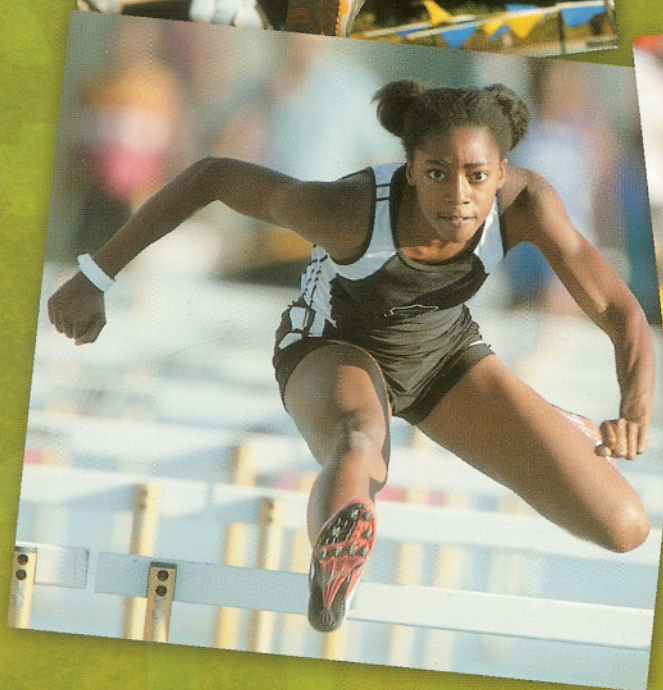
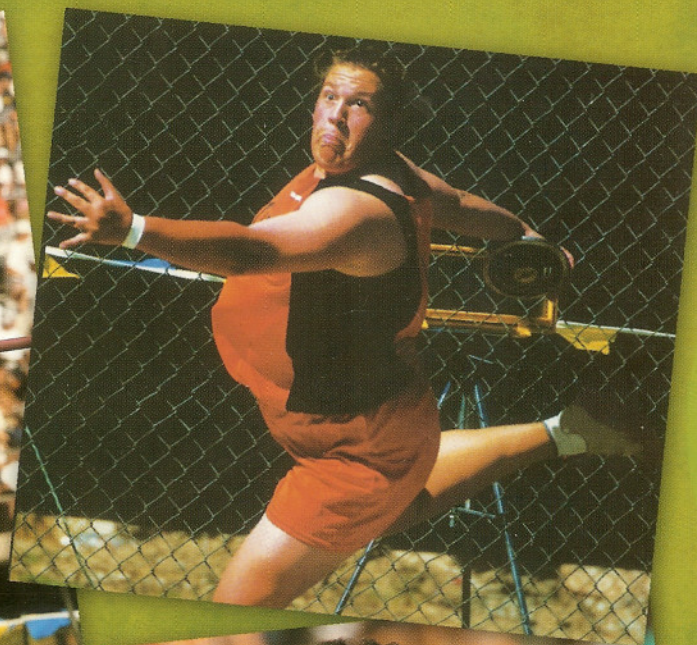
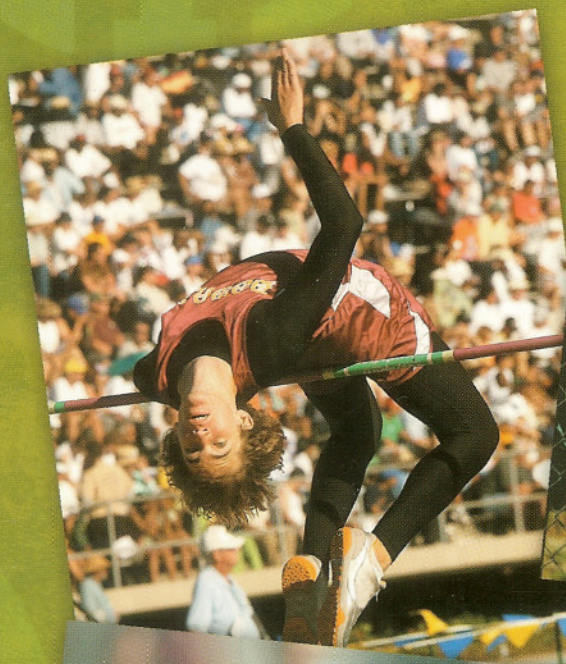


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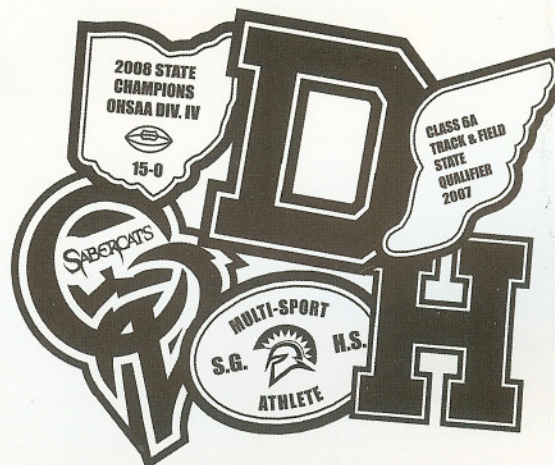


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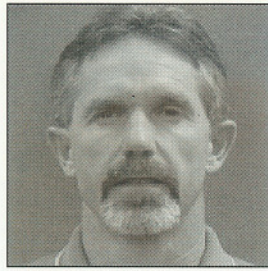
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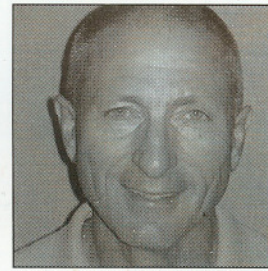
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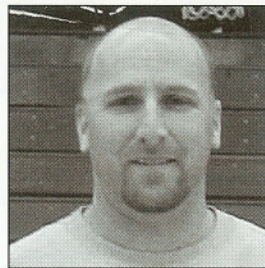
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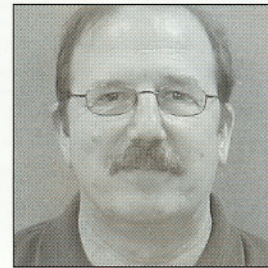
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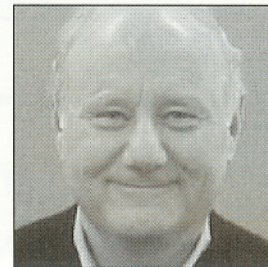
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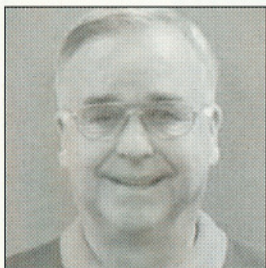
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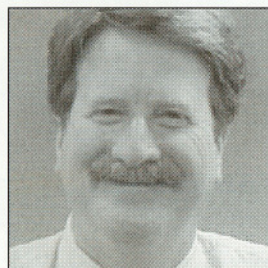
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2007 EVENT SCHEDULE

FIELD EVENTS

FRIDAY QUALIFYING TIMES

Event	Reporting Time <i>Report to Field Event Clerk of Course</i>	Starting Time
Boys Pole Vault	12:30 p.m.	2:00 p.m.
Boys Discus	1:45 p.m.	3:00 p.m.
Girls Shot Put	1:45 p.m.	3:00 p.m.
Girls Long Jump	1:45 p.m.	3:00 p.m.
Boys Long Jump	1:45 p.m.	3:00 p.m.
Boys High Jump	2:45 p.m.	4:00 p.m.
Girls Discus	4:30 p.m.	5:30 p.m.
Boys Shot Put	4:30 p.m.	5:30 p.m.
Girls Triple Jump	4:30 p.m.	5:30 p.m.
Boys Triple Jump	4:30 p.m.	5:30 p.m.
Girls Pole Vault	5:00 p.m.	6:00 p.m.
Girls High Jump	5:30 p.m.	6:30 p.m.

SATURDAY CHAMPIONSHIP TIMES

Event	Reporting Time <i>Report to Field Event Clerk of Course</i>	Starting Time
Boys Pole Vault	2:00 p.m.	3:00 p.m.
Boys Discus	3:00 p.m.	4:00 p.m.
Girls Shot Put	3:00 p.m.	4:00 p.m.
Boys High Jump	3:00 p.m.	4:00 p.m.
Girls Long Jump	3:00 p.m.	4:00 p.m.
Boys Long Jump	3:00 p.m.	4:00 p.m.
Girls Discus	5:00 p.m.	6:00 p.m.
Boys Shot Put	5:00 p.m.	6:00 p.m.
Girls High Jump	5:00 p.m.	6:00 p.m.
Girls Triple Jump	5:00 p.m.	6:00 p.m.
Boys Triple Jump	5:00 p.m.	6:00 p.m.
Girls Pole Vault	5:00 p.m.	6:00 p.m.

TRACK EVENTS

FRIDAY QUALIFYING TIMES

5:00	Girls 400m Relay	(Heat #1)	7:32	Boys 100m Dash	(Heat #1)
5:04		(Heat #2)	7:36		(Heat #2)
5:09		(Heat #3)	7:40		(Heat #3)
5:12		(Heat #4)	7:44		(Heat #4)
5:14	Boys 400m Relay	(Heat #1)	7:50	Girls 800m Run	(Heat #1)
5:18		(Heat #2)	7:55		(Heat #2)
5:23		(Heat #3)	8:00		(Heat #3)
5:27		(Heat #4)	8:05	Boys 800m Run	(Heat #1)
5:32	Girls 1600m Run	(Heat #1)	8:10		(Heat #2)
5:40		(Heat #2)	8:15		(Heat #3)
5:47	Boys 1600m Run	(Heat #1)	8:22	Girls 300m LH	(Heat #1)
5:54		(Heat #2)	8:27		(Heat #2)
6:04	Girls 100m HH	(Heat #1)	8:31		(Heat #3)
6:09		(Heat #2)	8:35		(Heat #4)
6:13		(Heat #3)	8:40	Boys 300m IH	(Heat #1)
6:18		(Heat #4)	8:45		(Heat #2)
6:24	Boys 110m HH	(Heat #1)	8:49		(Heat #3)
6:29		(Heat #2)	8:54	Girls 200m Dash	(Heat #1)
6:33		(Heat #3)	8:58		(Heat #2)
6:38		(Heat #4)	9:02		(Heat #3)
6:43	Girls 400m Dash	(Heat #1)	9:06	Boys 200m Dash	(Heat #1)
6:48		(Heat #2)	9:10		(Heat #2)
6:52		(Heat #3)	9:14		(Heat #3)
6:57		(Heat #4)	9:27	Girls 1600m Relay	(Heat #1)
7:02	Boys 400m Dash	(Heat #1)	9:33		(Heat #2)
7:06		(Heat #2)	9:39		(Heat #3)
7:11		(Heat #3)	9:45	Boys 1600m Relay	(Heat #1)
7:16	Girls 100m Dash	(Heat #1)	9:51		(Heat #2)
7:20		(Heat #2)	9:57		(Heat #3)
7:24		(Heat #3)	10:03		(Heat #4)
7:28		(Heat #4)			

SATURDAY CHAMPIONSHIP TIMES

5:00	Girls 400m Relay
5:09	Boys 400m Relay
5:21	Girls 1600m Run
5:31	Boys 1600m Run
5:48	Girls 100m HH
5:59	Boys 110m HH
6:10	Girls 400m Dash
6:18	Boys 400m Dash
6:27	Girls 100m Dash
6:34	Boys 100m Dash
6:44	Girls 800m Run
6:53	Boys 800m Run
7:05	Girls 300m LH
7:13	Boys 300m IH
7:24	Girls 200m Dash
7:32	Boys 200m Dash
7:41	Girls 3200m Run
8:00	Boys 3200m Run
8:18	Girls 1600m Relay
8:30	Boys 1600m Relay

TEAM SCORING

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

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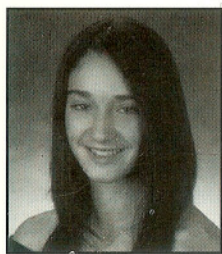
Natasha Barthel and Sam Finlayson Selected 2007 CIF Scholar-Athletes of the Year

Natasha Barthel from Saint Francis (Mountain View) High School and Sam Finlayson of San Ramon Valley (Danville) High School have been selected as the 2007 CIF Scholar-Athletes of the Year. The scholarship award, established in 1982, recognizes student-athletes who excel in the classroom, in athletics and are strong contributors to their schools and communities.

Both students will be honored at the State Capitol and on the Senate and Assembly Floors in Sacramento on Thursday, June 21. In addition, they will receive a \$2,000 award. Nominations for this prestigious award were received from the 1,431 high schools that make up the CIF membership.

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

NATASHA BARTHEL, Saint Francis High School



Barthel has been a four-year member of the varsity track and field team. She boasts a 4.28 weighted grade-point average, and has signed a National Letter of Intent to compete as a pole vaulter at Stanford University.

She has been recognized by the *San Jose Mercury News* as one of the Vertical Jumper of the Year and Athlete of the Week by the *Palo Alto Daily News*. She also was featured in the *Campbell Reporter* as an outstanding scholar/singer/athlete. As a junior, she set the league record with a pole vault of 12'10". Barthel has twice placed at the state championships, including a third place finish a year ago and a seventh place showing as a sophomore.

She is a third degree junior black belt in Shorinji Ryu Karate and teaches the sport to youth students. She also has volunteered at pole vault camps as well as volunteering with such activities as working with the elderly, serving food to economically disadvantaged people and teaching Spanish to middle school students.

A self-proclaimed "science nerd," Barthel is a member of the Science and Engineering Club and was selected to the Santa Clara University Summer Engineering Seminar. In addition, she is a member of the Chamber Choir and Spirit Commission. She has sung the national anthem at numerous sporting events and also served at the school's Open House for prospective freshmen and their families.

Barthel intends to major in Mathematics or Physics with career goals of being a Sports Medicine Doctor, Research Physicist and Theorist or a College Professor.

"Natasha is the quintessential honor student with a passion for learning that makes her totally self-motivated and driven to perfection. She flows easily among groups of students, as comfortable with the chamber choir as the spirit club, and equally as conversant with her peers as with her teachers. Natasha listens carefully to her mentors and friends, she motivates by generously acknowledging their talents, she includes all people in her universe and she treats everyone she encounters with respect and honor," said Patricia Tennant, Saint Francis Principal.

Barthel Essay: "Words of Wisdom Ring True"

Sullen and angry, I shoved my pole inside its tube and slammed into my track chair, kicking off my spikes. My training shoes felt comfortable on my sore feet as I looked down the runway at the bar still lying on the pit. I had just eliminated myself from the CIF State Track and Field Pole

Vault Championship by failing to clear 12 feet, a height well within my ability. I wanted to run off the field and release my bitterness at my failure. As I flicked my head back up to look at my coach, I saw my training partner having trouble communicating with him.

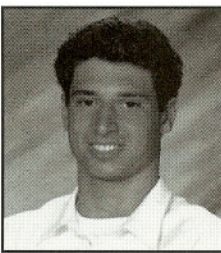
At the same moment, I remembered by karate sensei telling me that it did not matter if I won or lost, but how graciously I competed. His words rang clear in my head as I got up from my chair and helped my training partner communicate with our coach, cheering as she cleared a personal record height.

As an elite high school pole vaulter, my training consumes much of my time, leaving precious little time to finish homework and making me do my best work in a shorter time. Despite the obstacles, I am ranked in the top 10 of my class and have gained respect from my teachers who allow me the freedom to ask for extensions or help if ever needed.

When my grandfather died this past November, my teacher, understanding the importance of my grandfather, graciously allowed me to turn in my paper a few days later. My performance in the classroom, as well as on the field, affects the respect I am shown by my teachers and my peers. However, the most important aspect of being a student-athlete is not performance in the classroom or tough competitions, but in helping and encouraging every athlete that tries hard every day whether they are successful or not. This past year, I volunteered to coach at a pole vault camp initially to earn community service hours; I never thought I would actually coach beginner vaulters to small successes and learn the value of effort. Each vaulter listened to the comments I made and tried to implement my corrections each time they ran down the runway.

Every vaulter deserves respect for the effort they make on the track. I realized from my time coaching that many vaulters look up to me as an inspiration to jump higher. Thus, I think of my sensei's words everyday at practice to remind myself of the importance of hard work along with respect for the game and respect for other athletes.

SAM FINLAYSON, San Ramon Valley High School



Finlayson has been a four-year member of both the water polo and swim teams at San Ramon Valley High School and ranks in the top 1% in his class with a 4.39 weighted grade-point average. He will participate in water polo at Stanford University in the fall.

He is a two-time water polo All-American and has been team captain and MVP as many times. He's been recognized on the first team by the *Contra Costa Times* and *Tri-Valley Herald* and a three-time All-North Coast Section selection. He has qualified for numerous NCS championships in breaststroke, freestyle and freestyle relay. As a senior, he led the water polo team to a league championship and an undefeated 12-0 season.

He is heavily involved in his Church Youth Group Leadership and Service where he wrote an orientation/training book that is used in congregations around the country. He serves as an inspirational speaker for church services and conferences and also is a volunteer academic tutor and athletic coach. Finlayson's commitment to the Boy Scouts has resulted in reaching Eagle Scout. He has contributed hundreds of hours of community service in such activities as gardening and landscaping; visiting seniors and hospitals and collecting and delivering goods to those less fortunate.

Finlayson is a member of the school's Concert Choir and a first chair alto saxophone player in the Symphonic Band. He is a National Merit Finalist and member of the National Honor Society and California Scholastic Federation. In addition, he is a national winner of the Wendy's High School Heisman Award and a national finalist in the Coca-Cola Scholars Foundation and the Intel International Science and Engineering Fair.

Finlayson plans to major in bio-medical engineering with a goal of becoming a medical doctor who participates in the collaborative use of advances in biology, physics and engineering technologies to create and develop new treatments and medical devices.

"Sam epitomizes the definition of being a 'coachable' athlete due to his strong leadership skills, dedication, determination, work ethic and his immense loyalty and pride to his teammates, program and high school. He is that player who you point to in your program as 'The Example' of how to do things right for his peers to follow and for younger players to emulate both in and out of the pool. His greatest attribute as a leader, though, was his ability to lead by setting the right example for all to follow," said Matthew Mundelius, San Ramon Valley Water Polo Coach.

Finlayson Essay: "Athletic Participation Has Taught Me..."

I first began swimming as a form of physical therapy to overcome the effects of a debilitating childhood illness. Gradually, the dedication and discipline that swimming requires not only enabled me to progress in health and skill, but also carried over to inspire diligence in every aspect of my life.

During my high school career, I was privileged to watch as my coaches, who worked full-time jobs during the day, sacrificed what would have been their little free time so that they could make our early morning and late night practices, enabling them to serve the youth of their community by sharing the sports they love, and in turn, strengthening my desire to serve others as well.

I witnessed teammates demonstrate complete integrity by deciding to swim every yard of the thousands required each practice when it would have been easy to cheat on a few, and saw others decide not to argue with a referee after a questionable call, reinforcing my desire to hold myself to the same high standards of sportsmanship and honesty, not just in the pool but also in the classroom and community.

Athletics also helped me learn about leadership, allowing me to discover that being a leader does not always mean being in charge, but often means simply setting an example of behavior worth following, or encouraging someone to develop potential they did not know they had.

I feel grateful to have learned that sports are more about character than winning. For when I reflect upon my high school experience, I realize that what I will miss the most next year is not wins or statistics, but the camaraderie of my fellow athletes - not just my teammates', but my opponents' as well. For though we often met in battle (and if you've ever seen a polo game, you know that battle can be quite intense), over the years we developed a respect and admiration for each other that surpassed and outlasted our feelings of rivalry.

I am grateful to the CIF North Coast Section for fostering an environment of fair play where, in the end, opponents admire one another despite team affiliation or difference. It seems to me that if coupled with the work ethic, desire to serve others and integrity I have learned from sports, I am able to take with me, out into the world, the ability to respect and find the best in those different from me, even those with opposing views, then I will be well equipped to meet and make the most of life's challenges and opportunities.

Eleven National Leaders Headline the 89th Annual CIF State Track and Field Championships

By Rich Gonzalez
Editor, DyeStatCal

Temperature readings are forecast to hike quickly during the afternoons this weekend, but the action gets even hotter once the sun goes down at Hughes Stadium. For the second straight year, an amazing 11 national leaders will be on display among the 32 events being contested at the 89th annual CIF State Track and Field Championships, a fitting celebration to perhaps the strongest single-year talent contingent in Golden State history.

Topping the entry list of star-studded entries is Long Beach Poly senior Bryshon Nellum, who is seeking to emerge as the greatest long sprinter in state history and perhaps the first to win gold medals in the 200, 400 and both relays in a Jesse Owens-like achievement. Nellum courts the fastest time in America in both of his open sprints and also has carried Poly to the fastest time in the long sprint relay with an Olympian-level split time on anchor.

UCLA-bound talents Cory Primm of Westlake and Royal's Michael Cybulski will try to book-end the distance races with repeat showings, the former aiming to defend his two-lap title and the latter seeking to become the first three-time 3200m champion in meet history.

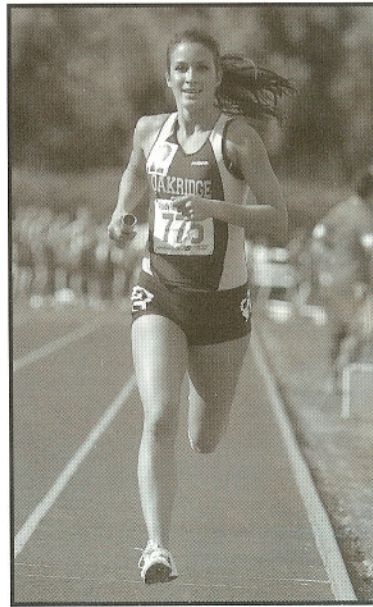
Believe it or not, the wealth of talent is even stronger and deeper on the girls' side where Californians check in with a stunning seven nation-leading marks (nearly half of the 16 events) and a plethora of nationally ranked performers.

Leading the way are FOUR national record-setting athletes (two outdoors and two indoors) that have marveled crowds all year long. The action has been especially hot on the oval, where Oak Ridge star Alex Kosinski (SJS) and Mission Prep phenom Jordan Hasay (CE) have traded off the national 1600m record. On the field, seniors Tori Anthony of Castilleja (CCS) and Ke'Nyia Richardson of Holy Names (NCS) have dominated. Anthony set the national indoor pole vault record while Richardson spanned her way into the indoor record books in the triple jump.

Then there's Hercules senior Jamesha Youngblood who leads the nation in TWO events. She already boasted the top LJ mark in the land, then added the best 300m LH performance to her ledger last weekend. Long Beach Poly, despite being hobbled by recent injuries, holds the fastest seasonal time in the nation in the 4x100 relay.

Teamwise, Long Beach Poly's boys and Mt. Pleasant's girls are favored for the crowns. Rancho Cucamonga, Salesian and Loyola are among the leading boys team challengers for the crown, with James Logan and Long Beach Poly heading the list of threats for the girls title.

So select your favorite refreshment and find yourself a good seat and prepare to witness and enjoy the best high school track and field meet in the nation — the CIF State Championships.



ALEX KOSINSKI
Oak Ridge High School

GIRLS 4x100 METER RELAY

Long Beach Poly was rolling along nicely until a key cylinder was blown as Turquoise Thompson succumbed to injury. The Jackrabbits were then toppled by rising Rancho Verde at the Southern Section Masters Meet last weekend, continuing a benchmark spring campaign for the Mustangs. Long Beach Wilson is another major threat come championship time, with the Bruins topping Poly at the Moore League Finals and posting among the top five times in the nation this year. Mt. Pleasant also will be one to watch, with international-class talent Jeneba Tarmoh having returned from injury.

BOYS 4x100 METER RELAY

Long Beach Poly is ailing, which has the door swinging wide open for all challengers. Poly had Southern Section Division I 100m champ Isaiah Green derailed by re-aggravation of an injury last

weekend, with rival JW North swooping right on in for a seasonal best and race-winning 41.12 clocking against the Jackrabbits (41.17 in the race, but a seasonal best of 40.71). Rancho Cucamonga, with SS 100m champ Charles Saseun anchoring, and Rio Mesa, with precision passing execution in the exchange zones, are two other Southern Section powers in an event where the strength truly tilts toward the southern part of the state. Poly, which also set the 800-meter sprint medley national record at Arcadia in early April, should be favored if Green is good to go.

GIRLS 1600 METERS

In one of the most amazing seasons ever in any event, California has been absolutely amazing in the four-lap challenge this spring. Two girls have bettered the National Federation records in the event and Golden State girls currently claim the top SIX times in the nation in this event. Interestingly, however, neither record setter may compete in the event, with new all-time leader Alex Kosinski of Oak Ridge (SJS) suffering a serious foot injury last weekend, leaving her status unknown, while Jordan Hasay (Mission Prep-CE) has opted to focus solely on the 3200m this weekend. If Kosinski regains her form, look for the lethal kick which also carried her to the Nike Indoor Nationals mile crown in March. But some will argue that Woodbridge (SS) junior Christine Babcock is just as good as the aforementioned duo, with the defending state champion seeking the same clutch peak she unveiled at this time last year. Babcock has been sharp of late, seeking to be the state's third sub-4:40 performer this spring. Super talent Shannon Murakami of Saugus (SS), durable workhorse Anna Sperry of Simi Valley (SS) and late-charging SS Masters champion Shelby Buckley of Corona del Mar round out the nation's lead "six-pack."

BOYS 1600 METERS

The top five times in the state come from the Southern Section, led by perfectly peaking senior Hudson Andrews of Royal (SS), who timed his kick admirably in barely reeling in Big Bear's Chad Hall in their thrilling clash last weekend. Hall, the FootLocker Nationals cross country champion, rode an aggressive early pace in that one before becoming vulnerable down the stretch. UCLA-signed talents Fawad Khan and Dylan Knight are also dangerous last-lap speed talents, with late-blossoming star Adam Cunningham of Milken Community (SS) also now shining

brightly on the radar. Mt. SAC Relays winner Brad Surh of Carlmont (CCS), top national sophomore Mac Fleet of University City (SDS) and exceptional talent Brian Cole (St. Helena-NCS) also are very capable of a sensational showing come championship time.

GIRLS 100 METER HIGH HURDLES

Vashti Thomas (Mt. Pleasant-CCS) is the top high hurdler in this half of the nation, with the amazing junior seeking to torch a fine field that includes three other nationally-listed standouts. Sacramento MOC champion Ke'Nyia Richardson Holy Names (NCS), St. Elizabeth junior Julian Purvis (NCS) and Valley Christian (CCS) star Dahlys Marshall are also sub-14.00 hurdlers. Kiani Profit (Muir-SS) was the surprise winner of the Southern Section Masters Meet, clocking a lifetime-best 14.04 despite running in Lane 9.

BOYS 110 METER HIGH HURDLES

Terry Prentice already has been stung once before this postseason; but don't look for the Diamond Ranch (SS) star to leave himself short-changed a second time. The state high hurdles leader (13.77 to win Arcadia) eased much too early in intermediate hurdles qualifying, falling just short of advancing due to jogging the final few strides. But Prentice has the power, form and renewed motivation to battle familiar SoCal foes Jeshua Anderson (Taft-LA), Trevor Habberstad (Canyon/CC-SS), Michigan-bound footballer Zion Babb (Alhambra-SS) and Maurice Shaw (Colony-SS). Rashad Smith (Pinole Valley-NCS) and the now healthy Eric Hersey (Los Altos-CCS) are also in the lead mix.

GIRLS 400 METERS

Long Beach Poly was projected to score major points here, but the devastating hamstring injury to Turquoise Thompson robbed the Jack-rabbits of one of their aces. Regardless, teammate Jasmine Joseph has been downright dazzling, including a lifetime-best 53.48 (#4 in U.S.) effort in early April. The San Gabriel Valley is well represented here, with Bonita's Brianna Atkins and St. Lucy's Joy Eaton — both of the SS — revving into overdrive of late. Acclaimed age-group star Thandi Stewart of James Logan (NCS) is another in a deep list of sub-55:00 talents gathered here.

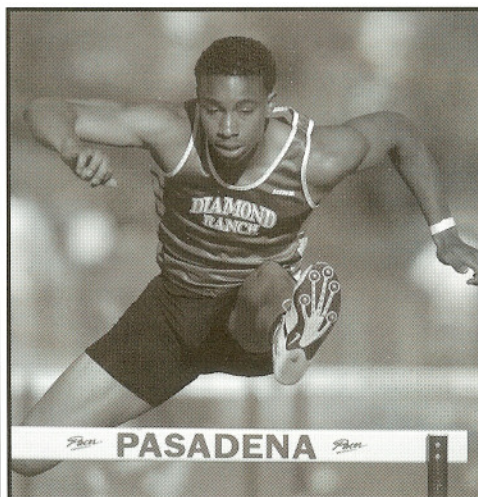
BOYS 400 METERS

"The Man" is on the track. Bryshon Nellum (Long Beach Poly-SS) is seeking to etch his name indelibly alongside the Golden State's year-end sprint greats, with the USC-bound star seeking to be the first male in meet history to win gold medals in both long sprints as well as both relays. Nellum's specialty is the one-lap dash, where he has been without peer thus far. His winning Arcadia Invitational time (46.02) still tops the national list, but he has followed that up with a 45.9 relay carry at the Penn Relays and then an unheard of, and Olympian-like, 44.6-second re-

lay clocking last weekend. JW North's Nevin Gutteriez (SS) has been getting an up-close look at Nellum over the past 13 months and might court the best shot at an upset. Remington Blair (Reedley) and Jason Ward (South, Bakersfield) renew their hot Central Section rivalry.

GIRLS 100 METERS

Frosh phenom Ashton Purvis (second in state annals among 9th graders to the legendary Angela Williams) of St. Elizabeth (NCS) and Cherrelle Garrett (Mt. Eden-NCS) are set for a rematch of their big Sacramento MOC clash that produced this spring's top two times in the state. But super dasher Jeneba Tarmoh (Mt. Pleasant-CCS) brings international experience after representing Team USA in World Juniors competition last summer. Tarmoh, sidelined by injury for much of the season, returns to the dash scene just in time for the fun. Alicia King of rising national power Rancho Verde (SS) won her sectional Masters Meet despite running in Lane 1 and is a great dark horse threat.



Terry Prentice
Diamond Ranch High School

BOYS 100 METERS

The unofficial title of "State's Fastest Teen" traditionally goes to this event's winner (although long sprinter Bryshon Nellum might have something to say about that), and the sport's most dramatic event took an extra twist last weekend when Southern California added three *sophomores* to the title mix. Salesian's Jahvid Best (NCS) remains the slight favorite after his super 10.36 effort (#3 in U.S.) won the Sacramento Meet of Champions affair here in late April. But Southlander Charles Saseun shocked the Southern Section with a wind legal 10.39 burst (#5 in U.S.) to lead a parade of 10th graders to the top spots. The mysterious Sacramento wind currents and the Mondo track surface at Cerritos College were both key components in previous fast times, but the conditions are equal for everyone in this weekend's anticipated final.

GIRLS 800 METERS

California has been absolutely on fire in this event, with recent national leader Emily Dunn of Esperanza (SS) leading a phalanx of five girls ranking among the top nine in the nation on the seasonal lists as well as seven of the top 13. Although the red-hot Dunn (2:06.48) has been dominant at the forefront and primed for competition, the state has taken some hits here in recent weeks. Alex Kosinski of Oak Ridge (SJS) befell injury at last weekend's Masters Meet (in her specialty event, the 1600, where she recently bettered the National Federation record) and Justine Fredonic (Carlmont-CCS) also had her campaign derailed by injury. Archbishop Mitty's (CCS) Renisha Robinson has been mopey of late, with Southern Section stars Anniya Louis (Culver City) and Shelby Buckley (Corona del Mar) also hitting new highs recently.

BOYS 800 METERS

Cory Primm of Westlake (SS) loves discomfort and loves putting his rivals through pain even more. Primm's breakneck opening-lap exploits in major races have been unmatched, netting the defending state champion a litany of big-race wins this season and the nation's best time (1:49.50). Nathaniel Richardson of Madera (CE) is another who enjoys a fast early pace and admits he'll be ready for such a challenge should Primm follow his script. State meet veteran Ryan Gamboa of Upland (SS) and a deep collection of vastly improved Southern Section two-lappers should also be in the hunt.

GIRLS 300 METER LOW HURDLES

There's a revolving door of national-class talent in this event, but even in the worst of times, outside states are unable to shake California's stranglehold on supremacy. With top U.S. returnee Ebony Collins (Locke-LA) surprisingly unable to qualify and new U.S. #1 Turquoise Thompson (Long Beach Poly-SS) succumbing to recent injury, it was Hercules' Jamesha Youngblood (NCS) firing on all cylinders for a new U.S.-leading 41.23 clocking last week. Kiani Profit of hurdles factory John Muir (SS) pulled off a surprise sweep of the barrier races in sectional competition last weekend, with Claremont's Kori Carter among the top 9th graders on the map.

BOYS 300 MTR INTERMEDIATE HURDLES

Jeshua Anderson (Taft-LA) has been untouchable thus far. But then so has Reggie Wyatt (JW North-SS). The two Southland stars hook up for the first time this weekend, with Anderson easily holding down the better seasonal time (35.75), but Wyatt (state sophomore record 36.52) coming on very quickly of late. Pinole Valley's Rashad Smith (NCS) and Los Altos' Eric Hersey (CCS) are rounding into fine form as well. West Valley's Josh McOmber, the Northern Section record holder, is one to watch as well.

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2006-07 CIF Model Coach Award Winners

The goal of this award is to recognize coaches who are positive role models within their schools and the community.

A model coach must have demonstrated and taught the "Six Pillars of Character"™.

The three basketball coaches selected this year are:

LISA SHROCK

SIERRA HS



Shrock has been a cross country and track & field coach for a decade. She encourages her athletes to do their best, even if that means not winning a race. She guides her and instills self-discipline and motivation to shape their lives using sport as a catalyst toward life's successes. Shrock has been involved with USA Track and Field eight years as an official and a volunteer at the Olympic Trials. She was named the 2006 Modesto Bee Coach of the Year.

PAM ZIELAZOWSKI

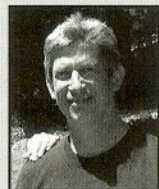
LEIGH HS



Zielazowski has served as Leigh's AD and girls' tennis coach since 2000 and track coach since 2003. She is dedicated to her athletes and has created an environment where playing your best with a positive attitude is of paramount importance. Her athletes play to have fun and, in doing so, end up playing their best. Zielazowski won the Norm Mackenzie Award for California Athletic Directors in 2004. She is on the BVAL Executive Committee and the CCS Board of Managers.

MANNY MYERS

ACALANES HS



Myers is a PE teacher as well as cross country and track & field coach at Acalanes. He is the Meet Director of the Bob Warren Relays which helps fundraise for the school's track program. Myers models virtue, integrity and work ethic, and believes that developing these characteristics is more important than winning. A friend to everyone, he maintains the highest ideals of sportsmanship, integrity and cultivates a supportive team environment.

