

California Interscholastic Federation

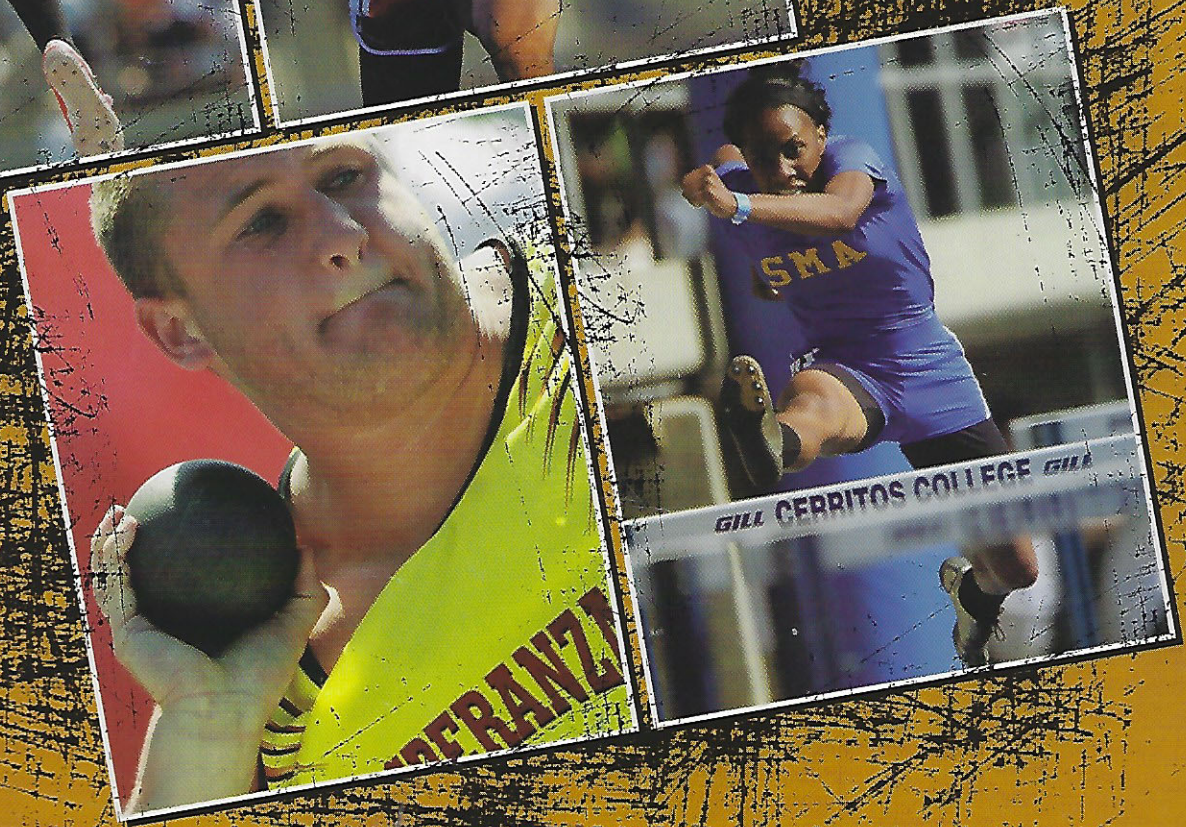
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# 2009 CIF STATE TRACK & FIELD CHAMPIONSHIPS



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**June 5–6, 2009**  
**Buchanan High School, Clovis**

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Strathmore High School



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Principal  
Miguel Contreras LC



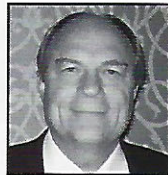
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Red Bluff J.U.H.S.D.



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Athletic Administrator  
Calexico High School



Earl Haugen  
Dir. of Special Programs  
Downey U.S.D.



Ray Odom  
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Hamilton U.H.S.D.



Tony Ortega  
California Association  
of Directors of Activities



Dennis Regalado  
Director  
Acalanes U.H.S.D.



Rick Spears  
Principal  
Colfax High School

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Executive Director

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Ana Morrison, Assistant to Executive Director  
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Sheri Ross, Championship Events Supervisor  
Diane Marshall-Freeman, General Counsel  
Richard Nelson, Foreign Exchange Coordinator

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Indianapolis, Indiana 46206  
317.972.6900 • 317.822.5700 fax  
www.nfhs.org

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Ray Alvarado, Athletic Administrator, Calexico High School  
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Mary Barsaleau, California Coaches Association  
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Nancy Veilleux, Assistant Principal, Roseville High School  
Kathy Wheeler, Retired Superintendent, Red Bluff Joint Union High School District  
Kim Wheeler, Coach, Red Bluff High School

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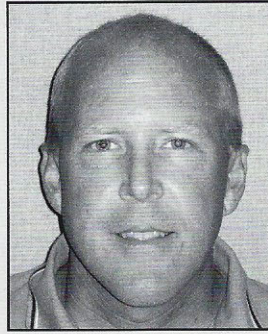
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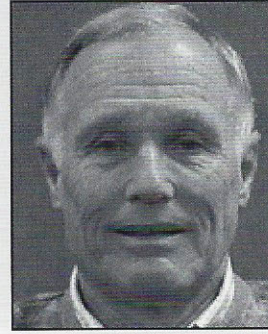
# 2009 CIF Track and Field Advisory Committee



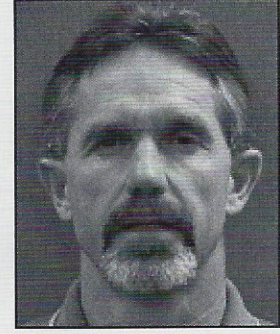
**RAY ALVARADO**  
Committee Chair  
Administrator, Calexico HS



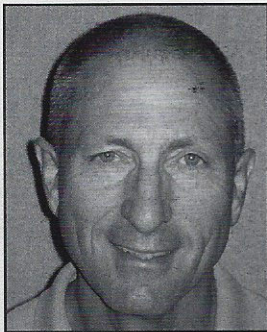
**BRIAN WEAVER**  
State Track & Field Meet  
Director (Central)



**HAL HARKNESS**  
State Track & Field  
Meet Director (South)  
Rules Interpreter



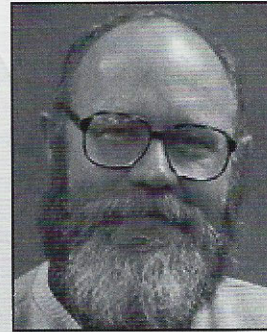
**TOM CRUMPACKER**  
State Track & Field Meet  
Director (North)



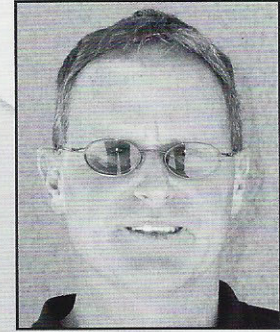
**MARTY SIMPSON**  
State Cross Country  
Meet Director



**JENEAN BINGHAM**  
Athletic Director  
Healdsburg HS



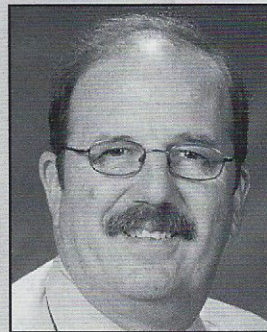
**PETER BREWER**  
California Coaches  
Association



**MIKE CUMMINGS**  
Coach  
Valley Center HS



**JIM DEAVER**  
Coach  
Enterprise HS



**STEVE FILIOS**  
Assistant Commissioner,  
CIF Central Coast Section



**BRIAN FITZGERALD**  
Athletic Director  
Rio Mesa HS



**VICKY LAGOS**  
Assistant Commissioner, CIF  
Los Angeles City Section



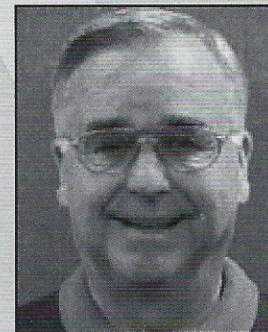
**NANCY LAMBERT**  
Coach  
Galileo Academy



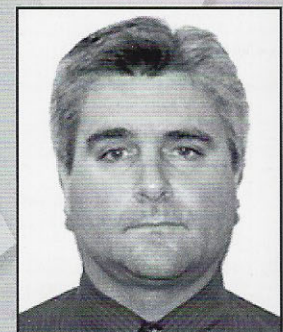
**AMBER LASSETTER**  
Coach  
Cosumnes Oak HS



**MEREDITH SMITH**  
Coach  
Crenshaw HS



**DEAN CROWLEY**  
Championship Events  
Supervisor



**RON NOCETTI**  
CIF Director of State  
Championship Events

# 2009 Event Schedule

## FIELD EVENTS

### Friday Qualifying Times

EVENT	REPORTING TIME <i>(Report to Field Event Clerk of Course)</i>	STARTING TIME
Boys' Discus	1:45 p.m.	3:00 p.m.
Girls' Shot Put	1:45 p.m.	3:00 p.m.
Boys' Long Jump	1:45 p.m.	3:00 p.m.
Girls' Triple 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' Pole Vault	5:00 p.m.	6:00 p.m.
Boys' Pole Vault	5:00 p.m.	6:00 p.m.
Girls' Long Jump	5:00 p.m.	6:00 p.m.
Boys' Triple Jump	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' Discus	3:30 p.m.	4:30 p.m.
Girls' Shot Put	3:30 p.m.	4:30 p.m.
Boys' High Jump	4:00 p.m.	5:00 p.m.
Boys' Long Jump	4:00 p.m.	5:00 p.m.
Girls' Triple Jump	4:00 p.m.	5:00 p.m.
Boys' Pole Vault	4:30 p.m.	5:15 p.m.
Boys' Shot Put	5:30 p.m.	6:30 p.m.
Girls' Discus	5:30 p.m.	6:30 p.m.
Girls' High Jump	6:00 p.m.	7:00 p.m.
Girls' Long Jump	6:00 p.m.	7:00 p.m.
Boys' Triple Jump	6:00 p.m.	7:00 p.m.
Girls' Pole Vault	6:30 p.m.	7:15 p.m.

## TRACK EVENTS

### Friday Qualifying Times

5:00	Girls' 400m Relay	(Heat #1)	7:30	Boys' 100m Dash	(Heat #1)
5:04		(Heat #2)	7:34		(Heat #2)
5:08		(Heat #3)	7:38		(Heat #3)
5:12		(Heat #4)			
5:18	Boys' 400 Relay	(Heat #1)	7:44	Girls' 800m Run	(Heat #1)
5:22		(Heat #2)	7:50		(Heat #2)
5:26		(Heat #3)	7:57		(Heat #3)
5:30		(Heat #4)	8:04	Boys' 800m Run	(Heat #1)
5:35	Girls' 1600 m Run	(Heat #1)	8:11		(Heat #2)
5:43		(Heat #2)	8:18		(Heat #3)
5:50	Boys' 1600m Run	(Heat #1)	8:25	Girls' 300m LH	(Heat #1)
5:58		(Heat #2)	8:30		(Heat #2)
6:06	Girls' 100m HH	(Heat #1)	8:35		(Heat #3)
6:11		(Heat #2)	8:40		(Heat #4)
6:15		(Heat #3)	8:45	Boys' 300m IH	(Heat #1)
6:20		(Heat #4)	8:49		(Heat #2)
6:25	Boys' 110m HH	(Heat #1)	8:54		(Heat #3)
6:29		(Heat #2)	8:59	Girls' 200m Dash	(Heat #1)
6:33		(Heat #3)	9:03		(Heat #2)
6:38	Girls' 400m Dash	(Heat #1)	9:07		(Heat #3)
6:43		(Heat #2)	9:12	Boys' 200m Dash	(Heat #1)
6:48		(Heat #3)	9:16		(Heat #2)
6:53		(Heat #4)	9:20		(Heat #3)
6:58	Boys' 400m Dash	(Heat #1)	9:32	Girls' 1600m Relay	(Heat #1)
7:03		(Heat #2)	9:37		(Heat #2)
7:08		(Heat #3)	9:44		(Heat #3)
7:12		(Heat #4)	9:51		(Heat #4)
7:17	Girls' 100m Dash	(Heat #1)	9:58	Boys' 1600m Relay	(Heat #1)
7:21		(Heat #2)	10:05		(Heat #2)
7:25		(Heat #3)	10:12		(Heat #3)
			10:19		(Heat #4)

### Saturday Championship Times

6:00	Girls' 400m Relay	7:50	Girls' 800m Run
6:10	Boys' 400m Relay	8:00	Boys' 800m Run
6:21	Girls' 1600m Run	8:12	Girls' 300m LH
6:32	Boys' 1600m Run	8:22	Boys' 300m IH
6:49	Girls' 100m HH	8:30	Girls' 200m Dash
7:00	Boys' 110m HH	8:38	Boys' 200m Dash
7:11	Girls' 400m Dash	8:46	Girls' 3200m Run
7:20	Boys' 400m Dash	9:03	Boys' 3200m Run
7:31	Girls' 100m Dash	9:28	Girls' 1600m Relay
7:40	Boys' 100m Dash	9:38	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

*This schedule may be lengthened if four heats are necessary in any event(s)*

# 2009 Championship Meet Officials

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Brian Weaver  
Roger Oraze

## MEET MANAGER

Hal Harkness

## EVENT SUPERVISOR

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Carole Johnson  
Don Ulrich  
Steve Ward  
Dr. Dan Kaiser

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Kevin Morning

## STARTERS

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Neil Campbell  
Jin Conlay  
Joe Harper  
Jim Nou

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Mike Olenchalk

## JURY OF APPEALS

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Vicky Lagos  
Dennis McClanahan

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Steve Bilvado  
Dale Campbell

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Don Chapin (Field Events)

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Dori Cirrincione  
Carrie Beauchamp

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Steve Negin

## FINISH LINE COORDINATOR

Hugh Adams

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Peter Jensen

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Win Downing

## CREW SUPERVISORS

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Nick Paramo  
Billie Childes

## WEIGHTS AND MEASURES

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Ned Rogers

## HEAD FIELD JUDGE

Ray Hansen

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Larry Lung  
Mary Ann Holmes  
Josh Alfaro  
Matt Terra  
Lavinia Terra  
Brook Constable

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Andrew Pancotti  
Taylor Franzmen  
Wayne Richardson

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Andi Greeman  
Ashley Shepard  
Sarah Savage

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Lupe Solis  
Scott Speilman  
George Gong  
Erin Lynch  
Mike Runge  
Michelle Brunetti  
Richard Thaxton

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Daniel Irick  
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Robert Bonoy  
Steve Martin  
Robert Hernandez

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Ben Koboda  
Oscar Dragon  
Oary Prentice  
Matt Studwell  
Monica Brewer  
Tyler Dragon

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Kevin Ashford  
Dave Sutherland  
Jack Wilkerson  
Bob Seaman  
Don Crow

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Clay Manning

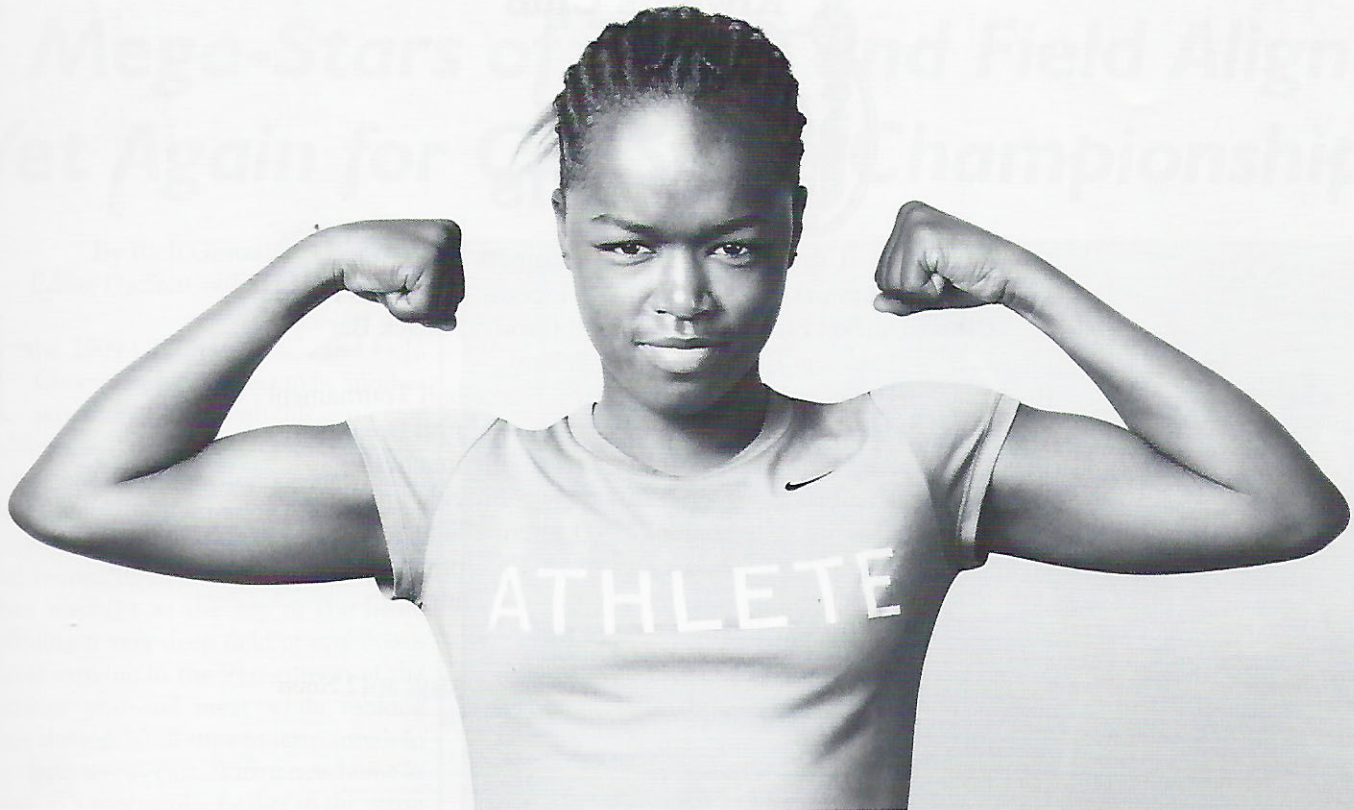
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## MEDIA RELATIONS

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## This Year's CIF Model Coach Award Winners

*The goal of this award is to recognize coaches who are  
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*A model coach must have demonstrated and taught  
the "Six Pillars of Character."*

**Congratulations  
to all of  
this year's CIF  
Model Coaches!**



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Clovis Unified Elementary Football Carnival Snack Bar  
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Buchanan High School Girl's New Year's Basketball Tournament

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Special Olympics Swim Meet – Provide lunches

Special Olympics Softball Tournament – Provide lunches

Hope of America Awards for CUSD Intermediate Schools

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Sponsor Century Elementary K-Kids Club and  
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# Mega-Stars of Track and Field Align Yet Again for CIF State Championships

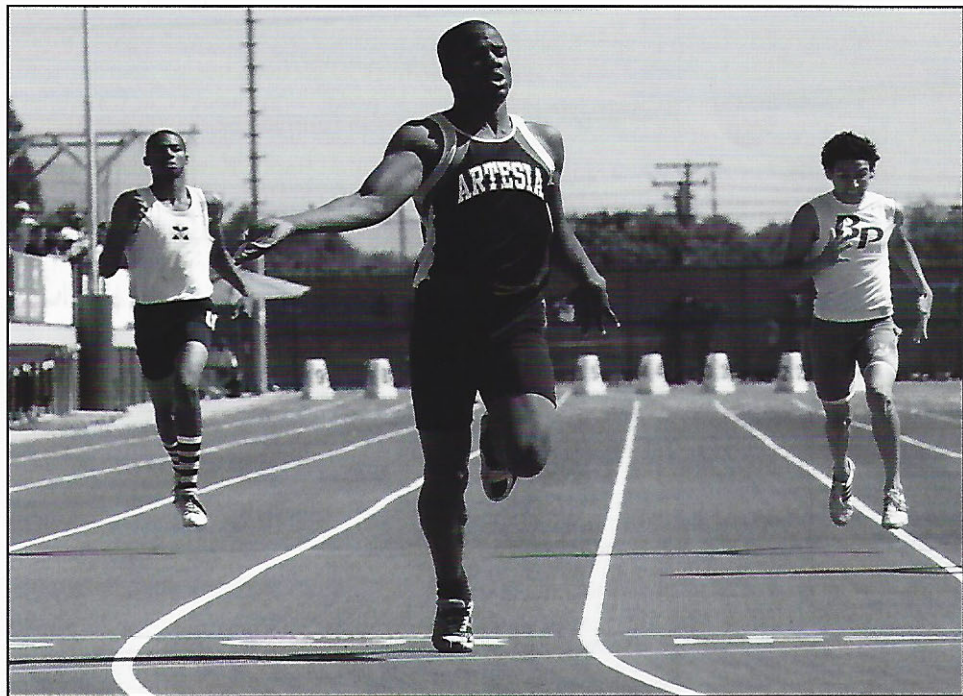
By Rich Gonzalez  
Editor, DyeStatCal/ESPN RISE

The 2009 CIF-State Track and Field Championships project to be another sensational affair, with this year's cast of athletes well prepared to uphold the second-to-none tradition that Golden State athletes enjoy on the national landscape! This year's special cast includes a pair of national record holders and a World Youth Games medalist at the top of the heap, headlining a very deep field of one dozen athletes arriving in the 91st edition of the illustrious year-end meet while ranking among the top 10 all-time in state annals in their respective events. With a new home in Fresno on a spectacular facility in the warm Central Valley, look for the action to be hotter than action as the action heats up this weekend while the sport's attention turns to the Golden State.

Here's a preview of this weekend's barn-burner slate of action:

## BOYS TRACK EVENTS

Two-sport star Randall Carroll of Los Angeles Cathedral (SS) is the leading headliner in the dashes, with the UCLA-bound grid-iron talent arriving here as the defending champion at both 100 and 200 meters. Carroll looms as the heavy favorite to repeat in the shorter race, especially after rocketing down the straightaway in a jaw-dropping 10.30 seconds – third-fastest in state history – at the Del Rey League Finals. Among the leading marquee challengers in the century are the Los Angeles City Section duo of Crenshaw's DeAnthony Thomas and Santee's Tevin Carter and Northern California talent George Atkinson of Granada (NCS). In the deuce, Carroll boasts a state-leading 21.06 wind legal (and 20.93 wind-aided) to top the charts, but the L.A. flash was upset by fellow Southern Section speedster Ameer Webb of Tustin at their sectional Masters Meet. Santee's Carter was the big down-the-stretch surprise in this event after his 21.38 win under less-than-ideal conditions at the L.A. City Finals. The one-lap dash



**JALEN CRAVER**  
Artesia High School

PHOTO BY MARK A. SMITH

showcases La Sierra phenom Reggie Wyatt as the clear leader (and state-best 46.38), but keep an eye on Chino Hills junior talent Josh Mance, who toured the 400m in a very fine 46.61 as a sophomore last summer! Jalen Craver or Artesia (SS) is one of the nation's quick-rising young talents, with the super sophomore twice rolling to 46.2 relay splits in recent weeks!

Look for some very exciting clashes in the sprint relays, with small schools juggernaut Serra of Gardena (SS) looking exceptional in recent weeks in the short relay, including a state-best 40.74 in its last outings. Long Beach Poly, Rancho Verde (powered by Greg Hornsby), Thomas-fueled Crenshaw and Carroll-anchored Cathedral are other super contingents! Rancho Verde threw down a huge state-leading 3:13.74 at the late-season Penn Relays in Philadelphia that anyone has yet to match, although Southern Section powers Roosevelt of Corona and Millikan of Long Beach are coming off sub-3:15 efforts last weekend in an event where the Southern Section dominates, boasting the eight fastest squads in the state

this year.

The hurdle events lend extra intrigue this weekend, especially in the long hurdles, where La Sierra's Reggie Wyatt continues his quest for the national record (35.28 by Californian Jeshua Anderson in 2007). Wyatt has been carrying extra duty throughout the season with workload in the 200, 400 and the 4x400 relay in many meets, but is handling just the 300m hurdles and the 400 here. An amazing talent headed for USC, Wyatt will look to improve upon his nation-leading 35.71 this weekend. His biggest challenge should come from Taft's (LA City) D.J. Morgan, who purred to a fine 37.44 clocking at sectionals. The 110-meter high hurdles should again feature the state-leading (14.00 wing legal) Morgan as a main player, along with super junior Devalle Pedrogo of Mission Viejo (13.95 wind-aided), with Vacaville (SJS) senior Kyler Martin coming along very well in late season after battling injury in the early going.

Among the state's most dominant athletes this spring has been Novato junior Erik  
*Continued on page 10*

Continued from page 9

Olson (NCS), who on four occasions has dipped under the revered 9-minute threshold for 3200 meters, the best such consistency within state lines in at least two decades! Olson lays claim to the state-leading (8:55.06) mark, but his landslide favorite status has been tempered in recent weeks thanks to the rapid development of Camarillo (SS) sophomore sensation Heyden Wooff, who rolled to a big lifetime-best 8:57.66 in last weekend's big Southern Section Masters win. Rancho Buena Vista mega-talent Colin Jarvis (SDS) was the Arcadia Invitational winner over the nation's best field to date, then made it look easy in a sub-9:07 triumph in regional qualifying last weekend. Edison (SS) junior Matt McElroy is another making a wave of big time drops in recent weeks. Perhaps the most exciting boys track event is the 1600-meter run, where favored Mac Fleet of University City (SDS) pranced to an impressive sub-4:10 qualifier just days ago, while Loyola (SS) of Los Angeles age-group star Elias Gedyon still courts the state-best time (4:07.25, converted from the full mile) in a super impressive show of poise in winning the big Arcadia clash in mid-April. This field is absolutely loaded, however, including Southern Section and Orange County talents Toby Villalva (El Toro), Tyler Valdes (Dana Hills) and James Cameron (Mission Viejo). Tyler Brady (Upland), the state's

most improved in this event this season, and Dana Hills' Zak Phillips (another with major improvement over the last calendar year) and super junior talent Travis Edwards from the always dangerous Royal program at championship time are other key entries. The boys 800 is an event where Valencia of Placentia (SS) junior Sean Krinik has really dazzled in postseason, including a from-the-front triumph one week, then a stunning late flurry to go from last to first down the stretch the following week! Clayton Valley's Nathaniel Litwiller looked solid in a fine win over talented junior Kevin Griffith of San Ramon Valley in their NCS Meet of Champions showdown last week, with Rancho Verde two-lap wiz Ruben Danielson also among the big names entered.

### GIRLS TRACK EVENTS

World-class youth talent Ashton Purvis of St. Elizabeth (NCS) is the logical favorite in the shorter dashes, with the 2007 World Youth Games medalist for Team USA in the short relay (and finalist in the star-studded event at both 100 and 200) arriving as the wind legal state leader (11.48 and 23.60) in both events with each mark coming last weekend as the major talent begins hitting full stride! Look for Purvis to draw pon a wealth of big-race talent to handle the pressures here, and that'll come in handy as super starter Valexsia Droughn of Rio Mesa (SS) could be especially dangerous in the

short dash while Highland gem Jessica Davis arrives as a major threat in the 200. Purvis exhibited an amazing blocks getaway at the Southern Section Masters Meet, taking command of the race by 30 meters. Davis, who tripled in the 100-200-400 in the early rounds of postseason, came on like gangbusters down the stretch last season as well. The long sprint (400m) figures to be a contest between Long Beach Poly one-lap wonder Akawkaw (say it 'Co-Co') Ndigabor and Serra super senior Turquoise Thompson, the latter taking over the state lead (53.45) with a super effort last weekend. Long Beach Wilson super senior Nyjah Cousar has been a thoroughbred of late, with the powerful dasher shifting gears in impressive fashion come championship time! Deer Valley's Chizoba Okodogbe has been among the nation's fast-rising talents this spring and will also challenge here.

The short relay could provide a dramatic blanket finish as the top four entries – all from the Southern Section – have traded off positions seemingly all year, with St. Mary's Academy of Inglewood leading the charge with a state-leading and U.S. #2 45.50 at its divisional finals. Rancho Verde, Serra of Gardena and Long Beach Poly are other major players. In the long relay, Long Beach Poly motored to a state best 3:43.85 romp at the Texas Relays, but Rancho Verde and Serra were impressively within a second of that mark in last weekend's big Southern Section clash!

Claremont (SS) wunderkind Kori Carter, the national leader in both events, is the clear favorite here, especially since top low hurdles rival Turquoise Thompson of Serra encountered a stunning setback to not advance from Southern Section Masters. Carter's 41.05 clocking in nearly a full second faster than chief nemesis Nyjah Cousar from Long Beach Wilson (SS). In the 100-meter high hurdles, Carter (13.67 wind legal, 13.64 wind-aided) has less margin for error, with age-group standout Ashtyn Baltimore of Marlborough (SS) at 13.87 and Etiwanda (SS) senior Monisha Davis at 14.00 being major forces.

