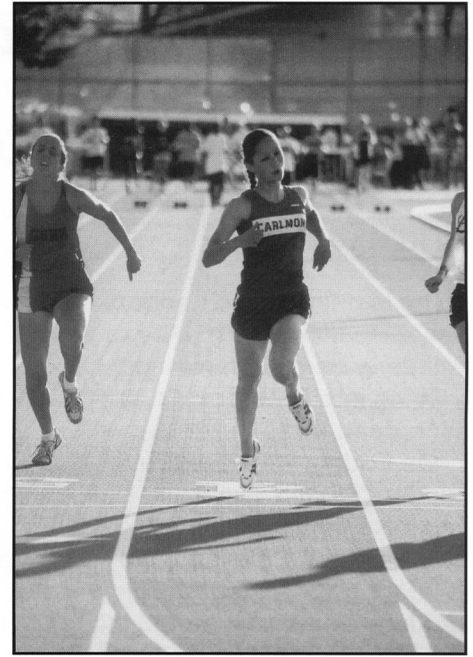
**300 Hurdles** – Mack is the favorite



**Big Leap Forward** - Jihad Beachman of Bellarmine Prep is one of the leaders in the triple jump. Photo by Mark Foyer



**True Champions** - Christina Hardeman of Wilcox and Natalie Beck of Monterey have a friendship that transcends competition. Photo by Mark Foyer



**Carlmont Sprinter** - Mary Meyman will compete in the 100 meters and in the long jump. Photo by Mark Foyer

here, too, although not by as wide a margin. Mack's qualifying time of 37.76 edges Jensen Wayne of Notre Dame Sherman Oaks and Matt Willis of Servite by just three one hundredths of a second. Mack does have the state's best mark at 37.28.

**High Jump** – With a sprained ankle eliminating defending champion Teak Wilburn of Chico from the mix, the battle for the high jump championship is wide open. Wilburn had the best junior jump in the world this year at 7-4.25, but sprained his ankle just prior to the league meet and did not qualify. The Central Section has three of the top qualifiers in Heeron Cole of Sanger (7-0), Gentry Goode of Caruthers (6-10), and Andre Blackmon of Stockdale (6-8). None of the Southern Section jumpers cleared over 6-6, although TJ Fakehinde of Eastside Christian and D'Ornoir Flax of Etiwanda both have personal bests of 7-0. Keno White of Rancho Bernardo has also cleared 7-0.

**Pole Vault** – Defending champion Mike Landers of Golden Valley posted the best mark in the state this year by

clearing 17-4 at the Sac-Joaquin Section finals. That puts him nearly two feet ahead of the next four qualifiers who all cleared 15-8. David Moore of Miramonte qualified 14<sup>th</sup>, but has a best of 16-5 this year.

**Long Jump** – Ronald Hill of Walnut has the best qualifying jump at 23-11.5 and he is the only jumper to have an official jump over 24 feet with a state best 24-4.5. Rudy Burgess of Desert has a wind-aided effort over 24 feet and qualified at 23-7.25. Demetrius Ragland of Tulare Western (23-4.75), Eric Wright of Archbishop Riordan (23-4.75) and Devon Jones of Grant (23-4.25) are all within a half an inch of each other. Ragland finished third last year while Hill was fifth.

**Triple Jump** – Ragland is the only jumper over 50 feet this year with a best of 50-11. He qualified with a jump of 49-9. Keno White finished third and is the top returning jumper. He's just behind Ragland at 49-8.75.

**Shot put** – Noah Bryant of Carpinteria leads the state this year and by a large margin. He qualified with his best throw

of the season, 66-7.5, putting him six feet ahead of the other qualifiers. Only Jon Howard of Arroyo Grande, with a personal best of 61-9.5, has a personal best that comes close to Bryant, who is the top returning thrower from last year when he finished third.

**Discus** – Jerred Morgan of LaQuinta is the only qualifier over 200 feet (200-3), although Nik Kay of Los Gatos (personal best 196-1) and Brian Ruziecki of Huntington Beach (191-6) have thrown over 190 feet. All the rest are nearly 20 feet behind Morgan.

**4x100 Relay** – This one should be extremely close with Taft of Woodland Hills having the best qualifying time (and the best time in the state this year) at 40.74 and Long Beach Poly close behind at 40.87. Dominguez of Compton is also in the hunt at 40.91.

**4x400 Relay** – Another close one between Taft, Poly and Dominguez. Poly has the best qualifying time of 3:12.10 – just four one hundredths off the best time in the nation this year, but Taft has posted a 3:12.91 this year and Dominguez

# No Longer A Surprise, Landers Among Three Vaulters Going 16 Feet or Better

By Kevin Askeland

The last time Mike Landers of Golden Valley High School in Merced traveled to the CIF State Track Meet, he nearly came home empty handed.

Going into Saturday's final, Landers qualified ninth – as in dead last.

"On Friday, we were praying for guys to miss," said Landers' coach Tim Pust. "Luckily the last guy missed and Mike qualified ninth."

However on Saturday, the planets all aligned and Landers put it all together to win the gold medal. Landers cleared 16 feet, 3 inches to finish over half a foot ahead of Makisi Haleck of Thousand Oaks.

"I was using a big pole and I wasn't used to it," said Landers. "But there was a nice little breeze and everything worked out just right. I beat my personal best by nine inches."

Landers' performance last year may have come as a bit of a surprise. He didn't win his league meet or the sub-section meet, but he managed to win the Sac-Joaquin Section championship. His ninth-place finish in the state qualifying round set up the surprising final day.

This year there are no surprises. Landers has taken first place at the Central California Conference meet and also won the sub-section meet. He finished first in the Sanger Classic and the Reedley Invitational, took second at the Arcadia Invitational and finished sixth at the Nike Indoor Classic in Baltimore.

However Landers feels that the competition at the state meet will be intense this year.

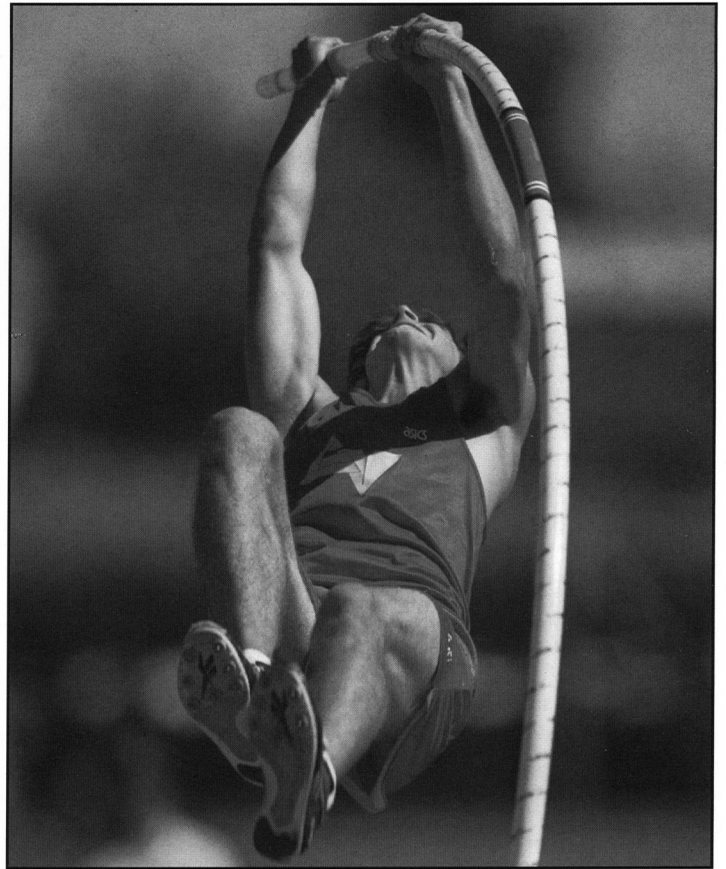
"David Moore (Miramonte) is already over 16-5," said Landers. "I've gone over that in practice, but I've only done 16 feet in competition. It's going to be very competitive at the state meet."

Pust, a former high school and college pole vaulter himself, says that this could be one of the better years for the pole vault at the state meet.

"There are three guys over 16 feet and there are several others well over 15 feet," said Pust. "In the past, I think we've had one or two guys over 16 going into the state finals, but I don't remember three."

Durability has been a key for Landers, especially considering the physical toll the event can take on an athlete's body. Pust knows that all too well. He was the state leader in the pole vault as a senior at Modesto High School only to miss the state meet due to injury. He had the same thing happen when he attended college.

"The pole vault can be very hard on your back and your plant foot," said Pust. "Mike has had a little



**Up and Away** - Mike Landers will have stiff competition defending his state title as the pole vault figures to be one of the toughest in years. Photo by Kirby Lee

trouble with his plant foot, but otherwise he's been pretty healthy."

Regardless of what happens this weekend, Landers' future is secure. The Golden Valley Cougar will become a UCLA Bruin next year.

"I started hearing from all kinds of schools after last year's state meet," said Landers. "I chose UCLA because they have a great program and a great coach."

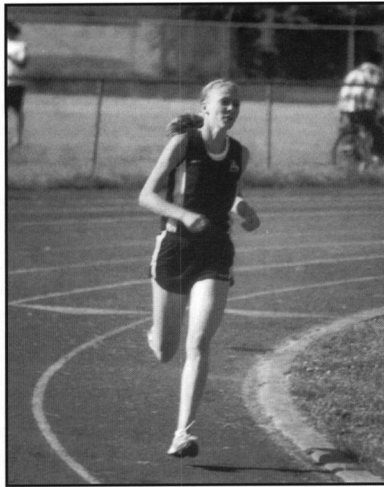
Pust and Landers have worked together for six years. Urged by his dad, who also vaulted in high school, Landers first started attending pole-vaulting practice as a seventh grader. Landers has also competed in other events, but is concentrating on the pole vault for the state finals. Pust says that big competition brings out the best in Landers.

"His determination, durability and intelligent fearlessness make him a great vaulter," said Pust. "He is a lot more steady this year. When it comes to big competition, he figures out a way to get it done

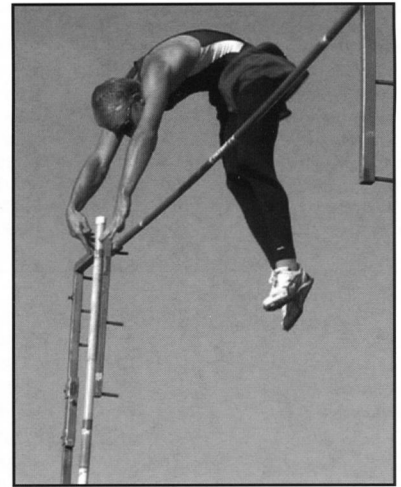
# Entries



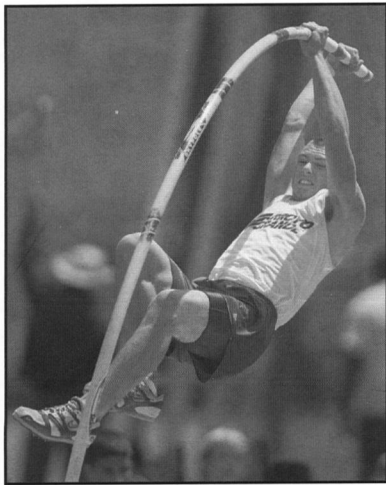
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St. Mary's Berkeley



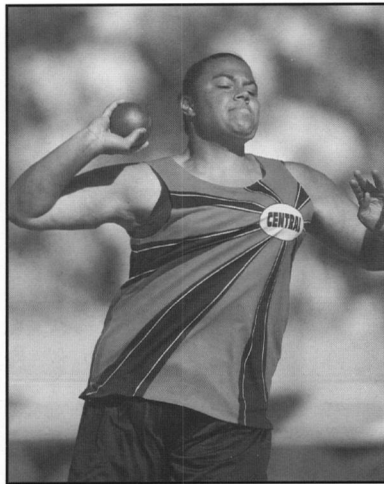
"Lauren Mulkey"  
Folsom High (SJS)



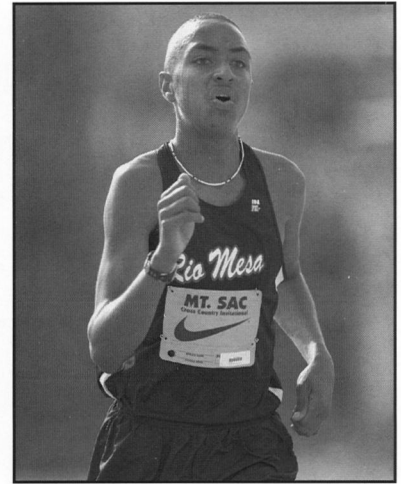
"Adrian Ruark"  
Pt. Loma High School



"David Murphy"  
Arroyo Grande



"Dia Matthews"  
Central High School



"Phillip Reid"  
Rio Mesa Oxnard

# 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.	Mark	Pos	Place	Mark
<b>Lane # Heat 1 Preliminaries</b>						
1	Buchanan /ce	CE	49.25			
2	Monterey /cc	CC	48.67			
3	Laguna Creek /sj	SJ	47.81			
4	Stockdale /ce	CE	47.13			
5	Poly (LB) /ss	SS	45.40			
6	Cleveland /la	LA	47.02			
7	Birmingham /la	LA	47.72			
8	St. Mary's /nc	NC	48.43			
9	Santa Cruz /cc	CC	49.16			
<b>Lane # Heat 2 Preliminaries</b>						
1	Paradise /no	NO	50.36			
2	Wilcox /cc	CC	48.74			
3	Dorsey /la	LA	47.90			
4	El Camino /sd	SD	47.39			
5	Wilson/LB /ss	SS	46.45			
6	North, JW /ss	SS	46.86			
7	L.A. Baptist /ss	SS	47.57			
8	Morse /sd	SD	48.28			
9	Sheldon /sj	SJ	48.89			
<b>Lane # Heat 3 Preliminaries</b>						
1						
2	Intr Studies A/sf	SF	48.80			
3	Bishop O' Dowd /nc	NC	47.95			
4	Centennial /ce	CE	47.44			
5	Logan James /nc	NC	46.54			
6	Holy Names /nc	NC	46.60			
7	Rancho Cucamng/ss	SS	47.56			
8	West /sj	SJ	48.10			
9	Serra /sd	SD	48.88			

## BOYS 400m RELAY

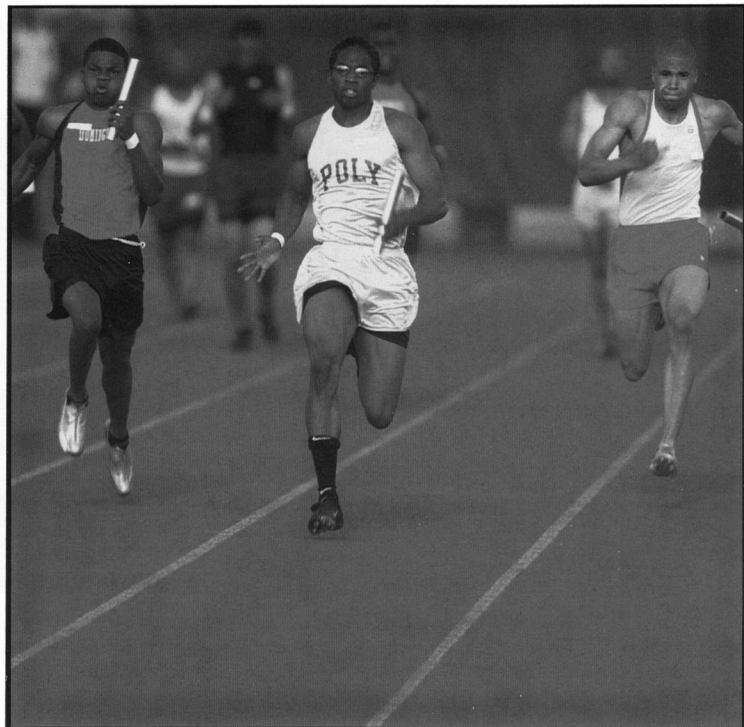
**Prelims: 5:12 p.m. - Fri. Final: 4:08 p.m. - Sat.**

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
<b>Lane # Heat 1 Preliminaries</b>						
1	McClymonds /ok	OK	42.64			
2	Grace Davis /sj	SJ	42.45			
3	Serra /sd	SD	42.24			
4	Bakersfield /ce	CE	41.80			
5	Taft /la	LA	40.74			
6	Carson /la	LA	41.59			
7	Los Alamitos /ss	SS	42.16			
8	Bellarmine /cc	CC	42.36			
9	Santa Margarit/ss	SS	42.61			
<b>Lane # Heat 2 Preliminaries</b>						
1	Paradise /no	NO	43.39			
2	Clovis /ce	CE	42.48			
3	Stockdale /ce	CE	42.25			
4	Valley Chrstian/cc	CC	41.82			
5	Poly (LB) /ss	SS	40.87			
6	Helix /sd	SD	41.37			
7	Cordova /sj	SJ	42.14			
8	El Camino /sd	SD	42.34			
9	Vallejo /sj	SJ	42.58			
<b>Lane # Heat 3 Preliminaries</b>						
1						
2	DeLaSalle /nc	NC	42.50			
3	Arch Riordan /cc	CC	42.25			
4	Walnut /ss	SS	41.92			
5	Dominguez /ss	SS	40.91			
6	Birmingham /la	LA	41.19			
7	Logan James /nc	NC	42.02			
8	St. Mary's /nc	NC	42.28			
9	Antioch /nc	NC	42.56			



Long Beach Wilson's Tiana Hood takes handoff from MacKenzie Hill. Photo by Kirby Lee



Lionel Larry of Dominguez, Chreston Anderson of Long Beach Poly and Noah Smith of Taft. 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: 4:39.92 Polly Plummer (University, Irvine) 1982

Pos.	Name	Gr. School	Sect.	Mark	Place	Mark
<b>Heat 1 Preliminaries</b>						
1	Tori Tyler	9 St. Francis /cc		5:02.34		
2	Emily Haigh	12 Foothill /ss		5:01.37		
3	Jenny Sears	12 Woodbridge /ss		4:59.84		
4	Shalice Pugmire	12 Esperanza /ss		4:56.77		
5	Jenny Aldridge	12 Maria Carillo /nc		4:50.18		
6	Shannon Rowbury	12 Sacred Hrt Chr/cc		4:55.81		
7	Sarah West	12 Davis /sj		4:59.52		
8	Lauren Christman	12 Harbor /cc		5:01.14		
9	Lauren Mulkey	10 Folsom /sj		5:02.18		
10	N. White	10 Oak Ridge /sj		5:04.13		
11	Rebecca Bostwick	10 University Cty/sd		5:06.61		
12	Kristie Barrus	12 Clovis /ce		5:07.59		
13	Belen Mendoza	11 Polytechnic /la		5:13.65		
14	Jennifer James	12 Enterprise /no		5:20.05		
<b>Heat 2 Preliminaries</b>						
1	Lisa Crampton	11 Granada /nc		5:02.43		
2	Ashton Lesiear	9 Casa Grande /nc		5:01.53		
3	Amy Robinson	09 Maria Carillo /nc		4:59.99		
4	Ashley Caldwell	12 Los Gatos /cc		4:58.14		
5	Bridget Duffy	12 St. Mary's /nc		4:54.43		
6	Lindsay Allen	10 College Park /nc		4:55.18		
7	Liza Pasciuto	10 Murrieta Vally/ss		4:59.33		
8	Clair Kim	10 Sunny Hills /ss		5:00.75		
9	Dani Schuster	10 Torrey Pines /sd		5:01.91		
10	Valerie Delgado	11 Buchanan /ce		5:03.18		
11	Lorin Scott	10 San Pasqual /sd		5:06.86		
12	Brittany Grimes	10 Centennial /ce		5:07.39		
13	Maria Blazquez	12 Roosevelt /la		5:16.28		
14	Kersta Caliz	12 University /la		5:17.84		

## BOYS 1600m RUN

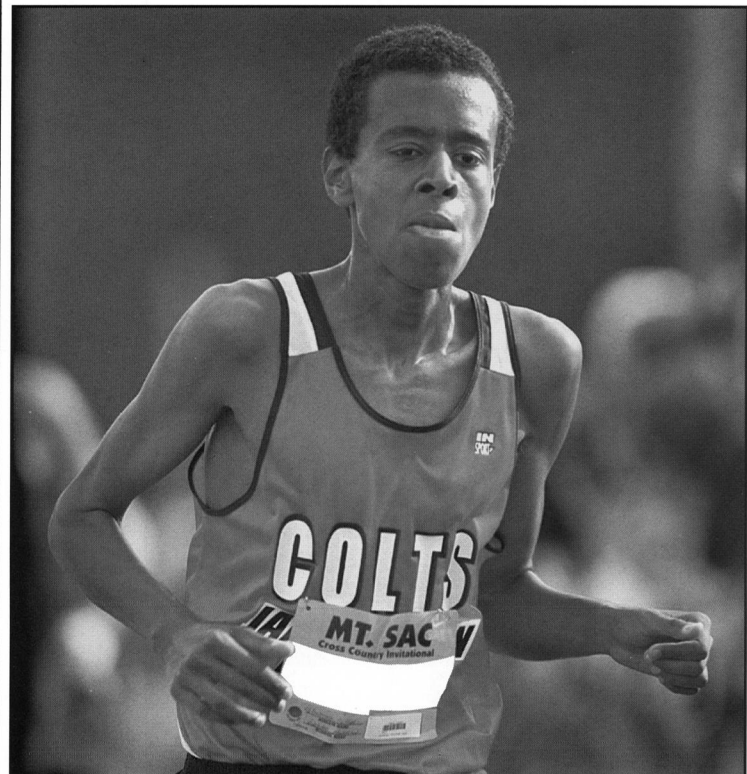
**Prelims: 5:38 p.m. - Fri. Final: 4:28 p.m. - Sat.**

Records - National: 3:58.30 Paul Vandergrift, Conshohocken Archbishop Kennedy, PA 1987  
State: 4:02.62 Ryan Hall, Big Bear 2001

Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
<b>Heat 1 Preliminaries</b>						
1	Artemio Mateo	11 Rancho Buena V/sd		4:20.29		
2	Alex Dunn	10 San Lorenzo VI/cc		4:19.42		
3	Eric Roberts	12 Alhambra /nc		4:17.33		
4	Dan Lyon	12 Sultana /ss		4:15.17		
5	Sean Drake	12 University-SF /nc		4:11.55		
6	Humberto Rojas	11 Estancia /ss		4:14.71		
7	Travis Patterson	12 Royal /ss		4:17.33		
8	Abadir Barre	12 Mt. Carmel /sd		4:18.39		
9	C. Glass	10 Woodcreek /sj		4:20.27		
10	Will Kraemer	12 Saratoga /cc		4:21.91		
11	Mario Grijalva	12 Highland /ce		4:22.70		
12	Miguel Hernandez	11 Belmont /la		4:27.99		
13	Ignacio Dominguez	09 South Gate /la		4:32.14		
<b>Heat 2 Preliminaries</b>						
1	Lucero Taylor	11 Bakersfield /ce		4:20.60		
2	Taylor Williams	12 Helix /sd		4:19.81		
3	Jordan Kinley	12 Maria Carillo /nc		4:17.53		
4	Ryan Rayburn	12 Morro Bay /ss		4:15.30		
5	Giliat Ghebray	12 Logan James /nc		4:12.69		
6	Phillip Reid	11 Rio Mesa /ss		4:14.32		
7	Tom Whelan	12 Redlands East /ss		4:16.00		
8	Matt Johnsrud	12 Woodcreek /sj		4:17.88		
9	Chris Beetley-Hag	12 Davis /sj		4:20.05		
10	Chris Ashley	11 Aragon /cc		4:21.24		
11	Lucas Burke	11 Stockdale /ce		4:24.22		
12	Nicholas Lennon	12 Venice /la		4:27.56		
13	Rudy Martinez	10 Shasta /no		4:32.31		