He is always willing to help any athlete who wants to put in extra work.



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GIRLS 200 METERS

The same major players return here as in the short sprint, with frosh phenom Ashton Purvis (St. Elizabeth-NCS) holding the best legal time (23.50), but Mt. Pleasant's (CCS) Jeneba Tarmoh is rounding quickly into peak form after a stubborn injury ruined most of the regular season. Purvis and Cherrelle Garrett (Mt. Eden-NCS) went 1-2 on the Hughes Stadium track at the Sacramento MOC, still courting the two fastest legal times in the state this year. Keep your eye on two rising talents — Monterey Trails' Andra Harris and Highland's Jessica Davis. Harris (SJS) hails from a new program making waves very quickly while Davis is among the top 9th graders nationally after a poised upset win at the SS Masters Meet.

BOYS 200 METERS

Just when it seemed the engraving was complete in Bryshon Nellum's favor on the deuce dash medal, Jahvid Best whirled on through to blow the instrument out of the machinist's hand. Nellum (Long Beach Poly-SS) has been down-right dominating and close to legendary in his SS record 20.58 clocking (#3 state all-time, close behind two eventual Olympians), absolutely racing away from several marquee stars. But Best (Salesian-NCS) stunned dash aficionados last weekend when he blitzed to a 20.92 clocking in the face of a very brisk headwind. Nellum will have to go full throttle to hold off the NorCal blazer. The Central Section's Kenny Alston (Roosevelt) blew away the competition in local action this spring, while SJS speedburners posted great marks amid the favorable Hughes Stadium winds last weekend.

GIRLS 3200 METERS

Age-group phenom Jordan Hasay continues to purr along, with a trio of sub-10:10 clockings this year putting her atop the natinal performance ladder. Her smooth-paced and power-rooted style have eventually worn down her race-day rivals at this distance, but she suffered a rare loss to Laurynne Chetelat (Davis-SJS) in the back end of a grueling double (also lost to Alex Kosinski earlier that day in a National Federation record performance at 1600m). Defending 1600m state champ Christine Babcock (Woodbridge-SS) has blistering speed and will be dangerous here, with Chetelat and Southland gems Anna Sperry of Simi Valley (SS) and Shannon Murakami of Saugus (SS) also flashing national-class credentials.

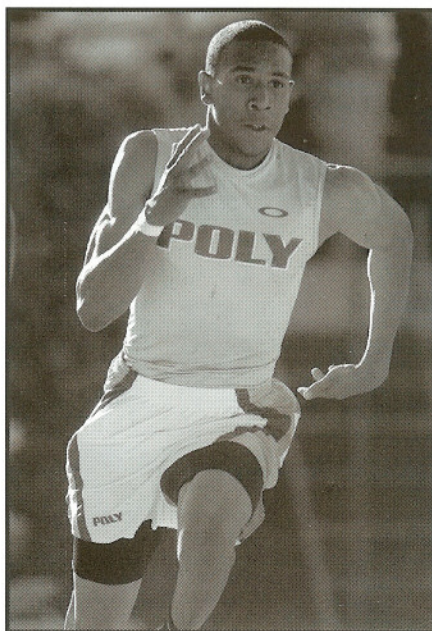
BOYS 3200 METERS

Senior Michael Cybulski of Royal (SS) is trying to be the first to win three state titles in this event, a mind-boggling achievement given the star-studded cast of multi-lappers marching through the Golden State ranks over the years. Cybulski's chances took a major hit with a season-long stress fracture that just recently began to cooperate, with the UCLA-bound star stunning onlookers

in a clutch showing and narrow loss to FootLocker Nationals cross country champ Chad Hall of Big Bear (SS) at last weekend's Masters Meet. The great Trabuco Hills duo of J.T. Sullivan and Scott Blair have enjoyed a remarkable year as among the best 1-2 punches in state history, with Davis' Brendan Gregg (like Sullivan, having signed with Stanford) also a top-level performer. Two sensational underclass talents to watch here are Chris Schwartz of Foothill (CE) and Philip MacQuitty of Palo Alto (CCS).

GIRLS 4x400 METER RELAY

What a way to close down the girls' meet. Perennial national baton powers Long Beach Poly (SS) and James Logan (NCS) are set to clash in a parade of deep teams in a state where nine squads have blazed under 3:50. Poly has taken a major hit of late with the injury to Turquoise Thompson, but the Jackrabbits remain solid. Logan breathes fire at this time of year and will be tough to catch under the leadership of legendary coach Lee Webb as the Colts aim for the big prize.



BRYSHON NELLUM
Long Beach Poly High School

BOYS 4x400 METER RELAY

Perhaps the most anticipated event of the night will be the last one, where national leader Long Beach Poly (SS) rocketed 3:09.89 in defeating powerful Jamaican contingents at the Penn Relays in late April. But the Jackrabbits really brought the house down with a thrilling 3:11.17-to-3:11.73 decision over JW North in the Southern Section Masters finale last Friday. In that one, Poly anchor Bryshon Nellum unleashed an unheard of 44.6 anchor to rally the Jackrabbits to victory. North anchor Nevin Gutierrez was timed in 45.9 in that one. Rancho Cucamonga (SS), which has been oozing with talent in recent years, has twice clocked in the low teens while Central Sec-

tion powerhouse Edison of Fresno and relays juggernaut Dominguez (SS) of Compton are also in the picture.

BOYS DISCUS THROW

Senior Derek Johnson of Agoura (SS) has been ultra-consistent this spring, being unbeaten while earning major meet crowns at both Arcadia and Mt. SAC. The Cal State Bakersfield signee achieved a lifetime-best 205-05 performance (#2 in U.S.) in a small mid-April meet and has recorded seven throws farther than the second-best thrower in the state, Central Section champion Dayshan Ragans of Foothill in Bakersfield. Ragans is the #2 11th-grader in the nation with a 193-03 best. Blake Ayles, a sensational tight end on the Division II state champion football team at Orange Lutheran (SS), set an SS Division III record with his 190-06 mark two weeks ago. West Valley's Jake Fuller (186-03) broke the Northern Section Finals record last weekend.

BOYS HIGH JUMP

With the state's lone 7-foot jumper (Gary Francis of De La Salle-NCS) derailed by a mid-season injury, five jumpers arrive with 6-10 credentials. The most impressive of the bunch is Central Section winner Kenny Phillips who springs skyward and slinks his diminutive 5'7.5" frame over the bar. Masters Meet winner Chris Hicks of Palmdale leads three super elites from the Southern Section, joined by Trabuco Hills' Daniel Kirkpatrick and Loyola's Jonathan Clark, also that section's top triple jumper. Buchanan's Travis Smith, a convert from water polo and the Central Section runner-up, is one of the leading sophomore jumpers in America.

BOYS LONG JUMP

Incredible athleticism will be on display in the sand pit, where Terry Prentice of Diamond Ranch (SS), Nelson Rosario of El Camino (SD) and Gary Lee of Hoover (SD) headline a very deep and explosive field. Prentice, the reigning national indoor pentathlon champion, has spanned over 24 feet indoors while Rosario soared to an all-conditions best (but wind-aided) 24-06.50 jaw dropper in recent San Diego Section competition. Lee is the state outdoor leader (wind legal) with his 24-02.50 mark winning at Arcadia in April. Sac-Joaquin Section winner Roman Gray of Laguna Creek also is an exceptional sprint talent vying for a podium spot in the 400.

BOYS POLE VAULT

The international clash between two of the globe's top teens failed to materialize when defending Central Coast Section champion Casey Roche of St. Francis of Mountain View shockingly no-heighted three weeks ago, ending his season. Los Gatos junior Nico Weiler, however, is just starting to pick up steam. A foreign-exchange student from Germany, Weiler soared to a CCS and junior class state record 17-06.25 last week, the nation's #2 mark this spring. (Note: Under

CIF rules, foreign-exchange students are granted only one year of eligibility, so he will not compete in CIF in 2008.) Seniors Connor Landry of Placer and Masters Meet winner Kyle Inks of Bret Harte renew their SJS rivalry while junior Justin Miller of California (NCS) is the state's lone 16-footer with eligibility for 2008.

BOYS SHOT PUT

Southern Section Masters champion Joe Canavan of Palm Desert arrives as the most boisterous athlete in the meet, bellowing barks of support to others or audible eruptions to psyche himself up. He's not only the loudest, but the hottest — with tape-measure jobs of 64-10 or better in four of his last nine postseason attempts. A decorated lineman in football, he opted to skip the gridiron season to focus in the ring, where his 66-00 Arcadia-winning effort the best mark in the nation at the time (and #2 currently). He doesn't put the shot, he catapults it airborne at great speed. Dayshan Ragans of Foothill (CE) is another accomplished footballer, with his 64-01 heave tabbing him as the top junior putter in the nation. Chris Krychev of Monte Vista (NCS) and Colin Quirke of Los Gatos (CCS) also are very hot of late.

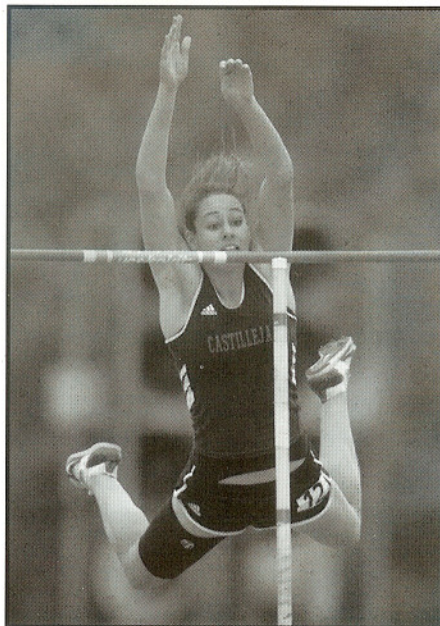
BOYS TRIPLE JUMP

Will the hop, skip and a jump be "going Hollywood?" This spring, Hollywood High's Gyasi Rivers has the best legal and wind-aided marks (49-01.50/49-04.75) in the state, with his personal best coming in winning last week's LA City Section Finals. Southern Section Masters winner Jonathan Clark of Loyola (49-02.50w), Sac-Joaquin Section Masters victor Ray Green of Ceres (49-00.50) and athletic wunderkind Nelson Rosario of El Camino (SDS) are all in bounding grooves of late, with each seeking to ride those blustery Sacramento winds to a few extra inches and the state title.

GIRLS DISCUS

Perhaps the most competitive girls field event is forecast to play out within the discus sector, where four combatants are roughly within a yard of each other in their respective best measured effort, each covering more than half the length of a football field. Hilary Fraser (El Toro-SS) boasts the best mark this spring, a big 158-10 bomb that won the Orange County Championships in late April. Miranda Wilson (Bishop O'Dowd-NCS) is the Sacramento Meet of Champions winner, Lauren Guerrieri (Davis-SJS) arrives as her Section's Masters Meet champion, and Anna

Jelmini (Shafter-CE) is the top entry from Central California. Kayla Kovar (Burroughs-SS) is among the nation's premier 10th graders.



TORI ANTHONY
Castilleja High School

GIRLS HIGH JUMP

Historians may be put to work this weekend thanks to a late-season surge by a veteran jumper and the arrival of a clutch newcomer to the high school scene. La Costa Canyon's Whitney Sisler (SDS) is the veteran, a consistent 12th grader who elevated to the state lead (and #2 in U.S.) with a big 5-11 clearance last weekend. The newcomer is Ashley Smith of Long Beach Millikan (SS), whose 5-09 effort won the Division I crown and staked her to the nation's best frosh mark of the year. The state meet record is 6-00, while the state 9th-grade record is 5-10.25; both marks could be threatened this weekend.

GIRLS LONG JUMP

While the rest of the nation falls back, Californians continue to "step up" when it comes to girls long jumping. Golden Staters own the top three wind-legal marks in the nation in 2007, paced by Jamesha Youngblood's (Hercules-NCS) 20-06.00 flight on this very track in late April. Vashti Thomas (Mt. Pleasant-CCS) is America's lone other 20-footer (20-02.00) and seeks to score big points factoring into the team title hunt. Ke'Nyia Richardson (Holy Names-NCS) soared to her best marks at the Stanford Invitational to

help headline this field which features four other 19-footers.

GIRLS POLE VAULT

America's two finest vaulters and the Golden State's most decorated aerialists in history will be on display as seniors Tori Anthony of Castilleja (CCS) and Allison Stokke of Newport Harbor (SS) lock horns. Anthony owns the state senior and junior class records (13-10 and 13-04, respectively) while Stokke lays claim to the state sophomore and freshmen records (13-05.75 and 12-08, respectively). Anthony raised her game to another level by whistling to an indoor national record 14-00 effort during the winter and competed against professionals at the USATF Indoor Nationals earlier this year. Stokke achieved a lifetime-best 13-07 five weeks ago in Orange County action. Veronica Stimson (Bella Vista-SJS), Natasha Barthel (St. Francis-CCS) and Emily Mattoon (Rancho Bernardo-SDS) give the Golden State five 13-footers, matching the most from any one state in a single year in U.S. history. Mattoon also is the nation's #2 sophomore.

GIRLS SHOT PUT

If Rosario Sanchez is on her game, and she usually is, this one may be decided early. Sanchez (Selma-CE) has well over four feet of advantage on the rest of the gathered field, firing the 8.82-pound iron ball to a stunning 50-05 measurement in late April and holding at least eight other efforts this season that have outdistanced all others within the state. Miranda Wilson (Bishop O'Dowd-NCS) is the top Northern Californian entered, winning on this very track with a fine seasonal best 45-10.25 at the Sacramento MOC. From the southern end of the state, Hilary Fraser (El Toro-SS) heads the charge and is the Orange County Championships winner.

GIRLS TRIPLE JUMP

For the better part of two years, Ke'Nyia Richardson (Holy Names-NCS) has ruled California's airspace over the TJ pits, including a national indoor record 44-06.75 explosion during the winter and a superb 43-04.25 legal outdoor best last year. But after nearly being grounded early this season by a back injury, the state's premier female leaper has returned to find more aircraft hovering close by. Vashti Thomas (Mt. Pleasant-CCS) joined rarefied air with a wind-aided 42-00.25 mark in mid-April and Jamesha Youngblood (Hercules-NCS) also raised her leaping game with a big 41-08.50 mark last weekend that was within a foot of the favored Richardson.



CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 400m RELAY

BOYS 400m RELAY

Prelims: 5:00 p.m. - Fri.

Final: 5:00 p.m. - Sat.

National: 44.50 Poly (Long Beach, California) 2004
State Meet: 44.70 St. Bernard (Playa Del Rey) 1997

Lane	School	Section	Section Mark
Heat 1 of 4 Prelims			
2	Carlsbad	SD	48.86
3	Los Altos	OC	48.03
4	Rancho Cucamonga	SS	47.32
5	Rancho Verde	SS	45.74
6	Birmingham	LA	47.07
7	Poway	SD	47.93
8	Bullard	CE	48.65
Heat 2 of 4 Prelims			
2	Scripps Ranch	SD	48.87
3	Menlo-Atherton	OC	48.20
4	Palmdale	SS	47.38
5	Poly-LB	SS	46.60
6	Centennial-Com	SS	47.05
7	St. Mary's	NC	47.81
8	Bakersfield	CE	48.53
Heat 3 of 4 Prelims			
2	West Valley	NO	49.49
3	Dorsey	LA	48.25
4	Franklin-EG	SJ	47.50
5	Berkeley	NC	46.63
6	Wilson-LB	SS	47.01
7	Monterey Trail	SJ	47.74
8	Taft	LA	48.45
Heat 4 of 4 Prelims			
2	Skyline	OK	49.54
3	Bear Creek	SJ	48.30
4	Rio Mesa	SS	47.59
5	Mt. Pleasant	OC	46.67
6	Hercules	NC	46.85
7	James Logan	NC	47.67
8	Stockdale	CE	48.42

Prelims: 5:14 p.m. - Fri.

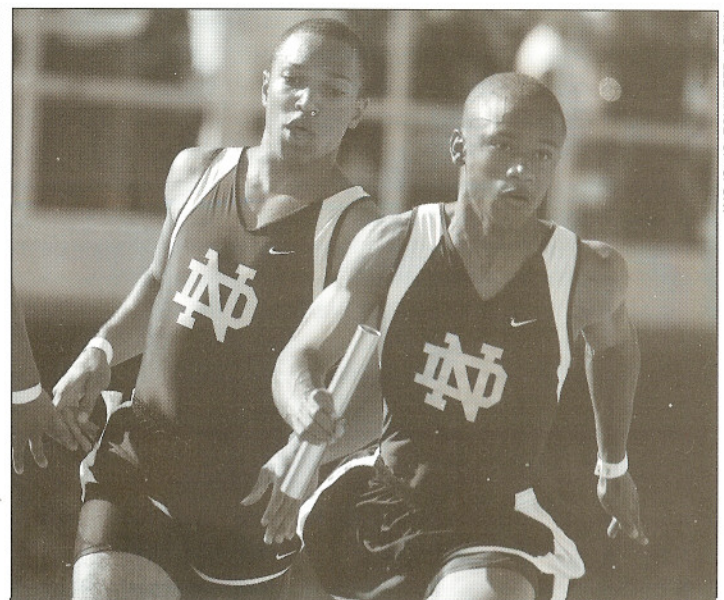
Final: 5:09 p.m. - Sat.

National: 39.76 Wyatt (Fort Worth, Texas) 1998
State Meet: 40.24 Hawthorne 1989

Lane	School	Section	Section Mark
Heat 1 of 4 Prelims			
2	Edison	OE	42.66
3	Bellarmine	OC	42.28
4	Notre Dame-SO	SS	41.87
5	JW North	SS	41.12
6	Mission Viejo	SS	41.83
7	Carson	LA	42.23
8	Palma	OC	42.59
Heat 2 of 4 Prelims			
2	Rancho Buena Vista	SD	42.74
3	Birmingham	LA	42.28
4	Escondido	SD	41.90
5	Poly-LB	SS	41.17
6	Aliso Niguel	SS	41.75
7	Compton	SS	42.22
8	Seaside	OC	42.54
Heat 3 of 4 Prelims			
2	Enterprise	NO	43.14
3	Westchester	LA	42.33
4	Oakmont	SJ	41.96
5	Rancho Cucamonga	SS	41.28
6	Franklin-EG	SJ	41.72
7	De La Salle	NC	42.20
8	Pittsburg	NC	42.48
Heat 4 of 4 Prelims			
2	Bakersfield	OE	43.17
3	McClymonds	OK	42.35
4	Washington	LA	42.13
5	Rio Mesa	SS	41.51
6	James Logan	NC	41.72
7	Deer Valley	NC	42.18
8	Oceanside	SD	42.41
9	Bullard	CE	43.46



MT. PLEASANT HIGH SCHOOL



NOTRE DAME (SHERMAN OAKS) HIGH SCHOOL

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 1600m RUN

Prelims: 5:32 p.m. - Fri. Final: 5:21 p.m. - Sat.

National: 4:39.4h Laura Matson, Andover (Bloomfield Hls, MI) 1985
State Meet: 4:39.92 Polly Plumer, University (Irvine) 1982

Pos.	Name	Gr.	School/Section	Sect. Mark
Heat 1 of 2 Prelims				
1	Toni Sarge	10	Pioneer/CC	5:07.32
2	Erin Gillingham	10	Torrey Pines/SD	5:03.54
3	Sarah Roth	12	El Camino Real/LA	5:02.58
4	Leanne Fogg	12	Maria Carillo/NC	4:58.66
5	Hilary May	12	Corona del Mar/SS	4:55.54
6	Diana George	10	Livermore/NC	4:52.83
7	Anna Sperry	12	Simi Valley/SS	4:49.01
8	Shelby Buckley	11	Corona del Mar/SS	4:46.80
9	Shannon Murakami	12	Saugus/SS	4:49.47
10	Nicole Hood	9	Carondelet/NC	4:53.25
11	Alex Kosinski	12	Oak Ridge/SJ	4:55.07
12	Sadee Martinez	11	Burroughs-Bur/SS	4:58.82
13	Taylor Johnson	11	San Lorenzo Vly/CC	4:59.28
14	Caitlin Clark	12	Granite Bay/SJ	5:00.28
15	Michelle Johnson	10	West Valley/NO	5:08.06
16	Valerie Sanchez	11	San Fernando/LA	5:22.04
Heat 2 of 2 Prelims				
1	Justina Sadauskaite	12	Los Angeles/LA	5:12.41
2	Chloe Allen	10	Clovis West/CE	5:05.82
3	Lauren Saylor	12	Buchanan/CE	5:00.93
4	Hillary Hayes	10	Edison-HB/SS	4:57.38
5	Claire Collison	11	Crescenta Valley/SS	4:54.84
6	Allison Damon	11	Corona del Mar/SS	4:51.75
7	Chelsea Reilly	12	Davis/SJ	4:50.69
8	Kauren Tarver	11	Serrano/SS	4:48.38
9	Christine Babcock	11	Woodbridge/SS	4:48.67
10	Vanessa Hancock	11	Brea Olinda/SS	4:54.91
11	Andrea Imhof	12	San Francisco Univ/NC	4:57.66
12	Shadeh Tabatabai	10	Mira Costa/SS	4:58.87
13	Katy Andrews	11	La Costa Canyon/SD	4:59.21
14	Bre Schofield	12	Carlsbad/SD	5:01.26
15	Arely Marquez	12	Yerba Buena/CC	5:04.72
16	Allison Gonzales	11	Exeter/CE	5:11.49

BOYS 1600m RUN

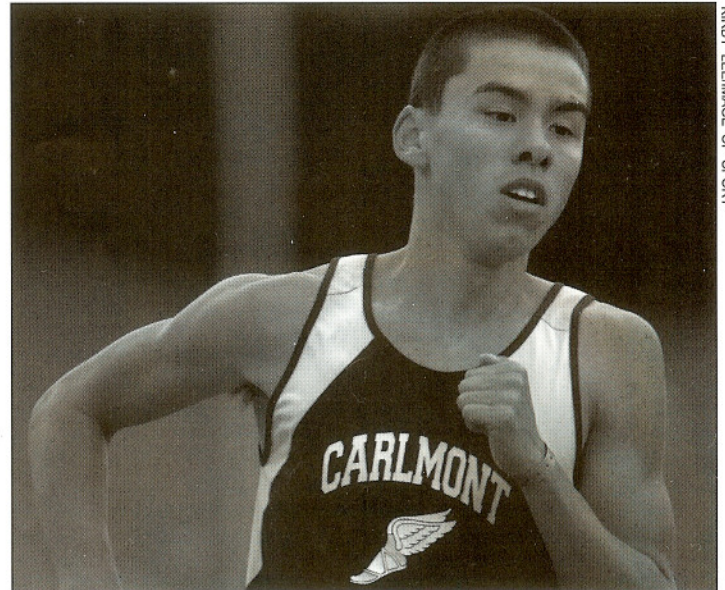
Prelims: 5:47 p.m. - Fri. Final: 5:31 p.m. - Sat.

National: 3:59.51 Alan Webb, South Lakes (Reston, VA) 2001
State Meet: 4:02.62 Ryan Hall, Big Bear Lake 2001

Pos.	Name	Gr.	School/Section	Sect. Mark
Heat 1 of 2 Prelims				
1	Steve Calise	12	San Pedro/LA	4:21.21
2	Josh Arrieta	12	Oak Ridge/SJ	4:18.14
3	Matt Maldonado	11	Modesto/SJ	4:16.95
4	Brian Cole	12	St. Helena/NC	4:16.63
5	Brad Surh	11	Carlmont/CC	4:15.69
6	Abdow Haji	12	El Toro/SS	4:13.89
7	Dylan Knight	12	La Sierra/SS	4:11.46
8	Hudson Andrews	12	Royal/SS	4:09.10
9	Austin Jett	12	Eastlake/SD	4:12.13
10	Mac Fleet	10	University City/SD	4:14.49
11	Bret Hasvold	11	Fallbrook/SD	4:15.84
12	Rylan Hunt	10	Aptos/CC	4:18.71
13	Douglas Whichard	12	Granada/NC	4:18.09
14	Angel Peralta	12	Granada Hills/LA	4:21.86
15	Eric Battles	11	Clovis West/CE	4:21.93
Heat 2 of 2 Prelims				
1	Weir Walker		Lowell/SF	4:28.99
2	Andy Peabody	12	College Park/NC	4:18.37
3	Jonathan Sanchez	10	Buchanan/CE	4:18.07
4	James Attarian	11	Dublin/NC	4:17.87
5	Jonathan Petersen	12	Clovis/CE	4:15.92
6	Spencer Knight	12	La Sierra/SS	4:14.88
7	Fawad Khan	12	Palos Verdes/SS	4:12.36
8	Chad Hall	12	Big Bear/SS	4:09.19
9	Adam Cunningham	11	Milken Community/SS	4:10.87
10	Brandon Shirck	12	Nordhoff/SS	4:12.24
11	Johnathan Shawel	11	Troy/SS	4:14.96
12	Timothy Scott	12	Corona del Mar/SS	4:16.06
13	Marcos Corona	12	Willow Glen/CC	4:18.49
14	Cameron Mitchell	11	Woodside/CC	4:21.38
15	Jorge Rojas	12	Garfield/LA	4:21.61
16	Nick Rebol	12	Red Bluff/NO	4:24.16



CHRISTINE BABCOCK
Woodbridge High School



BRAD SUHR
Carlmont High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 100m HH

Prelims: 6:04 p.m. - Fri. Final: 5:48 p.m. - Sat.

National: 13.20 Nichole Denby, J.W.North (Riverside, CA) 2000
 State Meet: 13.20 Nichole Denby, J.W. North (Riverside) 2000

Lane Name	Gr.	School/Section	Sect. Mark
Heat 1 of 4 Prelims			
2 Brittny Rogers		Clovis East/CE	15.30
3 Victoria Johnson	9	James Logan/NC	14.74
4 Kori Carter	9	Claremont/SS	14.27
5 Julian Purvis	11	St. Elizabeth/NC	13.76
6 Gina Deckard	12	Culver City/SS	14.23
7 Alyssa Christensen	12	West Valley/NO	14.66
8 Whitney McGee	11	Berkeley/NC	15.24
Heat 2 of 4 Prelims			
2 Cori Franklin	12	Morse/SD	15.43
3 Stephanie Grey	12	Sheldon/SJ	14.93
4 Ebony Collins	12	Locke/LA	14.28
5 Vashti Thomas	11	Mt. Pleasant/CC	13.76
6 Natalie Roy	12	Mission Viejo/SS	14.21
7 Tenise Brewer	11	Florin/ SJ	14.64
8 Jessica Alanis		Granite Hills/CE	15.23
Heat 3 of 4 Prelims			
2 Brittany Allen	12	Rancho Buena Vista/SD	15.80
3 Leah Flowers	11	Chatsworth/LA	15.02
4 Golde Ibia	11	Evergreen Valley/CC	14.31
5 Ke'Nyia Richardson	12	Holy Names/NC	13.91
6 Jalisa Williams	12	Muir/SS	14.17
7 Dantia Hudson	12	Skyline/OK	14.57
8 Nicole Jackson	12	Bear River/SJ	15.18
Heat 4 of 4 Prelims			
2 Sabrina Nealy	12	Rancho Bernardo/SD	15.95
3 Chanel Parker	12	Narbonne/LA	15.11
4 London Finley	11	St. Mary's Acad/SS	14.32
5 Dahlys Marshall	11	Valley Christian-SJ/CC	13.99
6 Kiani Profit	12	Muir/SS	14.04
7 Kiersten Kirkland	11	JW North/SS	14.52
8 Brittny Williams		Edison/CE	15.18
9 Leona Shum	12	Lowell/SF	16.46

BOYS 110m HH

Prelims: 6:24 p.m. - Fri. Final: 5:59 p.m. - Sat.

National: 13.30 Chris Nelloms, Dunbar (Dayton, OH) 1990
 State Meet: 13.39 Kevin Craddock, James Logan (Union City) 2004

Lane Name	Gr.	School/Section	Sect. Mark
Heat 1 of 4 Prelims			
2 Mykel Block	11	Monterey/CC	15.01
3 Ronald Brookins	12	Helix/SD	14.50
4 Ken Shaw	12	San Jacinto/SS	14.25
5 Terry Prentice	12	Diamond Ranch/SS	13.81
6 Eric Hersey	12	Los Altos/CC	14.22
7 Aaron Burney	11	Granite Bay/SJ	14.44
8 Patrick Brown	12	Serra/SD	14.98
Heat 2 of 4 Prelims			
2 Matt Brown	11	Mt. Pleasant/CC	15.05
3 Kendrick Young		Clovis East/CE	14.55
4 Alfred Hines	12	Poly-LB/SS	14.30
5 Jeshua Anderson	12	Taft/LA	13.93
6 Trevor Habberstad	12	Canyon-CC/SS	14.18
7 Ryan Holmes	11	Loyola/SS	14.43
8 Dale Morgan	9	Taft/LA	14.95
Heat 3 of 4 Prelims			
2 Anthony Puentes		Selma/CE	15.05
3 Maurice Valentine	10	Castro Valley/NC	14.56
4 Marcus McMillan	11	Vacaville/SJ	14.30
5 Zion Babb	12	Alhambra/SS	13.94
6 De'vron Walker	11	Dominguez/SS	14.14
7 Nimrod Piggee	12	Galt/SJ	14.39
8 Kyle Spence	11	Granada/NC	14.79
9 Adrian Dorsey	11	Washington/SF	16.06
Heat 4 of 4 Prelims			
2 Ethan Dejongh		Mt. Whitney/CE	15.10
3 Ahmed Abdi	12	Scripps Ranch/SD	14.69
4 Josh McOmber	12	West Valley/NO	14.30
5 Maurice Shaw	12	Colony/SS	13.98
6 Rashad Smith	12	Pinole Valley/NC	14.03
7 Spencer Phillips	12	Rancho Cucamonga/SS	14.32
8 Terrell Woodall	12	Clayton Valley/NC	14.74
9 Jamie Cowan	12	Dorsey/LA	15.33



JULIAN PURVIS
 St. Elizabeth High School



ZION BABB
 Alhambra High School

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- 19-20 January, 2008: University of California, Bryan Fetzer, bfetzer@berkeley.edu

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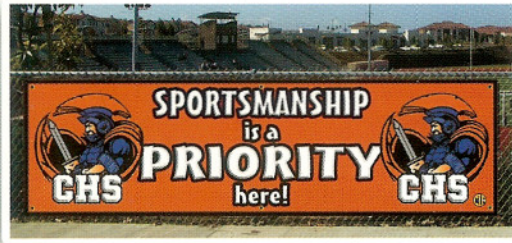
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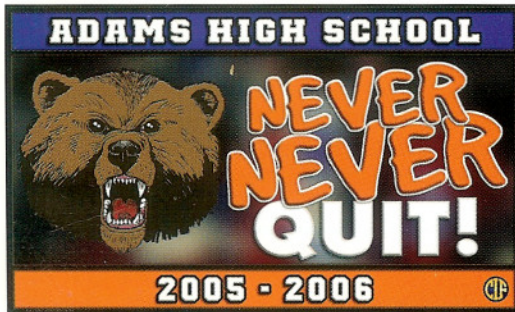


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CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 400m DASH

BOYS 400m DASH

Prelims: 6:43 p.m. - Fri. Final: 6:10 p.m. - Sat.

National: 50.74 Monique Henderson, Morse (San Diego, CA) 2000
 State Meet: 50.74 Monique Henderson, Morse (San Diego) 2000

Lane	Name	Gr.	School/Section	Sect.	Mark
Heat 1 of 4 Prelims					
2	Montairra Hart	9	Fremont/OK	57.65	
3	Donnise Powell	10	James Logan/NC	56.53	
4	Angelica Weaver	10	Rancho Cucamonga/SS	55.56	
5	Jasmine Joseph	10	Poly-LB/SS	54.29	
6	Brittany Harper	11	Calabasas/SS	55.56	
7	Zakia Williams	11	Monterey Trail/SJ	56.31	
8	Rhonniesha Simpson	12	Serra/SD	57.42	
Heat 2 of 4 Prelims					
2	Mandy Ross	12	Christian/SD	57.44	
3	Kyanna Thomas	12	Davis/SJ	56.56	
4	Joy Eaton	12	St. Lucy's/SS	55.57	
5	Eileen Nguyen	12	Milpitas/CC	54.98	
6	Derrhea Mcliechey	12	Vallejo/SJ	55.47	
7	Hayley Huxtable	12	Scotts Valley/CC	56.03	
8	Sanura O'Reilly	9	Balboa/SF	57.40	
Heat 3 of 4 Prelims					
2	Areana Anthony	10	Birmingham/LA	58.02	
3	Kayleigh Hendricks		Tulare Western/CE	56.69	
4	Tiera Hilliard	12	Mayfair/SS	55.63	
5	Jasmine Cox	11	Deer Valley/NC	55.28	
6	Angele Cooper	11	Wilson-LB/SS	55.44	
7	Victoria Humphrey	12	James Logan/NC	56.03	
8	Kiara Reed	12	Chico/NO	57.25	
9	Jessica Smith	12	Carson/LA	58.85	
Heat 4 of 4 Prelims					
2	Kenya McDaniels		Selma/CE	58.03	
3	Vanessa Houston	10	Hoover/SD	56.95	
4	Kristen Houp	11	Valley Christian-SJ/CC	55.82	
5	Brianna Atkins	11	Bonita/SS	55.29	
6	Jackie Harrison	12	James Logan/NC	55.37	
7	Chelsea Davis	12	Centennial-Com/SS	55.94	
8	Lasasha Aldredge		Central/CE	57.20	
9	Rashida McKinnon	11	Hamilton/LA	58.20	

Prelims: 7:02 p.m. - Fri. Final: 6:18 p.m. - Sat.

