

ALL-TIME California High School Girls LIST

By Robert Womack

200 Meters

(*220 Yards Minus 0.12)

State Meet Record: 23.19 Sherri Howard (Kennedy, Granada Hills) at Berkeley, 1980. **Frosh:** 24.01 Monique Robinson (Freese Jr., San Diego) 1982. **Soph:** 23.44 Leslie Maxie (Mills, Millbrae) 1983. **Junior:** 23.40 Denean Howard (Kennedy, Granada Hills) 1981 & 23.40 Leslie Maxie (Mills, Millbrae) 1984. **Senior:** 23.08 Jackie Thompson (Lincoln, San Diego) 1973.

23.08 Jackie Thompson (Lincoln, S.D.) @ Munich 1973
23.19 Sherri Howard (Kennedy, Gran Hills)-1 1980
23.25 Denean Howard (Kennedy, Gran Hills)-2 1982
23.27 Gervaise McCraw (Ganesha, Pomona) 1982
23.40 Leslie Maxie (Mills, Millbrae) 1984
23.42* Gwen Loud (Westchester, L.A.)-1 1979
23.45 Angela Burnham (Rio Mesa, Oxnard)-1 1988
23.54 Paulette Blalock (Compton)-1 1984
23.56 Tami Stiles (Hawthorne)-2 1985
23.59 Cathy Roberts (Cerritos) 1984
23.59 Inger Miller (Muir, Pasadena) 1988

As of September 15, 1988

As usual, I have relied heavily on the research and help of other people, notably (but certainly not limited to) Ron Blackwood, Keith Conning, Doug Speck, and Jack Shepard. Needless to say, none of these bear any responsibility for errors and omissions; they are the responsibility of the author and corrections and/or additions should be addressed to Bob Womack, 4270 North Blackstone, Suite 211, Fresno, California 93726.

(We do get several of these a year, which we welcome. As a result of last year's lists--and the sleuthing of UCLA assistant coach Calvin Brown--we solved our oldest mystery: The High School affiliation of Charlette Cooke, a US international 1st in the late 60's or before the CIF began female competition. Cooke finished high school more than 20 years ago but is still No. 2 on the all-time 800 list and in the top 10 at 400.)

And, as a reminder, the single digit numbers after certain athletes' names represent the number of state championships won. Note that the year shown is for the best performance which is not necessarily the year the athlete won her state title.

100 Meters

State Meet Record: 11.42 Sharon Ware (Berkeley) at Berkeley, 1980. **Frosh:** 11.60 Brenda Winston (San Geronio, San Bernardino) 1976. **Soph:** 11.58 Brenda Winston (San Geronio, San Bernardino) 1977. **Junior:** 11.28 Angela Burnham (Rio Mesa, Oxnard) 1988. **Senior:** 11.50 Kim Robinson (Westchester, L.A.) 1977.

11.28 Angela Burnham (Rio M. Oxn.)-2 at Indy 1988
11.34 Sharon Ware (Berkeley)-2 1980
11.50 Kim Robinson (Westchester, L.A.) 1977
11.51 Gail Devers (Sweetwater, Natil City)-1 1984
11.56 Jackie Thompson (Lincoln, San Diego) 1973
11.57 Valerie Brisco (Locke, L.A.) 1978
11.58 Brenda Winston (San Geronio, S.Bern.) 1977
11.59 Monica Taylor (Grant, Sacto) 1983
11.61 Sherri Howard (Kennedy, Granada Hills) 1980
11.61 Gervaise McCraw (Ganesha, Pomona)-1 1982
11.61 Carrie Franklin (Muir, Pasadena) 1985
11.62 Inger Peterson (Dorsey, L.A.) 1981
11.63 Lisa Winston (Jordan, Long Beach)-1 1982
11.63 Pam Qualls (Burbank, Sacto) 1984
11.64 Alice Brown (Muir, Pasadena) 1978
11.64 Robin Simmons (Crenshaw, L.A.) 1983
11.64 Inger Miller (Muir, Pasadena) 1988
11.66 Gwen Loud (Westchester, L.A.) 1979
11.66 Chewuakii Knighten (Locke, L.A.) 1985
11.68 Brigitte Blackburn (Cajon, San Diego) 1980
11.68 La Tanya Dawkins (Dorsey, L.A.) 1982
11.69 Zaida Johnson (Garey, Pomona) 1981
11.70 Tameila Holland (Manual Arts, L.A.) 1981
11.70 Denean Howard (Kennedy, Granada Hills) 1982
11.70 Tami Stiles (Hawthorne) 1985

Hand Timing

11.4 Elaine Parker (Oceana, Pacifica) 1978



SHERRI HOWARD

Fine Flicks by Don Gasney

23.59 Simone Cain (Hueneme, Port Hueneme) 1988
23.62 Sharon Ware (Berkeley) 1980
23.72 Frieda Cobbs (Berkeley) 1978
23.75 Kelia Bolton (Hill, San Jose)-1 1978
23.77 Valene Brisco (Locke, L.A.) 1978
23.77 Pam Qualls (Burbank, Sacramento) 1984
23.80 Diana Pullins (Muir, Pasadena) 1982
23.81 La Tanya Dawkins (Dorsey, L.A.) 1982
23.82* Pam Marshall (Jordan, Long Beach) 1978
23.83 Zaida Johnson (Garey, Pomona) 1982