The distance races could hold a special place in history this weekend, largely because Mission College Prep senior Jordan Hasay will attempt to win her fourth successive 3200m crown. The nation's #2 all-time in this event (to go along with the national recordholder at 1500m during last summer's U.S. Olympic Trials), Hasay

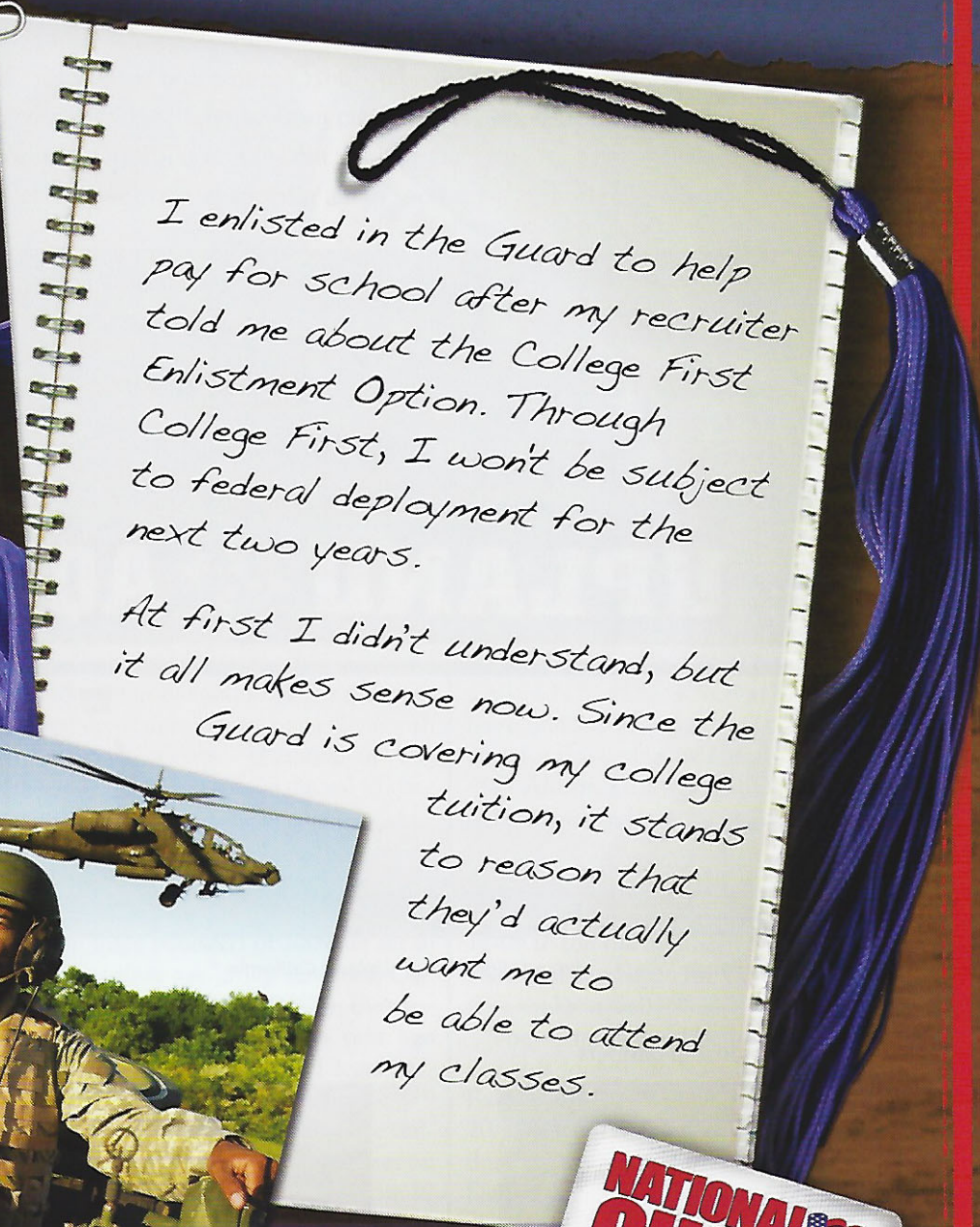
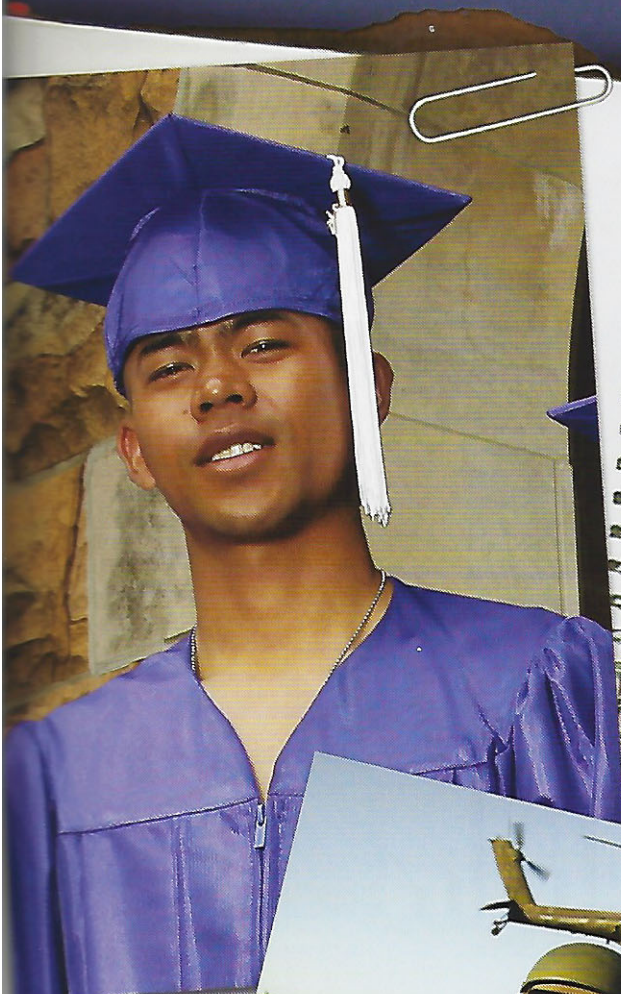
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**JORDAN HASAY**  
Mission College Prep

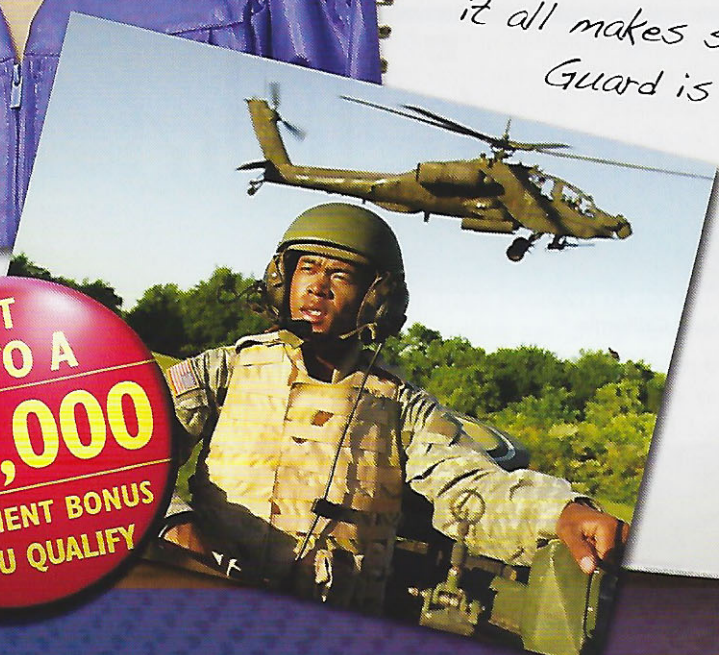
PHOTO BY KIRBY LEE

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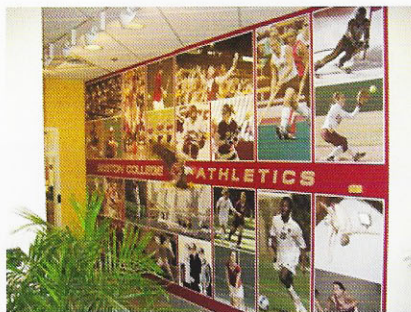
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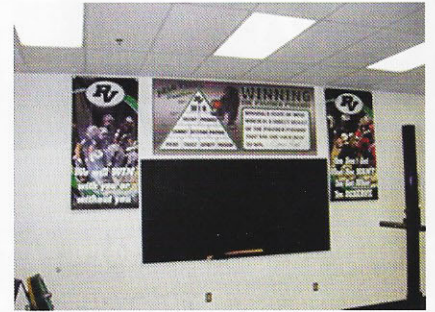
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Palo Verde High School - Las Vegas, Nevada

Continued from page 10

arrives as the heavy favorite here after great runs in open competition yet again at 1500 and a very recent sub 2:10 clocking during a nice show of speed at 800 meters. San Clemente senior Alex Dunne may pose the biggest threat, but the Southern Section star has been battling a heel injury in recent weeks and has been forced to resort to cross-training. Oak Park's Melissa Skiba unleashed a ferocious kick to win Southern Section Masters, where Aliso Niguel frosh finished an impressive second, that coming while racing the last five laps with just one shoe!

Our Lady of Peace (SD) senior Sammy Silva, who will attend Harvard in the fall, arrives as the people's choice this weekend, especially after a series big wins and clutch finishing kicks this spring. Silva (4:47.95) has the best time in the field by more than two seconds, with North Coast Section ace Jacque Taylor (Casa Grande) and red-hot Southern Section talent Chloe Curtis (Redondo Union-SS) looking as the toughest challengers. The girls 800 should be another dandy, with Stanford bound star Justine Fedronic of Carlmont-CCS (where she is the valedictorian) courting the state's best time (2:09.270, although Marlborough senior Carlyle Davis and late-rushing wiz Alyson Drake of Valencia (SS) are other key factors to emerge.

#### **GIRLS FIELD EVENTS**

The greatest prep thrower in this nation's history will be at work in the rings, with Shafter standout Anna Jelmini seeking to put the finishing touches on a mind-boggling senior year that has seen her twice set the national record in the discus and just recently move to #2 all-time nationally in the shot put. Her epic toss of 190 feet, 3 inches in the former at the Sierra-Sequoia Finals added another two feet in distance to the prodigious record-matching fling she achieved one month prior. Equally amazing is her consistency: Former event record-holder Suzy Powell also boasted the most 180-foot-plus marks in a prep career (9 times), but Jelmini has now more than doubled that output! In the shot put, the Arizona State-bound star has raised her game a few notches in recent week as well, including a thunderous 54-04.75 heave at her Central Section Area qualifier to set the California state record and move up to #2 nationally. Laying claim to perhaps the best female athlete in national history – the only



PHOTO BY KIRBY LEE

#### **ANNA JELMINI**

*Shafter High School*

one to rank as high as #2 all-time in two separate "common" events – she's one you don't want to miss this weekend! Another stellar athlete to eye in the throws is Stockdale (CE) sophomore Alex Collatz in the discus. The versatile mega-athlete – a rare throws/jumps combination as she's also an accomplished triple jumper to go along with her volleyball talents – is among the top 10th-grade throwers (165-03 discus) in state history!

Perhaps the best mano-a-mano matchup (or feet to feet, in this case) could occur in the girls' triple jump, where two of the nation's top three bounders of 2009 are set to clash. Long-time age-group sensation Ciarra Brewer of James Logan (NCS), the age-14 national record holder of a year ago (41-8.25), has spanned a wind legal lifetime-best 42-03 this postseason, the #9 mark in state history in an event where California historically has been without peer on the national landscape (boasting 6 of the 10 best athletes in history). But on that very same breakthrough day for Brewer, rival Alitta Boyd (Moreau Catholic-NCS), the 2008 state meet silver medalist, finished a mere less than two inches behind her! In each case, both athletes achieved personal best marks while bounding into a headwind!

The girls' pole vault competition could be among the most intriguing affairs of the weekend as no less than five athletes entered rank among the top 25 in state history

in the event! Defending champion Emily Mattoon of Rancho Bernardo had been shelved with casts on each foot at year's start, but she inspiringly rebounded from the long layoff to match regional leader and favored Kortney Ross of Westview at last weekend's San Diego Section Masters. Both have lifetime bests of 13-00. Topping the state list this spring are Huntington Beach's (SS) Allison Koressel and Del Oro's (SJS) MacKenzi Landry, both at 13-01. Koressel was the Arcadia Invitational winner when they squared off at the big midseason meet. Santa Margarita's Claire Hawkins cleared 12-09 to top the Southern Section Masters Meet and climb into the Golden State's all-time ranks as well.

The action should be hot and heavy in the girls long jump wars, where Diamond Ranch (SS) leaper Karynn Dunn is the sole 20-footer in the field, but another half dozen 19-footers grace the entry sheet. Dunn, who owns a lifetime-best 20-6.25 wind-aided mark from last season, has spanned a state best 20-01.75 this spring, with that mark occurring just two weeks ago. Marlborough's Ashtynn Baltimore (SS) and Moreau Catholic's Alitta Boyd (NCS), both just a shade under 20 feet this season, are the biggest threats to the favored Dunn. Defending high jump champion Tara Richmond (SS) of Long Beach Poly jump-started Poly's successful team-title run of a year ago

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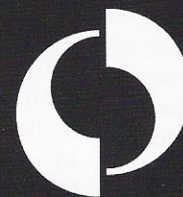
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Continued from page 13

with her early-in-the-meet event win and she's the favorite again this time, owning a state-best 5-11 clearance that affords her a two-inch advantage over the upset-minded field, which includes 2007 state champ and Moore League rival Ashley Smith of Long Beach Millikan (SS) and the North Coast Section duo of Adrienne Johnson (Carondelet) and Celeste Rietveld (Livermore).

### **BOYS FIELD EVENTS**

While Reggie Wyatt has attracted much of the attention as the state's best male athlete on the track – and rightfully so, being ranked in the top 10 nationally in three events – the Golden State's best all-arounder indeed could be Vista Murrieta (SS) senior Nick Ross, among the nation's premier high and triple jumpers and among the West Coast's leading long jumpers. Unlike Wyatt, Ross was able to qualify to state in all three of his individual events and is primed to vie for medals in all three this weekend. Ross' best event thus far has been the high jump, where he tops the list in an event where California has led the way in 2009. With four 7-footers in the state this spring (only three are competing this weekend), Ross has had endless challenges to his reign; but victories at Arcadia, Inland Empire and Southern Section Masters has deemed him as a clutch performer. Defending state champion Harrison Steed (JSerra-SS) has been out of the limelight but ultra-steady this spring and is a very talented and very dangerous threat. Oaks Christian's Jules Sharpe, who has displayed incredible improvement over the course of one year, is the third 7-footer in attendance. The Southern Section has dominated this event in 2009, courting 9 of the 10 athletes in the state at 6-09 or higher.

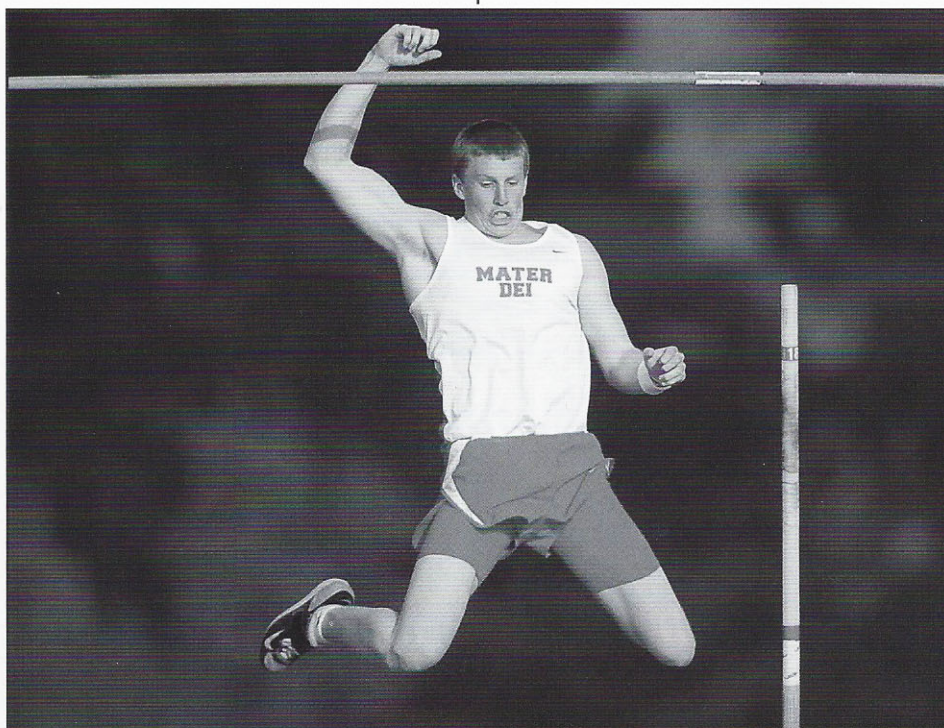
Ross was the Southern Section's premier triple jumper for much of this campaign, but Rancho Verde bomber Curtis Wilson proved his 48-foot-plus effort at the Penn Relays was no fluke, following that up with a final-round 50-06.75 explosion which clinched the team runner-up plaque at the talent-laden Southern Section Division I Finals. Ross, second at sectionals (50-00.25), was not a finalist last year but will threaten for the title this time out. Hammed Suleman of Deer Valley (NCS) has been the most consistent TJer, including a series of 49-foot-plus marks and state-leading wind-aided (51-02) and wind legal (50-04) marks. Johnny Carter of Ridgeview (CE), a stun-

ning state champ as a freshman last spring, has struggled to regain that sensational form this year, but is fresh off a seasonal-best performance in his last outing and will seek a late rise. The long jump may be Ross' stiffest challenge. Hampered by a quadriceps strain in recent weeks, the ailment rears its head worst in the 'broad' jump, yet he overcame steep odds to win the Southern Section Division I title. Granite Bay senior Justin Sutter, who belted out a clutch state-leading (and U.S. #5) wind legal 24-04 breakthrough to win the Arcadia Invitational, will seek to capture that type of magic yet again this weekend, while Gahr's Aaron Bradley (24-2 wind-aided in dual meet action) and top state qualifier Chase Wheeler of DeLaSalle (23-11.75 at NCS Meet of Champions) are additional leading entries.

The boys pole vault competition could evolve into a battle of the two top aerialists from this year's two top vault programs clashing to see who 'carries the flag' for their school's program. State leader Michael Woepse has been solid when competing (he's taken a few meets off, keeping himself fresh and hungry for postseason while allowing others in the deep Mater Dei (SS) program to shine). Woepse cleared a lifetime-best and Orange County record 16-09 at the Arcadia Invitational to secure the nation's #4 vault mark this spring as a junior. Clovis East's Michael Peterson has im-

proved nicely over the last two years to emerge as Woepse's biggest threat, with the UC Davis-bound senior narrowly missing a personal best 16-4 at the Central Section Masters Meet. Clovis East boasted the state's deepest vault arsenal this year, with five vaulters clearing 14-00 or higher. Los Angeles City Section champion Kyle Ballew, who has improved an incredible 37 inches over the span of 12 months, has cleared 16-01 this season to rank among the all-time greats from his region. Rocklin's Robbie Simmons (among the top dozen nationally at 16-3) and twin Cale Simmons are two surprise scratches as both projected medalists have opted to attend graduation instead.

Southern Section weight men are finding their groove after a slow start this spring, with Arroyo Grande's Austin Field (state-leading 62-04.75) and Agoura's Kevin Graf (state #2 at 61-07.50) leading a pack of 60 footers that has now swelled to a list of eight. Central Section junior Matt Darr (Frontier, Bakersfield) has the best chance at pulling off a throws sweep, leading the Golden State with a fine 188-5 spin in the discus and currently slotted fourth in the state (61-04) in the shot put. Saugus' Daniel Swarbrick and junior Cecil Whiteside of Newport Harbor – the latest stud for Coach Tony Ciarelli's top-level throws program – are leading discus threats. ■



**MICHAEL WOEPS**  
Mater Dei High School

PHOTO BY KIRBY LEE

# CIF CIF State Track and Field Championships

## Girls 4x100 Meter Relay

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

National: 44.50 4/23/2004 Poly (Long Beach)  
 State Meet: 44.70 6/7/1997 St. Bernard (Playa del Rey)

Lane	School	Section	Section Mark
<b>Heat 1 of 4 Prelims</b>			
2	Evergreen Valley	CC	48.89
3	Washington	LA	47.99
4	Oakland Tech	OK	47.23
5	Rancho Verde	SS	45.81
6	Bullard	CE	47.13
7	Bakersfield	CE	47.93
8	Logan James	NC	48.72
<b>Heat 2 of 4 Prelims</b>			
2	St. Francis	SJ	48.99
3	Edison	CE	48.02
4	Deer Valley	NC	47.34
5	Poly (Lb)	SS	46.03
6	Rio Mesa	SS	47.12
7	Carson	LA	47.78
8	Poway	SD	48.65
9	Lowell	SF	50.41
<b>Heat 3 of 4 Prelims</b>			
2	St. Franciso	CC	49.02
3	Hercules	NC	48.46
4	St. Mary's	NC	47.35
5	Serra	SS	46.13
6	Paraclete	SS	46.97
7	Trabuco Hills	SS	47.67
8	Vallejo	SJ	48.63
9	West Valley	NO	49.82
<b>Heat 4 of 4 Prelims</b>			
2	Mt. Pleasant	CC	49.07
3	Escondido	SD	48.49
4	Wilson/LB	SS	47.41
5	St. Mary's	SS	46.16
6	Vista Murrieta	SS	46.58
7	Birmingham	LA	47.42
8	Oceanside	SD	48.60
9	Fairfield	SJ	49.09

## Boys 4x100 Meter Relay

**Prelims: 5:18 p.m. Fri. Final: 6:10 p.m. Sat.**

National: 39.76 5/16/1998 Wyatt (Ft Worth (TX))  
 State Meet: 40.24 6/2/1989 Hawthorne

Lane	Team	Section	Section Mark
<b>Heat 1 of 4 Prelims</b>			
2	Evergreen Valley	CC	43.06
3	Buchanan	CE	42.04
4	Lutheran (Orange)	SS	41.72
5	Serra	SS	40.74
6	St. Francis	CC	41.68
7	Laguna Creek	SJ	42.01
8	Clovis West	CE	42.44
<b>Heat 2 of 4 Prelims</b>			
2	Central Valley	NO	43.13
3	Junipero Serra	CC	42.13
4	Kennedy-Richmond	NC	41.76
5	Poly (Lb)	SS	41.08
6	Jesuit	SJ	41.67
7	Taft	LA	42.00
8	Redwood	CE	42.36
<b>Heat 3 of 4 Prelims</b>			
2	Skyline	OK	43.14
3	Steele Canyon	SD	42.19
4	Birmingham	LA	41.79
5	Crenshaw	LA	41.17
6	Cathedral	SS	41.52
7	Deer Valley	NC	42.00
8	Rodriguez	SJ	42.35
<b>Heat 4 of 4 Prelims</b>			
2	Enterprise	NO	43.14
3	Castro Valley	NC	42.20
4	Roosevelt	SS	41.84
5	DeLaSalle	NC	41.43
6	Rancho Verde	SS	41.49
7	Mission Hills	SD	41.88
8	Torrey Pines	SD	42.33
9	Lincoln	SF	43.35



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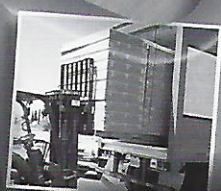
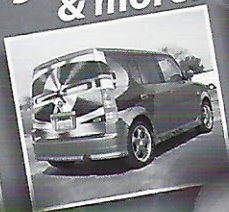
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# CIF State Track and Field Championships

## Girls 1600 Meter Run

**Prelims: 5:35 p.m. Fri. Final: 6:21 p.m. Sat.**

National: 4:33.82 5/31/2008 Christine Babcock (Woodbridge)  
State Meet: 4:33.82 5/31/2008 Christine Babcock (Woodbridge)

Pos.	Name	Gr.	School	Sec.	Sec. Mark
<b>Heat 1 of 2 Prelims</b>					
13	Green, Juliana	11	Davis	SJ	5:09.27
6	Mehra, Rebecca	9	Palos Verdes	SS	4:52.93
1	Foster, Staci	12	Lutheran (Orange)	SS	4:52.99
2	Robinson, Erin	10	Gunn	CC	5:02.24
7	McCullough, Lucy	10	Marin Academy	NC	4:54.82
3	Dubose, Damajeria	12	Bishop O'Dowd	NC	4:53.98
9	Allen, Courtney	12	San Benito Hol	CC	4:59.08
12	Bricks, Macy		Buchana	CE	4:57.70
5	Silva, Sammy	12	Academy of Olp	SD	4:49.79
8	Allen, Chloe		Clovis West	CE	5:00.83
1	Wallis, Jaclyn	11	Venice	LA	5:14.78
4	Gillingham, Erin	12	Torrey Pines	SD	4:53.50
10	Camacho, Savannah	9	Templeton	SS	4:53.68
<b>Heat 2 of 2 Prelims</b>					
5	Taylor, Jacque	11	Casa Grande	NC	4:50.56
4	Billmeyer, Alli	10	Torrey Pines	SD	4:53.23
1	Heflin, Tiffany	10	Lassen	NO	5:18.50
6	George, Diana	12	Livermore	NC	4:53.98
7	Andrade, Isabel	11	Petaluma	NC	4:56.29
13	Scott, Hayley	11	Oak Ridge	SJ	5:02.77
2	Zavesky, Christine	10	Granite Bay	SJ	5:05.20
8	Randall, Anne	12	Saugus		4:56.50
10	Barsarian, Saylah		Clovis	CE	4:59.39
14	Delgado, Laura	11	San Pedro	LA	5:14.93
3	Adams, Christine	11	Esperanza	SS	4:53.02
9	Sturges, Allison	9	Mountain View	CC	4:59.32
12	Curtis, Chloe	11	Redondo	SS	4:51.32
11	McAlister, Catrina	10	Arcadia	SS	4:53.69

## Boys 1600 Meter Run

**Prelims: 5:50 p.m. Fri. Final: 6:32 p.m. Sat.**

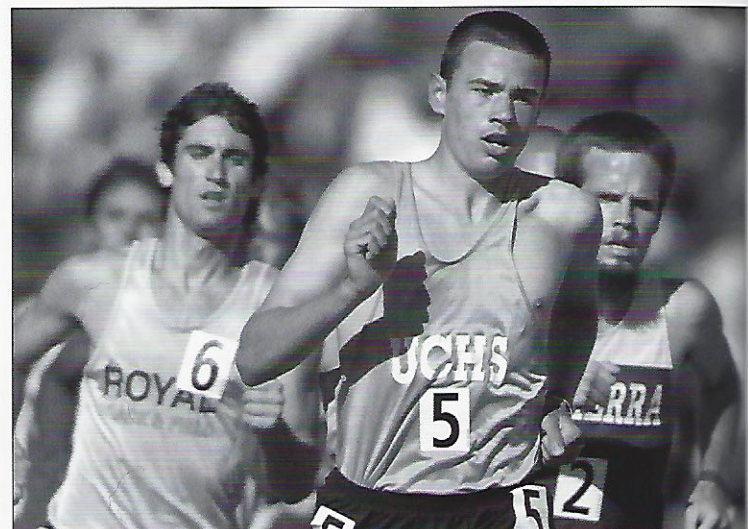
National: 3:59.51 4/14/2001 Alan Webb (South Lakes, VA)  
State Meet: 4:00.29 5/31/2008 German Fernandez (Riverbank)

Pos.	Name	Gr.	School	Sec.	Sec. Mark
<b>Heat 1 of 2 Prelims</b>					
12	De Alba, Pedro	12	El Rancho	SS	4:11.90
7	Brady, Tyler	12	Upland	SS	4:13.95
10	Milechman, Dan	10	Tamalpais	NC	4:20.36
15	Deck, Andrew	12	Vintage	SJ	4:25.09
13	Gedyon, Elias	10	Loyola	SS	4:11.41
11	Innes, Greg	12	St. Ignatius	CC	4:20.71
4	Lema, Nohe	12	Willow Glen	CC	4:15.42
9	McLeod, Rory	12	Santa Rosa	NC	4:18.13
5	Phillips, Zak	12	Dana Hills	SS	4:12.32
2	Albertson, C.J.		Buchanan	CE	4:22.98
6	Fleet, Mac	12	University Cty	SD	4:09.46
14	Rosales, Pablo	11	San Pedro	LA	4:18.88
3	Rosales, David	10	San Pedro	LA	4:21.38
8	Raedel, Kenneth	12	San Pasqual	SD	4:15.03
1	Bornstein, Evan	12	El Camino	SJ	4:25.33
<b>Heat 2 of 2 Prelims</b>					
1	Kaylor, Zack	11	Enterprise	NO	4:24.69
4	Goodger, Mike	11	Carlsbad	SD	4:15.91
8	Thomas, Danny	11	Arroyo	NC	4:16.08
10	Geiger, Ross	12	Campolindo	NC	4:20.23
14	Coates, Corey	11	Davis	SJ	4:23.46
3	Solorzano, Javert	11	Granada Hills	LA	4:20.97
7	Cardona, David	12	North Torrance	SS	4:14.54
13	Sanchez, Jonathan		Buchanan	CE	4:14.71
2	Tesfai, Germay		Hoover	CE	4:21.36
11	Edwards, Travis		Royal	SS	4:12.27
12	Valdes, Tyler	12	Dana Hills	SS	4:11.35
9	Hunt, Rylan	12	Aptos	CC	4:19.98
6	Villalva, Toby	12	El Toro	SS	4:10.05
5	Cameron, James	12	Mission Viej	S	4:12.29