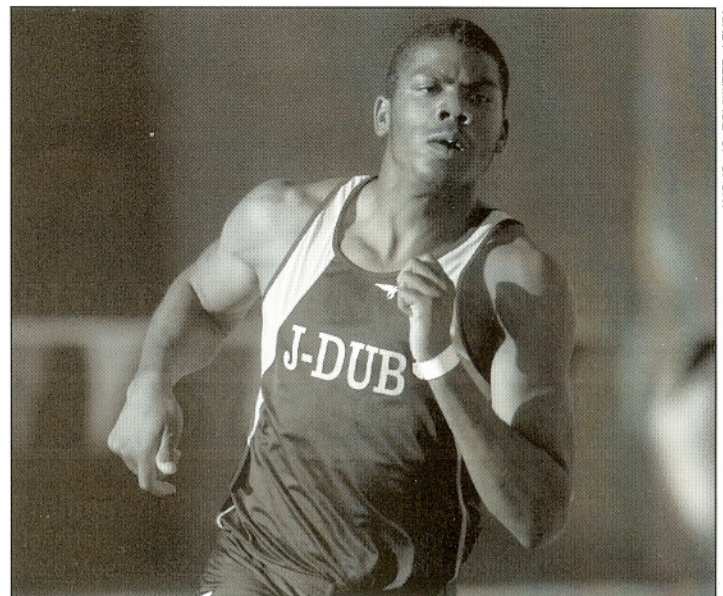
National: 45.25 Calvin Harrison, North Salinas (Salinas, CA) 1993
 State Meet: 45.25 Calvin Harrison, North Salinas (Salinas) 1993

Lane	Name	Gr.	School/Section	Sect.	Mark
Heat 1 of 3 Prelims					
1	Kevin Toth	12	Archbishop Mitty/CC	49.67	
2	Thomas Phillips	12	Bellarmino/CC	49.16	
3	Keagan Wethington	12	James Logan/NC	48.74	
4	Nico Reaves	11	Mt. Miguel/SD	48.01	
5	Bryshon Nellum	12	Poly-LB/SS	46.69	
6	Roman Gray	12	Laguna Creek/SJ	47.97	
7	Darrell Catchings	12	Escondido/SD	48.69	
8	Anthony Clark		Edison/CE	49.07	
9	Daniel Schutterle	12	Granada Hills/LA	49.49	
Heat 2 of 3 Prelims					
1	Wesley Tucker	11	Monterey/CC	49.70	
2	Demondre Ward	12	Oakland/OK	49.18	
3	Kianti Gix	12	Rio Americano/SJ	48.81	
4	Joey Hughes	11	Poly-LB/SS	48.57	
5	Nevin Gutierrez	12	JW North/SS	47.30	
6	Jonathan Byrd	11	Carson/LA	47.83	
7	Quentin Powell	12	James Logan/NC	48.62	
8	Andre Gaston	12	Pittsburg/NC	49.04	
9	Brandon Dawson	11	Fairfield/SJ	49.47	
Heat 3 of 3 Prelims					
1	Kevin Eng	11	Galileo/SF	53.49	
2	Tony Hodges	12	Vista/SD	49.25	
3	Willie Chandler	12	Birmingham/LA	48.92	
4	Bobby Collins	10	Rancho Cucamonga/SS	48.58	
5	Remington Blair		Reedley/CE	47.45	
6	Jason Ward		South Bakersfield/CE	47.68	
7	Mark Watley	11	Crespi/SS	48.61	
8	Ricky Kearney	11	De La Salle/NC	48.93	
9	Cory Arnold	12	Durham/NO	49.26	



JASMINE JOSEPH
 Long Beach Poly High School

KIRBY LEE/IMAGE OF SPORT



NEVIN GUTTIEREZ
 J.W. North High School

KIRBY LEE/IMAGE OF SPORT

CIF ALL-TIME BOYS TRACK AND FIELD TOP TIMES/MARKS

BOYS 100 METERS

- 10.25 -Henry Thomas (Hawthorne) 1985
- 10.29 -Ricky Carrigan (Compton) 1991
- 10.30A -Quincy Watts (Taft, Woodland Hills) 1987
- 10.30 -Riley Washington (Southwest, San Diego) 1992
- 10.31 *Bryan Howard (Canyon Sprgs, Moreno Vly) 1994
- State Championship Record*
- 10.30 Riley Washington (Southwest, San Diego) 1992

BOYS 200 METERS

- 20.50 -Quincy Watts (Taft, Woodland Hills) 1987
- 20.53 -Bryan Bridgewater (Washington, LA) 1988
- 20.57 -Calvin Harrison (North, Salinas) 1993
- 20.58 -Bryshon Nellum (Poly, Long Beach) 2007
- 20.62 -Sultan McCullough (Muir, Pasadena) 1997
- State Championship Record*
- 20.68c James Sanford (Pasadena) 1977

BOYS 400 METERS

- 45.09 -Henry Thomas (Hawthorne) 1986
- 45.14 **Obea Moore (Muir, Pasadena) 1995
- 45.25 -Calvin Harrison (North Salinas) 1993
- 45.51 -Bill Green (Cubberley, Palo Alto) 1979
- 45.76 -Danny Everett (Fairfax, LA) 1985
- 45.76 -Steve Lewis (American, Fremont) 1987
- State Championship Record*
- 45.25 Calvin Harrison (North, Salinas) 1993

BOYS 800 METERS

- 1:46.45 -Michael Granville (Bell Gardens) 1996
- 1:47.31 -Pete Richardson (Berkeley) 1981
- 1:47.9c -Dale Scott (El Cerrito) 1972
- 1:48.2c -Richard Joyce (Sierra, Whittier) 1965
- 1:48.20 -Jeff West (Crenshaw, LA) 1979
- State Championship Record*
- 1:46.45 Michael Granville (Bell Gardens) 1996

BOYS 1600 METERS

- 3:57.6c -Tim Danielson (Chula Vista) 1966
- 4:00.6c -Rich Kimball (De La Salle, Concord) 1974
- 4:02.4ch *Curtis Beck (Santa Monica) 1972
- 4:02.54c -A.J. Acosta (El Camino, Oceanside) 2006
- (4:03.96 mile)
- 4:02.62 -Ryan Hall (Big Bear) 2001
- State Championship Record*
- 4:02.62 Ryan Hall (Big Bear) 2001

BOYS 3200 METERS

- 8:32.7c -Jeff Nelson (Burbank) 1979
- 8:40.4 -Eric Reynolds (Camarillo) 1983
- 8:41.0c -Eric Hulst (Laguna Beach) 1976
- 8:41.6c -Thom Hunt (Patrick Henry, San Diego) 1976
- 8:42.3c -Ralph Serna (Loara, Anaheim) 1975
- State Championship Record*
- 8:44.9 Eric Hulst (Laguna Beach) 1975

BOYS 110 METER HIGH HURDLES

- 13.39 *Kevin Craddock (James Logan, Union City) 2004
- 13.41 -Steve Kerho (Mission Viejo) 1982
- 13.48 -Dominique DeGrammont (Tustin) 1997
- 13.58 -Sharif Paxton (Crenshaw, LA) 1997
- 13.59 *Terry Prentice (Diamond Ranch, Pomona) 2006
- State Championship Record*
- 13.39 Kevin Craddock (James Logan, Union City) 2004

BOYS 300 METER INTERMEDIATE HURDLES

- 35.32 -George Porter (Cabrillo, Lompoc) 1985
- 35.45 -David Klech (California, San Ramon) 2006
- 35.75 -Jeshua Anderson (Taft, Woodland Hills) 2007
- 35.93 *Kevin Craddock (James Logan, Union City) 2004
- 36.18 -Makio Haywood (Muir, Pasadena) 1996
- State Championship Record*
- 35.50 George Porter (Cabrillo, Lompoc) 1985

BOYS 4X100 METER RELAY

- 40.14 Poly, Long Beach 1999
- 40.24 Hawthorne 1989
- 40.28 Muir, Pasadena 1997
- 40.53 Serra, Gardena 1996
- 40.63 Poly, Long Beach 2002
- State Championship Record*
- 40.24 Hawthorne 1989

BOYS 4X400 METER RELAY

- 3:07.40 Hawthorne 1985
- 3:08.66 Muir, Pasadena 1996
- 3:08.72 Muir, Pasadema 1997
- 3:08.94 Berkeley 1981
- 3:09.45 Hawthorne 1984
- State Championship Record*
- 3:08.66 Muir, Pasadena 1996

BOYS HIGH JUMP

- 7-04.50 -Maurice Crumby (Balboa, San Francisco) 1983
- 7-04.25 -Teak Wilburn (Chico) 2002
- 7-04.00 -Jeremy Fischer (Camarillo) 1994
- 7-03.25 Lee Balkin (Glendale) 1979
- 7-03.00 -Reynaldo Brown (Compton) 1968
- 7-03.00 -Tim Poitl (Alemany, Mission Hills) 1979
- 7-03.00 -Jeff Rogers (Overfelt, San Jose) 1985
- 7-03.00 -Avery Anderson (North, Riverside) 1991
- State Championship Record*
- 7-3.25 Lee Balkin (Glendale) 1979

BOYS POLE VAULT

- 18-02.00 -Brandon Richards (San Marcos, Sta Barbara) 1985
- 17-08.50 -Brent Burns (Acalanes, Lafayette) 1987
- 17-06.25 *Nico Weiler (Los Gatos) 2007
- 17-05.00 *Casey Roche (St. Francis, Mountain View) 2006
- 17-05.00 -Scott Roth (Granite Bay) 2006
- State Championship Record*
- 17-01.00 *Scott Roth (Granite Bay) 2005

BOYS LONG JUMP

- 26-04.75 -James Stallworth (Tulare) 1989
- 26-03.75 -Randy Williams (Edison, Fresno) 1971
- 26-02.25 -Ken Duncan (McClatchy Sacramento) 1972
- 26-00.75 -Jerry Proctor (Muir, Pasadena) 1967
- 26-00.75 -Joe Richardson (Pasadena) 1984
- State Championship Record*
- 26-04.75 James Stallworth (Tulare) 1989

BOYS TRIPLE JUMP

- 53-06.50 -Joe Richardson (Pasadena) 1984
- 52-10.50 -Charles Mayfield (Muir, Pasadena) 1980
- 52-06.25 *Dave Tucker (San Joaquin Mem, Fresno) 1970
- 52-06.00 -Henry Ellard (Hoover, Fresno) 1979
- 52-05.75 -Marcus Hooks (Lakewood) 1986
- State Championship Record*
- 52-05.75 Marcus Hooks (Lakewood) 1986

BOYS SHOT PUT

- 76-02.00 -Brent Noon (Fallbrook) 1990
- 71-10.00 *Van Mounts (Bakersfield) 1997
- 69-06.50 -Brian Blutreich (Capistrano Valley) 1985
- 69-03-75 -Jim Neidhart (Newport Harbor, Newport Bch) 1973
- 68-05.50 -Steve Montgomery (Lassen, Susanville) 1976
- State Championship Record*
- 74-04.75 Brent Noon (Fallbrook) 1990

BOYS DISCUS THROW

- 213-11 -Scott Moser (Huntington Beach) 1997
- 213-07 -Bo Taylor (Newport Harbor) 2006
- 212-01 -Darius Savage (Morse, San Diego) 2006
- 210-08 -Brian Blutreich (Capistrano Valley) 1985
- 210-01 *Jeff Buckley (Bakersfield) 1991
- State Championship Record*
- 213-07 Bo Taylor (Newport Harbor, Newport Bch) 2006

Records compiled by Rich Gonzalez with assistance from Mike Kennedy, Doug Speck and Jack Shepard.
 - senior; * junior; ** sophomore; *** freshman
 c=converted from yards distance; i=indoor mark;
 A=altitude mark achieved above 3,000m
 Only wind-legal marks, precision-auto times are included.
 Includes marks from all sanctioned events, not just state championship meet.
Athletes with 2007 eligibility are listed in italics.
Top Marks courtesy of DyeStatCal.com (updated thru 5/26/07)

CIF ALL-TIME GIRLS TRACK AND FIELD TOPTIMES/MARKS

GIRLS 100 METERS

- 11.11 -Angela Williams (Chino) 1998
 11.14 *Marion Jones (Thousand Oaks) 1992
 11.24 *Jeneba Tarmoh (Mt. Pleasant, San Jose) 2006
 11.28 *Angela Burnham (Rio Mesa, Oxnard) 1988
 11.29 -Allyson Felix (LA Baptist, North Hills) 2003

State Championship Record

- 11.14 Marion Jones (Thousand Oaks) 1992

GIRLS 200 METERS

- 22.11A -Allyson Felix (LA Baptist, North Hills) 2003
 22.58 *Marion Jones (Thousand Oaks) 1992
 22.86 -Jasmine Baldwin (Bishop Amat, La Puente) 2004
 22.88 -Tania Woods (Skyline, Oakland) 1999
 22.90 -Kinshasa Davis (Wilson, Long Beach) 1997

State Championship Record

- 22.52 Allyson Felix (Los Angeles Baptist) 2003

GIRLS 400 METERS

- 50.74 -Monique Henderson (Morse, San Diego) 2000
 50.87 -Denean Howard (Kennedy, Granada Hills) 1982
 51.09A *Sherri Howard (Kennedy, Granada Hills) 1979
 51.91 -Mable Ferguson (Ganesha, Pomona) 1972
 52.09 -Nakiya Johnson (Ayala, Chino Hills) 1998

State Championship Record

- 50.74 Monique Henderson (Morse, San Diego) 2000

GIRLS 800 METERS

- 2:02.29 **Mary Decker (Orange) 1974
 2:03.8 -Charlotte Cooke (Compton) 1966
 2:04.37 **Ann Regan (Camden, San Jose) 1977
 2:04.59 -Kerri Zaleski (Millikan, Long Beach) 1985
 2:04.91 -Trena Hull (Compton) 1984

State Championship Record

- 2:06.08 Donna Curtis (Culver City) 1981

GIRLS 1600 METERS

- 4:33.64c -Polly Plumer (University, Irvine) 1982
 4:38.15 -Alex Kosinski (Oak Ridge, El Dorado Hills) 2007
 4:39.13 **Jordan Hasay (Mission Prep, SLO) 2007
 4:39.1c -Eileen Clausus (Rio Americano, Sacramento) 1973
 4:39.94c -Annie St. Geme (Corona del Mar) 2006

State Championship Record

- 4:39.93 Polly Plumer (University, Irvine) 1982

GIRLS 3200 METERS

- 9:48.59 -Kim Mortensen (Thousand Oaks) 1996
 9:58.51 -Caitlin Chock (Granite Bay- non-team member) 2004
 2004 GWI
 10:04.07 **Jordan Hasay (Mission Prep, SLO) 2007
 10:04.2 -Cory Schubert (Del Mar, San Jose) 1983
 10:06.2+ Cheri Williams (Livermore) 1978

State Championship Record

- 9:52.80 Kim Mortensen (Thousand Oaks) 1996

GIRLS 100 METER HIGH HURDLES

- 13.20 -Nichole Denby (J.W. North, Riverside) 2000
 13.35 -Nicole Hoxie (J.W. North, Riverside) 1997
 13.38 -Joanna Hayes (J.W. North, Riverside) 1995
 13.46 *Vashti Thomas (Mt. Pleasant, San Jose) 2007
 13.53 -Natasha Neal (James Logan, Union City) 1998

State Championship Record

- 13.20 Nichole Denby (J.W. North, Riverside) 2000

GIRLS 300 METER LOW HURDLES

- 39.98 -Lashinda Demus (Wilson, Long Beach) 2001
 40.10 **Ebony Collins (Wilson, Long Beach) 2005
 40.18 *Leslie Maxie (Mills, Millbrae) 1984
 40.26 -Janeene Vickers (Ganesha, Pomona) 1987
 40.81 -Joanna Hayes (J.W. North, Riverside) 1995

State Championship Record

- 40.10 Ebony Collins (Wilson, Long Beach) 2005

GIRLS 4X100 METER RELAY

- 44.50 Poly, Long Beach 2004
 44.70 St. Bernard, Playa del Rey 1997
 44.84 Wilson, Long Beach 2005
 44.90 Poly, Long Beach 2003
 44.93 Wilson, Long Beach 2004

State Championship Record

- 44.70 St. Bernard (Playa Del Rey) 1997

GIRLS 4X400 METER RELAY

- 3:35.49 Poly, Long Beach 2004
 3:35.55 Poly, Long Beach 2003
 3:35.72 Wilson, Long Beach 2001
 3:35.99 Poly, Long Beach 2002
 3:36.32 Wilson, Long Beach 1998

State Championship Record

- 3:35.99 Poly, Long Beach 2002

GIRLS HIGH JUMP

- 6-2.75 -Latrese Johnson (Clovis) 1985
 6-2.25 -Wendy Brown (Woodside) 1984
 6-2.25 -Julie Brouhgton (Woodland) 1989
 6-2.00 -Sharon Day (Costa Mesa) 2003
 6-1.50 -Chaunte Howard (J.W. North, Riverside) 2002

State Championship Record

- 6-00.00 Latrese Johnson (Clovis) 1985

GIRLS POLE VAULT

- 13-10.00 *Tori Anthony (Castilleja, Palo Alto) 2007
(also 14-02.50 nat'l indoor record)
 13-08.50 -Kira Costa (San Joaquin Memorial, Fresno) 2003
 13-08.00 -Shayla Balentine (Morro Bay) 2001
 13-07.00 -Allison Stokke (Newport Harbor) 2007
 13-06.00 -Brysun Stately (Cordova, Rancho Cordova) 2005
 13-06.00 -Chelsea Johnson (Atascadero) 2002

State Championship Record

- 13-08.00 -Shayla Balentine (Morro Bay) 2001

GIRLS LONG JUMP

- 22-00.50 -Marion Jones (Thousand Oaks) 1993
 21-03.25 *Juliana Yendork (Walnut) 1990
 20-11.25 *Maddette Smith (Quartz Hill) 1986
 20-11.25 -Jemae Wright (James Logan, Union City) 1996
 20-09.75 -Wendy Brown (Woodside) 1984

State Championship Record

- 22-0.5 Marion Jones (Thousand Oaks) 1993

GIRLS TRIPLE JUMP

- 44-11.75 *Brittany Daniels (Merrill West, Tracy) 2004
 44-00.50 -Juliana Yendork (Walnut) 1991
 43-04.50 **Michelle Sanford (Woodbridge, Irvine) 2001
 43-03.25 *Ke Nyia Richardson (Holy Names, Oak) 2006
 42-10.50 -Wendy Brown (Woodside) 1984

State Championship Record

- 44-00.50 Juliana Yendork (Walnut) 1991

GIRLS SHOT PUT

- 53-07.75 -Natale Kaaiawahia (Fullerton) 1983
 53-07.50 -Karen Freberg (San Luis Obispo) 2001
 52-11.50 -Kristin Heaston (Ygnacio Valley, Concord) 1993
 51-05.00 -Jessica Pressley (Laguna Creek, Elk Grove) 2003
 50-11.75 -Dawn Dumble (Bakersfield) 1990

State Championship Record

- 52-11.5 Kristin Heaston (Ygnacio Valley, Concord) 1993

GIRLS DISCUS THROW

- 188-04 -Suzy Powell (Downey, Modesto) 1994
 183-11 -Leslie Deniz (Gridley) 1980
 183-06 -Billie Jo Grant (Arroyo Grande) 2003
 181-03 -Stephanie Brown (Arroyo Grande) 1998
 178-00 -Rachel Varner (Bakersfield) 2002

State Championship Record

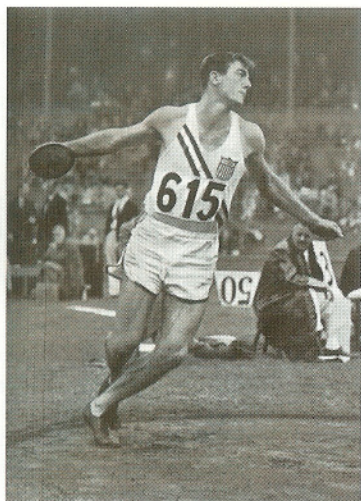
- 177-01 Chaniqua Ross (Laguna Creek, Elk Grove) 1997

Records compiled by Rich Gonzalez with assistance from Mike Kennedy, Doug Speck and Jack Shepard.
 - senior; * junior; ** sophomore; *** freshman
 c=converted from yards distance; i=indoor mark;
 A=altitude mark achieved above 3,000m
 Only wind-legal marks, precision-auto times are included.
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Athletes with 2007 eligibility are listed in italics.
 Top Marks courtesy of DyeStatCal.com (updated thru 5/26/07)

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CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 100m DASH

BOYS 100m DASH

Prelims: 7:16 p.m. - Fri. Final: 6:27 p.m. - Sat.

National: 11.14 Marion Jones, Thousand Oaks (CA) 1992
State Meet: 11.14 Marion Jones, Thousand Oaks 1992

Prelims: 7:32 p.m. - Fri. Final: 6:34 p.m. - Sat.

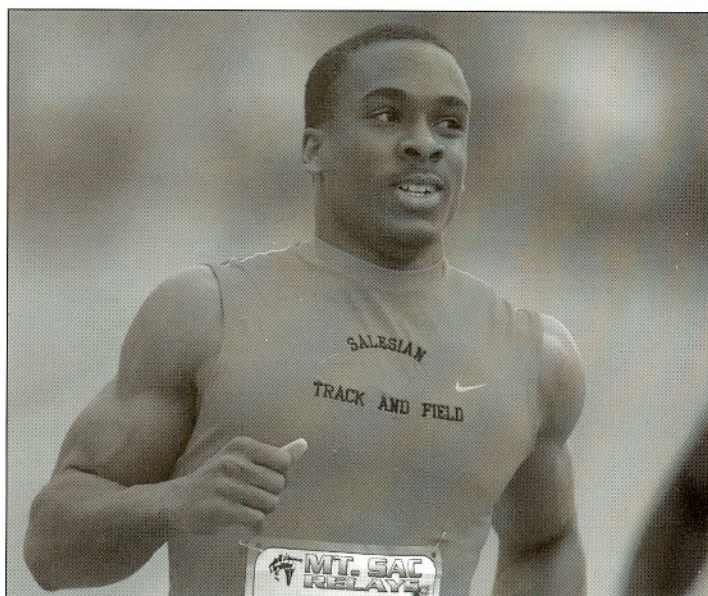
National: 10.15 Henry Neal, Greenville (TX) 1990
State Meet: 10.30 Riley Washington, Southwest (San Diego) 1992

Lane Name	Gr.	School/Section	Sect. Mark
Heat 1 of 4 Prelims			
2 Jenna Puterbaugh	9	Santa Fe Christian/SD	12.30
3 Shelise Williams	12	Wilson-LB/SS	11.98
4 Jessica Davis	9	Highland/SS	11.86
5 Ashton Purvis	9	St. Elizabeth/NC	11.64
6 Ebony Collins	12	Locke/LA	11.85
7 Nijia Nelms	11	Birmingham/LA	11.95
8 Shelby Lindsey	10	St. Mary's/NC	12.30
Heat 2 of 4 Prelims			
2 Cashmir Whittle		Buchanan/CE	12.33
3 Sanmi George	11	Laguna Creek/SJ	11.98
4 Jessika Hornsby	12	Rancho Verde/SS	11.86
5 Alicia King	12	Rancho Verde/SS	11.68
6 Erin Reid	11	Poly-LB/SS	11.84
7 Romesha Anderson		Stockdale/CE	11.89
8 Malania Payton	10	Fremont/OK	12.29
Heat 3 of 4 Prelims			
2 Mandy Ross	12	Christian/SD	12.18
3 Kayla Dixon	12	Cleveland/LA	12.18
4 Shaleisha Mitchell	12	Palmdale/SS	11.86
5 Yasmin Woodruff	11	St. Mary's Academy/SS	11.69
6 Jeneba Tarmoh	12	Mt. Pleasant/CC	11.77
7 Andra Harris	11	Monterey Trail/SJ	11.89
8 Whitney McGee	11	Berkeley/NC	12.29
9 Courtney Carter	11	Lowell/SF	12.92
Heat 4 of 4 Prelims			
2 Marissa Minderler	12	Monta Vista/CC	12.41
3 Dahlys Marshall	11	Valley Christian-SJ/CC	12.22
4 Shanelle Stephans	9	Dominguez/SS	11.88
5 Cherrelle Garrett	12	Mt. Eden/NC	11.72
6 Dominique Lauderdale		Ridgeview/CE	11.75
7 Kasey Rodgers	11	Franklin-EG/SJ	11.89
8 Tenille Stoudenmire	10	Rancho Beranardo//SD	12.22
9 Lindsay Witteman	11	Paradise/NO	12.81

Lane Name	Gr.	School/Section	Sect. Mark
Heat 1 of 4 Prelims			
2 Delano Henry		ElDiamante/CE	11.01
3 David Henderson	11	Lincoln/SF	10.85
4 Rodney Storrs	10	Santiago-C/SS	10.66
5 Charles Saseun	10	Rancho Cucamonga/SS	10.39
6 Taiwan Jones	12	Deer Valley/NC	10.64
7 Joe Cooks	10	Mission Hills/SD	10.79
8 Michael Avila	12	Seaside/CC	11.01
Heat 2 of 4 Prelims			
2 Darius Ray	11	Sutter/NO	11.02
3 Anthony Riggins	9	St Patrick-St Vincent/NC	10.87
4 Jestin Blackmon	12	Oakmont/SJ	10.66
5 Jahvid Best	12	Salesian/NC	10.44
6 Ryan Lacy	11	Oakmont/SJ	10.61
7 Adam Long	11	St. Bernard/SS	10.74
8 Lampford Mark		Buchanan/CE	11.00
Heat 3 of 4 Prelims			
2 Andre Island	11	McClymonds/OK	11.06
3 Markece Galway	12	Washington/LA	10.91
4 Andy White	12	Mission Viejo/SS	10.68
5 Curtis Shaw	12	Lincoln-S/SJ	10.56
6 Kyle Alston		Roosevelt/CE	10.60
7 Jose Navarro	12	Eagle Rock/LA	10.71
8 Roddrick Hall	12	Carson/LA	10.97
Heat 4 of 4 Prelims			
2 De'Leon Eskridge	11	Junipero Serra/CC	11.15
3 Maurice Whitlock	12	Santa Rosa/NC	10.91
4 Jamal Alston	11	Rancho Buena Vista/SD	10.69
5 Randall Carroll	10	Cathedral/SS	10.57
6 Stanley Arukwe	12	Westchester/LA	10.59
7 Maurice Patterson	12	Oceanside/SD	10.69
8 Reggie Topps	12	North Monterey/CC	10.97



JENEBA TARMOH
Mt. Pleasant High School



JAHVID BEST
Salesian High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 800m RUN

BOYS 800m RUN

Prelims: 7:50 p.m. - Fri. Final: 6:44 p.m. - Sat.
 National: 2:04.5h Joetta Clark, Columbia (Maplewood, NJ) 1980
 State Meet: 2:04.91 Trena Hull, Compton 1984

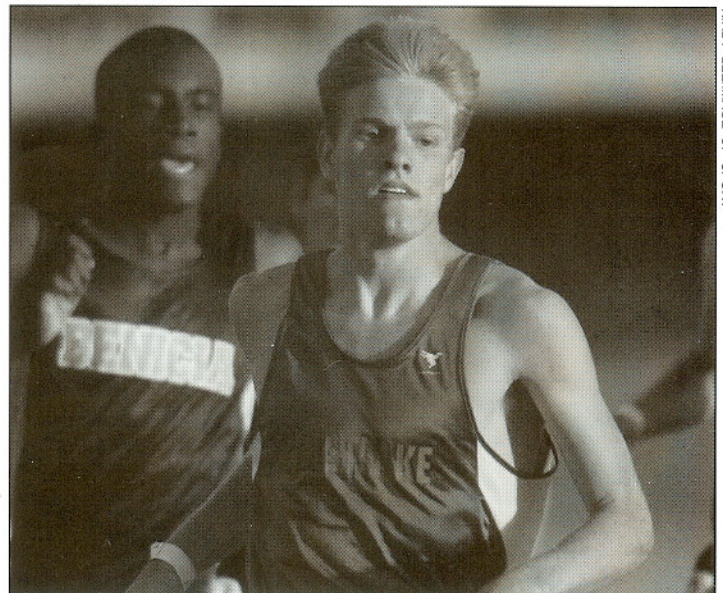
Prelims: 8:05 p.m. - Fri. Final: 6:53 p.m. - Sat.
 National: 1:46.45 Michael Granville, Bell Gardens (CA) 1996
 State Meet: 1:46.45 Michael Granville, Bell Gardens 1996

Lane	Name	Gr.	School/Section	Sect.	Mark
Heat 1 of 3 Prelims					
1	Danzel Bradshaw	10	Fairfield/SJ	2:17.59	
2	Sarah Roth	12	El Camino Real/LA	2:14.78	
3	Jordan Diaz	9	Leigh/CC	2:12.68	
4	Jami Hardy	11	James Logan/NC	2:11.65	
5	Emily Dunn	12	Esperanza/SS	2:06.48	
6	Tonie Williams	11	San Luis Obispo/SS	2:11.20	
7	Haley Lawrence	12	Aliso Niguel/SS	2:13.00	
8	Michelle Cruz	9	Vista/SD	2:14.56	
9	Ashlee Thomas	11	Centennial/CE	2:17.15	
10	Danni Berlin		Exeter/CE	2:20.09	
Heat 2 of 3 Prelims					
1	Tamara Purpura	9	Lowell/SF	2:17.76	
2	Amanda Moore	12	Torrey Pines/SD	2:15.49	
3	Tia Leake	9	Poly-LB/SS	2:13.03	
4	Laura Meadors	11	Harvard-Westlake/SS	2:12.20	
5	Renisha Robinson	12	Archbishop Mitty/CC	2:09.08	
6	Anja Disiena	11	Fountain Valley/SS	2:10.82	
7	Lizzy Danhaki	12	Harvard-Westlake/SS	2:12.68	
8	Melissa Hopper	9	Leigh/CC	2:14.54	
9	Shayna Parker	12	Gardena/LA	2:17.09	
10	Anna Eicholtz	12	Red Bluff/NO	2:18.84	
Heat 3 of 3 Prelims					
1	Jenni Eiremo	12	El Camino/SJ	2:16.62	
2	Sarah Vitug	11	University City/SD	2:14.89	
3	Brazile Clark	11	Bishop O'Dowd/NC	2:13.23	
4	Ashley Hodges	12	Deer Valley/NC	2:12.56	
5	Anniya Louis	11	Culver City/SS	2:10.37	
6	Meghan Foley	10	Edison-HB/SS	2:10.47	
7	Kristen Sanzari	12	Maria Carillo/NC	2:12.51	
8	Dominique Jackson	12	Fairfield/SJ	2:13.62	
9	Low Danielle	10	Kennedy/LA	2:16.71	
10	Coleen Rooney		Sanger/CE	2:18.14	

Lane	Name	Gr.	School/Section	Sect.	Mark
Heat 1 of 3 Prelims					
1	Ray Lam	11	Granada Hills/LA	1:58.52	
2	Jonathan Gomez	12	Birmingham/LA	1:55.98	
3	Elliot Wehner	12	San Francisco Univ/NC	1:54.88	
4	Joe Thomas	12	Acalanes/NC	1:54.38	
5	Cory Primm	12	Westlake/SS	1:50.41	
6	Steve Norton	11	La Sierra/SS	1:54.14	
7	Sebastian Sam	11	Oak Grove/CC	1:54.67	
8	Simon Bill	12	Monta Vista/CC	1:55.91	
9	Colie Smith	12	Lowell/SF	1:58.04	
Heat 2 of 3 Prelims					
1	Anthony Williams	9	Enterprise/NO	1:58.65	
2	Patrick Gustie	12	Yuba City/SJ	1:56.03	
3	Tony McCan		Foothill/NC	1:54.88	
4	Sean Lynum-Young	12	Escondido/SD	1:54.44	
5	Rocky Richardson		Madera/CE	1:52.93	
6	Blake McDowall	12	Montgomery/NC	1:53.98	
7	Charles Jock	10	Mission Bay/SD	1:54.61	
8	Spencer Rotan		Reedley/CE	1:55.73	
9	Myko Lucas	12	Fairfield/SJ	1:57.96	
Heat 3 of 3 Prelims					
1	Ryan Purcell	11	Skyline/OK	2:00.39	
2	Isaiah Tomkins		Bullard/CE	1:57.12	
3	Jeremiah Irving	12	Sheldon/SJ	1:55.23	
4	Jaime Carrillo	12	Mission Hills/SD	1:54.56	
5	Torion Bailey	11	Mayfair/SS	1:53.34	
6	Ryan Martin	12	Santa Margarita/SS	1:53.89	
7	Ryan Gamboa	12	Upland/SS	1:54.61	
8	Robbie Reid	12	Mountain View/CC	1:55.28	
9	Damian Fuentes	12	Eagle Rock/LA	1:57.45	



EMILY DUNN
Esperanza High School



CORY PRIMM
Westlake High School

KIRBY LEEIMAGE OF SPORT

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 300m LH

Prelims: 8:22 p.m. - Fri. Final: 7:05 p.m. - Sat.
 National: 39.98 Lashinda Demus, Wilson (Long Beach, CA) 2001
 State Meet: 40.10 Ebony Collins, Wilson (Long Beach) 2005

Lane	Name	Gr.	School/Section	Sect. Mark
Heat 1 of 4 Prelims				
2	Caitlin Johnson	11	Granada Hills/LA	45.69
3	Nicole Sliva	11	Archbishop Mitty/CC	44.91
4	Shane Mullaney-Banks	11	Bishop O'Dowd/NC	43.68
5	Jamesha Youngblood	12	Hercules/NC	41.23
6	Kiersten Kirkland	11	JW North/SS	43.64
7	Najmah Stucks	12	Sheldon/SJ	44.91
8	Alana Alexander	10	Centennial/CE	45.68
Heat 2 of 4 Prelims				
2	Breneisha Herron		Ridgeview/CE	45.83
3	Alyssa Christensen	Sr	West Valley/NO	44.99
4	Thea Lee	12	Carmel/CC	43.86
5	Kiani Profit	12	Muir/SS	42.17
6	Shannon Forbes	12	Peninsula/SS	43.41
7	Tenise Brewer	11	Florin/SJ	44.88
8	Parish Hill	12	Taft/LA	45.65
Heat 3 of 4 Prelims				
2	Leona Shum	12	Lowell/SF	46.54
3	Katie Nelms	9	Leland/CC	45.03
4	Alicia Truesdale		Tennyson/NC	44.42
5	London Finley	11	St. Mary's Academy/SS	42.26
6	April Pate	11	Carter/SS	42.87
7	Latrisha Jordan	11	Central Valley/SJ	44.64
8	Tara Cooper	12	Helix/SD	45.62
Heat 4 of 4 Prelims				
2	Debra Black	11	Oceanside/SD	46.63
3	Asha Treadwell	10	Skyline/OK	45.31
4	Jessica Alanis		Granite Hills/CE	44.51
5	Kori Carter	9	Claremont/SS	42.76
6	Lyndsay Pearson	11	San Marcos/SS	42.82
7	Brittney Dommie	12	St. Mary's/NC	44.59
8	Barbara Nwaba	12	University/LA	45.32
9	Sarah Player	12	Coronado/SD	45.81

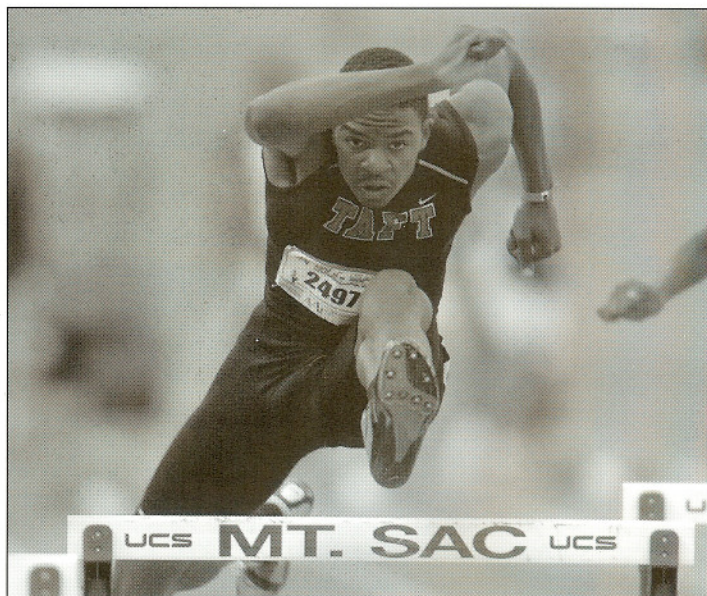
BOYS 300m IH

Prelims: 8:40 p.m. - Fri. Final: 7:13 p.m. - Sat.
 National: 35.32 George Porter, Cabrillo (Lompoc, CA) 1985
 State Meet: 35.50 George Porter, Cabrillo (Lompoc) 1985

Lane	Name	Gr.	School/Section	Sect. Mark
Heat 1 of 3 Prelims				
1	Ivory Herd	12	Rancho Buena Vista/SD	39.58
2	Patrick Brown	12	Serra/SD	39.27
3	Derek Hammond	12	Franklin-EG/SJ	38.62
4	Avery White	11	Sierra/SJ	38.10
5	Jeshua Anderson	12	Taft/LA	35.77
6	Lau Kevin	12	Schurr/SS	37.83
7	Marcus McMillan	11	Vacaville/SJ	38.40
8	Avery Patterson	10	Pittsburg/NC	38.99
9	Anthony Clark		Edison/CE	39.44
Heat 2 of 3 Prelims				
1	Adrian Dorsey	11	Washington/SF	41.30
2	Jamie Cowan	12	Dorsey/LA	39.33
3	Kendrick Young		Clovis East/CE	38.63
4	Trevor Habberstad	12	Canyon-CC/SS	38.16
5	Reggie Wyatt	10	JW North/SS	36.52
6	Brian Law	12	Villa Park/SS	37.77
7	Josh McOmber	12	West Valley/NO	38.25
8	Jesse Lomax	12	St. Mary's/NC	38.82
9	Edward Morrow		East Bakersfield/CE	39.40
Heat 3 of 3 Prelims				
2	Matt Brown	11	Mt. Pleasant/CC	39.38
3	Thomas Phillips	12	Bellarmine/CC	38.64
4	Jacob Yowell	12	North Torrance/SS	38.21
5	Rashad Smith	12	Pinole Valley/NC	37.58
6	Eric Hersey	12	Los Altos/CC	37.67
7	Cameron Stepney	11	San Geronio/SS	38.23
8	Terrell Woodall	12	Clayton Valley/NC	38.70
9	Bobby Workman	12	Mira Mesa/SD	39.40



JAMESHA YOUNGBLOOD
Hercules High School



JESHUA ANDERSON
Taft High School



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STEROIDS AND DIETARY SUPPLEMENTS

WHAT YOU NEED TO KNOW...