23.83 Lisa Winston (Jordan, Long Beach)-1 1983
23.85* Kim Robinson (Westchester, L.A.)-1 1977
23.87 Modette Smith (Quartz Hill)-1 1986
23.88 Nedrea Rodgers (Berkeley) 1981

Hand Timing:

23.2 Mable Ferguson (Ganesha, Pomona) 1973
23.2 Chewuakii Knighten (Locke, L.A.) 1985
23.4 Kathy Hammond (Mira Loma, Sacto) 1969
23.5 Brenda Winston (San Geronio, S.Bern.) 1977

400 Meters

(*440 Yards Minus 0.26)

State Meet Record: 52.39 Denean Howard (Kennedy, Granada Hills) at Sacramento, 1982. **Frosh:** 53.76 Leslie Maxie (Mills, Millbrae) 1982. **Soph:** 51.70 Denean Howard (Kennedy, Granada Hills) 1980. **Junior:** 51.09 Sherri Howard (San Geronio, San Bernardino) 1979. **Senior:** 50.87 Denean Howard (Kennedy, Granada Hills) 1982.

50.87 Denean Howard (Kennedy)-2 @ Knoxville 1982
51.09 Sherri Howard (San Geronio)-1 1979
51.91 Mable Ferguson (Ganesha, Pomona) 1972
52.17 Chewuakii Knighten (Locke, L.A.)-2 1985
52.25 Janenne Vickers (Pomona) 1986
52.83 Leslie Maxie (Mills, Millbrae)-1 1984
53.10 Linnetta Wilson (Muir, Pasadena) 1985
53.12 Frieda Cobbs (Berkeley) 1978
53.13* Charlette Cooke (St. Mary's, L.A.) 1966
53.20 Paulette Blalock (Compton) 1984
53.34 Jeannie Arnold (Locke, L.A.) 1982
53.42 Arise Emerson (Westminster)-1 1978
53.42 Gervaise McCraw (Ganesha, Pomona) 1982
53.46 Marian Franklin (Balboa, S.Franisco) 1979
53.47 Gwen Gardner (Crenshaw, L.A.) 1978
53.49 Princess Bennett (Compton)-1 1986
53.51 Faye Paige (Poly, Long Beach) 1980
53.55 Angela Roffe (Dorsey, L.A.)-2 1987
53.70 Valerie Brisco (Locke, L.A.)-1 1978
53.76 Gayle Kellon (Walnut) 1982
53.81 Janice Farwell (Muir, Pasadena) 1984
53.83 Nedra Rodgers (Berkeley) 1982
53.90 Kim White (Berkeley) 1979

Hand Timing:

(*440 Yards Minus 0.3)

51.8* Kathy Hammond (Mira Loma, Sacto) 1969
53.4* Janice Wisner (LaJolla) 1973
53.4 Gayle Kellon (Walnut) 1982

800 Meters

(*880 Yards Minus 0.7)

State Meet Record: 2:06.08 Donna Curtis (Culver City) @ Norwalk, 1981. **Frosh:** 2:02.43 Mary Decker (Portola Jr., Orange) 1973. **Soph:** 2:02.29 Mary Decker (Orange) 1974. **Junior:** 2:04.6* Ann Regan (Camden, San Jose) 1978. **Senior:** 2:03.8* Charlette Cooke (St. Mary's, L.A.) 1966.

2:02.29 Mary Decker (Orange) @ Durham 1974
2:03.8* Charlette Cooke (St. Mary's, L.A.) 1966
2:04.37 Ann Regan (Camden, San Jose)-3 1977
2:04.59 Kerri Zaleski (Millikan, Long Beach)-1 1985
2:04.91 Trena Hull (Compton)-1 1984
2:05.43 Linda Goen (North, Bakersfield) 1977



ALL-TIME GIRLS

- 2:05.7 Rennie Durrand (Laguna Beach)-1 1980
- 2:05.84 Jessica Spies (Livermore) 1981
- 2:05.9 Francie Larrieu (Fremont, Sunnyvale) 1970
- 2:05.9 Lynn Hollins (Riverside) 1976
- 2:06.01 Donna Curtis (Culver City)-1 1981
- 2:06.07 Trescia Palmer (Westchester, L.A.) 1982
- 2:06.47 Regina Jacobs (Argyll, North Hollywood) 1980
- 2:07.3 Marie Mulder (Sacramento) 1965
- 2:07.6* Cis Schafer (Washington, Fremont) 1970
- 2:07.8 Arise Emerson (Westminster) 1978
- 2:07.9* Kathy Costello (Pleasant Hill, San Jose)-2 1975
- 2:08.00 Lesley Noll (Mt. Carmel, San Diego) 1985

- 4:25.4 Michelle Bush (Rolling Hills) 1979
- 4:25.4 Kristen Powell (St Teresa, San Jose) 1985
- 4:25.6 Tracy Weber (Lynbrook, San Jose) 1981
- 4:25.66 Mary Decker (Portola Jr., Orange) 1973
- 4:25.7+ Paula Bresnan (Kennedy, Gran Hills) 1983
- 4:26.0+ Laurie Chapman (Gund, San Jose) 1986
- 4:26.8+ Julie Seleine (University, Irvine) 1983
- 4:27.7 Roxanne Bier (Independence, San Jose) 1979
- 4:27.8+ Tina Allen (Santana, Santee) 1982
- 4:27.8+ Jessica Spies (Livermore) 1982
- 4:27.9 Marilyn Davis (Miramonte, Orinda) 1981
- 4:27.9+ Cory Schubert (Del Mar, San Jose) 1983