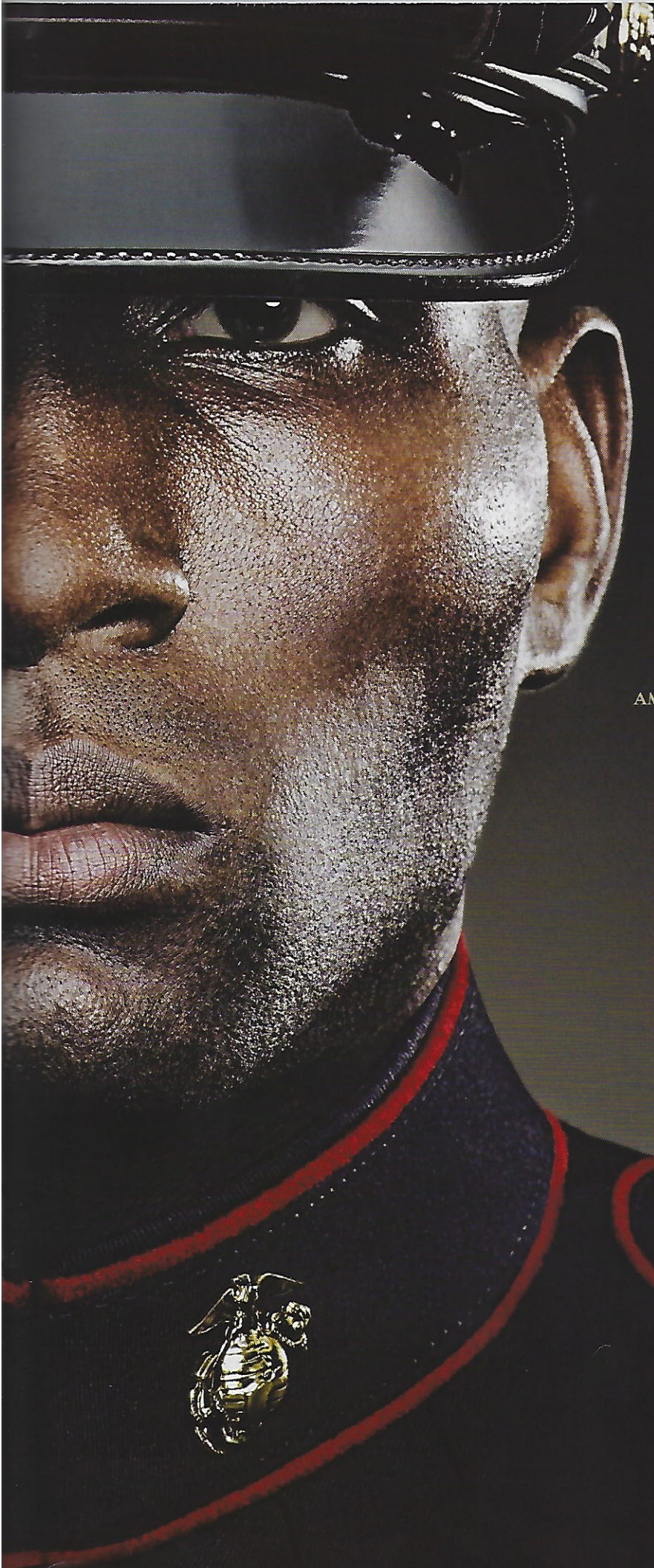


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# CIF State Track and Field Championships

## Girls 100 Meter Hurdles

**Prelims: 6:06 p.m. Fri. Final: 6:49 p.m. Sat.**

National: 13.03 6/2/2007 Vashti Thomas (Mt. Pleasant)  
State Meet: 13.03 6/2/2007 Vashti Thomas (Mt. Pleasant)

Lane	Name	Gr.	School	Sec.	Sec. Mark
<b>Heat 1 of 4 Prelims</b>					
2	Melton, Jen		Clovis West	CE	15.26
3	Barnum, Melissa	11	Rancho Bernrdo	SD	14.73
4	Goranson, Hannah	11	Valley Christian, SJ	CC	14.27
5	Carter, Kori	11	Claremont	SS	13.80
6	Stewart, Shanice	10	Carter	SS	14.21
7	Rogers, Mariah	11	Prospect	CC	14.56
8	Hennigan, Laurie	10	Taft	LA	15.15
<b>Heat 2 of 4 Prelims</b>					
2	Draper, Ayla	11	Golden West	CE	15.60
3	Hill, Pia	11	Taft	LA	14.75
4	Smith, Ashley	12	Millikan	SS	14.30
5	Baltimore, Ashtyn	12	Marlborough	SS	13.92
6	Dunn, Karynn	12	Diamond Ranch	SS	14.19
7	Treadwell, Asha	12	Skyline	OK	14.53
8	O'Brien, Hayley	11	Valhalla	SD	15.02
<b>Heat 3 of 4 Prelims</b>					
2	Aldridge, Monique	11	Castro Valley	NC	15.60
3	Rodgers, Aimee	12	Freedom	NC	14.86
4	Nelms, Katie	11	Leland	CC	14.33
5	Davis, Monisha	12	Etiwanda	SS	14.00
6	Cox, Melia	10	Poly (Lb)	SS	14.18
7	Littleton, Danielle	11	Vista	SD	14.42
8	Powell, Donnise	12	Logan James	NC	14.96
<b>Heat 4 of 4 Prelims</b>					
2	Menschel, Amanda	11	Wheatland	NO	16.21
3	Martin, Erika	11	Palisades	LA	14.88
4	Pugh, Daje	9	Fairfield	SJ	14.35
5	Davis, Chalese	10	Hercules	NC	14.16
6	Carter, Kayla	12	Lodi	SJ	14.18
7	Birkley, T'Keyah	12	Foothill	SJ	14.40
8	Monteverde, Alyssa		Clovis West	CE	14.91

## Boys 110 Meter Hurdles

**Prelims: 6:25 p.m. Fri. Final: 7:00 p.m. Sat.**

National: 13.30 5/26/1990 Chris Nelloms (Dunbar, Dayton, OH)  
State Meet: 13.39 6/5/2004 Kevin Craddock (James Logan)

Lane	Name	Gr.	School	Sec.	Sec. Mark
<b>Heat 1 of 3 Prelims</b>					
1	Walker III, Kenneth	9	Freedom	NC	15.08
2	Mashler, Andrew	12	Golden West	CE	14.64
3	Hopkins, Ramsey	12	Torrey Pine	SD	14.33
4	Muhammed, Elijah	12	Morse	SD	14.21
5	Martin, Kyler	12	Vacaville	SJ	14.00
6	Valentine, Jr, Maurice	12	Castro Valley	NC	14.18
7	Cabral, Jonathan	10	Agoura	SS	14.29
8	Porayanee, Krist	12	South Pasadena	SS	14.63
9	Campbell, Jeffrey	12	Archbishop Mitty	CC	14.98
<b>Heat 2 of 3 Prelims</b>					
1	Dumore, Joel	12	West Valley	NO	15.09
2	Guenther, Peter	12	Gilroy	CC	14.68
3	Mamon, Chris	11	Benicia	SJ	14.35
4	Blackmon, Devon	10	Summit	SS	14.23
5	Morgan, Dale	11	Taft	LA	14.00
6	Johnson, Sean		Buchanan	CE	14.15
7	Mayfield, Angell	11	Weston Ranch	SJ	14.29
8	Finley, Kevin	11	Granite Hills	SD	14.46
9	Romo, Marcus	12	Wilcox	CC	14.94
<b>Heat 3 of 3 Prelims</b>					
2	Okwudiafor, Ikem	11	St. Mary's	NC	14.76
3	Gilmer, Donte	12	Birmingham	LA	14.42
4	Harris, Jeremy	12	Dorsey	LA	14.27
5	Pedrogo, Devalle	11	Mission Viejo	SS	14.13
6	Jones, Chad	12	Bishop O'Dowd	NC	14.14
7	Archie, Corvaughn		Buchana	CE	14.27
8	Blue, Noah	11	Skyline	OK	14.43
9	Sanders, Jonathan	12	Millikan	SS	14.77



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**KORI CARTER**  
Claremont High School

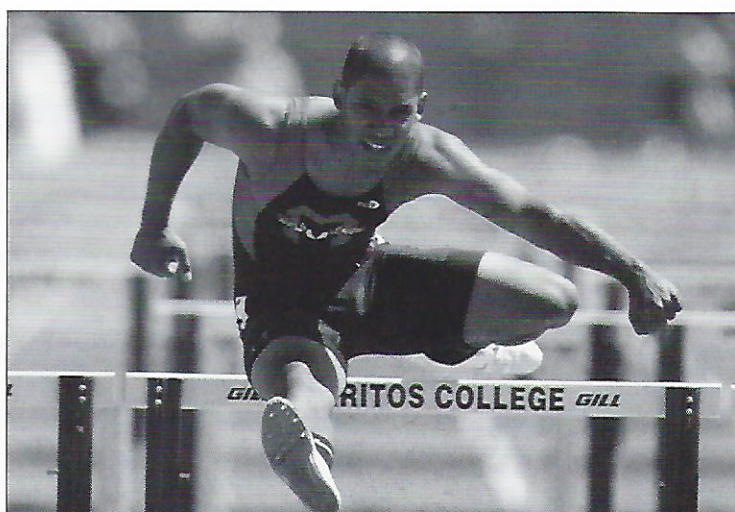


PHOTO BY KIRBY LEE

**DEVALLE PEDROGO**  
Mission Viejo High School



# CIF State Track and Field Championships

## Girls 400 Meter Dash

**Prelims: 6:38 p.m. Fri. Final: 7:11 p.m. Sat.**

National: 50.74 6/3/2000 Monique Henderson (Morse, San Diego)  
State Meet: 50.74 6/3/2000 Monique Henderson (Morse, San Diego)

Lane	Name	Gr.	School	Sec.	Sec. Mark
<b>Heat 1 of 4 Prelims</b>					
2	Lucero, Demi	11	Escondido	SD	57.70
3	Watley, Briana	11	Birmingham	LA	56.20
4	Jordan, Cierra	10	St. Mary's	SJ	55.73
5	Thompson, Turquoise	12	Serra	SS	53.45
6	Fermin, Shawna	12	Silverado	SS	55.72
7	Kressin, Emily	12	Troy	SS	56.14
8	Jarvis, Katherine	11	Lowell	SF	57.64
<b>Heat 2 of 4 Prelims</b>					
2	Atkins, Kody	9	Chico	NO	57.70
3	Twicken, Christina	11	San Clemente	SS	56.23
4	Harper, Jazmin	10	Oakmont	SJ	55.77
5	Ndipagbor, Akawkaw	10	Poly (Lb)	SS	53.77
6	Houston, Vanessa	12	Hoover	SD	55.63
7	Hardiman, Iesha	9	Wilcox	CC	56.11
8	Whitmore, Alexandria	10	Fairfield	SJ	57.02
<b>Heat 3 of 4 Prelims</b>					
2	Gamble, Brooke	12	Poway	SD	57.76
3	Whittington, Dominique	10	Lemoore	CE	56.32
4	Aldredge, Lasaasha		Center	SJ	55.79
5	Jones, Vanessa	10	Etiwanda	SS	54.69
6	Okodogbe, Chizoba	11	Deer Valley	NC	55.36
7	Sivaji, Vainayaki	12	N Hollywood	LA	56.08
8	Landen, Shanie	12	St. Francis	CC	56.90
9	Fox, Raven	10	Deer Valley	NC	58.34
<b>Heat 4 of 4 Prelims</b>					
2	Woefler, Anne	10	St. Mary's	NC	58.04
3	Wyrick, Diedra		Sunnyside	CE	56.59
4	Clague, Angela	11	San Luis Obispo	SS	55.86
5	Estell, Gabby	10	Rancho Verde	SS	54.72
6	Scott, Gabrielle	10	Woodbridge	SS	55.02
7	Anthony, Areanna	12	Birmingham	LA	55.87
8	Irish, Lauren	11	Half Moon Bay	CC	56.74
9	Adesida, Divine	11	Alhambra	NC	58.05

## Boys 400 Meter Dash

**Prelims: 6:58 p.m. Fri. Final: 7:20 p.m. Sat.**

National: 45.25 6/19/1993 Calvin Harrison (North Salinas)  
State Meet: 45.25 6/19/1993 Calvin Harrison (North Salinas)

Lane	Name	Gr.	School	Sec.	Sec. Mark
<b>Heat 1 of 4 Prelims</b>					
2	Ross, Rashad	12	Vallejo	SJ	49.39
3	Blocker, Tom	12	Jesuit	SJ	48.58
4	Healy, Ryan	11	Redwood	NC	47.98
5	Wyatt, Reggie	12	La Sierra	SS	46.54
6	Adams, Bryan	12	Roosevelt, E	SS	47.95
7	Pierce, Marcus	12	Sweetwater	SD	48.31
8	Thompson, Jaquelle	10	Piedmont Hills	CC	49.39
<b>Heat 2 of 4 Prelims</b>					
3	Knight, Benjamin	11	Overfelt	CC	49.47
4	Delfani, Sean	11	Las Lomas	NC	48.18
5	Mance, Josh	11	Chino Hills	SS	46.99
6	Conway, Terrence	12	Manual Arts	LA	47.65
7	Tate, Hosea	11	Mt. Miguel	SD	48.27
8	Roache, Alex	12	Tennyson	NC	49.35
9	Pullen, Tim	12	Paradise	NO	49.97
<b>Heat 3 of 4 Prelims</b>					
2	Anderson, Deondre	10	Burton	SF	49.51
3	Afrentanger, Marty		Liberty	CE	48.72
4	Robertson, Paul	12	Rancho Verde	SS	48.18
5	Woods, Robert	11	Serra	SS	47.15
6	Ryan, Keegan	12	Carlsbad	SD	47.61
7	Morgan, Ryan	11	Ramona	SD	48.25
8	Goodall, Antuan	11	Taft	LA	49.34
9	Bridges, Romon	10	Edison	SJ	49.67
<b>Heat 4 of 4 Prelims</b>					
2	Jones, Karrington	11	West Adams Prep		49.53
3	Tran, Josh	12	Independence	CC	49.20
4	Hasson, Taj	11	Cathedral	SS	48.20
5	Craver, Jalen	10	Artesia	SS	47.29
6	Grant, Kivon	12	Dominguez	SS	47.46
7	Purvis, Isiah		Ridgeview	CE	48.24
8	Crayton, Evan		Bullard	CE	49.30
9	Atkinson, Josh	10	Granada	NC	49.66

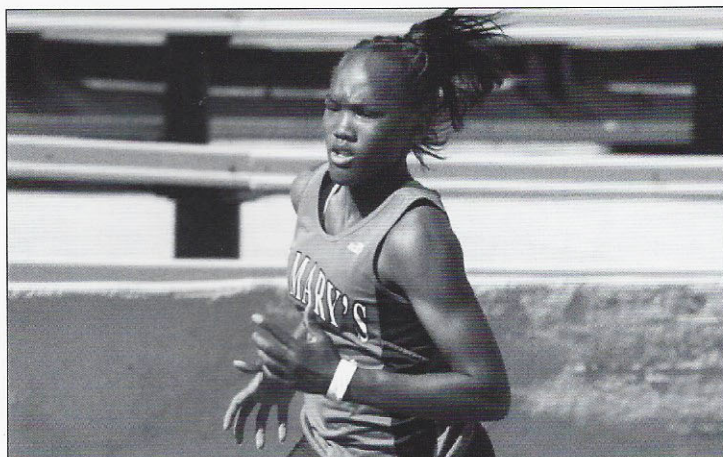


PHOTO BY JOE HARTMAN

**CIERRA JORDAN**  
St. Mary's (Stockton)

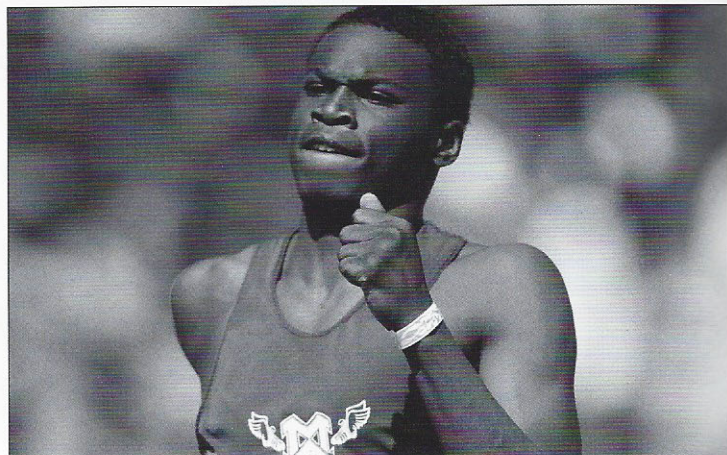


PHOTO BY ANDREW LEE

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Manual Arts High School



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# CIF State Track and Field Championships

## Girls 100 Meter Dash

**Prelims: 7:17 p.m. Fri. Final: 7:31 p.m. Sat.**

National: 11.14 6/6/1992 Marion Jones (Thousand Oaks)  
State Meet: 11.14 6/6/1992 Marion Jones (Thousand Oaks)

Lane	Name	Gr.	School	Sec.	Sec. Mark
<b>Heat 1 of 3 Prelims</b>					
2	Gibbs, Jasmine	9	Oceanside	SD	12.36
3	Martinez, Andrea	12	Willow Glen	CC	12.18
4	Stoudenmire, Tenille	12	Rancho Bernrdo	SD	11.95
5	Gradiska, Angela	11	Pinewood	CC	11.76
6	Chapman, Melanise	12	Paraclete	SS	11.79
7	Wilson, Trinity	9	St. Mary's	NC	11.91
8	Wandick, Brushey		Bakersfield	CE	12.09
9	Woods, Jasmine	11	El Camino Real	LA	12.33
<b>Heat 2 of 3 Prelims</b>					
2	Finley, Gabrielle	9	Pleasant Valley		12.99
3	Riddlesprigger, Mariah		Bullard	CE	12.18
4	Davis, Jessica	11	Highland	SS	11.84
5	Purvis, Ashton	11	St. Elizabeth	NC	11.48
6	Gooden, Asiah	11	Rancho Verde	SS	11.77
7	Price, Charnell	11	St. Mary's Academy	SS	11.90
8	Puterbaugh, Jenna	11	Santa Fe Chr	SD	12.06
9	Boyd, Alitta	12	Moreau Cath	NC	12.30
<b>Heat 3 of 3 Prelims</b>					
1	King-Anderson, Mikala	12	Lowell	SF	12.67
2	Payton, Malaina	12	Fremont	OK	12.21
3	Campbell, Strangenae	10	Pinole Valley	NC	12.00
4	Prandini, Jenna		Clovis	CE	11.84
5	Droughn, Valexia	10	Rio Mesa	SS	11.61
6	White, Monikkia	12	Vallejo	SJ	11.79
7	Knox, Kashae	11	Pleasant Grove	SJ	11.90
8	Adams, Brittany	11	Inderkum	SJ	12.03
9	Reed, Alexis	11	Gardena	LA	12.23

## Boys 100 Meter Dash

**Prelims: 7:30 p.m. Fri. Final: 7:40 p.m. Sat.**

National: 10.15 5/12/1990 Henry Neal (Greenville, TX)  
State Meet: 10.30 6/6/1992 Riley Washington (Southwest)

Lane	Name	Gr.	School	Sec.	Sec. Mark
<b>Heat 1 of 3 Prelims</b>					
1	Silveria, Colton	11	Central Valley	NO	11.02
2	Egu, Ken	11	DeLaSalle	NC	10.87
3	Riggins, Anthony	11	Rodriguez	SJ	10.77
4	Love, Vontrail	12	Hanford West	CE	10.70
5	Carroll, Randall	12	Cathedral	SS	10.50
6	Atkinson, George	10	Granada	NC	10.70
7	Morrow, Jordan	11	Rodriguez	SJ	10.76
8	Scott, DJ		Edison	CE	10.86
9	El-Sabawa, Bassim	11	Torrey Pines	SD	10.97
<b>Heat 2 of 3 Prelims</b>					
1	Fountain, Dante	12	Healdsburg	NC	11.03
2	Sainion, Parnit	12	Andrew Hill	CC	10.87
3	Rucker, Darquis	11	Skyline	OK	10.80
4	Batson, DionDre	11	Laguna Creek	SJ	10.70
5	Thomas, DeAnthony	10	Crenshaw	LA	10.60
6	Middlebrooks, Kyle	11	Fountain Villy	SS	10.68
7	Cooks, Joe	12	Mission Hills	SD	10.75
8	Jackson, Kenny	12	Elsinore	SS	10.84
9	Combs, Sean	11	Deer Valley	NC	10.94
<b>Heat 3 of 3 Prelims</b>					
1	Hampton, Demaree	12	Mission	SF	11.03
2	Saseun, Charles	12	Rancho Cucamng	SS	10.90
3	Sanders, Zeke	12	Santa Cruz	CC	10.84
4	Herron, Robert	11	Dorsey	LA	10.73
5	Carter, Tevin	11	Santee	LA	10.61
6	Spencer, Kendall	12	San Mateo	CC	10.68
7	Price, Sheldon	12	Bishop Amat	SS	10.73
8	Alada, Nathan		Stockdale	CE	10.84
9	Strickland, Maurice	12	Mira Mesa	SD	10.91



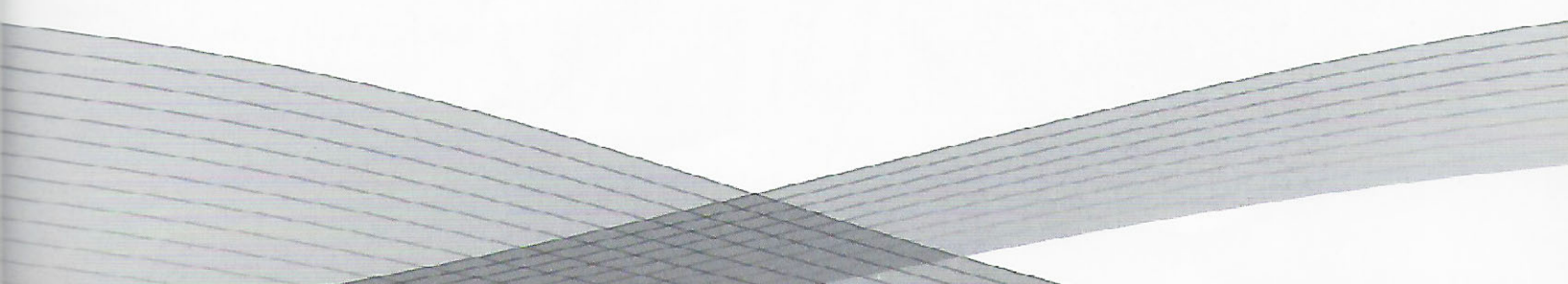
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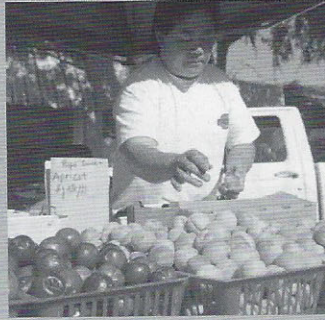
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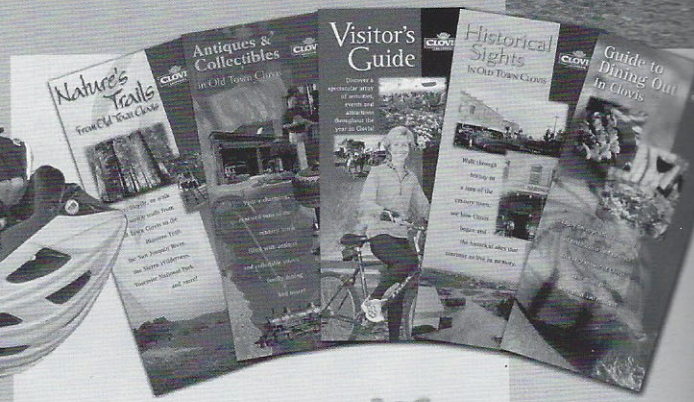
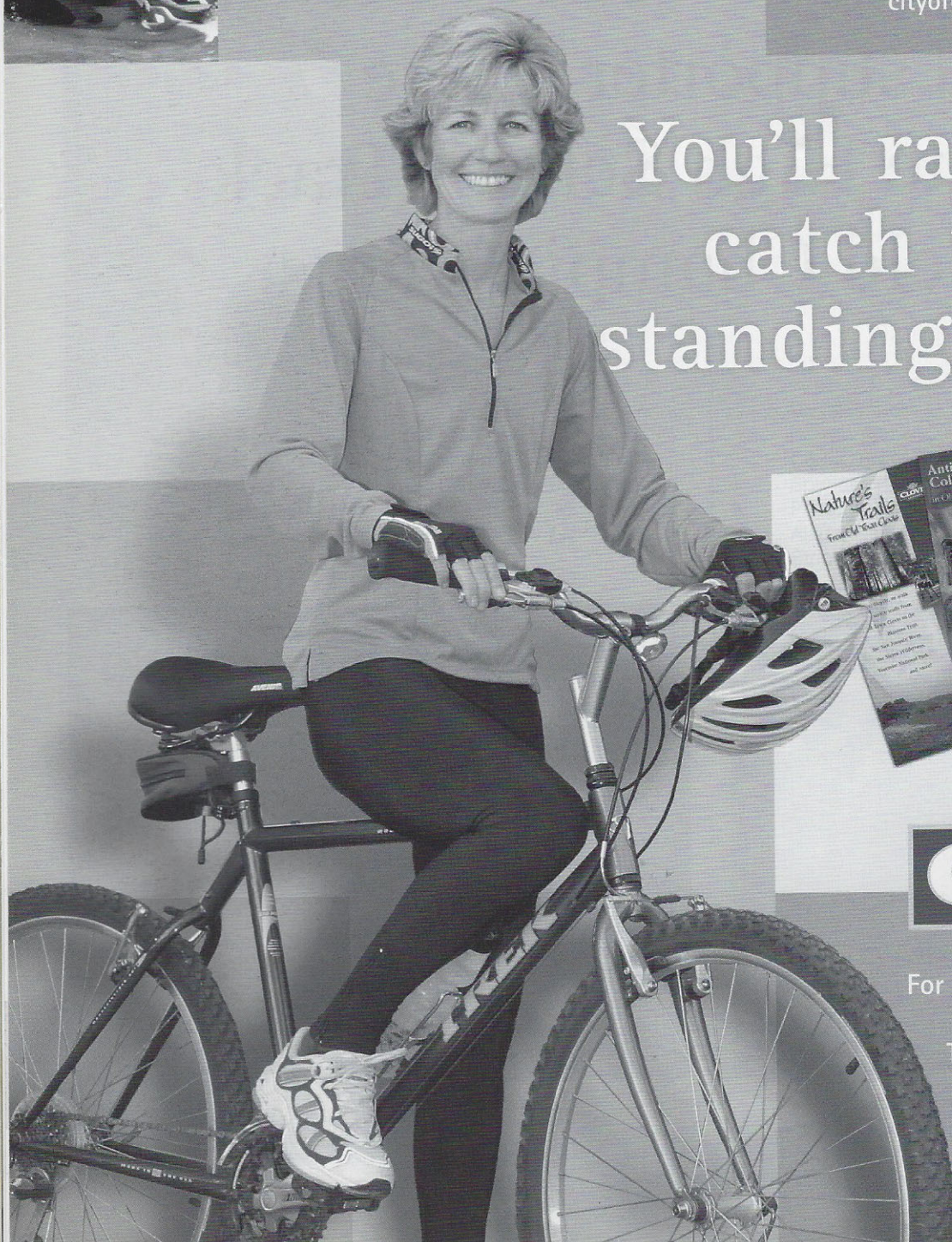
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# Candace Wu and Malcolm McGregor Selected 2009 CIF/Farmers Scholar-Athletes of the Year

Candace Wu from Valencia (Placentia) High School and Malcolm McGregor of Francis Parker (San Diego) School have been selected as the 2009 CIF/Farmers Scholar-Athletes of the Year. The scholarship award, established in 1982, recognizes student-athletes who not only excel in the classroom and in athletics but also are strong contributors to their schools and communities.

"I am constantly encouraged by the young people in our schools and our scholar-athletes are another affirmation of the great potential the future holds. We, once again, had an excellent group of nominees and I wish to personally congratulate them all," said CIF Executive Director Marie M. Ishida. "I'd also like to recognize Farmers Insurance for their generosity in support of the Scholar-Athlete program and their desire to partner with CIF in recognizing California students who truly embody the term 'scholar-athlete.'"

Both statewide winners will be honored at the State Capitol and on the Senate and Assembly Floors in Sacramento, Thursday, June 11. In addition, they each will receive a \$5,000 award. Nominations for this prestigious award were received from the 1,446 high schools that make up the CIF membership.

In addition, thanks to the generous support of Farmers Insurance Group, two winners (one male and one female) also will be recognized from each CIF Section with a \$2,000 award.

"We are pleased to present these awards to outstanding and deserving student-athletes," noted Charles Browning, Farmers Vice President of Community Branding. "At Farmers, giving back to the community is our way of ensuring the success of future generations. We are proud to support CIF and do our part to help these students achieve their dreams in life."

## CANDACE WU

Wu has been a four-year member of the varsity tennis team and also spent one year on the soccer team. She boasts a 4.6 weighted grade-point average and is the top-ranked student in her 590 member class. She will attend Johns Hopkins University in the fall.

She was a four-time First Team All-League selection in tennis, and helped her team win three CIF Southern Section Team Championships and four Empire League Team Championships. She was a two-time Empire League Doubles Champion, as well as CIF Southern Section Quarterfinalist and Empire League Singles Finalist.

She is a tireless volunteer at Placentia-Linda Hospital and earned the Valencia High School Century Award for devoting over 300 hours of her time to the hospital. As a member of the National Honor Society at her school, she tutors students on campus. She also founded the Valencia ChemClub, which performs chemical demonstrations and laboratory experiments in order to instill a passion for chemistry in her classmates.

In addition to being a National Merit Finalist and an AP Scholar with Distinction, Wu received the University of California, Irvine Academic Talent Search Award.

Continuing her passion for science, Wu intends to major in Biomedical Engineering with career goals of being a Researcher or Medical Doctor.



Candace Wu

"Candace's strengths are not only found in the classroom but in extracurricular activities as well," said Amy Des Palmes, Valencia High School Girls Athletic Director. "Candace is one of the most courteous competitors I've ever met. She is never boastful and always treats her competition with the utmost respect. Her dedication to the sport of tennis the past four years is both admirable and inspiring. Candace's resume is impressive. Her long list of accomplishments and activities demonstrate her ability to balance a very active, involved lifestyle with high quality academic work."

### Candace Wu Essay:

Our experiences as adolescents build our foundations and enhance our qualities as leaders of the future. I believe that my athletic and academic achievements show that I have striven to be the best that I can be and have been successful. Having participated in sports my whole life, I feel that through my involvement in team and individual sports, I have acquired fundamental qualities that have enabled me to work well with others and that have allowed me to be an independent thinker who is competent at making wise decisions. My affinity for sports and my athletic endeavors have given me the opportunity to challenge myself, and through these experiences, I have grown and matured and have discovered who I am as an individual, a scholar, and an athlete.