Shannon Rowbury of Sacred Heart Cathedral. Photo by Kirby Lee



Giliat Ghebray of James Logan is also a threat in the 3200. photo by Kirby Lee

# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS 100m HH

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

Records - National: 13.20 Nicole Denby (JW North, Riverside) 2000

State: 13.20 Nicole Denby (JW North, Riverside) 2000

Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
<b>Lane # Heat 1 Preliminaries</b> Wind Reading:						
2	Rachel Schaffner	11 Moreau Cath.	/nc	15.45		
3	Jessica Eggleston	11 El Camino	/sd	14.92		
4	Willimena Cisco	12 Laguna Creek	/sj	14.45		
5	Danielle Stokes	12 St. Mary's	/nc	13.90		
6	Mary Meyman	12 Carlmont	/cc	14.29		
7	Sarah Butler	12 Lodi	/sj	14.85		
8	Ashanti Ellis	12 Skyline	/ok	15.44		
<b>Lane # Heat 2 Preliminaries</b> Wind Reading:						
2	Jennie Vanderham	12 Mt. Whitney	/ce	15.51		
3	Dinah Clark	11 Lincoln	/sj	14.94		
4	Gayle Hunter	10 King, ML	/ss	14.46		
5	Domenique Manning	10 North, JW	/ss	13.99		
6	Deshante Harris	10 Poly (LB)	/ss	14.17		
7	Gretchen Haussler	11 Santa Cruz	/cc	14.84		
8	Rebekah Payne	12 Berkeley	/nc	15.36		
<b>Lane # Heat 3 Preliminaries</b> Wind Reading:						
2	Artensia Young	10 Westchester	/la	15.71		
3	Meggie Afenir	11 Escondido	/sd	15.05		
4	MacKenzie Hill	11 Wilson/LB	/ss	14.49		
5	Talia Stewart	10 Logan James	/nc	13.99		
6	Osarhieman Omwangh	12 Buchanan	/ce	14.08		
7	Bryne Steward	12 Cleveland	/la	14.78		
8	Ashleigh Davis	11 El Camino	/sd	15.25		
<b>Lane # Heat 4 Preliminaries</b> Wind Reading:						
2	Noelle Phares	10 Paradise	/no	15.71		
3	Galina Becker	9 Mt. Pleasant	/cc	15.13		
4	Dianna Gooden	11 Wilson/LB	/ss	14.52		
5	Ashlee Brown	11 North, JW	/SS	14.06		
6	Tunisia Johnson	12 Poly (LB)	/ss	14.06		
7	Roshena Duree	12 Burton	/sf	14.56		
8	Dana Rattler	11 Cleveland	/la	15.24		
9	Tiffany Fox	12 Foothill	/ce	15.73		



Danielle Stokes of St. Mary's and Talia Stewart of James Logan. Photo by Kirby Lee

## BOYS 110m HH

**Prelims: 6:10 p.m. - Fri. Final: 6:54 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
<b>Lane # Heat 1 Preliminaries</b> Wind Reading:						
1	Chad Freeman	12 Irvington	/nc	15.16		
2	Marquees Valentine	11 Bakersfield	/ce	14.85		
3	Jake Symons	11 Clairmont	/sd	14.76		
4	Craig Woods	11 Dominguez	/ss	14.48		
5	Thomas Mack	11 Bakersfield	/ce	14.08		
6	Kevin Craddock	9 Logan James	/nc	14.47		
7	Trendell Hardy	12 Kennedy	/sj	14.70		
8	Ben Verstegen	12 Homestead	/cc	14.82		
9	Zach Hall	11 Paradise	/no	15.07		
<b>Lane # Heat 2 Preliminaries</b> Wind Reading:						
1	Jhad Jones	12 Birmingham	/la	15.35		
2	Russell Zulim	11 Immanuel	/ce	14.93		
3	Pat Domek	12 Christian Brothers		14.77		
4	Louie Procopio	12 Notre Dame (SO)	/ss	14.54		
5	Justin Johnson	11 Rio Mesa	/ss	14.26		
6	Blake Frazier	12 University Cty	/sd	14.42		
7	Jeremy Leibs	12 Aragon	/cc	14.68		
8	Dennis Keyes	11 Birmingham	/la	14.82		
9	Deonte Newton	12 San Pedro	/la	15.05		
<b>Lane # Heat 3 Preliminaries</b> Wind Reading:						
1	William Meng	11 Lowell	/sf	15.48		
2	Kurt Hurley	11 Carlsbad	/sd	15.00		
3	William Faules	11 Homestead	/cc	14.77		
4	Jensen Wayne	12 Notre Dame (SO)	/ss	14.63		
5	Joe Fleskowski	12 Mission Viejo	/ss	14.27		
6	Jarrett Bush	12 Will C. Wood	/sj	14.29		
7	Gulliver Perry	12 Terra Linda	/nc	14.64		
8	Jason Bolden-Ander	11 St. Mary's	/nc	14.80		
9	Cornelius Morgan	12 Skyline	/ok	15.04		



Thomas Mack of Bakersfield. Photo by Kirby Lee

# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS 400m DASH

**Prelims: 6:24 p.m. - Fri. Final: 5:04 p.m. - Sat.**

Records - National: 50.74 Monique Henderson (Morse, San Diego) 2000  
State: 50.74 Monique Henderson (Morse, San Diego) 2000

Pos.	Name	Gr. School	Sect. Sect. Mark	Place	Mark
<b>Lane # Heat 1 Preliminaries</b>					
1	Bethany Ross	11 Clovis West /ce		57.89	
2	Willa Porter	09 St. Mary's /nc		57.32	
3	Cameron Washington	11 Marlborough /ss		56.11	
4	Brittani Dudley	10 Logan James /nc		55.03	
5	Ashley Freeman	11 Wilson/LB /ss		53.71	
6	Julia Pitts	12 North Torrance/ss		54.85	
7	Kelly McCann	9 La Costa Cnyn /sd		56.08	
8	Renee Winston	10 Birmingham /la		57.28	
9	Britany Gilbert	11 Tulare Union /ce		57.81	
<b>Lane # Heat 2 Preliminaries</b>					
1	Destany Cearley	12 Fall River /no		57.94	
2	Shetara Parker	09 Los Angeles /la		57.33	
3	Natalie Beck	12 Monterey /cc		56.37	
4	Tijahnni Newton	10 Rancho Cucamng/ss		55.17	
5	Christina Hardeman	12 Wilcox /cc		54.41	
6	Treani Swain	11 Oakwood /ss		54.79	
7	Shelese Ruffin	09 Beaumont /ss		55.87	
8	Danisha Bryant	11 Mt. Miguel /sd		57.04	
9	Alicia Williams	11 Hercules /nc		57.47	
<b>Lane # Heat 3 Preliminaries</b>					
1	Chauncey David-Jac	09 Burton /sf		58.54	
2	Vanessa Block	09 Santa Catalina/cc		57.45	
3	Keisha Gaines	11 Stockdale /ce		56.63	
4	Shakara Lott	09 University Cty/sd		55.41	
5	Deonna Lawrence	12 Sheldon /sj		54.66	
6	Larine Boyd	12 Vallejo /sj		54.72	
7	Nicole Carmier	12 Laguna Creek /sj		55.81	
8	Samone Hibbert	09 Cleveland /la		56.77	
9	Morgan Banks	12 Drake /nc		57.46	



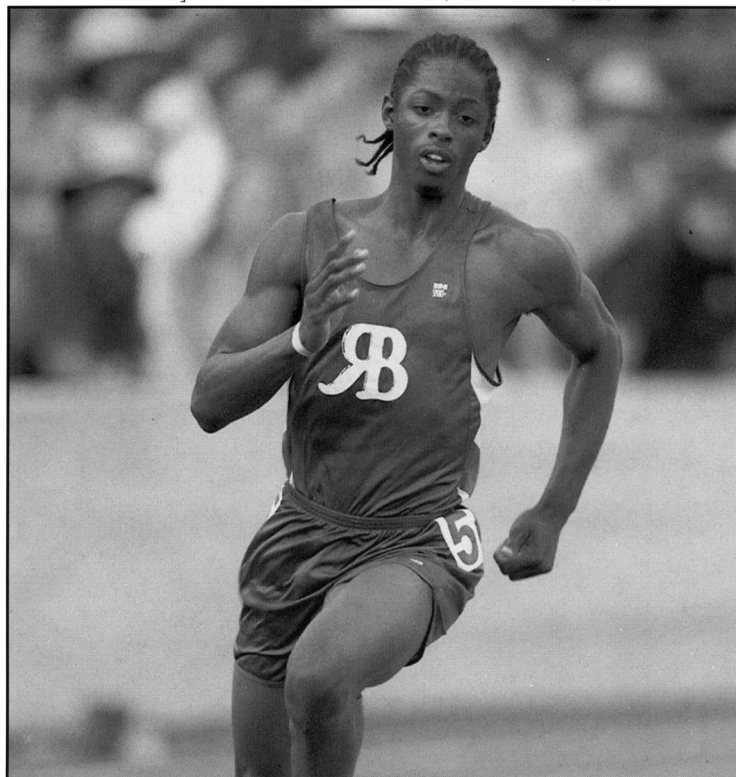
Christina Hardeman of Wilcox. Photo by Mark Foyer

## 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
<b>Lane # Heat 1 Preliminaries</b>					
1	Phillip Curiel	11 Liberty Chrst /no		49.62	
2	D.J. Contreras	12 Valley Center /sd		48.89	
3	Stephan Brooks	11 Berkeley /nc		48.61	
4	David Hill	12 Poly (LB) /ss		48.30	
5	Justin Tryon	12 Taft /la		47.25	
6	Anthony Daniels	12 Canyon Springs/ss		48.24	
7	Daniel Mello	12 Leland /cc		48.52	
8	Brandon Slack	12 Santa Cruz /cc		48.88	
9	Eric Taylor	11 Bakersfield /ce		49.40	
<b>Lane # Heat 2 Preliminaries</b>					
1	Everett Savoy	12 Deer Valley /nc		49.95	
2	Nestor Solis	12 San Lorenzo /nc		48.94	
3	Brandon Clark	12 Santa Margarit/ss		48.62	
4	Jeff Jacobs	11 Santa Margarit/ss		48.30	
5	Latrell Kidd	12 Elk Grove /sj		47.80	
6	Sam DeSa	11 Monte Vista /nc		48.09	
7	Joseph Bonner	12 Ganesha /ss		48.49	
8	Robert Lee	12 Madera /ce		48.87	
9	Neal Bland	12 Sonora /sj		49.38	
<b>Lane # Heat 3 Preliminaries</b>					
1					
2	Marcus Goss	12 Vallejo /sj		48.95	
3	Mike Pratt	11 Taft /la		48.86	
4	Blake Mackey	12 Bakersfield /ce		48.31	
5	Randy Bundy	12 Cleveland /la		47.90	
6	Deun White	11 Rancho Bernrdo/sd		47.92	
7	Brady Douglas	12 Mt. Miguel /sd		48.48	
8	Joshua McBride	12 McClymonds /ok		48.86	
9	Chris Boykin	12 Bellarmine /cc		49.10	



Deun White of Rancho Bernardo. 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
Lane # Heat 1 Preliminaries Wind Reading:					
1	Cristal Steen	10 Gardena /la			12.38
2	Cinya Burton	11 Holy Names /nc			12.18
3	Christen Tucker	12 Bishop O' Dowd /nc			12.07
4	Delores Vaughn	12 Stagg /sj			11.99
5	Allyson Felix	11 L.A. Baptist /ss			11.48
6	Tiffany Johnson	12 St. Mary's /nc			11.96
7	Tiffany Brown	12 Stockdale /ce			12.07
8	Renee Williams	11 Skyline /ok			12.18
9	Raquel Butler	10 Gilroy /cc			12.34

Pos.	Name	Gr. School	Sect. Sect. Mark	Place	Mark
Lane # Heat 2 Preliminaries Wind Reading:					
1	Holly Johnson	12 Leigh /cc			12.41
2	Alicia Lowery	11 Morse /sd			12.19
3	Vonnie Fulford	12 Birmingham /la			12.09
4	Christina Harrison	11 Deer Valley /nc			12.01
5	Shalonda Solomon	10 Poly (LB) /ss			11.62
6	Deanna Goodwin	11 Intr Studies A/sf			11.96
7	Jolanda Diego	10 El Camino /sd			12.03
8	Brittany Bennett	10 Centennial /ce			12.18
9	Maxine Marlow	12 Centennial /ce			12.32

Pos.	Name	Gr. School	Sect. Sect. Mark	Place	Mark
Lane # Heat 3 Preliminaries Wind Reading:					
1	Jennifer McAvoy	09 Oroville /no			12.63
2	Rashauna Amos	09 Southwest (SD) /sd			12.22
3	Mary Meyman	12 Carlmont /cc			12.16
4	Dominique Dorsey	11 Poly (LB) /ss			12.02
5	Angel Perkins	12 Gahr /ss			11.74
6	Jasmine Lee	10 Poly (LB) /ss			11.84
7	Michelle Stinnett	12 Cleveland /la			12.03
8	Jennifer Nash	10 Kennedy /sj			12.17
9	Camile Gray	10 Grant /sj			12.27

## BOYS 100m DASH

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

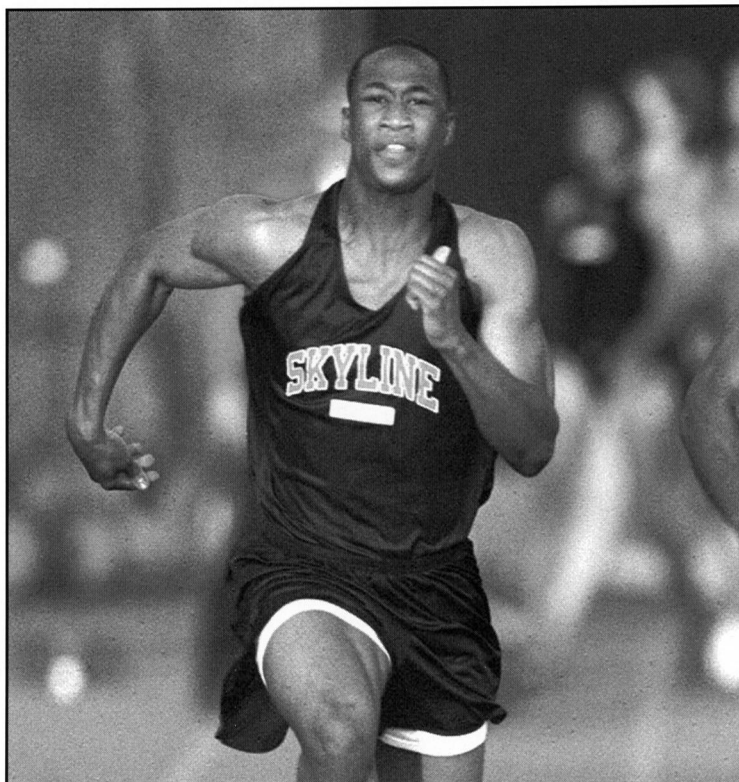
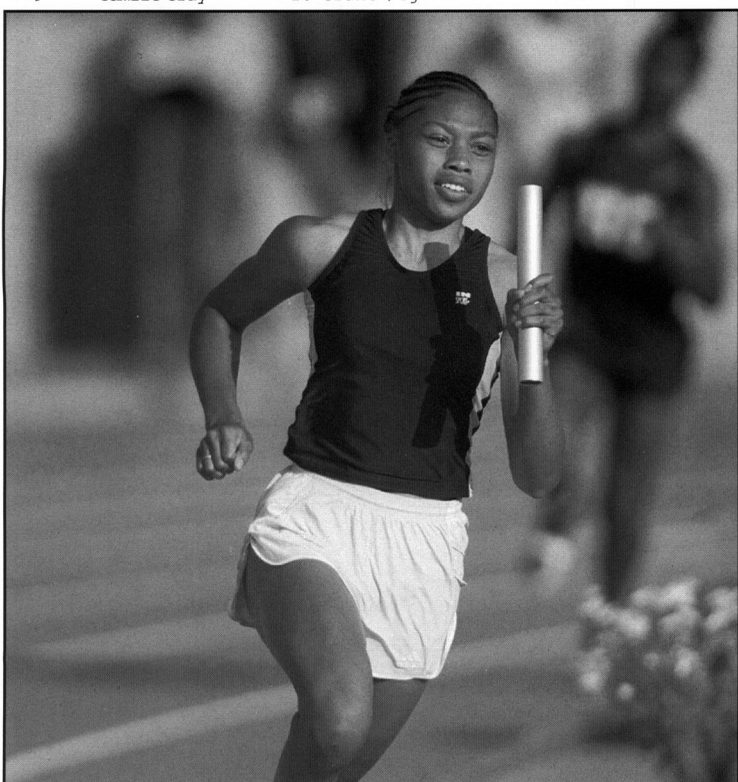
Records: - National: 9.9h Henry Neal (Greenville, TX) 1990

State: 10.30 Riley Washington (Southwest, San Diego) 1992

Pos.	Name	Gr. School	Sect. Sect. Mark	Place	Mark
Lane # Heat 1 Preliminaries Wind Reading:					
1	Matt Slater	11 Servite /ss			11.01
2	Blake Braboy	12 Cordova /sj			10.87
3	Travonne Jackson	12 Jefferson /la			10.83
4	Ronald Hill	12 Walnut /ss			10.70
5	Rubin Williams	12 Valley Chrstn/cc			10.37
6	Noah Smith	11 Taft /la			10.70
7	Marcus Smith	11 Grace Davis /sj			10.77
8	Maurice Drew	11 DeLaSalle /nc			10.86
9	Daniel Ching	12 Sierra /ce			10.99

Pos.	Name	Gr. School	Sect. Sect. Mark	Place	Mark
Lane # Heat 2 Preliminaries Wind Reading:					
1	Gavilan Butler	12 McCloud /no			11.06
2	Ramal Porter	12 Birmingham /la			10.89
3	Michael Matison	11 Mt. Carmel /sd			10.83
4	Kwesi Byrd	12 Logan James /nc			10.70
5	Matt Bruno	12 Trabuco Hills /ss			10.48
6	Derrick Jones	10 Poly (LB) /ss			10.68
7	Fiat Johnson	12 Serra /sd			10.75
8	Eric Wright	11 Arch Riordan /cc			10.84
9	Paul Williams	12 Avenal /ce			10.99

Pos.	Name	Gr. School	Sect. Sect. Mark	Place	Mark
Lane # Heat 3 Preliminaries Wind Reading:					
1	Daniel Rollins	10 Burton /sf			11.24
2	Bryan Renshaw	11 Newark Mem /nc			10.96
3	Gary Jones	12 Skyline /ok			10.84
4	Chreston Anderson	12 Poly (LB) /ss			10.71
5	Reggie Bush	11 Helix /sd			10.65
6	DJ Smith	11 Foothill /nc			10.66
7	Ronnie Drummer	10 North Salinas /cc			10.74
8	C. Bishop	12 Florin /sj			10.84
9	Matt Mason	10 Bakersfield /ce			10.97



**Allyson Felix of LA Baptist is the defending state champion (11.61). Photo by Kirby Lee**

**Gary Jones, Skyline Oakland. Photo by Kirby Lee**

# Don't Sweat the

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# What Does it Mean to Pursue Victory With Honor?

In our society winning is too often judged by the final score, in essence, minimizing the effort of the competition.

It was Vince Lombardi, the legendary coach of the Green Bay Packers, who said that “winning wasn’t everything, but the will to win is.”

Pursuing Victory With Honor<sup>sm</sup> is much more than the ideals of the 16 principles. It is the essence of sport, encompassing teamwork, character, respect for oneself, the opponent and officials.

It’s about giving positive encouragement to a teammate who made a mistake, helping an opponent up, accepting the call of the referee without complaint, giving your all to help your team win and accepting defeat with dignity.

The 16 principles, mean nothing if the administrators, coaches, officials and student-athletes don’t make the ideals a reality.

Leave it to students to put the concept of character and competition into perspective. Said Bret Ormsby, the male 2000-2001 CIF Scholar-Athlete of the Year and a graduate of Valhalla High School in El Cajon: “Showing character is an important part of all sports for several reasons. First of all, if an athlete loses his composure in a game, it will affect the way he plays and it will detract from the overall purpose of the contest. More important, though, is the effect that your behavior will have on your team and the game. For example, a decision to lash out at a referee for making a call that seemed unfair or incorrect has a negative impact on both the indi-



vidual athlete and his teammates. Sports are an essential part of life because they act as a gateway to the outside world by teaching important lessons that may carry over to all aspects of life.”

Sara Bei, the only four-time state champion in cross country and the female 2000-2001 CIF Scholar Athlete of the year, talked about teamwork. Said Bei formerly of Montgomery High School in Santa Rosa: “True, I was out to become the first person to win four

state titles, but as I chanted our cheer with each of the girls, I realized that my real drive to win was coming from our team’s need for every point we could get. That day, our team upset the first and second ranked teams, with each girl running the race of their lifetime. Seeing the smiles and tears of pure joy on the faces of my teammates, I realized that beyond the medals and championships that one can win individually, there lies a treasure of value that far surpasses any other individual award in inspiring greatness in others.”

So while a handshake with an opponent is a good start, think about Pursuing Victory With Honor<sup>sm</sup> in its broader scope. A student-athlete has the opportunity to affect the lives of others in a very positive way both on an off the field. Inspiring greatness? Teaching important lessons that carry over to all aspects of life? The journey really begins with you.

A list of the 16 principles can be found at ([www.cifstate.org](http://www.cifstate.org)).



# Coaching Education Program Focuses on Health and Safety of Athletes

The CIF is committed to helping provide the most qualified coaches to guide California student-athletes. That was the main purpose behind the initiation of the CIF's Coaching Education Program.

The program, which began five years ago, has been modified, adapted and designed to specifically meet California's needs and Education Code requirements. This nationally recognized program teaches coaches the importance of educational athletics and includes segments on coaching for character and health and nutrition. Also included are communications with students and parents and keeping educational athletics in perspective.

The CIF has trained more coaches than any other state and has offered to schools the only reimbursable program in the nation.

While the CIF Coaching Education Program has taken off, funding for the program is at a crossroads. Governor Gray Davis froze the reimbursable coaching education funds in November and in mid December monies were not included in the budget for next year. In order to reinstate the reimbursement funding, schools, districts and board



members must take the power and write to local legislators.

The CIF asks for your support so that the coaching education program can continue to offer the reimbursable funding to all schools.