- 9:42.2+ Lori Lopez (Sacred Heart, L.A.) 1981
- 9:42.3+ Reyna Cervantes (Montebello) 1988
- 9:43.33 Vicky Bray (Los Altos) 1977
- 9:46.0 Lisa Scaduto (Santa Monica) 1979
- 9:46.1+ Colleen Donovan (Lodi) 1985
- 9:46.2+ Mary Mendoza (Present, San Jose) 1987
- 9:47.14 Katie McCandless (Castill, Palo Alto) 1988
- 9:47.6+ Tracey Williams (Mt. View, El Monte) 1986
- 9:48.8 Heke Skaden (Encina, Sacramento) 1980

3200 Meters

(* 2 Miles Minus 3.6)

State Meet Record: 10:08.14 Cory Schubert (Del Mar, San Jose) @ Bakersfield 1983. **Frosh:** 10:17.1* Vickie Cook (Chaminade, Canoga Park) 1979. **Soph:** 10:14.78 Vickie Cook (Alemany, Mission Hills) 1980. **Junior:** 10:12.31 Vickie Cook (Alemany, Mission Hills) 1981. **Senior:** 10:04.2 Cory Schubert (Del Mar, San Jose) 1983.

- 10:04.2 Cory Schubert (D M S Jose)-1 @ Berk. 1983
- 10:06.2* Cheri Williams (Livermore)-1 1978
- 10:11.62 Kirstin O'Hara (Palos Verdes)-1 1984
- 10:11.78 Vickie Cook (Alemany, Mission Hills)-3 1982
- 10:12.86 Laurie Chapman (Gund San Jose)-1 1986
- 10:15.8* Eileen Claugus (Rio Amer, Sacto) 1973
- 10:15.99 Denise Ball (Newbury Park) 1982
- 10:16.14 Karen Hecox (South Hills, Covina)-1 1988
- 10:16.38* Cindy Schmandt (Santa Barbara) 1979
- 10:18.04* Su-Mei Lee (Eisenhower, Rialto) 1979
- 10:18.80 Reyna Cervantes (Montebello) 1988
- 10:19.10 Tania Fischer (Cham Canoga Pk) 1983
- 10:19.94* Susie Meek (Palos Verdes) 1978
- 10:21.19 Lori Lopez (Sacred Heart, L.A.) 1981
- 10:23.04 Mary Mendoza (Present, San Jose)-1 1987
- 10:23.4* Gladees Prieur (La Lycee Franc L.A.) 1983
- 10:23.85 Rebecca Chamberlain (Leigh, SJ)-1 1985
- 10:24.23 Kira Jorgensen (Vista) 1987
- 10:24.70 Tracey Williams (Mt. View, El Monte) 1986
- 10:25.14 Katie McCandless (Castill, Palo Alto) 1988
- 10:25.27 Coleen Donovan (Lodi) 1985
- 10:26.74* Michelle Mason (Buena, Ventura) 1981
- 10:27.6 Katie Dunsmuir (Paisades) 1983
- 10:27.8 Teresa Barrios (University, Irvine) 1983
- 10:28.9* Heke Skaden (Encina, Sacramento) 1980

100 Meter Hurdles

(* 110 Yards Minus 0.04)

State Meet Record: 13.34 Janeene Vickers (Pomona) @ Sacramento 1987. **Frosh:** 13.99 Keri Sanchez (Santa Teresa, San Jose) 1988. **Soph:** 13.74 Yvette Bates (Berkeley) 1982. **Junior:** 13.47 Janeene Vickers (Pomona) 1986. **Senior:** 13.34 Janeene Vickers (Pomona) 1987.

- 13.34 Janeene Vickers (Pomona)-2 @ Sacto 1987
- 13.41 Gail Devers (Sweetwater, Natil City)-1 1984
- 13.49 Chewuakii Knighten (Locke, L.A.)-1 1984
- 13.59 Wendy Brown (Woodside) 1984
- 13.65 Carrie Franklin (Muir, Pasadena) 1985
- 13.68 LaShawn Simmons (El Monte) 1987
- 13.71 Marlene Harmon (Thousand Oaks) 1980
- 13.71 Sherifa Sanders (Berkeley)-1 1981
- 13.73 Staci Leach (Thousand Oaks) 1987
- 13.74 Yvette Bates (Berkeley) 1982
- 13.75* Kira Costello (Lynbrook, San Jose)-2 1978
- 13.76 Lana Cantrell (Muir, Pasadena)-1 1985
- 13.76 Effie Daez (Leigh, San Jose) 1987
- 13.77 La Shawn McBride (Poly. Long Beach) 1987
- 13.77 Laurie Smith (Valley, Sacramento) 1987
- 13.80 Aladnan Hunter (Dorsey, L.A.) 1981
- 13.81 La Tonya Davenport (Locke, L.A.) 1988



VICKIE COOK (LEFT) & ROXANNE BIER
photo by Dave Stock

- 2:08.18 Michelle Taylor (Ganesha, Pomona) 1982
- 2:08.4 Kristin Dowell (St Teresa, San Jose)-1 1984
- 2:08.42 Laura Chapel (Univer City, San Jose)-1 1986
- 2:08.5* Paula Rose (Newport Harbor) 1975
- 2:08.6 Tracy Weber (Lynbrook, San Jose) 1981
- 2:08.95 Louise Romo (North, Torrance) 1980

1500 Meters

(* En Route to Longer Distance)

Frosh: 4:24.17 Kathi Denz (Blair, Pasadena) 1978. **Soph:** 4:28.2+ Nanette Garcia (Silver Creek, San Jose) 1983. **Junior:** 4:16.8 Francie Larrieu (Fremont, Sunnyvale) 1969. **Senior:** 4:16.8+ Polly Plumer (University, Irvine) 1982.