Despite the seemingly simplicity of questions regarding ethics and integrity, making the most honest decisions is not as easy as it seems. However, it is important to understand that despite the difficulties surrounding ethical dilemmas, it is essential to always know to do the right thing based on one's own principles and judgments.

As a serious and competitive athlete, I have rigorously trained for the mentally and physically challenging sports of tennis and soccer. Two years ago, as I was competing individually in the Empire League finals for my varsity tennis team, I was confronted with an ethical problem. I found that my opponent cheated on many line calls and intentionally caused other problems in order to lower my morale. However, as it was a competition between high schools, there was no referee available, and it appeared that I was forced to endure my opponent's actions. What else could I do? I was competing for the pride and honor of my high school, and I couldn't let them down. Should I make

my calls the way she was making them? Was it necessary to stoop down to her level in order to win? These questions swam around in my mind, but in the end, I realized that that was not the way I handled situations. I have always lived by certain principles, and integrity is a value that I value very much. I ended up losing the match, but when my opponent's father came to apologize, I was glad I had finished with dignity, had adhered to my principles, and had played my best. Because of that, I felt like a winner.

I strongly feel that my involvement in team and individual sports has definitely built upon my character as a leader and has enhanced my belief in the necessity of working together to achieve success. My athletic career has had a great impact on my life and has given me the opportunity to make myself a better person. I have lived up to my values and have challenged myself to the best of my abilities. The competitive nature of soccer and tennis has taught me that it is through hard work and dedication that one can truly become successful.

## MALCOLM MCGREGOR

McGregor has been a three-year member of both the lacrosse and football teams at Francis Parker School and is one of the top students in his class with a 4.61 weighted grade-point average. He will attend Stanford University in the fall.

A defender on the lacrosse team and an offensive lineman on the football team, McGregor was named to the *San Diego Union-Tribune* All Academic Teams in both sports. He was named Junior Varsity Most Improved Player his freshman season on the football team. As a sophomore, he earned JV Lineman of the Year honors. In addition, he was named Second Team All-Conference Offensive Lineman after helping lead his team to the San Diego Section Division V Championship as a senior.

He has volunteered with Teen-Senior Connect, helping senior citizens in his local community to learn e-mail, Microsoft Word and Excel, and other computer programs. He also offers his time as a coach and referee for Sports for Exceptional Athletes and as a volunteer at the San Diego Food Bank. On campus, he serves as an advisor to incoming freshman.

The Associated Student Body Treasurer at Francis Parker, McGregor was named a National Merit Commended Scholar and AP Scholar with Distinction. He also received the Rensselaer Polytechnic Institute Medal Award for outstanding achievement in mathematics and science. In addition to being a distinguished student and athlete, McGregor is an accomplished photographer, earning two first-place ribbons at the 2007 Del Mar County Fair for black and white photographs.

McGregor plans to major in Economics or Political Science with the intention of pursuing a career in law, investment banking or politics. While participating in the Georgetown University Summer College last year, McGregor served as an intern for Representative Susan Davis (CA-53rd).

"Malcolm is a superb leader both on and off the field," said Francis Parker Athletic Director Dan Kuiper. "He acts as a role model for both his classmates

*Continued on page 29*

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## 2009 CIF/Farmers Scholar-Athletes of the Year

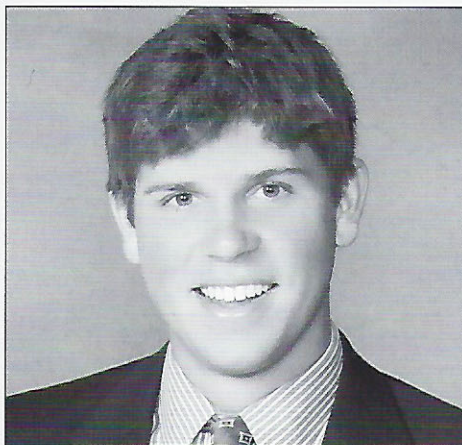
Continued from page 27

and underclassmen. Malcolm displays excellent sportsmanship in all facets of the sport; with his teammates, coaches, officials, and opponents. He is gifted with a quick memory and seems to learn something new every day. He is a phenomenal student, and outstanding athlete, and an even better person."

### Malcolm McGregor Essay:

At the end of my sophomore season he left us. Our five-foot tall, prematurely-balding, short-tempered coach who had earned our team's unconditional respect through his determination, awe-inspiring talent for the game, and authoritarian coaching style, has been accepted to the Wharton School of Business and would no longer be coaching the Francis Parker varsity boys lacrosse team. Though this event was seemingly insignificant at the time, it would set about a course of events that dramatically changed the way in which I pursue my goals.

I, like the rest of the team, entered the next season slightly demoralized at the loss of our coach and skeptical of the talented yet inexperienced freshmen who had filled the positions vacated by graduating seniors. However, once we played our first scrimmage my passion for the game was rekindled. Thought I was not a captain as a junior, I took it upon myself to fill the leadership void left by the departure of our former coach. I wasn't going to let my lack of formal title stop me from doing everything in my power to ensure that the team performed to its greatest ability. I made sure that our three starting freshmen fully understood the intricacies of each of our plays and I quickly became the *de facto* leader of our young defense. Our season started off with a few easy wins; however, the team's lack of discipline in practice became very evident in our game play. This lack of discipline and the resultant "sloppy play" was likely the result of a variety of factors, yet the most likely candidate was the stark contrast between our former drill sergeant of a coach and our new coach, the latter being more of a proponent of "positive reinforcement." Whatever the



Malcolm McGregor

reason, the effect was clear: our season quickly went into a tailspin as we posted several consecutive games in the loss column.

I became furious as the team apathetically went into each game expecting to lose, and all the while the captains said nothing and played with the same lax attitude as the rest of the team. Every time the team would come off the field after a bad half, the three of them would just stand there; I kept thinking, "At least I'll be a captain next year, then I can make sure this will never happen again." I did everything in my power to break our increasingly predictable streak of losses – but to no avail. I gave passionate speeches before, during, and after each game and I played every game as if it were my last; yet for seven straight games, I would find myself at the end of each game staring at the scoreboard baffled. I didn't know what else I could do; I just couldn't make the rest of the team want to win as badly as I did. The next game, one of our defenders who had been out with a knee injury returned to the team. He was a talented player and notorious for being a very vocal leader. In my frustrated state, I essentially turned over the leadership helm to him. As a result, I didn't play with the near amount of intensity and drive as I had prior to his return. I had a very

mediocre remainder of the season and the team finished out the season with a few losses and a narrow win against an easy opponent.

I ended the season with a bad taste in my mouth and disappointed in my play. The coach announced that captains for next season would be chosen during the Spring Sports Banquet, only a week after the current season ended. I was excited because I was sure I was going to be selected, and having the entire off-season as captain would allow me to organize off-season practices and workouts to ensure that our next season did not suffer a similar fate to that of the previous season. I was anxious and excited when the night of the sports banquet finally arrived. I sat wringing my hands as parents and players alike awaited the coach's announcement. One by one the coach read off each one of the captains. I was not one of them. I clapped out of obligation but inside I was devastated. As I drove home I was consumed in thought. I wanted to blame everyone – the coach for overlooking me, the players who were chosen for not deserving to be captains, everyone but myself. But as I continued to think, I came to the realization that although I probably deserved to be chosen, so too did those who were actually selected. I had neglected the best piece of advice I have ever received, "Alleviate all doubt. Don't let them even consider telling you 'No.'" I didn't do everything in my power to help the team until the bitter end. I left an element of doubt in my coach's mind as to my leadership ability; therefore, my disappointment was no one's fault but my own.

Up until that moment this was not an uncommon theme in my life. Though I had accomplished numerous successes, there were times when I did not accomplish various goals due not to my lack of qualification, but rather by not establishing myself as the unquestionable choice. I would always establish myself as a strong contender in everything that I did, but I would often leave myself vulnerable to subjectivity. After reflecting on this habit I had two options: I could dwell on the past and let my disappointment thwart my future success, or I could learn from this experience and put everything that I can into each endeavor I pursue. I chose the latter.



# FARMERS®

### 2009 CIF/FARMERS Scholar-Athlete Section Winners

#### CENTRAL SECTION

Jordan Hasay Mission College Preparatory, San Luis Obispo  
Joshua Shambaugh Garces Memorial High School, Bakersfield

#### CENTRAL COAST SECTION

Kathleen Miller Gilroy High School  
Erik Zahnlecker Salinas High School

#### LOS ANGELES CITY SECTION

Kevin Cabrera Northridge Academy High School  
Rebecca Verstraete Cleveland High School, Reseda

#### NORTH COAST SECTION

Kelly Peterson Northgate High School, Walnut Creek  
Ian Williams St. Vincent de Paul High School, Petaluma

#### NORTHERN SECTION

William Anderson Chester High School  
Mallory McGowan Colusa High School

#### OAKLAND SECTION

Shira Zingman-Daniels Oakland Technical High School  
Emiko Zumbro Oakland Technical High School

#### SAC-JOQUIN SECTION

Jordan Enos Lincoln High School, Stockton  
Maria Malone Folsom High School

#### SAN DIEGO SECTION

Skyler Dougherty University City High School, San Diego  
Amanda Mulligan La Jolla Country Day School

#### SAN FRANCISCO SECTION

Elena Chin Lowell High School  
Kendrick Chow Galileo Academy of Science & Technology

#### SOUTHERN SECTION

Shane Roberts Jurupa Valley High School, Mira Loma  
Christine Yost Cornelia Connelly School, Anaheim



# CIF State Track and Field Championships

## Girls 800 Meter Run

**Prelims: 7:44 p.m. Fri. Final: 7:50 p.m. Sat.**

National: 2:02.9h 5/24/2008 Chanelle Price (Easton Area, PA)  
State Meet: 2:04.91 6/2/1984 Trena Hull (Compton)

Lane Name	Gr.	School	Sec.	Sec. Mark
<b>Heat 1 of 3 Prelims</b>				
1	Urciaga, Yanet	11	Reseda	LA 2:20.71
2	Ralstin, Samantha	10	Oak Ridge	SJ 2:16.67
3	Rivers Birt, Lia	12	Bishop O'Dowd	NC 2:14.49
4	Sailinuu, Sakia	12	Eisenhower	SS 2:13.00
5	Davis, Carlyle	12	Marlborough	SS 2:10.09
6	Fedronic, Justine	12	Carlmont	CC 2:12.81
7	Huang, Cindy	10	Lynbrook	CC 2:13.96
8	Davis, Ashley	12	St. Mary's	NC 2:16.30
9	Carr, Vanessa	12	Birmingham	LA 2:18.57
<b>Heat 2 of 3 Prelims</b>				
2	Purpura, Tamara	11	Lowell	SF 2:16.83
3	Diaz, Samantha	12	Ponderosa	SJ 2:14.50
4	Logan, Neausha	11	Poly (Lb)	SS 2:13.24
5	Drake, Aly	12	Valencia-V	SS 2:10.88
6	Kayali, Nihal	12	La Jolla	SD 2:12.34
7	Diaz, Jordan	11	Leigh	CC 2:13.75
8	Hammitt, Mikaela	9	Monte Vista	NC 2:15.93
9	Atkins, Kody	9	Chico	NO 2:18.37
<b>Heat 3 of 3 Prelims</b>				
2	Hammond, Rebecca	12	Davis	SJ 2:16.87
3	Livingston, Emily	12	Redwood	NC 2:14.93
4	Dadkhah, Ashlyn	9	Torrey Pine	SD 2:13.36
5	Apgar, Elizabeth	12	Lincoln	SD 2:12.16
6	Pettway, Paisley	11	Millikan	SS 2:12.26
7	Fry, Katie	10	Exeter	CE 2:13.51
8	Brown, Alisha	11	Madera South	CE 2:15.13
9	Pahkamaa, Molly	11	El Diamante	CE 2:18.27

## Boys 800 Meter Run

**Prelims: 8:04 p.m. Fri. Final: 8:00 p.m. Sat.**

National: 1:46.45 5/31/1996 Michael Granville (Bell Gardens, CA)  
State Meet: 1:46.45 5/31/1996 Michael Granville (Bell Gardens, CA)

Lane Name	Gr.	School	Sec.	Sec. Mark
<b>Heat 1 of 3 Prelims</b>				
1	Litwiller, Nathanael	12	Clayton Valley	NC 1:53.15
2	Hutchinson, Immanuel	10	San Jacinto	SS 1:54.09
3	Holland, Donte	12	North, JW	SS 1:54.25
4	Lewis, Jerrid		Ridgeview	CE 1:54.75
5	Arellano, Jesse		Madera	CE 1:54.81
6	Izqueirdo, Chris	12	Grace Davis	SJ 1:55.50
7	Younger, Cole	12	Mt. Whitney	CE 1:55.62
8	Parker, Daniel	11	Chico	NO 1:56.90
9	Martin, David-Jacobs	12	Burton	SF 1:58.04
<b>Heat 2 of 3 Prelims</b>				
1	Haslerig, Alfred	12	Otay Ranch	SD 1:53.38
2	Griffith, Kevin	11	San Ramon Vllly	NC 1:54.02
3	Guerin, Cole	11	Dana Hills	SS 1:54.33
4	Confer, Brendon	12	Servite	SS 1:54.75
5	Strum, Nathan	11	Pioneer	CC 1:54.84
6	Settles, Josh	12	Carlsbad	SD 1:55.48
7	Coupe, Jason	11	Galt	SJ 1:55.64
8	Mead, Weishen	12	University-SF	NC 1:55.77
9	Rosales, David	10	San Pedro	LA 1:59.86
<b>Heat 3 of 3 Prelims</b>				
1	Krnik, Sean	11	Valencia-PI	SS 1:53.79
2	Danielsen, Ruben	11	Rancho Verd	SS 1:54.00
3	Case, Matt	12	Del Campo	SJ 1:54.67
4	Cheng, Chris	12	Harvard Westlake	SS 1:54.72
5	St.Laurent, Sam	12	El Camino	SD 1:55.08
6	Arveson, Jake	12	Monterey	CC 1:55.45
7	Jani, Kevin	12	Branham	CC 1:55.74
8	Vedovi, Nick	11	Miramonte	NC 1:55.77
9	Jacobs, Edward	11	Westchester	LA 2:00.09
10	Rodriguez, Jose	11	Polytechnical	CE 2:00.22



PHOTO BY KIRBY LEE

**JUSTINE FEDRONIC**  
Carlmont High School



PHOTO BY JOE HARRIS

**MATT CASE**  
Del Campo High School



# CIF State Track and Field Championships

## Girls 300 Meter Hurdles

**Prelims: 8:25 p.m. Fri. Final: 8:12 p.m. Sat.**

National: 39.98 5/19/2001 Lashinda Demus (LB Wilson, CA)  
 State Meet: 40.10 6/4/2005 Ebony Collins (Wilson, Long Beach)

Lane	Name	Gr.	School	Sec.	Sec. Mark
<b>Heat 1 of 4 Prelims</b>					
2	McDonald, Shinead		Bakersfield	CE	45.88
3	Jackson, Taylor		Frontier	CE	44.35
4	Carter, Kayla	12	Lodi	SJ	43.43
5	Carter, Kori	11	Claremont	SS	41.92
6	Todd, Monica	11	Trabuco Hills	SS	43.42
7	Littleton, Danielle	11	Vista	SD	44.30
8	Osga, Emily	12	Patrick Henry	SD	45.25
<b>Heat 2 of 4 Prelims</b>					
2	Dixon, Cherise	12	Cleveland	LA	45.96
3	Hennigan, Laurie	10	Taft	LA	44.37
4	Birkley, T'Keyah	12	Foothill	SJ	43.55
5	Cousar, Nyjah	12	Wilson/LB	SS	41.97
6	Powell, Donnise	12	Logan James	NC	43.39
7	Lawson, Taylor	11	St. Mary's	NC	44.29
8	McDaniel, Keenya		Selma	CE	44.85
<b>Heat 3 of 4 Prelims</b>					
2	Amey, Cheron	12	Skyline	OK	46.04
3	Belt, Alisha	12	Carson	LA	44.41
4	Harrell, Urina	9	Serra	SS	43.94
5	Pugh, Daje	9	Fairfield	SJ	42.63
6	Nelms, Katie	11	Leland	CC	43.39
7	Rogers, Mariah	11	Prospect	CC	44.28
8	Toler, Laurena	12	Bishop O'Dowd	NC	44.65
<b>Heat 4 of 4 Prelims</b>					
2	Lambert, Taylor	11	West Valley	NO	46.82
3	Rodgers, Aimee	12	Freedom	NC	44.57
4	Whitmore, Alexandria	10	Fairfield	SJ	44.12
5	Nowell, Ericka	12	Perris	SS	42.68
6	Weaver, Angelica	12	Rancho Cucamng	SS	42.93
7	Cooper, Libby	12	Castilleja	CC	44.14
8	Larchmiller, Taylor	9	Granite Hills	SD	44.62
9	Gao, Eva	11	Lowell	SF	49.74

## Boys 300 Meter Hurdles

**Prelims: 8:45 p.m. Fri. Final: 8:22 p.m. Sat.**

National: 35.28 6/2/2007 Jeshua Anderson (Taft)  
 State Meet: 35.28 6/2/2007 Jeshua Anderson (Taft)

Lane	Name	Gr.	School	Sec.	Sec. Mark
<b>Heat 1 of 3 Prelims</b>					
1	Dumore, Joel	12	West Valley	NO	39.71
2	Namnath, David	11	Terra Linda	NC	38.99
3	Blue, Noah	11	Skyline	OK	38.65
4	Guenther, Peter	12	Gilroy	CC	38.16
5	Wyatt, Reggie	12	La Sierra	SS	36.88
6	Fischetti, Mikey	12	Dana Hills	SS	38.14
7	Johnson, Brandon	12	Amador Valley	NC	38.63
8	Darden, Joel	12	Taft	LA	38.98
9	Dunn, Detri		Yosemite	CE	39.62
<b>Heat 2 of 3 Prelims</b>					
1	Steward, Michael	12	Redwood	CE	39.78
2	Finley, Kevin	11	Granite Hills	SD	38.99
3	Martin, Kyler	12	Vacaville	SJ	38.67
4	Campbell, Jeffrey	12	Archbishop Mitty	CC	38.20
5	Morgan, Dale	11	Taft	LA	37.44
6	Frasier, R.J.	11	Jesuit	SJ	37.68
7	Johnson, Sean		Buchanan	CE	38.63
8	Skinner, Mike	12	Alvarez	CC	38.98
9	Dyson, Hakeem	11	Amador Valley	NC	39.27
<b>Heat 3 of 3 Prelims</b>					
1	Marman, Devon	11	Lincoln	SF	41.58
2	Adams, Sean	12	Valley Center	SD	39.01
3	Harris, Jeremy	12	Dorsey	LA	38.82
4	Phillips, Brandon	11	Irvine	SS	38.24
5	Thomas, Dante	11	Fairfield	SJ	37.64
6	Sanders, Jonathan	12	Millikan	SS	37.68
7	Pinon, Andy	12	Pioneer Valley		38.33
8	Hodgeson, Valentino	12	Grossmon	SD	38.85
9	Arneson, Eric	12	Healdsburg	NC	39.24



PHOTO BY KIRBY LEE

**CHERISE DIXON**  
 Cleveland High School

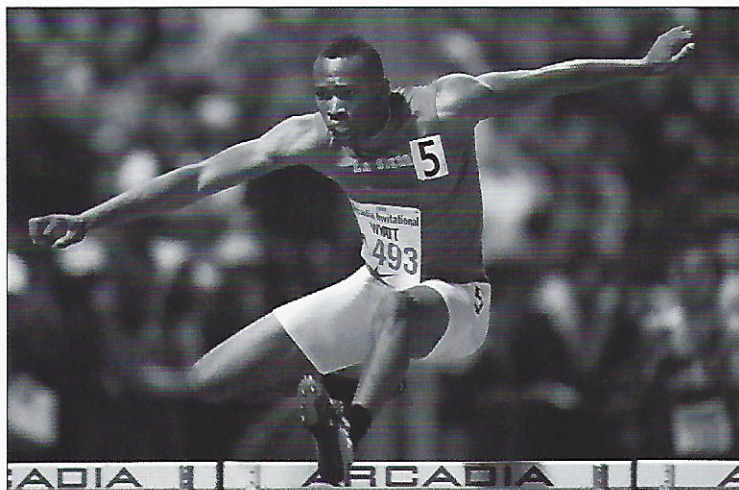


PHOTO BY KIRBY LEE

**REGGIE WYATT**  
 La Sierra High School



# CIF State Track and Field Championships

## Girls 200 Meter Dash

**Prelims: 8:59 p.m. Fri. Final: 8:30 p.m. Sat.**

National: 22.52 6/7/2003 Allyson Felix (Los Angeles Baptist)  
State Meet: 22.52 6/7/2003 Allyson Felix (Los Angeles Baptist)

Lane	Name	Gr.	School	Sec.	Sec. Mark
<b>Heat 1 of 3 Prelims</b>					
1	Thomas, Danielle	12	Washington	LA	25.76
2	Williams, Jessica		Bullard	CE	25.11
3	Campbell, Strangenaë	10	Pinole Valley	NC	24.74
4	White, Monikkia	12	Vallejo	SJ	24.22
5	Purvis, Ashton	11	St. Elizabeth	NC	23.60
6	Adams, Brittany	11	Inderkum	SJ	24.21
7	Faulknor, Alexis	9	Serra	SS	24.72
8	Wright, Alex	12	Mt. Carmel	SD	25.08
9	Woods, Jasmine	11	El Camino Real	LA	25.60
<b>Heat 2 of 3 Prelims</b>					
1	Bartlett, Dalanne	10	Enterprise	NO	26.27
2	Aldredge, Lasaasha		Center	SJ	25.13
3	Hedgepeth, Saraina	12	Rio Mesa	SS	24.76
4	Davis, Jessica	11	Highland	SS	24.24
5	Stoudenmire, Tenille	12	Rancho Bernrdo	SD	23.93
6	Puterbaugh, Jenna	11	Santa Fe Chr	SD	24.15
7	Chapman, Melanise	12	Paraclete	SS	24.66
8	Wandick, Brushey		Bakersfield	CE	25.00
9	Irish, Lauren	11	Half Moon Bay	CC	25.48
<b>Heat 3 of 3 Prelims</b>					
2	Boyd, Alitta	12	Moreau Cath.	NC	25.41
3	Jarvis, Katherine	11	Lowell	SF	24.83
4	Nixon, Cekarri	10	St. Francis	SJ	24.29
5	Knox, Kashae	11	Pleasant Grove	SJ	24.02
6	Gradiska, Angela	11	Pinewood	CC	24.05
7	Herring, Alycia	11	Rancho Verde	SS	24.40
8	Martinez, Andrea	12	Willow Glen	CC	24.99
9	Kamson, Chelsey	12	California	NC	25.47

## Boys 200 Meter Dash

**Prelims: 9:12 p.m. Fri. Final: 8:38 p.m. Sat.**

National: 20.13 5/11/1985 Roy Martin (Roosevelt, Dallas, TX)  
State Meet: 20.43 6/2/2007 Bryshon Nellum (L.B. Poly)

Lane	Name	Gr.	School	Sec.	Sec. Mark
<b>Heat 1 of 3 Prelims</b>					
1	Rucker, Darquis	11	Skyline	OK	22.31
2	Egu, Ken	11	DeLaSalle	NC	22.11
3	Price, Sheldon	12	Bishop Amat	SS	21.77
4	Beard, Lamont	12	Edison	SJ	21.62
5	Ross, Rashad	12	Vallejo	SJ	21.22
6	Carroll, Randall	12	Cathedral	SS	21.62
7	Hornsby, Greg	12	Rancho Verde	SS	21.75
8	Parker, Cameron		Buchanan	CE	22.08
9	Anderson, Deondre	10	Burton	SF	22.29
<b>Heat 2 of 3 Prelims</b>					
1	Fountain, Dante	12	Healdsburg	NC	22.40
2	Sanders, Zeke	12	Santa Cruz	CC	22.11
3	Jackson, Kenny	12	Elsinore	SS	21.77
4	Strickland, Maurice	12	Mira Mesa	SD	21.68
5	Carter, Tevin	11	Santee	LA	21.38
6	Thomas, DeAnthony	10	Crenshaw	LA	21.61
7	Sumpter, Marquis	12	Fallbrook	SD	21.74
8	Herron, Robert	11	Dorsey	LA	21.93
9	Combs, Sean	11	Deer Valley	NC	22.29
<b>Heat 3 of 3 Prelims</b>					
1	Silveria, Colton	11	Central Valley	NO	22.46
2	Bourbon, Richard		Clovis East	CE	22.13
3	Tate, Hosea	11	Mt. Miguel	SD	21.81
4	Purvis, Isiah		Ridgeview	CE	21.68
5	Blocker, Tom	12	Jesuit	SJ	21.44
6	Webb, Ameer	12	Tustin	SS	21.59
7	Spencer, Kendall	12	San Mateo	CC	21.72
8	Atkinson, George	10	Granada	NC	21.92
9	Sainion, Parnit	12	Andrew Hill	CC	22.19



PHOTO BY KIRBY LEE

ASHTON PURVIS  
St. Elizabeth High School

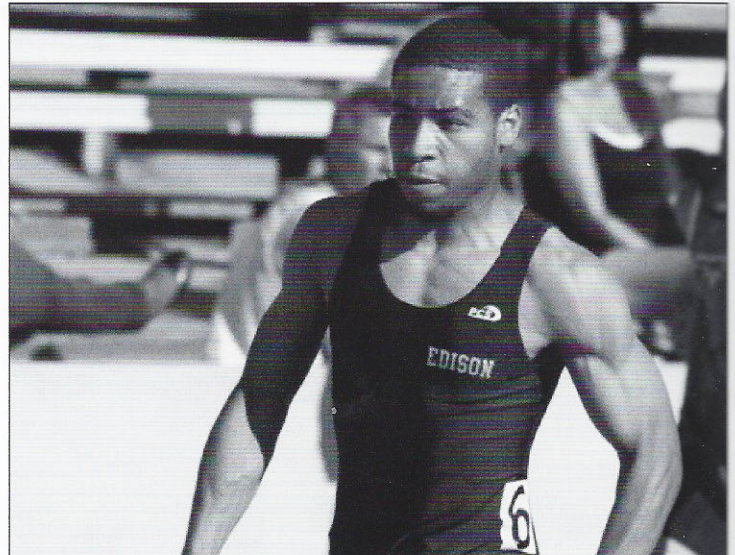


PHOTO BY JOE HARTMAN

LAMONT BEARD  
Edison High School





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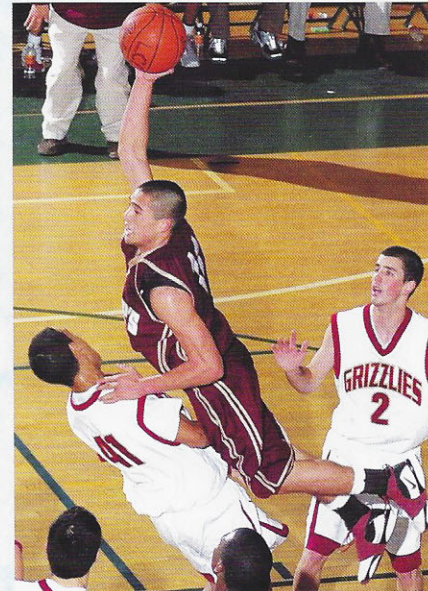
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# CIF Sports Medicine

## - Concussions -

*Student-athletes often hesitate and/or are reluctant to report signs or symptoms of a head injury following a collision or hard blow to the head. The following symptoms, which can take hours to appear following a blow to the head, could indicate a significant head injury and the affected student-athlete should seek immediate medical attention:*

- ◆ Difficulty remembering recent events or meaningful facts
- ◆ Difficulty concentrating
- ◆ Difficulty making decisions
- ◆ Mental confusion
- ◆ Severe or persistent headache
- ◆ Bleeding or clear fluid from the ears or nose
- ◆ Nausea and/or vomiting
- ◆ Dizziness, poor balance, unsteadiness or clumsiness
- ◆ Numbness in the hands and/or feet
- ◆ Weakness or inability to move one or more limbs
- ◆ Abnormal drowsiness, sleepiness or loss of consciousness
- ◆ Convulsions or seizures
- ◆ Unequal or dilated, pupil size
- ◆ Sensitivity to light and/or noise
- ◆ Blurred vision, double vision or trouble focusing
- ◆ Persistent ringing in the ears
- ◆ Slurring of speech
- ◆ Overly emotional behavior
- ◆ Fatigue
- ◆ Initial improvement followed by worsening symptoms



### **\*\* PLEASE BE ADVISED \*\***

- ◆ *Head and neck injuries are among the most serious of all athletic-related injuries.*
- ◆ *Do not give any pain relievers (they may hide the symptoms).*
- ◆ *If any of these symptoms appear or worsen following head trauma, seek immediate medical care and/or call 911.*

**IF THE PLAYER IS NOT ALERT,  
NOT RESPONSIVE,  
OR YOU HAVE REASON TO SUSPECT  
SOMETHING IS WRONG,  
DO NOT MOVE THE ATHLETE AND CALL 911**

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SPOTLIGHT**

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COVERAGE OF  
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THE COMMUNITIES  
THAT CHEER THEM ON.