Recent national studies have indicated that the use and abuse of steroids and performance-enhancing drugs and supplements by California teenagers is reaching alarming numbers.

The national average for use of steroids by teenagers is approximately 3.1%, and that would amount to more than 20,000 CIF student-athletes.

2004 California Student Survey*

Have you ever taken performance-enhancing drugs and supplements?

Yes – 11% boys Yes – 5% girls

CIF Athletes 13,711 2,032

Do you, or anyone you know, take anabolic steroids?

Yes – 13% boys 10% girls

*Survey of California High School Students in March 2004
completed by @issue Consulting Group

2004 California Student Survey*

Are you personally aware of coaches or other sports-related staff promoting the use of these substances?

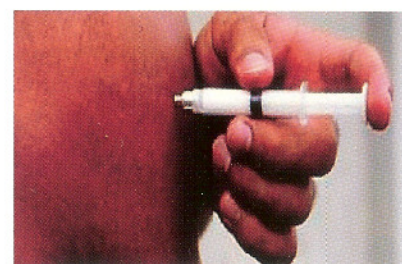
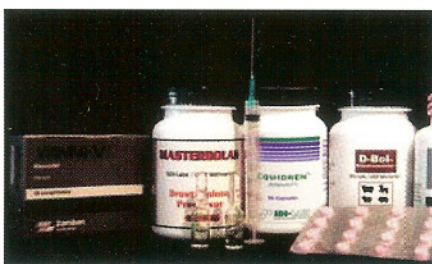
Yes – 18% boys Yes – 7% girls

CIF Athletes 68,780 19,196

Do you know someone that takes performance-enhancing drugs and supplements?

Yes – 52% boys 33% girls

An NCAA study of college athletes taking steroids stated that 41% started taking the illegal drug during high school.



SIGNS/WARNINGS TO WATCH FOR POSSIBLE STEROID USE

MALE

- Rapid Muscle Growth
- Acne & cysts– chest, back
- Shrinking of the testicles
- Breast development
- Oily scalp
- Rage, anger, hostility and depression

FEMALE





- Rapid Muscle Growth
- Acne & cysts
- Excessive growth of body hair
- Male pattern baldness
- Oily scalp
- Rage, anger, hostility and depression

Did you know that the Dietary Supplement and Health Act of 1994 clarified that dietary supplements are not drugs, therefore not subject to FDA approval or testing prior to marketing and distribution. The following are “natural” substances: Ephredra; Cocaine; Nicotine; THC (the active ingredient in marijuana); Heroin.

***** NATURAL DOES NOT MEAN SAFE *****

FSN IS THE DESTINATION FOR THE CIF 2007 CHAMPIONSHIPS

CIF 2007 CHAMPIONSHIPS SCHEDULE ON FSN

JUNE 2	TBD	TRACK & FIELD CHAMPIONSHIPS	
TBD	TBD	2007 CIF FOOTBALL CHAMPIONSHIPS	 
TBD	TBD	2007 CIF GIRLS VOLLEYBALL CHAMPIONSHIPS	

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CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 200m DASH

Prelims: 8:54 p.m. - Fri. Final: 7:24 p.m. - Sat.

National: 22.52 Allyson Felix, L.A. Baptist (North Hills, CA) 2003
 State Meet: 22.52 Allyson Felix, L.A. Baptist (North Hills) 2003

Lane Name	Gr.	School/Section	Sect. Mark
Heat 1 of 3 Prelims			
1 Sanura O'Reilly	9	Balboa/SF	25.52
2 Cashmir Whittle		Buchanan/CE	24.93
3 Cherrelle Garrett	12	Mt. Eden/NC	24.57
4 Alicia King	12	Rancho Verde/SS	24.30
5 Andra Harris	11	Monterey Trail/SJ	23.95
6 Tiera Hilliard	12	Mayfair/SS	24.28
7 Sanmi George	11	Laguna Creek/SJ	24.52
8 Vanessa Houston	10	Hoover/SD	24.80
9 Montairra Hart	9	Fremont/OK	25.42
Heat 2 of 3 Prelims			
1 Sepanta Padrah	11	Miramonte/NC	25.60
2 Kayla Dixon	12	Cleveland/LA	24.98
3 Tenille Stoudenmire	10	Rancho Bernardo/SD	24.67
4 Dominique Lauderdale		Ridgeview/CE	24.37
5 Ashton Purvis	9	St. Elizabeth/NC	24.03
6 Brianna Atkins	11	Bonita/SS	24.07
7 Shaprice Jones	10	Bear Creek/SJ	24.43
8 Nijia Nelms	11	Birmingham/LA	24.78
9 Kelly Fogarty	12	San Ramon Valley/NC	25.37
Heat 3 of 3 Prelims			
1 Kiara Reed	12	Chico/NO	25.65
2 Hayley Huxtable	12	Scotts Valley/CC	24.99
3 Romesha Anderson		Stockdale/CE	24.73
4 Ebony Collins	12	Locke/LA	24.39
5 Jeneba Tarmoh	12	Mt. Pleasant/CC	24.05
6 Jessica Davis	9	Highland/SS	24.06
7 Jessika Hornsby	12	Rancho Verde/SS	24.39
8 Eileen Nguyen	12	Milpitas/CC	24.75
9 Jenna Puterbaugh	9	Santa Fe Christian/SD	25.05

BOYS 200m DASH

Prelims: 9:06 p.m. - Fri. Final: 7:32 p.m. - Sat.

National: 20.13 Roy Martin, Roosevelt (Dallas, TX) 1985
 State Meet: 20.80yds James Sanford, Pasadena 1977

Lane Name	Gr.	School/Section	Sect. Mark
Heat 1 of 3 Prelims			
1 Cory Arnold	12	Durham/NO	22.33
2 Willie Chandler	12	Birmingham/LA	21.98
3 Austin Shanks	11	Crespi/SS	21.74
4 Joe Cooks	10	Mission Hills/SD	21.34
5 Bryshon Nellum	12	Poly-LB/SS	20.80
6 Kianti Gix	12	Rio Americano/SJ	21.31
7 Taiwan Jones	12	Deer Valley/NC	21.71
8 Marlon Calix	11	Dorsey/LA	21.97
9 Bismark Navarro	11	Lowell/SF	22.30
Heat 2 of 3 Prelims			
1 Josh Winfield	11	Deer Valley/NC	22.47
2 Jordan Edmond	12	Glendora/SS	21.98
3 Terrence Green		Edison/CE	21.77
4 Maurice Patterson	12	Oceanside/SD	21.36
5 Jahvid Best	12	Salesian/NC	20.92
6 Curtis Shaw	12	Lincoln-S/SJ	21.30
7 Jason Ward		South Bakersfield/CE	21.70
8 Reggie Topps	12	North Monterey/CC	21.96
9 Kevin Gonzales	12	Bellarmine/CC	22.26
Heat 3 of 3 Prelims			
2 Markece Galway	12	Washington/LA	21.99
3 Chris Owusu	11	Oaks Christian/SS	21.86
4 Adam Long	11	St. Bernard/SS	21.47
5 Stanley Arukwe	12	Westchester/LA	21.20
6 Kyle Alston		Roosevelt/CE	21.28
7 Jamal Alston	11	Rancho Buena Vista/SD	21.59
8 Michael Avila	12	Seaside/CC	21.89
9 Antonio Fant	12	St Patrick-St Vincent/NC	22.19



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CURTIS SHAW
 Lincoln (Stockton) High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 3200m RUN

Final: 7:41 p.m. - Sat.

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

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Amy Cordisco	11	Skyline/OK	12:15.70
2	Megan Morgan	9	Torrey Pines/SD	11:10.33
3	Heather Zytkevicz	10	Rancho Buena Vista/SD	11:07.98
4	Katy Andrews	11	La Costa Canyon/SD	11:03.28
5	Maria Malone	10	Folsom/SJ	10:59.96
6	Meaghan Marvin	9	Clovis/CE	10:53.75
7	Lauren Saylor	12	Buchanan/CE	10:51.81
8	Katy Daly	10	St. Ignatius/CC	10:47.87
9	Nicole Hood	9	Carondelet/NC	10:41.86
10	Alexandra Dunne	10	San Clemente/SS	10:38.85
11	Diana George	10	Livermore/NC	10:38.16
12	Shannon Murakami	12	Saugus/SS	10:36.73
13	Alma (Janet) Martinez	12	Whittier/SS	10:35.16
14	Christy Adamyk	12	Glendora/SS	10:32.67
15	Jordan Hasay	10	Mission Prep/CE	10:20.86
16	Anna Sperry	12	Simi Valley/SS	10:26.65
17	Laurynne Chetelat	11	Davis/SJ	10:33.72
18	Christine Babcock	11	Woodbridge/SS	10:35.62
19	Sarah Cummings	12	Corona del Mar/SS	10:36.80
20	Stephanie Felix	11	La Mirada/SS	10:37.35
21	Claire Collison	11	Crescenta Valley/SS	10:44.14
22	Katie Dunn	12	Saugus/SS	10:45.93
23	Jacque Taylor	9	Casa Grande/NC	10:47.59
24	Stephanie Barnett	10	Leland/CC	10:51.41
25	Mary Rhoades	11	Carlmont/CC	10:53.39
26	Lauren Lewis	12	Yuba City/SJ	10:59.25
27	Brittney Escamilla	12	El Molino/NC	11:00.02
28	Hannah Dillard	12	Chico/NO	11:11.06
29	Mercado Liliana	10	Kennedy/LA	11:37.05
30	Mallory Celaya	11	Hollywood/LA	11:39.85
31	Courtney Stephens	12	San Pedro/LA	11:41.12

BOYS 3200m RUN

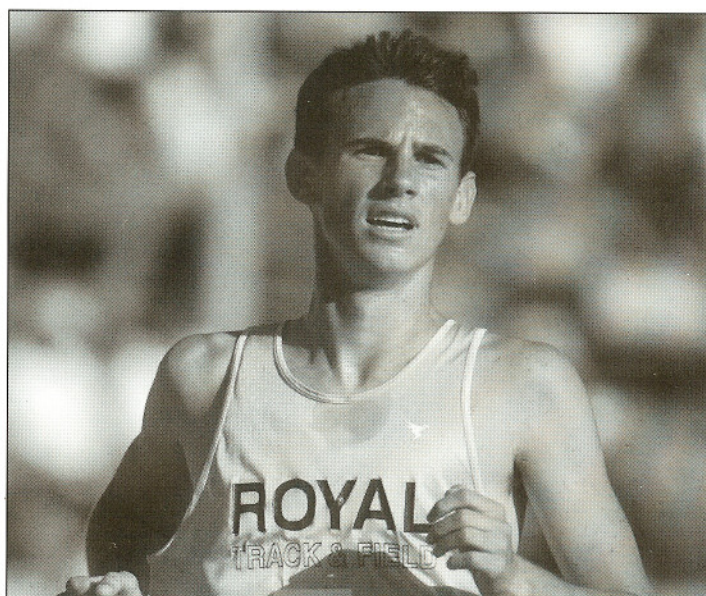
Final: 8:00 p.m. - Sat.

National: 8:41.10 Dathan Ritzenhein, Rockford (MI) 2000
State Meet: 8:44.9h Eric Hulst, Laguna Beach 1975

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Nate Calhoun	11	Mission/SF	10:19.85
2	Jorge Rojas	12	Garfield/LA	9:37.06
3	Tony Bareno	12	Valhalla/SD	9:34.24
4	Colin Jarvis	10	Rancho Buena Vista/SD	9:25.63
5	Sterling Lockert	10	Petaluma/NC	9:23.55
6	Joey Kochlacs	12	Campolindo/NC	9:21.16
7	Mikel Thomas	12	Clovis/CE	9:15.53
8	German Fernandez	11	Riverbank/SJ	9:13.70
9	Diego Estrada	11	Alisal/CC	9:13.18
10	Josh Linen	12	Valencia-P/SS	9:12.61
11	James Kostelnik	11	Loyola/SS	9:11.24
12	Spencer Knight	12	La Sierra/SS	9:09.43
13	Scott Blair	11	Trabuco Hills/SS	9:06.13
14	Michael Cybulski	12	Royal/SS	9:04.99
15	Chad Hall	12	Big Bear/SS	9:03.50
16	Dylan Knight	12	La Sierra/SS	9:05.18
17	John Sullivan	12	Trabuco Hills/SS	9:08.49
18	Erick Garcia	12	Parlier/CS	9:09.69
19	Kent Morikawa	12	Torrance/SS	9:10.87
20	Philip MacQuitty	9	Palo Alto/CC	9:11.99
21	Robbie Knorr	12	Valley Christian-D/CC	9:12.78
22	Chris Schwartz	10	Foothill/CE	9:13.34
23	Brendan Gregg	12	Davis/SJ	9:13.80
24	Evan Watchempino	12	Jesuit/SJ	9:14.22
25	Eric Avila	12	Bonita Vista/SD	9:17.95
26	David Buscho	12	San Rafael/NC	9:21.65
27	Greg Drosky	11	Las Lomas/NC	9:23.90
28	John Cheng	12	Oakland/OK	9:32.70
29	Brent Handa	12	Fall River/NO	9:36.86
30	Andrew Salg	11	Grant/LA	9:34.40
31	Jared Long	11	El Camino Real/LA	9:42.56



CHRISTY ADAMYK
Glendora High School



MICHAEL CYBULSKI
Royal High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 1600m RELAY

Prelims: 9:27 p.m. - Fri. Final: 8:18 p.m. - Sat.

National: 3:35.49 Poly (Long Beach, CA) 2004
 State Meet: 3:35.49 Poly (Long Beach) 2004

Lane	School	Section	Section Mark
Heat 1 of 3 Prelims			
1	West Valley	NO	4:06.14
2	Scripps Ranch	SD	3:57.62
3	Mt. Pleasant	CC	3:54.43
4	JW North	SS	3:50.37
5	Poly-LB	SS	3:45.69
6	Fairfield	SJ	3:50.32
7	Stockdale	CE	3:54.26
8	Birmingham	LA	3:57.54
9	Carson	LA	3:59.45
Heat 2 of 3 Prelims			
1	Lowell	SF	4:08.90
2	Torrey Pines	SD	3:57.67
3	Sheldon	SJ	3:55.43
4	Aliso Niguel	SS	3:51.17
5	Bishop O'Dowd	NC	3:45.95
6	Woodbridge	SS	3:49.45
7	St. Mary's	NC	3:52.76
8	Centennial	CE	3:56.84
9	El Camino Real	LA	3:59.31
Heat 3 of 3 Prelims			
1	Edison	CE	3:57.78
2	Berkeley	NC	3:52.14
3	University City	SD	3:55.54
4	Deer Valley	NC	3:51.67
5	James Logan	NC	3:47.53
6	Centennial-Com	SS	3:49.33
7	Bear Creek	SJ	3:52.13
8	Saratoga	CC	3:56.61
9	Archbishop Mitty	CC	3:58.33

BOYS 1600m RELAY

Prelims: 9:45 p.m. - Fri. Final: 8:30 p.m. - Sat.

National: 3:07.40 Hawthorne (CA) 1985
 State Meet: 3:08.66 John Muir (Pasadena) 1996

Lane	School	Section	Section Mark
Heat 1 of 4 Prelims			
2	Laguna Creek	SJ	3:22.77
3	Westlake	SS	3:20.83
4	Lutheran-O	SS	3:18.82
5	Poly-LB	SS	3:11.17
6	Edison	CE	3:18.74
7	Liberty	CE	3:20.42
8	Fairfield	SJ	3:21.92
Heat 2 of 4 Prelims			
2	Serra	SD	3:22.90
3	Pittsburg	NC	3:20.62
4	Culver City	SS	3:19.27
5	JW North	SS	3:11.73
6	Taft	LA	3:18.43
7	Archbishop Mitty	CC	3:20.42
8	Escondido	SD	3:21.72
Heat 3 of 4 Prelims			
2	Birmingham	LA	3:23.13
3	San Ramon Valley	NC	3:20.84
4	James Logan	NC	3:19.28
5	Rancho Cucamonga	SS	3:13.54
6	Dorsey	LA	3:18.36
7	Bellarmine	CC	3:20.07
8	Palma	CC	3:21.49
Heat 4 of 4 Prelims			
2	Oakdale	SJ	3:23.18
3	Buchanan	CE	3:21.22
4	De La Salle	NC	3:19.50
5	Dominguez	SS	3:16.54
6	Deer Valley	NC	3:17.69
7	Pinole Valley	NC	3:19.53
8	Mission Hills	SD	3:21.36
9	Chico	NO	3:26.90



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CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS POLE VAULT

BOYS DISCUS

Prelims: 2:00 p.m. - Fri. Final: 3:00 p.m. - Sat.

National: 18-02.25 Eric Eshbach, Orangefield (TX) 1999
State Meet: 17-01 Scott Roth, Granite Bay 2005

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

National: 234-03 Niklas Arrhenius, Mountain View (Orem, UT) 2001
State Meet: 213-07 Bo Taylor, Newport Harbor (Newport Beach) 2006

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Lance King	12	Monte Vista/NC	13-06.00
2	Belal Mogaddedi	11	James Logan/NC	13-09.00
3	Ethan Ostrom	11	West Valley/NO	14-00.00
4	Justin Falkenberry	12	Centennial/CE	14-00.00
5	Will Somervell	12	Rancho Bernardo/SD	14-00.00
6	Stephanos Millias	12	San Ramon Valley/NC	14-00.00
7	Bryan Greenberg	12	Palisades/LA	14-00.00
8	Josh Cusick	11	St. Lawrence/CC	14-00.00
9	Anthony Puentes		Selma/CE	14-06.00
10	Justin Matoesian	12	Crespi/SS	14-06.00
11	Nick Zapatero	12	Liberty/NC	14-09.00
12	Dusty Brown	11	St. Paul/SS	15-00.00
13	Connor Landry	12	Placer/SJ	15-00.00
14	Joshua Sandler	12	St. Mary's/SJ	15-00.00
15	Hoku Ho	12	Temple City/SS	15-00.00
16	Chip Reiter	12	Chino Hills/SS	15-00.00
17	Nate Will	11	Rancho Bernardo/SD	15-00.00
18	Chris Creighton	11	Whitney/SS	15-00.00
19	Robbie Simmons	10	Rocklin/SJ	15-00.00
20	Josh Schroder	12	San Benito/CC	15-00.00
21	Chris Creighton	11	Whitney/SJ	15-00.00
22	Daniel Turvey	11	Dos Pueblos/SS	15-00.00
23	Griffin Simmons	12	Vista/SD	15-04.00
24	Jacob Mersino		Clovis East/CE	15-06.00
25	Blair Wallingford	11	Roseville/SJ	15-06.00
26	Kyle Inks	12	Bret Harte/SJ	16-00.00
27	Nico Weiler	11	Los Gatos/CC	17-06.25

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Raymond Quan	11	Washington/SF	116-06
2	Trey Williamson	12	Sheldon/SJ	153-02
3	Austin Davis	11	Cardinal Newman/NC	154-04
4	Devon Cunningham	12	Grant/SJ	156-09
5	Daniel Erdman	12	Healdsburg/NC	157-00
6	Niko Gomes		Clovis/CE	158-06
7	Randall Horn	12	Los Gatos/CC	159-08
8	Adam Shigem	12	Rocklin/SJ	159-08
9	Thomas Byrd	12	McClymonds/OK	160-01
10	Donald Romero	12	Amador Valley/NC	160-07
11	Alex Cabatic		Clovis East/CE	160-08
12	Drew Gordon	11	Archbishop Mitty/CC	162-05
13	Kellen Dion	12	Steele Canyon/SD	163-07
14	Winston Wilkinson	12	Rancho Bernardo/SD	164-10
15	Stephen Powell	12	Bellarmine/CC	165-01
16	Chris Krychev	12	Monte Vista/NC	172-11
17	Dari Saber	12	Arroyo Grande/SS	177-06
18	Chris Boniwell	12	Rancho Bernardo/SD	177-07
19	Daniel Cruz	12	Barstow/SS	178-11
20	Tom Nagengast	12	Paso Robles/SS	179-00
21	Jake Fuller	12	West Valley/NO	182-07
22	Blake Ayles	11	Lutheran-O/SS	182-11
23	Dayshan Ragans		Foothill/CE	190-01
24	Derek Johnson	12	Agoura/SS	194-02



NICO WEILER
Los Gatos High School



JAKE FULLER
West Valley High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS SHOT PUT

BOYS HIGH JUMP

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

National: 54-10.75 Michelle Carter, Red Oak (TX) 2003

State Meet: 52-11.50 Kristin Heaston, Ygnacio Vly (Concord) 1993

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

National: 7-05.25 Dothel Edwards, Cedar Shoals (Athens, GA) 1984

State Meet: 7-03.25 Lee Balkin, Glendale 1979

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Marissa Manai	11	Carson/LA	34-11.50
2	Cheryl Ridge	11	Oroville/NO	36-09.50
3	Janetra Johnson	11	Castlemont/OK	36-11.00
4	Irene Kujore	11	Arroyo/NC	38-06.00
5	Shawnique Williams	11	Birmingham/LA	38-06.25
6	Meagan McKee	9	Santa Teresa/CC	39-00.75
7	Brook Edney	11	Central Union/SD	39-08.75
8	Jenica Hadley	12	Soquel/CC	39-10.75
9	Teresa Loya	9	St. Joseph-SM/SS	39-11.00
10	Amanda Phelps	11	El Camino/SD	39-11.50
11	Brandy Dyer	11	Vista/SD	40-02.00
12	Faalelea Leni	12	Carson/LA	40-02.50
13	Kayla Xavier	12	Johansen/SJ	40-02.50
14	Corinne Rich	11	Montgomery/NC	40-06.75
15	Lisa Ma'ake	12	Deer Valley/NC	40-10.50
16	Stephanie Aliimatafatafi	11	Paramount/SS	41-03.00
17	Kristen McClure	12	Ceres/SJ	41-05.00
18	Luisa Musika	11	Milpitas/CC	41-08.50
19	Whitney Ashley	12	JW North/SS	41-10.50
20	Destiny Yarborough		Clovis East/CE	42-03.00
21	Anna Jelmini		Shafter/CE	42-04.00
22	Ify Agwuenu	12	Ayala/SS	42-07.00
23	Rachel Hammar	11	Buhach Colony/SJ	43-02.00
24	Hilary Fraser	12	El Toro/SS	44-03.50
25	Miranda Wilson	12	Bishop O'Dowd/NC	44-10.00
26	Rosario Sanchez		Selma/CE	47-10.50

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Damian Polk	12	Westchester/LA	6-03.00
2	Nick Stern		El Diamante/CE	6-04.00
3	Derrick Toney	12	Salinas/CC	6-04.00
4	Brian Martinelli	12	Sonoma Valley/NC	6-04.00
5	Zac Mayberry	11	Rio Americano/SJ	6-04.00
6	Tynan Murray	11	Poway/SD	6-05.00
7	Andrius Mikutis	12	Christian/SD	6-06.00
8	Leland Anderson	12	Lawndale/SS	6-06.00
9	Mike La Rocca	11	Dana Hills/SS	6-06.00
10	Brett McGregor	12	Murrieta Valley/SS	6-06.00
11	Rob Pappas	11	Leigh/CC	6-06.00
12	Phil Smith	12	Rio Americano/SJ	6-06.00
13	Mark Snider	12	Foothill/NO	6-06.00
14	Jeff Ford	12	Hayward/NC	6-06.00
15	Obum Gwacham	10	Ayala/SS	6-06.00
16	Travis Smith		Buchanan/CE	6-06.00
17	Nelson Rosario	11	El Camino/SD	6-07.00
18	Tony McCan		Foothill/NC	6-08.00
19	Daniel Kirkpatrick	12	Trabuco Hills/SS	6-08.00
20	Taylor Hobson	12	Upland/SS	6-08.00
21	Ray Nikzat	11	Lodi/SJ	6-08.00
22	Maurice Valentine	10	Castro Valley/NC	6-08.00
23	Jonathan Clark	12	Loyola/SS	6-08.00
24	Kenny Phillips		Central/CE	6-08.00
25	Skyler Schneider	11	Etna/NO	6-08.00
26	Kevin Rutledge	11	Los Gatos/CC	6-08.00
27	Chris Hicks	12	Palmdale/SS	6-10.00



ROSARIO SANCHEZ
Selma High School



RAY NIKZAT
Lodi High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS LONG JUMP

Prelims: 3:00 p.m. - Fri. Final: 4:00 p.m. - Sat.
 National: 22-01.75 Kathy McMillan, Hoke Co. (Raeford, NC) 1976
 State Meet: 22-00.50 Marion Jones, Thousand Oaks 1993

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Ashley Collier		Bullard/CE	16-08.50
2	Kasey Barnett	9	Chico/NO	16-10.00
3	Taylor Nichols		Stockdale/CE	17-03.25
4	Mallorie Franco	10	Fortuna/NC	17-06.00
5	Dayna Hill		Edison/CE	17-06.50
6	Malania Payton	10	Fremont/OK	17-09.00
7	Rachel Welz	12	Bear River/SJ	17-11.00
8	Cortney McCoy	12	Carson/LA	18-02.00
9	Thoraya Maronesy	11	Helix/SD	18-02.50
10	Deja Edwards	11	Whitney/SS	18-03.00
11	Stephanie LeFever	12	Aptos/CC	18-03.50
12	Taylor Williams	11	Escondido/SD	18-04.00
13	Stella Dugall	12	Mt. Pleasant/CC	18-04.50
14	Debra Amoah	12	Carter/SS	18-04.75
15	Erin Langford	12	Carlsbad/SD	18-04.75
16	Phylicia Johnson	12	Gardena/LA	18-05.50
17	Shana Brown	12	Carson/LA	18-06.00
18	Eva Mueggenburg	11	Granite Hills/SS	18-06.25
19	Alycia Herring	9	Rancho Verde/SS	18-07.25
20	Alitta Boyd	10	Moreau Catholic/NC	18-08.50
21	Amber Purvis	11	Benicia/SJ	18-09.00
22	Whitney Liehr	12	Palos Verdes/SS	18-10.25
23	Ke'Nyia Richardson	12	Holy Names/NC	19-00.25
24	Ashtynn Baltimore	10	Marlborough/SS	19-00.50
25	Karyn Dunn	10	Diamond Ranch/SS	19-01.50
26	Vashli Thomas	11	Mt. Pleasant/CC	19-06.25
27	Jamesha Youngblood	12	Hercules/NC	20-02.00

BOYS LONG JUMP

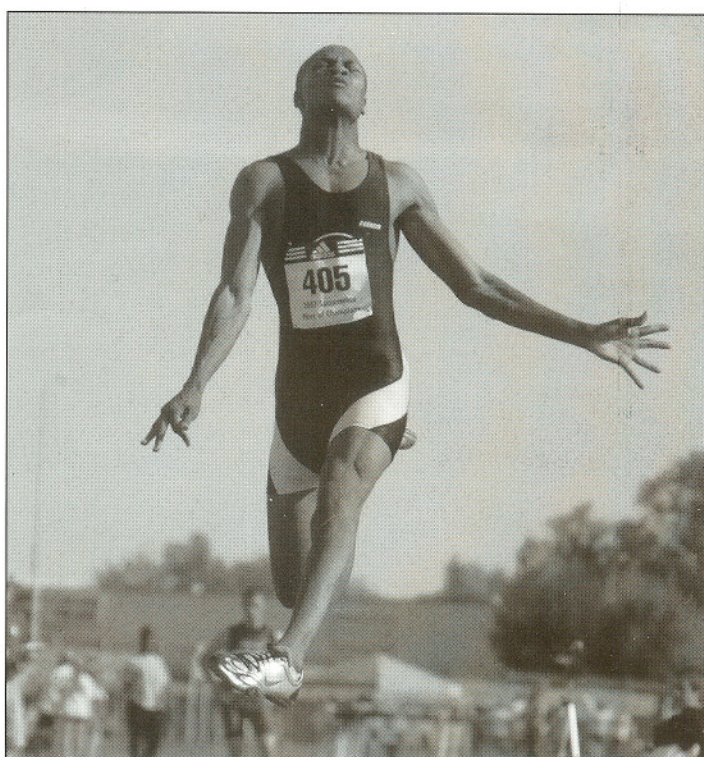
Prelims: 3:00 p.m. - Fri. Final: 4:00 p.m. - Sat.
 National: 26-04.75 James Stallworth (Tulare, CA) 1989
 State Meet: 26-04.75 James Stallworth (Tulare) 1989

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Anthony Crosby	12	Oakland Tech/OK	21-01.50
2	Thomas Tran	12	Lowell/SF	21-03.50
3	Germi Morrison	11	Monroe/LA	21-06.50
4	Kevin Gardener		Hoover/CE	21-07.50
5	Chase Wheeler	10	De La Salle/NC	21-09.75
6	Gavin Saffian	12	Tamalpais/NC	21-09.75
7	Josh Laureta	12	James Logan/NC	21-11.00
8	Edward Spriggs	12	Gardena/LA	22-01.50
9	Andrew Reyes	12	Palma/CC	22-01.75
10	Carlos Proctor		Hercules/NC	22-01.75
11	Kevin Rutledge	11	Los Gatos/CC	22-03.25
12	Ty Houghton	12	Enterprise/NO	22-03.25
13	Kevin Kuechler	12	Mission Viejo/SS	22-04.00
14	Taveon Burke	11	Lancaster/SS	22-04.50
15	Danny Golden		Clovis East/CE	22-04.75
16	Eric Green	12	Golden Valley/SJ	22-06.00
17	Kenny Phillips		Central/CE	22-06.50
18	Nick Johnson	12	San Lorenzo Valley/CC	22-07.75
19	Ryan Butts	11	Antelope Valley/SS	22-09.75
20	Cameron Womack	12	Lincoln-S/SJ	22-09.75
21	Aren Dawkins	12	Elk Grove/SJ	23-00.00
22	Michael Stokes	12	Carson/LA	23-00.50
23	Josh Harrison	12	Rio Mesa/SS	23-03.50
24	Gary Lee	12	Hoover/SD	23-03.75
25	Darrell Catchings	12	Escondido/SD	23-08.00
26	Roman Gray	12	Laguna Creek/SJ	23-11.00
27	Terry Prentice	12	Diamond Ranch/SS	23-11.25
28	Nelson Rosario	11	ElCamino/SD	24-02.25



KIRBY LEE/IMAGE OF SPORT

ALYCIA HERRING
 Rancho Verde High School



ROBERT WALLINGFORD

ROMAN GRAY
 Laguna Creek High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS DISCUS

Prelims: 5:30 p.m. - Fri. **Final: 6:00 p.m. - Sat.**
 National: 188-04 Suzy Powell, Downey (Modesto, CA) 1994
 State Meet: 181-03 Stephanie Brown, Arroyo Grande 1998

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Linda Oseso	12	Santa Clara/CC	117-10
2	Te'ahnalin Harris	12	Kearny/SD	120-09
3	Lisa Ma'ake	12	Deer Valley/NC	121-02
4	Alofa Laie	9	Oceanside/SD	122-04
5	Sienna Brown	12	Monte Vista/NC	124-05
6	Kathryn Daniels	11	Milpitas/CC	124-06
7	Irene Kujore	11	Arroyo/NC	125-03
8	Becky Unger	12	West Valley/NO	127-10
9	Jenica Hadley	12	Soquel/CC	128-03
10	Alesha DeLeon		Centennial/CE	132-01
11	Marisa Garza	12	Paso Robles/SS	135-09
12	Alex Ballard	11	Bret Harte/SJ	137-06
13	Claire Morgan	12	Ventura/SS	138-08
14	Heather Snyder	11	Saugus/SS	139-05
15	Brandy Dyer	11	Vista/SD	139-07
16	Katie Laich	12	Esperanza/SS	139-08
17	Jessica Bonner	12	Chaparral/SS	140-08
18	Christine Weinrich	12	Arroyo Grande/SS	142-01
19	Miranda Wilson	12	Bishop O'Dowd/NC	142-08
20	Cathrine White		Garces/CE	144-02
21	Kayla Kovar	10	Burrough-Rid/SS	152-02
22	Kayla Xavier	12	Johansen/SJ	152-05
23	Anna Jelmini		Shafter/CE	155-08
24	Lauren Guerrieri	12	Davis/SJ	155-09
25	Hilary Fraser	12	ElToro/SS	156-02

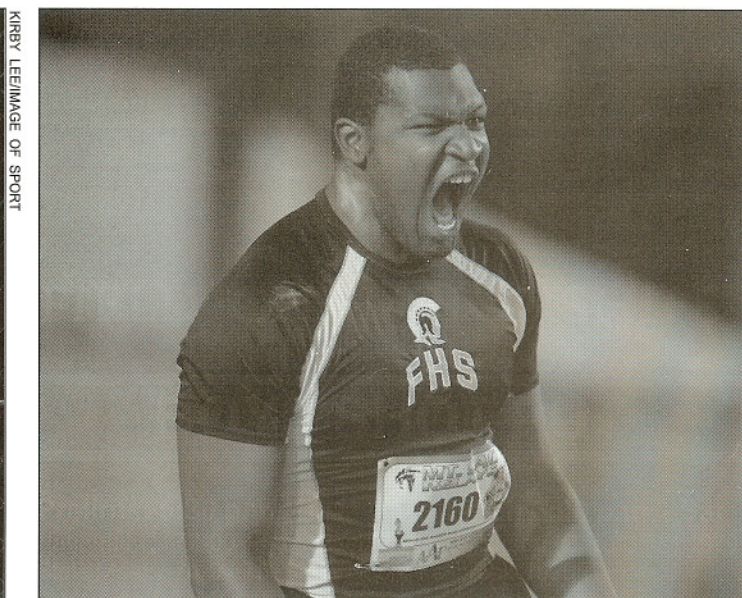
BOYS SHOT PUT

Prelims: 5:30 p.m. - Fri. **Final: 6:00 p.m. - Sat.**
 National: 77-00 Michael Carter, Jefferson (Dallas, TX) 1979
 State Meet: 74-04.75 Brent Noon, Fallbrook 1990

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Raymond Quan	11	Washington/SF	41-05.00
2	Chris Brisco	12	Gardena/LA	48-04.75
3	Darryl Hill	12	Kennedy/LA	49-08.25
4	Cameran Bailey	12	Oakland Tech/OK	51-03.25
5	David Mahoney	11	El Camino Real/LA	51-03.50
6	Alex Cabatic		Clovis East/CE	51-05.50
7	Andrew Titherington	10	Jesuit/SJ	52-06.25
8	Kevin Youtsey	12	Lincoln-S/SJ	52-11.75
9	Jason Wacker	11	Shasta/NO	53-05.00
10	Don Kephart	12	Acalanes/NC	53-05.00
11	Christian Millard		Clovis East/CE	53-05.50
12	Donald Romero	12	Amador Valley/NC	54-00.25
13	Chris Boniwell	12	Rancho Bernardo/SD	54-01.00
14	Mark Weber	12	ElCamino/SD	54-01.25
15	Joel Heaton	12	Aliso Niguel/SS	55-00.25
16	Sam DeMartinis	12	Notre Dame-SO/SS	55-03.00
17	David Spates	11	Monte Vista/SD	55-08.75
18	Andy Vargas	12	St. Francis-MV/CC	55-11.25
19	Ed Orgon, Jr.	12	Jesuit/SJ	56-09.00
20	Daniel Cruz	12	Barstow/SS	57-01.00
21	Drew Gordon	11	Archbishop Mitty/CC	58-03.00
22	Dayshan Ragans		Foothill/CE	58-10.00
23	Daniel Erdman	12	Healdsburg/NC	59-00.00
24	Jesus Correa	12	Rosemead/SS	59-09.00
25	Colin Quirke	11	Los Gatos/CC	61-10.00
26	Chris Krychev	12	Monte Vista/NC	62-02.50
27	Joe Canavan	12	Palm Desert/SS	64-10.25



HILARY FRASER
 El Toro High School



DAYSHAN RAGANS
 Foothill (Bakersfield) High School

16 Principles of Pursuing Victory With Honor

At its best, athletic competition can hold intrinsic values for our society. It is a symbol of a great ideal: pursuing victory with honor. The love of sports is deeply embedded in our nation's consciousness and the value of millions of participants and spectators are directly and dramatically influenced by the values and actions conveyed by organized sports. In the belief that the impact of sports can and should enhance the character and uplift the ethics of our students across the state, CIF has established a framework of principles and a set of common values that must be adopted and practiced widely. For more information on these operating principles, visit the State CIF web site at www.cifstate.org.