- 4:16.8 Francie Larrieu (Frem, Snyv) @ Stuttgart 1969
- 4:16.8+ Polly Plumer (Univ, Irvine) @ Westwood 1982
- 4:20.9 Cheri Williams (Livermore) 1978
- 4:21.0+ Vickie Cook (Alemany, Mission Hills) 1981
- 4:21.5 Eileen Claugus (Rio Americano, Sacto) 1972
- 4:23.0 Linda Goen (North, Bakersfield) 1979
- 4:23.9+ Darcy Arreola (Grossmont, La Mesa) 1986
- 4:24.17 Kathi Denz (Blair, Pasadena) 1978
- 4:24.3 Debbie Heald (Neff, La Mirada) 1972
- 4:24.4 Ann Trason (Pacific Grove) 1977
- 4:24.6 Paula Rose (Newport Harbor) 1976
- 4:25.0 Regina Jacobs (Argyll, North Hollywood) 1981
- 4:25.2 Gladys Prieur (La Lycee Francais, L.A.) 1983

1600 Meters

(* Mile Minus 1.8)

State Meet Record: 4:39.92 Polly Plumer (University, Irvine) @ Sacramento 1982. **Frosh:** 4:40.2* Mary Decker (Portola Jr., Orange) 1973. **Soph:** 4:45.98 Kira Jorgensen (Vista) 1987. **Junior:** 4:40.0* Vickie Cook (Alemany, Mission Hills) 1981. **Senior:** 4:33.44* Polly Plumer (University, Irvine) 1982.

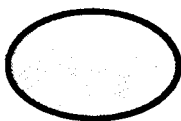
- 4:33.44* Polly Plumer (Univ, Irvine)-3 @ Westwd 1982
- 4:38.9* Eileen Claugus (Rio Americano, Sacto) 1973
- 4:40.0* Vickie Cook (Alemany, Mission Hills) 1981
- 4:40.2* Mary Decker (Portola Jr., Orange) 1973
- 4:42.77 Darcy Arreola (Grossm, La Mesa)-1 1986
- 4:43.15* Cheri Williams (Livermore)-1 1978
- 4:43.90 Paula Bresnan (Kennedy, Gran Hills) 1983
- 4:44.47 Denise Ball (Newbury Park) 1982
- 4:44.6* Linda Goen (North, Bakersfield)-2 1979
- 4:44.76 Tracy Weber (Lynbrook, San Jose) 1981
- 4:44.93 Cory Schubert (Del Mar, San Jose)-1 1983
- 4:45.00 Julie Selfine (University, Irvine) 1983
- 4:45.13 Laurie Chapman (Gund, San Jose) 1986
- 4:45.2* Jessica Spies (Livermore) 1982
- 4:45.46 Tina Allen (Santana, Santee) 1982
- 4:45.6* Sandy Langan (El Camino, Sacto) 1971
- 4:45.7* Debbie Heald (Neff, La Mirada) 1970
- 4:45.98 Kira Jorgensen (Vista)-2 1987
- 4:46.0* Alison Ehlen (Santa Barbara) 1981
- 4:46.59 Robbyn Bryant (Hesperia) 1987
- 4:46.74 Nanette Garcia (Silv Crk, San Jose) 1983
- 4:46.8* Paula Rose (Newport Harbor) 1975
- 4:47.0* Kathi Denz (Blair, Pasadena) 1977
- 4:47.23 Gladees Prieur (La Lycer Franc, L.A.) 1983
- 4:47.34* Shannon Clark (Mountain View)-2 1985

3000 Meters

(* En Route to Longer Distance)

Frosh: 9:50.4 Roxanne Bier (Independence, San Jose) 1977. **Soph:** 9:24.8 Vickie Cook (Alemany, Mission Hills) 1980. **Junior:** 9:22.3 Vickie Cook (Alemany, Mission Hills) 1981. **Senior:** 9:11.80 Cory Schubert (Del Mar, San Jose) 1983.