**ALL SEASON LONG**

**Check Local Listings**



# CIF State Track and Field Championships

## Girls 3200 Meter Run

**Final: 8:46 p.m. Saturday**

National: 9:48.59 5/24/1996 Kim Mortensen (Thousand Oaks, CA)  
State Meet: 9:52.13 5/31/2008 Jordan Hasay (Mission College Prep)

Pos.	Name	Gr.	School	Sec.	Sect. Mark
3	Barnett, Stephanie	12	Leland	CC	11:06.04
5	Frankian, Karis	9	Saugus		10:41.82
30	Mayer, Allegra	12	Gunn	CC	11:07.51
18	Petersen, Jessie	10	Carlmont	CC	10:51.24
12	Mahoney, Kaylin	10	Saugus		10:43.72
14	Randall, Anne	12	Saugus		10:45.64
11	Hayes, Hillary	12	EdisonHB	SS	10:37.74
4	Bulder, Stephanie	10	Saugus		10:42.31
19	Taylor, Jacque	11	Casa Grande	NC	10:52.98
29	Devine, Theresa	11	Marin Catholic	NC	10:53.29
13	Lillig, Colleen	11	California	NC	10:43.95
17	Mitchell, Rachel	12	American	NC	10:51.15
7	Grabill, Molly	10	Rancho Bernrdo	SD	10:38.46
6	Morgan, Megan	11	Torrey Pines	SD	10:41.38
1	Storms, Corissa	10	West Valley	NO	11:32.03
16	Shea, Sheree	12	University Cty	SD	10:48.90
21	Zainos, Araceli	12	Reseda	LA	11:16.72
20	Fortuna, Alexandria	10	Monroe	LA	11:12.93
22	Holt, Brooke	10	Granite Bay	SJ	11:05.16
23	Tusting, Sarah	12	Benicia	SJ	11:04.43
28	Bricks, Macy		Buchanan	CE	10:53.27
24	Janzen, Chelsea		Buchanan	CE	10:53.97
31	Rosas, Karen	12	Bravo Medical Magnet		11:16.61
10	Hasay, Jordan		Mission Prep	CE	10:30.04
26	Skiba, Melissa	11	Oak Park	SS	10:34.55
27	Hoffman, Lori	12	Trabuco Hills	SS	10:42.29
15	Pio, Savannah	10	Mira Costa	SS	10:46.27
9	Foster, Staci	12	Lutheran (Orange)	SS	10:38.28
8	Dunne, Alexandra	12	San Clemente	SS	10:40.71
2	Crosta, Courtney	11	Woodcreek	SJ	11:06.75
25	Wyson, Danica	9	Aliso Niguel	SS	10:37.09

## Boys 3200 Meter Run

**Final: 9:03 p.m. Saturday**

National: 8:34.23 5/31/2008 German Fernandez (Riverbank)  
State Meet: 8:34.23 5/31/2008 German Fernandez (Riverbank)

Pos.	Name	Gr.	School	Sec.	Sect. Mark
4	Wolfsmith, Lance	12	Sobrato	CC	9:07.10
29	Moriarty, Mitch	11	Aptos	CC	9:11.57
18	Macquitty, Philip	11	Palo Alto	CC	9:10.93
13	Rowe, Garrett	11	Mountain View	CC	9:08.17
26	Wooff, Heyden	10	Camarillo	SS	8:57.66
12	Schmidt, Cody	12	Redondo	SS	9:07.71
31	Ogbai, Mewael	12	Oakland	OK	9:35.59
27	McElroy, Matt	11	EdisonHB	SS	8:59.91
10	Olson, Erik	11	Novato	NC	8:55.06
30	Byers, Reese	11	Santa Rosa	NC	9:14.15
17	Landrum, Wyatt	12	Liberty	NC	9:10.90
15	Lockert, Sterling	12	Petaluma	NC	9:09.48
16	Rafiee, Adrian	12	Patrick Henry	SD	9:10.42
5	Jarvis, Collin	12	Rancho Buena	SD	9:06.24
1	Kaylor, Zack	11	Enterprise	NO	9:53.46
3	Brewer, Chris	10	Rancho Buena V	SD	9:14.19
32	Solorzano, Javert	11	Granada Hills	LA	9:44.73
20	Mendez, Jorge	11	Monroe	LA	9:42.67
24	Halsted, Trevor	10	Davis	SJ	9:18.04
23	Mitchell, Dan	12	Del Campo	SJ	9:19.99
21	Reedy, Heath		Buchanan	CE	9:22.28
22	Schwartz, Chris		Foothill	CE	9:20.22
19	Rosales, Pablo	11	San Pedro	LA	9:37.41
2	Sanchez, Jonathan		Buchanan	CE	9:22.21
11	Pons, Sam	10	South Pasadena	SS	9:00.95
9	Nelson, Western	12	Burroughs(Bur)	SS	9:04.19
14	Rosales, Daniel	11	Apple Valley	SS	9:08.96
8	Chavez, Isaac	12	Barstow	SS	9:04.50
6	Moussa, Ammar	10	Arcadia	SS	9:06.06
25	Petersen, Matt	12	Davis	SJ	9:17.91
7	Torres, Zack	12	Crescenta Villy	SS	9:04.85
28	Ramirez, Noe	12	Vista Murrieta	SS	9:06.59

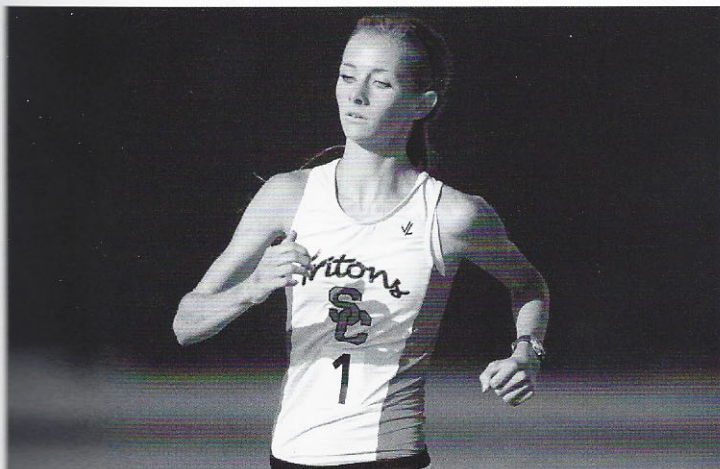


PHOTO BY KIRBY LEE

**ALEXANDRA DUNNE**  
San Clemente High School

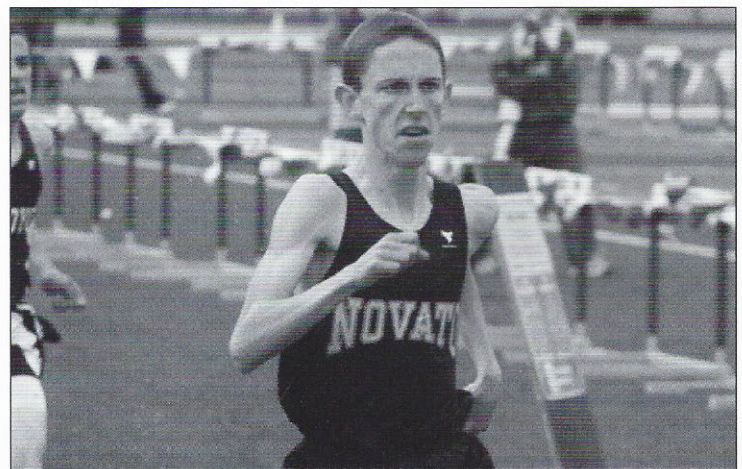


PHOTO BY JOE HARTMAN

**ERIK OLSON**  
Novato High School

# CIF State Track and Field Championships

## Girls 4x400 Meter Relay

Prelims: 9:32 p.m. Fri. Final: 9:28 p.m. Sat.

National: 3:35.49 6/5/2004 Poly, Long Beach  
 State Meet: 3:35.49 6/5/2004 Poly, Long Beach

Lane	School	Sec.	Sept. Mark
<b>Heat 1 of 4 Prelims</b>			
2	Granite Hills	SD	3:58.20
3	St. Mary's	NC	3:56.50
4	Deer Valley	NC	3:51.58
5	Serra	SS	3:44.95
6	Los Osos	SS	3:51.22
7	Woodcreek	SJ	3:56.30
8	Bakersfield	CE	3:58.14
<b>Heat 2 of 4 Prelims</b>			
2	Carson	LA	3:58.33
3	Vista	SD	3:56.61
4	Artesia	SS	3:53.04
5	Rancho Verde	SS	3:44.02
6	Colony	SS	3:50.96
7	St. Mary's	SJ	3:56.27
8	Clovis North	CE	3:58.09
<b>Heat 3 of 4 Prelims</b>			
2	Acalanes	NC	3:59.00
3	Davis	SJ	3:56.88
4	Paraclete	SS	3:53.94
5	Poly (Lb)	SS	3:46.71
6	Edison	CE	3:50.76
7	Archbishop Mitty	CC	3:57.89
8	El Camino Real	LA	3:59.74
9	West Valley	NO	4:06.58
<b>Heat 4 of 4 Prelims</b>			
2	Valley Christian Sjose	CC	3:55.46
3	St. Francis	CC	3:57.18
4	Mt. Carmel	SD	3:54.12
5	Etiwanda	SS	3:48.61
6	Wilson/LB	SS	3:50.11
7	Birmingham	LA	3:54.89
8	San Ramon Vily	NC	3:57.30
9	Lowell	SF	4:07.00

## Boys 4x400 Meter Relay

Prelims: 9:58 p.m. Fri. Final: 9:38 p.m. Sat.

National: 3:07.40 4/6/1985 Hawthorne (Hawthorne, CA)  
 State Meet: 3:08.66 6/1/1996 Muir (Pasadena)

Lane	School	Sec.	Sept. Mark
<b>Heat 1 of 4 Prelims</b>			
2	St. Mary's	NC	3:24.76
3	Vallejo	SJ	3:21.58
4	Trabuco Hills	SS	3:19.45
5	Rancho Verde	SS	3:14.06
6	Dominguez	SS	3:18.98
7	San Ramon Vily	NC	3:21.45
8	El Camino	SD	3:22.98
<b>Heat 2 of 4 Prelims</b>			
2	Enterprize	NO	3:24.85
3	Fairfield	SJ	3:21.70
4	Artesia	SS	3:19.63
5	Roosevelt, E.	SS	3:14.22
6	Taft		LA 3:18.98
7	Amador Valley	NC	3:21.19
8	Independence	CC	3:22.77
<b>Heat 3 of 4 Prelims</b>			
2	Heritage	NC	3:25.38
3	San Benito Hol	CC	3:21.74
4	Steele Canyon	SD	3:19.91
5	Millikan	SS	3:14.98
6	Birmingham	LA	3:18.95
7	Laguna Creek	SJ	3:20.49
8	Bellarmine	CC	3:22.76
9	Lowell	SF	3:27.82
<b>Heat 4 of 4 Prelims</b>			
2	Skyline	OK	3:26.74
3	Buchanan	CE	3:22.29
4	Centennia	CE	3:19.94
5	Lutheran (Orange)	SS	3:15.65
6	Crenshaw	LA	3:18.12
7	Ridgeview	CE	3:20.23
8	Mt. Miguel	SD	3:22.32
9	Chico	NO	3:26.90

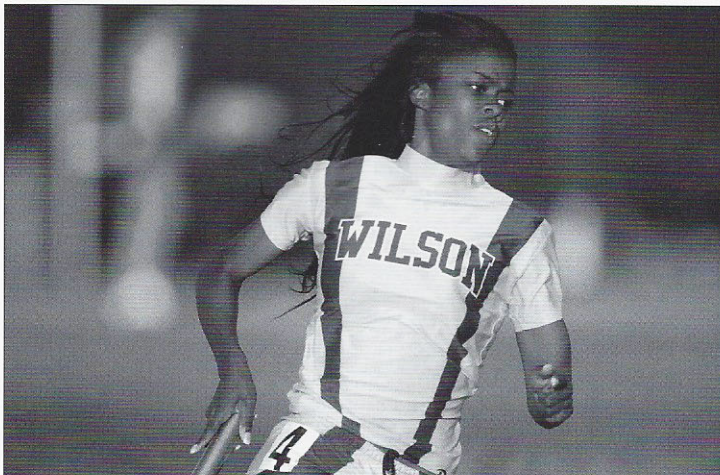


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NYJAH COUSAR  
Wilson High School

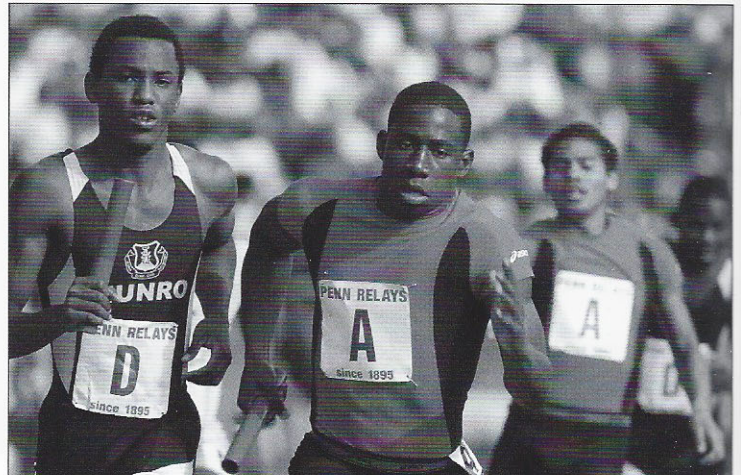


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RANCHO VERDE HIGH SCHOOL





# CIF State Track and Field Championships

## Girls High Jump

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

National: 6-03 4/11/1992 Amy Acuff (Calallen, Corpus Christi, TX)  
State Meet: 6-02 6/1/1985 Latrese Johnson (Clovis)

Pos.	Name	Gr.	School	Sec.	Sect. Mark
1	Amev, Cheron	12	Skylin	OK	5-02.00
2	Baker, Aziza	12	St. Mary's	NC	5-02.00
3	Mahr, Carrington		Buchanan	CE	5-02.00
4	Tedrow, Alison	12	St. Joseph	SD	5-03.00
5	Key, Sherie	11	Morse	SD	5-03.00
6	Lewis, Jazmine	12	McNair	SJ	5-03.00
7	Wittak, Nicole	12	Westview	SD	5-03.00
8	Usher, Kenya	11	Taft	LA	5-03.00
9	Clancy, Kaitlin	11	Davis	SJ	5-03.00
10	Miyashita, Nikki	9	Aptos	CC	5-04.00
11	McCarthy, Julia	12	Aptos	CC	5-04.00
12	Monteverde, Alyssa		Clovis West	CE	5-04.00
13	Franks, Holly		Sierra	CE	5-04.00
14	Mackie, Bre	10	Central Valley	NO	5-04.00
15	Rietveld, Celeste	10	Livermore	NC	5-04.00
16	Ederaine, Sophia	10	Canyon Springs	SS	5-05.00
17	Smith, Ashley	12	Millikan	SS	5-05.00
18	Dalton, Alexus	10	Poly (Lb)	SS	5-05.00
19	Giebelhaus, Annie	10	Lutheran (Orange)	SS	5-05.00
20	French, Lydia	10	Thousand Oaks	SS	5-05.00
21	Dolbec, Kiersten	12	Saratoga	CC	5-06.00
22	Franco, Mallorie	12	Fortuna	NC	5-07.00
23	Henry, Ashley	11	Rancho Cucamng	SS	5-07.00
24	Richmond, Tara	11	Poly (Lb)	SS	5-07.00
25	Balentine, Samantha	12	Lodi	SJ	5-07.00
26	Johnson, Adrienne	11	Carondelet	NC	5-07.00

## Girls Pole Vault

**Prelims: 6:00 p.m. Fri. Final: 7:15 p.m. Sat.**

National: 14-01 6/2/2007 Tori Anthony (Castilleja)  
State Meet: 14-01 6/2/2007 Tori Anthony (Castilleja)

Pos.	Name	Gr.	School	Sec.	Sect. Mark
1	Loogman, Sarah	12	Etna	NO	10-00.00
2	Vinson, Thresa	9	Aptos	CC	10-00.00
3	Liberatore, Camille	12	Palisades	LA	10-00.00
4	Spann, Nicolle	11	Rancho Bernrdo	SD	10-03.00
5	Ang, Alison	10	Gunn	CC	10-06.00
6	Roche, Christin	11	St. Francis	CC	10-06.00
7	Jiang, Lauryann	11	Las Lomas	NC	10-09.00
8	Davis, Clara	11	Piedmont	NC	11-00.00
9	Stone, Michelle	11	Ursuline	NC	11-03.00
10	Dutton, Jenny		Clovis East	CE	11-03.00
11	Ribeiro, Sara	12	Concord	NC	11-08.00
12	Bush, Emily	12	Bella Vista	SJ	11-09.00
13	Hearne, Siera	11	Paraclete	SS	11-09.00
14	Kamaka, Kayla	12	Woodcreek	SJ	11-09.00
15	Jarratt, Kelsie	11	Nipomo	SS	11-09.00
16	Klinchuch, Amanda		Liberty	CE	11-09.00
17	Charles, Angie	10	Bella Vista	SJ	11-09.00
18	Graham, Lauren	12	Quartz Hill	SS	11-09.00
19	Culver, Carissa	10	Los Alamitos	SS	11-09.00
20	Rische, Victoria	9	Foothill	SS	12-03.00
21	Landry, MacKenzie	10	Del Oro	SJ	12-03.00
22	Ross, Kortney	11	Westview	SD	12-03.00
23	Mattoon, Emily	12	Rancho Bernrdo	SD	12-03.00
24	Zingheim, Katie	10	Granite Bay	SJ	12-06.00
25	Weseloff, Holly		Buchanan	CE	12-07.00
26	Hawkins, Claire	11	Santa Margarita	SS	12-09.00
27	Koessel, Allison	12	Huntington Bch	SS	12-09.00



PHOTO BY KERRY LEE

**ASHLEY SMITH**  
Millikan High School



PHOTO BY JOE HARTMAN

**ANGIE CHARLES**  
Bella Vista High School

# CIF State Track and Field Championships

## Girls Long Jump

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

National: 22-01.75 5/24/1976 Kathy McMillan (Roseford, NC)  
 State Meet: 22-00.50 6/19/1993 Marion Jones (Thousand Oaks)

Pos.	Name	Gr.	School	Sec.	Sect. Mark
1	Cai, Cathy	09	Lincoln	SF	16-06.50
2	Stewart, Alexandria	09	El Camino Real	LA	16-08.00
3	Barnett, Kasey	11	Chico	NO	17-03.00
4	Souza, Tatum	11	Napa	SJ	17-08.00
5	Rogers, Mariah	11	Prospec	CC	17-09.25
6	Martin, Erika	11	Palisades	LA	17-09.75
7	Nguyen, Ailene	9	Saratoga	CC	17-09.75
8	Bourgeois, Xzanthnice	12	Crenshaw	LA	17-10.00
9	McGlory, Lauren	12	Logan James	NC	18-00.25
10	Davis, Chalese	10	Hercules	NC	18-00.50
11	Margerum, Sunny	11	Gunn	CC	18-01.25
12	Crimmins, Brienna	11	Rosemont	SJ	18-01.50
13	Espinoza, Fabrina	11	Wilson/LB	SS	18-04.25
14	Spriggs, Latasha	12	Armijo	SJ	18-04.75
15	Faulknor, Alexis	9	Serra	SS	18-04.75
16	Epps, Shaneshia		Golden Valley	CE	18-05.00
17	Gines, Veronica	12	Sanger	CE	18-05.00
18	Fermin, Shawna	12	Silverado	SS	18-06.00
19	Prandini, Jenna		Clovis	CE	18-07.00
20	Bridges, Jackae	12	Mater Dei	SD	18-07.00
21	Osga, Emily	12	Patrick Henry	SD	18-07.50
22	Littleton, Danielle	11	Vista	SD	18-07.75
23	Perkins, Ashley	12	Norco	SS	18-07.75
24	Bozeman, Brittany	12	Rancho Verde	SS	18-07.75
25	Gibbs, Jasmine	9	Oceanside	SD	18-08.25
26	Runels, Tessa	10	Logan James	NC	18-08.75
27	Herring, Alycia	11	Rancho Verde	SS	18-11.25
28	Payton, Malaina	12	Fremont	OK	19-02.50
29	Stewart, Shanice	10	Carter	SS	19-02.75
30	Baltimore, Ashtyn	12	Marlborough	SS	19-03.75
31	Boyd, Alitta	12	Moreau Cath.	NC	19-07.50
32	Dunn, Karynn	12	Diamond Ranch	SS	19-11.00

## Girls Triple Jump

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

National: 44-02.25 5/11/2001 Ychcindria Spears (Lubing, TX)  
 State Meet: 44-00.50 5/31/1991 Juliana Yendork (Walnut)

Pos.	Name	Gr.	School	Sec.	Sect. Mark
1	Cai, Cathy	09	Lincoln	SF	35-00.50
2	Smith, Jana	11	Carson	LA	35-01.50
3	Rye, Doretta	12	Crenshaw	LA	35-03.75
4	Usher, Kenya	11	Taft	LA	35-09.00
5	Barnett, Kasey	11	Chico	NO	35-10.25
6	Nguyen, Ailene	9	Saratoga	CC	36-08.25
7	Mahr, Carrington		Buchanan	CE	36-08.50
8	Schwalbach, Rio	12	Buchach Colony	SJ	36-10.50
9	Grayson, Porsha	12	Golden Valleq	SJ	37-01.00
10	Archie, Saressa		Clovis North	CE	37-02.00
11	Key, Sherie	11	Morse	SD	37-05.00
12	Stavrianoudakis, Stephanie	12	Modesto	SJ	37-05.00
13	Osga, Emily	12	Patrick Henry	SD	37-05.50
14	Evans, Symone	11	Leigh	CC	37-06.25
15	Hudson, Olivia	11	Wilson/LB	SS	38-04.75
16	Reddick, Shaniqua	12	Oceanside	SD	38-05.00
17	Perkins, Ashley	12	Norco	SS	38-08.25
18	Cox, Melia	10	Poly (Lb)	SS	38-09.50
19	Prandini, Jenna		Clovis	CE	38-10.00
20	Richmond, Tara	11	Poly (Lb)	SS	39-00.25
21	Baker, Aziza	12	St. Mary's	NC	39-03.00
22	Leath, Cydney	9	Mt. Pleasant	CC	39-04.25
23	Brewer, Ciarra	10	Logan James	NC	39-07.25
24	McGlory, Lauren	12	Logan James	NC	39-11.50
25	Boyd, Alitta	12	Moreau Cath.	NC	41-00.75

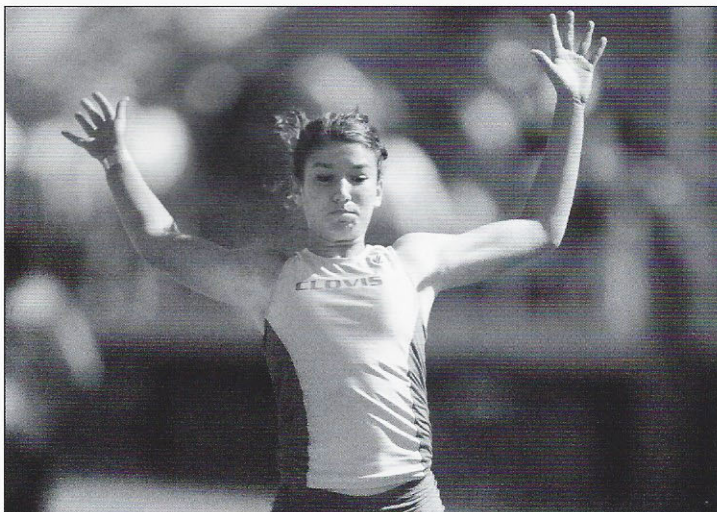


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**JENNA PRANDINI**  
 Clovis High School

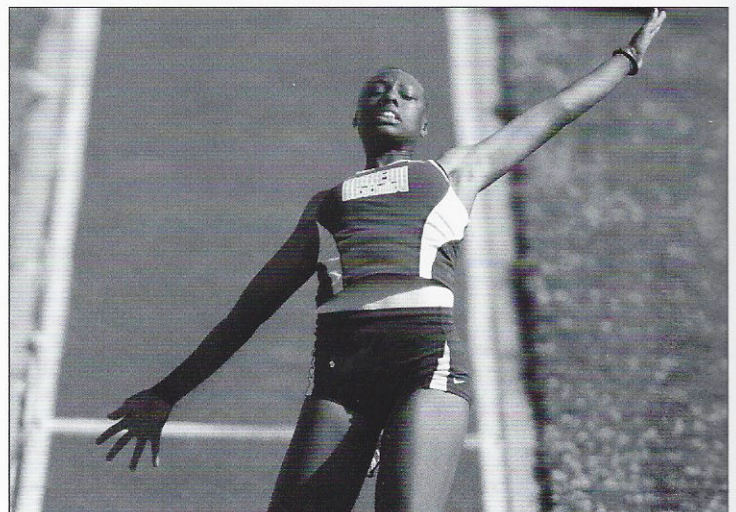
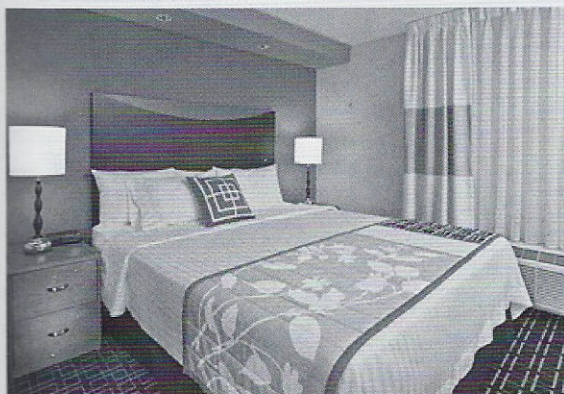


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**ALITTA BOYD**  
 Moreau Catholic High School



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Track and Field Championships!**

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# CIF State Track and Field Championships

## Girls Shot Put

**Prelims: 3:00 p.m. Fri. Final: 4:30 p.m. Sat.**

National: 54-10.75 5/9/2003 Michelle Carter (Red Oak, TX)  
 State Meet: 52-11.50 6/19/1993 Kristin Heaston (Ygnacio Valley)

Pos.	Name	Gr.	School	Sec.	Sec. Mark
1	Alexander, Myshauna	11	Hamilton	LA	33-00.25
2	Tillet, Janay	12	Birmingham	LA	35-05.75
3	Isaacs, Eva	11	Campolindo	NC	36-03.50
4	Atkins, Deanna	10	Castlemont	OK	37-04.00
5	Porter, Jazmin	11	Shasta	NO	37-07.50
6	Byrd, Caitlin	11	Carson	LA	38-02.50
7	Walsh, Chanelle	12	Rancho Bernrdo	SD	38-03.25
8	Aragon, Emily	12	Escondido	SD	38-05.25
9	Jones, Erinn	12	Logan James	NC	38-07.50
10	Oliva, Adrianna	12	Hercules	NC	38-10.00
11	Weir, Jillian	11	Homestead	CC	38-11.00
12	Hardiman, Myeeshah	11	Wilcox	CC	38-11.75
13	Tagivakitini, Talei	11	Albany	NC	39-05.50
14	Manning, Alyssa	12	Rio Linda	SJ	39-05.75
15	Hammar, Rebecca	10	Buchach Colony	SJ	39-09.25
16	Collatz, Alex		Stockdale	CE	40-04.25
17	Hinton, Markita	11	Atascadero	SS	41-01.75
18	Bingham, Jennifer	11	Steele Canyon	SD	41-03.50
19	Makenesi, Luseane	12	Katella	SS	42-05.25
20	Harrell, Urina	9	Serra	SS	42-08.75
21	Loya, Teresa	11	St. Joseph-Sm	SS	42-08.75
22	McKee, Meagan	11	Santa Teresa	CC	42-11.50
23	Burrell, Jasmine	11	North Torrance	SS	43-01.00
24	Rasley, Lacie		Shafter	CE	43-02.00
25	Kovar, Kayla	12	Burrough(Rid)	SS	43-02.75
26	Amaechi, Chioma	11	Lincoln	SF	45-03.00
27	Alhoo, Jackie	12	St. Mary's	SJ	45-07.25
28	Jelmini, Anna		Shafter	CE	51-09.50

## Girls Discus Throw

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

National: 188-04 5/20/1994 Suzy Powell (Downey, Modesto, CA)  
 State Meet: 181-03 6/5/1998 Stephanie Brown (Arroyo Grande)

Pos.	Name	Gr.	School	Sec.	Sec. Mark
1	Amaechi, Chioma	11	Lincoln	SF	88-11
2	Atkins, Deanna	10	Castlemont	OK	111-05
3	Roper, Rhiannon	12	Fortuna	NC	113-08
4	Porter, Jazmin	11	Shasta	NO	114-10
5	Tagivakitini, Talei	11	Albany	NC	118-01
6	Alexander, Myshauna	11	Hamilton	LA	126-00
7	McKee, Meagan	11	Santa Teresa	CC	127-06
8	Maxey, Taylor	12	The Bishop's	SD	128-09
9	Anvanwu, Nneka	10	Westview	SD	130-04
10	Oliva, Adrianna	12	Hercules	NC	130-06
11	Prothro, Janelle	10	Logan James	NC	132-04
12	Ekong, Quinta	11	Hillsdale	CC	133-01
13	Weir, Jillian	11	Homestead	CC	133-03
14	Evans, Alexa	10	West Hills	SD	134-06
15	Kovar, Kayla	12	Burrough(Rid)	SS	135-01
16	French, Brianna	10	Vacaville	SJ	135-11
17	Devaney, Viv	11	San Luis Obispo	SS	136-06
18	Okwelogu, Nonny		Clovis West	CE	136-10
19	Fisher, Shaylynn	12	Great Oak	SS	137-00
20	Casanova, Maddie	12	Alemany	SS	138-08
21	Machado, Lindsay	12	El Dorado	SJ	139-08
22	Hammar, Rebecca	10	Buchach Colony	SJ	140-10
23	Morgan, Alexandra	10	Ventura	SS	141-01
24	Collatz, Alex		Stockdale	CE	157-10
25	Jelmini, Anna		Shafter	CE	182-08