**\*75,000 coaches in California**  
**\*7,000 have been CIF certified**  
**ARE THESE YOUR COACHES?**

- Course includes:**
- Coaching Philosophy
  - Sport Psychology
  - Sport Pedagogy
  - Sport Physiology
  - Risk Management



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# 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
Lane # Heat 1 Preliminaries					
1	Christina Nolan	11 Stockdale /ce		2:20.54	
2	Lauren Quinn	11 Yreka /no		2:16.74	
3	Carolyn Penner	11 Los Gatos /cc		2:14.66	
4	Lauren Zealer	11 Nevada Union /sj		2:13.73	
5	Jenna Timinsky	12 San DieguitoAc/ss		2:08.74	
6	Allison Hall	12 Rancho Bernrdo/sd		2:13.08	
7	Corinne Roberts	11 Alameda /nc		2:14.42	
8	Ingrid Kantola	10 St. Francis High S		2:16.54	
9	Alyse Shayer	09 Stockdale /ce		2:19.29	
Lane # Heat 2 Preliminaries					
1					
2	Rayshonda Williams	12 Dorsey /la		2:17.27	
3	Mary Maleta	11 Soquel /cc		2:14.82	
4	Alysia Johnson	10 Canyon-CC /ss		2:13.87	
5	Whitney Schmucker	12 La Jolla /sd		2:09.42	
6	Jamillah Titus	12 Vintage /sj		2:11.13	
7	Ashley Vallis	09 Deer Valley /nc		2:14.29	
8	Gabrielle Bournes	09 Poly (LB) /ss		2:15.90	
9	Tierra LaRose	11 Fremont /la		2:18.81	
Lane # Heat 3 Preliminaries					
1					
2	Kris Wilson	12 Buchanan /ce		2:18.07	
3	Carolyn Brown	11 Burroughs (Bur) ss		2:14.88	
4	Whitney Hampton	09 El Toro /ss		2:14.04	
5	Yfa Kretschimar	12 University-SF /nc		2:10.44	
6	Ashley Caldwell	12 Los Gatos /cc		2:10.80	
7	Kristen Kovacich	10 Mater Dei /ss		2:14.26	
8	Jennifer Esser	12 Foothill /nc		2:15.47	
9	Kersta Caliz	12 University /la		2:18.75	

## BOYS 800m RUN

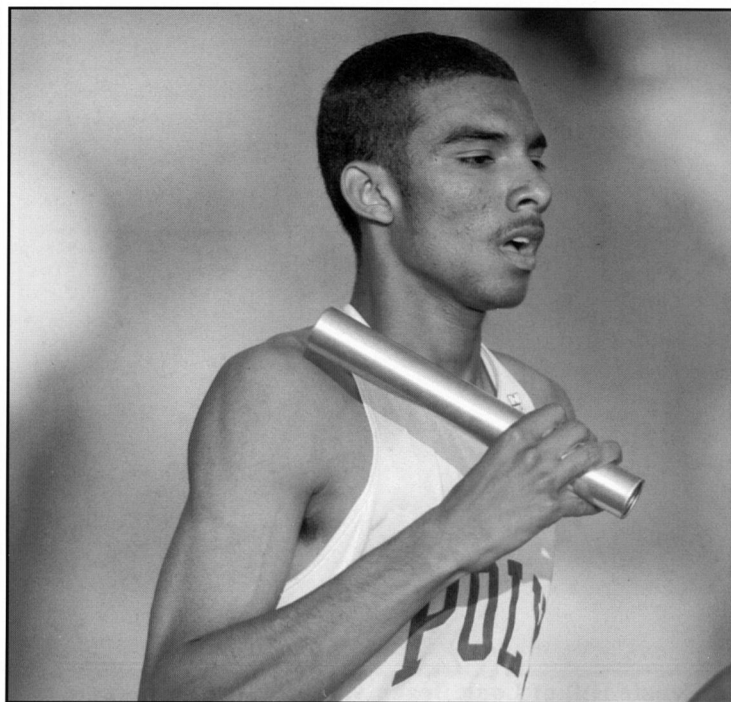
**Prelims: 7:27 p.m. - Fri. Final: 5:42 p.m. - Sat.**  
 Records: - National: 1:46.45 Michael Granville (Bell Gardens, CA) 1996  
 State: 1:46.45 Michael Granville (Bell Gardens, CA) 1996

Pos.	Name	Gr. School	Sect. Sect. Mark	Place	Mark
Lane # Heat 1 Preliminaries					
2	Tim Wallach	11 Bishop O'Dowd /nc		1:56.16	
3	Jacob Evans	10 Aptos /cc		1:55.30	
4	Andrew Dawson	11 Vallejo /sj		1:54.41	
5	Beau Bettinger	12 Castro Valley /nc		1:52.34	
6	Michael Haddan	10 Woodbridge /ss		1:54.40	
7	D. Fee	12 Placer /sj		1:55.23	
8	Mike Ostler	12 El Camino /sd		1:56.14	
Lane # Heat 2 Preliminaries					
2	Daniel Blomgren	11 Scripps Ranch /sd		1:56.29	
3	Julian Sylve	10 Poly (LB) /ss		1:55.53	
4	Danny Reid	12 Glendora /ss		1:54.73	
5	Duane Solomon	11 Cabrillo (Lom) /ss		1:52.84	
6	Jacob Gustafsson	12 Mission Viejo /ss		1:54.28	
7	Mike Berrera	12 Madera /ce		1:55.20	
8	Richard La	12 Saratoga /cc		1:56.10	
9	Haileab Gebreselas	11 Lowell /sf		2:04.88	
Lane # Heat 3 Preliminaries					
2	Zach Gribben	11 El Cajon Villy /sd		1:56.31	
3	Russell Kraus	12 Diamond Ranch /ss		1:55.63	
4	Alex Auerbach	12 Miramonte /nc		1:54.73	
5	Kyle Sunderland	12 Etiwanda /ss		1:53.02	
6	Tetlo Emmen	12 West Torrance /ss		1:54.28	
7	Devon Almarinez	12 Deer Valley /nc		1:55.17	
8	Chris Woods	11 Bonita /ss		1:55.94	
9	Aaron Berry	11 Gardena /la		1:58.52	
Lane # Heat 4 Preliminaries					
2	Damian Rinaldi	11 Birmingham /la		1:56.66	
3	David La	12 Saratoga /cc		1:55.68	
4	Nick Cramer	12 Taft /ce		1:54.75	
5	Eric Gifford	12 Exeter /ce		1:53.75	
6	Kenny Frank	11 Enterprise /no		1:53.83	
7	Justin Carter	12 Napa /sj		1:55.03	
8	C. Wood	12 Colfax /sj		1:55.75	
9	Sergio Marquez	12 Cleveland /la		1:58.06	



**CALIFORNIA  
 INTERSCHOLASTIC  
 FEDERATION**

Ashley Caldwell of Los Gatos.



Julian Sylvie of Long Beach Poly. photo by Kirby Lee

# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS 300m LH

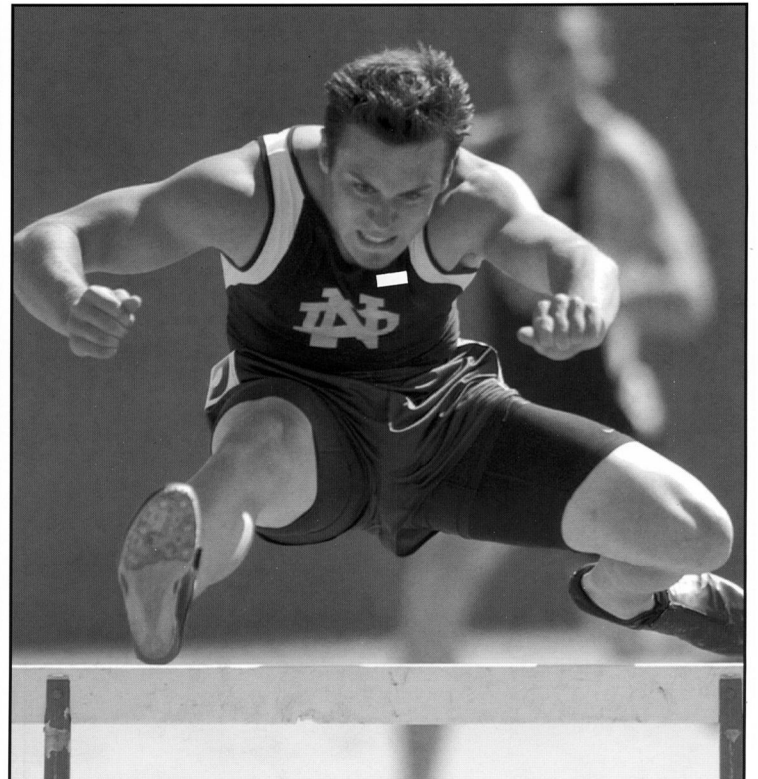
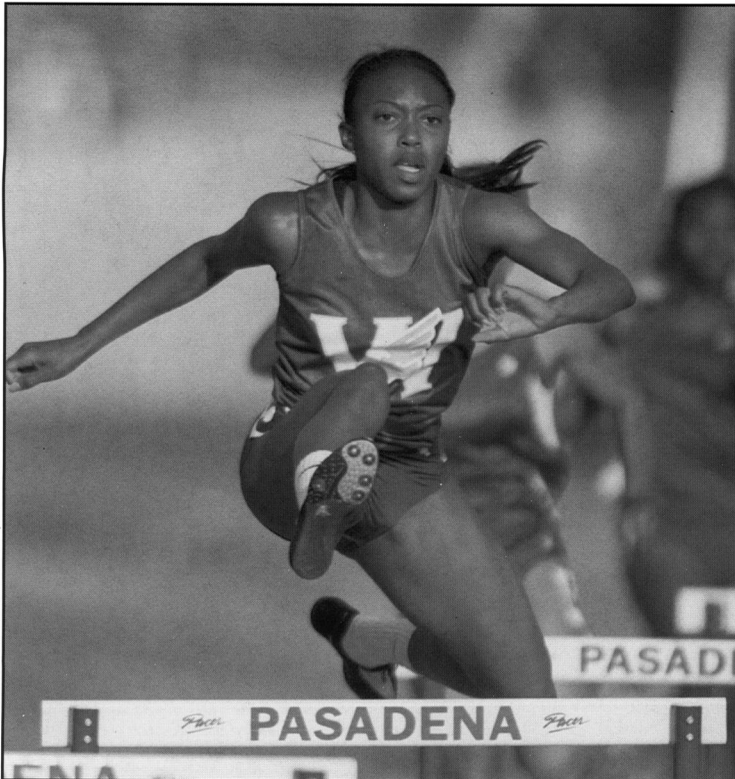
**Prelims: 7:42 p.m. - Fri. Final: 5:53 p.m. - Sat.**  
 Records - National: 39.98 Lashinda Demus, Woodrow Wilson, CA 2000  
 State: 40.96 Janeene Vickers (Pomona) 1987

Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
<b>Lane # Heat 1 Preliminaries</b>						
1	Erica Schim	12 La Costa Cnyn /sd		46.23		
2	Christina Weubbe	11 St. Francis High S		45.34		
3	Nastassja Hall	12 Rancho Buena V/sd		44.30		
4	Talia Stewart	10 Logan James /nc		43.68		
5	Julia Pitts	12 North Torrance/ss		42.36		
6	Lili Calhoun	11 North, JW /ss		43.51		
7	Sarah Prout	11 Nevada Union /sj		44.21		
8	Brynne Stewart	12 Cleveland /la		45.29		
9	Ashleigh Davis	11 El Camino /sd		46.18		
<b>Lane # Heat 2 Preliminaries</b>						
1	Keila Melendez	11 Hollywood /la		49.14		
2	Destany Cearley	12 Fall River /no		45.52		
3	Lorraine Swaby	12 Monte Vista Ch/cc		44.48		
4	Danielle Stokes	12 St. Mary's /nc		43.76		
5	Tunisia Johnson	12 Poly (LB) /ss		42.40		
6	Ashlee Brown	11 North, JW /ss		43.44		
7	Osarhieman Omwangh	12 Buchanan /ce		44.01		
8	Jenni Kincheloe	12 El Molino /nc		44.87		
9	Dana Rattler	11 Cleveland /la		46.13		
<b>Lane # Heat 3 Preliminaries</b>						
1						
2	Stella Hall	11 St. Ignatius /cc		45.95		
3	Kirah White	12 Edison /sj		44.57		
4	MacKenzie Hill	11 Wilson/LB /ss		43.79		
5	Tiffany Brown	12 Stockdale /ce		42.77		
6	Dianna Gooden	11 Wilson/LB /ss		43.15		
7	Antonette Carter	12 Mt. Diablo /nc		43.99		
8	Danielle Povio	11 Milpitas /cc		44.70		
9	Ashley Muskrat	12 North /ce		46.03		

## 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
<b>Lane # Heat 1 Preliminaries</b>						
1	Dennis Keyes	11 Birmingham /la		40.08		
2	Ral Powers	12 Carmel /cc		39.56		
3	Jhad Jones	12 Birmingham /la		39.22		
4	Pat Domek	12 Christian Brothers		38.70		
5	Thomas Mack	11 Bakersfield /ce		37.76		
6	Jarrett Bush	12 Will C. Wood /sj		38.59		
7	Maurice Peoples	12 Bear Creek /sj		39.05		
8	Kevin Craddock	9 Logan James /nc		39.39		
9	Nino Kolyouthapong	11 California /nc		39.88		
<b>Lane # Heat 2 Preliminaries</b>						
1	John Lee	11 Lowell /sf		40.85		
2	Ryan Moore	11 Redwood /ce		39.62		
3	Parker Berling	12 St. Ignatius /cc		39.24		
4	Gulliver Perry	12 Terra Linda /nc		38.85		
5	Jensen Wayne	12 Notre Dame (SO) /ss		37.79		
6	Joseph Cowan	11 St. John Bosco/ss		38.51		
7	Justin Davis	12 San Clemente /ss		38.99		
8	Robert Gomes	11 Shafter /ce		39.34		
9	Craig Martin	12 West Valley /no		39.83		
<b>Lane # Heat 3 Preliminaries</b>						
1	Abdul-Mateen Yah-Y	10 McClymonds /ok		41.18		
2	Rodney Cosby	11 Cleveland /la		39.63		
3	Ryan Welter	11 Granite Hills /sd		39.28		
4	Tyrae Jones	12 El Camino /sd		38.90		
5	Matt Willis	12 Servite /ss		37.79		
6	Ronald Howard	12 North, JW /ss		38.38		
7	William Faules	11 Homestead /cc		38.95		
8	Trent Stroh	12 Valley Center /sd		39.32		
9	Jake Arnold	12 Maria Carillo /nc		39.81		



MacKenzie Hill of Long Beach Wilson. Photo by Kirby Lee

Jensen Wayne of Sherman Oaks. Photo by Kirby Lee

# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS 200m DASH

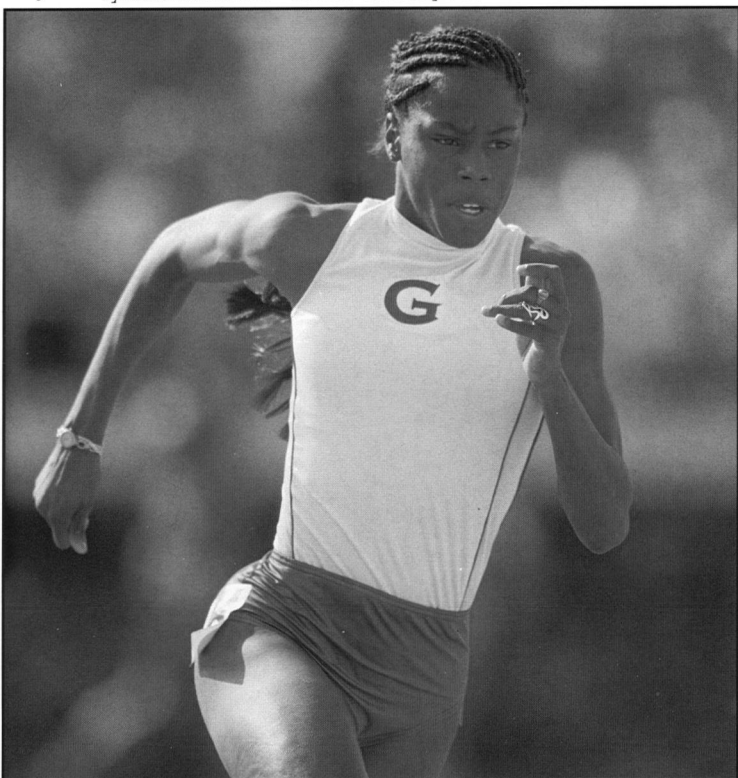
**Prelims: 8:08 p.m. - Fri. Final: 6:10 p.m. - Sat.**

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
Lane	# Heat 1 Preliminaries		Wind Reading:		
1	Kristan Matison	10 Mt. Carmel /sd	25.81		
2	Elise Geiger	12 Gunn /cc	24.99		
3	Delores Vaughn	12 Stagg /sj	24.81		
4	Christina Harrison	11 Deer Valley /nc	24.33		
5	Allyson Felix	11 L.A. Baptist /ss	22.95		
6	Christina Hardeman	12 Wilcox /cc	24.26		
7	Deonna Lawrence	12 Sheldon /sj	24.76		
8	Taryn Jones	10 Helix /sd	24.98		
9	Bethany Ross	11 Clovis West /ce	25.76		

Lane	# Heat 2 Preliminaries	Gr. School	Sect. Sect. Mark	Place	Mark
Lane	# Heat 2 Preliminaries		Wind Reading:		
1	Natalie Phares	10 Paradise /no	26.45		
2	Deborah Bowser	12 Carson /la	25.05		
3	Cinya Burton	11 Holy Names /nc	24.84		
4	Cheri Craddock	11 Logan James /nc	24.61		
5	Shalonda Solomon	10 Poly (LB) /ss	23.56		
6	Jasmine Lee	10 Poly (LB) /ss	24.11		
7	Vonnie Fulford	12 Birmingham /la	24.71		
8	Jennifer Nash	10 Kennedy /sj	24.97		
9	Shaina Wright	10 Stockdale /ce	25.64		

Lane	# Heat 3 Preliminaries	Gr. School	Sect. Sect. Mark	Place	Mark
Lane	# Heat 3 Preliminaries		Wind Reading:		
1	Deanna Goodwin	11 Intr Studies A/sf	25.22		
3	Holly Johnson	12 Leigh /cc	24.88		
4	Michelle Stinnette	12 Cleveland /la	24.63		
5	Dominique Dorsey	11 Poly (LB) /ss	23.73		
6	Angel Perkins	12 Gahr /ss	23.76		
7	Brittani Dudley	10 Logan James /nc	24.63		
8	Jolanda Diego	10 El Camino /sd	24.88		
9	Tynisha Smallwood	11 Mt. Whitney /ce	25.39		



Angel Perkins of Gahr is the defending state champion.  
Photo by Kirby Lee

## BOYS 200m DASH

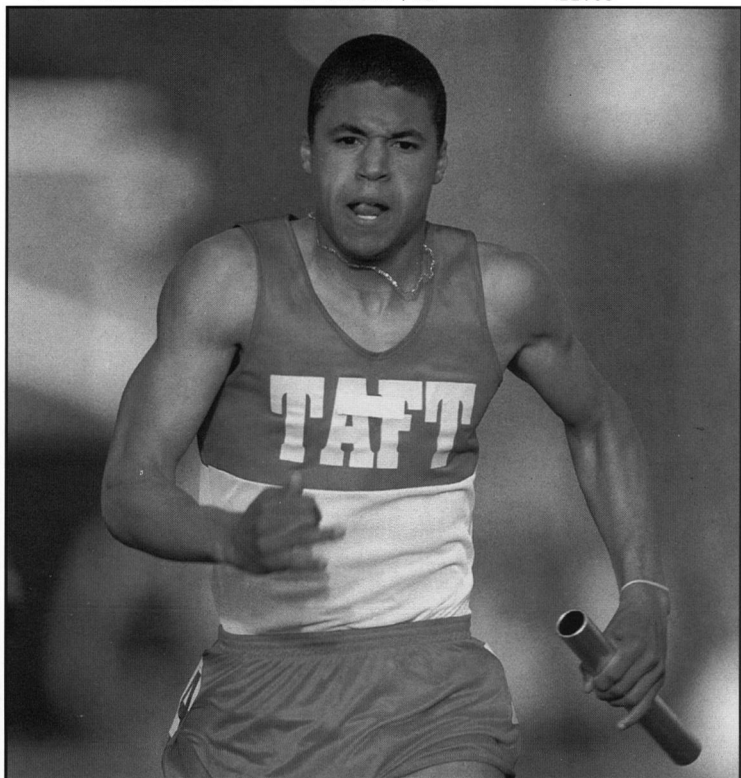
**Prelims: 8:20 p.m. - Fri. Final: 6:17 p.m. - Sat.**

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
Lane	# Heat 1 Preliminaries		Wind Reading:		
1	Lionel Scott	12 Lodi /sj	22.14		
2	Marcus Smith	11 Grace Davis /sj	21.91		
3	Anthony Daniels	12 Canyon Springs/ss	21.80		
4	Sam DeSa	11 Monte Vista /nc	21.49		
5	Rubin Williams	12 Valley Chrstn/cc	20.84		
6	Derrick Jones	10 Poly (LB) /ss	21.39		
7	Ronnie Drummer	10 North Salinas /cc	21.69		
8	Ramal Porter	12 Birmingham /la	21.85		
9	David Angulo	12 Cathedral Cty/ss	22.09		

Lane	# Heat 2 Preliminaries	Gr. School	Sect. Sect. Mark	Place	Mark
Lane	# Heat 2 Preliminaries		Wind Reading:		
1	Mason Webster	10 Las Plumas /no	22.36		
2	Arthur Williams	12 Luther Burbank/sj	22.01		
3	Nick Cunningham	11 Monterey /cc	21.80		
4	DJ Smith	11 Foothill /nc	21.51		
5	Matt Bruno	12 Trabuco Hills /ss	20.93		
6	Noah Smith	11 Taft /la	21.35		
7	Blake Mackey	12 Bakersfield /ce	21.61		
8	Paul Williams	12 Avenal /ce	21.83		
9	Courtney Brown	12 St. Mary's /nc	22.07		

Lane	# Heat 3 Preliminaries	Gr. School	Sect. Sect. Mark	Place	Mark
Lane	# Heat 3 Preliminaries		Wind Reading:		
1	Daniel Rollins	10 Burton /sf	22.87		
2	Daniel Ching	12 Sierra /ce	22.02		
3	Kwesi Byrd	12 Logan James /nc	21.80		
4	Deun White	11 Rancho Bernrdo/sd	21.51		
5	Reggie Bush	11 Helix /sd	21.21		
6	Fiat Johnson	12 Serra /sd	21.26		
7	Lionel Larry	10 Dominguez /ss	21.57		
8	Brian Wilson	12 Granada Hills /la	21.82		
9	Charles Lewis	11 Carson /la	22.05		



Noah Smith of Taft finished sixth in the 200 in last year's state meet. 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

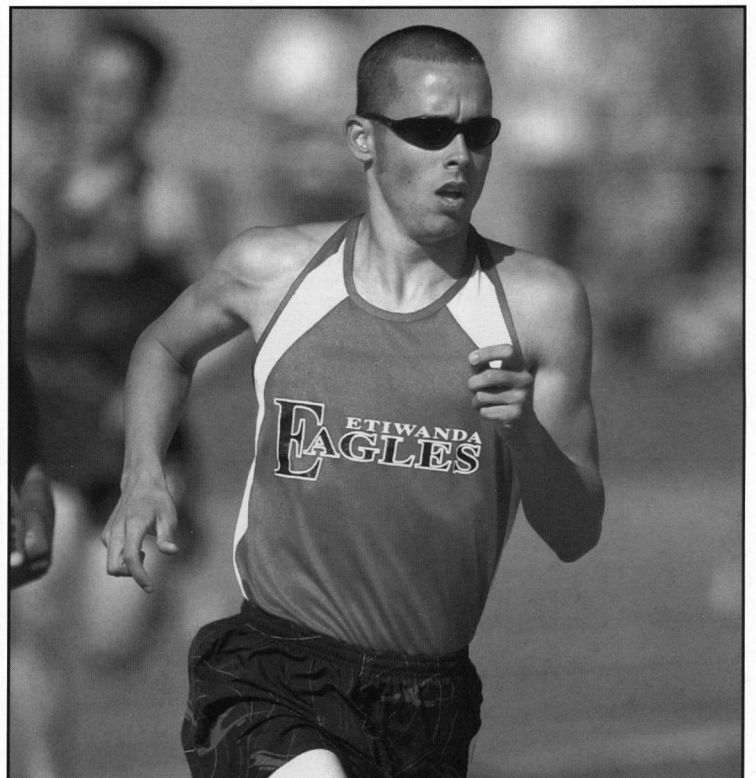
Pos.	Name	Gr. School	Sect. Sect. Mark	Place	Mark
Pos	#	Final			
1	1A	Kristen Cohoon	12 Chadwick /ss	10:51.75	_____
3	1B	Liza Pasciuto	10 Murrieta Vally/ss	10:49.55	_____
5	1C	Shelby Leland	10 Ukiah /nc	10:37.32	_____
7	1D	Ciara Viehweg	09 St. Ignatius /cc	10:44.88	_____
9	1E	Christine Bolf	12 Notre Dame Acd/ss	10:35.94	_____
11	1F	Ruth Graham	11 Gunn /cc	10:32.06	_____
13	1G	Sarah West	12 Davis /sj	10:54.33	_____
15	1H	Claire Rethmeier	10 San Pasqual /sd	11:03.58	_____
17	1I	Kristie Barrus	12 Clovis /ce	11:12.88	_____
19	1J	Sylvia Medrano	11 Exeter /ce	11:20.32	_____
21	1K	Courtney Allen	12 Rancho Buena V/sd	11:22.16	_____
23	1L	Belen Mendoza	11 Polytechnic /la	11:31.15	_____
25	1M	Andrea Banuelos	11 Polytechnic /la	11:41.28	_____
2	2A	Bridget Duffy	12 St. Mary's /nc	10:54.07	_____
4	2B	Katie Gose	10 La Reina /ss	10:51.12	_____
6	2C	Julie Allen	12 Corona Del Mar/ss	10:40.54	_____
8	2D	Rachel Bryan	10 Laguna Creek /sj	10:46.31	_____
10	2E	Melissa Grelli	10 Presentation /cc	10:36.68	_____
12	2F	Clara Horowitz	12 Head Royce /nc	10:32.20	_____
14	2G	Natasha La Beau	09 Folsom /sj	10:57.39	_____
16	2H	Phyllis Blanchard	10 Rancho Cotate /nc	11:08.28	_____
18	2I	Erica Martineau	09 Vista /sd	11:15.21	_____
20	2J	Brittany Grimes	10 Centennial /ce	11:21.27	_____
22	2K	Janessa Hoppe	10 Enterprise /no	11:25.30	_____
24	2L	Maria Blazquez	12 Roosevelt /la	11:40.27	_____

## 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
Pos	#	Final			
1	1A	Jordan Horn	11 Alta Loma /ss	9:16.30	_____
3	1B	Jeremy Mineau	10 Menlo Atherton/cc	9:20.34	_____
5	1C	Luke Llamas	12 Canyon-CC /ss	9:10.22	_____
7	1D	Carl Dambkowski	12 Granada /nc	9:12.55	_____
9	1E	Mike Chavez	11 Esperanza /ss	9:14.42	_____
11	1F	Kyle Alcorn	11 Buchanan /ce	9:02.71	_____
13	1G	Mohamed Trafef	10 Duarte /ss	9:08.69	_____
15	1H	Miguel Uribe	11 Grace Davis /sj	9:22.50	_____
17	1I	Casey Burchill	12 Buchanan /ce	9:24.72	_____
19	1J	Manuel Ruiz	10 Monroe /la	9:25.84	_____
21	1K	Gus Polito	11 Valley Center /sd	9:28.61	_____
23	1L	J. Kenney	12 Oak Ridge /sj	9:28.79	_____
25	1M	Patrick Hernandez	12 San Benito Hol/cc	9:33.78	_____
27	1N	Pedro Aquino	11 Venice /la	9:36.86	_____
2	2A	Tim Nelson	11 Liberty Chrst /no	9:20.27	_____
4	2B	Nicholas De Felice	12 Jesuit /sj	9:22.11	_____
6	2C	Ryan Morgan	11 Canyon-CC /ss	9:10.49	_____
8	2D	Mark Batres	11 Don Bosco /ss	9:14.14	_____
10	2E	Michael Poe	11 Etiwanda /ss	9:15.55	_____
12	2F	Billy Nelson	12 Taft /ce	9:04.26	_____
14	2G	Brett Gotcher	12 Aptos /cc	9:09.78	_____
16	2H	Rory Kuykendall	12 Drake /nc	9:24.57	_____
18	2I	Babey Wagnew	10 Helix /sd	9:25.27	_____
20	2J	Sean Drake	12 University-SF /nc	9:27.73	_____
22	2K	Sean Barrett	11 St. Augustine /sd	9:28.75	_____
24	2L	Dale Kitt	12 Eureka /nc	9:30.39	_____
26	2M	Marlon Ruiz	12 Belmont /la	9:36.29	_____
28	2N	Adrian Luis	10 Oakland /ok	10:06.00	_____



Clara Horowitz of Head Royce was 12th in the 3200 in 2001.