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."
2. It's the duty of School Boards, superintendents, school administrators, parents and school sports leadership -including coaches, athletic administrators, program directors and game officials - to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these "six pillars of character."
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
8. School Boards, superintendents, school administrators, parents and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.



9. School Boards, superintendents, principals, school administrators and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical and ethical well-being of student-athletes is always placed above desires and pressured to win.
10. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.
11. Everyone involved in competition including parents, spectators, associated study body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting and inappropriate celebrations.
12. School Boards, superintendents, and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of: 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character. 2) The physical capabilities and limitations of the age group coached as well as the first aid. 3) Coaching principles and the rules and strategies of the sport.
13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.
14. To safeguard the health of athletes and the integrity of the sport, school sports program must actively prohibit the use of alcohol, tobacco, drugs and performance enhancing substances, as well as a demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue influence of commercial interests. In addition, sports programs must be prudent, avoiding undue dependency on particular companies or sponsors.
16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimensions of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.

Our student-athletes enjoy the opportunity to participate in CIF Regional and State Championships thanks, in large part, to the generosity of our family of CIF Corporate Partners. Please support these partners who support our student-athletes.



CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS HIGH JUMP

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

National: 6-03 Amy Acuff, Corpus Christi (Calallen, TX) 1992
State Meet: 6-02 Latrese Johnson, Clovis 1985

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Sheehan Mitchell	11	Drake/NC	5-02.00
2	Nichole Barry	11	West Valley/NO	5-02.00
3	Kenya Usher	9	Birmingham/LA	5-02.00
4	Shawnte Taylor	10	Wallenburg/SF	5-02.00
5	Alexa Green	11	Las Lomas/NC	5-03.00
6	Chelsea Panzarello	11	Lodi/SJ	5-04.00
7	Taylor Johnson	9	Oak Park/SS	5-04.00
8	Ashley Henry	9	Rancho Cucamonga/SS	5-04.00
9	Samantha Balentine	10	Lodi/SJ	5-04.00
10	Tara Richmond	9	Poly-LB/SS	5-04.00
11	Sarah Player	12	Coronado/SD	5-04.00
12	Jessica Robson	12	Newport Harbor/SS	5-04.00
13	Laura Lilly	11	Rio Americano/SJ	5-04.00
14	Kristin Rimbach	10	Prospect/CC	5-04.00
15	Larun Johnson	11	Vallejo/SJ	5-04.00
16	Armanda Stevens	11	Jim Elliot Christian/SJ	5-04.00
17	Jeanie Horton		Edison/CE	5-04.00
18	Tori Anderson	12	Point Loma/SD	5-04.00
19	Janelle Coulter	11	Aptos/CC	5-04.00
20	Ashlin Yahr	11	Torrey Pines/SD	5-04.00
21	Zania Akeh	12	Notre Dame-SO/SS	5-04.00
22	Barbara Nwaba	12	University/LA	5-04.00
23	Alitta Boyd	10	Moreau Catholic/NC	5-05.00
24	Melody Criswell	9	Christian/SD	5-05.00
25	Adrienne Johnson	9	Carondelet/NC	5-05.00
26	Rachel Welz	12	Bear River/SJ	5-06.00
27	Veronica Stimson	12	Bella Vista/SJ	5-06.00
28	Kiersten Dolbec	10	Saratoga/CC	5-06.00
29	Sara Macey	11	Vista/SD	5-06.00
30	Susan Jackson	12	Napa/SJ	5-06.00
31	Holly Franks		Sierra/CE	5-06.00
32	Camilla Dencer	11	West Valley Christian/SS	5-06.00
33	Ashley Smith	9	Millikan/SS	5-08.00
34	Moria Robinson		Mt. Whitney/CE	5-08.00
35	Whitney Sisler	12	La Costa Canyon/SD	5-11.00

GIRLS TRIPLE JUMP

Prelims: 5:30 p.m. - Fri. Final: 6:00 p.m. - Sat.

National: 44-02.25 Ychlidria Spears, Luling (Texas) 2001
State Meet: 44-00.50 Juliana Yendork, Walnut 1991

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Rachelle Russell	12	West Valley/NO	34-07.50
2	Ryan Graham	12	Lowell/SF	34-09.25
3	Ada Nwadugbo	12	Skyline/OK	36-06.00
4	Dayna Hill		Edison/CE	36-06.25
5	Turquoise Williams	12	Chatsworth/LA	36-07.00
6	Thoraya Maronesy	11	Helix/SD	37-04.00
7	Stephanie LeFever	12	Aptos/CC	37-10.00
8	Taylor Williams	11	Escondido/SD	37-10.50
9	Amber Browner	12	San Diego/SD	37-11.75
10	Shahar Thomas	11	Westridge/SS	38-05.00
11	Phylicia Johnson	12	Gardena/LA	38-06.00
12	Naima Goodwin	12	Sheldon/SJ	38-06.50
13	Taylor Nichols		Stockdale/CE	38-07.25
14	Kayla Green	11	Florin/SJ	39-00.00
15	Whitney Liehr	12	Palos Verdes/SS	39-02.25
16	Alitta Boyd	10	Moreau Catholic/NC	39-03.00
17	Amanda Hunter	11	Marlborough/SS	39-04.50
18	Madeline LeDuc	12	Glendora/SS	39-05.00
19	Melissa Keltner	10	Chino Hills/SS	39-06.50
20	Moria Robinson		Mt. Whitney/CE	39-06.75
21	Starasia Childs	11	Carson/LA	39-11.00
22	Stella Dugall	12	Mt. Pleasant/CC	39-11.50
23	Natalia Wright	12	Stagg/SJ	40-01.00
24	Briana Stewart	11	James Logan/NC	40-02.00
25	Vashti Thomas	11	Mt. Pleasant/CC	41-06.50
26	Jamesha Youngblood	12	Hercules/NC	41-08.50
27	Ke'Nyia Richardson	12	Holy Names/NC	42-08.00



WHITNEY SISLER
La Costa Canyon High School



KE'NYIA RICHARDSON
Holy Names High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS TRIPLE JUMP

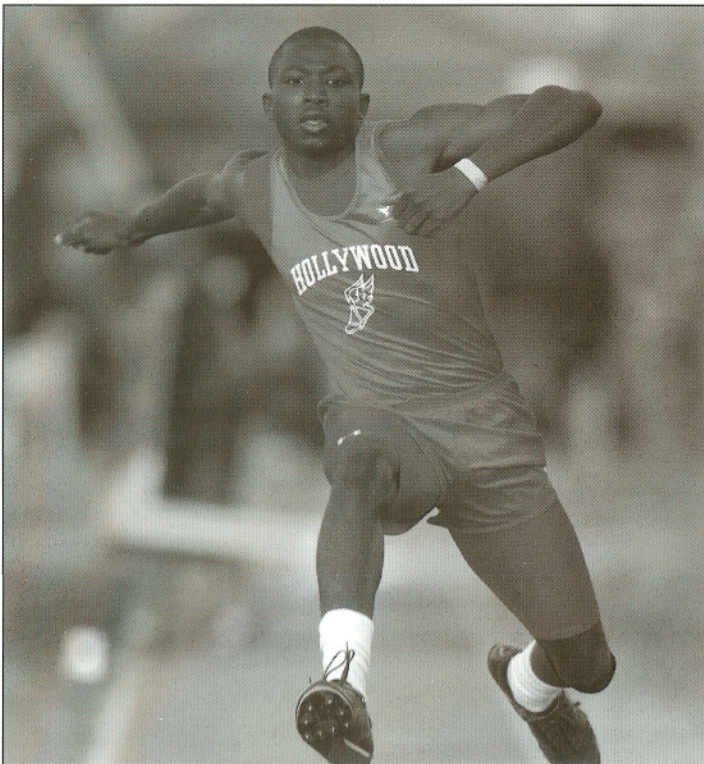
GIRLS POLE VAULT

Prelims: 5:30 p.m. - Fri. Final: 6:00 p.m. - Sat.
 National: 52-10.50 Charles Mayfield, Muir (Pasadena, CA) 1980
 State Meet: 52-05.75 Marcus Hooks, Lakewood 1986

Prelims: 6:00 p.m. - Fri. Final: 6:00 p.m. - Sat.
 National: 13-09 Mary Saxer, Lancaster (NY) 2005
 State Meet: 13-08 Shayla Ballentine, Morro Bay 2001

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Chris Marshall	11	Washington/SF	43-04.75
2	Thomas Pickering	12	Foothill/NO	43-05.00
3	Billy McClain	12	Mt. Eden/NC	43-08.50
4	Freeman Lewis	11	St. Mary's/NC	43-10.50
5	Ethan Dejongh		Mt. Whitney/CE	44-03.00
6	Kevin Jenkins	12	Granite Hills/SD	45-00.25
7	Chris Kelly		Ridgeview/CE	45-02.50
8	Savoy Rhyne	11	Taft/LA	45-03.00
9	Arnaud Brewer	10	James Logan/NC	45-03.75
10	Darryl Williams	12	Escondido/SD	45-04.00
11	Mike Scott	11	Palo Alto/CC	45-04.00
12	Clayton Francis	12	De La Salle/NC	45-04.25
13	David Charleston		West/CE	45-05.75
14	Darryl Faust Jr.	11	North Monterey/CC	46-02.75
15	Nathan Goodrich	12	Evergreen Valley/CC	46-04.00
16	Tony Burnett	11	Mayfair/SS	46-08.00
17	Cameron Womack	12	Lincoln-S/SJ	47-00.00
18	Xavier Townsend	12	San Geronio/SS	47-01.75
19	Ryan Swafford	11	Vista Murrieta/SS	47-03.50
20	Eric Green	12	Golden Valley/SJ	47-04.25
21	Bo Phouminavong	12	Bear Creek/SJ	47-04.25
22	Emmanuel Neizer	12	Rancho Cucamonga/SS	47-04.50
23	Nelson Rosario	11	El Camino/SD	47-09.50
24	Christian Green	12	Crenshaw/LA	48-05.00
25	Ray Green	12	Ceres/SJ	49-00.50
26	Jonathan Clark	12	Loyola/SS	49-02.50
27	Gyasi Rivers	12	Hollywood/LA	49-04.75

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Sabrina Donahoo	12	Yreka/NO	9-06.00
2	Amanda Klinchurch		Liberty/CE	10-06.00
3	Courtney Ross	9	Westview/SD	10-08.00
4	Katie Vo	12	Las Lomas/NC	11-00.00
5	Angela Liberatore	12	Palisades/LA	11-00.00
6	Allyson Berryhill		Clovis West/CE	11-00.00
7	Dana Hoolko	12	La Jolla/SD	11-00.00
8	Courtney Kiehl	11	Mission San Jose/NC	11-06.00
9	Tess Balcomb	11	Colfax/SJ	11-08.00
10	Mishelle McNamara	12	Covina/SS	11-08.00
11	Kathryn Ferguson	10	Oak Ridge/SJ	11-08.00
12	Chrissy VanDoornum	12	Huntington Beach/SS	11-08.00
13	Tawny Lambuth	11	Placer/SJ	11-08.00
14	Sarah Engle	11	Homestead/CC	11-08.00
15	Lauren Radke	11	Oaks Christian/SS	11-08.00
16	Sara Savage		Buchanan/CE	11-10.00
17	Katelyn Beighton	12	Los Alamitos/SS	12-02.00
18	Cyrena Giordano	12	St. Ignatius/CC	12-02.00
19	Kelsy Hintz	11	Del Norte/NC	12-03.00
20	Stacey Jung	11	Campolindo/NC	12-03.00
21	Emily Mattoon	10	Rancho Bernardo/SD	12-06.00
22	Natasha Barthel	12	St. Francis-MV/CC	12-08.00
23	Rachel Simmons	12	Rocklin/SJ	12-08.00
24	Veronica Stimson	12	Bella Vista/SJ	13-00.00
25	Allison Stokke	12	Newport Harbor/SS	13-03.50
26	Tori Anthony	12	Castilleja/CC	13-08.00



GYASI RIVERS
 Hollywood High School



RACHEL SIMMONS
 Rocklin High School

CIF STATE TRACK AND FIELD CHAMPIONSHIP RECORDS

BOYS

100 METERS

10.30 Riley Washington (Southwest, San Diego) 1992

200 METERS

20.80 yds James Sanford (Pasadena) 1977

400 METERS

45.25 Calvin Harrison (North Salinas) 1993

800 METERS

1:46.45 Michael Granville (Bell Gardens) 1996

1600 METERS

4:02.62 Ryan Hall (Big Bear) 2001

3200 METERS*

8:44.9h Eric Hulst (Laguna Beach) 1975

110-METER HIGH HURDLES

13.39 Kevin Craddock (James Logan, Union City) 2004

300-METER INTERMEDIATE HURDLES

35.50 George Porter (Cabrillo, Lompoc) 1985

400-METER RELAY

40.24 Hawthorne 1989

1600-METER RELAY

3:08.66 John Muir, Pasadena 1996

DISCUS THROW

213-07 Bo Taylor (Newport Harbor, Newport Beach) 2006

HIGH JUMP

7-03.25 Lee Balkin (Glendale) 1979

LONG JUMP

26-04.75 James Stallworth (Tulare) 1989

POLE VAULT

17-01 Scott Roth (Granite Bay) 2005

SHOT PUT

74-04.75 Brent Noon (Fallbrook) 1990

TRIPLE JUMP

52-05.75 Marcus Hooks (Lakewood) 1986

h -- hand timed * -- two-mile record

GIRLS

100 METERS

11.14 Marion Jones (Thousand Oaks) 1992

200 METERS

22.52 Allyson Felix (Los Angeles Baptist, North Hills) 2003

400 METERS

50.74 Monique Henderson (Morse, San Diego) 2000

800 METERS

2:04.91 Trena Hull (Compton) 1984

1600 METERS

4:39.92 Polly Plumer (University, Irvine) 1982

3200 METERS

9:52.80 Kim Mortensen (Thousand Oaks) 1996

100-METER HIGH HURDLES

13:20 Nichole Denby (J.W. North, Riverside) 2000

300-METER LOW HURDLES

40.10 Ebony Collins (Wilson, Long Beach) 2005

400-METER RELAY

44.70 St. Bernard, Playa del Rey 1997

1600-METER RELAY

3:35.49 Poly, Long Beach 2004

DISCUS THROW

181-03 Stephanie Brown (Arroyo Grande) 1998

HIGH JUMP

6-02 Latrese Johnson (Clovis) 1985

LONG JUMP

22-00.50 Marion Jones (Thousand Oaks) 1993

POLE VAULT

13-08 Shayla Ballentine (Morro Bay) 2001

SHOT PUT

52-11.50 Kristin Heaston (Ygnacio Valley, Concord) 1993

TRIPLE JUMP

44-00.50 Juliana Yendork (Walnut) 1991

U.S. NATIONAL HIGH SCHOOL RECORDS

BOYS

100 METERS

10.15 Henry Neal (Greenville, Texas) 1990

200 METERS

20.13 Roy Martin, Roosevelt (Dallas, Texas) 1985

400 METERS

45.25 Calvin Harrison, North Salinas (Salinas, Calif.) 1993

800 METERS

1:46.45 Michael Granville (Bell Gardens, Calif.) 1996

1600 METERS

3:59.51 Alan Webb, South Lakes (Reston, Virginia) 2001

3200 METERS

8:41.10 Dathan Ritzenhein (Rockford, Mich.) 2000

110-METER HIGH HURDLES

13.30 Chris Nelloms, Dunbar (Dayton, Ohio) 1990

300-METER INTERMEDIATE HURDLES

35.32 George Porter, Cabrillo (Lompoc, Calif.) 1985

400-METER RELAY

39.76 Wyatt (Fort Worth, Texas) 1998

1600-METER RELAY

3:07.40 Hawthorne (Hawthorne, Calif.) 1985

DISCUS THROW

234-03 Niklas Arrhenius, Mountain View (Orem, Utah) 2001

HIGH JUMP

7-05.25 Dothel Edwards, Cedar Shoals (Athens, Ga.) 1984

LONG JUMP

26-04.75 James Stallworth (Tulare, Calif.) 1989

POLE VAULT

18-02.25 Eric Eshbach (Orangefield, Texas) 1999

SHOT PUT

77-00 Michael Carter, Jefferson (Dallas, Texas) 1979

TRIPLE JUMP

52-10.50 Charles Mayfield, John Muir (Pasadena, Calif.) 1980

GIRLS

100 METERS

11.14 Marion Jones (Thousand Oaks, Calif.) 1992

200 METERS

22.52 Allyson Felix, LA Baptist (North Hills, Calif.) 2003

400 METERS

50.74 Monique Henderson, Morse (San Diego, Calif.) 2000

800 METERS

2:04.5h Joetta Clark, Columbia (Maplewood, N.J.) 1980

1600 METERS

4:39.4h Laura Matson, Andover (Bloomfield Hills, Mich.) 1985

3200 METERS

9:48.59 Kim Mortensen (Thousand Oaks, Calif.) 1996

100-METER HIGH HURDLES

13.20 Nichole Denby, J.W. North (Riverside, Calif.) 2000

300-METER LOW HURDLES

39.98 Lashinda Demus, Wilson (Long Beach, Calif.) 2001

400-METER RELAY

44.50 Poly, Long Beach (Long Beach, Calif.) 2004

1600-METER RELAY

3:35.49 Poly, Long Beach (Long Beach, Calif.) 2004

DISCUS THROW

188-04 Suzy Powell, Downey (Modesto, Calif.) 1994

HIGH JUMP

6-03 Amy Acuff, Corpus Christi (Calallen, Texas) 1992

LONG JUMP

22-01.75 Kathy McMillan, Hoke County (Raeford, N.C.) 1976

POLE VAULT

13-09 Mary Saxer (Lancaster, New York) 2005

SHOT PUT

54-10.75 Michelle Carter (Red Oak, Texas) 2003

TRIPLE JUMP

44-02.25 Ychindria Spears, (Luling, Texas) 2001

h -- hand timed

CIF STATE TRACK AND FIELD TEAM CHAMPIONS

BOYS TEAM CHAMPIONS

School	Points	Coach	Location	Dates
Manual Arts, Los Angeles	25	Otto Fritsch	Fresno High	April 3, 1915
Manual Arts, Los Angeles	37.5	Otto Fritsch	YMCA Field, Los Angeles	April 8, 1916
Coalinga	25	Charles Geer	Berkeley	April 28, 1917
Pasadena	25	George Main	Sacramento Fair	April 27, 1918
Manual Arts, Los Angeles	21	Sid Foster	San Bernardino High	April 26, 1919
Los Angeles	18	Glenn Whittle	Bakersfield Fair	April 24, 1920
Lincoln, Los Angeles	17	Tommy Davis	Berkeley	April 30, 1921
Huntington Beach	16	Ray Walker	Stockton Fair	May 6, 1922
Hollywood	17.5	William Paige	Occidental College, Los Angeles	May 12, 1923
Manual Arts, Los Angeles	26	Sid Foster	Taft High	May 10, 1924
Manual Arts, Los Angeles	16	Sid Foster	Stanford Stadium	May 9, 1925
Poly, Los Angeles	17	Edward Leahy	Los Angeles Coliseum	May 8, 1926
Glendale	35	Norman Hayhurst	Modesto High	May 7, 1927
Poly, Long Beach	21	Norman Baker	Selma High	May 5, 1928
San Diego	22.75	Glenn Broderick	Los Angeles Coliseum	May 11, 1929
Sacramento (tie)	11	Lawrence Janssen	Berkeley	May 10, 1930
San Diego (tie)	11	Glenn Broderick	Berkeley	May 10, 1930
Santa Ana (tie)	11	G.A. "Tex" Oliver	Berkeley	May 10, 1930
Poly, Los Angeles	19.5	Edward Leahy	Visalia	May 23, 1931
Poly, Long Beach	22.5	Norman Baker	Modesto Junior College	May 2, 1932
Central, El Centro	18	J.H. Armstrong	Los Angeles Coliseum	May 20, 1933
Muir, Pasadena	15.5	Albion Walton	Edwards Stadium, Berkeley	May 26, 1934
Fullerton	14	Harold Lang	Ratcliffe Stadium, Fresno	May 25, 1935
Muir, Pasadena	18	Albion Walton	Gridley High	May 23, 1936
Jefferson, Los Angeles	23.5	Harold Edelson	Wilson High, Long Beach	May 22, 1937
San Diego	18.5	Glenn Broderick	San Benito High, Hollister	May 28, 1938
Bakersfield	16	"Cap" Haralson	Los Angeles Coliseum	May 27, 1939
Bakersfield	18.5	"Cap" Haralson	Visalia High	May 25, 1940
Edison, Fresno	22	Harold Bicknell	Spartan Stadium, San Jose	May 24, 1941
Redondo	21	Harold Grant	Compton College	May 25, 1946*
Washington, Los Angeles	24	Gail Wyatt	Visalia High	May 31, 1947
Jordan, Los Angeles	22	Bill Zazueta	Edwards Stadium, Berkeley	May 29, 1948
Jefferson, Los Angeles	28.5	Estel Johnson	Los Angeles Coliseum	May 28, 1949
Jefferson, Los Angeles	40	Estel Johnson	Hughes Stadium, Sacramento	May 27, 1950
Jefferson, Los Angeles	16.5	Estel Johnson	Edwards Stadium, Berkeley	May 26, 1951
Jefferson, Los Angeles	30.5	Estel Johnson	Los Angeles Coliseum	May 24, 1952
Manual Arts, Los Angeles	16.6	Charles Toney	Ratcliffe Stadium, Fresno	May 29, 1953
Alameda	19	Lewis Jolley	Edwards Stadium, Berkeley	May 29, 1954
Centennial, Compton	29	Bill Gill	Los Angeles Coliseum	May 28, 1955
Jefferson, Los Angeles	24.67	Estel Johnson	Chico State College	June 2, 1956
Berkeley	23	Rich Hacker	Edwards Stadium, Berkeley	June 1, 1957
Compton (tie)	11	Ernest Hartman	Veterans Stadium, Long Beach	May 31, 1958
Manual Arts, Los Angeles (tie)	11	Charles Toney	Veterans Stadium, Long Beach	May 31, 1958
Poly, Long Beach	14	Leon Forman	Memorial Stadium, Bakersfield	May 29, 1959
Jordan, Los Angeles	15	Jesse Flores	Stanford Stadium, Palo Alto	June 4, 1960
Centennial, Compton	11	Bill Gill	East Los Angeles College	June 3, 1961
Jefferson, Los Angeles	14	John Childress	Modesto Junior College	June 2, 1962
Edison, Fresno	15	Frank Fletcher	Edwards Stadium, Berkeley	May 31-June 1, 1963
Jefferson, Los Angeles (tie)	13	Andy Bakjian	Los Angeles Coliseum	June 5-6, 1964
Poly, Long Beach (tie)	13	Leon Forman	Los Angeles Coliseum	June 5-6, 1964

CIF STATE TRACK AND FIELD TEAM CHAMPIONS

BOYS TEAM CHAMPIONS

School	Points	Coach	Location	Dates
Poly, Long Beach	19	Leon Forman	Memorial Stadium, Bakersfield	June 4-5, 1965
Dorsey, Los Angeles	22	Rod Richard	Edwards Stadium, Berkeley	June 3-4, 1966
Muir, Pasadena	26	Walter Opp	Balboa Stadium, San Diego	June 2-3, 1967
Centennial, Compton	26	Bill Gill	Edwards Stadium, Berkeley	June 1-2, 1968
Los Angeles	22	E. Bravo	UCLA Track Stadium, Westwood	June 6-7, 1969
Los Altos	29	Leo Long	Edwards Stadium, Berkeley	June 5-6, 1970
Lompoc	13	Frank Hiatt	UCLA Track Stadium, Westwood	June 4-5, 1971
Sacramento	**18	Scotty Bingham	Mitchell Field, Oroville	June 1-2, 1972
Wilson, San Francisco	20	Adam Banks	Woodland High School	June 1-2, 1973
Muir, Pasadena	**23	Walter Opp	Memorial Stadium, Bakersfield	June 1-2, 1974
Harry Elis, Richmond	22	Silvester Greenwood	Balboa Stadium, San Diego	June 6-7, 1975
Hamilton, Los Angeles (tie)	12	Gene Broadwater	Edwards Stadium, Berkeley	June 4-5, 1976
San Fernando, Los Angeles (tie)	12	John Wachtler	Edwards Stadium, Berkeley	June 4-5, 1976
Pasadena	26	Bob Pruitt	Drake Stadium, Westwood	June 3-4, 1977
El Camino, Oceanside	16	Nill Kovacevich	Memorial Stadium, Bakersfield	June 2-3, 1978
Pasadena	16	Art Large	Hughes Stadium, Sacramento	June 1-2, 1979
Berkeley	41	Willie White	Edwards Stadium, Berkeley	June 6-7, 1980
Berkeley	58	Willie White	Cerritos College, Norwalk	June 5-6, 1981
Crenshaw, Los Angeles (tie)	20	Bob Volles	Hughes Stadium, Sacramento	June 4-5, 1982
Mission Viejo (tie)	20	Gene Gurule	Hughes Stadium, Sacramento	June 4-5, 1982
Hawthorne	**40	Kye Courtney	Memorial Stadium, Bakersfield	June 4, 1983
Hawthorne	52	Kye Courtney	Los Angeles Coliseum	June 2, 1984
Hawthorne	29	Kye Courtney	Hughes Stadium, Sacramento	May 31, 1985
Taft, Woodland Hills	26	Tom Stevenson	Cerritos College, Norwalk	June 6, 1986
Hawthorne	34	Kye Courtney	Hughes Stadium, Sacramento	June 5, 1987
Hawthorne	34	Kye Courtney	Cerritos College, Norwalk	June 3, 1988
Hawthorne	40	Kye Courtney	Cerritos College, Norwalk	June 2-3, 1989
Muir	24	Clyde Turner	Cerritos College, Norwalk	June 1-2, 1990
Compton	30	Alonzo Simmons	Cerritos College, Norwalk	May 31-June 1, 1991
Bakersfield	25	Art Dalzell	Cerritos College, Norwalk	June 5-6, 1992
Merced (tie)	36	Greg McKinstry	Cerritos College, Norwalk	June 19, 1993***
North Salinas (tie)	36	Ed Barber	Cerritos College, Norwalk	June 19, 1993***
Muir, Pasadena	36	Clyde Turner	Cerritos College, Norwalk	June 3-4, 1994
Muir, Pasadena	38	Clyde Turner	Cerritos College, Norwalk	June 2-3, 1995
Muir, Pasadena	57	Clyde Turner	Cerritos College, Norwalk	May 31-June 1, 1996
Poly, Long Beach	39	Don Norford	Hughes Stadium, Sacramento	June 6-7, 1997
Poly, Long Beach	42	Don Norford	Cerritos College, Norwalk	June 5-6, 1998
Vallejo	35	Mike Wilson	Hughes Stadium, Sacramento	June 4-5, 1999
Serra Gardena	38	Richard Gatlin	Cerritos College, Norwalk	June 2-3, 2000
Arroyo Grande	28	James Brown	Hughes Stadium, Sacramento	June 1-2, 2001
Bakersfield	32	Bobby Gridiron	Cerritos College, Norwalk	May 31-June 1, 2002
Helix, La Mesa	23.5	Ray Mounts	Cerritos College, Norwalk	June 6-7, 2003
James Logan, Union City	46	Lee Webb	Hughes Stadium, Sacramento	June 4-5, 2004
Dorsey, Los Angeles	38.5	Ralph Tilley	Hughes Stadium, Sacramento	June 3-4, 2005
Poly, Long Beach	42	Don Norford	Cerritos College, Norwalk	June 2-3, 2006

* No meets held during the World War II period (1942-45).

** Reported figures for finals.

*** Meet rescheduled due to rain.

Scoring system was 5-3-2-1 from 1915 to 1928; 5-3-2-1.5 from 1929 to 1965; 6-4-3-2-1 from 1966-1979; and 10-8-6-5-4-3 since 1980.