PHOTO BY MARK A. SMITH

**TERESA LOYA**  
*St. Joseph High School*

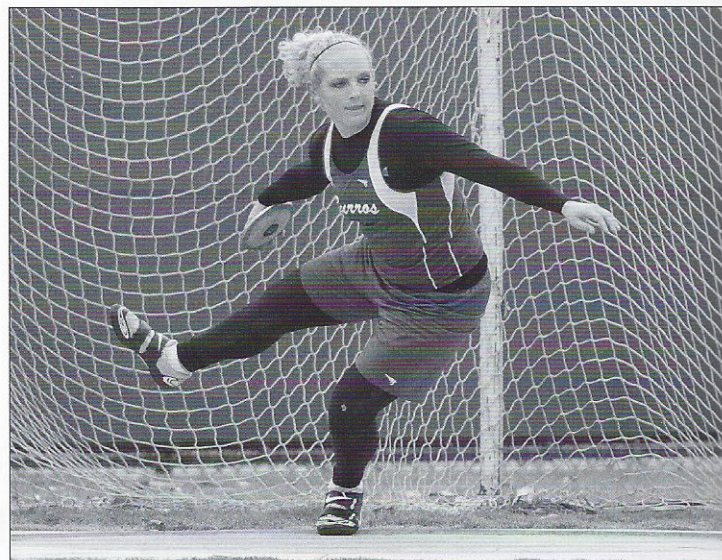
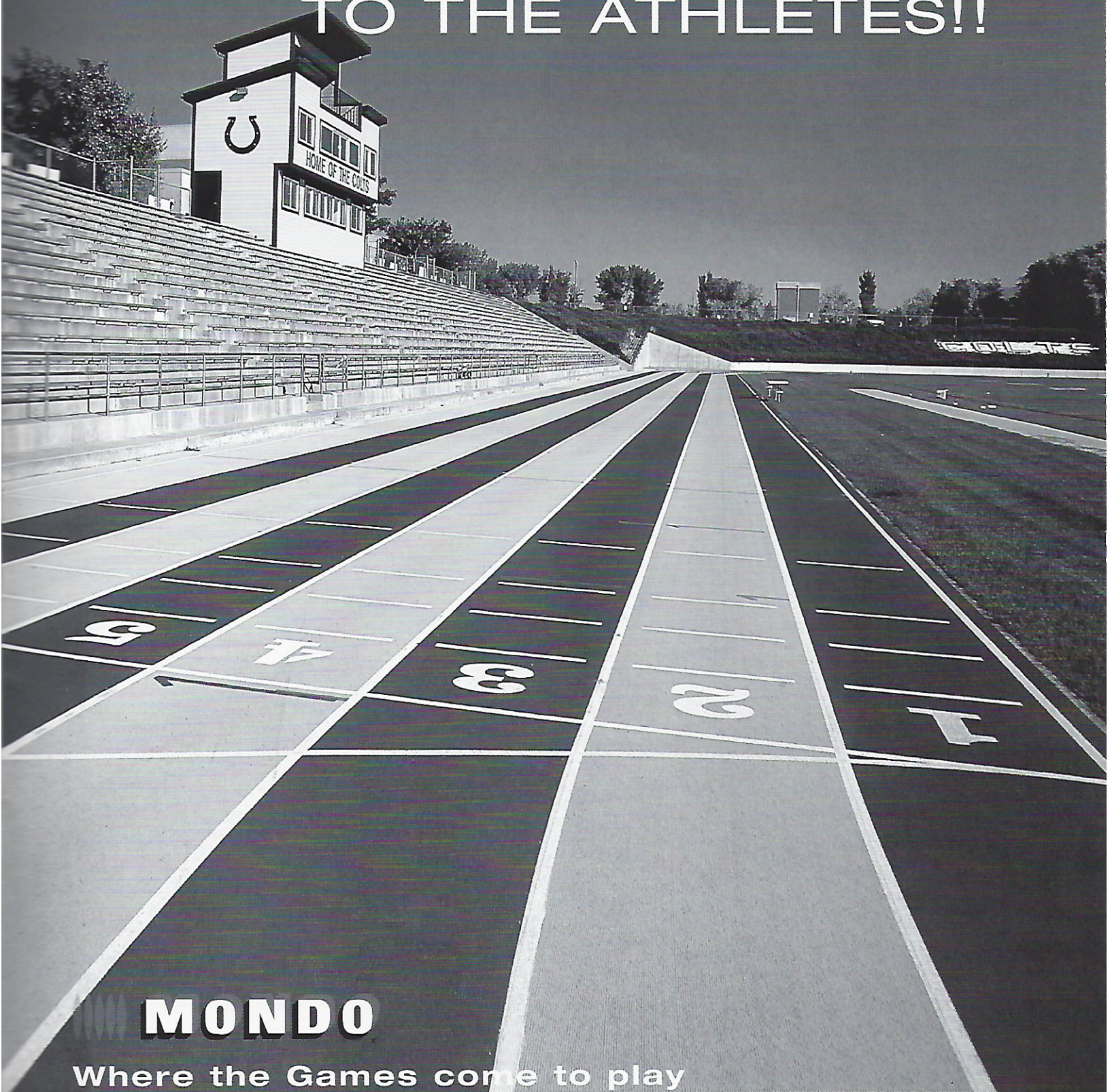


PHOTO BY ANDREW LEE

**KAYLA KOVAR**  
*Burrough High School*

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# All-Time CIF Boys Track & Field Top Times/Marks

## 100 Meters (legal wind)

- 10.25 -Henry Thomas (Hawthorne) 1985
- 10.29 -Ricky Carrigan (Compton) 1991
- 10.30 -Randall Carroll (Cathedral, Los Angeles) 2009
- 10.30A -Quincy Watts (Taft, Woodland Hills) 1987
- 10.30 -Riley Washington (Southwest, San Diego) 1992
- 10.31 \*Bryan Howard (Canyon Springs, Moreno Valley) 1994
- 10.32 -Rodney Glass (Notre Dame, Sherman Oaks) 2006
- 10.33 -Marques Holiwell (West, Bakersfield) 1995
- 10.34 -Kenny O'Neal (Skyline, Oakland) 2004
- 10.34 -Warren Rogers (Serra, Gardena) 1999

### State-meet record:

- 10.30 Riley Washington (Southwest, San Diego) 1992

## 200 Meters (legal wind)

- 20.43 -Bryshon Nellum (Poly, Long Beach) 2007
- 20.50 \*Quincy Watts (Taft, Woodland Hills) 1987
- 20.53 -Bryan Bridgewater (Washington, LA) 1988
- 20.57 -Calvin Harrison (North, Salinas) 1993
- 20.62 -Sultan McCullough (Muir, Pasadena) 1997
- 20.64 -Henry Thomas (Hawthorne) 1985
- 20.65 -Jahvid Best (Salesian, Richmond) 2007
- 20.66c -James Sanford (Pasadena) 1977
- 20.73 -Lionel Larry (Dominguez, Compton) 2004
- 20.76 -Kareem Kelly (Poly, Long Beach) 1998
- 20.76 \*Bryan Howard (Canyon Springs, Moreno Valley) 1994

### State-meet record:

- 20.43 Bryshon Nellum (Poly, Long Beach) 2007

## 400 Meters

- 45.09 -Henry Thomas (Hawthorne) 1985
- 45.14 \*\*Obea Moore (Muir, Pasadena) 1995
- 45.25 -Calvin Harrison (North Salinas) 1993
- 45.38 -Bryshon Nellum (Poly, Long Beach) 2007
- 45.51 -Bill Green (Cubberley, Palo Alto) 1979
- 45.76 -Danny Everett (Fairfax, LA) 1985
- 45.76 -Steve Lewis (American, Fremont) 1987
- 45.84 -David Gettis (Dorsey, Los Angeles) 2005
- 46.04 -Chip Rish (Marina, Huntington Beach) 1985 (also 45.7h in 1985)
- 46.15 \*Michael Granville (Bell Gardens) 1995

### State-meet record:

- 45.25 Calvin Harrison (North, Salinas) 1993

## 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
- 1:48.4c -Clark Mitchell (Bakersfield) 1965
- 1:48.40 -Aaron Richberg (Logan, Union City) 1995
- 1:48.52 -James Levine (Golden Valley, Merced) 1997
- 1:48.63 -Cory Primm (Westlake, Westlake Village) 2007
- 1:48.6c -Dennis Carr (Lowell, Whittier) 1963

### State-meet record:

- 1:46.45 Michael Granville (Bell Gardens) 1996

## 1600 Meters

- 3:58.1c -Tim Danielson (Chula Vista) 1966 (3:59.4 for full mile)
- 4:00.29 -German Fernandez (Riverbank) 2008
- 4:01.0c -Rich Kimball (DeLaSalle, Concord) 1974 (4:02.4 for full mile)
- 4:02.54c -A.J. Acosta (El Camino, Oceanside) 2006 (4:03.96 full mile)
- 4:02.62 -Ryan Hall (Big Bear) 2001
- 4:02.8c \*Curtis Beck (Santa Monica) 1972 (4:04.2 for full mile)
- 4:03.9c -Paul Medvin (University, LA) 1979 (4:05.3 for full mile)
- 4:04.0c -Mark Schilling (Garden Grove) 1972 (4:05.4 for full mile)
- 4:04.1c -Terry Cotton (Valley, El Cajon) 1972 (4:05.5 for full mile)
- 4:04.00 \*Mike Stember (Jesuit, Carmichael) 1995

### State-meet record:

- 4:00.29 German Fernandez (Riverbank) 2008

## 3200 Meters

- 8:31.42c -German Fernandez (Riverbank) 2008
- 8:33.4 -Jeff Nelson (Burbank) 1979 (8:36.3 for two miles)
- 8:41.0c -Eric Reynolds (Camarillo) 1983 (8:44.0 for two miles)
- 8:41.6c -Eric Hulst (Laguna Beach) 1976 (8:44.6 for two miles)
- 8:42.2c -Thom Hunt (Patrick Henry, San Diego) 1976 (8:45.2 for 2 miles)
- 8:42.9c -Ralph Serna (Loara, Anaheim) 1975 (8:45.9 for two miles)
- 8:43.5c -Rich Kimball (DeLaSalle, Concord) 1974 (8:46.5 for two miles)

- 8:43.27c -A.J. Acosta (El Camino, Oceanside) 2006
- 8:44.97 -Eric Mastalir (Jesuit, Carmichael) 1986
- 8:45.8c \*Curtis Beck (Santa Monica) 1972 (8:48.8 for two miles)

### State-meet record:

- 8:34.23 German Fernandez (Riverbank) 2008

## 110-Meter High Hurdles (legal wind)

- 13.39 \*Kevin Craddock (James Logan, Union City) 2004
- 13.41 -Steve Kerho (Mission Viejo) 1982
- 13.48 -Dominique DeGrammont (Tustin) 1997
- 13.54 -Marcell Almond (St. Paul, Santa Fe Springs) 1999
- 13.58 -Sharif Paxton (Crenshaw, LA) 1997
- 13.59 \*Terry Prentice (Diamond Ranch, Pomona) 2006
- 13.64 -Kenyon Rambo (Poly, Long Beach) 1997
- 13.67 -David Ashford (West Covina) 1981
- 13.67 -Isaac Carson (Jefferson, Daly City) 1991
- 13.67 -Phillip Johnson (Gardena) 1978

### State-meet record:

- 13.39 Kevin Craddock (James Logan, Union City) 2004

## 300 Meter Intermediate Hurdles

- 35.28 -Jeshua Anderson (Taft, Woodland Hills) 2007
- 35.32 -George Porter (Cabrillo, Lompoc) 1985
- 35.45 -David Klech (California, San Ramon) 2006
- 35.71 \*Reggie Wyatt (La Sierra, Riverside) 2009
- 35.93 \*Kevin Craddock (James Logan, Union City) 2004
- 36.18 -Makio Haywood (Muir, Pasadena) 1996
- 36.25 -Jeff Hunter (Granite Hills, El Cajon) 2001
- 36.26 -Jovesa Naivalu (Fremont, Sunnyvale) 1996
- 36.30 -Jeff Garrison (J.W. North, Riverside) 2001
- 36.43 -John Montgomery (Independence, SJ) 1988

### State-meet record:

- 35.28 Jeshua Anderson (Taft, Woodland Hills) 2007

## 4x100 Meter Relay

- 40.14 Poly, Long Beach 1999
- 40.24 Hawthorne (Alexander, Smith, Allen, Conway) 1989
- 40.28 Muir, Pasadena (Tryon, McCullough, Haywood, Moore) 1997
- 40.39 Poly, Long Beach 1998
- 40.53 Serra, Gardena 1996
- 40.62 Serra, Gardena 1998
- 40.63 Poly, Long Beach 2002
- 40.64 Hawthorne (Marsh, Graham, Parnam, Thomas) 1985
- 40.64 Muir, Pasadena (McCullough, Moore) 1996
- 40.66 University City, San Diego 1998

### State-meet record:

- 40.24 Hawthorne 1989

## 4x400 Meter Relay

- 3:07.40 Hawthorne (Graham, Marsh, Kelly, Thomas) 1985
- 3:08.66 Muir, Pasadena (Tryon, McCullough, Haywood, Moore) 1996
- 3:08.72 Muir, Pasadena (Tryon, McCullough, McCullough, Moore) 1997
- 3:08.94 Berkeley (Walker, Richardson, Murray, Robinson) 1981
- 3:09.45 Hawthorne (Graham, Young, Kelly, Thomas) 1984
- 3:09.59 Dominguez, Compton 2008
- 3:09.89 Poly, Long Beach (Hughes, Greene, Ev. Orange, Nellum) 2007
- 3:10.11 Hawthorne McGee, Torrance, Kelly, Thomas) 1983
- 3:10.33 Perris (Flenagh, Stamps, Jackson, Harris) 1983
- 3:10.37 Centennial, Compton (Graham, Ware, Jackson, Turner) 1980

### State-meet record:

- 3:08.66 Muir, Pasadena 1996

## High Jump

- 1.7-04.50 -Maurice Crumby (Balboa, San Francisco-SF) 1983
- 2.7-04.25 -Teak Wilburn (Chico-NO) 2002
- 3.7-04.00 -Jeremy Fischer (Camarillo-SS) 1994
- 4.7-03.25 -Lee Balkin (Glendale-SS) 1979
- 5.7-03.00 -Nick Ross (Vista Murrieta, Murrieta-SS) 2009
- 5.7-03.00 \*Reynaldo Brown (Compton-SS) 1968
- 5.7-03.00 -Tim Poitl (Alemay, Mission Hills-SS) 1979
- 5.7-03.00 -Jeff Rogers (Overfelt, San Jose-CCS) 1985
- 5.7-03.00 -Avery Anderson (North, Riverside-SS) 1991
- 10.7-02.25 -Jeff Nadeau (Monroe, Sepulveda-LA) 1993
- 10.7-02.25 -Jason Howard (Ridgeview, Bakersfield-CE) 1997

### State-meet record:

- 7-3.25 Lee Balkin (Glendale) 1979

## Pole Vault

- 1.18-02.00 -Brandon Richards (San Marcos, Santa Barbara-SS)

- 1985
- 2.17-08.50 \*Brent Burns (Acalanes, Lafayette-NCS) 1987
- 3.17-06.25 \*Nico Weiler (Los Gatos-CCS) 2007
- 4.17-05.00 \*Casey Roche (St. Francis, Mountain View-CCS) 2006
- 4.17-05.00 -Scott Roth (Granite Bay-SJS) 2006
- 6.17-04.25 -Anthony Curran (Crespi, Encino-SS) 1978
- 7.17-04.00 -Ryan Shuler (Granite Bay-SJS) 2006
- 7.17-04.00 -David Cox (Hoover, Fresno-CE) 1991
- 7.17-01.00 -Blair Wallingford (Roseville-SJS) 2008
- 10.17-01.00 -Steve Harris (Del Mar, San Jose-CCS) 1997
- 10.17-01.00 -Tye Harvey (Sonora-SJS) 1993

### State-meet record:

- 17-02.00 -Nico Weiler (Los Gatos) 2007

## Long Jump (legal wind)

- 1.26-04.75 James Stallworth (Tulare-CE) 1989
- 2.26-03.75 Randy Williams (Edison, Fresno-CE) 1971
- 3.26-02.25 -Ken Duncan (McClatchy Sacramento-SJS) 1972
- 4.26-00.75 -Jerry Proctor (Muir, Pasadena-SS) 1967
- 5.26-00.75 -Joe Richardson (Pasadena-SS) 1984
- 6.26-00.00 -Johnny Cleveland (Soquel-CCS) 1984
- 7.25-11.50 -Larry Doubly (Manual Arts, Los Angeles-LA) 1976
- 8.25-10.75 \*Heulon Hewitt (Merced-SJS) 1968
- 9.25-09.50 \*Gerald Hardeman (Edison, Fresno-CE) 1972
- 10.25-07.00 -James McAlister (Blair, Pasadena-SS) 1970

### State-meet record:

- 26-04.75 James Stallworth (Tulare) 1989

## Triple Jump (legal wind)

- 1.53-06.50 -Joe Richardson (Pasadena-SS) 1984
- 2.52-10.50 -Charles Mayfield (Muir, Pasadena-SS) 1980
- 3.52-06.25 \*Dave Tucker (San Joaquin Memorial, Fresno-CE) 1970
- 4.52-06.00 -Henry Ellard (Hoover, Fresno-CE) 1979
- 5.52-05.75 -Marcus Hooks (Lakewood-SS) 1986
- 6.52-04.75 \*Ken Frazier (Mission, San Francisco-SF) 1981
- 7.52-03.50 -Randy Williams (Edison, Fresno-CE) 1971
- 8.52-00.00 -Von Ware (Rancho Buena Vista, Vista-SDS) 1994
- 9.51-11.00 \*Joel Smith (Cordova, Rancho Cordova-SJS) 1987
- 10.51-08.75 \*MacArthur Anderson (Bakersfield-CE) 1987

### State-meet record:

- 52-05.75 Marcus Hooks (Lakewood) 1986

## Shot Put

- 1.76-02.00 -Brent Noon (Fallbrook-SDS) 1990
- 2.71-10.00 \*Van Mounts (Bakersfield-CE) 1997
- 3.69-06.50 -Brian Blutreich (Capistrano Valley-SS) 1985
- 4.69-03.75 -Jim Neidhart (Newport Harbor, Newport Beach-SS) 1973
- 5.68-05.50 -Steve Montgomery (Lassen, Susanville-NO) 1976
- 6.68-05.00 -Dave Kurrasch (Newport Harbor, Newport Beach-SS) 1975
- 7.67-09.75 -John Hubbell (Poly, Long Beach-SS) 1966
- 8.67-09.00 -Terry Albritton (Newport Harbor, Newport Beach-SS) 1972
- 8.67-09.00 -John McKenzie (Hart, Newhall-SS) 1976
- 10.67-08.25 -Dave Doupe (Inglewood-SS) 1973

### State-meet record:

- 74-04.75 Brent Noon (Fallbrook) 1990

## Discus

- 1.213-11 -Scott Moser (Huntington Beach-SS) 1997
- 2.213-07 -Bo Taylor (Newport Harbor-SS) 2006
- 3.212-01 -Darius Savage (Morse, San Diego-SDS) 2006
- 4.210-08 -Brian Blutreich (Capistrano Valley-SS) 1985
- 5.210-01 \*Jeff Buckley (Bakersfield-CE) 1991
- 6.209-09 -Sean Shields (Arroyo Grande-SS) 2001
- 7.209-06 -Dave Porath (Atwater-SJS) 1978
- 8.209-00 -Reedus Thurmond (Serra, Gardena-SS) 1998
- 9.206-05 -Daniel Schaefer (The Bishop's, La Jolla-SDS) 2004
- 10.205-05 -Derek Johnson (Agoura-SS) 2007

### State-meet record:

- 213-07 Bo Taylor (Newport Harbor) 2006

Records compiled by Rich Gonzalez – Editor,  
DyeStatCal/ESPN RISE

Through May 30, 2009

Wind-legal marks only in the wind-affected events.

### Key:

-senior; \*=junior; \*\*=sophomore; \*\*\*-freshman;  
c=converted from yards distance; i=indoor mark;  
A=altitude mark achieved above 3,000 feet

# All-Time CIF Girls Track & Field Top Times/Marks

## 100 Meters (wind legal only)

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 (Los Angeles Baptist, North Hills) 2003  
 11.33 -Elizabeth Olear (Louisville, Woodland Hills) 2006  
 11.33 -Jasmine Baldwin (Bishop Amat, La Puente) 2004  
 11.34 \*Sharon Ware (Berkeley) 1980  
 11.35 \*Shalonda Solomon (Poly, Long Beach) 2003  
 11.40 \*\*\*Ashton Purvis (St. Elizabeth, Oakland) 2007  
**State-meet record:**  
 11.14 Marion Jones (Thousand Oaks) 1992

## 200 Meters (wind legal only)

22.11A -Allyson Felix (Los Angeles 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  
 22.92 \*Shalonda Solomon (Poly, Long Beach) 2004  
 23.02 -Angela Williams (Chino) 1998  
 23.07 -Angel Perkins (Gahr, Cerritos) 2001  
 23.08 -Jackie Thompson (Lincoln, San Diego) 1973  
 23.14 \*Jeneba Tarmoh (Mt. Pleasant, San Jose) 2006  
**State-meet record:**  
 22.52 Allyson Felix (Los Angeles Baptist) 2003

## 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 (Ganessa, Pomona) 1972  
 52.09 -Nakiya Johnson (Ayala, Chino Hills) 1998  
 52.17 -Chewuakii Knighten (Locke, Los Angeles) 1985  
 52.18 \*Angel Perkins (Gahr, Cerritos) 2001  
 52.1 Kathy Hammond (Mira Loma, Sacramento) 1969  
 52.25 \*Janeene Vickers (Pomona) 1986  
 52.26 -Allyson Felix (Los Angeles, Baptist) 2003  
**State-meet record:**  
 50.74 Monique Henderson (Morse, San Diego) 2000

## 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 (Mililkan, Long Beach) 1985  
 2:04.91 -Trena Hull (Compton) 1984  
 2:05.43 \*\*Linda Goen (North, Bakersfield) 1977  
 2:05.61 -Nicole Teter (West Valley, Cottonwood) 1991  
 2:05.7+ \*\*Rennie Durand (Laguna Beach) 1980  
 2:05.84 \*Jessica Spies (Livermore) 1981  
 2:05.9 Lynn Hollins (Poly, Riverside) 1976  
**State-meet record:**  
 2:04.91 Trena Hull (Compton) 1984

## 1600 Meters

4:33.65c -Polly Plumer (University, Irvine) 1982 (4:35.24 for full mile)  
 4:33.82 -Christine Babcock (Woodbridge, Irvine) 2008  
 4:38.15 -Alex Kosinski (Oak Ridge, El Dorado Hills) 2007  
 4:39.13 \*\*Jordan Hasay (Mission College Prep, San Luis Obispo) 2007  
 4:39.1c -Eileen Claugus (Rio Americano, Sacramento) 1973 (4:40.7 for full mile)  
 4:39.94c -Annie St. Geme (Corona del Mar) 2006  
 4:40.2c \*Vickie Cook (Alemany, Mission Hills) 1981  
 4:40.4c \*\*\*Mary Decker (Portola Jr, Orange) 1973 (4:42.0 for full mile)  
 4:42.50 -Shannon Murakami (Saugus) 2007  
 4:42.52 -Anna Sperry (Simi Valley) 2007  
**State-meet record:**  
 4:33.82 \*Christine Babcock (Woodbridge, Irvine) 2008

## 3200 Meters

9:48.59 -Kim Mortensen (Thousand Oaks) 1996  
 9:52.13 \*Jordan Hasay (Mission College Prep, San Luis Obispo) 2008  
 9:52.51 -Lauryne Chetelat (Davis) 2008  
 9:58.51 -Caitlin Chock (Granite Bay- non-team member) 2004 GWI  
 10:04.03 -Christine Babcock (Woodbridge, Irvine) 2008  
 10:04.2 -Cory Schubert (Del Mar, San Jose) 1983  
 10:06.3c -Cheri Williams (Livermore) 1978 (10:09.8 for full two miles)

10:08.95+ -Anita Siraki (Hoover, Glendale) 2001  
 10:11.11 -Sara Bei (Montgomery, Santa Rosa) 2001  
 10:11.19 \*Alejandra Barrientos (San Lorenzo Valley, Felton) 2000  
**State-meet record:**  
 9:52.13 Jordan Hasay (Mission College Prep, San Luis Obispo) 2008

## 100 Meter High Hurdles

13.03 \*Vashti Thomas (Mt. Pleasant, San Jose-CCS) 2007 (+2.0)  
 13.20 -Nichole Denby (J.W. North, Riverside-SS) 2000  
 13.32 \*\*Julian Purvis (St. Elizabeth's, Oakland-NCS) 2007 (+2.0)  
 13.32 -Ke'Nyia Richardson (Holy Names, Oakland-OAL) 2007 (+2.0)  
 13.35 -Nicole Hoxie (J.W. North, Riverside-SS) 1997  
 13.38 -Joanna Hayes (J.W. North, Riverside-SS) 1995  
 13.53 -Natasha Neal (James Logan, Union City-NCS) 1998  
 13.55 -Daveeta Shepherd (DeAnza, Richmond-NCS) 1997  
 13.58 -Ashlee Brown (J.W. North, Riverside-SS) 2003  
 13.61 -Briana Stewart (James Logan, Union City-NCS) 2008  
 13.61 -Lashinda Demus (Wilson, Long Beach-SS) 2001  
**State-meet record:**  
 13.03 \*Vashti Thomas (Mt. Pleasant, San Jose) 2007 (+2.0)

## 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 (Ganessa, Pomona) 1987  
 40.81 -Joanna Hayes (J.W. North, Riverside) 1995  
 40.86 -Natasha Neal (James Logan, Union City) 1998  
 41.08 -Jamesha Youngblood (Hercules) 2007  
 41.09 \*Gayle Kellon (Walnut) 1982  
 41.09 \*\*Kori Carter (Claremont) 2009  
 41.31 -Talia Stewart (James Logan, Union City) 2004  
 41.31 -MacKenzie Hill (Wilson, Long Beach) 2003  
**State-meet record:**  
 40.10 Ebony Collins (Wilson, Long Beach) 2005

## 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  
 45.10 Wilson, Long Beach 2001  
 45.11 Hawthorne 1985  
 45.12 Wilson, Long Beach 2006  
 45.13 Berkeley 1981  
 45.20 Poly, Long Beach 1995  
 45.20 James Logan Union City 1996  
 45.23 Muir, Pasadena 1985  
 45.30 J.W. North, Riverside 2000  
**State-meet record:**  
 44.70 St. Bernard (Playa Del Rey) 1997

## 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  
 3:37.01 Wilson, Long Beach 2003  
 3:37.14 Wilson, Long Beach 2006  
 3:37.31 Wilson, Long Beach 1999  
 3:37.38 Wilson, Long Beach 1996  
 3:37.69 Muir, Pasadena 1985

## High Jump

6-2.75 -Latrese Johnson (Clovis) 1985  
 6-2.25 -Wendy Brown (Woodside) 1984  
 6-2.25 -Julie Broughton (Woodland) 1989  
 6-2.00 -Sharon Day (Costa Mesa) 2003  
 6-1.50 -Chaunte Howard (J.W. North, Riverside) 2002  
 6-1.00 \*Sue McNeal (Carlsbad) 1979  
 6-1.00 -Tonya Mendonca (Mt. Whitney, Visalia) 1983  
**State-meet record:**  
 6-0 Latrese Johnson (Clovis) 1985

## Pole Vault

14-01.00 \*Tori Anthony (Castilleja, Palo Alto-CCS) 2007 (also 14-02.50 national indoor record)  
 13-08.50 -Kira Costa (San Joaquin Memorial, Fresno-CE) 2003  
 13-08.00 -Shayla Balentine (Morro Bay-SS) 2001  
 13-07.00 -Allison Stokke (Newport Harbor-SS) 2007

13-06.00 -Bryson Stately (Cordova, Rancho Cordova-SJS) 2005  
 13-06.00 -Chelsea Johnson (Atascadero-SS) 2002  
 13-03.00 -Tracy O'Hara (Rancho Bernardo-SD) 1998  
 13-02.00 \*Tori Pena (Edison, Huntington Beach-SS) 2005 Golden West Inv  
 13-01.75 -Melissa Price (Kingsburg-CE) 1995  
 13-01.00 \*\*\*MacKenzi Landry (Del Oro, Loomi-SJS) 2009  
 13-01.00 -Allison Koresel (Huntington Beach-SS) 2009  
**State-meet record:**  
 14-01.00 \*Tori Anthony (Castilleja, Palo Alto) 2007

## Long Jump (wind legal only)

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 -Jernae Wright (James Logan, Union City) 1996  
 20.10.25 -Ke'Nyia Richardson (Holy Names) 2007 (+2.0)  
 20-09.75 -Wendy Brown (Woodside) 1984  
 20-09.50 -Pam Simpson (Poly, Long Beach) 1995  
 20-08.75 Kim Attlessey (Corona del Mar, Newport Beach) 1971  
 20-08.75 -Marlene Harmon (Thousand Oaks) 1980  
 20-08.50 -Jamesha Youngblood (Hercules) 2007  
 20-08.50 \*Jodi Anderson (Washington, Long Angeles) 1975  
**State-meet record:**  
 22-0.5 Marion Jones (Thousand Oaks) 1993

## Triple Jump (wind legal only)

44-11.75 \*Brittany Daniels (Merrill West, Tracy) 2004 (also 45-07.50)  
 44-04.00 -Ke'Nyia Richardson (Holy Names, Oakland) 2007 (+1.1 mps) (also 45-04.25w; -3.0 mps)  
 44-00.50 -Juliana Yendork (Walnut) 1991  
 43-04.50 \*\*Michelle Sanford (Woodbridge, Irvine) 2001  
 43-01.50 -Vashti Thomas (Mt. Pleasant, San Jose) 2008  
 42-10.50 -Wendy Brown (Woodside) 1984  
 42-05.50 -Yvette Bates (Berkeley) 1984  
 42-04.50 -Candace Baucham (Poly, Long Beach) 2001  
 42-03.00 \*\*Ciarra Brewer (James Logan, Union City-NCS) 2009 (also 42-10.00w)  
 42-01.50 \*Alitta Boyd (Moreau Catholic, Hayward-NCS) 2008 (also 42-10.50w)  
**State-meet record:**  
 44-00.50 Juliana Yendork (Walnut) 1991

## Shot Put

54-04.75 -Anna Jelmini (Shafter) 2009  
 53-07.75 -Natalie 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  
 50-11.25 \*Jill Camarena (Woodland) 1999  
 50-07.25 -Julie Dufresne (Harbor, Santa Cruz) 2005  
 50-05.00 -Rosario Sanchez (Selma) 2007  
 50-04.00 -Billie Jo Grant (Arroyo Grande) 2003  
**State-meet record:**  
 52-11.5 Kristin Heaston (Ygnacio Valley, Concord) 1993

## Discus

190-03 \*Anna Jelmini (Shafter-CE) 2009  
 188-04 -Suzy Powell (Downey, Modesto-SJS) 1994  
 183-11 -Leslie Deniz (Gridley-CCS) 1980  
 183-06 -Billie Jo Grant (Arroyo Grande-SS) 2003  
 181-03 -Stephanie Brown (Arroyo Grande-SS) 1998  
 178-00 -Rachel Varner (Bakersfield-CE) 2002  
 177-01 \*Chaniqua Ross (Laguna Creek, Elk Grove-SJS) 1997  
 176-10 -Melisa Weis (Bakersfield-CE) 1990  
 175-08 -Kate Hutchison (San Clemente-SS) 2003  
 174-09 -Natalie Kaaiawahia (Fullerton-SS) 1983  
**State-meet record:**  
 177-1 Chaniqua Ross (Laguna Creek, Elk Grove) 1997

## Records compiled by Rich Gonzalez - Editor, DyeStatCa/ESPN RISE

Through May 30, 2009  
 Wind-legal marks only in the wind-affected events.