Photo by Kirby Lee

Michael Poe of Etiwanda. Photo by Kirby Lee

# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS 1600m RELAYS

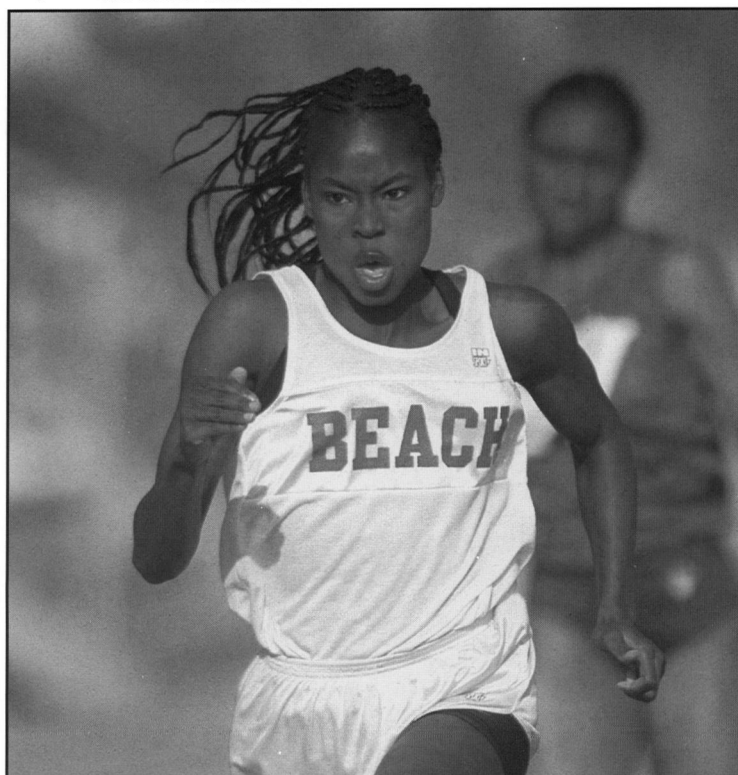
**Prelims: 8:50 p.m. - Fri. Final: 7:00 p.m. - Sat.**  
 Records - National: 3:35.72 Long Beach Wilson (Long Beach, CA) 2001  
 State: 3:35.72 Long Beach Wilson (Long Beach) 2001

Pos.	School	Sect.	Mark	Place	Mark
<b>Lane # Heat 1 Preliminaries</b>					
1	Yreka /no	NO		4:02.89	_____
2	Miramonte /nc	NC		3:58.45	_____
3	Nevada Union /sj	SJ		3:54.35	_____
4	Cleveland /la	LA		3:51.36	_____
5	Wilson/LB/ss	SS		3:38.71	_____
6	Stockdale /ce	CE		3:51.32	_____
7	West /sj	SJ		3:53.95	_____
8	Helix /sd	SD		3:57.40	_____
9	Buchanan /ce	CE		4:02.00	_____
<b>Lane # Heat 2 Preliminaries</b>					
1	Redwood /ce	CE		4:03.48	_____
2	Maria Carillo /nc	NC		3:59.68	_____
3	La Costa Cnyn /sd	SD		3:56.45	_____
4	North, JW /ss	SS		3:51.66	_____
5	Poly (LB) /ss	SS		3:42.72	_____
6	Logan James /nc	NC		3:50.53	_____
7	North Torrance/ss	SS		3:53.95	_____
8	Vallejo /sj	SJ		3:57.04	_____
9	St. Ignatius /cc	CC		4:00.29	_____
<b>Lane # Heat 3 Preliminaries</b>					
1	Burton /sf	SF		4:07.53	_____
2	Silver Creek /cc	CC		3:59.69	_____
3	College Park /nc	NC		3:56.63	_____
4	Gardena /la	LA		3:52.55	_____
5	Rancho Cucamng/ss	SS		3:46.81	_____
6	Birmingham /la	LA		3:49.60	_____
7	Dorsey /la	LA		3:53.28	_____
8	Mt. Miguel /sd	SD		3:56.67	_____
9	San Benito Hol/cc	CC		3:59.79	_____

## BOYS 1600m RELAYS

**Prelims: 9:10 p.m. - Fri. Final: 6:10 p.m. - Sat.**  
 Records: - National: 3:07.40 Hawthorne (Hawthorne, CA) 1985  
 State: 3:08.66 Muir (Pasadena) 1996

Pos.	School	Sect.	Mark	Place	Mark
<b>Lane # Heat 1 Preliminaries</b>					
1	Paradise /no	NO		3:26.93	_____
2	Junipero Serra/cc	CC		3:21.69	_____
3	St. Mary's /nc	NC		3:19.72	_____
4	Birmingham /la	LA		3:18.26	_____
5	Poly (LB) /ss	SS		3:12.10	_____
6	St. John Bosco/ss	SS		3:16.06	_____
7	Stockdale /ce	CE		3:19.39	_____
8	University Cty/sd	SD		3:20.67	_____
9	Mt. Carmel /sd	SD		3:23.07	_____
<b>Lane # Heat 2 Preliminaries</b>					
1	McClymonds /ok	OK		3:29.03	_____
2	Madera /ce	CE		3:21.78	_____
3	Bellarmine /cc	CC		3:19.88	_____
4	Elk Grove /sj	SJ		3:18.43	_____
5	Dominguez /ss	SS		3:13.33	_____
6	Santa Margarit/ss	SS		3:15.19	_____
7	Carson /la	LA		3:19.36	_____
8	Johnson /sj	SJ		3:20.63	_____
9	Carmel /cc	CC		3:22.35	_____
<b>Lane # Heat 3 Preliminaries</b>					
1	Lowell /sf	SF		3:35.50	_____
2	Alhambra /nc	NC		3:21.81	_____
3	Bishop O'Dowd /nc	NC		3:19.95	_____
4	Vallejo /sj	SJ		3:18.65	_____
5	Taft /la	LA		3:13.96	_____
6	Bakersfield /ce	CE		3:14.83	_____
7	Morningside /ss	SS		3:19.04	_____
8	Deer Valley /nc	NC		3:20.14	_____
9	La Costa Cnyn /sd	SD		3:22.25	_____



Long Beach Poly's Shalonda Soloman takes the handoff from Tunisha Johnson. Photo by Kirby Lee



David Hill of Long Beach Poly. The Jackrabbits figure to be one of the favorites in this event. By Kirby Lee

# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS POLE VAULT

**Prelims: 2:00 p.m. - Fri. Final: 2:15 p.m. - Sat.**

Records - National: 13-8 Shayla Ballentine, Morro Bay, CA 2001  
State: 13-8 Shayla Ballentine, Morro Bay, CA 2001

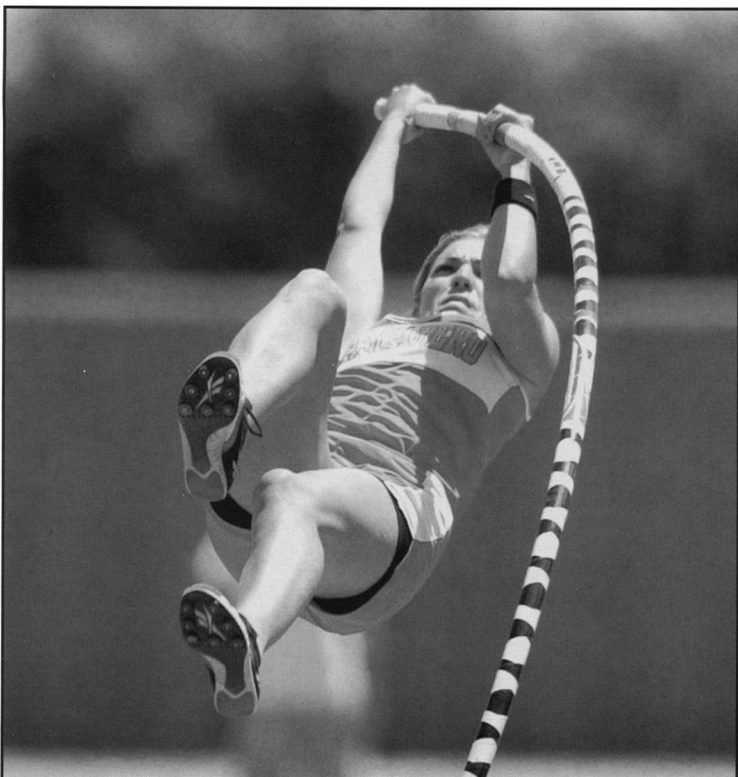
Pos.	Name	Gr. School	Sect. Sect. Mark	Place	Mark
Pos	# Flight 1 Preliminaries				
1	Rosie Pilarca	12 Eagle Rock /la	8'00.00"		
2	Melani Sonby	10 Birmingham /la	8'06.00"		
3	Katie Ford	11 Yreka /no	10'00.00"		
4	Megan White	12 Lowell /sf	10'04.00"		
5	Erin McCarthy	11 Castro Valley /nc	10'06.00"		
6	Kara Filopowski	11 Valhalla /sd	10'08.00"		
7	Shannon McIntyre	12 Miramonte /nc	10'09.00"		
8	Jackie Nguyen	12 Castilleja /cc	11'00.00"		
9	Sally Stanton	10 Los Gatos /cc	11'00.00"		
10	Kirsten Loftin	11 Aptos /cc	11'00.00"		
11	Becky Sharp	10 Clovis /ce	11'00.00"		
12	Whitney Johnson	10 Mission Viejo /ss	11'03.00"		
13	Cara Walker	11 Marina /ss	11'03.00"		
14	Brittani Bernhard	11 West Covina /ss	11'03.00"		
15	Krisserin Canary	12 Corona Del Mar/ss	11'03.00"		
16	Melissa Adams	10 Rancho Cotate /nc	11'03.00"		
17	Rachelle Zemlok	10 Newark Mem /nc	11'03.00"		
18	K. Nishimura	12 Bella Vista /sj	11'03.00"		
19	Chaunte Mitchell	12 Tracy /sj	11'03.00"		
20	Laura Huarte	12 St. Francis High S	11'03.00"		
21	Stacy Hunt	12 Hoover /ce	11'06.00"		
22	Amatece Navidi	11 Rancho Bernrdo/sd	11'07.00"		
23	Janea Russ	12 Granite Hills /sd	11'07.00"		
24	Elizabeth Woepse	10 Mater Dei /ss	11'09.00"		
25	Michelle Rivera	12 Birmingham /la	12'00.00"		
26	Kira Costa	11 Lemoore /ce	12'00.00"		
27	Kacey Lundgren	10 Atascadero /ss	12'03.00"		
28	Monica Pacas	10 Atascadero /ss	12'03.00"		
29	Kristen McGregor	12 Marina /ss	12'09.00"		
30	Chelsea Johnson	12 Atascadero /ss	13'03.00"		

## GIRLS DISCUS

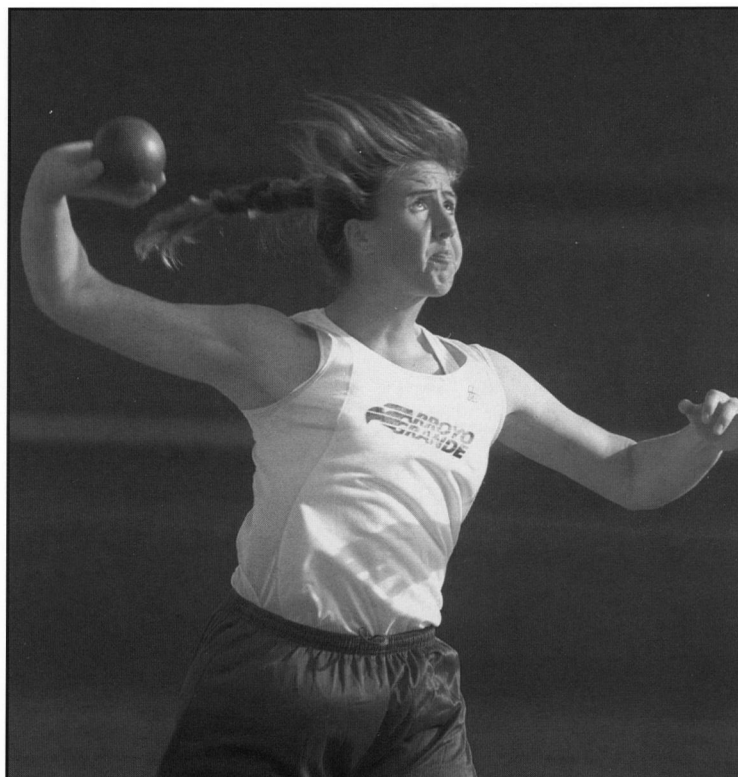
**Prelims: 3:00 p.m. - Fri. Final: 3:00 p.m. - Sat.**

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

Pos.	Name	Gr. School	Sect. Sect. Mark	Place	Mark
Pos	# Flight 1 Preliminaries				
1	Erica Cosby	12 Cleveland /la	117'06.00"		
2	Charlene Heaston	11 Las Lomas /nc	123'04.00"		
3	Alexaraee Toeaina	09 Pittsburg /nc	127'04.00"		
4	Liz Roscoe	12 Silver Creek /cc	127'05.00"		
5	Katie Isola	11 Burlingame /cc	129'04.00"		
6	Jackie Turpin	12 Santana /sd	132'07.00"		
7	Shelly Rice	12 Centennial /ce	133'01.00"		
8	Katie Richardson	11 Yreka /no	134'05.00"		
9	Karley Kalinich	12 Sultana /ss	134'10.00"		
10	Allyson Criner	12 Bishop O' Dowd /nc	136'04.00"		
11	Kristina Price	11 Merced /sj	136'11.00"		
12	Amy Haapanen	12 East Union /sj	137'00.00"		
13	Carrie Johnson	12 Fallbrook /sd	139'11.00"		
14	Shannon Hobson	11 Perris /ss	140'10.00"		
15	Priscilla Gardner	11 Mission Viejo /ss	140'10.00"		
16	Melissa Faubus	10 Centennial /ce	141'01.00"		
17	Vao Faoa	12 Magnolia /ss	141'07.00"		
18	Whitney Deweese	10 Rancho Buena V/sd	141'09.00"		
19	Sara Clinkenbeard	12 Rocklin /sj	142'04.00"		
20	Kim Gleeson	12 Lynbrook /cc	144'09.00"		
21	Rachel Varner	12 Bakersfield /ce	162'02.00"		
22	Kamalya Warren	12 St. Mary's /nc	165'05.00"		
23	Billie Jo Grant	11 Arroyo Grande /ss	165'08.00"		



Chelsea Johnson of Atascadero is the state leader at 13-4. Photo by Kirby Lee



Billie Jo Grant of Arroyo Grande finished fourth at the 2001 state meet in the discus. Photo by Kirby Lee

# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS HIGH JUMP

**Prelims: 4:00 p.m. - Fri. Final: 3:00 p.m. - Sat.**  
 Records - National: 6-3 Amy Acuff, Corpus Christi, Calallen TX 1992  
 State: 6-2 Latrese Johnson, Clovis 1985

Pos.	Name	Gr. School	Sect. Sect. Mark	Place	Mark
	<b># Flight 1 Preliminaries</b>				
1	Victoria Curtis	12 Cleveland /la	5'00.00"		
2	Peace Nwosu	11 Crenshaw /la	5'00.00"		
3	Rochell Aguilar	10 Jefferson /la	5'00.00"		
4	Lauren Hodill	11 Alameda /nc	5'02.00"		
5	Brianne Bergman	12 College Park /nc	5'02.00"		
6	Jennie Vanderham	12 Mt. Whitney /ce	5'02.00"		
7	Shannon Toliver	12 Marshall /sf	5'02.25"		
8	Shalane Gutierrez	12 Rancho Bernrdo/sd	5'03.00"		
9	Kristen Andre	12 Kelseyville /nc	5'03.00"		
10	Christine Harms	12 El Dorado /sj	5'04.00"		
11	Laura Lee	10 Folsom /sj	5'04.00"		
12	Renee Eckley	12 West Valley /no	5'04.00"		
13	Kate Bartkenweks	12 Chula Vista /sd	5'04.00"		
14	Lindsay Whetstine	09 Mt. Carmel /sd	5'04.00"		
15	Kelsey Wiegmann	12 St. Ignatius /cc	5'04.00"		
16	Rachel Schaffner	11 Moreau Cath. /nc	5'04.00"		
17	Heather Hernandez	11 Turlock /sj	5'04.00"		
18	Sarah Groman	11 San Benito Hol/cc	5'04.00"		
19	Briana Hinga	12 Aptos /cc	5'04.00"		
20	Kaylene Wagner	12 Dos Pueblos /ss	5'06.00"		
21	LaShay Bagsby	11 South /ce	5'06.00"		
22	Rachel Ziemann	12 Edison-HB /ss	5'08.00"		
23	Sharie Joest	12 Clovis /ce	5'08.00"		
24	Julia Pitts	12 North Torrance/ss	5'08.00"		
25	Chaunte Howard	12 North, JW /ss	5'10.00"		
26	Sharon Day	11 Costa Mesa /ss	5'10.00"		

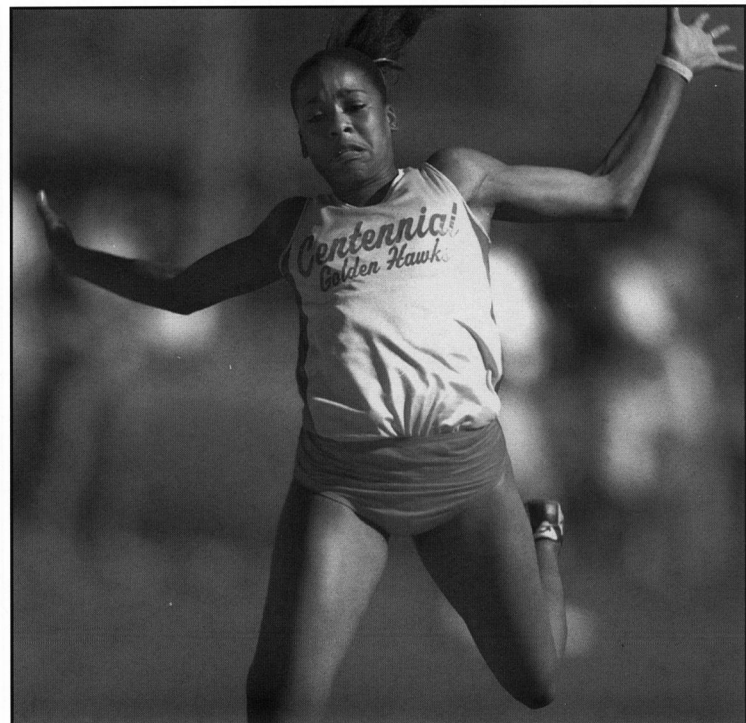
## GIRLS LONG JUMP

**Prelims: 4:00 p.m. - Fri. Final: 3:00 p.m. - Sat.**  
 Records - National: 22-1 3/4 Kathy McMillian, Raeford, NC, 1976  
 State: 22-0 1/2 Marion Jones, Thousand Oaks 1993

Pos.	Name	Gr. School	Sect. Sect. Mark	Place	Mark
	<b># Flight 1 Preliminaries</b>				
1	Cristal Steen	10 Gardena /la	16'07.25"		
2	Mieshia Grimes	10 Centennial /ce	17'04.00"		
3	Karen Balumbu	12 Logan James /nc	17'04.50"		
4	Renee Williams	11 Skyline /ok	17'05.50"		
5	Danielle Lewis	12 Dorsey /la	17'05.75"		
6	Vincetta Mendola	11 Birmingham /la	17'06.25"		
7	Lauryn Jordan	12 Bear Creek /sj	17'08.75"		
8	Tyreina Henley	12 Logan James /nc	17'09.00"		
9	Renee Eckley	12 West Valley /no	17'09.25"		
10	Jessica Thomas	12 El Camino /sd	18'02.00"		
11	Nastassja Hall	12 Rancho Buena V/sd	18'02.00"		
12	Nyisha Bates	11 Madera /ce	18'02.25"		
13	Kim Christiansen	12 Los Gatos /cc	18'02.50"		
14	Galina Becker	09 Mt. Pleasant /cc	18'03.00"		
15	Ciara McMillian	11 Will C. Wood /sj	18'04.50"		
16	B. McKenzie	12 Ponderosa /sj	18'04.75"		
17	Antonette Carter	12 Mt. Diablo /nc	18'05.25"		
18	Brittany Reynolds	11 Homestead /cc	18'05.50"		
19	Sparkle Anderson	11 Serra /sd	18'07.00"		
20	Jade Myles	11 Mt. Pleasant /cc	18'07.50"		
21	Tiffany Johnson	12 St. Mary's /nc	18'08.50"		
22	Roshena Duree	12 Burton /sf	18'10.00"		
23	Mary Meyman	12 Carlmont /cc	19'00.00"		
24	Angela Weeks	11 Canyon Springs/ss	19'00.25"		
25	Maxine Marlow	12 Centennial /ce	19'00.50"		
26	Candyce Babb	10 Pomona /ss	19'02.50"		
27	Taren James	12 Poly (LB) /ss	19'05.75"		
28	Angela Brazily	11 Etiwanda /ss	19'07.00"		
29	Lena Bettis	11 North, JW /ss	19'10.75"		
30	Gayle Hunter	10 King, ML /ss	20'00.50"		
31	Chaunte Howard	12 North, JW /ss	20'02.50"		
32	Michelle Sanford	11 Woodbridge /ss	20'08.75"		



Chaunte Howard of Riverside North. Photo by Kirby Lee



Maxine Marlow of Centennial Bakersfield was fifth in the long jump at the 2001 state meet. 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: 53-7 3/4 Natalie Kaaiawahia, Fullerton CA 1983  
State: 52-11 1/2 Kristin Heaston, Ygnacio Valley 1993