CIF STATE TRACK AND FIELD TEAM CHAMPIONS

GIRLS TEAM CHAMPIONS

School	Points	Coach	Location	Dates
Berkeley	13	Willie White	Memorial Stadium, Bakersfield	May 31-June 1, 1974
Washington, Los Angeles	22	Arnice Reddick	Balboa Stadium, San Diego	June 6-7, 1975
Berkeley	20	Willie White	Edwards Stadium, Berkeley	June 4-5, 1976
Locke, Los Angeles	14	Cherie Muller-Williams	Drake Stadium, Westwood	June 3-4, 1977
Hill, San Jose	16	John Johnigan	Memorial Stadium, Bakersfield	June 2-3, 1978
Westchester	24	Pat Nordell	Hughes Stadium, Sacramento	June 1-2, 1979
Kennedy, Granada Hills	48	Dixie Griffen	Edwards Stadium, Berkeley	June 6-7, 1980
Berkeley	64	Willie White	Cerritos College, Norwalk	June 5-6, 1981
Berkeley	48	Willie White	Hughes Stadium, Sacramento	June 4-5, 1982
Berkeley	29	Willie White	Memorial Stadium, Bakersfield	June 4, 1983
Woodside	38	Susie Wilson	Los Angeles Coliseum	June 2, 1984
Muir, Pasadena	55	Jim Brownfield	Hughes Stadium, Sacramento	May 31, 1985
Hawthorne	40	Kye Courtney	Cerritos College, Norwalk	June 6, 1986
Pomona	30	Isaiah Sanders	Hughes Stadium, Sacramento	June 5, 1987
Bakersfield (tie)	28	Scott Semar	Cerritos College, Norwalk	June 3, 1988
Rio Mesa (tie)	28	Brian Fitzgerald/Rick Torres	Cerritos College, Norwalk	June 3, 1988
Muir, Pasadena	36	Jim Brownfield	Cerritos College, Norwalk	June 2-3, 1989
Bakersfield	61	Scott Semar	Cerritos College, Norwalk	June 1-2, 1990
Morningside	28	Ron Tatum	Cerritos College, Norwalk	May 31-June 1, 1991
Poly, Long Beach	39	Don Norford	Cerritos College, Norwalk	June 5-6, 1992
Poly, Long Beach	56	Don Norford	Cerritos College, Norwalk	June 19, 1993***
Skyline, Oakland	36	Darrell Hampton	Cerritos College, Norwalk	June 3-4, 1994
Poly, Long Beach	52	Don Norford	Cerritos College, Norwalk	June 2-3, 1995
Wilson, Long Beach	43	Terry Kennedy	Cerritos College, Norwalk	May 31-June 1, 1996
Poly, Long Beach	49	Don Norford	Hughes Stadium, Sacramento	June 6-7, 1997
Poly, Long Beach (tie)	42	Don Norford	Cerritos College, Norwalk	June 5-6, 1998
Wilson, Long Beach (tie)	42	Terry Kennedy	Cerritos College, Norwalk	June 5-6, 1998
J.W. North, Riverside	42	Charles Leathers	Hughes Stadium, Sacramento	June 4-5, 1999
J.W. North, Riverside	45	Charles Leathers	Cerritos College, Norwalk	June 2-3, 2000
Poly, Long Beach	59	Don Norford	Hughes Stadium, Sacramento	June 1-2, 2001
J.W. North, Riverside	57	Charles Leathers	Cerritos College, Norwalk	May 31-June 1, 2002
Poly, Long Beach	62	Don Norford	Cerritos College, Norwalk	June 6-7, 2003
Poly, Long Beach	80	Don Norford	Hughes Stadium, Sacramento	June 4-5, 2004
Merrill West, Tracy	48	John Harvey	Hughes Stadium, Sacramento	June 3-4, 2005
James Logan, Union City (tie)	37	Lee Webb	Cerritos College, Norwalk	June 2-3, 2006
Wilson, Long Beach (tie)	37	Terry Kennedy	Cerritos College, Norwalk	June 2-3, 2006

*** Meet rescheduled due to rain.

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

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CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

BOYS CHAMPIONS

100-Meter Dash (Boys)

1915	Roy Brown (Sacramento)	10.2
1916	Charley Paddock (Pasadena)	10.4
1917	Jack Melville (Berkeley)	10.0
1918	Charley Paddock (Pasadena)	10.2
1919	Al Wright (Lincoln, Los Angeles)	10.4
1920	Eddie Sutton (Lick-Wilmerding, San Francisco)	10.0
1921	Vernon Blenkiron (Compton)	10.2
1922	Herschel Smith (San Fernando)	10.4
1923	Eddie Pollock (Pasadena)	10.0
1924	Vic Klein (Hollywood)	10.1
1925	Vernon Hanford (Manual Arts, Los Angeles)	10.1
1926	Dick Werner (Brawley)	9.8
1927	Frank Wycoff (Glendale)	9.8
1928	Frank Lombardi (Los Angeles)	9.6
1929	Jim Wilson (San Diego)	9.8
1930	Al Koenig (Huntington Beach)	10.1
1931	Foy Draper (Huntington Park)	9.9
1932	Milton Holt (Hoover, Glendale)	9.8
1933	Dave Seigel (Poly, Los Angeles)	10.0
1934	Mack Robinson (Muir, Pasadena)	10.0
1935	Bob Frick (San Ramon)	9.6
1936	Mickey Anderson (Muir, Pasadena)	9.7
1937	Bryant Allen (Jefferson)	9.8
1938	Bill Van Leuven (Wilson, Long Beach)	9.8
1939	Jack Trout (Bakersfield)	9.9
1940	Eddie Morris (Huntington Beach)	9.7
1941	Al Jackson (Edison, Fresno)	9.8
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Art Williams (Riverside)	10.0
1947	John Bradley (Hoover, Glendale)	9.9
1948	Bill Fell (Compton)	9.7
1949	Ernie Schopper (Lincoln, Los Angeles)	9.9
1950	Gary Green (Jefferson, Los Angeles)	9.9
1951	Bob Cunningham (Hoover, Glendale)	9.7
1952	Herb Turner (Alameda)	9.9
1953	Leamon King (Delano)	9.6
1954	James Jackson (Alameda)	9.6
1955	Ken Dennis (Centennial, Compton)	10.0
1956	Willie White (Jefferson, Los Angeles)	9.5
1957	Preston Griffin (Centennial, Compton)	9.6
1958	Hubie Watson (Jordan, Los Angeles)	9.6
1959	Hubie Watson (Jordan, Los Angeles)	9.8
1960	Bill Cowings (Fowler)	9.7
1961	Forrest Beaty (Hoover, Glendale)	9.5
1962	Forrest Beaty (Hoover, Glendale)	9.5
1963	Alvin Mann (Edison, Fresno)	9.6
1964	Jim Hines (McClymonds, Oakland)	9.7
1965	Harold Busby (Muir, Pasadena)	9.5
1966	Phil Underwood (Dorsey, Los Angeles)	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	Allen Carter (Bonita, La Verne)	9.8
1971	George Reddick (Hamilton, Los Angeles)	9.6
1972	Carl McCullough (Sacramento)	9.5
1973	Elijah Jefferson (Crawford, San Diego)	9.6w
1974	Elijah Jefferson (Crawford, San Diego)	9.8
1975	Kevin Williams (San Fernando)	9.4
1976	Billy Mullins (Hamilton, Los Angeles)	10.0
1977	David Russell (Patrick Henry, San Diego)	9.91
1978	Michael Sanford (Pasadena)	9.85
1979	Bill Green (Cubberly, Palo Alto)	9.59
1980	Howard Hawkins (Warren, Downey)	10.55
1981	Ken Robinson (Berkeley)	10.60
1982	Lew Dunn (J.W. North, Riverside)	10.53
1983	Steve Jones (Burbank, Sacramento)	10.64
1984	Henry Thomas (Hawthorne)	10.44
1985	Ron McCree (Madera)	10.49w
1986	Ron McCree (Madera)	10.57

1987	Quincy Watts (Taft, Woodland Hills)	10.49
1988	Darren Stringer (Vacaville)	10.78
1989	Curtis Conway (Hawthorne)	10.42
1990	Napolean Kaufman (Lompoc)	10.57
1991	Ricky Carrigan (Compton)	10.33w
1992	Riley Washington (Southwest, San Diego)	10.30
1993	Bryan Howard (Canyon Springs, Moreno Valley)	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, Sherman Oaks)	10.52w
1998	Darrell Rideaux (Poly, Long Beach)	10.43
1999	Kareem Kelly (Poly, Long Beach)	10.47
2000	Warren Rogers (Serra, Gardena)	10.42
2001	Phillip Francis (Fairfax, Los Angeles)	10.53
2002	Matt Bruno (Trabuco Hills, Mission Viejo)	10.55
2003	Chris Henry (Edison, Stockton)	10.56
2004	Kenny O'Neal (Skyline, Oakland)	10.34
2005	Jamere Holland (Taft, Woodland Hills)	10.54
2006	Rodney Glass (Notre Dame, Sherman Oaks)	10.52

200-Meter Dash (Boys)

1915	Les Wark (Poly, Long Beach)	22.0
1916	Charley Paddock (Pasadena)	22.4
1917	Charley Paddock (Pasadena)	22.4
1918	Charley Paddock (Pasadena)	22.4
1919	Bob Allen (Redlands)	23.8
1920	Eddie Sudden (Lick-Wilmerding, San Francisco)	21.8
1921	Bob Allen (Redlands)	22.6
1922	Walter Wickersham (Bakersfield)	24.2
1923	Bob Lee (Franklin)	22.2
1924	Archie Woodyard (Jefferson, Los Angeles)	22.5
1925	Walter Floyd (Lincoln, Los Angeles)	22.6
1926	Elam Kirk (El Monte)	22.1
1927	Frank Wycoff (Glendale)	21.0
1928	Frank Lombardi (Los Angeles)	21.4
1929	Jim Wilson (San Diego)	21.4
1930	Ashley Burch (Jordan, Los Angeles)	21.8
1931	Ashley Burch (Jordan, Los Angeles)	21.5
1932	George Anderson (Muir, Pasadena)	21.8
1933	George Anderson (Muir, Pasadena)	21.2
1934	Bainard Worrill (Muir, Pasadena)	21.8
1935	Burt Pierce (Excelsior)	21.2
1936	Burt Brady (Gridley)	21.6
1937	Bryant Allen (Jefferson, Los Angeles)	21.2
1938	Eddie Morris (Huntington Beach)	21.6
1939	Eddie Morris (Huntington Beach)	21.4
1940	Eddie Morris (Huntington Beach)	21.3
1941	Glen Willis (San Diego)	21.7
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Ray Gregg (El Monte)	21.9
1947	John Bradley (Hoover, Glendale)	21.5
1948	John Bradley (Hoover, Glendale)	21.5
1949	Ernie Schopper (Lincoln, Los Angeles)	21.6
1950	Guy Blackburn (Jefferson, Los Angeles)	21.3
1951	Leamon King (Delano)	21.4
1952	Herb Turner (Alameda)	21.6
1953	Leamon King (Delano)	21.4
1954	James Jackson (Alameda)	21.2
1955	Bob Poynter (Pasadena)	21.6
1956	Bob Poynter (Pasadena)	21.0
1957	Preston Griffin (Centennial, Compton)	21.3
1958	Mel Clipper (Muir, Pasadena)	20.7
1959	Hubie Watson (Jordan, Los Angeles)	21.6
1960	Bill Cowings (Fowler)	21.0
1961	Forrest Beaty (Hoover, Glendale)	21.5
1962	Richard Stebbins (Fremont, Los Angeles)	20.9
1963	John House (Muir, Pasadena)	21.3
1964	Jim Hines (McClymonds, Oakland)	21.5
1965	Harold Busby (Muir, Pasadena)	21.0
1966	Phil Underwood (Dorsey, Los Angeles)	21.2
1967	Mel Gray (Montgomery, Santa Rosa)	20.7*
1968	Willie Deckard (Dorsey, Los Angeles)	21.7

1969	Willie Robinson (Central, El Centro)	21.7
1970	Jackie White (Santa Ana)	21.5
1971	Chuck Bommarito (Crestmoor, San Bruno)	21.2w
1972	Mike Shavers (Albany)	21.0
1973	Clancy Edwards (Santa Ana)	21.2w
1974	Millard Hampton (Silver Creek, San Jose)	21.1
1975	Billy Mullins (Hamilton, Los Angeles)	21.2
1976	Billy Mullins (Hamilton, Los Angeles)	21.6
1977	David Russell (Patrick Henry, San Diego)	20.97w
1978	Michael Sanford (Pasadena)	21.42
1979	Michael Sanford (Pasadena)	21.00
1980	Ken Robinson (Berkeley)	21.21
1981	Kevin Wilhite (Cordova, Rancho Cordova)	20.81
1982	Antonio Manning (Hamilton, Los Angeles)	21.05w
1983	Henry Thomas (Hawthorne)	21.02
1984	Henry Thomas (Hawthorne)	20.77
1985	Michael Marsh (Hawthorne)	20.83w
1986	Quincy Watts (Taft, Woodland Hills)	21.03
1987	Quincy Watts (Taft, Woodland Hills)	20.99
1988	Bryan Bridgewater (Washington, Los Angeles)	21.00
1989	Barry Smith (Mission, San Francisco)	20.82
1990	Napolean Kaufman (Lompoc)	21.15
1991	Ricky Carrigan (Compton)	20.84w
1992	Gentry Bradley (Pius X, Downey)	20.97w
1993	Calvin Harrison (North Salinas, Salinas)	21.12
1994	Pat Johnson (Redlands)	21.01
1995	Bryan Harrison (Dana Hills, Dana Point)	20.82w
1996	Obea Moore (Muir, Pasadena)	20.91
1997	Andrea Ammons (Skyline, Oakland)	20.91w
1998	Kareem Kelly (Poly, Long Beach)	20.76
1999	Kareem Kelly (Poly, Long Beach)	20.76w
2000	Bennie Robinson (Poly, Long Beach)	20.96
2001	Seth Amoo (Highland, Palmdale)	21.05
2002	Matt Bruno (Trabuco Hills, Mission Viejo)	20.82
2003	Lionel Larry (Dominguez, Compton)	20.97
2004	Derrick Jones (Poly, Long Beach)	21.10
2005	Jamere Holland (Taft, Woodland Hills)	20.88w
2006	Bryshon Nellum (Poly, Long Beach)	20.96

*since 1967, the 220 yards and then 200 Meter were run exclusively around one turn.)

400-Meter Dash (Boys)

1915	George Conn (Pasadena)	50.0
1916	Mark Kellog (Fresno)	51.4
1917	Dick Seltzer (Redlands)	53.0
1918	George Schiller (Poly, Los Angeles)	49.6
1919	Jeff Wilcox (Harvard)	54.2
1920	Thurmond Clarke (Los Angeles)	50.2
1921	Ed Shaw (Monrovia)	52.2
1922	Ed Shaw (Monrovia)	54.4
1923	Vernon Hanford (Manual Arts, Los Angeles)	52.6
1924	Wilburn Talbot (Analy, Sebastopol)	51.6
1925	Walter Hanson (Concord, Mt. Diablo)	51.0
1926	Cliff Gantt (Poly, Los Angeles)	50.0
1927	Percy McArthur (Huntington Park)	51.0
1928	Carl Childreth (Poly, Long Beach)	50.2
1929	Irvine Warburton (San Diego)	49.6
1930	Carl Satterfield (Manual Arts, Los Angeles)	50.3
1931	John McCarthy (Fairfax)	48.7
1932	John Routt (Jefferson, Los Angeles)	50.1
1933	Murel Gillett (Central, El Centro)	48.4
1934	Doug Hammond (Hollywood)	50.3
1935	Howard Upton (Turlock)	48.9
1936	George Gray (Wilson, Long Beach)	49.9
1937	Wilbur Miller (Jefferson, Los Angeles)	49.7
1938	Bob Hogan (Piedmont)	50.4
1939	Ken Horn (Fowler)	50.5
1940	Duane Lewis (Compton)	48.8
1941	O.B. Hughes (Whittier)	49.9
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Norm Stocks (San Diego)	49.3
1947	Luther Butler (Jefferson, Los Angeles)	49.4

In 1980, running event distances transitioned from yards to meters.

w -- wind aided result

CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

1948	Fred Thompson (Jordan, Los Angeles)	49.2
	Luther Butler (Jefferson, Los Angeles)	49.2
1949	George Adrian (Hollywood)	49.3
1950	Sherman Miller (Napa)	48.8
1951	Jack North (Jordan, Long Beach)	49.7
1952	Lanny Carter (Orange)	48.8
1953	X.L. Emerson (Richmond)	49.2
1954	Bruce Kitchen (Riverside)	48.7
1955	Jerry White (Corcoran)	48.7
1956	Jerry White (Corcoran)	46.7
1957	Fred DeWitt (Berkeley)	47.9
1958	Dixon Farmer (Miramonte, Orinda)	48.6
1959	Dixon Farmer (Miramonte, Orinda)	48.6
1960	Ulis Williams (Compton)	47.2
1961	Ulis Williams (Compton)	47.8
1962	Manoel Diaz (Keppel, Alhambra)	48.1
1963	Tommie Smith (Lemoore)	47.3
1964	Fred Banks (Jefferson, Los Angeles)	47.5
1965	Randy Julian (Bolsa Grande, Garden Grove)	47.4
1966	Wayne Collett (Gardena)	47.8
1967	Mike Newton (Whittier)	47.2
1968	Edsel Garrison (Centennial, Compton)	46.7
1969	Larance Jones (Lemoore)	46.6
1970	Rick Brown (Los Altos)	47.8
1971	Tony Krzyzosiak (Garden Grove)	46.7
1972	Robert Harrell (Santa Ana)	47.4
1973	Ron Whitaker (Wilson, San Francisco)	47.0
1974	Rod Connors (Cordova, Rancho Cordova)	47.7
1975	John Ware (Sacramento)	47.2
1976	Darold Harris (Pittsburg)	47.6
1977	James Sanford (Pasadena)	46.60
1978	Bill Greene (Cubberly, 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, Los Angeles)	46.38
1983	Larry Walker (Edison, Fresno)	47.03
1984	Chip Rish (Marina, Huntington Beach)	46.82
1985	Chip Rish (Marina, Huntington Beach)	45.7h
1986	Steve Lewis (American, Fremont)	46.59
1987	Steve Lewis (American, Fremont)	46.7h
1988	Travis Hannah (Hawthorne)	47.02
1989	Beno Bryant (Dorsey, Los Angeles)	47.52
1990	Mike Sulcer (Muir, Pasadena)	47.54
1991	Richard Dupree (Roosevelt, Fresno)	47.21
1992	Derek Shepard (Lincoln, San Francisco)	46.95
1993	Calvin Harrison (North Salinas, Salinas)	45.25
1994	James Davis (Will C. Wood, Vacaville)	46.96
1995	Obea Moore (Muir, Pasadena)	46.08
1996	Obea Moore (Muir, Pasadena)	45.81
1997	Eddie Levine (Golden Valley, Merced)	46.77
1998	Mike Ryan (Beverly Hills)	47.62
1999	Blaine Bussey (Taft, Los Angeles)	46.94
2000	Brandon Matlock (Stockdale, Bakersfield)	47.63
2001	Jason Lovell (Cleveland, Los Angeles)	47.51
2002	Blake Mackey (Bakersfield)	47.93
2003	David Gettiss (Dorsey, Los Angeles)	47.41
2004	David Gettiss (Dorsey, Los Angeles)	46.69
2005	David Gettiss (Dorsey, Los Angeles)	45.84
2006	Bryshon Nellyum (Poly, Long Beach)	46.38

800-Meter Run (Boys)

1915	Gerald Blankenship (Visalia)	1:59.8
1916	Colin Kilby (Coalinga)	2:02.8
1917	Harleigh Baker (Fillmore)	2:02.0
1918	Ken Saunders (Pasadena)	2:02.8
1919	Jerry Pearce (Berkeley)	2:08.2
1920	Paul Stroud (Perris)	1:59.4
1921	Elmer Boyden (Vallejo)	1:59.2
1922	Ivring Thomas (Manual Arts, Los Angeles)	2:04.6
1923	Earl Lockhart (Sacramento)	1:59.0
1924	Ed Cloege (Covina)	1:59.1
1925	Alex McKinnon (Poly, Los Angeles)	1:59.8
1926	Doug Knowles (Bakersfield)	2:01.2
1927	Bill McGeagh (Poly, Los Angeles)	2:02.8
1928	Herb Welch (Visalia)	2:01.2
1929	Herb Welch (Visalia)	1:58.4

1930	Al Hassan (Jefferson, Los Angeles)	2:00.1
1931	Carl Satterfield (Manual Arts, Los Angeles)	1:57.6
1932	Ray Cartwright (Santa Ana)	2:00.6
1933	Bill McCurdy (Tamalpais)	2:00.1
1934	Mel Nickerson (Poly, Los Angeles)	1:58.4
1935	Ralph Wood (Carpinteria)	1:57.6
1936	Jerry Lopez (Placer, Auburn)	1:57.1
1937	Jim Lawson (Jordan, Los Angeles)	1:59.7
1938	Leroy Weed (Coachella Valley)	1:58.8
1939	Paul Christensen (Beverly Hills)	2:01.3
1940	Roger Lane (San Rafael)	1:57.7
1941	Thelmo Knowles (Santa Monica)	1:55.6
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Dan Guest (Santa Monica)	2:00.5
1947	Jerome Walters (Compton)	1:57.6
1948	Wilbur Firestone (Compton)	1:57.8
1949	Wilbur Firestone (Compton)	1:58.1
1950	Lang Stanley (Jefferson, Los Angeles)	1:53.9
1951	Gene Jones (Oakland Technical)	1:58.9
1952	Jim Briggs (Pittsburg)	1:57.2
1953	Don Bowden (Lincoln, San Jose)	1:57.1
1954	Don Bowden (Lincoln, San Jose)	1:52.9
1955	Leonard Havens (Avenal)	1:57.0
1956	Jerry Siebert (Willits)	1:53.8
1957	Jim Cerveny (Mission Bay, San Diego)	1:52.7
1958	Alfred Gentry (Fremont, Los Angeles)	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, San Francisco)	1:53.1
1962	Doug Parker (Chico)	1:52.2
1963	Dennis Carr (Lowell, Whittier)	1:50.9
1964	Bob Hose (Madison, San Diego)	1:51.7
1965	Richard Joyce (Sierra, Whittier)	1:48.8
1966	Terry Rogers (Hilltop, Chula Vista)	1:51.5
1967	Lawrence Banks (Dorsey, Los Angeles)	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)	1:51.8
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	Bennie Brown (Palisades, Pacific Palisades)	1:51.83
1979	David Mack (Locke, Los Angeles)	1:50.18
1980	Peter Quinonez (Tulare)	1:50.13
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, Irvine)	1:49.61
1985	Sean Langer (Bakersfield)	1:51.75
1986	Vincent Thompson (Locke, Los Angeles)	1:50.25
1987	Don Gabor (Amador Valley, Pleasanton)	1:52.3h
1988	Mark Senior (Mt. Miguel, Spring Valley)	1:51.37
1989	Gordon Johnson (Piedmont)	1:51.88
1990	Craig Magress (Santa Teresa, San Jose)	1:51.66
1991	Mike Terry (El Modena, Orange)	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 Richburg (James Logan, Union City)	1:48.40
1996	Michael Granville (Bell Gardens)	1:50.68
1997	James Levine (Golden Valley, Merced)	1:50.62
1998	Jon Stevens (Mission San Jose, San Jose)	1:52.07
1999	Brandon Shaw (Rancho Verde, Moreno Valley)	1:53.98
2000	Mike Serratos (Don Lugo, Chino)	1:51.75
2001	Tykie Harris (San Geronio)	1:53.80
2002	Michael Haddan (Woodbridge, Irvine)	1:51.41
2003	Duane Solomon (Cabrillo, Lompoc)	1:49.79
2004	Bryan Rodie (Royal, Simi Valley)	1:52.04
2005	Jesse O'Brien (San Pasqual, Escondido)	1:53.71
2006	Cory Primm (Westlake, Westlake Village)	1:50.53

1600-Meter Run (Boys)

1915	Gerald Balkenship (Visalia)	4:30.0
1916	Andy Silvas (Oakland Technical)	4:40.6
1917	Whitney Reeves (Pasadena)	4:37.4
1918	Jerry Pearce (Berkeley)	4:44.4
1919	Atwood Scovel (San Bernardino)	4:47.0
1920	Charlie Watts (Berkeley)	4:36.2
1921	Bill Kerr (Huntington Beach)	4:30.4
1922	Les Schwoeboda (Petaluma)	4:40.0
1923	Earl Lockhart (Sacramento)	4:31.6
1924	Lee Hansen (Manual Arts, Los Angeles)	4:37.1
1925	Chesley Unruh (El Monte)	4:35.2
1926	Jack Ferguson (Inglewood)	4:35.7
1927	Cliff Halstead (Sacramento)	4:33.6
1928	Dick Brooks (Redlands)	4:39.0
1929	John Baker (Huntington Beach)	4:31.1
1930	Phil Morentin (Visalia)	4:31.0
1931	Phil Morentin (Visalia)	4:32.8
1932	Virgil Hooper (Antelope Valley)	4:32.3
1933	Virgil Hooper (Antelope Valley)	4:29.2
1934	Louis Zamperini (Torrance)	4:27.8
1935	Elmer Bayer (Paso Robles)	4:30.4
1936	Simon Scott (Tamalpais)	4:31.2
1937	Bruce Hammack (Yreka)	4:30.4
1938	Jack Moore (Stockton)	4:26.9
1939	John Hall (Torrance)	4:26.8
1940	Kellen Ramirez (Edison, Fresno)	4:31.5
1941	Bob Ingram (San Jose)	4:32.8
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Bob McMillen (Cathedral, Los Angeles)	4:24.0
1947	Chuck Kohl (Compton, Los Angeles)	4:29.2
1948	John Woolley (Marshall Fundamental)	4:29.1
1949	Elwyn Stribling (Commerce, San Francisco)	4:25.1
1950	Ron Bauer (Washington, San Francisco)	4:23.7
1951	Allie Cage (McClymonds, Oakland)	4:30.7
1952	Fernando Ledesma (Compton)	4:23.2
1953	Bob Seaman (Reedley)	4:21.0
1954	Ty Hadley (Bellflower)	4:25.8
1955	Tod White (Newport Harbor)	4:20.0
1956	Ron Larrieu (Palo Alto)	4:20.1
1957	Tim Roelen (San Fernando)	4:20.2
1958	Woody Covington (Compton)	4:23.7
1959	Dale Storey (Orange)	4:11.0
1960	Ben Tucker (Poly, San Francisco)	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)	4:08.0
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, Torrance)	4:12.1
1970	Brent Tubb (Cleveland, Reseda)	4:12.9
1971	Brent Tubb (Cleveland, Reseda)	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, Los Angeles)	4:08.91
1979	Paul Medvin (University, Los Angeles)	4:12.9
1980	Larry Guinne (Castro Valley)	4:06.18
1981	Jeff Scott (El Camino, Sacramento)	4:10.06
1982	Tom Grey (Carpinteria)	4:08.05
1983	Jim Frey (Yreka)	4:08.82
1984	Roman Gomez (Belmont, Los Angeles)	4:09.05
1985	Roman Gomez (Belmont, Los Angeles)	4:15.93
1986	Mark Mastalir (Jesuit, Carmichael)	4:07.81
1987	Scott Robinson (Bellarmine, San Jose)	4:07.95
1988	Reggie Williams (River City, West Sacramento)	4:08.78
1989	Francis O'Neil (San Pasqual, Escondido)	4:08.67

w -- wind aided result

CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

1990	Coley Candaele (Carpinteria)	4:06.26
1991	Daniel DasNeves (Helix, La Mesa)	4:12.22
1992	Daniel DasNeves (Helix, La Mesa)	4:09.54
1993	Brian Wilkinson (Merced)	4:08.13
1994	Mebrahton Keflezighi (San Diego)	4:07.67
1995	Michael Stember (Jesusit, Carmichael)	4:04.00
1996	Michael Stember (Jesusit, Carmichael)	4:06.72
1997	Jon Stevens (Mission, San Jose)	4:10.08
1998	Jon Stevens (Mission, San Jose)	4:12.58
1999	Marcus Chandler (Serra, San Diego)	4:10.44
2000	Evan Fox (West Hills, Santee)	4:09.44
2001	Ryan Hall (Big Bear, Big Bear Lake)	4:02.62
2002	Matt Johnsrud, (Woodcreek, Roseville)	4:11.89
2003	Phillip Reid (Rio Mesa, Oxnard)	4:08.49
2004	Mark Matusak (Loyola, Los Angeles)	4:15.89
2005	Mark Matusak (Loyola, Los Angeles)	4:10.72
2006	AJ Acosta (El Camino, Oceanside)	4:04.95

3200-Meter Run (Boys)

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, Norwalk)	8:57.0
1970	Ron Johnson (West Torrance, Torrance)	8:55.6
1971	Dale Fleet (Clairemont, San Diego)	8:53.8
1972	Curtis Beck (Santa Monica)	8:52.3
1973	Terry Williams (Lompoc)	8:54.8
1974	Rick Kimball (De La Salle, Concord)	8:46.5
1975	Eric Hulst (Laguna Beach)	8:44.9
1976	Eric Hulst (Laguna Beach)	8:57.4
1977	Frank Assuma (Eisenhower, Rialto)	8:52.9
1978	Jeff Nelson (Burbank)	8:59.28
1979	Jeff Nelson (Burbank)	8:47.35
1980	Andy DiConti (La Canada)	8:55.79
1981	Jon Butler (Edison, Huntington Beach)	8:46.78
1982	Harold Kuphaldt (Bella Vista, Fair Oaks)	8:51.99
1983	Eric Reynolds (Camarillo)	8:54.75
1984	Roman Gomez (Belmont, Los Angeles)	8:58.91
1985	Roman Gomez (Belmont, Los Angeles)	9:03.05
1986	Eric Mastalir (Jesusit, Carmichael)	8:44.95
1987	Paul Thomas (Jesusit, Carmichael)	9:02.82
1988	Reggie Williams (River City, West Sacramento)	8:59.61
1989	David Welsh (Jesusit, Carmichael)	8:58.08
1990	Bryan Dameworth (Agoura)	8:53.26
1991	Dave Hartman (Canyon, Canyon Country)	8:58.38
1992	Angel Martinez (San Gabriel)	8:56.34
1993	Matt Farley (Jesusit, Carmichael)	9:04.39
1994	Mebrahton Keflezighi (San Diego)	8:58.11
1995	Jason Balkman (Lynbrook, San Jose)	9:05.31
1996	Aaron Gillen (Yreka)	9:03.96
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, Big Bear Lake)	8:55.12
2001	Yong-Sung Leal (Arroyo, San Lorenzo)	9:00.49
2002	Kyle Alcorn (Buchanan, Clovis)	9:00.46
2003	Tim Nelson (Liberty Christian, Redding)	8:53.59
2004	Yosef Ghebray (James Logan, Union City)	9:04.20
2005	Michael Cybulski (Royal, Simi Valley)	9:02.57
2006	Michael Cybulski (Royal, Simi Valley)	8:53.77

110-Meter High Hurdles (Boys)

1915	Earl Thomson (Poly, Long Beach)	15.2
1916	Harry Lamport (Manual Arts, Los Angeles)	16.4
1917	Earl Johnston (Fullerton)	16.2
1918	Larry Rice (Fresno)	16.0
1919	Charley Daggs (Claremont)	16.6
1920	Otto Anderson (Pomona)	15.8
1921	Jack Houston (Lincoln, Los Angeles)	16.0
1922	Richard Bleet (Manual Arts, Los Angeles)	16.6
1923	Ross Nichols (Huntington Beach)	15.4
1924	Ross Nichols (Huntington Beach)	15.3
1925	Les Eade (Hollywood)	15.4
1926	Jim Meeks (Hollywood)	15.1

1927	Jeddy Welsh (Pasadena)	14.8
1928	Joe Bills (Poly, Long Beach)	15.6
1929	Bernie Miller (Hollywood)	15.4
1930	Bill DuPuy (Inglewood)	15.4
1931	Art Fisher (Redlands)	15.5
1932	Jack Ward (Selma)	15.0
1933	Roy Staley (Santa Monica)	15.2
1934	Roy Kirpatrick (Central, El Cerrito)	14.7
1935	Johnny Lindell (Monrovia)	15.0
1936	Doug Busby (Sacramento)	15.7
1937	Ray Seares (Wilson, Long Beach)	15.5
1938	John Biewener (San Diego)	15.3
1939	Don Diez (Lincoln, Los Angeles)	14.9
	Sam Johnson (Fillmore)	14.9
1940	Keith Hale (Bakersfield)	14.7
	Don Reiss (Burlingame)	14.7
1941	Omar Cowles (Palo Alto)	14.3
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Bob Bacon (Redondo)	14.5
1947	Hugh McElhenny (Washington, Los Angeles)	14.5
1948	Bob Mathias (Tulare)	14.5
1949	Jack Davis (Hoover, Glendale)	14.4
1950	Steve Turner (Glendale)	14.1
1951	Don Brinker (Fresno)	14.5
1952	Ancel Robinson (Selma)	14.7
1953	Harry Healey (Keppel)	14.4
1954	Rafer Johnson (Kingsburg)	14.3
1955	Ken Thompson (Centennial, Compton)	14.1
1956	Dale Messer (Lemoore)	14.2
1957	Ken Overholser (Glendale)	14.3
1958	Floyd James (Centennial, Compton)	14.1
1959	Bob Pierce (Burbank)	14.3
1960	Bobby Bonds (Poly, Riverside)	13.9
1961	Abe Johnson (McClymonds, Oakland)	14.2w
1962	Ron White (Dorsey, Los Angeles)	14.0
1963	Carl Davis (Compton)	13.9
1964	Earl McCullough (Poly, Long Beach)	14.1
1965	Bill Persons (San Francisco)	13.8
	Rich Miller (Monrovia)	13.8
1966	Donald Parish (Dorsey, Los Angeles)	13.9
1967	Jerry Proctor (Muir, Pasadena)	13.7
1968	Kerry Hampton (Poly, San Francisco)	14.0
1969	Jerry Wilson (Roosevelt, Fresno)	13.7
1970	Alfonzo Hall (Morningside, Inglewood)	13.9
1971	Charles Jackson (Lompoc)	13.6w
1972	Daniel Jones (Palo Verde, Blythe)	13.6
1973	Mike Johnson (Pasadena)	13.6w
1974	Fred Shaw (Muir, Pasadena)	13.7
1975	Robert Gains (Kennedy, Richmond)	13.3
1976	Lloyd Jones (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, Berkeley)	13.88
1986	Terry Johnson (Katella, Anaheim)	13.88
1987	Dana Hall (Ganesha, Pomona)	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, Los Angeles)	13.67
1992	Charlie Davidson (Saddleback, Santa Ana)	13.94w
1993	Drue Powell (Reseda)	13.87
1994	Gerimi Burleigh (Upland)	13.93w
1995	Joe Naivalu (Fremont, San Jose)	14.33
1996	Joe Naivalu (Fremont, San Jose)	13.68
1997	Dominique DeGrammont (Tustin)	13.48
1998	Marcell Allmond (St. Paul, Santa Fe Springs)	13.83
1999	Marcell Allmond (St. Paul, Santa Fe Springs)	13.54

2000	Christopher Morgan (Taft, Woodland Hills)	13.95
2001	Christopher Morgan (Taft, Woodland Hills)	13.59w
2002	Thomas Mack (Bakersfield)	14.34
2003	Kevin Craddock (James Logan, Union City)	14.09
2004	Kevin Craddock (James Logan, Union City)	13.39
2005	Robert Williams (Ramona)	13.97
2006	Terry Prentice (Diamond Ranch, Pomona)	14:11

300-Meter Intermediate Hurdles (Boys)

1975	Dedy Cooper (Ells, Richmond)	36.5
1976	Charles White (San Fernando)	36.7
1977	Andre Phillips (Silver Creek, San Jose)	36.43
1978	Gary Lee (Poly, Long Beach)	36.58
1979	Gary Lee (Poly, 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, Lompoc)	36.10
1985	George Porter (Cabrillo, Lompoc)	35.50
1986	Rodney Bradshaw (Saugus, Santa Clarita)	37.30
1987	Yki Valley (Hawthorne)	37.14
1988	John Montgomery (Independence, San Jose)	36.43
1989	John Prudenti (Siena, Napa)	37.28
1990	Rocky Morris (Andrew Hill, San Jose)	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, Moreno Valley)	36.83
1996	Makio Haywood (Muir, Pasadena)	36.18
1997	Kenyon Rambo (Poly, Long Beach)	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, El Cajon)	36.25
2002	Thomas Mack (Bakersfield)	37.45
2003	Brandon Bornes (Rancho Buena Vista, Vista)	38.00
2004	Kevin Craddock (James Logan, Union City)	35.93
2005	David Klech (California, San Ramon)	36.06
2006	David Klech (California, San Ramon)	35:87

400-Meter Relay (Boys)