## Key:

-senior; \* = junior; \*\* = sophomore; \*\*\* = freshman;  
 c = converted from yards distance; i = indoor mark;  
 A = altitude mark achieved above 3,000 feet

# 2009 CIF Top Track & Field Top Times/Marks

## BOYS 100 METERS

Randall Carroll 12 Cathedral SS  
Sheldon Price 12 Bishop Amat SS  
10.51 Maxwell Dyce 12 Moorpark SS  
10.58 Kyle Middlebrooks 11 Fountain Valley SS  
10.60 Deanthony Thomas 10 Crenshaw LA

## BOYS 200 METERS

21.06 Randall Carroll 12 Cathedral SS  
21.23 Reggie Wyatt 12 La Sierra SS  
21.29 Sheldon Price 12 Bishop Amat SS  
21.30 Joe Cooks 12 Mission Hills SD  
21.38 Tevin Carter 11 Santee LA

## BOYS 400 METERS

46.38 Reggie Wyatt 12 La Sierra SS  
46.99 Josh Mance 11 Chino Hills SS  
47.15 Robert Woods 11 Serra SS  
47.29 Jalen Craver 10 Artesia SS  
47.46 Kivon Grant 12 Dominguez SS

## BOYS 800 METERS

1:50.31 Mac Fleet 12 University City SD  
1:51.8 Sean Krinik Valencia (Placentia) SS  
1:52.24 Elias Gedyon 10 Loyola SS  
1:52.85 Ruben Danielsen 11 Rancho Verde SS  
1:53.1 Christopher Ramsey Glendora SS

## BOYS 1600 METERS

4:07.25 Elias Gedyon 10 Loyola SS  
4:09.15 James Cameron 12 Mission Viejo SS  
4:09.46 Mac Fleet 12 University City SD  
4:09.60 Erik Olson 11 Novato NC  
4:09.95 Tyler Valdes 12 Dana Hills SS

## BOYS 3200 METERS

8:55.06 Erik Olson 11 Novato NC  
8:57.66 Heyden Wooff 10 Camarillo SS  
8:58.15 Collin Jarvis 12 Rancho Buena Vista SD  
8:59.5 Toby Villalva El Toro SS  
8:59.91 Matt Mcelroy 11 Edison (Huntington Beach) SS

## BOYS 110-METER HIGH HURDLES

14.00 Dale Morgan 11 Taft LA  
14.07 Devalle Pedrogo 11 Mission Viejo SS  
14.14 Chad Jones 12 Bishop O'Dowd NC  
14.14 Kyler Martin 12 Vacaville SJ  
14.15 Sean Johnson 11 Buchanan CE

## BOYS 300-METER INTERMEDIATE HURDLES

35.71 Reggie Wyatt 12 La Sierra SS  
37.35 Dale Morgan 11 Taft LA  
37.62 Dante Thomas 11 Fairfield SJ  
37.68 R.J. Frasier 11 Jesuit SJ  
37.68 Jonathan Sanders 12 Millikan SS

## BOYS 400-METER RELAY

40.74 Serra SS  
41.03 Cathedral SS  
41.08 Poly (LB) SS  
41.17 Crenshaw LA  
41.41 Rancho Verde SS

## BOYS 1600-METER RELAY

3:13.75 Rancho Verde SS  
3:14.22 Roosevelt SS  
3:14.98 Millikan SS  
3:15.65 Lutheran (Orange) SS  
3:16.43 Serra SS

## BOYS HIGH JUMP

7-03 Nick Ross 12 Vista Murrieta SS  
7-01 Jules Sharpe 12 Oaks Christian SS  
7-0.25 Skylar Lacour 12 Rancho Verde SS

7-0 Harrison Steed 11 JSerra SS  
6-11.50 Sam Rockwood 12 Diamond Bar SS

## BOYS LONG JUMP

24-4.00 Justin Sutter 12 Granite Bay SJ  
24-1.00 Hamed Suleman 12 Deer Valley NC  
23-11.75 Chase Wheeler 12 De La Salle NC  
23-09.75 Kevin Kho 11 Damien SS  
23-8.00 Nick Ross 12 Vista Murrieta SS

## BOYS TRIPLE JUMP

50-04.00 Hamed Suleman 12 Deer Valley NC  
49-08.00 Nick Ross 12 Vista Murrieta SS  
49-06.75 Obum Gwacham 12 Ayala SS  
49-0.25 Curtis Wilson 12 Rancho Verde SS  
48-03.00 Chad Jones 12 Bishop O'Dowd NC

## BOYS POLE VAULT

16-09 Michael Woepse 11 Mater Dei SS  
16-04 Robbie Simmons 12 Rocklin SJ  
16-02 Cale Simmons 12 Rocklin SJ  
16-01 Kyle Ballew 12 El Camino Real LA  
16-00 Michael Peterson 12 Clovis East CE

## BOYS DISCUS THROW

188-05 Matt Darr 11 Frontier CE  
188-04 Daniel Swarbrick 12 Saugus SS  
187-05 Cecil Whiteside 11 Newport Harbor SS  
185-00 Jacob Budwig 11 Fowler CE  
183-00 Ryan Rosales 12 Ventura SS

## BOYS SHOT PUT

62-04.75 Austin Field 12 Arroyo Grande SS  
61-07.50 Kenvi Graf 9 Agoura SS  
61-05.50 Daniel Swarbrick 12 Saugus SS  
61-04.00 Matt Darr 11 Frontier CE  
60-10.50 Caylin Hanptmann 12 Beverly Hills SS

## GIRLS 100 METERS

11.48 Ashton Purvis 11 St. Elizabeth NC  
11.61 Valexia Droughn 10 Rio Mesa SS  
11.74 Strangena Campbell 10 Pinole Valley NC  
11.76 Angela Gradiska 11 Pinewood CC  
11.77 Asiah Gooden 11 Rancho Verde SS

## GIRLS 200 METERS

23.60 Ashton Purvis 11 St. Elizabeth NC  
23.68 Jessica Davis 11 Highland SS  
23.93 Tenille Stoudenmire 12 Rancho Bernardo SD  
23.94 Alycia Herring 11 Rancho Verde SS  
24.00 Akawkaw Ndipagbor 10 Poly (LB) SS

## GIRLS 400 METERS

53.45 Turquoise Thompson 12 Serra SS  
53.54 Akawkaw Ndipagbor 10 Poly (LB) SS  
54.40 Chizoba Okodogbe 11 Deer Valley NC  
54.69 Vanessa Jones 10 Etiwanda SS  
54.72 Gabby Estell 10 Rancho Verde SS

## GIRLS 800 METERS

2:09.27 Justine Fedronic 12 Carlmont CC  
2:09.57 Carlyle Davis 12 Marlborough SS  
2:09.64 Jordan Hasay Mission College Prep CE  
2:09.95 Aly Drake 12 Valencia SS  
2:10.59 Paisley Pettway 11 Millikan SS

## GIRLS 1600 METERS

4:47.05 Jordan Hasay 12 Mission College Prep CE  
4:47.95 Sammy Silva 12 Our Lady of Peace SD  
4:50.56 Jacque Taylor 11 Casa Grande NC  
4:51.32 Chloe Curtis 11 Redondo SS  
4:51.39 Alli Billmeyer 10 Torrey Pines SD

## GIRLS 3200 METERS

10:16.83 Alexandra Dunne 12 San Clemente SS  
10:30.04 Jordan Hasay 12 Mission College Prep CE  
10:31.34 Catrina Mcalister 10 Arcadia SS  
10:31.82 Molly Grabill 10 Rancho Bernardo SD  
10:31.91 Megan Morgan 11 Torrey Pines SD

## GIRLS 100-METER HIGH HURDLES

13.67 Kori Carter 11 Claremont SS  
13.87 Ashtyn Baltimore 12 Marlborough SS  
13.92 Trinity Wilson 9 St. Mary's NC  
14.00 Monisha Davis 12 Etiwanda SS  
14.11 Ashtynn Baltimore 12 Marlborough SS

## GIRLS 300-METER LOW HURDLES

41.09 Kori Carter 11 Claremont SS  
41.45 Turquoise Thompson 12 Serra SS  
41.97 Nyjah Cousar 12 Wilson (LB) SS  
42.55 Ericka Nowell 12 Perris SS  
42.63 Daje Pugh 9 Fairfield SJ

## GIRLS 400-METER RELAY

45.50 St. Mary's Academy SS  
45.76 Rancho Verde SS  
45.78 Serra SS  
46.03 Poly (LB) SS  
46.58 Vista Murrieta SS

## GIRLS 1600-METER RELAY

3:43.85 Poly (LB) SS  
3:44.02 Rancho Verde SS  
3:44.95 Serra SS  
3:48.61 Etiwanda SS  
3:49.00 Deer Valley NC

## GIRLS HIGH JUMP

5-11 Tara Richmond 11 Poly (LB) SS  
5-9 Ashley Smith 11 Millikan SS  
5-9 Celeste Rietveld 10 Livermore NC  
5-8 Ciarra Brewer 10 James Logan NC  
5-8 Kiersten Dolbec 12 Saratoga CC

## GIRLS LONG JUMP

20-01.75 Karynn Dunn 12 Diamond Ranch SS  
19-11.75 Ashtyn Baltimore 12 Marlborough SS  
19-08.75 Alitta Boyd 12 Moreau Catholic NC  
19-05.50 Alycia Herring 11 Rancho Verde SS  
19-04.25 Shanice Stewart 10 Carter SS

## GIRLS TRIPLE JUMP

42-03.00 Ciarra Brewer 10 James Logan NC  
42-01.25 Alitta Boyd 12 Moreau Catholic NC  
40-04.50 Aziza Baker 10 St. Mary's NC  
39-11.50 Lauren McGlory 12 James Logan NC  
39-09.25 Melia Cox 10 Poly (LB) SS

## GIRLS POLE VAULT

13-01 MacKenzi Landry 10 Del Oro SJ  
13-01 Allison Koresel 12 Huntington Beach SS  
13-00 Kortney Ross 11 Westview SD  
12-09 Claire Hawkins 11 Santa Margarita SS  
12-07 Holly Weseloff Buchanan CE

## GIRLS DISCUS THROW

190-03 Anna Jelmini 12 Shafter CE  
165-03 Alex Collatz 10 Stockdale CE  
143-04 Vivian Devaney 11 San Luis Obispo SS  
141-11 Margarita Matiks 11 Irvine SS  
141-05 Meagan McKee 11 Santa Teresa CC

## GIRLS SHOT PUT

54-04.75 Anna Jelmini 12 Shafter CE  
47-00.00 Jackie Ahloo 12 St. Mary's SJ  
45-08.50 Michelle Anumba 12 Los Osos SS  
45-03.00 Chioma Amaechi 11 Lincoln SF  
44-05.50 Jasmine Burrell 11 North Torrance SS





# CIF State Track and Field Championships

## Boys High Jump

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

National: 7-05.25 3/24/1984 Dothel Edwards (Cedar Shoals, Athens)  
State Meet: 7-03.25 6/2/1979 Lee Balkin (Glendale)

Pos.	Name	Gr.	School	Sec.	Sec. Mark
1	Pacheco, Dalyn	10	Junipero Serra	CC	6-04.00
2	Pizzo, Jared	12	Redwood	NC	6-04.00
3	Woffinden, Cory	12	McKinleyville	NC	6-04.00
4	Tracy, Mike	12	Windsor	NC	6-04.00
5	Fowler, Leon	12	Reseda	LA	6-04.00
6	Taylor, Derion	12	Evergreen Valley	CC	6-04.00
7	Sparks, Jonathan	11	La Canada	SS	6-06.00
8	Snider, Mark	12	Foothill	NC	6-06.00
9	Gwacham, Obum	12	Ayala	SS	6-06.00
10	Villalba, Maxwell	12	Quartz Hill	SS	6-06.00
11	Ross, Nick	12	Vista Murrieta	SS	6-06.00
12	Coles, Idarre	11	Redwood	CE	6-06.00
13	Jordan, Tyler	11	Ramona	SD	6-06.00
14	Trotter, Reggie	12	Birmingham	LA	6-06.00
15	Lima, Frank	12	Half Moon Bay	CC	6-06.00
16	Beal, Miles	12	St. John Bosco	SS	6-06.00
17	McCullum, Phillip		Garces	CE	6-06.00
18	Ford, Brandon	10	Mt. Carmel	SD	6-06.00
19	Hopkins, Ramsey	12	Torrey Pines	SD	6-06.00
20	Steed, Harrison	11	Jserra	SS	6-06.00
21	Ridge, Nick	11	Jesuit	SJ	6-06.00
22	Sadler, Graham	12	Poly (Pas.)	SS	6-06.00
23	Rabut, Russell	12	Chico	NO	6-06.00
24	Haag, Mitchell	12	Upland	SS	6-06.00
25	Templeton, Alex	11	Poway	SD	6-06.00
26	Bell, Darius	12	Highlands	SJ	6-06.00
27	Spikes, Maurice	11	St. Mary's	NC	6-07.00
28	Johnson, Moriah	12	Crenshaw	LA	6-07.00
29	Sharpe, Jules	12	Oaks Christian	SS	6-08.00
30	Robbins, George		West Bakersfield	CE	6-08.00
31	Williford, Xavier	12	Franklin (Stock)	SJ	6-08.00

## Boys Pole Vault

**Prelims: 6:00 p.m. Fri. Final: 5:15 p.m. Sat.**

National: 18-02.25 5/14/1999 Eric Eshbach, (Orangefield, TX)  
State Meet: 17-03 5/2/2008 Nico Weiler (Los Gatos)

Pos.	Name	Gr.	School	Sec.	Sec. Mark
1	Green, Derek	11	Poway	SD	13-10.00
2	Turner, Dane	12	Sutter	NO	14-00.00
3	Hollis, Danny	12	Livermore	NC	14-00.00
4	Satoshi, Yuki	12	Las Lomas	NC	14-03.00
5	Duncan, Taylor	12	Del Norte	NC	14-03.00
6	McGrath, Jeremy	11	La Jolla	SD	14-04.00
7	Rosser, Clint	11	Loyola	SS	14-04.00
8	Fox, Dillon	11	La Costa Cnyn	SD	14-04.00
9	McNanny, Sean	12	Mission Viejo	SS	14-04.00
10	Cunnington, Cody	12	Drake	NC	14-06.00
11	Handy, Lonnie	12	Vintage	SJ	14-07.00
12	Manuele, Chris	12	Mt. Whitney	CE	14-10.00
13	Kim, David	11	Los Alamitos	SS	14-10.00
14	Woepse, Michael	11	Mater Dei	SS	14-10.00
15	Grayson, Butcher		El Diamante	CE	14-10.00
16	Toney, Shawn	11	St. Francis	CC	15-02.00
17	Bet, Chris	12	Junipero Serra	CC	15-02.00
18	Cooper, Matt	12	Mater Dei	SS	15-04.00
19	Alviso, Jordon	12	Granite Bay	SJ	15-04.00
20	Peterson, Mike		Clovis East	CE	15-04.00
21	Garin, Fedor	12	Carlmont	CC	15-06.00
22	Starr, Mike	12	Folsom	SJ	15-07.00
23	Ballew, Kyle	12	El Camino Real	LA	15-08.00
24	Prader, John	12	Salinas	CC	15-10.00



PHOTO BY JOE MARTIAN

**MIKE TRACY**  
Windsor High School



PHOTO BY JOE MARTIAN

**MIKE STARR**  
Folsom High School

# CIF CIF State Track and Field Championships

## Boys Long Jump

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

National: 26-04.75 6/3/1989 James Stallworth (Tulare, CA)  
 State Meet: 26-04.75 6/3/1989 James Stallworth (Tulare)

Pos.	Name	Gr.	School	Sec.	Sec. Mark
1	Dotson, Austin	12	Carson	LA	21-00.00
2	Vinzant, Joseph	11	Marshall	SF	21-01.50
3	Hill, Chris	12	Carson	LA	21-06.00
4	Jones, Tymon	12	Taft	LA	21-07.75
5	Molzen, Jon	12	El Capitan	SD	21-11.50
6	Lee, Darren	11	Lassen	NO	22-03.00
7	Combs, Sean	11	Deer Valley	NC	22-03.00
8	Wilson, Marquess	11	Tulare Union	CE	22-04.25
9	Dean, Victor	11	Lincoln	SD	22-05.25
10	Gaines, Fred		Chowchilla	CE	22-06.00
11	Ryabokorovka, Oleg	12	Ft. Bragg	NC	22-06.25
12	Marshall, Byron	09	Valley Christian Sjose	CC	22-06.50
13	Thompson, Aaron	12	Arch Riordan	CC	22-06.50
14	Mamon, Chris	11	Benicia	SJ	22-08.00
15	Golliday, Marcellus	12	Eastside	SS	22-08.25
16	Afrentranger, Marty		Liberty	CE	22-09.00
17	Price, Sheldon	12	Bishop Amat	SS	22-10.00
18	Smith, Chaz	12	St. Mary's	SJ	22-10.00
19	Hooper, Ted	12	Arcadia	SS	22-10.50
20	Lloyd, DJ	12	Vista Murrieta	SS	22-10.50
21	Bradley, Aaron	12	Gahr	SS	23-00.00
22	Ross, Nick	12	Vista Murrieta	SS	23-02.50
23	Jones, Chad	12	Bishop O'Dowd	NC	23-02.75
24	Harrison, Devin	10	Dana Hills	SS	23-04.00
25	Spencer, Kendall	12	San Mateo	CC	23-05.50
26	Sutter, Justin	12	Granite Bay	SJ	23-06.00
27	Harris, Aaron	12	Granite Hills	SD	23-07.00
28	Wheeler, Chase	12	DeLaSalle	NC	23-11.75

## Boys Triple Jump

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

National: 52-10.50 5/6/1980 Charles Mayfield (Muir, Pasadena, CA)  
 State Meet: 52-05.75 6/6/1986 Marcus Hooks (Lakewood)

Pos.	Name	Gr.	School	Sec.	Sec. Mark
1	Jackson, James	12	Reseda	LA	43-10.25
2	Gilmer, Donte	12	Birmingham	LA	44-04.25
3	Berry-Smith, Dameion	12	Dorsey	LA	44-05.75
4	Trembley, Kaleb	11	Petaluma	NC	45-00.50
5	Johnson, Victor	11	Logan James	NC	45-02.25
6	Chuun, Vanera	12	Mt. Pleasant	CC	46-00.50
7	Johnson, Lasjohn	12	St. Francis	CC	46-01.50
8	Sharpe, Jules	12	Oaks Christian	SS	46-02.00
9	McClure, Stefan	10	Vista	SD	46-03.50
10	Green, Jeremiah	12	Tulare Union	CE	46-03.75
11	Williams, James	11	Enterprise	NO	46-04.00
12	Brewer, Arnaud	12	Logan James	NC	46-05.75
13	Tyler, Moore	11	Escondido	SD	46-06.50
14	Campbell, Jamal	11	Lincoln, Stoc	SJ	46-09.00
15	Gathright, Jeremy	12	Vista	SD	46-09.50
16	Holloway, Afrikaa	12	Merced	SJ	46-09.50
17	Mamon, Chris	11	Benicia	SJ	46-10.00
18	Hunter, Patrick	12	Paramount	SS	46-10.50
19	Coles, Idarre	11	Redwood	CE	47-00.50
20	Ross, Nick	12	Vista Murrieta	SS	47-01.25
21	Taylor, Derion	12	Evergreen Valley	CC	47-03.50
22	Carter, Johnny		Ridgeview	CE	47-04.00
23	Adger, Dashawn	12	Bear Creek	SJ	47-07.50
24	Gwacham, Obum	12	Ayala	SS	48-00.00
25	Wilson, Curtis	12	Rancho Verde	SS	48-02.50
26	Suleman, Hammed	12	Deer Valley	NC	49-01.00

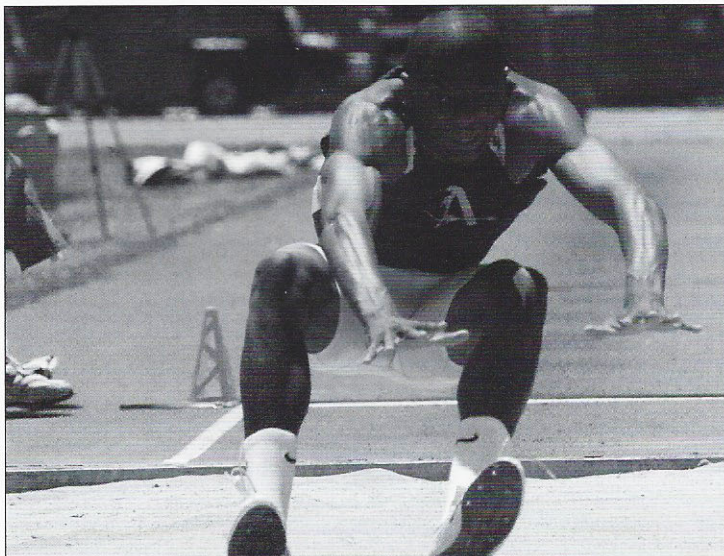


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**SHELDON PRICE**  
 Bishop Amat High School

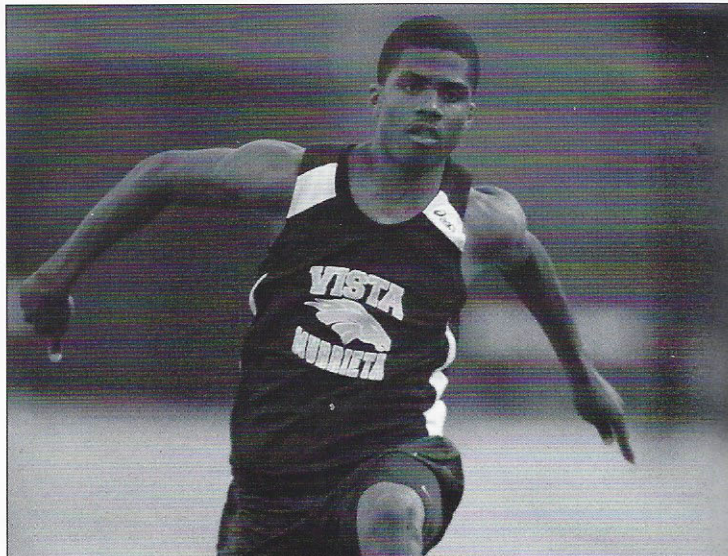


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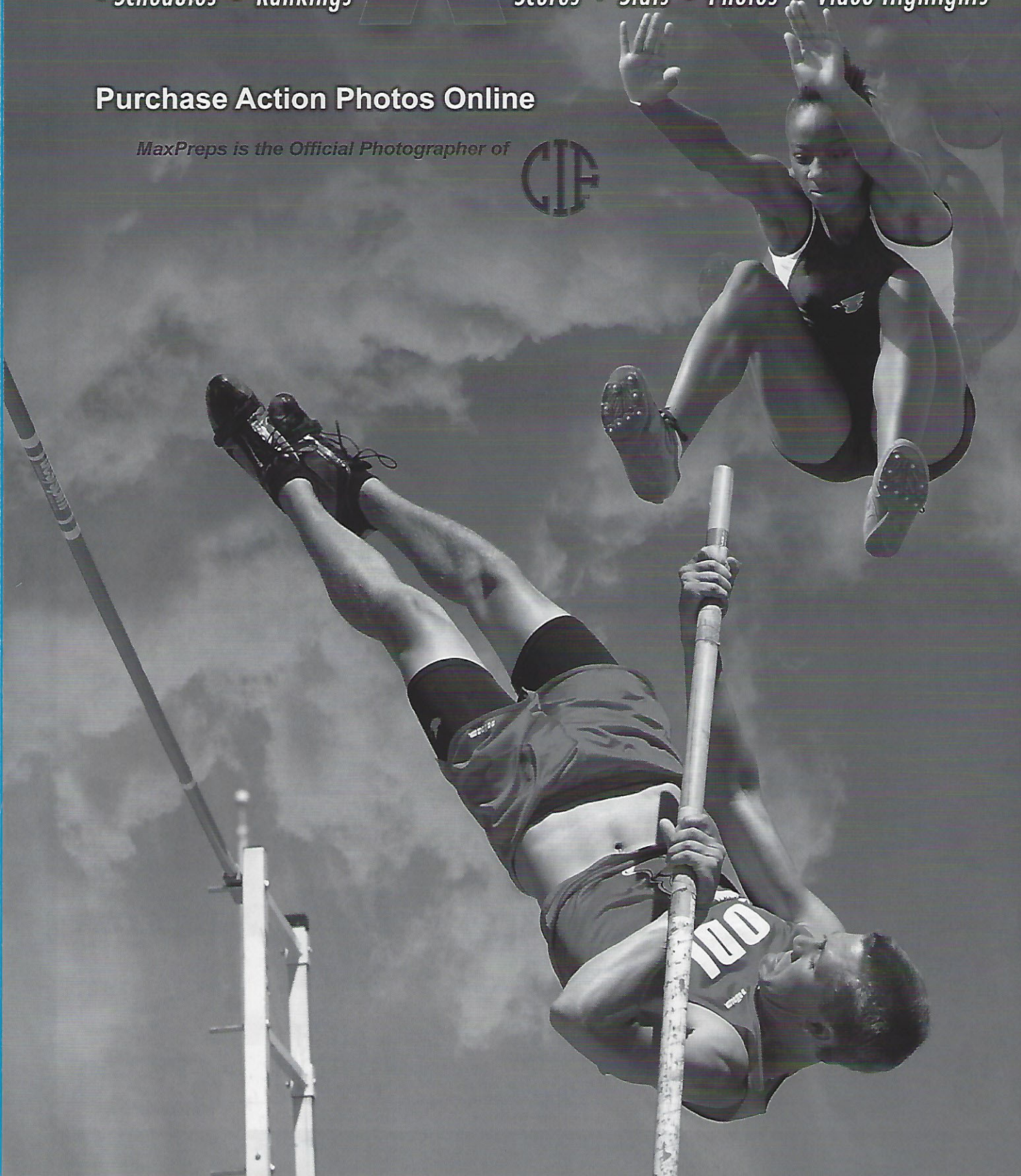
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# CIF State Track and Field Championships

## Boys Shot Put

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

National: 77-00 5/5/1979 Michael Carter (Jefferson, Dallas, TX)  
State Meet: 74-04.75 6/2/1990 Brent Noon (Fallbrook)

Pos.	Name	Gr.	School	Sec.	Sect. Mark
1	Scott, Andrew	11	Birmingham	LA	47-03.50
2	Lucas, Daniel	12	Castlemont	OK	47-05.50
3	De La Rosa, Miguel	12	Bell	LA	48-04.25
4	Ohlssen, Ricky	12	Lincoln	SF	49-06.00
5	Gomez, Khambrell	11	Dorsey	LA	49-10.50
6	Harris, Amari	11	De Anza	NC	49-11.50
7	Vasquez, Ivan		Fresno	CE	51-01.00
8	Butler, Jeffrey	12	St. Francis	CC	51-03.50
9	Pasquali, Dom	12	St. Ignatius	CC	51-06.00
10	O'Connor, Greig	12	Newark Mem	NC	51-07.50
11	Sauls, Tyrone	10	Christian	SD	51-10.00
12	Hassel, Justin	12	Red Bluff	NO	52-00.00
13	Pohahau, Anthony	11	Wilcox	CC	52-11.00
14	Millan, Albert	11	Livingston	SJ	53-02.00
15	Akre, Josh	12	Newark Mem	NC	53-05.00
16	Harlicker, Austin	11	Nevada Un.	SJ	53-06.25
17	Baker, Troy	12	Santa Rosa	NC	54-02.00
18	Aviles, Jose	11	La Jolla	SD	54-10.25
19	Hines, Jeremy	11	Jesuit	SJ	55-11.25
20	Greenberg, Brandon	11	Crespi	SS	57-10.75
21	Graf, Kevin	12	Agoura	SS	57-10.75
22	Swarbrick, Daniel	12	Saugus		58-00.75
23	Asbill, Blake	12	Carlsbad	SD	58-07.00
24	Field, Austin	12	Arroyo Grande	SS	58-07.75
25	Irwin, Willy		Clovis East	CE	58-10.50
26	Paea, Jordan	12	Ventura	SS	59-01.75
27	Darr, Matt		Frontier	CE	60-07.75