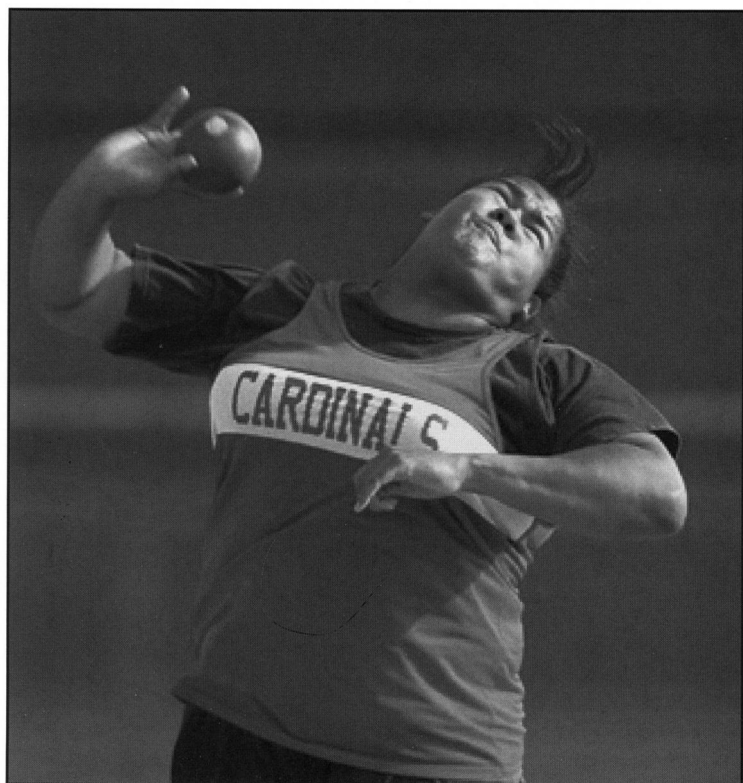
Pos.	Name	Gr. School	Sect. Sect. Mark	Place	Mark
Pos	#	Flight 1 Preliminaries			
1	Ashley Lynn	12 Taft /la	36'07.50"		
2	Kamilah Mayfield	12 Westchester /la	37'01.50"		
3	Melissa Van Paris	10 Sonoma Valley /nc	38'03.25"		
4	Charlene Heaston	11 Las Lomas /nc	38'09.50"		
5	Ellen Shepstone	11 Birmingham /la	39'09.00"		
6	Mandy Bynum	11 Leland /cc	40'01.75"		
7	Ramona Vae	10 Jefferson /cc	40'02.00"		
8	Jamie Hawkins	12 Big Valley /no	41'02.25"		
9	Dia Matthews	12 Central /ce	41'02.50"		
10	Carrie Johnson	12 Fallbrook /sd	41'10.75"		
11	Aigamarie Taumura	12 Sweetwater /sd	42'00.00"		
12	Kim Gleeson	12 Lynbrook /cc	42'03.25"		
13	Bobbie Patton	11 Righetti /ss	42'08.50"		
14	Billie Jo Grant	11 Arroyo Grande /ss	42'11.50"		
15	La'sha Hill	12 Deer Valley /nc	43'01.25"		
16	Melissa Yunghans	10 Orange Luther/ss	43'01.75"		
17	Melissa Faubus	10 Centennial /ce	43'05.75"		
18	Amy Haapanen	12 East Union /sj	43'06.75"		
19	Raeanna Makihele	12 San Marcos /sd	43'07.00"		
20	Erin Streater	12 Villa Park /ss	43'08.00"		
21	Sara Clinkenbear	12 Rocklin /sj	43'09.75"		
22	Rachel Varner	12 Bakersfield /ce	43'11.25"		
23	Kamalya Warren	12 St. Mary's /nc	44'05.50"		
24	Maureen Pacheco	12 Woodland /sj	44'05.50"		
25	Megan Howard	10 Arroyo Grande /ss	45'00.25"		
26	Jessica Pressley	11 Laguna Creek /sj	46'04.00"		

## GIRLS TRIPLE JUMP

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

Records: - National: 44-0 1/2 Juliana Yendork, Walnut CA 1991  
State: 43-11 1/2 Juliana Yendork, Walnut CA 1991

Pos.	Name	Gr. School	Sect. Sect. Mark	Place	Mark
Pos	#	Flight 1 Preliminaries			
1	Jessica Thomas	12 El Camino /sd	30'06.25"		
2	Justine Curtis	11 Cleveland /la	34'04.50"		
3	Katrina James	12 Carson /la	35'11.00"		
4	Ashley Marshall	11 Stockdale /ce	36'01.00"		
5	Lauren Archie	10 Hoover /ce	36'03.00"		
6	Artensia Young	10 Westchester /la	36'04.25"		
7	Renee Eckley	12 West Valley /no	36'06.00"		
8	Keishee Hill	12 Bishop O' Dowd /nc	36'10.25"		
9	Emily Kochly	11 Carondelet /nc	36'11.75"		
10	Renee Williams	11 Skyline /ok	37'03.50"		
11	Corrie Baer	11 Casa Robles High S	37'05.50"		
12	Shelby Deis	12 Granada /nc	37'06.00"		
13	Angela Brazily	11 Etiwanda /ss	37'06.25"		
14	Latrise Nunnally	11 West /sj	37'07.50"		
15	Galina Becker	09 Mt. Pleasant /cc	38'04.75"		
16	Maxine Marlow	12 Centennial /ce	38'05.00"		
17	Tiffany Johnson	12 St. Mary's /nc	38'06.50"		
18	Chaunte Howard	12 North, JW /ss	38'07.25"		
19	Taren James	12 Poly (LB) /ss	38'07.75"		
20	Brittany Daniels	09 West /sj	38'08.25"		
21	Kim Christiansen	12 Los Gatos /cc	39'00.25"		
22	Jade Myles	11 Mt. Pleasant /cc	39'03.50"		
23	Roshena Duree	12 Burton /sf	39'07.00"		
24	Gayle Hunter	10 King, ML /ss	39'07.00"		
25	Jessica Eggleston	11 El Camino /sd	39'09.25"		
26	Sparkle Anderson	11 Serra /sd	39'11.00"		
27	Michelle Sanford	11 Woodbridge /ss	41'08.75"		



Jessica Pressley of Laguna Creek. Photo by Kirby Lee



Michelle Sanford of Woodbridge was second in the triple jump at last year's state meet. 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: 77-0 Michael Carter, Dallas TX, Jefferson 1979  
State: 74-4 3/4 Brent Noon, Fallbrook 1990

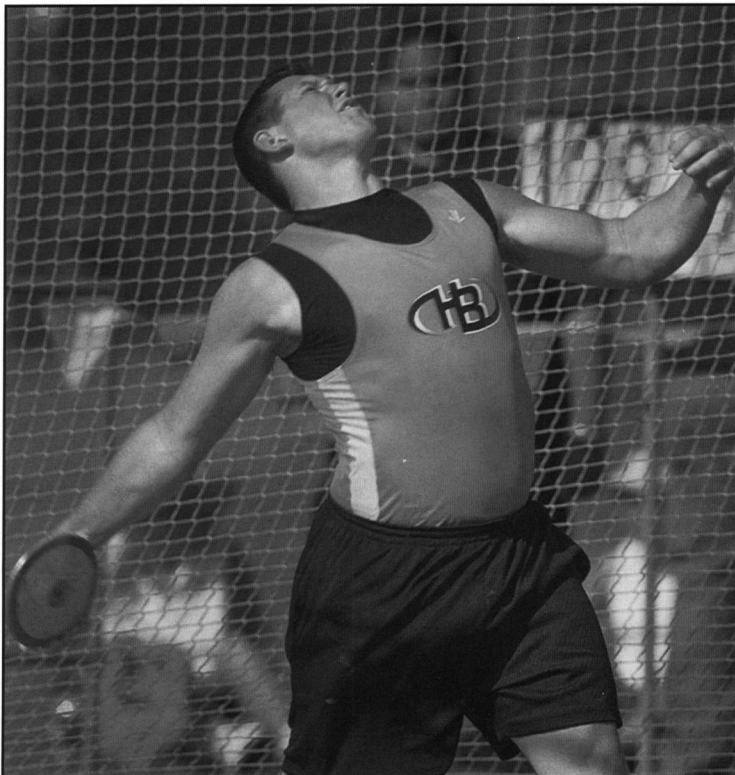
Pos.	Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Pos # Flight 1 Preliminaries							
1	Danny Kwong	12 Lowell /sf		40'08.00"			
2	Miguel Medina	12 Roosevelt /la		48'09.00"			
3	Justin Scott	11 Verdugo Hills /la		48'11.75"			
4	Jasper Henry	10 Dorsey /la		49'02.75"			
5	Eugene Bradley	12 Deer Valley /nc		51'00.75"			
6	Jon Grissom	12 Newark Mem /nc		51'09.25"			
7	Kurt Seefeld	12 Marin Catholic/nc		53'00.00"			
8	Jeff Brongiel	12 Piedmont Hills/cc		53'01.25"			
9	Nathan Rhodes	12 East Bkrsfld /ce		53'09.50"			
10	Joshua Mayfield	12 Logan James /nc		54'00.50"			
11	Troy Baker	12 Calaveras /sj		54'00.50"			
12	Jared Bray	11 Mission Bay /sd		54'01.25"			
13	Chris White	11 Garces /ce		54'08.50"			
14	Brian Hicks	11 Carmel /cc		54'10.75"			
15	Jake Golenor	12 Foothill /no		54'11.00"			
16	Aaron Tombleson	12 Woodland /sj		55'00.25"			
17	Eder Arosemena	12 Vista /sd		55'02.00"			
18	Nick Alotta	11 Rancho Bernrdo/sd		56'01.00"			
19	Tyler Porter	12 Del Campo /sj		57'09.00"			
20	Brian Ruziecki	12 Huntington Bch/ss		58'03.75"			
21	Jason Rooters	10 Edison /ce		58'09.25"			
22	Ryan Davis	12 Saugus /ss		59'01.00"			
23	Adam Tafrales	12 Mills /cc		59'02.00"			
24	Jerome Avela	12 Leuzinger /ss		59'03.25"			
25	John Caulfield	11 La Salle /ss		59'05.00"			
26	Jon Howard	12 Arroyo Grande /ss		59'07.00"			
27	Leighton Heape	12 Palm Springs /ss		60'06.75"			
28	Noah Bryant	12 Carpinteria /ss		66'07.50"			

## BOYS LONG JUMP

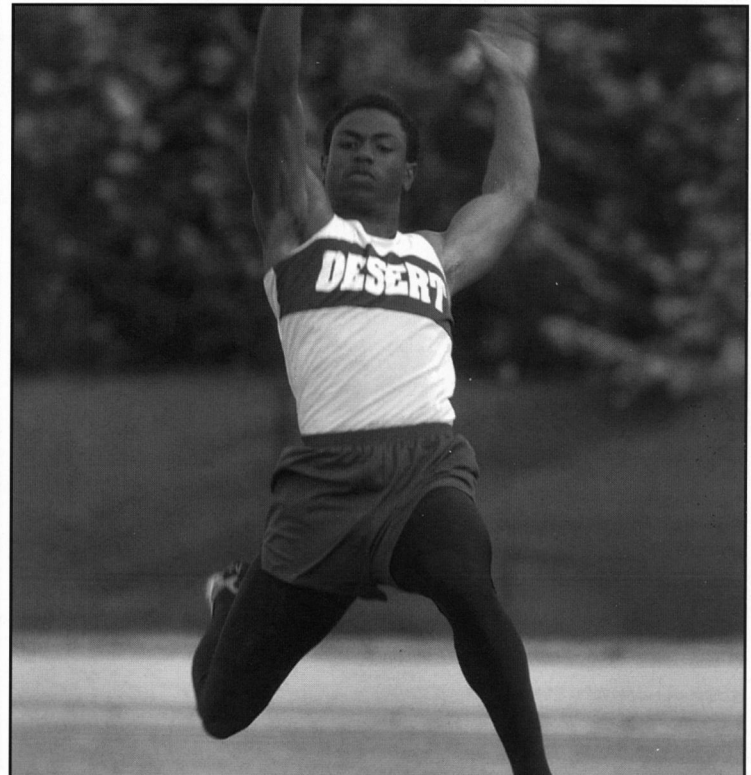
**Prelims: 4:00 p.m. - Fri. Final: 3:00 p.m. - Sat.**

Records - National: 26-4 3/4 James Stallworth, Tulare, CA 1989  
State: 26-4 3/4 James Stallworth, Tulare, CA 1989

Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
Pos # Flight 1 Preliminaries						
1	Marcel Love	12 Galileo /sf		20'06.00"		
2	Abdul Rahman	11 Crenshaw /la		21'04.75"		
3	Nolon Orozco	12 Taft /la		21'05.50"		
4	Chris Weaver	12 Casa Grande /nc		21'07.25"		
5	Nick Johnston	12 San Ramon Vllly/nc		21'08.00"		
6	Chad Green	11 Birmingham /la		21'09.00"		
7	Alan Fleming	12 Paradise /no		21'09.50"		
8	Martin Boston	12 Logan James /nc		21'10.00"		
9	Darrell Hutsona	11 Helix /sd		22'00.50"		
10	Marcus Carroll	12 Helix /sd		22'01.50"		
11	Brandon Goodwin	11 Stagg /sj		22'03.50"		
12	Steve Conrad	10 Nevada Union /sj		22'04.25"		
13	Dennis Hargrove	12 Redwood /ce		22'06.50"		
14	Keno White	12 Rancho Bernrdo/sd		22'07.25"		
15	Kellen Kennedy	12 Tulare Union /ce		22'07.50"		
16	Chris McFoy	12 Chino /ss		22'08.50"		
17	James Jones	12 Gunderson /cc		22'09.00"		
18	Maurice White	12 Rancho Cotate /nc		23'00.00"		
19	Brian Paysinger	11 Wilson/LB /ss		23'00.25"		
20	Ethan Clarke	12 Bellarmine /cc		23'01.25"		
21	Denny Casupanan	12 Tustin /ss		23'01.25"		
22	Devon Jones	10 Grant /sj		23'04.25"		
23	Eric Wright	11 Arch Riordan /cc		23'04.75"		
24	Demitrius Ragland	11 Tulare Western/ce		23'04.75"		
25	Rudy Burgess	11 Desert /ss		23'07.25"		
26	Ronald Hill	12 Walnut /ss		23'11.50"		



Brian Ruziecki of Huntington Beach. Photo by Kirby Lee



Rudy Burgess of Desert. Photo by Kirby Lee

# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## BOYS DISCUS

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

Records - National: 224-3 Kamy Keshmiri, Reno NV 1987

State: 203-5 Travis Pendleton, Esperanza Anaheim 2000

Pos.	Name	Gr. School	Sect. Sect. Mark	Place	Mark
Pos # Flight 1 Preliminaries					
1	Danny Kwong	12 Lowell /sf	124'08.00"		
2	Mark Jones	12 Gardena /la	130'09.00"		
3	Lonny Whitlow	11 South Fork /nc	158'08.00"		
4	Tyler Ellis	11 Rancho Bernrdo/sd	162'10.00"		
5	Roberto Schuldes	12 Modesto /sj	163'04.00"		
6	Nick Alotta	11 Rancho Bernrdo/sd	164'02.00"		
7	Cliff Learn	12 La Jolla /sd	165'07.00"		
8	Dave Shortenhaus	12 Las Lomas /nc	165'08.00"		
9	Jon Bustos	12 Roosevelt /ce	165'09.00"		
10	Brian Ruziecki	12 Huntington Bch/ss	165'10.00"		
11	Ezra Kwong	12 San Marin /nc	166'00.00"		
12	S. Johnson	12 Christian Brothers	166'08.00"		
13	Justin Grasmeyer	12 Valley Chr. /ss	167'08.00"		
14	Noah Bryant	12 Carpinteria /ss	167'11.00"		
15	Alek Grietons	10 Arroyo Grande /ss	168'05.00"		
16	Chris Hill	12 Palo Alto /cc	170'00.00"		
17	Jake Golenor	12 Foothill /no	170'02.00"		
18	Jon Chreitien	12 Edison /ce	172'00.00"		
19	Joshua Mayfield	12 Logan James /nc	174'06.00"		
20	Adam Tafrales	12 Mills /cc	176'04.00"		
21	Jason Rooters	10 Edison /ce	179'00.00"		
22	D. Lawrenson	12 Elk Grove /sj	179'03.00"		
23	Nik Kay	11 Los Gatos /cc	184'07.00"		
24	Jarered Morgan	12 La Quinta (LQ) /ss	200'03.00"		

## BOYS POLE VAULT

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

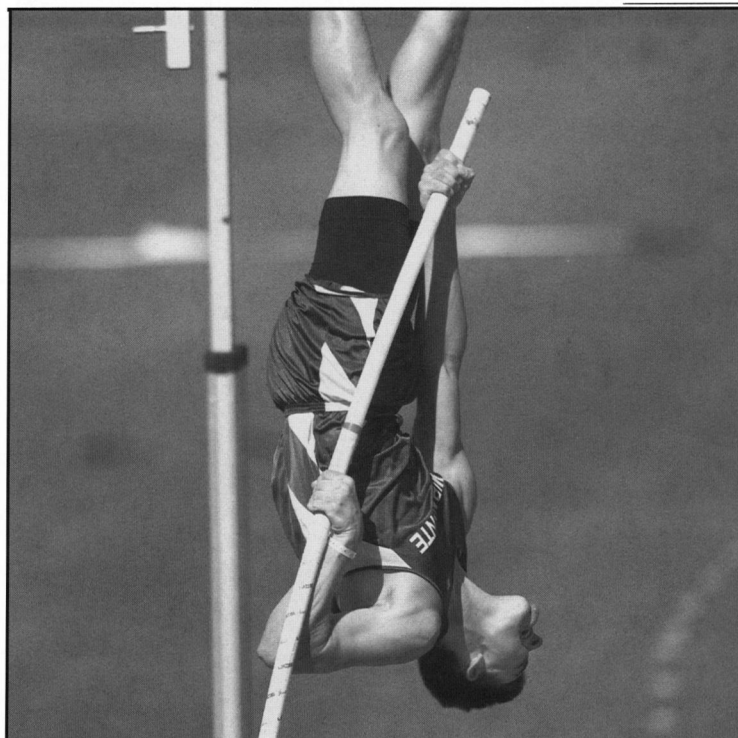
Records - National: 18-2 1/4 Eric Eshbach, Orangeville, TX 1999

State: 17 1/2 Anthony Curran, (Crespi) Encino 1978

Pos.	Name	Gr. School	Sect. Sect. Mark	Place	Mark
1	James Pan	12 Taft /la	12'06.00"		
2	Marques Reyes	12 Grant /la	13'00.00"		
3	Josh Newborn	11 El Camino Real/la	13'06.00"		
4	Brad Cordova	12 North /ce	13'06.00"		
5	Paul Camaroto	12 Junipero Serra/cc	14'04.00"		
6	James Gillette	11 Carmel /cc	14'04.00"		
7	Matt Mosley	11 Buchanan /ce	14'06.00"		
8	Grahan Bockmiller	11 Miramonte /nc	14'08.00"		
9	Joe Harrison	11 Riverbank /sj	14'08.00"		
10	Zack Miller	11 Rancho Bernrdo/sd	14'08.00"		
11	Daniel Poyner	12 Serra /sd	14'08.00"		
12	Ryan Spitz	12 Rancho Bernrdo/sd	14'08.00"		
13	Anthony Wilcher	11 Chino /ss	14'08.00"		
14	A. Andresen	12 Woodcreek /sj	14'08.00"		
15	Brandon Mora	11 Katella /ss	14'08.00"		
16	Dan Guidera	12 Del Campo /sj	14'08.00"		
17	Jose Magana	11 Katella /ss	14'08.00"		
18	Josh Malmuth	12 Torrey Pines /sd	14'08.00"		
19	Daniel Imlach	11 West Valley /no	14'09.00"		
20	Cameron Figueroa	12 Granite Hills /ss	15'00.00"		
21	Roy Phelps	11 Coalinga /ce	15'00.00"		
22	David Moore	12 Miramonte /nc	15'00.00"		
23	Jake Arnold	12 Maria Carillo /nc	15'00.00"		
24	David Cadena	12 King City /cc	15'02.00"		
25	Chris Ostoich	12 St. Margaret's/ss	15'02.00"		
26	S. McAllister	12 Bella Vista /sj	15'02.00"		
27	Hong Nguyen	11 Katella /ss	15'02.00"		
28	Sean Jones	12 Mission San Js/nc	15'03.00"		
29	Tim Warner	12 Carlsbad /sd	15'04.00"		
30	Adrian Ruark	12 Point Loma /sd	15'08.00"		
31	M. Fawcett	12 Los Banos High Sch	15'08.00"		
32	David Murphy	12 Arroyo Grande /ss	15'08.00"		
33	Aaron Corbett	12 Edison-HB /ss	15'08.00"		
34	Mike Landers	12 Golden Valley High	17'04.00"		



Jarered Morgan of La Quinta. Photo by Kirby Lee



David Moore of Miramonte in Orinda. Photo by Kirby Lee

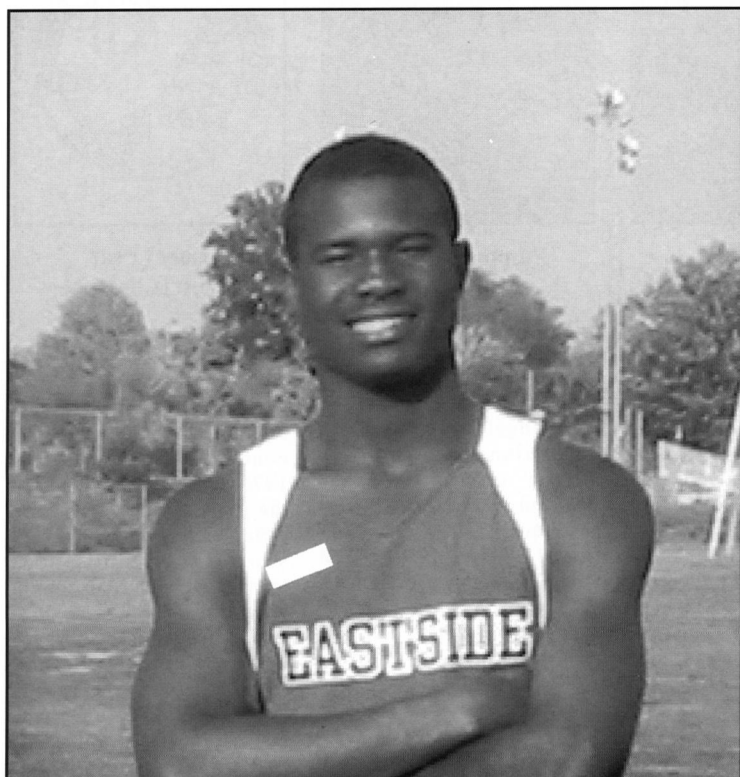
# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## 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
Pos	# Flight 1 Preliminaries					
1	Desmond Burt	10	Serra /sd	6'02.00"		
2	Gary White	11	Jefferson /la	6'02.00"		
3	Ray Vaughn	12	Taft /la	6'02.00"		
4	Jared Stearns	12	St. Mary's /nc	6'04.00"		
5	Zaman Virani	12	Irvington /nc	6'04.00"		
6	Ed Wright	10	St. Mary's /nc	6'04.00"		
7	Pat McDonough	12	La Costa Chyn /sd	6'04.00"		
8	Danny Brooks	11	San Benito Hol/cc	6'04.00"		
9	Julian Carrington	12	Alameda /nc	6'04.00"		
10	B.J. Wimberly	11	Washington /sf	6'04.00"		
11	Kent Centers	12	Bellarmine /cc	6'04.00"		
12	Bryan Chandler	12	Weed /no	6'04.00"		
13	Marc Davila	11	Birmingham /la	6'04.00"		
14	Jake Maus	10	Napa /sj	6'06.00"		
15	Ashley Compton	12	Folsom /sj	6'06.00"		
16	TJ Fakehinde	12	Eastside Christian	6'06.00"		
17	Jihad Beauchman	12	Bellarmine /cc	6'06.00"		
18	Kory Austin	12	Granite Bay /sj	6'06.00"		
19	Dionte Holloway	12	Kennedy /ss	6'06.00"		
20	Justin Nelson	12	Murrieta Vally/ss	6'06.00"		
21	Lance Soderberg	12	Centennial-Cor/ss	6'06.00"		
22	D'Ornoir Flax	12	Etiwanda /ss	6'06.00"		
23	Aaron Formella	12	Garces /ce	6'06.00"		
24	Zack Ryan	11	Garces /ce	6'06.00"		
25	Eugene Hutchinson	12	Desert /ss	6'06.00"		
26	Jim Wratten	12	Pasadena /ss	6'06.00"		
27	Keno White	12	Rancho Bernrdo/sd	6'08.00"		
28	Andre Blackmon	11	Stockdale /ce	6'08.00"		
29	Branden Coleman	12	Vallejo /sj	6'08.00"		
30	Gentry Goode	12	Caruthers /ce	6'10.00"		
31	Herron Cole	11	Sanger /ce	7'00.00"		



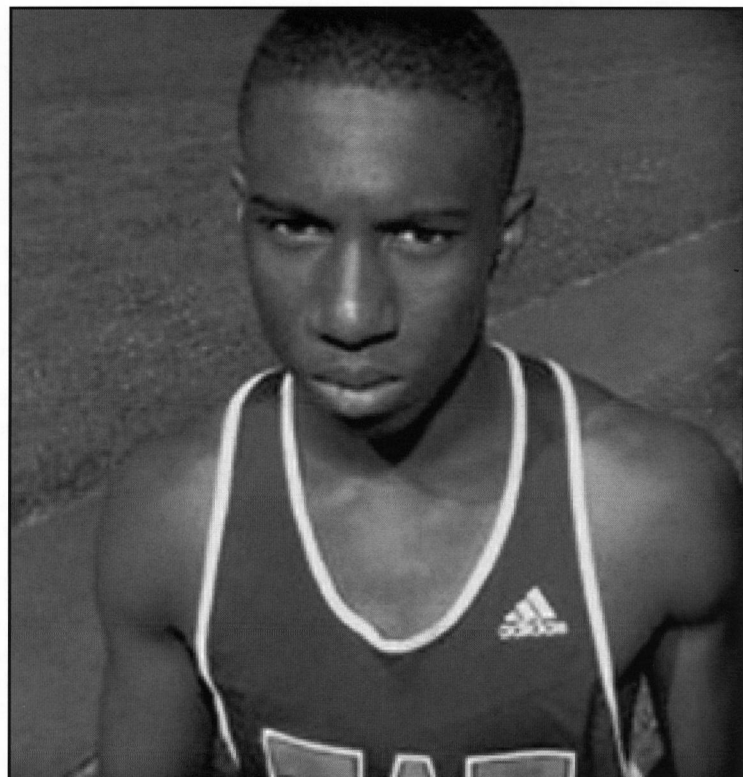
TJ Fakehinde, Eastside Christian High School.