- 9:11.80 Cory Schubert (Del Mar, S Jose) @ Indy 1983
- 9:22.3 Vickie Cook (Alemany, Mission Hills) 1981
- 9:30.3 Polly Plumer (University, Irvine) 1982
- 9:30.8 Eileen Claugus (Rio Americano, Sacto) 1973
- 9:33.3+ Laurie Chapman (Gund, San Jose) 1986
- 9:33.9 Roxanne Bier (Independence, San Jose) 1978
- 9:35.33 Tania Fischer (Cham, Canoga Park) 1982
- 9:35.5+ Kirsten O'Hara (Palos Verdes) 1984
- 9:35.5 Rebecca Chamberlain (Leigh, S Jose) 1986
- 9:36.6 Kira Jorgensen (Vista) 1987
- 9:37.7 Su-Mei Lee (Eisenhower, Rialto) 1979
- 9:38.2 Katie Dunsmuir (Paisades) 1983
- 9:38.5+ Denise Ball (Newbury Park) 1982
- 9:41.2 Gladees Prieur (La Lycee Franc, L.A.) 1983
- 9:42.0 Tena Anex (Del Campo, Carmichael) 1972
- 9:42.0+ Karen Hecox (South Hills Covina) 1988



ALL-TIME GIRLS

- 13.83 Doris Williams (Poly, Riverside) 1987
- 13.86 Michelle DeCoux (O'Dowd, Oakland)-1 1983
- 13.87 Leslie Maxie (Mills, Milbrae) 1984
- 13.87 Kelly Peacock (Van Nuys) 1985
- 13.88 Robyne Johnson (Berkeley) 1981
- 13.91* Kim Costello (El Camino, South S.F.) 1978
- 13.93 Debbie Budwig (Clovis West) 1984
- 13.95 Ruth Whitehead (Berkeley) 1982
- 13.4 Judy Young (Berkeley)-1 1980
- 13.4 Carrie Franklin (Muir, Pasadena) 1985
- 13.5+ Lorna Tinney (Oceanside) 1972
- 13.6+ Bobbette Krug (La Jolla) 1972
- 13.6 Robyne Johnson (Berkeley) 1980
- 13.7y Tonya Alston (Chico) 1977
- 13.7 Valerie Flemmings (Northgate, Wal Crk) 1981
- 13.7 LaShawn Simmons (Poly, Long Beach) 1987

300 Meter Hurdles

State Meet Record: 40.26 Janeene Vickers (Pomona) @ Sacramento 1987. **Frosh:** 42.96 Keri Sanchez (Santa Teresa, San Jose) 1988. **Soph:** 41.78 Ronda Brooks (Oakland) 1985. **Junior:** 40.18 Leslie Maxie (Mills, Milbrae) 1984. **Senior:** 40.26 Janeene Vickers (Pomona) 1987.

- 40.18 Leslie Maxie (Mills, Milbrae)-2 @ Berkeley 1984
- 40.26 Janeene Vickers (Pomona)-2 1987
- 41.09 Gayle Kellon (Walnut)-2 1982
- 41.44 Michelle Taylor (Ganesha, Pomona) 1984
- 41.54 Linnetta Wilson (Muir, Pasadena) 1985
- 41.78 Ronda Brooks (Oakland) 1985
- 41.86 Effie Daetz (Leigh, San Jose) 1987
- 41.94 Laurie Smith (Valley, Sacramento) 1987
- 42.16 Michelle DeCoux (O'Dowd, Oakland)-1 1988
- 42.25 Audrey Williams (Saugus)-1 1981
- 42.26 Gail Devers (Sweetwater, National City) 1983
- 42.36 Lana Cantrell (Muir, Pasadena) 1985
- 42.37 Sherita Sanders (Berkeley) 1981
- 42.50 Janice Farwell (Millikan, Long Beach) 1984
- 42.55 Sharon Hatfield (Fountain Valley) 1982
- 42.55 Melissa King (Fremont, L.A.) 1984
- 42.62 Felicia Thompson (Jordan, Long Beach) 1982
- 42.69 Staci Leach (Thousand Oaks) 1987
- 42.74 Karen Brown (Sir Fran Drake, S Ansel) 1984
- 42.78 Regina Weatherford (Locke, L.A.) 1988
- 42.79 Kelly Peacock (Van Nuys) 1986
- 42.79 Laura Ainsworth (Fremont, L.A.) 1986
- 42.86 Gina Albanese (Branham, San Jose) 1986
- 42.88 Sharon Manship (Thousand Oaks) 1987
- 42.92 Amy Ice (Cajon, El Cajon) 1986
- 42.5 Laura Ainsworth (Fremont, L.A.) 1987

High Jump

State Meet Record: 6-2 Latrese Johnson (Clovis) @ Sacramento 1985. **Frosh:** 5-10 Tonya Mendonca (Mt. Whitney, Visalia) 1980. **Soph:** 6-0 1/4 Sue McNeal (Carlsbad) 1978. **Junior:** 6-2 Latrese Johnson (Clovis) 1984. **Senior:** 6-2 3/4 Latrese Johnson (Clovis) 1985.

- 6-2 3/4 Latrese Johnson (Clovis)-1 @ Sanger 1985
- 6-2 1/4 Wendy Brown (Woodside)-1 1984
- 6-1 Sue McNeal (Carlsbad)-1 1979
- 6-1 Tonya Mendonca (Mt. Whit, Visalia)-1 1983
- 6-0 Karen Lysaght (St. Francis, Sacto)-1 1980
- 6-0 Yleana Carrasco (Anaheim)-1 1985
- 6-0 Celia Willis (Clovis West) 1988
- 6-11 1/2 Tonya Alston (Chico)-1 1979
- 5-11 1/4 Julieann Broughton (Woodland) 1988
- 5-11 Kathy Hamilton (Beyer, Modesto) 1979
- 5-11 Katrena Johnson (Marshall, Pasad)-2 1981
- 5-11 Maggie Van Zeeland (Acal, Lafayette) 1981