## Boys Discus Throw

**Prelims: 3:00 p.m. Fri. Final: 4:30 p.m. Sat.**

National: 234-03 4/14/2001 Niklas Arrhenius (Mt View, UT)  
State Meet: 213-07 6/2/2006 Bo Taylor (Newport Harbor)

Pos.	Name	Gr.	School	Sec.	Sect. Mark
1	Henry, Derrick	11	Skyline	OK	128-03
2	Ohlssen, Ricky	12	Lincoln	SF	130-09
3	Allotta, Julian	12	Rancho Bernrdo	SD	156-06
4	Banford, Eric	12	Newark Mem	NC	157-09
5	Speer, Kevin	11	Tracy	SJ	158-03
6	Findlay, Mike	12	Amador Valley	NC	158-07
7	Butler, Jeffrey	12	St. Francis	CC	158-07
8	Kinloch, James	10	Granite Bay	SJ	161-07
9	Hart, Thomas	11	St. Augustine	SD	162-05
10	Nwuzi, Cj	11	Silver Creek	CC	162-05
11	White, Derek	12	Oak Grove	CC	162-09
12	Bales, Dillon	12	Escondido	SD	162-10
13	Coniglio, Zach	11	Alhambra	NC	163-02
14	Titherington, Andrew	12	Jesuit	SJ	165-02
15	Irwin, Willy		Clovis East	CE	168-00
16	Birdsell, Brendon	12	Beckman	SS	168-10
17	Ofisa, Trevor	11	Magnolia	SS	169-10
18	O'Connor, Greig	12	Newark Mem	NC	170-00
19	Nichols, Derek	12	Anderson	NO	170-00
20	Brice, Sandri		El Diamante	CE	173-06
21	Pendleton, Jake	12	Esperanza	SS	175-05
22	Swarbrick, Daniel	12	Saugus		175-07
23	Darr, Matt		Frontier	CE	177-06
24	Whiteside, Cecil	11	Newport Harbor	SS	182-05



PHOTO BY MARK A. SMITH

**AUSTIN FIELD**  
Arroyo Grande High School



PHOTO BY MARK A. SMITH

**MATT DARR**  
Frontier High School

# CIF State Track & Field Championship Records

## BOYS

<b>100 METERS</b>		
10.30	Riley Washington (Southwest, San Diego)	1992
<b>200 METERS</b>		
20.43	Bryshon Nellum (Poly, Long Beach)	2007
<b>400 METERS</b>		
45.25	Calvin Harrison (North Salinas)	1993
<b>800 METERS</b>		
1:46.45	Michael Granville (Bell Gardens)	1996
<b>1600 METERS</b>		
4:00.29	German Fernandez (Riverbank)	2008
<b>3200 METERS</b>		
8:34.23	German Fernandez (Riverbank)	2008
<b>110-METER HIGH HURDLES</b>		
13.39	Kevin Craddock (James Logan, Union City)	2004
<b>300-METER INTERMEDIATE HURDLES</b>		
35.28	Jeshua Anderson (Taft, Woodland Hills)	2007
<b>400-METER RELAY</b>		
40.24	Hawthorne	1989
<b>1600-METER RELAY</b>		
3:08.66	John Muir, Pasadena	1996
<b>DISCUS THROW</b>		
213-07	Bo Taylor (Newport Harbor, Newport Beach)	2006
<b>HIGH JUMP</b>		
7-03.25	Lee Balkin (Glendale)	1979
<b>LONG JUMP</b>		
26-04.75	James Stallworth (Tulare)	1989
<b>POLE VAULT</b>		
17-03	Nico Weiler (Los Gatos)	2008
<b>SHOT PUT</b>		
74-04.75	Brent Noon (Fallbrook)	1990
<b>TRIPLE JUMP</b>		
52-05.75	Marcus Hooks (Lakewood)	1986
h — hand timed		

## GIRLS

<b>100 METERS</b>		
11.14	Marion Jones (Thousand Oaks)	1992
<b>200 METERS</b>		
22.52	Allyson Felix (Los Angeles Baptist, North Hills)	2003
<b>400 METERS</b>		
50.74	Monique Henderson (Morse, San Diego)	2000
<b>800 METERS</b>		
2:04.91	Trena Hull (Compton)	1984
<b>1600 METERS</b>		
4:33.82	Christine Babcock (Woodbridge, Irvine)	2008
<b>3200 METERS</b>		
9:52.13	Jordan Hasay (Mission Prep, San Luis Obispo)	2008
<b>100-METER HIGH HURDLES</b>		
13.03	Vashti Thomas (Mt. Pleasant, San Jose)	2007
<b>300-METER LOW HURDLES</b>		
40.10	Ebony Collins (Wilson, Long Beach)	2005
<b>400-METER RELAY</b>		
44.70	St. Bernard, Playa del Rey	1997
<b>1600-METER RELAY</b>		
3:35.49	Poly, Long Beach	2004
<b>DISCUS THROW</b>		
181-03	Stephanie Brown (Arroyo Grande)	1998
<b>HIGH JUMP</b>		
6-02	Latrese Johnson (Clovis)	1985
<b>LONG JUMP</b>		
22-00.50	Marion Jones (Thousand Oaks)	1993
<b>POLE VAULT</b>		
14-01	Tori Anthony (Castilleja, Palo Alto)	2007
<b>SHOT PUT</b>		
52-11.50	Kristin Heaston (Ygnacio Valley, Concord)	1993
<b>TRIPLE JUMP</b>		
44-00.50	Juliana Yendork (Walnut)	1991

# U.S. National High School Records

## BOYS

<b>100 METERS</b>		
10.15	Henry Neal (Greenville, Texas)	1990
<b>200 METERS</b>		
20.13	Roy Martin, Roosevelt (Dallas, Texas)	1985
<b>400 METERS</b>		
45.25	Calvin Harrison, North Salinas (Salinas, Calif.)	1993
<b>800 METERS</b>		
1:46.45	Michael Granville (Bell Gardens, California)	1996
<b>1600 METERS</b>		
3:59.51	Alan Webb, South Lakes (Reston, Virginia)	2001
<b>3200 METERS</b>		
8:34.23	German Fernandez (Riverbank, Calif.)	2008
<b>110-METER HIGH HURDLES</b>		
13.30	Chris Nelloms, Dunbar (Dayton, Ohio)	1990
<b>300-METER INTERMEDIATE HURDLES</b>		
35.28	Jeshua Anderson, Taft (Woodland Hills, California)	2007
<b>400-METER RELAY</b>		
39.76	Wyatt (Fort Worth, Texas)	1998
<b>1600-METER RELAY</b>		
3:07.40	Hawthorne (Hawthorne, California)	1985
<b>DISCUS THROW</b>		
234-03	Niklas Arrhenius, Mountain View (Orem, Utah)	2001
<b>HIGH JUMP</b>		
7-05.25	Dothel Edwards, Cedar Shoals (Athens, Georgia)	1984
<b>LONG JUMP</b>		
26-04.75	James Stallworth (Tulare, California)	1989
<b>POLE VAULT</b>		
18-02.25	Eric Eshbach (Orangefield, Texas)	1999
<b>SHOT PUT</b>		
77-00	Michael Carter, Jefferson (Dallas, Texas)	1979
<b>TRIPLE JUMP</b>		
52-10.50	Charles Mayfield, John Muir (Pasadena, California)	1980

## GIRLS

<b>100 METERS</b>		
11.14	Marion Jones (Thousand Oaks, California)	1992
<b>200 METERS</b>		
22.52	Allyson Felix, LA Baptist (North Hills, California)	2003
<b>400 METERS</b>		
50.74	Monique Henderson, Morse (San Diego, California)	2000
<b>800 METERS</b>		
2:04.5h	Joetta Clark, Columbia (Maplewood, New Jersey)	1980
<b>1600 METERS</b>		
4:33.82	Christine Babcock, Woodbridge (Irvine, Calif.)	2008
<b>3200 METERS</b>		
9:48.59	Kim Mortensen (Thousand Oaks, California)	1996
<b>100-METER HIGH HURDLES</b>		
13.03	Vashti Thomas, Mt. Pleasant (San Jose, California)	2007
<b>300-METER LOW HURDLES</b>		
39.98	Lashinda Demus, Wilson (Long Beach, California)	2001
<b>400-METER RELAY</b>		
44.50	Poly (Long Beach, California)	2004
<b>1600-METER RELAY</b>		
3:35.49	Poly (Long Beach, California)	2004
<b>DISCUS THROW</b>		
188-04	Suzu Powell, Downey (Modesto, California)	1994
<b>HIGH JUMP</b>		
6-03	Amy Acuff, Corpus Christi (Calallen, Texas)	1992
<b>LONG JUMP</b>		
22-01.75	Kathy McMillan, Hoke County (Raeford, North Carolina)	1976
<b>POLE VAULT</b>		
14-01	Tori Anthony, Castilleja (Palo Alto, California)	2007
<b>SHOT PUT</b>		
54-10.75	Michelle Carter (Red Oak, Texas)	2003
<b>TRIPLE JUMP</b>		
44-02.25	Ychliindria Spears (Luling, Texas)	2001
h — hand timed		



# CIF State Track & Field Team Champions

## BOYS TEAM CHAMPIONS

<i>School</i>	<i>Points</i>	<i>Coach</i>	<i>Location</i>	<i>Dates</i>
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
Poly, Long Beach	19	Leon Forman	Memorial Stadium, Bakersfield	June 4-5, 1965

# CIF State Track & Field Team Champions

## BOYS TEAM CHAMPIONS

<i>School</i>	<i>Points</i>	<i>Coach</i>	<i>Location</i>	<i>Dates</i>
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	Cyde 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 Gattlin	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
Poly, Long Beach	46	Don Norford	Hughes Stadium, Sacramento	June 1-2, 2007
Dominguez, Compton	36	Darryl Smith	Cerritos College, Norwalk	May 30-31, 2008

\* 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.

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# FRESNOSPORTS.ORG



# CIF State Track & Field Team Champions

## GIRLS TEAM CHAMPIONS

<i>School</i>	<i>Points</i>	<i>Coach</i>	<i>Location</i>	<i>Dates</i>
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
Mt. Pleasant, San Jose	44	Steve Nelson	Hughes Stadium, Sacramento	June 1-2, 2007
Poly, Long Beach	39	Don Norford	Cerritos College, Norwalk	May 30-31, 2008

\*\*\* 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.

# CIF State Track & 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
2007	Jahvid Best (Salesian, Oakland)	10.31
2008	Randall Carroll (Cathedral, Los Angeles)	10.42

### 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	Waiter 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	George 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
2007	Bryshon Nellum (Poly, Long Beach)	20.43
2008	Randall Carroll (Cathedral, Los Angeles)	20.91

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

### 400-Meter Dash (Boys)

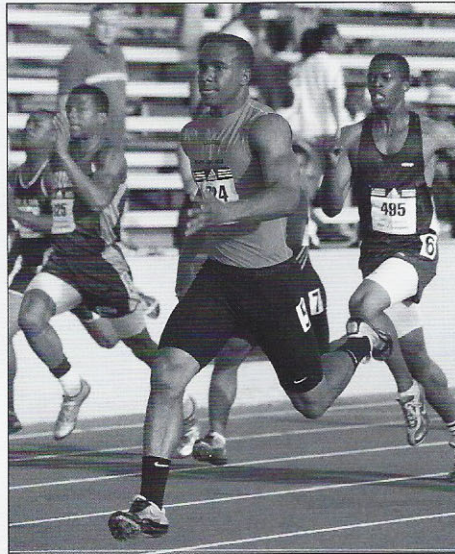
1915	George Conn (Pasadena)	50.0
1916	Mark Kellog (Fresno)	51.4
1917	Dick Seltzer (Redlands)	53.0
1918	George Schiller (Poly, Los Angeles)	49.6
1919	Jeff Wilcox (Harvard)	54.2
1920	Thurmond Clarke (Los Angeles)	50.2
1921	Ed Shaw (Monrovia)	52.2
1922	Ed Shaw (Monrovia)	54.4
1923	Vernon Hanford (Manual 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 Routh (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
1948	Fred Thompson (Jordan, Los Angeles)	49.2
1949	Luther Butler (Jefferson, Los Angeles)	49.2
1950	George Adrian (Hollywood)	49.3
1951	Sherman Miller (Napa)	48.8
1952	Jack North (Jordan, Long Beach)	49.7
1953	Larry Carter (Orange)	48.8
1954	X.L. Emerson (Richmond)	49.2
1955	Bruce Kitchen (Riverside)	48.7
1956	Jerry White (Corcoran)	48.7
1957	Jerry White (Corcoran)	46.7
1958	Fred DeWitt (Berkeley)	47.9
1959	Dixon Farmer (Miramonte, Orinda)	48.6
1960	Dixon Farmer (Miramonte, Orinda)	48.6
1961	Ulis Williams (Compton)	47.2
1962	Ulis Williams (Compton)	47.8
1963	Manual Diaz (Keppel, Alhambra)	48.1
1964	Tommy Smith (Lemoore)	47.3
1965	Fred Banks (Jefferson, Los Angeles)	47.5
1966	Randy Julian (Bolsa Grande, Garden Grove)	47.4
1967	Wayne Collett (Gardena)	47.8
1968	Mike Newton (Whittier)	47.2
1969	Edesel Garrison (Centennial, Compton)	46.7
1970	Larance Jones (Lemoore)	46.6
1971	Rick Brown (Los Altos)	47.8
1972	Tony Krzyzosiak (Garden Grove)	46.7
1973	Robert Harrell (Santa Ana)	47.4
1974	Ron Whitaker (Mission, San Francisco)	47.0
1975	Rod Connors (Cordova, Rancho Cordova)	47.7
1976	John Ware (Sacramento)	47.2
1977	Darold Harris (Pittsburg)	47.6
1978	James Sanford (Pasadena)	46.60
1979	Bill Greene (Cubberly, Palo Alto)	46.77
1980	Tony Banks (Morse, San Diego)	47.28
1981	Mike Turner (Centennial, Compton)	47.51
1982	David Timmons (Oakland)	47.09
1983	Fabian Cooper (Washington, Los Angeles)	46.38
1984	Larry Walker (Edison, Fresno)	47.03
1985	Chip Rish (Marina, Huntington Beach)	46.82
1986	Chip Rish (Marina, Huntington Beach)	45.7h
1987	Steve Lewis (American, Fremont)	46.59
1988	Steve Lewis (American, Fremont)	46.7h
1989	Travis Hannah (Hawthorne)	47.02
1990	Beno Bryant (Dorsey, Los Angeles)	47.52
1991	Mike Sulcer (Muir, Pasadena)	47.54
1992	Richard Dupree (Roosevelt, Fresno)	47.21
1993	Derek Shepard (Lincoln, San Francisco)	46.95

# CIF State Track & Field Individual Champions

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 Gettis (Dorsey, Los Angeles)	47.41
2004	David Gettis (Dorsey, Los Angeles)	46.69
2005	David Gettis (Dorsey, Los Angeles)	45.84
2006	Bryshon Nellum (Poly, Long Beach)	46.38
2007	Bryshon Nellum (Poly, Long Beach)	46.28
2008	Joey Hughes (Poly, Long Beach)	45.28

## 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	Irving 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 (Westmor, 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	Perrell 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	David Mack (Locke, Los Angeles)	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



**JAHVID BEST**  
Salesian (Richmond)

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 Geronimo)	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
2007	Cory Primm (Westlake, Westlake Village)	1:50.95
2008	Charles Jock (Mission Bay, San Diego)	1:51.64

## 1600-Meter Run (Boys)

1915	Gerald Blankenship (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 Schwoebda (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	Ellwyn 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 Grewe (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
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 (Jesuit, Carmichael)	4:04.00
1996	Michael Stember (Jesuit, 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
2007	Hudson Andrews (Royal, Simi Valley)	4:07.59
2008	German Fernandez (Riverbank, Modesto)	4:00.29

## 3200-Meter Run (Boys)

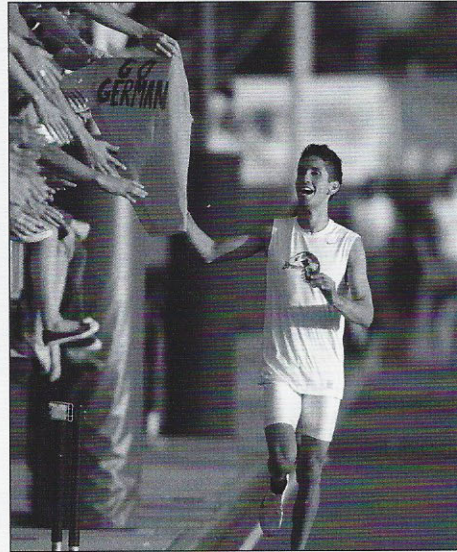
1965	Ralph Gamez (Berkeley)	9:12.9
1966	Ralph Gamez (Berkeley)	9:01.6
1967	Pete Romero (Reedley)	9:00.5
1968	Ruben Chappins (Excelsior, Norwalk)	9:05.7
1969	Ruben Chappins (Excelsior, Norwalk)	8:57.0
1970	Ron Johnson (West Torrance, Torrance)	8:55.6
1971	Dale Fleet (Claremont, San Diego)	8:53.8
1972	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 (Jesuit, Carmichael)	8:44.95
1987	Paul Thomas (Jesuit, Carmichael)	9:02.82
1988	Reggie Williams (River City, West Sacramento)	8:59.61
1989	David Welsh (Jesuit, 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 (Jesuit, Carmichael)	9:04.39
1994	Mebrahton Keflezighi (San Diego)	8:58.11
1995	Jason Balkman (Lynbrook, San Jose)	9:05.31
1996	Aaron Gillen (Yreka)	9:03.96
1997	Isaiah Festa (Morro Bay)	9:06.06

# CIF State Track & Field Individual Champions

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
2007	Eric Avila (Bonita Vista, Chula Vista).....	9:01.77
2008	German Fernandez (Riverbank, Modesto).....	8:34.23

## 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	Robert 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



**GERMAN FERNANDEZ**  
Riverbank (Modesto)

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
2007	Terry Prentice (Diamond Ranch, Pomona).....	13.53
2008	Devron Walker (Dominguez, Compton).....	13.96

## 300-Meter Intermediate Hurdles (Boys)

1975	Dedy Cooper (Ellis, 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 (Gabrillo, Lompoc).....	36.10
1985	George Porter (Gabrillo, Lompoc).....	35.50
1986	Rodney Bradshaw (Saugus, Santa Clarita).....	37.30
1987	Yki Vallery (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
2007	Jeshua Anderson (Taft, Woodland Hills).....	35.28
2008	Brian Baucham (West Torrance).....	37.26

## 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.....	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
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
2007	Poly (Long Beach).....	40.81
2008	Poly (Long Beach).....	41.26

## 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
2007	Poly (Long Beach).....	3:10.92
2008	Dominguez (Compton).....	3:09.59

## 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





# CIF State Track & Field Individual Champions

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 (Armjio Fairfield)	12-04
	Conrad Boyle (Manual Arts)	12-04
	Bill Hubbard (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
	Chet 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 Huberger (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 (Burrroughs, Burbank)	13-03.75
1953	Ron Morris (Burrroughs, 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
2007	Nico Weiler (Los Gatos)	17-02
2007	Nico Weiler (Los Gatos)	17-03

## Shot Put (Boys)

1915	Wayne Weeks (Santa Rosa)	46-02.37
1916	Wayne Weeks (Santa Rosa)	47-04.25
1917	Jim Blewell (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 Arbelbide (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
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 Schmock (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 Sisco (Vacaville)	63-09.50
1984	Brian Bluteich (Capistrano Vly, Mission Viejo)	64-07.25
1985	Brian Bluteich (Capistrano Vly, 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. Ignazio, 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
2007	Joe Canavan (Palm Desert)	67-01.50
2008	Dayshan Ragans (Foothill, Bakersfield)	62-10.00

## 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)	51-08.50
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)	51-09.50
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 (Vasco)	51-04.75
1992	Tony Parrish (Marina, Huntington Beach)	49-01.00
1993	Tony Parrish (Marina, Huntington Beach)	50-11.75
1994	Von Ware (Rancho Buena Vista, Vista)	50-06.00
1995	Michael Turner (Morningside, Inglewood)	49-02.00
1996	Tye Anderson (Poly, Long Beach)	49-11.75
1997	Anthony Colson (Center, Antelope)	49-11.25
1998	Benson Jones (Clayton Valley, Concord)	51-01.50
1999	Kyle Carano (Hoover, Fresno)	52-02.50
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
2007	Jonathan Clark (Loyola, Los Angeles)	49-00.25
2008	Johnny Carter (Ridgeview, Bakersfield)	49-00.75

## 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 McCraw (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	Alyson Felix (Los Angeles Baptist, North Hills)	11.61
2002	Alyson Felix (Los Angeles Baptist, North Hills)	11.55
2003	Alyson Felix (Los Angeles Baptist, North Hills)	11.29

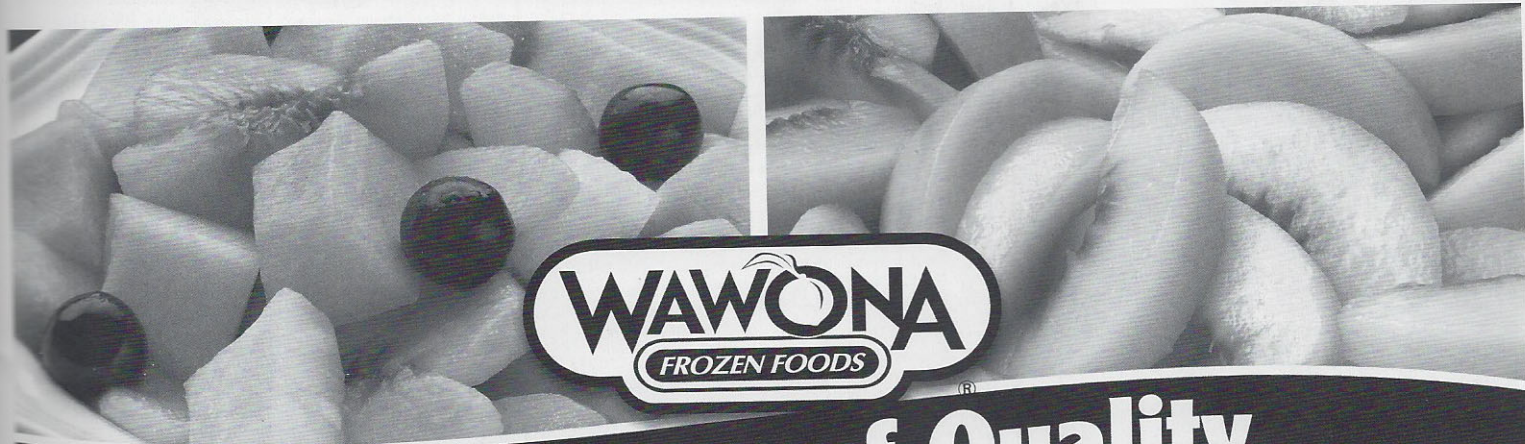
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**A Tradition of Quality**

# CIF State Track & Field Individual Champions

2004	Jasmin Baldwin (B Shop Amat, La Puente)	11.33
2005	Ebony Collins (Wilson, Long Beach)	11.50
2006	Jeneba Tarmoh (Mt. Pleasant, San Jose)	11.59
2007	Jeneba Tarmoh (Mt. Pleasant, San Jose)	11.27
2008	Ashton Purvis (St. Elizabeth, Oakland)	11.92

## 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 Brisco (Bishop Amat, La Puente)	22.86
2005	Khrystal Carter (Valley Christian, San Jose)	23.44w
2006	Jeneba Tarmoh (Mt. Pleasant, San Jose)	23.29
2007	Jeneba Tarmoh (Mt. Pleasant, San Jose)	23.20
2008	Jessica Davis (Highland, Palmdale)	23.46

## 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 Geronimo, San Bernardino)	53.65
1980	Denean Howard (Kennedy, Granada Hills)	53.04
1981	Gervaise McCraw (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
2007	Jasmine Joseph (Poly, Long Beach)	53.15
2008	Akawwak Ndipagbor (Poly, Long Beach)	53.35

## 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 Teler (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	Jamilah Titus (Vintage, Napa)	2:08.62
2003	Ashley Freeman (Wilson, Long Beach)	2:08.86
2004	Alysa 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
2007	Domonique Jackson (Fairfield)	2:06.09
2008	Anniya Louis (Culver City)	2:10.29

## 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 Groen (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	Julie 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 Carrillo, Santa Rosa)	4:49.63
2001	Alejandra Barrientos (San Lorenzo Vallley)	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	Anita S. Geme (Corona del Mar, Newport Bch)	4:50.40
2006	Christine Babcock (Woodbridge, Irvine)	4:41.29
2007	Christine Babcock (Woodbridge, Irvine)	4:38.85
2008	Christine Babcock (Woodbridge, Irvine)	4:33.82

## 3200-Meter Run (Girls)

1977	Roxanne Bier (Independence, San Jose)	10:39.7
1978	Cheri Williams (Livermore)	10:17.71
1979	Lisa Scaduto (Santa Monica)	10:34.94
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 (Gundersen, 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 Fleaks (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
2007	Jordan Hasay (Mission Prep, San Luis Obispo)	10:06.76
2008	Jordan Hasay (Mission Prep, San Luis Obispo)	9:52.13

## 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	Sherita 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
2007	Vashti Thomas (Mt. Pleasant, San Jose)	13.03
2008	Vashti Thomas (Mt. Pleasant, San Jose)	13.44

## 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
2007	Jamesha Youngblood (Hercules)	41.08
2008	Kori Carter (Claremont)	41.28

## 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

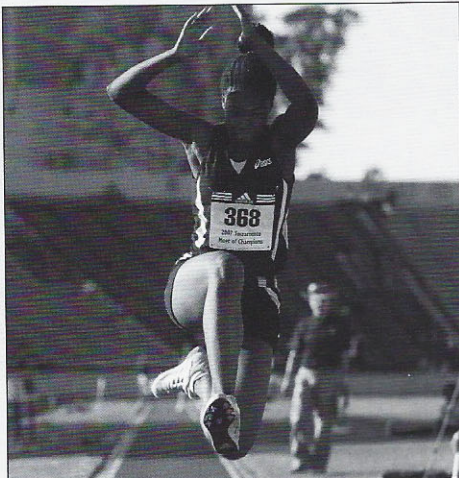
# CIF State Track & Field Individual Champions

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
2007	Rancho Verde (Moreno Valley)	45.74
2008	St. Mary's Academy (Inglewood)	46.41

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
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
2007	Bishop O'Dowd (Oakland)	3:47.42
2008	Poly (Long Beach)	3:40.87

Discus Throw (Girls)		
1976	Kathy Middleton (Poway)	134-05
1977	Karen Stampfil (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 Ill (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	Alexarae Toeaina (Pittsburg)	158-03
2006	Sarah Robles (San Jacinto)	158-00
2007	Hilary Fraser (El Toro, Lake Forest)	159-07
2008	Anna Jelmini (Shafter)	169-04

High Jump (Girls)		
1974	Pam Blackburn (Cubberley, Palo Alto)	5-08



**KE'NYIA RICHARDSON**  
Holy Names

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	Yeana Carrasco (Anaheim)	5-10
1987	Lynn Patrick (Serra, San Diego)	5-10
1988	Crissey Mills (Campbell Hall, North Hollywood)	5-10
1989	Crissey 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
2007	Whitney Sisler (La Costa Canyon, Carlsbad)	5-10
2008	Tara Richmond (Poly, Long Beach)	5-11

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 Gourdine (El Toro, Lake Forest)	19-01.00
1978	Kathy Hayes (Madera)	19-03.00
1979	Gwen Loud (Westchester)	20-04.50
1980	Mariene 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	Mariam 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
2007	Jamesha Youngblood (Hercules)	20-11.75w
2008	Vashti Thomas (Mt. Pleasant, San Jose)	20-00.25

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 Balleinte (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	Bryson Stately (Cordova, Rancho Cordova)	13-04
2006	Tori Anthony (Castilleja, Palo Alto)	13-03
2007	Tori Anthony (Castilleja, Palo Alto)	14-01
2008	Emily Mattoon (Rancho Bernardo, San Diego)	12-06

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)	43-00.25
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
2007	Rosario Sanchez (Selma)	47-10
2008	Anna Jelmini (Shafter)	48-03.50

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	Tamiaka 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 (Stutter)	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'Nyia Richardson (Holy Names, Oakland)	43-03.25
2007	Ke'Nyia Richardson (Holy Names, Oakland)	45-04.25w
2008	Vashti Thomas (Mt. Pleasant, San Jose)	42-00.50

*In 1980, running event distances transitioned from yards to meters.  
w = wind aided result*

# CIF State Track & Field Multiple Championships

## BOYS RECORDS

### Most Team State Championships

9	Poly, Long Beach	(1928, 1932, 1959, 1964-65, 1997-98, 2006-07)
8	Jefferson, Los Angeles	(1938, 1949-52, 1956, 1962, 1964)
8	Muir, Pasadena	(1934, 1936, 1967, 1974, 1990, 1994-96)
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)
4	Bryshon Nellum (Poly, Long Beach)	200m (2006-07); 400m (2006-07)
4	Terry Prentice (Diamond Ranch, Pomona)	110HH (2006-07); LJ (2006-07)
3	Lincoln Hall (Santa Paula)	PV (1914-16)
3	Wayne Weeks (Santa Rosa)	Shot (1915-16); Discus (1916)
3	Harry Lamport (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

9	Poly, Long Beach	(1992-93, 1995, 1997-98, 2001, 2003-04, 2008)
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 (Rincon Valley Christian, Santa Rosa 1994); (Santa Rosa 1995-97)	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)
4	Jeneba Tarmoh (Mt. Pleasant, San Jose)	100m (2006-07); 200m (2006-07)
4	Vashti Thomas (Mt. Pleasant, San Jose)	100HH (2007-08); LJ (2008); TJ (2008)
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)
3	Christine Babcock (Woodbridge, Irvine)	1600m (2006-08)
3	Jordan Hasay (Mission Prep, San Luis Obispo)	3200m (2006-08)

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

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