## BOYS TRIPLE JUMP

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

Records - National: 52-10 1/2 Charles Mayfield, Pasadena, CA (Muir) 1980  
State: 52-4 3/4 Ken Frazier (Mission) San Francisco 1981

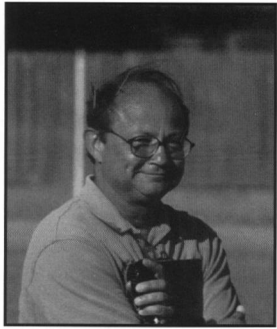
Pos.	Name	Gr.	School Sect.	Sect. Mark	Place	Mark
Pos	# Flight 1 Preliminaries					
1	Daniel Rollins	10	Burton /sf	42'05.00"		
2	Sam Davis	12	Dorsey /la	43'09.00"		
3	Martail Burnette	11	Jordan /la	44'03.50"		
4	Inman Breaux	12	Bishop O' Dowd /nc	44'10.25"		
5	Mike Carbin	12	Washington /nc	44'10.50"		
6	Maurice White	12	Rancho Cotate /ce	44'10.75"		
7	Lawrence Wright	12	Wheatland /no	45'00.50"		
8	Marcus Pierce	11	Will C. Wood /sj	45'02.00"		
9	Rodrick Williams	11	Sweetwater /sd	45'02.75"		
10	Cedric Cotton	12	Fairfield /sj	45'04.25"		
11	Joel Tuosto	10	Greenfield High Sc	45'08.00"		
12	Mike Davies	12	Nevada Union /sj	45'08.25"		
13	Steven Bianchi	11	San Benito Hol/cc	45'08.50"		
14	Kellen Kennedy	12	Tulare Union /ce	45'09.50"		
15	Jason Weatherall	12	Banning /la	46'00.50"		
16	Ryan Hollins	12	Muir /ss	46'02.50"		
17	Anthony Wheat	11	Dominguez /ss	46'05.50"		
18	Frank Green	10	Helix /sd	46'06.75"		
19	Jihad Beauchman	12	Bellarmine /cc	46'08.50"		
20	Kevin Robinson	11	Hoover /ce	46'11.25"		
21	Derek Hagan	12	Palmdale /ss	47'03.50"		
22	Donald Hawthorne	12	Aliso Niguel /ss	47'07.75"		
23	Nathan Atkins	12	Cerritos /ss	49'01.75"		
24	Solomon Welch	12	St. Mary's /nc	49'03.25"		
25	Keno White	12	Rancho Bernrdo/sd	49'08.75"		
26	Demetrius Ragland	11	Tulare Western/ce	49'09.00"		



Demetrius Ragland of Tulare Western.

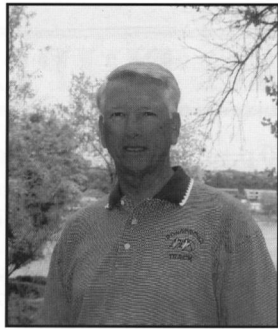
# 2002 CIF State Track and Field Honor Coaches

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



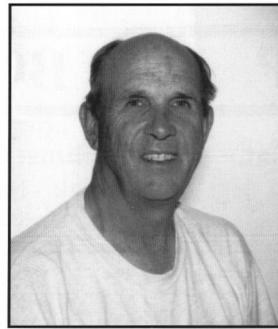
**Douglas Courtemarche**  
Santa Rosa H.S.

Courtemarche tries to create a spirited atmosphere to help relieve the every day stresses that his students face. From 1993-97, his coaching expertise has led Santa Rosa's girls to a 31-0 record in the North Bay League. The boys' track team was NBL champs in 1995, 1996 and 1997 as well. He has served as the Redwood Empire League Meet Director in both 1995 and 1996 as well as the Santa Rosa All City Meet Director for the past three years.



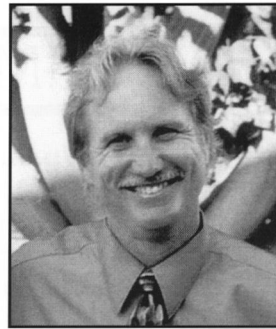
**Ron Ruptier**  
Ponderosa H.S.

Ruptier began his coaching career at Ganesha High School in 1970. He moved on to San Dimas High when it opened and then left coaching duties to hold positions in athletic administration at Irvington HS, El Dorado HS and finally at Ponderosa. Since the 1991 season, Ponderosa boys' teams have won five league championships and the girls team have won nine consecutive league crowns. Ruptier has been Coach of the Year in cross country.



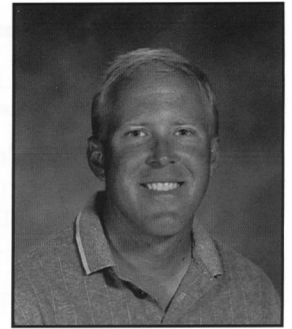
**Fred Koezler**  
Verdugo Hills H.S.

Koezler retired last June after 30 years in teaching and coaching. During that time, he coached both boys and girls track and field, with numerous state qualifiers. "One of my most memorable accomplishments is to have one athlete (Shane Hackett in 2000) win the state pole vault championship. It's the only state championship that the school has won in any sport since it opened in 1937," stated Koezler.



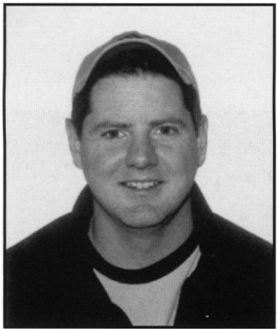
**Chad Pearce**  
Lincoln H.S.

Pearce developed his love for track and field from his father Eldon, who was a California state meet athlete in the hurdles. He has been the head boys' and girls' track coach for 13 years at Lincoln High in Stockton. In 2001, he was awarded the California Coaches Association Girls' Track and Field Coach of the Year award. His girls' teams have won four consecutive sub-section championships, while his boys' teams have won league titles the past four years.



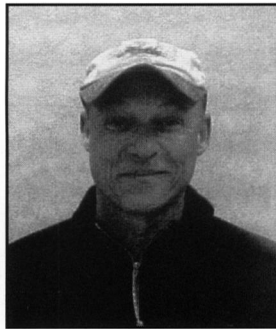
**Brian Weaver**  
Buchanan H.S.

Weaver began his coaching career at Buchanan High in 1991 as an assistant coach. In 1994, he became the school's head track and field coach and, since then, the boys' team has won the conference championship three times and the girls' have four conference and two section titles. He has had 50 state qualifiers and five state placers. Weaver has also served as the tournament director for the CIF State Cross Country Championships in Fresno.



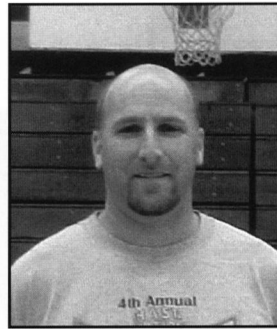
**Guy Fowler**  
Tulare Union H.S.

Fowler has been the head coach at Tulare Union for the past seven years. During his time there, his teams have a combined 117-23-1 dual meet record. Fowler is the Amateur Athletic Union (AAU) National Chairman for Multi-Events, AAU Western Conference Commissioner for track and field and AAU National Junior Olympics Assistant Meet Facilitator. He also serves on the USATF Central California Association Finance Committee and is a certified USATF official.



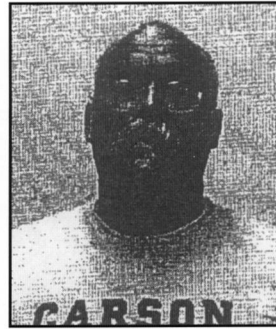
**Bob Noe**  
Chico H.S.

Noe has been coaching track and field since 1972, beginning at Chico Junior High School. In 1982, he became an assistant track coach at Chico High School, specializing in the long, triple and high jumps. Along with coaching track and field, he has been an art teacher, physical education teacher and cross country coach. He has coached 17 state track and field qualifiers and two high jump state champions - Tonya Alston in 1979 and Teak Wilburn in 2001.



**Jim Deaver**  
Enterprise H.S.

Deaver began his track experience running for Palma High School in Salinas. Upon graduation, he began coaching for Palma High and has enjoyed it ever since. In 1989, Deaver became an assistant coach at Gilroy High before taking over the reigns of the program in 1991. He was head coach at Gilroy for four years before his current post at Enterprise High in Redding, where he has also served as an assistant basketball coach. Deaver sites his family as his biggest joy in life.



**Edmond Johnson**  
Carson H.S.

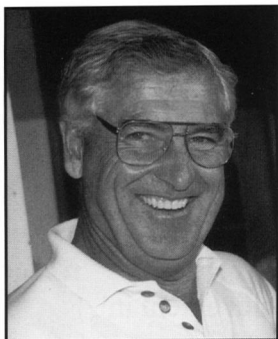
Johnson is a veteran of 25 seasons in coaching. His teams have won two CIF Los Angeles City Section Championships and five league crowns. He has coached an amazing 99 state meet qualifiers in his career including eight in 1977 and seven in 2000. From 1979-83, Johnson was an assistant track and field coach at USC and in 1982 the Trojans were the NCAA National Champions. Himself quite an athlete, Johnson was a fifth placer in the LA City High Hurdles in 1969.



**Larry Pear**  
West Hills H.S.

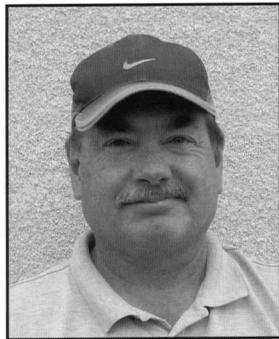
Pear began his teaching and coaching career in 1972 at Granite Hills High and was the girls' and boys' throws coach at Valhalla from 1976-78. Pear has coached the girls' varsity track and field team for the past 13 years at West Hills and his teams have won five straight league titles and 30 consecutive dual meet championships. Under his guidance, the JV girls' are 40-1, with five league titles, over the last six years. Pear is currently the athletic director and ASB advisor at West Hills.

## 2002 CIF State Track and Field Honor Coaches



**Chuck Kappen**  
Santa Clara H.S.

Kappen began his career in education in 1966 at North Salinas High School. From 1967-68, he was at Buchser High School in Santa Clara, which became Santa Clara High in 1981. During his 35 years of coaching, Kappen has guided more than 45 athletes to the state meet in track and field. His boys teams have won eight league crowns and finished fourth in the CIF Central Coast Section Championships in 1976. Kappen is the head of the Physical Education Department and president of the Faculty Club at Santa Clara High. He is also a regional commissioner for AYSO Soccer and has helped raise money for crippled children.



**John Hutzel**  
University City H.S.

Hutzel has been coaching for 20 years, including 11 in charge of the girls' track and field program at University City High. During that time, his girls' teams have won four league titles and have a 65-9 dual meet record. Meanwhile, his boys' teams won nine league championships and three CIF San Diego Section Championships (1995, 1998, 2002). He has coached more than 50 state meet qualifiers including Felix Sanchez who won the world championships in the 400 hurdles in 2001. Among his honors, Hutzel was the 2001 High School Coach of the Year in the San Diego Imperial Youth Athletic Conference.

## Jones Earns Second Chance

By Kirby Lee

Garry Jones hopes to make the most of a second chance in the 100 meters in the CIF state track and field championships.

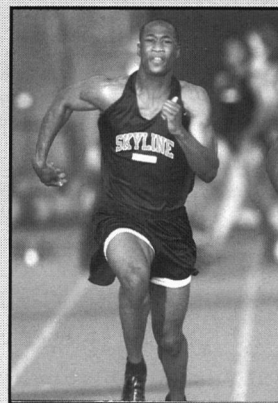
The Oakland Skyline High senior was disqualified because of a false start in last year's preliminaries. He returns this weekend as the state's top sprinter with visions of redemption from the lone false start of his career.

"I was nervous and too ready to go," Jones said. "It was like all my training went to waste. I did all I could do to get there and it was over. I was devastated."

Jones watched the 100 final from the bleachers the next day. When the race was over, he began setting his sights on making amends in his senior year.

"I let it go," Jones said.

This season, Jones has picked up big-meet experience and earned national recognition with triumphs in the Stanford, Arcadia and Oakland Relays invitationals. He was offered and accepted a scholarship on the spot



from USC after running a state-leading 10.45 seconds in the Stanford Invitational on March 30.

"I called a lot of college coaches in November and December to see if they would be interested and didn't get many callbacks," Skyline coach Jamal Cooks said. "After March 30, the phone was ringing off the hook."

Despite winning the Oakland Section title, there was little fanfare surrounding Jones as a junior in his first season of high school track after his state meet mishap negated an opportunity for college recruiters to get a glimpse of his talent.

The 5-foot-9 160-pound

Jones ran age-group track but stopped competing after the sixth grade. He regained his competitive urge as an 11<sup>th</sup>-grader after his father created a highlight video of his son's youth career.

"I don't really know why I stopped, I was just a little lazy," Jones said. "Last year, I just wanted to run again. This year, everything is coming back to me."

Jones ran 10.87 during the high school season and lowered his best to 10.72 during the summer. Cooks has tried to give Jones big-meet experience to avoid a breakdown of last year's state meet. He opened the season against collegiate competition indoors at the Wolfpack Invitational at Nevada Reno.

"He has tremendous top speed and God-given talent," Cooks said. "He has worked a lot on the middle part of his race and a lot on the mental part. He has taken his knocks but he has come back this year more focused to do well."

## Star-Studded Opening Ceremonies Features Spectacular Athletes of the Past

Track and field fans are in for a treat. As if witnessing the top current high school athletes isn't enough to get excited over, the following superior track and field athletes from years past have accepted invitations to attend and be a part of the opening ceremonies (and award ceremonies). All these athletes were the best in their events in California, but were deprived of a chance to compete for state titles, through no fault of their own, then became nationally and internation-

ally prominent in the post-high school years.

### Mal Whitfield

Hailing from Los Angeles Jefferson High School, Whitfield (1943) was the fastest half-miler in California and a section champion (but there was no state meet during the war years). He later became a double Olympic Champion at the 800 meters (five Olympic medals altogether), set National or Word Records 13 times at distances ranging from 400 to 1000 meters and was one of the

most influential track athletes ever.

### Roland Sink

A graduate of South Pasadena High School in 1944, Sink was the fastest high school miler in the nation and a two-time section champion during the war years when the state meet was not contested. He was an NCAA medalist and a 1948 Olympian at 1500 meters.

### Ruth Kleinsasser Wysocki

A graduate of Azusa High

School, Ruth was a winner of two events in the first CIF Southern Section championship for girls (but there was no state meet for girls that year - 1973). Then she became one of the nation's and world's best middle distance runners in a long 28 year career, which included Olympic and World Championship finals.

### Evelyn Ashford

Ashford, a graduate of Roseville High, competed with the boys because there was no girls' team at her

school. But that did not deter her from becoming one of the greatest female sprinters ever, in a career that included four Olympic teams and four Gold Medals. She was chosen the top woman 100 meter competitor of the Twentieth Century.

In addition to honoring these great athletes, the 11 CIF Model Coaches will be presented during the opening ceremonies. The opening ceremonies will take place just prior to the running events during Saturday's finals.

# A Look Back: Some Interesting Tidbits from 1962 and 1974

## By Nelson Tennis, Founder Cal-Hi Sports

As more and more athletes qualified for the CIF State Track and Field Championships through the years, it became inevitable that a two-day meet would be required. But opposition due to the extra time and expense was high. Most of that opposition, though, evaporated because of what happened in 1962.

The 1962 state meet was held at Modesto Junior College, home of the famed California relays, where many world records have been set. Semi-final heats for running events up to 220 yards, plus the 880 relay were held in the early afternoon. The 440, 880 and mile events, though, were held that evening in two final heats each with combined times determining the placements. The system worked in the past, but the 1962 mile event changed that and resulted in 1962 being the last one-day state meet.

The first heat of the mile final featured the top two runners, seniors Bruce Bess of La Habra and Gary Baker from La Sierra of Camichael, a school that closed in 1983. As expected, Bess won in a time of 4:13.4 followed by Baker at 4:15.6. The top runner in the second heat was Joe Neff, who finished second to Baker in the Sac-Joaquin Section championship meet. Neff was from Norte Del Rio of Sacramento, a school that also closed in 1982, and is the current men's cross country and track head coach at Sacramento State.

Very little attention was being paid to that heat of the final as Neff led for the first three laps, followed by an obscure junior from the Southern Section. In fact, Bess had his back to the track, leaning on a rail while talking to friends in the stands. But as the final lap began, the obscure runner took off, charging faster and faster.

As the crowd began to roar, Bess turned around to watch. The runner didn't slow down until he incredibly set a new national interscholastic mile record of 4:08.7, more than two seconds under the previous mark.

That no longer obscure runner was Dennis Carr from Lowell of Whittier, yet another school that has closed, this one in 1980.

It's arguably the most stunning achievement in California high school track and field history as Carr's previous best was just 4:18.8. Some spectators, including this writer, realized instantly that there would be no more one-day state meets.

There was one more bit of irony in that mile event. Neff, who didn't have as strong a finish as Baker, nevertheless was also timed in 4:15.6 and officially tied for third.

The first girls' state meet wasn't until 1974 and was a relatively quiet affair. It was held along with the boys' meet in Bakersfield, but was unique in that only one competitor per event was allowed from each section and thus all events were held on the second day only (subsequent girls state meets were two-day affairs with regular section meet qualifying).

Favorite Berkeley won the team title under coach Willie White (it was the first of the five state team titles for Berkeley and White).

Due to the limited number of competitors and events, Berkeley won with just 13 points followed by La Jolla with 10 and L.A. Washington at 9.

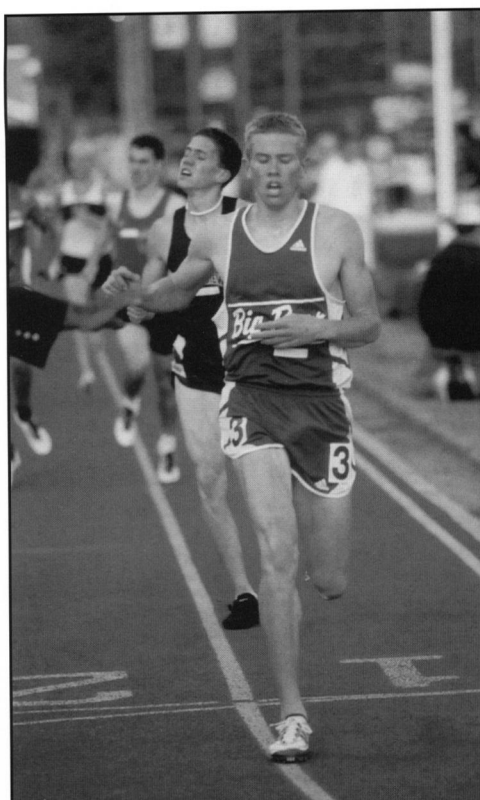
There were just 11 events including two relays (440 and 880 medley, both won by Berkeley). The only hurdle event was for 80 yards, won by Yvette Boone of Oakland Fremont. Also, there was no discus.

The early girls' state meets were comparatively obscure because the top performers didn't then compete in CIF girls' track.

For example, future Olympic sprint champion Evelyn Ashford of Roseville High School competed against the boys and in club competition in 1974 and 1975.

The best example, though, is Mary Decker the sensational distance runner from Orange County who was already a 800-meter international star at age 14 in 1973.