1968	Centennial (Compton)	41.5
1969	Castlemont (Oakland)	41.4
1970	Santa Ana	41.6
1971	El Cerrito	41.0
1972	Wilson (San Francisco)	41.3
1973	Wilson (San Francisco)	41.5
1974	Kennedy (Richmond)	41.2
1975	Ells (Richmond)	41.2
1976	Kennedy (Barstow)	41.4
1977	Pasadena	41.61
1978	El Cerrito	41.55
1979	Pasadena	41.45
1980	Washington (Los Angeles)	41.51
1981	Berkeley (West Covina)	40.86
1982	Oakland	41.09
1983	Edison (Fresno)	40.83
1984	Berkeley	40.93
1985	Muir (Pasadena)	41.32
1986	Hiram Johnson (Sacramento)	41.30
1987	Muir (Pasadena)	40.78
1988	Oakland	41.33
1989	Poly (Long Beach)	41.82
1990	San Bernardino	41.05
1991	Compton	41.68
1992	Morningside (Inglewood)	42.04
1993	Merced	41.42
1994	El Camino (Oceanside)	41.16
1995	Skyline (Oakland)	40.78
1996	Serra (Gardena)	40.63
1997	Muir (Pasadena)	40.35
1998	Poly (Long Beach)	40.45
1999	Vallejo	40.94

In 1980, running event distances transitioned from yards to meters.

w -- wind aided result

CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

2000	Serra (Gardena)	40.97
2001	Helix (La Mesa)	41.17
2002	Poly (Long Beach)	40.63
2003	Carson (Los Angeles)	41.53
2004	Skyline (Oakland)	40.95
2005	Dorsey (Los Angeles)	40.92
2006	Notre Dame (Sherman Oaks)	41:27

1600-Meter Relay (Boys)

1968	Centennial (Compton)	3:14.3
1969	Los Angeles	3:15.2
1970	Los Altos (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 (Los Angeles)	3:12.21
1990	Muir (Pasadena)	3:14.00
1991	Morningside (Inglewood)	3:15.01
1992	Morningside (Inglewood)	3:15.37
1993	North Salinas (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 (Los Angeles)	3:13.01
2000	Serra (Gardena)	3:12.94
2001	Poly (Long Beach)	3:15.11
2002	Poly (Long Beach)	3:12.90
2003	Poly (Long Beach)	3:14.35
2004	Poly (Long Beach)	3:13.74
2005	Dorsey (Los Angeles)	3:12.12
2006	JW North (Riverside)	3:10.36

Discus Throw (Boys)

1915	Cifford Merritt (Santa Rosa)	113-00
1916	Wayne Weeks (Santa Rosa)	117-00
1917	Roy Evans (Chaffey)	122-11
1918	Johnny Boyle (Los Angeles)	114-02.75
1919	Johnny Boyle (Los Angeles)	120-06
1920	Clarence Houser (Oxnard)	123-08
1921	Clarence Houser (Oxnard)	135-00.50
1922	Clarence Houser (Oxnard)	144-03.20
1923	Eric Krenz (Stockton)	128-04.25
1924	Robert Patton (Poly, Riverside)	124-06.50
1925	Eddie Moeller (San Diego)	126-00.62
1926	Eddie Moeller (San Diego)	141-00
1927	Fred Steiner (Chaffey)	135-08
1928	Dudley Stephens (Woodland)	135-00.37
1929	Dudley Stephens (Woodland)	134-09
1930	Gordon Dunn (Fresno)	130-05.12
1931	George Theodoratus (Sacramento)	132-01.50
1932	Ario Munch (Poly, Long Beach)	130-11.50
1949	John Henry Johnson (Pittsburg)	145-02
1950	Louie Irigara (Lemoore)	145-01.25
1951	Leon Patterson (Taft)	165-02
1954	Jack Egan (Balboa, San Francisco)	159-01.50
1955	Wayne Crow (Corcoran)	160-07
1956	Wayne Crow (Corcoran)	171-05.25
1957	Don Bell (Alameda)	172-03.75

1958	Bill Hook (Ukiah)	166-08
1959	Ron Sindow (San Rafael)	176-01
1960	Alex Darnes (Poly, San Francisco)	178-08
1961	Bob Stoecker (Los Altos)	188-06.50
1962	Bob Stoecker (Los Altos)	185-11.50
1963	Stan McDonald (Edison, Fresno)	178-01
1964	Bill Staley (Las Lomas, Walnut Creek)	181-02
1965	Bruce Naglee (Baltimore, San Jose)	172-03.50
1966	Jim Peters (Piedmont)	189-01
1967	Fred DeBernardi (Hart, Newhall)	178-02
1968	Rory Kenward (San Marcos, Santa Barbara)	183-11
1969	Chris Adams (Los Altos)	188-00
1970	Chris Adams (Los Altos)	201-03
1971	Bob Otto (Porterville)	184-09
1972	Scott Overton (Los Altos)	185-10
1973	Lonnie Shelton (Foothill, Bakersfield)	195-05
1974	Ray Burton (Vacaville)	193-00
1975	Mike Alberg (Lodi)	171-11
1976	Scott Endler (Hoover, Fresno)	192-10
1977	David Thompson (Santa Ynez)	190-00
1978	David Porath (Atwater)	199-05
1979	Hank Kraychir (San Jacinto)	192-09
1980	Paul Bender (Shafter)	192-09
1981	Antonio Dobbins (Burroughs, Ridgecrest)	180-10
1982	Antonio Dobbins (Burroughs, Ridgecrest)	191-01
1983	Barry Estes (Clovis)	183-04
1984	Tambi Wenj (Fountain Valley)	185-11
1985	Brian Bluetreich (Capistrano Valley, Mission Viejo)	203-04
1986	Jeff Hooper (Del Campo, Fair Oaks)	187-04
1987	Dave Bultman (Royal, Simi Valley)	193-06
1988	John Wirtz (Leland, San Jose)	192-10
1989	Derrick Stevens (Bakersfield)	188-02
1990	Rob Powell (Redwood, Visalia)	203-04
1991	Jeff Buckley (Bakersfield)	182-05
1992	Jeff Buckley (Bakersfield)	186-10
1993	Chad Peare (Trabuco Hills, Mission Viejo)	182-02
1994	Jeremy Staat (Bakersfield)	183-08
1995	Chad Jones (Arroyo Grande)	183-09
1996	Scott Moser (Huntington Beach)	185-07
1997	Scott Moser (Huntington Beach)	203-02
1998	Reedus Thurman (Serra, Gardena)	202-01
1999	Dan Ames (El Capitan, Lakeside)	199-09
2000	Travis Pendleton (Esperanza, Anaheim)	203-05
2001	Sean Shields (Arroyo Grande)	189-01
2002	Jared Morgan (La Quinta)	194-01
2003	Nik Kay (Los Gatos)	203-03
2004	Daniel Schaerer (Bishop's School, La Jolla)	206-05
2005	Darius Savage (Morse, San Diego)	194-08
2006	Darius Savage (Morse, San Diego)	205-06

High Jump (Boys)

1915	Millard Webster (Santa Paula)	5-09.50
1916	Titus Moore (Pasadena)	5-08.50
1917	Lloyd Hill (Coalinga)	5-09.25
1918	Harold Muller (San Diego)	5-01.75
1919	Harold Muller (Oakland Technical)	5-06
1920	Oliver Corey (Chaffey)	6-00
1921	Al Fisher (Lincoln, Los Angeles)	6-00.37
1922	Ed Shaw (Monrovia)	5-10.75
1923	Henry Coggeshall (Poly, Los Angeles)	5-11
1924	Henry Coggeshall (Poly, Los Angeles)	6-01.25
1925	Al Bowen (Santa Monica)	6-01.50
1926	Olympus Carter (Jordan, Los Angeles)	5-11
	Bob Van Osdel (Compton)	5-11
1927	Lynford Scott (Eureka)	6-00.75
1928	Henry Lassalette (La Puente)	6-02.12
	Bob Van Osdel (Compton)	6-02.12
1929	Walter Marty (Fresno)	6-04.25
1930	Kermit Plowman (Sequoia)	6-00.50
1931	Paul Jacques (Santa Ana)	6-04.12
1932	Cornelius Johnson (Los Angeles)	6-03
1933	Cornelius Johnson (Los Angeles)	6-04.75
1934	Delos Thurber (Glendale)	6-05.87
1935	Les Steers (Palo Alto)	6-02
1936	Les Steers (Palo Alto)	6-00.75
1937	Les Steers (Palo Alto)	6-04

1938	Gil La Cava (Beverly Hills)	6-07.12
1939	Bill Stewart (Torrance)	6-04
1940	Jack Newman (Poly, Long Beach)	6-04.12
1941	Henry Caldwell (Edison, Fresno)	6-01
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Wilfred Schlange (Citrus)	6-02
	Dick Smith (Roosevelt, Fresno)	6-02
1947	Daryl Butts (Excelsior, Norwalk)	6-00
	Walter Kirk (Porterville)	6-00
1948	Dick Brombach (Poly, Long Beach)	6-03
	Ed Young (Jefferson, Los Angeles)	6-03
1949	Norman Woods (Jefferson, Los Angeles)	6-03
1950	Ralph Bonham (Pomona)	6-02.50
1951	Vern Wilson (San Jose)	6-02
1952	Bernie Allard (Fresno)	6-05.50
1953	Bernie Nelson (Hoover, San Diego)	6-04
1954	Dick Daily (Hayward)	6-05.50
1955	Charlie Dumas (Centennial, Compton)	6-08.87
1956	Curtis Chappel (Jefferson, Los Angeles)	6-03.25
1957	Robert Avant (Hart, Newhall)	6-08
1958	Ray Nickleberry (Oxnard)	6-08
	Paul Stuber (Bellflower)	6-08
1959	Paul Stuber (Bellflower)	6-07.25
1960	Archie Green (Oakland)	6-06.25
	Roger Olsen (Willow Glen, San Jose)	6-06.25
1961	Richard Jones (Bakersfield)	6-08.25
1962	Richard Jones (Bakersfield)	6-07.50
	Otis Burrell (Jefferson, Los Angeles)	6-07.50
	Bob Channell (McLane, Fresno)	6-07.50
1963	Ed Caruthers (Santa Ana Valley, Santa Ana)	6-08
1964	Greg Heet (Lowell, Whittier)	6-07.75
1965	Ken Brown (Castlemont, Oakland)	6-08.50
1966	Tom Clyburn (Balboa, San Francisco)	6-10
1967	Reynaldo Brown (Compton)	6-09.25
1968	Reynaldo Brown (Compton)	7-00
1969	Reynaldo Brown (Compton)	7-00
1970	Jerry Culp (Oceanside)	7-00.25
1971	Dwight Stones (Glendale)	7-01.50
1972	Carl Miles (Poly, Long Beach)	6-10
1973	Randy Turner (Wilson, San Francisco)	6-06
1974	Charles Hatch (Wilson, San Francisco)	7-00
1975	Johnny Washington (Fremont, Los Angeles)	7-00
1976	John Lane (American, Fremont)	6-11
1977	Dennis Smith (Santa Monica)	7-02
1978	Brad Harris (Los Alamitos)	6-11
1979	Lee Balkin (Glendale)	7-03.25
1980	Greg Denby (Crenshaw, Los Angeles)	6-10
1981	Anthony Caire (Pius X, Downey)	7-01
1982	Maurice Crumby (Balboa, San Francisco)	7-00
1983	Maurice Crumby (Balboa, San Francisco)	7-02
1984	Kenny Burke (Westlake, Westlake Village)	7-00
1985	Mark Webster (Homestead, Cupertino)	6-09
1986	Derrick Moore (Millikan, Long Beach)	6-10
1987	Luis Juico (Piedmont Hills, San Jose)	7-01
1988	Reggie Bettor (Antelope Valley)	7-00
1989	Mark Wilson (Charter Oak, Covina)	7-00
1990	Kevin Carlson (Katella, Anaheim)	7-00
1991	Avery Anderson (J.W. North, Riverside)	7-02
1992	Griffin Childers (Woodland)	6-11
1993	Jeff Nadeau (Monroe, North Hills)	7-02
1994	Jeremy Fischer (Camarillo)	7-00
1995	Michael Wilkins (Red Bluff)	7-00
1996	Elliott Parks (El Toro, Lake Forest)	6-10
1997	Jason Howard (Ridgeview, Bakersfield)	7-01
1998	Darren Marble (Los Altos)	6-08
1999	Gabe Zarete (Parlier)	6-11
2000	Ebon Glenn (St. Mary's, Berkeley)	7-00
2001	Teak Wilburn (Chico)	6-10
2002	Cole Herron (Sanger)	6-11
2003	Cole Herron (Sanger)	6-10
2004	Ed Wright (St. Mary's, Berkeley)	6-10.25
2005	Fletcher Carlyle (Vintage, Napa)	6-09
2006	Casey Ryan (Argonaut, Jackson)	6-09

w -- wind aided result

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CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

Long Jump (Boys)

1915 Ernest Plavan (Santa Ana)	21-02.00
1916 Harry Lampport (Manual Arts, Los Angeles)	21-05.25
1917 Gene Davis (Poly, Los Angeles)	21-10.50
1918 Roy Hasselbach (Fresno)	21-10.50
1919 Harold Miller (Oakland Technical)	20-11.25
1920 Verden Nash (Chino)	21-00.50
1921 Verden Nash (Chino)	21-10.50
1922 Verden Nash (Huntington Beach)	21-05.25
1923 Mort Kaer (Red Bluff)	23-02.75
1924 Virgil Elliot (Huntington Beach)	22-03.50
1925 Fred Osborne (Fullerton)	21-08.50
1926 Walter Rehwald (Lincoln, Los Angeles)	21-08.50
1927 Frank Wycoff (Glendale)	22-05.00
1928 Dick Barber (Poly, Long Beach)	23-05.75
1929 Wells Ruby (Hollywood)	22-07.25
1930 George Shehtanian (Tulare)	22-02.62
1931 Floyd Wilson (Riverside)	23-02.62
1932 Tom White (Poly, Long Beach)	22-10.50
1933 Don Skinner (Manual Arts)	22-08.00
1934 Don Skinner (Manual Arts)	23-08.50
1935 Jimmy Montgomery (El Monte)	23-00.25
1936 Eddie Arnold (Muir)	23-01.75
1937 Bill Bugbee (Montebello)	23-01.00
1938 Bill Bugbee (Montebello)	23-07.12
1939 Jim Jurkovich (Fresno)	24-00.50
1940 Glenn Shoop (Long Beach, Jordan)	22-02.50
1941 Ray Meagher (Bakersfield)	23-05.75
1942 (No meet held)	
1943 (No meet held)	
1944 (No meet held)	
1945 (No meet held)	
1946 Carl Monser (Alameda)	22-02.25
1947 Hugh McElhenry (Washington, Los Angeles)	22-10.50
1948 George Brown (Jordan, Los Angeles)	23-02.25
1949 George Brown (Jordan, Los Angeles)	24-06.25
1950 William Johnson (Jefferson, Los Angeles)	24-02.75
1951 Bill Holland (Jefferson, Los Angeles)	22-05.75
1952 Rollin Garrison (Compton)	23-05.25
1953 Monte Upshaw (Piedmont)	23-05.00
1954 Monte Upshaw (Piedmont)	25-04.25
1955 Bobby Baines (Jordan, Los Angeles)	23-03.50
1956 Oscar Bean (Jefferson, Los Angeles)	24-09.00
1957 Luther Hayes (Lincoln, San Diego)	23-08.50
1958 Steve Rogers (Brawley)	24-06.00
1959 Efften Jones (Delano)	23-05.75
1960 Wait Roberts (Compton)	24-07.25
1961 Robert McKeever (Fremont, Los Angeles)	24-03.00
1962 James Kennedy (Lincoln, San Diego)	24-05.75
1963 Jerry Williams (Berkeley)	24-03.50
1964 Bobby Bonds (Poly, Riverside)	25-03.00
1965 Manuel Murrell (Poly, Long Beach)	24-09.75
1966 Doyle Steel (San Diego)	25-03.25
1967 Jerry Proctor (Muir, Pasadena)	25-04.50
1968 Heulon Hewitt (Merced)	24-07.00
1969 James McAllister (Blair, Pasadena)	24-02.25
1970 Lynn Swann (Serra, San Mateo)	24-02.75
1971 Randy Williams (Edison, Fresno)	26-03.25w
1972 Carl McCullough (Sacramento)	24-07.00
1973 Jerry Herndon (Cajon, San Bernardino)	25-04.50w
1974 James Lofton (Washington, Los Angeles)	24-03.50
1975 Paul Wilson (Fontana)	24-08.50
1976 Larry Doubly (Manual Arts, Los Angeles)	25-03.75w
1977 Kurt Durham (Oakland)	25-00.75
1978 Dokie Williams (El Camino, Oceanside)	25-01.25
1979 George Gaffney (Lemoore)	24-01.75
1980 Charles Mayfield (Muir, Pasadena)	23-04.75
1981 Ed Tave (Muir, Pasadena)	25-00.50
1982 Eric Thomas (Norte Del Rio, Sacramento)	24-04.75
1983 Johnny Cleveland (Soquel)	24-06.50
1984 Joe Richardson (Pasadena)	24-11.00
1985 Larry Nelson (Simi Valley)	24-03.25
1986 Curtis Rodgers (Hiram Johnson, Sacramento)	23-10.00
1987 Percy Knox (Antelope Valley, Lancaster)	24-06.50
1988 Diatory Gildersleeve (Grant, Sacramento)	24-05.50w
1989 James Stallworth (Tulare)	26-04.75

In 1980, running event distances transitioned from yards to meters.

1990 Jerome Price (University City, San Diego)	25-03.25
1991 Steve Stanley (Gardena)	25-01.25w
1992 Eugene Dreher (Antelope Valley, Lancaster)	24-01.50w
1993 LeAndrew Childs (Inglewood)	24-00.00w
1994 Tyree Washington (La Sierra, Riverside)	23-09.25w
1995 Clarence Scott (Fremont, Los Angeles)	24-07.75
1996 Gerald Williams (Lynwood)	24-10.50
1997 Marvin Brown (Will C. Wood, Vacaville)	24-05.25
1998 BB Malone (Redwood, Visalia)	24-01.00w
1999 Robert Kennedy (El Camino, Sacramento)	25-02.00
2000 Oliver Jackson (Royal, Simi Valley)	24-04.25
2001 Trevell Quinley (Merrill West, Tracy)	24-05.75w
2002 Ronald Hill (Walnut)	23-09.50
2003 Derrell Hutsona (Helix, La Mesa)	25-05.75
2004 Demitri Mosby (Gahr, Cerritos)	24-03.75
2005 Andre Crenshaw (Antelope Valley, Lancaster)	22-08.00
2006 Terry Prentice (Diamond Ranch, Pomona)	23-10.50

Pole Vault (Boys)

1915 Lincoln Hall (Santa Paula)	11-06
1916 Lincoln Hall (Santa Paula)	11-09
1917 Vance Wilbur (Sacramento)	11-00
1918 Eric Richardson (Ukiah)	11-06
1919 Dick Emmons (Manual Arts)	10-06
1920 Leroy Goodenough (Fillmore)	11-10
1921 Harold Shoebridge (Anaheim)	12-00
1922 Harry Smith (San Diego)	11-11.50
1923 Leo Barnes (Hollywood)	12-03.37
Harry Smith (San Diego)	12-03.62
1924 Leo Barnes (Hollywood)	12-11.50
1925 Jack Williams (Inglewood)	12-09.62
1926 Marshall Beeman (Armijo Fairfield)	12-04
Conrad Boyle (Manual Arts)	12-04
Bill Hubard (San Diego)	12-04
Jerry Stewart (Los Angeles)	12-04
1927 Bill Miller (San Diego)	12-00
1928 Bill Miller (San Diego)	12-09.50
1929 Bill Miller (San Diego)	12-06
1930 Dave Crow (Poly, Long Beach)	12-06
1931 Joe Ramsey (Inglewood)	12-08.25
Matt Stankovich (Poly, Los Angeles)	12-08.25
1932 Bill Sefton (Poly, Los Angeles)	13-00
1933 Ed Harrison (Santa Monica)	12-07
1934 Dick Clark (Hoover, Glendale)	12-10
Rich Rodriguez (Poly, Los Angeles)	12-10
1935 Dick Clark (Hoover, Glendale)	12-10.50
1936 Dave Bodkins (Inglewood)	12-11
1937 Baylor Maynard (Belmont, Los Angeles)	13-01.25
1938 Floyd Doty (Lodi)	12-10.75
Lawrence McLanahan (Sacramento)	12-10.75
1939 Frank Ferguson (Inglewood)	13-03.75
Clarence Humberger (Glendale)	13-03.75
1940 Frank Ferguson (Inglewood)	13-00
Irving Moore (Piedmont)	13-00
1941 Chet Hartmann (San Benito)	12-06
Irving Moore (Piedmont)	12-06
Ernie Sontag (Taft, Fresno)	12-06
1942 (No meet held)	
1943 (No meet held)	
1944 (No meet held)	
1945 (No meet held)	
1946 Bill Mays (Oxnard)	12-06.50
Phil Quilter (Pasadena)	12-06.50
1947 George Mattos (Pacific Grove)	12-06
1948 Don Barnes (Fullerton)	12-06
1949 Jack Widman (Lomita Narbonne)	13-04.50
1950 Dick McDonald (Wilson, Long Beach)	13-00.50
Harold Red (Lemoore)	13-00.50
1951 Clarke Merrill (Belmont, Los Angeles)	13-00
1952 Ron Morris (Burroughs, Burbank)	13-03.75
1953 Ron Morris (Burroughs, Burbank)	13-09.12
1954 Bob McKay (Inglewood)	13-00
Joe Rose (Hoover, Glendale)	13-00
Stan Gaunt (Mt. Diablo)	13-00
1955 Nathaniel Finney (Jordan, Los Angeles)	13-04
1956 Bill Logan (El Cajon)	13-06

Tim Helms (Shingle Springs, El Dorado)	13-06
1957 Voyce Hendrix (Riverside)	13-06
1958 John Rose (Hoover, Glendale)	14-01
1959 Bob Looney (Santa Barbara)	13-08.75
1960 Mike Flanagan (Ganessa, Pomona)	13-03
Gary Down (Anaheim)	13-03
1961 Mike Graves (El Cajon)	14-02.50
1962 Eric Berge (Costa Mesa)	14-03
Bob Richardson (Ganessa, Pomona)	14-03
1963 Bill Fosdick (Andrew Hill, San Jose)	14-08.75
1964 Paul Wilson (Warren, Downey)	15-04.25
1965 Paul Wilson (Warren, Downey)	15-06.50
1966 Wayne Meyers (Foothill, Sacramento)	15-00.75
1967 Tom Reynolds (Morningside, Inglewood)	14-10
1968 Steve Smith (South Torrance, Torrance)	15-03.50
1969 Steve Smith (South Torrance, Torrance)	16-00
1970 Tom Lindsay (La Sierra, Carmichael)	14-10.50
1971 Tim Quinn (Monroe, Sepulveda)	15-02
1972 Hubert Black (Fremont, Los Angeles)	15-02
1973 Tim Curran (Crespi, Encino)	16-02.75
1974 Jim Knaub (Lakewood)	15-06
1975 Keith Schimmel (Villa Park)	15-06
1976 Tim Hintnaus (Aviation, Redondo Beach)	15-02
1977 Anthony Curran (Crespi, Encino)	16-00
1978 Anthony Curran (Crespi, Encino)	17-00.25
1979 Clark Elliot (Bellflower)	15-06
1980 Greg Stull (Troy, Fullerton)	15-10
1981 Doug Wicks (South Bakersfield, Bakersfield)	15-02
1982 Scott Christensen (Acalanes, Lafayette)	15-06
1983 Mike Kibort (Saratoga)	15-06
1984 Ivar Moen (Los Gatos)	16-02
1985 Brent Burns (Acalanes, Lafayette)	16-02
1986 Steve Toney (Menlo-Atherton, Atherton)	16-02
1987 Steve Slocum (Foothill, Santa Ana)	15-06
1988 Tom Richards (San Marcos)	16-00
1989 Jim Lawrence (Del Mar, San Jose)	15-06
1990 Ed Lasquette (Mt. Pleasant, San Jose)	15-10
1991 David Cox (Foothill, Fresno)	16-06
1992 Clarence Phelps (Christian Brothers, Sacramento)	16-00
1993 Scott Slover (Leland, San Jose)	16-02
1994 Scott Slover (Leland, San Jose)	16-10
1995 Mike Brown (Torrey Pines, Encinitas)	16-04
1996 Steve Michels (Brethren Christian, Cypress)	16-02
1997 David Gritz (Bear Creek, Stockton)	16-07
1998 Mark Unzueta (Lemoore)	16-02
1999 Brandon Braunstein (Newark Memorial, Newark)	16-02
2000 Shane Hackett (Verdugo Hills, Tujunga)	16-04
2001 Mike Landers (Golden Valley, Merced)	16-03
2002 David Moore (Miramonte, Orinda)	16-06
2003 Ryan Shuler (Granite Bay)	16-00
2004 Scott Roth (Granite Bay)	16-04
2005 Scott Roth (Granite Bay)	17-01
2006 Scott Roth (Granite Bay)	16-11

Shot Put (Boys)

1915 Wayne Weeks (Santa Rosa)	46-02.37
1916 Wayne Weeks (Santa Rosa)	47-04.25
1917 Jim Blewett (Manual Arts, Los Angeles)	47-09.25
1918 Jennings Robertson (Sutter)	44-06.00
1919 Ernst Hartmann (Poly, Los Angeles)	42-03.00
1920 Clarence Houser (Oxnard)	49-09.00
1921 Clarence Houser (Oxnard)	52-00.00
1922 Clarence Houser (Oxnard)	55-04.75
1923 Cecil White (Modesto)	48-00.50
1924 Cecil White (Modesto)	49-07.37
1925 Herb Fleishhacker (Menlo Park)	49-02.00
1926 Maurey Lauterman (Poly, Los Angeles)	49-00.25
1927 Harold Falter (Glendale)	49-09.62
1928 Garrett Arbelvide (Huntington Park)	48-10.50
1929 Nelson Gray (Chaffey)	53-05.50
1930 Don Carter (Franklin, Los Angeles)	52-08.25
1931 Don Carter (Franklin, Los Angeles)	52-10.00
1932 Bob Pyle (Pasadena)	53-06.00
1933 Jim Donaldson (Hollywood)	53-03.00
1934 Ray Young (Riis, Los Angeles)	55-10.00
1935 John Raitt (Fullerton)	55-05.25

w -- wind aided result

CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

1936	Joe Hill (CSD, Berkeley)	54-05.25
1937	Wilbur Thompson (Modesto)	55-08.75
1938	Mario Russo (Pittsburg)	55-05.75
1939	Frank Minini (Paso Robles)	54-01.00
1940	Ben Steele (Santa Rosa)	54-04.12
1941	George Souza (Vallejo)	52-04.25
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	John Helwig (Mt. Carmel, Los Angeles)	59-05.12
1947	Bob Cameron (Washington, Los Angeles)	53-10.87
1948	Bob Cameron (Washington, Los Angeles)	59-07.25
1949	Eimer Willhoite (Merced)	57-03.23
1950	Hal Norris (Grossmont, San Diego)	56-05.50
1951	Leon Patterson (Taft)	59-02.50
1952	Leon Patterson (Taft)	60-09.87
1953	Don Vick (Chaffey)	60-07.75
1954	Dick Bronson (Grossmont, San Diego)	59-07.12
1955	Duncan Ward (Santa Monica)	59-04.50
1956	Homer Robertson (Pacific, San Bernardino)	63-09.50
1957	Clark Branson (Pasadena)	64-00.75
1958	Jack Slocombe (Millikan, Long Beach)	61-04.50
1959	Mike Parker (Turlock)	57-08.00
1960	Matthew Baggett (Berkeley)	60-07.00
1961	Bill Pace (El Rancho, Pico Rivera)	64-03.50
1962	Jim O'Brien (DeAnza, Richmond)	62-02.25
1963	Bruce Wilhelm (Fremont, Sunnyvale)	63-04.75
1964	Bob Brannan (Los Gatos)	62-07.25
1965	Steve Marcus (Palisades, Pacific Palisades)	63-11.25
1966	John Hubbell (Poly, Long Beach)	66-11.00
1967	John Buehler (Whittier)	65-03.25
1968	Pete Schmook (San Dieguito, Encinitas)	63-11.00
1969	Sam Cunningham (Santa Barbara)	61-02.00
1970	Randy Withrow (Pasadena)	63-08.75
1971	Mark Stevens (Newport Harbor)	67-02.25
1972	Randy Cross (Crespi, Encino)	65-07.25
1973	Jim Niedhart (Newport Harbor)	67-03.25
1974	David Kurrasch (Santa Ana)	63-10.50
1975	David Kurrasch (Santa Ana)	65-09.50
1976	Steve Montgomery (Lassen, Susanville)	68-00.00
1977	Craig Polley (Sunny Hills, Fullerton)	62-04.25
1978	Dave Porath (Atwater)	65-10.75
1979	Don Mosebar (Mt. Whitney, Visalia)	62-06.75
1980	Scott Garnett (Muir, Pasadena)	64-04.25
1981	John Frazier (Antelope Valley, Lancaster)	63-08.75
1982	Pat Kyle (Buena Park)	60-04.00
1983	Curt Siscel (Vacaville)	63-09.50
1984	Brian Blutreich (Capistrano Valley, Mission Viejo)	64-07.25
1985	Brian Blutreich (Capistrano Valley, Mission Viejo)	68-04.00
1986	Brian Boggess (El Capitan, Lakeside)	61-04.00
1987	Dave Bultman (Royal, Simi Valley)	67-00.00
1988	Kaleaph Carter (Edison, Huntington Beach)	64-00.25
1989	Brent Noon (Fallbrook)	66-01.50
1990	Brent Noon (Fallbrook)	74-04.75
1991	Mark Parlin (Esperanza, Anaheim)	61-05.50
1992	Pete Swanson (San Benito, Hollister)	61-03.25
1993	Tyson Lingenfelter (Upland)	60-09.50
1994	Chris DeMartine (St. Ignatius, San Francisco)	58-11.50
1995	Matt Pentecost (Loyola, Los Angeles)	62-03.75
1996	Jason Hammond (Fowler)	64-04.00
1997	Van Mounts (Bakersfield)	67-00.75
1998	Van Mounts (Bakersfield)	66-07.00
1999	Rhuben Williams (Eagle Rock, Los Angeles)	62-08.50
2000	Rhuben Williams (Eagle Rock, Los Angeles)	63-02.50
2001	David Guerin (Leuzinger, Lawndale)	62-10.75
2002	Noah Bryant (Carpinteria)	65-07.75
2003	Jared Bray (Mission Bay, San Diego)	63-03.25
2004	Mark Lewis (Arroyo Grande)	63-05.50
2005	Danny Rohr (Arroyo Grande)	60-06.25
2006	Darius Savage (Morse, San Diego)	66-03.25

Triple Jump (Boys)

1939	Jack Laughner (Wilson, Long Beach)	44-08.50
1973	Willie Banks (Oceanside)	49-07.25
1974	Willie Banks (Oceanside)	50-09.00
1975	Mike Dobbins (Merced)	49-03.00
1976	Greg Caldwell (Fremont, Los Angeles)	51-08.50w
1977	Dokie Williams (El Camino, Oceanside)	51-00.50
1978	Dokie Williams (El Camino, Oceanside)	50-04.25
1979	Henry Ellard (Hoover, Fresno)	49-02.50
1980	Freeman Miller (Fremont, Los Angeles)	50-08.00
1981	Ken Frazier (Mission, San Francisco)	50-10.75
1982	Archie Cornell (Fresno)	50-03.75
1983	Torrey Barr (McLane, Fresno)	50-02.50
1984	Joe Richardson (Pasadena)	51-08.25
1985	Terrence Strong (Bakersfield)	51-09.50w
1986	Marcus Hooks (Lakewood)	51-04.25
1987	Joel Smith (Cordova, Rancho Cordova)	50-10.00
1988	Tyrone Scott (Mesa Verde, Citrus Heights)	50-06.00
1989	Lenny McGill (Orange Glen, Escondido)	51-01.25
1990	Pouphet Singbandith (Magnolia, Anaheim)	51-07.75
1991	Offord Rollins (Wasco)	51-04.75
1992	Tony Parrish (Marina, Huntington Beach)	49-01.00w
1993	Tony Parrish (Marina, Huntington Beach)	50-11.75
1994	Von Ware (Rancho Buena Vista, Vista)	50-06.00
1995	Michael Turner (Morningside, Inglewood)	49-02.00w
1996	Tye Anderson (Poly, Long Beach)	49-11.75
1997	Anthony Colson (Center, Antelope)	49-11.25w
1998	Benson Jones (Clayton Valley, Concord)	51-01.50w
1999	Kyle Carano (Hoover, Fresno)	52-02.50w
2000	Jamil Smith (Palmdale)	49-04.25
2001	Jamil Smith (Palmdale)	49-08.00
2002	Nathan Atkins (Cerritos)	49-07.75
2003	Rudy Burgess (Desert, Edwards AFB)	50-04.25
2004	Nkosinza Balumbu (James Logan, Union City)	50-06.00
2005	Nkosinza Balumbu (James Logan, Union City)	49-07.50
2006	Richard Sherman (Dominguez, Compton)	50-08.00

GIRLS CHAMPIONS

100-Meter Dash (Girls)

1974	Janice Wiser (La Jolla)	10.8
1975	Sandi Howard (Manual Arts, Los Angeles)	10.7
1976	Pam Waters (Bell, Los Angeles)	11.0
1977	Jeanette Bolden (Centennial, Compton)	10.48w
1978	Kelia Bolton (Andrew Hill, San Jose)	10.92
1979	Gwen Loud (Westchester, Los Angeles)	10.62
1980	Sharon Ware (Berkeley)	11.42
1981	Sharon Ware (Berkeley)	11.66
1982	Gervaise McCrow (Ganessa, Pomona)	11.69
1983	Lisa Winston (Jordan, Long Beach)	11.73
1984	Gail Devers (Sweetwater, National City)	11.51
1985	Tesha Giddens (Locke, Los Angeles)	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)	11.31w
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)	11.39w
1996	Malika Edmonson (St. Bernard, Marina del Rey)	11.82w
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	Allyson Felix (Los Angeles Baptist, North Hills)	11.61
2002	Allyson Felix (Los Angeles Baptist, North Hills)	11.55
2003	Allyson Felix (Los Angeles Baptist, North Hills)	11.29
2004	Jasmin Baldwin (Bishop Amat, La Puente)	11.33
2005	Ebony Collins (Wilson, Long Beach)	11.50
2006	Jeneba Tarmoh (Mt. Pleasant, San Jose)	11.59

200-Meter Dash (Girls)