- 5-11 Ursula Lovely (Kennedy, La Palma) 1985
- 5-11 Denise Yamada (Dos Pueblos, Goleta) 1983
- 5-10 1/4 Cindy Gilbert (Oceanside) 1974
- 5-10 1/4 Kari Gosswiller (Upland)-2 1978
- 5-10 1/4 Nancy Redican (Simi Valley) 1978
- 5-10 1/4 Lori Svoboda (El Dorado, Placentia) 1987
- 5-10 Pam Blackburn (Cubberley, Palo Alto) 1975
- 5-10 Lisa Greenfield (Redwood, Larkspur) 1980
- 5-10 Linda Soja (Poly, L.A.) 1980
- 5-10 Laura Campbell (Troy, Fullerton) 1981
- 5-10 Alison Walker (Hoover, Glendale) 1981
- 5-10 Beth Vidakovits (St. Fran, Mt. View) 1984
- 5-10 La Shawn McBride (Poly, Long Bch) 1985
- 5-10 Debbie Orr (Ocean View, Hunti Bch) 1986
- 5-10 Karol Damon (Redlands) 1987
- 5-10 Lynn Patrick (Serra, San Diego)-1 1987
- 5-10 Chrissy Mills (Camp Hall, No.Holly)-1 1988

Long Jump

State Meet Record: 20-9 3/4 Wendy Brown (Woodside) @ Los Angeles 1984. **Frosh:** 20-7 Dora Lee Roberts (Riverdale) 1971. **Soph:** 20-8 Wendy Brown (Woodside) 1982. **Junior:** 20-11 1/4 Madette Smith (Quartz Hill) 1986. **Senior:** 20-11 Madette Smith (Quartz Hill) 1987.

- 20-11 1/4 Madette Smith (Quartz Hill)-1 @ Tow 1986
- 20-9 3/4 Wendy Brown (Woodside)-2 1984



LATRESE JOHNSON

Fine Flicks by Don Gasney

- 20-8 3/4 Kim Attlesey (Corona Del Mar) 1971
- 20-8 3/4 Marlene Hamon (Thousand Oaks)-1 1980
- 20-8 1/2 Jodi Anderson (Washington, L.A.)-3 1975
- 20-7 Dora Lee Roberts (Riverdale) 1971
- 20-7 Gail Devers (Sweet, Natil City)-1 1984
- 20-5 Gwen Loud (Westchester, L.A.)-1 1979
- 20-4 1/2 Carrie McLaughlin (Davis, Modesto) 1979
- 20-3 1/2 Joanna Harper (Fremont, L.A.) 1980
- 20-2 1/2 Denise Paschal (Lowell, San Fran) 1966

- 20-1 1/4 La Shawn Simmons (El Monte) 1987
- 20-0 Tammy Bryant (Ventura) 1983
- 19-11 1/2 Sabrina Williams (Vly Christ,Cerr) 1981
- 19-11 1/4 Serina Strange (indio) 1987
- 19-10 1/2 Melanie Markham (Dorsey, L.A.) 1980
- 19-10 Yvette Roberts (Washi, Easton)-1 1985
- 19-9 Lisa Gouridine (El Toro)-1 1977
- 19-8 Kathy Haynes (Madera)-1 1978
- 19-7 3/4 Lorna Tinney (Oceanside) 1972
- 19-7 1/2 Yvette Bates (Berkeley) 1984
- 19-7 Ronda Brooks (Oakland) 1986
- 19-6 3/4 Sherita Sanders (Berkeley) 1981
- 19-6 1/2 Scott (Kennedy, Granada Hills) 1977
- 19-6 1/2 Sheila Greene (Hill, San Jose) 1979
- 19-6 1/2 Karen Lawson (St. Fran, Mt. View)-1 1984

Triple Jump

State Meet Record: 42-10 1/2 Wendy Brown (Woodside) @ Los Angeles 1984. **Frosh:** 39-9 1/2 Keri Sanchez (Santa Teresa, San Jose) 1988. **Soph:** 40-1 Wendy Brown (Woodside) 1982. **Junior:** 40-8 Wendy Brown (Woodside) 1983. **Senior:** 42-10 1/2 Wendy Brown (Woodside) 1984.

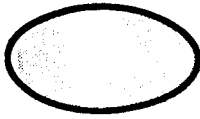
- 42-10 1/2 Wendy Brown (Woodside)-3 @ L.A. 1984
- 42-5 1/2 Yvette Bates (Berkeley) 1984
- 41-8 1/4 Jackie Anderson (Mt. Miguel, Spr Vly) 1987
- 40-11 Sheila Hudson (Rio Linda)-1 1985
- 40-9 3/4 Althea Moses (Morningside, Inglewd)-1 1988
- 40-8 3/4 La Frenia West (Grossmt, La Mesa) 1988
- 40-2 3/4 Renita Robinson (Manual Arts, L.A.) 1983
- 40-2 Felicia Harris (San Lorenzo)-1 1986
- 39-9 1/2 Janis Diggs (Salinas) 1984
- 39-9 1/2 Keri Sanchez (STeresa, San Jose) 1988
- 39-8 1/4 Debbie Orr (Ocean View, Hunti Bch) 1986
- 39-8 Camille Robertson (Redlands) 1984
- 39-7 Gayle Wadsworth (Hawthorne) 1982
- 39-7 Carole Jones (Chino) 1983
- 39-6 1/2 Carlene Turner (Muir, Pasadena) 1988
- 39-6 1/4 Kim Lassair (Northgate, WalCrk)-1 1987
- 39-6 Gail Devers (Sweet, National City) 1984
- 39-5 1/2 Kim Taylor (Valencia, Palacentia) 1985
- 39-3 Dianne West (Logan, Union City) 1986
- 39-2 3/4 Marji Gillies (Burbank) 1988
- 39-2 Stacey Thompson (Morse, San Diego) 1988
- 39-1 1/2 Angela Hill (Lincoln, L.A.) 1987
- 39-0 Brooke Bartholomew (Frem, Snyville) 1987
- 39-0 Sharon Manship (Thousand Oaks) 1987
- 38-11 3/4 Roshanda Glenn (West Covina) 1988