# Records



**CALIFORNIA  
INTERSCHOLASTIC  
FEDERATION**

# CIF STATE TRACK AND FIELD CHAMPIONSHIP RECORDS

<u>Boys</u>	<u>Girls</u>
<b>100 METERS</b>	<b>100 METERS</b>
10.30 Riley Washington, (Southwest) San Diego 1992	11.14 Marion Jones, Thousand Oaks 1992
<b>200 METERS</b>	<b>200 METERS</b>
20.76 Kareem Kelly, Long Beach Poly 1998	22.83 Marion Jones, Thousand Oaks 1992
<b>400 METERS</b>	<b>400 METERS</b>
45.25 Calvin Harrison, North Salinas 1993	50.74 Monique Henderson, Morse San Diego 2000
<b>800 METERS</b>	<b>800 METERS</b>
1:46.45 Michael Granville, Bell Gardens 1996	2:04.91 Trena Hull, Compton 1984
<b>1600 METERS</b>	<b>1600 METERS</b>
4:02.62 Ryan Hall, Big Bear 2001	4:39.92 Polly Plumer, (University) Irvine 1982
<b>3200 METERS</b>	<b>3200 METERS</b>
8:44.95 Eric Mastalir, Jesuit Carmichael 1986	9:52.80 Kim Mortensen, Thousand Oaks 1996
<b>110 METER HIGH HURDLES</b>	<b>100 METER LOW HURDLES</b>
13.41 Steve Kerho, Mission Viejo 1982	13.34 Janeene Vickers, Pomona 1987**
<b>300 METER INTERMEDIATE HURDLES</b>	<b>100 METER HIGH HURDLES</b>
35.50 George Porter, (Cabrillo) Lompoc 1985	13:20 Nicole Denby's, North Riverside 2000
<b>400 METER RELAY</b>	<b>300 METER LOW HURDLES</b>
40.35 John Muir, Pasadena 1997	40.26 Janeene Vickers, Pomona 1987
<b>1600 METER RELAY</b>	<b>400 METER RELAY</b>
3:08.66 John Muir, Pasadena 1996	44.70 St. Bernard Playa del Rey 1997
<b>HIGH JUMP</b>	<b>1600 METER RELAY</b>
7'3 1/4" Lee Balkin, Glendale 1979	3:35.72 Long Beach Wilson 2001
<b>LONG JUMP</b>	<b>HIGH JUMP</b>
26'4 3/4" James Stallworth, Tulare 1989	6'2" Latrese Johnson, Clovis 1985
<b>POLE VAULT</b>	<b>LONG JUMP</b>
17'1/2" Anthony Curran, (Crespi) Encino 1978	22'0 1/2" Marion Jones, Thousand Oaks 1993
<b>TRIPLE JUMP</b>	<b>POLE VAULT</b>
52'4 3/4" Ken Frazier (Mission) San Francisco 1981	13-8 Shayla Ballentine, Morro Bay 2001
<b>SHOT PUT</b>	<b>TRIPLE JUMP</b>
74'4 3/4" Brent Noon, Fallbrook 1990	43'11 1/2" Juliana Yendork, Walnut 1991
<b>DISCUS THROW</b>	<b>SHOT PUT</b>
203'5" Travis Pendleton, Esperanza Anaheim 2000	52'11 1/2" Kristin Heaston, Ygnacio Valley 1993
	<b>DISCUS THROW</b>
	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

<u>Boys</u>	<u>Girls</u>
<b>100 METERS</b>	<b>100 METERS</b>
9.9 Henry Neal, Greenville, TX 1990	11.14 Marion Jones, Thousand Oaks, CA 1992
<b>200 METERS</b>	<b>200 METERS</b>
20.0 Roy Martin, Dallas, TX, Roosevelt 1985	22.67 Marion Jones, Thouand Oaks, CA 1992
<b>400 METERS</b>	<b>400 METERS</b>
45.25 Calvin Harrison, North Salinas, CA 1993	50.74 Monique Henderson, Morse, San Diego, CA 2000
<b>800 METERS</b>	<b>800 METERS</b>
1:46.45 Michael Granville, Bell Gardens, CA 1996	2:04.5 Joletta Clark, Maplewood, NJ, Columbia 1980
<b>1600 METERS</b>	<b>1600 METERS</b>
3:58.30 Paul Vandergrift, Conshohocken Archbishop Kennedy, PA '87	4:39.4 Laura Matson, Andover, Bloomfield Hills, MI 1985
<b>3200 METERS</b>	<b>3200 METERS</b>
8:44.95 Eric Mastalir, Jesuit Carmichael, CA 1986	9:48.59 Kim Mortensen, Thousand Oaks, CA 1996
<b>110 METER HIGH HURDLES</b>	<b>100 METER HIGH HURDLES</b>
13.1 Dennis Brantley, Houston Worthing, TX 1980	13.20 Nicole Denby, North Riverside, CA 2000
<b>300 METER INTERMEDIATE HURDLES</b>	<b>300 METER LOW HURDLES</b>
35.32 George Porter, Lompoc, CA, Cabrillo 1985	39.98 Lashinda Demus, Woodrow Wilson, CA 2000
<b>400 METER RELAY</b>	<b>400 METER RELAY</b>
39.76 Fort Worth O.D., Wyatt, TX 1998	44.70 St. Bernard Playa del Rey, CA 1997
<b>1600 METER RELAY</b>	<b>1600 METER RELAY</b>
3:07.40 Hawthorne, CA 1985	3:35.72 Long Beach Wilson, CA 2001
<b>HIGH JUMP</b>	<b>HIGH JUMP</b>
7'5 1/4" Dothel Edwards, Athens, GA, Cedar Shoals 1984	6'3 Amy Acuff, Corpus Christi, Calallen TX 1992
<b>LONG JUMP</b>	<b>LONG JUMP</b>
26'4 3/4 James Stallworth, Tulare 1989	22' 1 3/4" Kathy McMillian, Raeford, NC, Hoke County 1976
<b>POLE VAULT</b>	<b>POLE VAULT</b>
18-2 1/4 Eric Eshbach, Orangeville, TX 1999	13-8 Shayla Ballentine, Morro Bay 2001
<b>TRIPLE JUMP</b>	<b>TRIPLE JUMP</b>
52'10 1/2" Charles Mayfield, Pasadena, CA, John Muir 1980	44-0 1/2 Juliana Yendork, Walnut, CA 1991
<b>SHOT PUT</b>	<b>SHOT PUT</b>
77' 0" Michael Carter, Dallas, TX, Jefferson 1979	53'7 3/4" Natalie Kaaiawahia, Fullerton, CA 1983
<b>DISCUS THROW</b>	<b>DISCUS THROW</b>
224' 3" Kamy Keshmiri, Reno, NV 1987	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	Nill 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		

# PAST CIF STATE TRACK & FIELD TEAM CHAMPIONS

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
Serra Gardena	38	Richard Gatlin	Cerritos College, Norwalk	6-2-6-3/2000
Arroyo Grande	28	James Brown	Hughes Stadium, Sacramento	6-1-6-2/2001

\* No meets held during the World War II period (1941-45) \*\*\* Meet rescheduled due to rain

\*\* 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

## GIRLS

School	Points	Coach	Location	Dates
Berkeley	13	Willie White	Memorial Stadium, Bakersfield	5/31-6/1/1974
Washington, Los Angeles	22	Arnice Reddick	San Diego	6/6-7/1975
Berkeley	20	Willie White	U.C. Berkeley	6/4-5/1976
Locke, Los Angeles	14	Cherie Muller-Williams	UCLA	6/3-4/1977
Hill, San Jose	16	John Johnigan	Memorial Stadium, Bakersfield	6/2-3/1978
Westchester	24	Pat Nordell	Hughes Stadium, Sacramento	6/1-2/1979
Kennedy, Granada Hills	48	Dixie Griffen	Edwards Stadium, Berkeley	6/6-7/1980
Berkeley	64	Willie White	Cerritos College, Norwalk	6/5-6/1981
Berkeley	48	Willie White	Hughes Stadium, Sacramento	6/4-5/1982
Berkeley	29	Willie White	Memorial Stadium, Bakersfield	6/4/1983
Woodside	38	Susie Wilson	Los Angeles Coliseum	6/2/1984
Muir, Pasadena	55	Jim Brownfield	Sacramento	5/31/1985
Hawthorne	40	Kye Courtney	Cerritos College, Norwalk	6/6/1986
Pomona	30	Isaiah Sanders	Sacramento	6/5/1987
Bakersfield (tie)	28	Scott Semar	Cerritos College, Norwalk	6/3/1988
Rio Mesa (tie)	28	Brian Fitzgerald/Rick Torres		
Muir, Pasadena	36	Jim Brownfield	Cerritos College, Norwalk	6/2-3/1989
Bakersfield	61	Scott Semar	Cerritos College, Norwalk	6/1-2/1990
Morningside	28	Ron Tatum	Cerritos College, Norwalk	5-31-6-1/1991
Long Beach Poly	39	Don Norford	Cerritos College, Norwalk	6/5-6/1992
Long Beach Poly	56	Don Norford	Cerritos College, Norwalk	6-19/1993***
Skyline Oakland	36	Darrell Hampton	Cerritos College, Norwalk	6/3-4/1994
Long Beach Poly	52	Don Norford	Cerritos College, Norwalk	6/2-3/1995
Long Beach Wilson	43	Terry Kennedy	Cerritos College, Norwalk	5-31/6-1/1996
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
JW North, Riverside	45	Charles Leathers	Cerritos College, Norwalk	6-2-6-3/2000
Long Beach Poly	59	Don Norford	Hughes Stadium, Sacramento	6-1-6-2/2001

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

- 6 - Long Beach Poly (1991-92, 94, 1997-98, 2001)
- 5 - Berkeley (1974, 76, 1981-83)
- 2 - Muir, Pasadena (1985, 1989); Bakersfield (1988, 1990); Long Beach Wilson (1996, 1998); JW North (1999-2000)

### Most Consecutive State Championships

- 3 - Berkeley (1981-83)
- 2 - Long Beach Poly (twice; 1991-92, 1997-98)
- 2 - JW North (1999-2000)

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
2000 - Warren Rogers (Serra, Gardena)	10.42
2001 - Phillip Francis (Fairfax LA)	10.53

## 200-Meter Dash

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

1991 - Ricky Carrigan (Compton)	20.84w
1992 - Gentry Bradley (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
2000 - Bennie Robinson (Long Beach Poly)	20.96
2001 - Seth Amoo (Highland SS)	21.05

\*\* 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 - Ulis Williams (Compton)	47.2
1961 - Ulis Williams (Compton)	47.8
1962 - Manual Diaz (Keppel, Alhambra)	47.8
1963 - Tommie Smith (Lemoore)	47.3
1964 - Fred Banks (Jefferson, L.A.)	47.5
1965 - Randy Julian (Bolsa Grande, Garden Grove)	47.4
1966 - Mike Newton (Whittier)	47.2
1967 - Mike Newton (Whittier)	47.2
1968 - Edesel Garrison (Centennial, Compton)	46.7
1969 - Larance Jons (Lemoore)	46.8
1970 - Rick Brown (Los Altos)	47.8
1971 - Tony Kryosiak (Garden Grove)	46.7
1972 - Robert Harrell (Santa Ana)	47.4
1973 - Ron Whitaker (Wilson, S.F.)	47.0
1974 - Rod Connors (Cordova)	47.7
1975 - John Ware (Sacramento)	47.2
1976 - Darold Harris (Pittsburg)	47.6
1977 - James Sanford (Pasadena)	46.60
1978 - Bill Green (Cubberley, Palo Alto)	46.77
1979 - Tony Banks (Morse, San Diego)	47.28
1980 - Mike Turner (Centennial, Compton)	47.51
1981 - David Timmons (Oakland)	47.09
1982 - Fabian Cooper (Washington)	46.38
1983 - Larry Walker (Edison, Fresno)	47.03
1984 - Chip Rish (Marina)	46.82
1985 - Chip Rish (Marina)	45.7
1986 - Steve Lewis (American, Fremont)	46.59
1987 - Steve Lewis (American, Fremont)	46.7
1988 - Travis Hannah (Hawthorne)	47.02
1989 - Beno Bryant (Dorsey)	47.52
1990 - Mike Sulcer (Muir)	47.54
1991 - Richard Dupree (Roosevelt)	47.21
1992 - Derek Shephard (Lincoln)	46.95
1993 - Calvin Harrison (North Salinas)	45.25
1994 - James Davis (Wood Vacaville)	46.96
1995 - Obea Moore (Muir Pasadena)	46.08
1996 - Obea Moore (Muir Pasadena)	45.81
1997 - Eddie Levine (Golden Valley)	46.77
1998 - Mike Ryan (Beverly Hills)	47.62
1999 - Blaine Bussey (Taft, LA)	46.94
2000 - Brandon Matlock (Stockdale)	47.63
2001 - Jason Lovell (Cleveland LA)	47.51

## 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 Schermerhorn (Woodbridge)	1:49.61
1985 - Sean Langer (Bakersfield)	1:51.75
1986 - Vincent Thompson (Locke, L. A.)	1:50.25
1987 - Don Gabor (Amador Valley)	1:52.3
1988 - Mark Senior (Mt. Miguel)	1:51.37
1989 - Gordon Johnson (Piedmont)	1:51.88
1990 - Craig Magress (Santa Teresa)	1:51.66
1991 - Mike Terry (El Modena)	1:53.99
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
2000 - Mike Serratos (Don Lugo)	1:51.75
2001 - Tykie Harris (San Geronio)	1:53.80

## 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 Tubbs (Cleveland, Reseda)	4:12.9
1971 - Brent Tubbs (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 Mastillir (Jesuit, Carmichael)	4:07.81
1987 - Scott Robinson (Bellarmine)	4:07.95
1988 - Reggie Williams (River City)	4:08.78
1989 - Francis O'Neil (San Pasqual)	4:08.67
1990 - Coley Candaele (Carpinteria)	4:06.26
1991 - Daniel DasNeves (Helix)	4:12.22
1992 - Daniel DasNeves (Helix)	4:09.54
1993 - Brian Wilkinson (Merced)	4:08.13
1994 - Mebrahton Keflezighi (San Diego)	4:07.67
1995 - Michael Stember (Jesuit, Carmichael)	4:04.00
1996 - Michael Stember (Jesuit, Carmichael)	4:06.72
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
2000 - Evan Fox (West Hills)	4:09.44
2001 - Ryan Hall (Big Bear)	4:02.62

## 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

# CIF STATE TRACK AND FIELD

## INDIVIDUAL EVENT CHAMPIONS (Boys)

1972 - Curtis Beck (Santa Monica)	8:52.3
1973 - Terry Williams (Lompoc)	8:54.8
1974 - Rick Kimball (De La Salle, Concord)	8:46.5
1975 - Eric Hulst (Laguna Beach)	8:44.9
1976 - Eric Hulst (Laguna Beach)	8:57.3
1977 - Frank Assumma (Eisenhower, Rialto)	8:52.9
1978 - Jeff Nelson (Burbank)	8:59.28
1979 - Jeff Nelson (Burbank)	8:47.35
1980 - Andy Diconti (La Canada)	8:55.79
1981 - Jon Butler (Edison, Huntington Beach)	8:46.78
1982 - Harold Kuphaldt (Bella Vista)	8:51.99
1983 - Eric Reynolds (Camarillo)	8:54.75
1984 - Roman Gomez (Belmont)	8:58.91
1985 - Roman Gomez (Belmont)	9:03.05
1986 - Eric Mastilir (Jesuit, Carmichael)	8:44.95
1987 - Paul Thomas (Jesuit, Carmichael)	9:02.82
1988 - Reggie Williams (River City)	8:59.61
1989 - David Welsh (Jesuit)	8:58.08
1990 - Bryan Dameworth (Agoura)	8:53.26
1991 - Dave Hartman (Canyon Country)	8:58.38
1992 - Angel Martinez (San Gabriel)	8:56.34
1993 - Matt Farley (Jesuit Carmichael)	9:04.39
1994 - Mebrahton 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
2000 - Ryan Hall (Big Bear)	8:55.12
2001 - Yong-Sung Leal (Arroyo)	9:00.49

### 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
2000 - Christopher Morgan (Taft)	13.95
2001 - Christopher Morgan (Taft)	13.59

### 300-Meter Intermediate Hurdles

1957 - Jesse Bradford (Shafter)	19.0
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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 - Miilt Turner (Castlemont, Oakland)	18.6
1971 - Charles Jackson (Lompoc)	18.5
1972 - Daniel Jones (Palo Verde, Blythe)	18.7
1973 - Randall Jeffrey (Los Angeles)	18.7
1974 - Fred Shaw (Muir, Pasadena)	18.9**
1975 - Dedy Cooper (Ells, Richmond)	36.5
1976 - Charles White (San Francisco)	36.7
1977 - Andre Phillips (Silver Creek, San Jose)	36.43
1978 - Gary Lee (Polytechnic, Long Beach)	36.58
1979 - Gary Lee (Polytechnic, Long Beach)	36.22
1980 - Don Ward (St. Mary's, Berkeley)	36.57
1981 - Walter Murray (Berkeley)	36.26
1982 - Steve Kerho (Mission Viejo)	35.85
1983 - Danny Harris (Perris)	35.52
1984 - George Porter (Cabrillo)	36.10
1985 - George Porter (Cabrillo)	35.50
1986 - Rodney Bradshaw (Saugus)	37.30
1987 - Yki Vallery (Hawthorne)	37.14
1988 - John Montgomery (Independence)	36.43
1989 - John Prudenti (Siena)	37.28
1990 - Rocky Morris (Andrew Hill)	37.46
1991 - Keith Williams (Escondido)	37.28
1992 - Demond Smith (Hawthorne)	37.34
1993 - Kenny Haslip (Muir Pasadena)	37.80
1994 - Kenny Haslip (Muir Pasadena)	37.14
1995 - Mickey Grimes (Canyon Springs)	36.83
1996 - Makio Haywood (Muir Pasadena)	36.18
1997 - Kenyon Rambo (Long Beach Poly)	36.57
1998 - Al Williams (Irvine)	37.17
1999 - Rico Hatter (Vallejo)	36.53
2000 - Trevor Jones (Newport Harbor)	36.60
2001 - Jeffrey Hunter (Granite Hills)	36.25

### 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
2000 - Serra Gardena	40.97
2001 - Helix	41.17

### 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
2000 - Serra Gardena	3:12.94
2001 - Long Beach Poly	3:15.11

### High Jump

1957 - Robert Avant (Hart, Newhall)	6-8
1958 - Ray Nickleberry (Oxnard)	6-8
Paul Stuber (Bellflower)	6-8
1959 - Paul Stuber (Bellflower)	6-7 1/4
1960 - Archie Green (Oakland)	6-6 1/4
Roger Olsen (Willow Glen, San Jose)	6-6 1/4
1961 - Richard Jones (Bakersfield)	6-8 1/4
1962 - Richard Jones (Bakersfield)	6-7 1/2
Otis Burrell (Jefferson, L.A.)	6-7 1/2
Bob Channell (McLane, Fresno)	6-7 1/2
1963 - Ed Caruthers (Valley, Santa Ana)	6-8
1964 - Gregg Heet (Lowell, Whittier)	6-7 3/4
1965 - Ken Brown (Castlemont, Oakland)	6-8 1/2
1966 - Tom Clyburn (Balboa, S.F.)	6-10
1967 - Reynaldo Brown (Compton)	6-9 1/4
1968 - Reynaldo Brown (Compton)	7-0
1969 - Reynaldo Brown (Compton)	7-0
1970 - Jerry Culp (Oceanside)	7-0 1/4
1971 - Dwight Stones (Glendale)	7-1 1/2
1972 - Carl Miles (Polytechnic, Long Beach)	6-10
1973 - Randy Turner (Wilson, S.F.)	6-6
1974 - Charles Hatch (Wilson, S.F.)	7-0
1975 - Johnny Washington (Fremont, L.A.)	7-0
1976 - John Lane (American, Fremont)	6-11
1977 - Dennis Smith (Santa Monica)	7-2
1978 - Brad Harris (Los Alamitos)	6-11
1979 - Lee Balkin (Glendale)	7-3 1/4
1980 - Greg Denby (Crenshaw, L.A.)	6-10
1981 - Anthony Caire (Pius X, Downey)	7-1
1982 - Maurice Crumby (Balboa, S.F.)	7-2
1983 - Kenny Burke (Westlake)	7-0
1984 - Kenny Burke (Westlake)	7-0
1985 - Mark Webster (Homestead, Cupertino)	6-9
1986 - Derrick Moore (Millikan, Long Beach)	6-10
1987 - Luis F. Juico (Piedmont Hills)	7-1
1988 - Reggie Bettor (antelope Valley)	7-0
1989 - Mark Wilson (Charter Oak)	7-0
1990 - Kevin Carlson (Katella)	7-0
1991 - Avery Anderson (North, Riv.)	7-2
1992 - Griffin Childers (Woodland)	6-11
1993 - Jeff Nadeau (Monroe LA)	7-2
1994 - Jeremy Fischer (Camarillo)	7-0
1995 - Michael Wilkins (Red Bluff)	7-0
1996 - Elliott Parks (El Toro)	6-10
1997 - Jason Howard (Ridgeview)	7-1

# CIF STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS (Boys/Girls)

1998 - Darren Marble (Los Altos)	6-8
1999 - Gabe Zarate (Parlier)	6-11
2000 - Ebon Glenn (St. Mary's Berkeley)	7-0
2001 - Teak Wilburn (Chico)	6-10

## 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
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 - Eornell 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 Gildersleev (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)	24-10 1/2
1997 - Marvin Brown (Will C. Wood Vac.)	24-05 1/4
1998 - BB Malone (Redwood)	24-1
1999 - Robert Kennedy (El Camino)	25-2
2000 - Oliver Jackson (Royal Simi Valley)	24-4 1/4
2001 - Trevell Quinley (Merrill West)	24-5 3/4

## 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 (Ganessa, 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 (Ganessa, 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)	14-10 1/2
1971 - Tim Quinn (Monroe, Sepulveda)	15-2
1972 - Hubert Black	15-2
1973 - Tim Curran (Crespi, Encino)	16-2 3/4
1974 - Jim Knaub (Lakewood)	16-6
1975 - Keith Schimmel (Villa Park)	15-6
1976 - Tim Hintnaus (Aviation, Redondo Bch)	15-2
1977 - Anthony Curran (Crespi, Encino)	16-0
1978 - Anthony Curran (Crespi)	17-0 1/4
1979 - Clark Eliot (Bellflower)	15-6
1980 - Greg Stull (Troy, Fullerton)	15-10
1981 - Doug Wicks (South, Bakersfield)	15-2

1982 - Scott Christensen (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
2000 - Shane Hackett (Verdugo Hills)	16-4
2001 - Mike Landers (Golden Valley)	16-3

## Triple Jump

1939 - Jack Laughner (Wilson, Long Beach)	44-8 1/2
1973 - Willie James (Oceanside)	49-7 1/4
1974 - Willie Banks (Oceanside)	50-9
1975 - Mike Dobbins (Merced)	49-3
1976 - Greg Caldwell (Fremont, Los Angeles)	51-8 1/2 w
1977 - Dokie Williams (El Camino, Oceanside)	51-0 1/2
1978 - Dokie Williams (El Camino)	50-4 1/4
1979 - Henry Ellard (Hoover, Fresno)	48-2 1/2
1980 - Freeman Miller (Fremont, Los Angeles)	50-8
1981 - Ken Frazier (Mission, S.F.)	50-10 3/4
1982 - Archie Cornell (Fresno)	50-3 1/4
1983 - Torrey Barr (McLane, Fresno)	50-2 1/2
1984 - Joe Richardson (Pasadena)	51-8 1/4
1985 - Terrence Strong (Bakersfield)	51-9 1/2 w
1986 - Marcus Hooks (Lakewood)	51-4 1/4
1987 - Joel Smith (Cordova)	50-10
1988 - Tyrone Scott (Mesa Verde)	50-6
1989 - Lenny McGill (Orange Glen)	51-1 1/4
1990 - Poupheet Singbandith (Magnolia)	51-7 3/4
1991 - Offord Rollins (Wasco)	51-4 3/4
1992 - Tony Parrish (Marina)	49-1
1993 - Tony Parrish (Marina)	50-11 3/4
1994 - Von Ware (Rancho Buena Vista-SD)	50-6
1995 - Michael Turner (Morningside)	49-2
1996 - Tye Anderson (Long Beach Poly)	49-11 3/4
1997 - Anthony Colson (Center)	49-11 1/4
1998 - Benson Jones (Clayton Valley)	51-1 1/2
1999 - Kyle Carano (Hoover)	52-2 1/2 w:2.6
2000 - Jamil Smith (Palmdale)	49-4 1/4
2001 - Jamil Smith (Palmdale)	49-8

## Shot Put (Boys)

1957 - Clark Branson (Pasadena)	64-0 3/4
1958 - Jack Slocombe (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, Sunnysvale)	63-4 3/4
1964 - Bob Brannan (Los Gatos)	62-7 1/4
1965 - Steve Marcus (Pacific Palisades)	63-11 1/4
1966 - John Hubbell (Polytechnic, Long Bch)	66-11
1967 - John Buehler (Whittier)	65-3 1/4
1968 - Pete Schmonck (San Dieguito, Encinitas)	63-11
1969 - Sam Cunningham (Santa Barbara)	61-2
1970 - Randy Withrow (Pasadena)	63-8 3/4
1971 - Mark Stevens (Newport Harbor)	67-2 1/4
1972 - Randy Cross (Crespi, Encino)	65-7 1/4
1973 - Jim Niedhart (Newport Harbor)	67-2 1/4
1974 - Dave Kurrasch (Santa Ana)	63-10 1/2
1975 - Dave Kurrasch (Santa Ana)	65-9 1/2
1976 - Steve Montgomery (Lassen, Susanville)	68-0
1977 - Craig Polley (Sunny Hills, Fullerton)	62-4 1/4
1978 - Dave Porath (Atwater)	65-10 3/4
1979 - Don Mosebar (Mt. Whitney, Visalia)	62-6 3/4
1980 - Scott Garnett (Muir, Pasadena)	64-4 1/4
1981 - John Frazier (Antelope Valley, Lancaster)	63-8 3/4
1982 - Pat Kyle (Buena Park)	60-4

1983 - Curt Sissel (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 Butler (Royal, Simi Valley)	67-0
1988 - Kaleaph Carter (Edison, Hunt. Beach)	64-0 1/4
1989 - Brent Noon (Fallbrook)	66-1 1/2
1990 - Brent Noon (Fallbrook)	74-4 3/4
1991 - Mark Parlin (Esperanza)	61-5 1/2
1992 - Pete Swanson (San Benito)	61-3 1/4
1993 - Tyson Lingenfelter (Upland)	60-9 1/2
1994 - Chris DeMartine (St. Ignatius)	58-11 1/2
1995 - Matt Pentecost (Loyola)	62-3 3/4
1996 - Jason Hammond (Fowler)	64-4
1997 - Van Mounts (Bakersfield)	67-0 3/4
1998 - Van Mounts (Bakersfield)	66-7
1999 - Rhuben Williams (Eagle Rock)	62-8 1/2
2000 - Rhuben Williams (Eagle Rock)	63-2 1/2
2001 - David Guerin (Leuzinger)	62-10 3/4