1974	Janice Wiser (La Jolla)	24.2
1975	Pam Waters (Bell, Los Angeles)	24.4
1976	Pam Waters (Bell, Los Angeles)	24.8
1977	Kim Robinson (Westchester, Los Angeles)	23.97
1978	Kelia Bolton (Andrew Hill, San Jose)	23.99
1979	Gwen Loud (Westchester, Los Angeles)	23.54
1980	Sherri Howard (Kennedy, Granada Hills)	23.19
1981	Denean Howard (Kennedy, Granada Hills)	23.73
1982	Denean Howard (Kennedy, Granada Hills)	23.59w
1983	Lisa Winston (Jordan, Long Beach)	23.83
1984	Paulette Blalock (Compton)	23.59
1985	Tami Stiles (Hawthorne)	23.45
1986	Tami Stiles (Hawthorne)	24.02
1987	Maddette Smith (Quartz Hill)	24.12
1988	Angela Burnham (Rio Mesa, Oxnard)	23.45
1989	Angela Burnham (Rio Mesa, Oxnard)	23.56
1990	Marion Jones (Rio Mesa, Oxnard)	23.71
1991	Marion Jones (Rio Mesa, Oxnard)	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)	23.01w
1996	Malika Edmonson (St. Bernard, Marina del Rey)	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, San Diego)	23.19
2001	Angel Perkins (Gahr, Cerritos)	22.85w
2002	Allyson Felix (Los Angeles Baptist, North Hills)	22.83
2003	Allyson Felix (Los Angeles Baptist, North Hills)	22.52
2004	Jasmin Baldwin (Bishop Amat, La Puente)	22.86
2005	Khrystal Carter (Valley Christian, San Jose)	23.44w
2006	Jeneba Tarmoh (Mt. Pleasant, San Jose)	23.29

400-Meter Dash (Girls)

1974	Veronica Venezie (Terra Linda, San Rafael)	56.4
1975	Jodi Anderson (Washington, Los Angeles)	55.3
1976	Marquita Belk (Silver Creek, San Jose)	55.2
1977	Valerie Brisco (Locke, Los Angeles)	55.14
1978	Arise Emerson (Westminster)	54.3
1979	Sherri Howard (San Geronio, San Bernardino)	53.65
1980	Denean Howard (Kennedy, Granada Hills)	53.04
1981	Gervaise McCrow (Ganessa, Pomona)	54.15
1982	Denean Howard (Kennedy, Granada Hills)	52.39
1983	Leslie Maxie (Mills, Millbrae)	53.19
1984	Chewaukii Knighten (Locke, Los Angeles)	52.67
1985	Chewaukii Knighten (Locke, Los Angeles)	52.72
1986	Princess Bennett (Compton)	53.56
1987	Angela Rolfe (Dorsey, Los Angeles)	53.55
1988	Angela Rolfe (Dorsey, Los Angeles)	54.26
1989	Angela Rolfe (Dorsey, Los Angeles)	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, San Diego)	53.41
1999	Monique Henderson (Morse, San Diego)	52.87
2000	Monique Henderson (Morse, San Diego)	50.74
2001	Monique Henderson (Morse, San Diego)	51.34
2002	Christina Hardeman (Wilcox, Santa Clara)	54.09
2003	Jasmine Lee (Poly, Long Beach)	53.17
2004	Jasmine Lee (Poly, Long Beach)	52.93
2005	Sa'de Williams (Rancho Cucamonga)	52.35
2006	Sa'de Williams (Rancho Cucamonga)	53.21

In 1980, running event distances transitioned from yards to meters.

w -- wind aided result

CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

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, San Jose)	2:07.93
1979	Ann Regan (Camden, San Jose)	2:10.22
1980	Marilyn Davis (Miramonte, Orinda)	2:09.73
1981	Donna Curtis (Culver City)	2:06.08
1982	Rennie Durrand (Laguna Beach)	2:06.36
1983	Kerri Zaleski (Millikan, Long Beach)	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, San Diego)	2:08.66
1987	Kimberly McAllister (Locke, Los Angeles)	2:12.92
1988	Kathy Roldan (Mt. Whitney, Visalia)	2:12.11
1989	Kim Toney (Atascadero)	2:09.33
1990	Kim Toney (Atascadero)	2:06.13
1991	Nicole Teter (West Valley, Cottonwood)	2:08.14
1992	Miesha Marzell (Bishop O'Dowd, Oakland)	2:10.29
1993	Miesha Marzell (Bishop O'Dowd, Oakland)	2:09.13
1994	Kristie Johnson (Central, Fresno)	2:09.98
1995	Kristie Johnson (Central, Fresno)	2:08.86
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 (Sacred Heart Cathedral, SF)	2:10.31
2002	Jamillah Titus (Vintage, Napa)	2:08.62
2003	Ashley Freeman (Wilson, Long Beach)	2:08.86
2004	Alysia Johnson (Canyon, Canyon Country)	2:08.97
2005	Libby Jenke (Menlo, Atherton)	2:10.39
2006	Haley Lawrence (Aliso Niguel, Aliso Viejo)	2:10.57

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)	4:51.09
1980	Polly Plumer (University, Irvine)	4:46.71
1981	Polly Plumer (University, Irvine)	4:42.43
1982	Polly Plumer (University, Irvine)	4:39.92
1983	Cory Schubert (Del Mar, San Jose)	4:44.93
1984	Shannon Clark (Mountain View)	4:47.52
1985	Shannon Clark (Mountain View)	4:49.14
1986	Darcy Arreola (Grossmont, La 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, Huntington Beach)	4:48.52
1993	Milena Glusac (Fallbrook)	4:50.83
1994	Elissa Riedy (Mission San Jose, Fremont)	4:54.28
1995	Elissa Riedy (Mission San Jose, Fremont)	4:45.35
1996	Annie Ebner (St. Lucy's Prep, Glendora)	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 Carillo, Santa Rosa)	4:49.63
2001	Alejandra Barrientos (San Lorenzo Valley)	4:43.24
2002	Shannon Rowbury (Sacred Heart Cathedral, SF)	4:52.77
2003	Alicia Follmar (Saratoga)	4:51.47
2004	Alicia Follmar (Saratoga)	4:46.47
2005	Annie St. Geme (Corona del Mar, Newport Beach)	4:50.40
2006	Christine Babcock (Woodbridge, Irvine)	4:41.29

3200-Meter Run (Girls)

1977	Xoxanne Bier (Independence, San Jose)	10:39.7
1978	Cheri Williams (Livermore)	10:17.71
1979	Lisa Scaduto (Santa Monica)	10:34.94
1980	Vicki Cook (Alemany, Mission Hills)	10:14.78
1981	Vicki Cook (Alemany, Mission Hills)	10:12.31
1982	Vicki Cook (Alemany, Mission Hills)	10:16.27
1983	Cory Schubert (Del Mar, San Jose)	10:08.14
1984	Kristen O'Hara (Palos Verde)	10:11.82
1985	Rebecca Chamberlain (Leigh, San Jose)	10:23.85
1986	Laurie Chapman (Gunderson, San Jose)	10:12.86
1987	Mary Mendoza (Presentation, San Jose)	10:33.04
1988	Karen Hecox (South Hills, West Covina)	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 Chr., Santa Rosa)	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, Canyon Country)	10:18.81
2000	Anita Siraki (Hoover, Glendale)	10:18.50
2001	Sara Bei (Montgomery, Santa Rosa)	10:11.11
2002	Clara Horowitz, (Head Royce, Oakland)	10:31.01
2003	Claire Rethmeier (San Pasqual, Escondido)	10:27.32
2004	Lindsay Flacks (Harvard-Westlake, N. Hollywood)	10:26.25
2005	Tori Tyler (Gunn, Palo Alto)	10:38.90
2006	Jordan Hasay (Mission Prep, San Luis Obispo)	10:13.55

100-Meter Low Hurdles (Girls)

1974*	Yvonne Boone (Fremont, Oakland)	11.1
1975*	Yvonne Boone (Fremont, Oakland)	10.1
1976*	Tuti Lee (Merced)	10.7
1977	Kris Costello (Lynbrook, San Jose)	13.97
1978	Kris Costello (Lynbrook, San Jose)	13.83
1979	Janet Yarborough (Clovis)	14.01
1980	Judy Young (Berkeley)	13.52w
1981	Sherifa Sanders (Berkeley)	13.74
1982	Natalie Spinks (Skyline, Oakland)	13.88w
1983	Chewaukii Knighten (Locke, Los Angeles)	13.88
1984	Gail Devers (Sweetwater, National City)	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, Oakland)	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
* from 1974-76, race was 80 Meters		

100-Meter High Hurdles (Girls)

1993	Bisa Grant (Bishop O'Dowd, Oakland)	14.11
1994	Davetta Shepard (Kennedy, Sacramento)	13.73w
1995	Joanna Hayes (J.W. North, Riverside)	13.45
1996	Nicole Hoxie (J.W. North, Riverside)	13.87
1997	Nicole Hoxie (J.W. North, Riverside)	13.35
1998	Natasha Neal (James Logan, Union City)	13.57
1999	Nichole Denby (J.W. North, Riverside)	13.42w
2000	Nichole Denby (J.W. North, Riverside)	13.20
2001	Lashinda Demus (Wilson, Long Beach)	13.39w
2002	Talia Stewart (James Logan, Union City)	14.03
2003	Ashlee Brown (J.W. North, Riverside)	13.58
2004	Talia Stewart (James Logan, Union City)	13.31
2005	Leslie Mercado (Diamond Ranch, Pomona)	13.58w
2006	Julian Purvis (St. Elizabeth, Oakland)	13.93

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, Millbrae)	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, Oakland)	42.16
1989	Twila Sims (Lompoc)	42.54
1990	Felice Lipscomb (Santa Monica)	41.69
1991	Erin Blunt (San Pasqual, Escondido)	43.02
1992	Twila Sims (Lompoc)	42.75
1993	Angela Harris (Skyline, Oakland)	42.78
1994	Angela Harris (Skyline, Oakland)	42.78
1995	Joanna Hayes (J.W. North, Riverside)	41.20
1996	Tisha Ponder (Del Mar, San Jose)	42.22
1997	Ryan Peters (Skyline, Oakland)	41.47
1998	Natasha Neal (James Logan, Union City)	40.86
1999	Lashinda Demus (Wilson, Long Beach)	40.44
2000	Lashinda Demus (Wilson, Long Beach)	40.41
2001	Ashlee Brown (J.W. North, Riverside)	41.81
2002	Ashlee Brown (J.W. North, Riverside)	41.67
2003	McKenzie Hill (Wilson, Long Beach)	41.31
2004	Talia Stewart (James Logan, Union City)	41.31
2005	Ebony Collins (Wilson, Long Beach)	40.10
2006	Ebony Collins (Wilson, Long Beach)	40.13

400-Meter Relay (Girls)

1974	Berkeley	47.5
1975	Muir (Pasadena)	48.0
1976	Muir (Pasadena)	47.6
1977	Crawford (San Diego)	46.14
1978	Jordan (Los Angeles)	47.14
1979	Westchester	47.95
1980	Kennedy (Granada Hills)	45.81
1981	Berkeley	45.13
1982	Dorsey (Los Angeles)	45.42
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 (Inglewood)	46.38
1992	Morningside (Inglewood)	46.34
1993	Poly (Long Beach)	45.74
1994	Wilson (Long Beach)	46.17
1995	Poly (Long Beach)	45.1h
1996	James Logan (Union City)	45.20
1997	St. Bernard (Playa del Rey)	44.70
1998	St. Bernard (Playa del Rey)	46.00
1999	San Lorenzo Valley	45.90
2000	Berkeley	45.96
2001	Wilson (Long Beach)	45.40
2002	Poly (Long Beach)	45.50
2003	Poly (Long Beach)	45.04
2004	Poly (Long Beach)	45.11
2005	Wilson (Long Beach)	44.84
2006	Wilson (Long Beach)	45.19

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)	3:51.3
1979	San Geronio (San Bernardino)	3:44.05
1980	Kennedy (Granada Hills)	3:37.98
1981	Kennedy (Granada Hills)	3:37.71
1982	Dorsey (Los Angeles)	3:41.72
1983	Dorsey (Los Angeles)	3:46.24

In 1980, running event distances transitioned from yards to meters.

w -- wind aided result

CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

1984	Locke (Los Angeles)	3:38.65
1985	Muir (Pasadena)	3:43.30
1986	Compton	3:42.31
1987	Poly (Long Beach)	3:45.20
1988	Hawthorne	3:47.32
1989	Hawthorne	3:46.59
1990	Morningside (Inglewood)	3:44.16
1991	Poly (Long Beach)	3:48.85
1992	Poly (Long Beach)	3:45.91
1993	Poly (Long Beach)	3:42.75
1994	Skyline (Oakland)	3:41.90
1995	Poly (Long Beach)	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	J.W. North (Riverside)	3:41.11
2001	Wilson (Long Beach)	3:35.72
2002	Poly (Long Beach)	3:35.99
2003	Poly (Long Beach)	3:35.78
2004	Poly (Long Beach)	3:35.49
2005	Wilson (Long Beach)	3:39.27
2006	Wilson (Long Beach)	3:37.14

Discus Throw (Girls)

1976	Kathy Middleton (Poway)	134-05
1977	Karen Stampfl (Lassen, Susanville)	137-08
1978	Christi Pyle (Hoover, Glendale)	149-03
1979	Leslie Deniz (Gridley)	167-01
1980	Leslie Deniz (Gridley)	172-11
1981	Natalie Kaaiawahia (Fullerton)	162-10
1982	Jacque Norton (Mission Viejo)	160-02
1983	Natalie Kaaiawahia (Fullerton)	170-01
1984	Stacy Horn (Cordova, Rancho Cordova)	159-01
1985	Lil Ili (Nogales, La Puente)	162-02
1986	Tracy Crawford (Southwest, San Diego)	156-02
1987	Dawn Dunble (Bakersfield)	144-10
1988	Melissa Weis (Bakersfield)	159-07
1989	Melissa Weis (Bakersfield)	168-00
1990	Melissa Weis (Bakersfield)	169-11
1991	Celeste McVey (Redlands)	160-11
1992	Suzy Powell (Downey, Modesto)	169-08
1993	Suzy Powell (Downey, Modesto)	168-11
1994	Suzy Powell (Downey, Modesto)	174-02
1995	Nadia Lopez (Arroyo Grande)	152-06
1996	Chaniqua Ross (Laguna Creek, Elk Grove)	158-04
1997	Chaniqua Ross (Laguna Creek, Elk Grove)	177-01
1998	Stephanie Brown (Arroyo Grande)	181-03
1999	April Burton (Bakersfield)	153-10
2000	Jill Camarena (Woodland)	151-01
2001	Rachel Varner (Bakersfield)	162-09
2002	Billie Jo Grant (Arroyo Grande)	174-00
2003	Billie Jo Grant (Arroyo Grande)	174-04
2004	Missy Faubus (Centennial, Bakersfield)	166-09
2005	Alexaraee Toeaina (Pittsburg)	158-03
2006	Sarah Robles (San Jacinto)	158-00

High Jump (Girls)

1974	Pam Blackburn (Cubberley, Palo Alto)	5-08
1975	Kim Maddox (Los Angeles)	5-08
1976	Kari Gossweiler (Upland)	5-10
1977	Kari Gossweiler (Upland)	5-09
1978	Sue McNeal (Carlsbad)	5-10.25
1979	Tonya Alston (Chico)	5-09
1980	Karen Lysaght (St. Francis, Sacramento)	6-00
1981	Katrina Johnson (Marshall Fund., Pasadena)	5-10
1982	Katrina Johnson (Marshall Fund., Pasadena)	5-11
1983	Tonya Mendonca, Mt. Whitney, Visalia)	6-01
1984	Wendy Brown (Woodside)	6-01.25
1985	Latrese Johnson (Clovis)	6-02
1986	Yleana Carrasco (Anaheim)	5-10
1987	Lynn Patrick (Serra, San Diego)	5-10

1988	Crissy Mills (Campbell Hall, North Hollywood)	5-10
1989	Crissy Mills (Campbell Hall, North Hollywood)	6-00
1990	Chi Johnson (Menlo-Atherton, Atherton)	5-08
1991	Tanya Smith (Cordova, Rancho Cordova)	5-11
1992	Kristy Kieruff (Esperanza, Anaheim)	5-10
1993	Tracye Lawyer (Cate, Carpinteria)	5-10
1994	Kristy Kieruff (Esperanza, Anaheim)	5-10
1995	Tara Fleming (Immanuel, Reedley)	6-00
1996	Liz Giltner (Chaminade, Canoga Park)	5-10
1997	Tayyiba Haneef (Laguna Hills)	5-09
1998	Tia Hanson (El Cajon)	5-08
1999	Kim Stone (York, Monterey)	5-09
2000	Schquay Brignac (Taft, Los Angeles)	5-09
2001	Chaunte Howard (J.W. North, Riverside)	5-10
2002	Sharon Day (Costa Mesa)	5-11
2003	Sharon Day (Costa Mesa)	5-10
2004	Allie Miller (Los Altos)	5-09.25
2005	Desirae Gonder (Stockdale)	5-09
2006	Jasmine Day (Costa Mesa)	5-09

Long Jump (Girls)

1974	Jodi Anderson (Washington, Los Angeles)	19-07.00
1975	Jodi Anderson (Washington, Los Angeles)	19-06.50w
1976	Jodi Anderson (Washington, Los Angeles)	20-00.25
1977	Lisa Gouridine (El Toro, Lake Forest)	19-01.00
1978	Kathy Hayes (Madera)	19-03.00
1979	Gwen Loud (Westchester)	20-04.50
1980	Marlene Harmon (Thousand Oaks)	20-08.75
1981	Chris Mose (El Cajon)	18-10.25
1982	Wendy Brown (Woodside)	19-10.50
1983	Gail Devers (Sweetwater, National City)	19-06.00
1984	Wendy Brown (Woodside)	20-09.75
1985	Yvette Roberts (Washington Union, Fresno)	19-01.00
1986	Madette Smith (Quartz Hill)	20-04.75
1987	Karen Lawson (St. Francis, Mountain View)	19-01.50
1988	Tonya Conner (Barstow)	19-05.75
1989	Juliana Yendork (Walnut)	20-02.50w
1990	Juliana Yendork (Walnut)	20-01.50
1991	Juliana Yendork (Walnut)	20-07.50w
1992	Kam Warner (West, Bakersfield)	20-06.25
1993	Marion Jones (Thousand Oaks)	22-00.50
1994	Tara Oettinger (Foothill, Santa Ana)	19-07.50
1995	Jernae Wright (James Logan, Union City)	20-08.00w
1996	Jernae Wright (James Logan, Union City)	20-03.00
1997	Bunmi Ogunleye (Poly, Long Beach)	20-00.75w
1998	Angela Williams (Chino)	19-07.75w
1999	Sani Roseby (Monterey)	19-08.75w
2000	Michelle Sanford (Woodbridge, Irvine)	19-07.25
2001	Elzunia Wojcicka (Hollister)	20-05.50w
2002	Lena Bettis (J.W. North, Riverside)	19-08.25
2003	Rene Williams (Skyline, Oakland)	20-08.25
2004	Shana Woods (Poly, Long Beach)	20-07.75
2005	Brittany Daniels (Merrill West, Tracy)	20-08.25w
2006	Amber Purvis (Benicia)	19-10.25

Pole Vault (Girls)

1995	Melissa Price (Kingsburg)	12-06
1996	Alexa Harz (Peninsula, Rolling Hills Estates)	12-01.25
1997	Bridget Pearson (Hoover, Glendale)	12-00
1998	Tracy O'Hara (Rancho Bernardo, San Diego)	12-08
1999	Kathleen Donoghue (Rancho Bernardo, San Diego)	12-08.25
2000	Lara Chen (Temple City)	12-04
2001	Shayla Ballentine (Morro Bay)	13-08
2002	Chelsea Johnson (Atascadero)	13-03
2003	Kira Costa (San Joaquin Memorial, Fresno)	13-05
2004	Allison Stokke (Newport Harbor, Newport Beach)	12-08
2005	Brysun Stately (Cordova, Rancho Cordova)	13-04
2006	Tori Anthony (Castilleja, Palo Alto)	13-03

Shot Put (Girls)

1974	Kathy Devine (Mission Bay, San Diego)	47-04.50
1975	Kathy Devine (Mission Bay, San Diego)	42-03.25
1976	Becky Daniel (Newport Harbor)	42-09.75
1977	Debra Thorntana (Sacramento)	43-09.00
1978	Kerry Zwart (Crescenta Valley, La Crescenta)	45-11.50
1979	Susie Ray (Villa Park)	49-06.50
1980	Natalie Kaaiawahia (Fullerton)	48-04.50
1981	Natalie Kaaiawahia (Fullerton)	51-08.50
1982	Natalie Kaaiawahia (Fullerton)	50-03.00
1983	Natalie Kaaiawahia (Fullerton)	52-07.50
1984	Pam Alexander (Arlington, Riverside)	46-03.50
1985	Elaina Oden (Irvine)	46-11.75
1986	Brandi Gail (Rowland, Rowland Heights)	45-02.50
1987	Kim Lassair (Northgate, Walnut Creek)	39-06.25
1988	Dawn Dunble (Bakersfield)	48-02.50
1989	Melissa Weis (Bakersfield)	44-01.00
1990	Dawn Dunble (Bakersfield)	49-03.50
1991	Mika Hilaire (Pittsburg)	45-04.25
1992	Kristin Heaston (Ygnacio Valley, Concord)	45-03.50
1993	Kristin Heaston (Ygnacio Valley, Concord)	52-11.50
1994	Delores Tuimoloua (Channel Islands, Oxnard)	46-10.00
1995	Rebecca Morrison (Presentation, San Jose)	47-06.75
1996	Stephanie Brown (Arroyo Grande)	40-00.25
1997	Cynthia Ademiluyi (Poly, Long Beach)	47-05.25
1998	Stephanie Brown (Arroyo Grande)	48-10.75
1999	Jill Camarena (Woodland)	48-06.00
2000	Karen Freberg (San Luis Obispo)	50-07.25
2001	Karen Freberg (San Luis Obispo)	50-02.25
2002	Rachel Varner (Bakersfield)	47-00.50
2003	Jessica Pressley (Laguna Creek, Elk Grove)	50-05.00
2004	Megan Howard (Arroyo Grande)	49-11.75
2005	Julie Dufresne (Harbor, Santa Cruz)	47-07.50
2006	Erin Delaney (Paso Robles)	45-05.25

Triple Jump (Girls)

1982	Wendy Brown (Woodside)	39-08.75
1983	Wendy Brown (Woodside)	40-03.00
1984	Wendy Brown (Woodside)	42-10.50
1985	Sheila Hudson (Rio Linda)	41-10.00w
1986	Felicia Harris (San Lorenzo)	40-02.00
1987	Kim Lassair (Northgate, Walnut Creek)	39-06.25
1988	Stacy Thompson (Morse, San Diego)	39-01.00
1989	Juliana Yendork (Walnut)	41-10.00
1990	Juliana Yendork (Walnut)	42-00.25
1991	Juliana Yendork (Walnut)	43-06.50
1992	Kayla Montgomery (Clovis West, Fresno)	39-11.25
1993	Cheaza Figueroa (Quartz Hill)	40-01.25
1994	Tarnieka Porter (Orange Glen, Escondido)	38-11.50
1995	Kelly O'Connor (Esperanza, Anaheim)	40-06.50
1996	Kelly O'Connor (Esperanza, Anaheim)	40-02.50
1997	Andrea Booker (El Camino, Oceanside)	40-00.00w
1998	Andrea Booker (El Camino, Oceanside)	40-00.25w
1999	Heather Contreras (Sutter)	40-03.75
2000	Blessing Ufodiama (Poly, Long Beach)	40-08.75
2001	Candace Bauchman (Poly, Long Beach)	42-04.50
2002	Michelle Sanford (Woodbridge, Irvine)	41-05.25
2003	Brittany Daniels (Merrill West, Tracy)	42-04.75
2004	Brittany Daniels (Merrill West, Tracy)	42-08.00
2005	Brittany Daniels (Merrill West, Tracy)	44-05.50w
2006	Ke'Nya Richardson (Holy Names, Oakland)	43-03.25



In 1980, running event distances transitioned from yards to meters.

w -- wind aided result

CIF STATE TRACK AND FIELD MULTIPLE CHAMPIONSHIPS

BOYS RECORDS

Most Team State Championships

- 8 Jefferson, Los Angeles(1938, 1949-52, 1956, 1962, 1964)
- 8 Muir, Pasadena(1934, 1936, 1967, 1974, 1990, 1994-96)
- 8 Poly, Long Beach.....(1928, 1932, 1959, 1964-65, 1997-98, 2006)
- 7 Manual Arts, Los Angeles(1915-16, 1919, 1924-25, 1953, 1958)
- 6 Hawthorne(1983-85, 1987-89)

Most Consecutive Team State Championships

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

Most Individual State Championships

- 6 Clarence "Bud" Houser (Oxnard).....Discus (1920-22); Shot (1920-22)
- 5 Charley Paddock (Pasadena)100yd (1916, 1918); 220yd (1916-18)
- 4 Frank Wykoff (Glendale)100yd (1927); 220yd (1927-28); LJ (1927)
- 4 Eddie Morris (Huntington Beach)100yd (1940); 220yd (1938-40)
- 4 Roman Gomez (Belmont, Los Angeles)1600m (1984-85); 3200m (1984-85)
- 3 Lincoln Hall (Santa Paula)PV (1914-16)
- 3 Wayne Weeks (Santa Rosa)Shot (1915-16); Discus (1916)
- 3 Harry Lampion (Manual Arts, LA)120HH (1916); 220LH (1916); LJ (1916)
- 3 Verden Nash (Chino 1920-21); Huntington Beach (1922)LJ (1920-22)
- 3 Mort Kaer (Red Bluff)220LH (1922-23); LJ (1923)
- 3 Bill Miller (San Diego).....PV (1927-29)
- 3 Roy Kirpatrick (Entral, El Centro).....220LH (1933-34); 120HH (1934)
- 3 Les Steers (Palo Alto).....HJ (1935-37)
- 3 Hugh McElhenny (Washington, LA)120HH (1947); 180LH (1947); LJ (1947)
- 3 John Bradley (Hoover, Glendale).....100yd (1947); 220yd (1947-48)
- 3 Leon Patterson (Taft).....Discus (1951); Shot (1951-52)
- 3 Leamon King (Delano).....220yd (1951, 1953); 100yd (1953)
- 3 Monte Upshaw (Piedmont)LJ (1953-54); 180 LH (1954)
- 3 Hubie Watson (Jordan, Los Angeles)100yd (1958-59); 220yd (1959)
- 3 Bill Cowings (Fowler).....100m (1959-60); 200m (1960)
- 3 Forrest Beaty (Hoover, Glendale)100m (1961-62); 200m (1961)
- 3 Jerry Proctor (Muir, Pasadena)110HH (1967); 300IH (1967); LJ (1967)
- 3 Reynaldo Brown (Compton).....HJ (1967-69)
- 3 Billy Mullins (Hamilton, Los Angeles)100m (1976); 200m (1975-76)
- 3 Brian Bluetreich (Capistrano Valley, Mission Viejo)Shot (1984-85); Discus (1985)
- 3 Quincy Watts (Taft)100m (1987); 200m (1986-87)
- 3 Obea Moore (Muir, Pasadena).....200m (1996); 400m (1995-96)
- 3 Kevin Craddock (James Logan, Union City) ..110HH (2003-04); 300IH (2004)
- 3 David Gettis (Dorsey, Los Angeles).....400m (2003-05)
- 3 Scott Roth (Granite Bay)PV (2004-06)
- 3 Darius Savage (Morse, San Diego)Discus (2005-06), Shot (2006)

Boys CIF State Track and Field Championships began in 1915 and have since been held annually, excluding the World War II years (1942-45).

GIRLS RECORDS

Most Team State Championships

- 8 Poly, Long Beach(1992-93, 1995, 1997-98, 2001, 2003-04)
- 5 Berkeley(1974, 1976, 1981-83)
- 3 J.W. North, Riverside(1999-00, 2002)
- 3 Wilson, Long Beach(1996, 1998, 2006)
- 2 Muir, Pasadena(1985, 1989)
- 2 Bakersfield(1988, 1990)

Most Consecutive Team State Championships

- 3 Berkeley(1981-83)
- 2 Poly, Long Beach(1992-93, 1997-98, 2003-04)
- 2 J.W. North, Riverside(1999-2000)

Most Individual State Championships

- 9 Marion Jones (Rio Mesa, Oxnard 1990-91); (Thousand Oaks 1992-93)100m (1990-93); 200m (1990-93); LJ (1993)
- 6 Natalie Kaaiawahia (Fullerton).....Shot (1980-83); Discus (1981, 1983)
- 6 Wendy Brown (Woodside).....LJ (1982-84); TJ (1982-84); HJ (1984)
- 6 Juliana Yendork (Walnut)LJ (1989-91); TJ (1989-91)
- 5 Angela Burnham (Rio Mesa, Oxnard) 100m (1986, 1988-89); 200m (1988-89)
- 5 Angela Williams (Chino) 100m (1997-98); 200m (1998); 400m (1995); LJ (1998)
- 5 Monique Henderson (Morse, San Diego)200m (2000); 400m (1998-2001)
- 5 Allyson Felix (Los Angeles Baptist, No. Hills) 100m (2001-03); 200m (2002-03)
- 4 Denean Howard (Kennedy, Granada Hills)200m (1981-82); 400m (1980, 1982)
- 4 Janeene Vickers (Pomona)300LH (1986-87); 100LH (1986-87)
- 4 Melisa Weis (Bakersfield)Discus (1988-90); Shot (1989)
- 4 Julia Stamps (Santa Rosa)3200 (1994-95, 1997); 1600 (1997)
- 4 Lindsay Hyatt (Placer, Auburn)800m (1996-99)
- 4 Brittany Daniels (Merrill West, Tracy)TJ (2003-05); LJ (2005)
- 3 Kathy Costello (Pleasant Hill)800m (1974-75); 1600m (1975)
- 3 Jodi Anderson (Washington, Los Angeles).....LJ (1974-76)
- 3 Pam Waters (Bell)200m (1975-76); 100m (1976)
- 3 Ann Regan (Camden, San Jose)800m (1977-79)
- 3 Vicki Cook (Alemany, Mission Hills).....3200m (1980-82)
- 3 Polly Plumer (University, Irvine)1600m (1980-82)
- 3 Kira Jorgensen (Vista)1600m (1987-89)
- 3 Angela Rolfe (Dorsey, Los Angeles)400m (1987-89)
- 3 Dawn Dumble (Bakersfield).....Discus (1988-90); Shot (1989)
- 3 Felice Lipscomb (Santa Monica)100LH (1989-90); 300LH (1990)
- 3 Twila Sims (Lompoc)300LH (1989, 1992); 100LH (1992)
- 3 Janice Nichols (Bakersfield)400m (1990-92)
- 3 Suzy Powell (Downey, Modesto)Discus (1992-94)
- 3 Milena Glusac (Fallbrook)1600m (1993); 3200m (1992-93)
- 3 Lakeisha Backus (Wilson, Long Beach)100m (1995); 200m (1994-95)
- 3 Kinshasa Davis (Wilson, Long Beach).....400m (1996-97); 200m (1997)
- 3 Stephanie Brown (Arroyo Grande)Shot (1996, 1998); Discus (1998)
- 3 Sara Bei (Montgomery, Santa Rosa)1600m (1998); 3200m (1998, 2001)
- 3 Ashlee Brown (J.W. North, Riverside)100HH (2003); 300LH (2001-02)
- 3 Talia Stewart (James Logan, Union City) ..100HH (2002, 2004); 300LH (2004)
- 3 Ebony Collins (Wilson, Long Beach)300LH (2005-06); 100m (2005)

Girls CIF State Track and Field Championships were initiated in 1974 and have since been held annually.

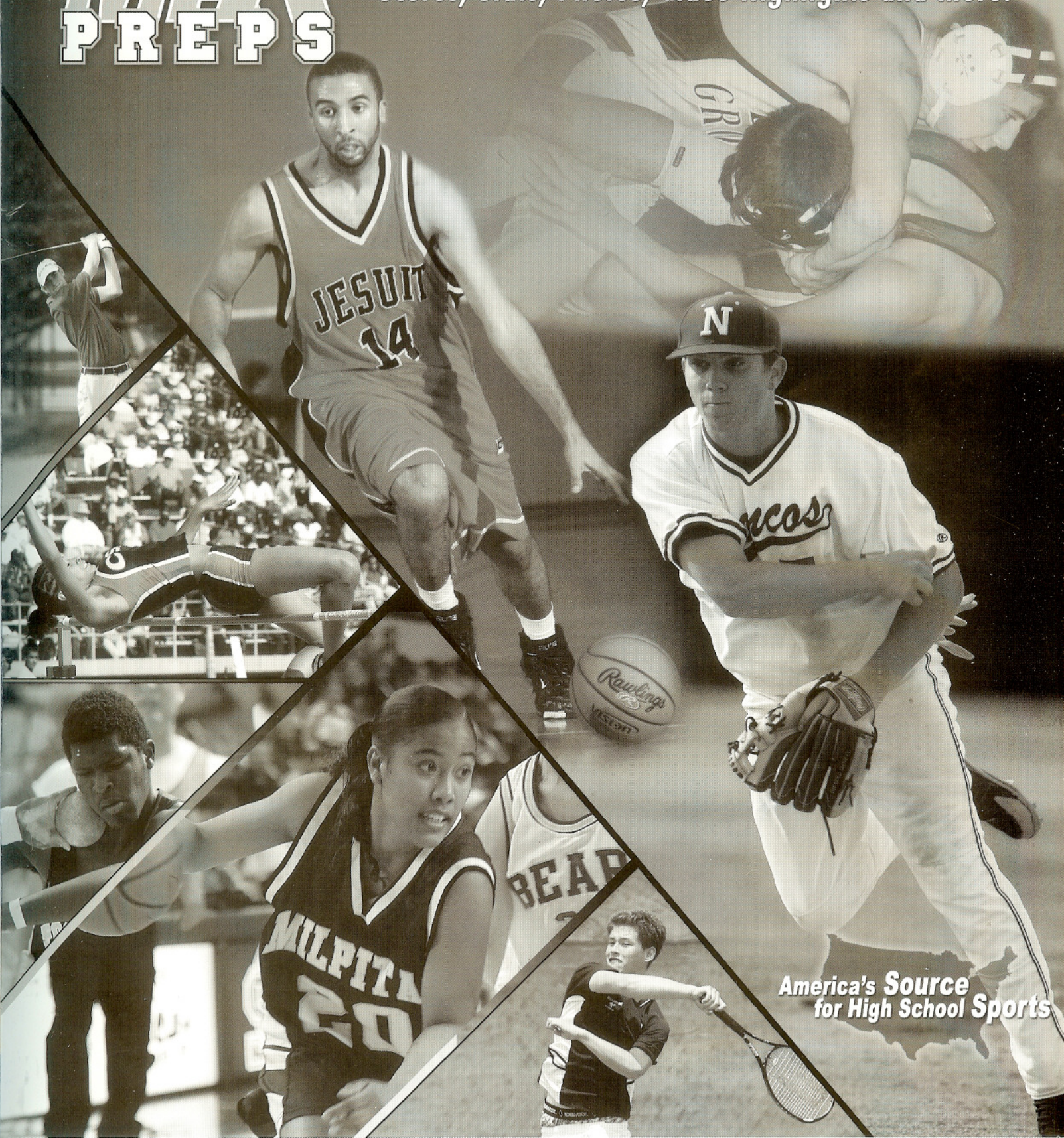
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