Shot Put

(4 Kg.)

State Meet Record: 52-7 Natalie Kaaiawahia (Fullerton) @ Bakersfield 1983. **Frosh:** 48-4 1/2 Natalie Kaaiawahia (Fullerton) 1980. **Soph:** 52-4 1/2 Natalie Kaaiawahia (Fullerton) 1981. **Junior:** 52-2 1/2 Natalie Kaaiawahia (Fullerton) 1982. **Senior:** 53-7 3/4 Natalie Kaaiawahia (Fullerton) 1983.

- 53-7 3/4 Natalie Kaaiawahia (Full)-4@ Norwk 1983
- 50-3 1/2 Lynn Graham (Muir, Pasadena) 1965
- 50-0 1/2 Emily Dole (Buena Park) 1975
- 49-6 Kathy Devine (Miss Bay, San Di)-2 1974
- 48-11 3/4 Susie Ray (Villa Park)-1 1980
- 48-2 1/2 Dawn Dumble (Bakersfield) 1988
- 47-11 1/2 Iva Wright (Edison, Fresno) 1971
- 47-9 3/4 Debra Corley (Garces, Bakersfield) 1981
- 47-4 1/2 Brandi Gail (Rowland, HaciHts.)-1 1986
- 46-11 1/4 Elaine Oden (Irvine)-1 1985
- 46-9 Dot Jones (Hilmar) 1982
- 46-9 Latonia Floyd (Oak Grove) 1984
- 46-9 Heidi Adams (Mission Viejo) 1985



ALL-TIME GIRLS

- 46-6 1/2 Pam Alexander (Arlington)-1 1983
- 46-1 1/2 Rosario Ramos (Anaheim) 1979
- 46-0 1/2 Lorraine Costanzo (Saugus) 1981
- 45-7 1/2 Yolanda Fletcher (Crenshaw, L.A.) 1981
- 45-7 Tracy Wilson (Taft, Woodland Hills) 1988
- 45-5 3/4 Denise Holloway (Blackford, SJose) 1975
- 45-3 Jill Palmer (Clarksville) 1983
- 45-2 1/2 Wendy Bradshaw (Saugus) 1982
- 45-2 1/4 Sharon Hamilton (Santa Monica) 1980
- 45-0 3/4 Tracy Crawford (Sowest, San D) 1986
- 44-11 3/4 Cindy Nikko (Mt. Eden, Hayward) 1983
- 44-9 1/2 Heidee Ruiz (Los Gatos) 1988

Discus

State Meet Record: 172-11 Leslie Deniz (Gridley) @ Berkeley 1980. **Frosh:** 157-7 Dawn Dumble (Bakersfield) 1987. **Soph:** 163-0 Melissa Weis (Bakersfield) 1988. **Junior:** 175-10 Leslie Deniz (Gridley) 1979. **Senior:** 183-11 Leslie Deniz (Gridley) 1980.

- 183-11 Leslie Deniz (Gridley)-2 @ Lancaster 1980
- 174-9 Natalie Kaaiawahia (Fullerton)-2 1983
- 167-5 Jacque Norton (Mission Viejo)-1 1982
- 167-1 Laura DeSnoo (Washington, Fremont) 1981
- 164-10 Karen Nickerson (Cord, Rancho Cord) 1982
- 163-0 Melissa Weis (Bakersfield)-1 1988
- 162-11 Kim Kestler (Vintage, Napa) 1983
- 162-2 Li Ili (Nogales, La Puente)-1 1985
- 162-0 Lori Parker (Ramona) 1986
- 161-10 Linda Langford (Leigh, San Jose) 1969
- 159-1 Stacey Hom (Cord, Rancho Cord)-1 1984
- 158-7 Toni Jutjens (Richetti, Santa Maria) 1983
- 158-4 Christi Pyle (Hoover, Glendale)-1 1981
- 158-4 Allison Franke (Canyon, Anaheim) 1988
- 157-9 Tracy Crawford (Sowest, San D)-1 1986
- 157-7 Dawn Dumble (Bakersfield)-1 1987
- 157-6 Lacy Barnes (Burroughs, Ridgecrest) 1983
- 155-6 Terri Sabol (Buena Park) 1975
- 155-6 Cindi Durschlag (San Carlos) 1981
- 154-8 Jennifer Peters (Gunn, San Jose) 1988
- 153-9 Reneeka Williams (Nogales, La Puente) 1988
- 152-1 Iva Wright (Edison, Fresno) 1971
- 151-9 Glenda Ford (Atwater) 1979
- 150-10 Karen Stampfli (Lassen, Susanville)-1 1978
- 150-7 Donna Hollingsworth (Chaffey, Ont) 1980
- 150-7 Cindy Nikko (Mt. Eden, Hayward) 1983

400 Meter Relay

(* 440 Yards Minus 0.23)

State Meet Record: 45.13 Berkeley (King, Ware, Johnson, Rodgers) @ Norwalk 1981.