## Discus Throw (Boys)

1959 - Ron Sindow (San Rafael)	176-1
1960 - Alex Darnes (Polytechnic, S.F.)	178-8
1961 - Bob Stoecker (Los Altos)	188-6 1/2
1962 - Bob Stoecker (Los Altos)	185-11 1/2
1963 - Stan McDonald (Edison, Fresno)	178-1
1964 - Bill Staley (Los Lomas, Walnut Creek)	181-2
1965 - Bruce Naglee (Baltimore, San Jose)	172-3 1/2
1966 - Jim Peters (Piedmont)	189-1
1967 - Fred DeBernardi (Hart, Newhall)	178-2
1968 - Rory Kenward (San Marcos, Santa Barb.)	183-11
1969 - Chris Adams (Los Altos)	188-0
1970 - Chris Adams (Los Altos)	201-3
1971 - Bob Otto (Porterville)	184-9
1972 - Scott Overton (Los Altos)	185-10
1973 - Lonnie Shelton (Foothill, Bakersfield)	195-5
1974 - Ray Burton (Vacaville)	193-0
1975 - Mike Alberg (Lodi)	171-11
1976 - Scott Endler (Hoover, Fresno)	192-10
1977 - David Thompson (Santa Ynez)	190-0
1978 - David Porath (Atwater)	199-5
1979 - Hand Kraychir (San Jacinto)	192-9
1980 - Paul Dender (Shafter)	192-9
1981 - Antonio Dobbins (Burroughs, Ridge.)	180-10
1982 - Antonio Dobbins (Burroughs)	191-1
1983 - Barry Estes (Clovis)	183-4
1984 - Tambi Wenj (Fountain Valley)	185-11
1985 - Brian Blutreich (Capistrano Valley, Mission Viejo)	203-4
1986 - Jeff Hooper (Del Campo, Fair Oaks)	187-4
1987 - Dave Butler (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 - Reedus Thurman (Serra)	202-1
1999 - Dan Ames (El Capitan)	199-9
2000 - Travis Pendleton (Esperanza)	203-5
2001 - Sean Shields (Arroyo Grande)	189-1

## 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)	10.48 w
1978 - Kella Bolton (Hill, San Jose)	10.92
1979 - Gwen Loud (Westchester)	10.62
1980 - Sharon Ware (Berkeley)	11.42
1981 - Sharon Ware (Berkeley)	11.66
1982 - Gervaise McGraw (Ganessa, Pomona)	11.69
1983 - Lisa Winston (Jordan, Long Beach)	11.73
1984 - Gail Devers (Sweetwater)	11.51

# CIF STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS (Girls)

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 - Malika Edmonson (St. Bernard)	11.82
1997 - Angela Williams (Chino)	11.15
1998 - Angela Williams (Chino)	11.10w
1999 - Tania Woods (Skyline, Oakland)	11.41
2000 - Sani Roseby (Monterey)	11.90
2001 - Alyson Felix (LA Baptist)	11.61

## 200-Meter Dash (Girls)

1974 - Janice Wiser (La Jolla)	24.2
1975 - Pam Waters (Bell)	24.4
1976 - Pam Waters (Bell)	24.8
1977 - Kim Robinson (Westchester)	23.97
1978 - Kella Bolton (Hill, San Jose)	23.53
1979 - Gwen Loud (Westchester)	23.535
1980 - Sheri Howard (Kennedy, Granada Hills)	23.19
1981 - Denean Howard (Kennedy, Gran. Hills)	23.73
1982 - Denean Howard (Kennedy)	23.53
1983 - Lisa Winston (Jordan, L.B.)	23.83
1984 - Paulette Blalock (Compton)	23.59
1985 - Tami Stiles (Hawthorne)	23.45
1986 - Tami Stiles (Hawthorne)	24.02
1987 - Hadette Smith (Quartz Hill)	24.12
1988 - Angela Burnham (Rio Mesa)	23.45
1989 - Angela Burnham (Rio Mesa)	23.56
1990 - Marion Jones (Rio Mesa)	23.71
1991 - Marion Jones (Rio Mesa)	22.91w
1992 - Marion Jones (Thousand Oaks)	22.83
1993 - Marion Jones (Thousand Oaks)	23.14
1994 - Lakeisha Backus (Wilson Long Beach)	23.21
1995 - Lakeisha Backus (Wilson Long Beach)	23.01
1996 - Malika Edmonson (St. Bernard)	23.47
1997 - Kinshasa Davis (Wilson Long Beach)	22.90
1998 - Angela Williams (Chino)	23.02
1999 - Tania Woods (Skyline, Oakland)	22.88
2000 - Monique Henderson (Morse)	23.19
2001 - Angel Perkins (Gahr)	22.85

## 400-Meter Dash (Girls)

1974 - Vernoica Venezis (Terra Linda, San Rafael)	56.4
1975 - Jodi Anderson (Washington, L.A.)	55.3
1976 - Marquite Belk (Silver Creek, San Jose)	55.2
1977 - Valerie Brisco (Locke, L.A.)	55.14
1978 - Arlise Emerson (Westminster)	54.3
1979 - Sherri Howard (San Geronio, San Bernardino)	53.65
1980 - Denean Howard (Kennedy, Gran. Hills)	53.04
1981 - Gervaise McGraw (Ganessa, Pomona)	54.15
1982 - Denean Howard (Kennedy, Gran. Hills)	52.39
1983 - Leslie Maxie (Mills, Millbrae)	53.19
1984 - Choo Choo Knighten (Locke, L.A.)	52.67
1985 - Choo Choo Knighten (Locke)	52.78
1986 - Princess Bennett (Compton)	53.56
1987 - Angela Rolfe (Dorsey)	53.55
1988 - Angela Rolfe (Dorsey)	54.26
1989 - Angela Rolfe (Dorsey)	53.97
1990 - Janice Nichols (Bakersfield)	53.89
1991 - Janice Nichols (Bakersfield)	54.19
1992 - Janice Nichols (Bakersfield)	54.46
1993 - Asha Jaysinghe (Arcadia)	55.45
1994 - Latasha Gilliam (Pittsburg)	53.93
1995 - Angela Williams (Chino)	53.40
1996 - Kinshasa Davis (Wilson Long Beach)	52.67
1997 - Kinshasa Davis (Wilson Long Beach)	52.66
1998 - Monique Henderson (Morse)	53.41
1999 - Monique Henderson (Morse)	52.87
2000 - Monique Henderson (Morse)	50.74
2001 - Monique Henderson (Morse)	51.34

## 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, Orinda)	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
2000 - Liz Morse (Corona del Mar)	2:08.16
2001 - Shannon Rowbury (Sac. Heart Cath.)	2:10.31

## 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
2000 - Jenny Aldridge (Maria Carrillo)	4:49.63
2001 - Alejandra Barrientos (San Lorenzo Val.)	4:43.24

## 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
2000 - Anita Siraki (Hoover Glendale)	10:18.50
2001 - Sara Bei (Montgomery Santa Rosa)	10:11.11

## 100-Meter Low Hurdles (Girls)

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

## 100-Meter High Hurdles (Girls)

1994 - Davetta Shepard (JF Kennedy)	13.73
1995 - Joanna Hayes (North Riverside)	13.45
1996 - Nicole Hoxie (North Riverside)	13.87
1997 - Nicole Hoxie (North Riverside)	13.35
1998 - Natasha Neal (James Logan)	13.57
1999 - Nicole Denby (JW North)	13.42w:2.6
2000 - Nicole Denby (JW North)	13.20
2001 - Lashinda Demus (Wilson LB)	13.39

## 300-Meter Low Hurdles (Girls)

1981 - Audrey Williams (Saugus)	42.26
1982 - Gayle Kellon (Walnut)	41.09
1983 - Gayle Kellon (Walnut)	41.71
1984 - Leslie Maxie (Mills)	40.90
1985 - Leslie Maxie (Mills, Millbrae)	41.80
1986 - Janeene Vickers (Pomona)	41.32
1987 - Janeene Vickers (Pomona)	40.96
1988 - Michelle Decoux (Bishop O'Dowd)	42.16
1989 - Twila Sims (Lompoc)	42.54
1990 - Felice Lipscomb (Santa Monica)	41.69
1991 - Erin Blunt (San Pasqual)	43.02
1992 - Twila Sims (Lompoc)	42.75
1993 - Angela Harris (Skyline Oak.)	42.78
1994 - Angela Harris (Skyline Oak.)	42.78
1995 - Joanna Hayes (North Riverside)	41.20
1996 - Tisha Ponder (Del Mar San Jose)	42.22
1997 - Ryan Peters (Skyline Oak.)	41.47
1998 - Natasha Neal (James Logan)	40.86
1999 - Lashinda Demus (Long Beach Wilson)	40.44
2000 - Lashinda Demus (Long Beach Wilson)	40.41
2001 - Ashlee Brown (JW North)	41.81

## 400-Meter Relay (Girls)

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

# CIF STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS (Girls)

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
2000 - Berkeley	45.96
2001 - Wilson Long Beach	45.40

## 1600-Meter Relay (Girls)

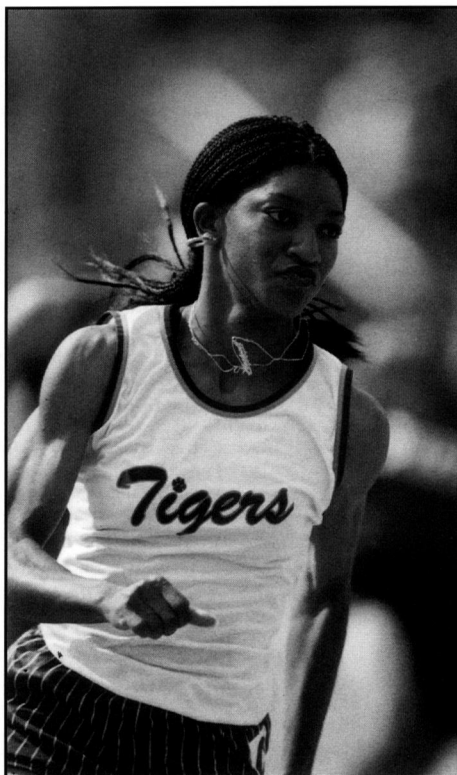
1974 - Berkeley	3:46.4
1975 - Washington, Los Angeles	3:44.5
1976 - Fremont, Los Angeles	3:55.9
1977 - Locke, Los Angeles	3:52.1
1978 - Fremont, Los Angeles	3:51.93
1979 - San Geronio, San Bernardino	3:44.05
1980 - Kennedy, Granada Hills	3:37.98
1981 - Kenneday, Granada Hills	3:37.17
1982 - Dorsey, Los Angeles	3:41.72
1983 - Dorsey, Los Angeles	3:46.24
1984 - Locke, Los Angeles	3:38.65
1985 - Muir, Pasadena	3:43.30
1986 - Compton	3:42.31
1987 - Long Beach Poly	3:45.20
1988 - Hawthorne	3:47.32
1989 - Hawthorne	3:46.59
1990 - Morningside, Inglewood	3:44.16
1991 - Long Beach Poly	3:48.85
1992 - Long Beach Poly	3:45.91
1993 - Long Beach Poly	3:42.75
1994 - Skyline Oakland	3:41.90
1995 - Long Beach Poly	3:39.53
1996 - Wilson Long Beach	3:38.50
1997 - St. Bernard Playa del Rey	3:39.43
1998 - Wilson Long Beach	3:36.32
1999 - Wilson Long Beach	3:39.01
2000 - North Riverside	3:41.11
2001 - Wilson Long Beach	3:35.72

## High Jump

1974 - Pam Blackburn (Bubberley, Palo Alto)	5-8
1975 - Kim Maddox (Los Angeles)	5-8
1976 - Kari Gosswiller (Upland)	5-10
1977 - Kari Gosswiller(Upland)	5-9
1978 - Sue McNeal (Carlsbad)	5-10 1/4
1979 - Tonya Alston (Chico)	5-9
1980 - Karen Lysaght (St. Francis, Sac.)	6-0
1981 - Katrina Johnson (Marshall, Pasadena)	5-10
1982 - Katrina Johnson (Marshall, Pasadena)	5-11
1983 - Tonya Mendonca (Mt. Whitney, Visalia)	6-1
1984 - Wendy Brown (Woodside)	6-1 1/4
1985 - Latrese Johnson (Clovis)	6-2
1986 - Yleana Carrasco (Anaheim)	5-10
1987 - Lynn Patrick (Serra, San Diego)	5-10
1988 - Crissy Mills (Campbell Hall)	5-10
1989 - Crissy Mills (Campbell Hall)	6-0
1990 - Chi Johnson (Menlo-Atherton)	5-8
1991 - Tanya Smith (Cordova)	5-11
1992 - Kristy Kieruff (Esperanza)	5-10
1993 - Tracye Lawyer (Cate Carpinteria)	5-10
1994 - Kristy Kieruff (Esperanza Anaheim)	5-10
1995 - Tara Flaming (Immanuel Reedley)	6-0
1996 - Liz Giltner (Chaminade)	5-10
1997 - Tayyiba Haneef (Laguna Hills)	5-9
1998 - Tia Hanson (El Cajon)	5-8
1999 - Kim Stone (York)	5-9
2000 - Schquay Brignac (Taft)	5-9
2001 - Chaunte Howard (JW North)	5-10

## Long Jump

1974 - Jodi Anderson (Washington, L.A.)	19-7
1975 - Jodi Anderson (Washington)	19-6 1/2
1976 - Jodi Anderson (Washington)	20-0 1/4
1977 - Lisa Gourdine (El Toro)	19-1
1978 - Kathy Hayes (Madera)	19-3
1979 - Gwen Loud (Westchester)	20-4 1/2
1980 - Marlene Harmon (Thousand Oaks)	20-8 3/4
1981 - Chris Mose (El Cajon)	18-10 1/4
1982 - Wendy Brown (Woodside)	19-10 1/2
1983 - Gail Devers (Sweetwater)	19-6



*Simply Spectacular - Monique Henderon of Morse High School in San Diego finished her spectacular career with five individual titles. photo by Kirby Lee.*

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 Horne (Clovis West)	17-061/4
1998 - Angela Williams (Chino)	19-7 3/4
1999 - Sani Roseby (Monterey)	19-8 3/4 w:3.4
2000 - Michelle Sanford (Woodbridge)	19-7 1/4
2001 - Elzunia Wojcicka (Hollister)	20-5 1/2

## Triple Jump

1982 - Wendy Brown (Woodside)	
1983 - Wendy Brown (Woodside)	40-3
1984 - Wendy Brown (Woodside)	42-10 1/2
1985 - Sheila Hudson (Rio Linda)	41-10W
1986 - Felicia Harris (San Lorenzo)	40-2
1987 - Kim Lassair (Northgate)	39-6 1/4
1988 - Stacy Thompson (Morse)	39-1
1989 - Juliana Yendork (Walnut)	41-10
1990 - Juliana Yendork (Walnut)	42-0 1/4
1991 - Juliana Yendork (Walnut)	43-6 1/2
1992 - Kayla Montgomery (Clovis West)	39-11 1/4
1993 - Cheaza Figueroa (Quartz Hill)	40-1 1/4
1994 - Tamiaka Porter (Orange Glen)	38-111/2
1995 - Kelly O'Conner (Esperanza)	40-6 1/2
1996 - Kelly O'Conner (Esperanza)	40-2 1/2
1997 - Andrea Booker (El Camino)	40-0
1998 - Andrea Booker (El Camino)	40-0 1/4

1999 - Heather Contreras (Sutter)	40-3 3/4
2000 - Blessing Ufodiama (Long Beach Poly)	40-8 3/4
2001 - Candace Bauchman (Long Beach Poly)	42-4 1/2

## 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)	52-111/2
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)	47-051/4
1998 - Stephanie Brown (Arroyo Grande)	48-103/4
1999 - Jill Camarena (Woodland)	48-6
2000 - Karen Freberg (San Luis Obispo)	50-7 1/4
2001 - Karen Freberg (San Luis Obispo)	50-2 1/4

## Discus Throw

1976 - Kathy Middleton (Poway)	134-5
1977 - Karen Stampfil (Lassen, Susanville)	137-8
1978 - Christi Pyle (Hoover, Glendale)	149-3
1979 - Leslie Deniz (Gridley)	167-1
1980 - Leslie Deniz (Gridley)	172-11
1981 - Natalie Kaaiawahia (Fullerton)	162-10
1982 - Jacque Norton (Mission Viejo)	160-2
1983 - Natalie Kaaiawahia (Fullerton)	170-1
1984 - Stacy Hom (Cordova)	159-1
1985 - Lill Lli (Nogales, La Puente)	162-2
1986 - Tracy Crawford (South East, S.D.)	156-2
1987 - Dawn Dumble (Bakersfield)	144-10
1988 - Melisa Weis (Bakersfield)	159-7
1989 - Melisa Weis (Bakersfield)	168-0
1990 - Melisa Weis (Bakersfield)	169-11
1991 - Celeste Mc Vey (Redlands)	160-11
1992 - Suzy Powell (Downey Modesto)	169-8
1993 - Suzy Powell (Downey Modesto)	168-11
1994 - Suzy Powell (Downey Modesto)	174-2
1995 - Nadia Lopez (Arroyo Grande)	152-6
1996 - Chaniqua Ross (Laguna Creek)	158-4
1997 - Chaniqua Ross (Laguna Creek)	177-01
1998 - Stephanie Brown (Arroyo Grande)	181-03
1999 - April Burton (Bakersfield)	153-10
2000 - Jill Camarena (Woodland)	151-1
2001 - Rachel Varner (Bakersfield)	162-9

## 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
2000 - Lauren Chen (Temple City)	12-4
2001 - Shayla Ballentine (Morro Bay)	13-8

# Mariucci Receives First-Ever CIF Pursuing Victory With Honor<sup>sm</sup> Award



**Senate Resolution** - Senator John Burton (right) of San Francisco presents a resolution to Steve Mariucci (left) on the Senate Floor.

Steve Mariucci, the head coach of the NFL's San Francisco 49ers, was honored at the State Capitol in Sacramento with the first-ever CIF Pursuing Victory With Honor<sup>sm</sup> Award. The award is the highest presented by the CIF for sportsmanship, positive role modeling and lead-

ership.

CIF President Charley Berger presented Mariucci with an award and thanked him for making a difference in the lives of young people. Following the CIF's presentation, Mariucci was welcomed with a standing ovation on the Senate floor as Senator John Burton (San Francisco) spoke of his attributes as a role model to California's youths and presented him with a resolution.

"To be honored for this influential award is a privilege," Mariucci said. "Coaches, no matter what level, are influential to those who come in contact with them. All coaches should take every opportunity they can to better those around them."

Said CIF Executive Director Marie M. Ishida at the

State Capitol press conference: "We often talk about the negative impact that professional sports, athletes and coaches have on high schools. The opposite is true with Steve Mariucci. We couldn't ask for a more positive role model for high school coaches and athletes."

"In a profession where winning is the highest achievement, it is refreshing to see someone who values what we value on the high school level," said CIF Assistant Director Roger Blake.

Mariucci, entering his sixth season with the 49ers, has consistently been a positive role model for high school coaches across the state.

His teams, along with having success on the field, have consistently displayed sportsmanship, character and a strong work ethic as core values of his programs. Mariucci sets high expectations for his athletes and always demands integrity and sportsmanship from all involved in his program.

## 2001-2002 CIF MODEL COACHES

from page 55.....



**Kathryn Worley**  
Mount Miguel H.S.

The athletic director at Mount Miguel High School since 1988, Worley is the department chair of the industrial technology department in addition to teaching and coaching. She has also been a basketball referee, a camp director and assisted in the construction of homes for Habitat for Humanity. "Her players uniformly praise her for her many qualities as a coach, teacher and person," said Ben Smith, assistant principal at Mount Miguel. "Kathy does not simply coach players in the game of softball, rather she teaches them to be good people in life."

## Disordered Eating

Printed in part from the CIF Health and Safety Bulletins (Topic No. 84). For more information, please visit the CIF's website at [www.cifstate.org](http://www.cifstate.org).

### **Recognition:**

The signs and symptoms of disordered eating are vast and vary depending on the condition. General signs to watch for include:

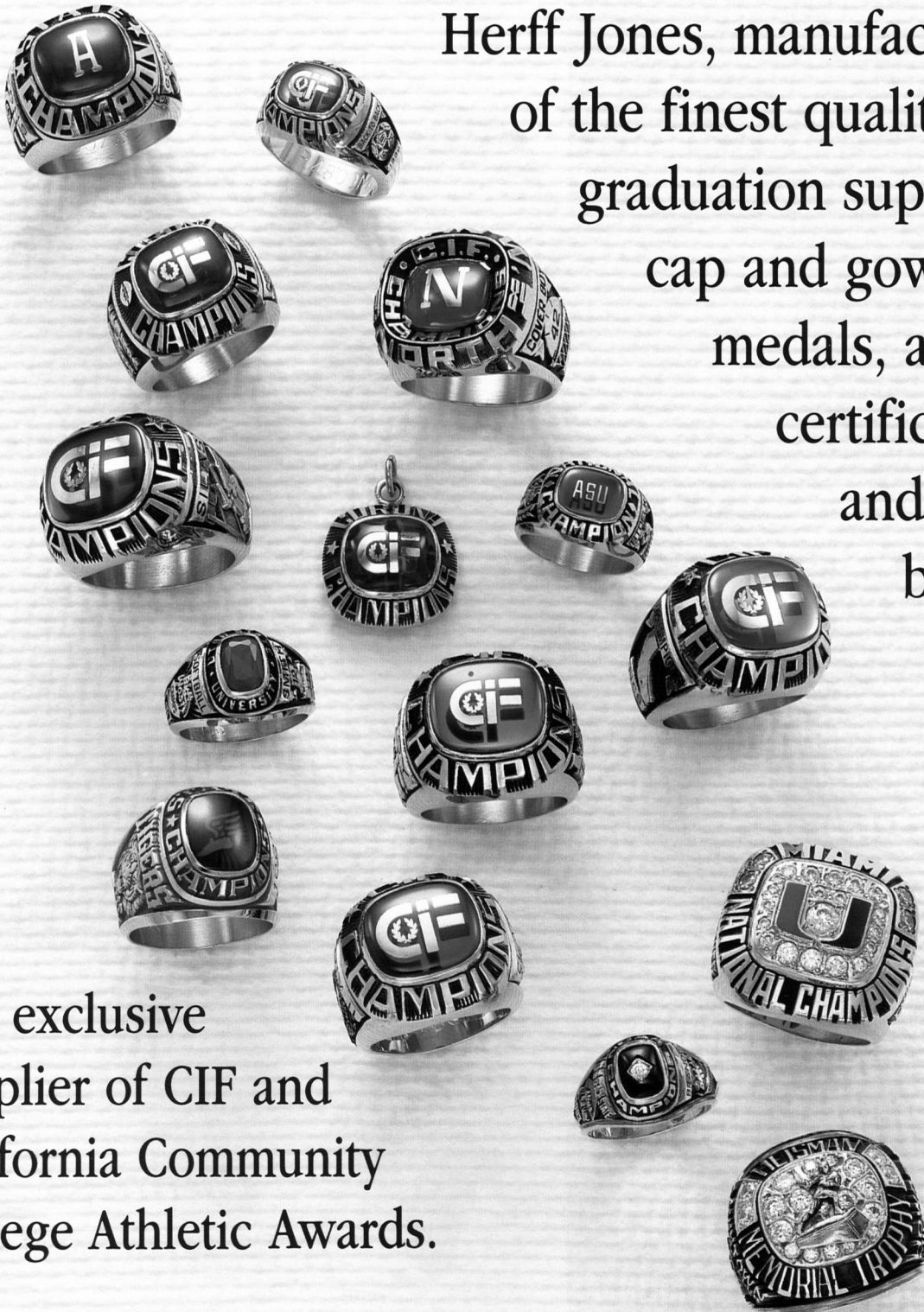
- \* Lack of self-identity, low self-esteem and role-conflict issues
- \* Repeated expressed concerns about being fat
- \* Preoccupation with food, calories, weight
- \* Increasing criticism of one's body
- \* Mood swings, irritability, poor concentration, fatigue
- \* Extreme loss or fluctuations in weight
- \* Alterations in menstrual cycle

- \* Avoidance of eating in public
- \* Making trips to the bathroom following a large meal
- \* Excessive laxative use
- \* Relentless physical activity above and beyond the requirements of their training program.
- \* Wearing layered or baggy clothing
- \* Bloodshot eyes, swollen parotid glands
- \* Bloating or edema
- \* Hair loss or thinning
- \* Headaches, dizziness, numbness and tingling down the limbs (due to electrolyte imbalances).
- \* Associated conditions of amenorrhea and osteoporosis, i.e., Female Athlete Triad.



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