- 45.11 Hawthorne-1 @ Walnut 1985 (Wheeler, Grant, Amy, Stiles)
- 45.13 Berkeley-1 1981 (King, Ware, Johnson, Rodgers)
- 45.23 Muir (Pasadena) 1985 (Cantrell, Miller, Wilson, Franklin)
- 45.42 Dorsey (Los Angeles)-1 1982 (Stewart, Peterson, Rolfe, Dawkins)
- 45.54 Hawthorne-1 1986 (Thomas, Wheeler, Amy, Stiles)
- 45.81 Kennedy (Granada Hills)-1 1980 (Howard, Thompson, Howard, Howard)
- 45.91* Crawford (San Diego)-1 1977 (Young, Gaston, Reed, Lovelady)
- 45.99 Hawthorne-1 1984 (Allen, Price, Burrell, Grant)
- 46.01* Berkeley 1979
- 46.06 Poly (Long Beach) 1980



BERKELEY 400 Relay (left to right): SHARON WARE, TONAYA KING, NEDREA RODGERS, JUDY YOUNG.

Fine Flicks by Don Gosney

(Evans, Smith, Randolph, Paige)

- 46.14 Dorsey (Los Angeles) 1981
- 46.15 Hawthorne-1 1983 (Burrell, Grant, Allen, Hill)
- 46.16 Berkeley 1982 (Whitehead, Rice, Bates, Rodgers)
- 46.19* Centennial (Compton) 1977
- 46.21 Fremont (Los Angeles) 1982 (James, Gill, Harper, Ellery)
- 46.23 De Anza (Richmond) 1980 (Ward, Carpenter, Russell, Brandon)
- 46.26 Ganesha (Pomona) 1982 (McCraw, Sellers, Robinson, Taylor)
- 46.26 Hawthorne 1982
- 46.31 Hawthorne 1987
- 46.37 Kennedy (Granada Hills) 1981 (Grant, Howard, Johnson, Howard)
- 46.46 Dorsey (Los Angeles) 1983 (Rolfe, Bradley, Pullins, Paul)
- 46.49 Muir (Pasadena) 1984 (Bryant, Wilson, Cantrell, Franklin)
- 46.55 Manual Arts (Los Angeles) 1981
- 46.56 Hawthorne 1984 (Price, Allen, Green, Grant)
- 46.58 Muir (Pasadena) 1981 (Brown, Bryant, Young, Purvis)

Hand Timing:

- 45.7 Berkeley 1980 (Rodgers, Ware, King, Young)
- 46.2 Muir (Pasadena) 1984 (Bryant, Wilson, Cantrell, Franklin)
- 46.3 Compton 1984

1600 Meter Relay

(* Mile Minus 1.1)

State Meet Record: 3:37.71 Kennedy (Granada Hills) (Howard, Cook, Johnson, Howard) @ Norwalk 1981

- 3:37.69 Muir (Pasadena)-1 @ Walnut 1985 (Cantrell, Caddell, Franklin, Wilson)
- 3:37.71 Kennedy (Granada Hills)-1 1981 (Howard, Cook, Johnson, Howard)
- 3:37.98 Kennedy (Granada Hills)-1 1980 (Howard, Cook, Howard, Howard)
- 3:38.65 Locke (Los Angeles)-1 1984 (Giddens, Culliver, Sims, Knighten)
- 3:39.07 Manual Arts (Los Angeles) 1981 (Holland, Wright, Jackson, Bonty)
- 3:39.83 Poly (Long Beach) 1980 (Rambo, Randolph, Smith, Paige)
- 3:40.59 Compton 1984 (Bennett, Watson, Hull, Blalock)
- 3:41.21 Hawthorne 1985
- 3:41.33 Berkeley 1981 (Rice, King, Johnson, Rodgers)
- 3:41.72 Dorsey (Los Angeles)-1 1982 (Willis, Peterson, Rolfe, Dawkins)
- 3:42.31 Compton-1 1986
- 3:42.79 Manual Arts (Los Angeles) 1980 (Holland, Jackson, White, Wright)
- 3:43.0* San Geronio (San Bernardino)-1 1979 (Howard, Howard, Howard, Howard)
- 3:43.15 Hawthorne 1986 (White, Thomas, Stiles, Amy)
- 3:43.26 Ganesha (Pomona) 1982 (Savage, Robinson, Raylor, McCraw)
- 3:43.35 Millikan (Long Beach) 1984 (Stiles, Zaleski, Hall, Farwell)
- 3:43.5 Manual Arts (Los Angeles) 1982 (Bonty, Munns, Wright, Lowe)
- 3:44.66 Hawthorne 1984 (Allen, Price, Amy, Willis)
- 3:45.1* Poly (Long Beach) 1979
- 3:46.04 Oakland 1986
- 3:46.09 Locke (Los Angeles) 1987 (Davenport, McAllister, Hamilton, Sanders)
- 3:46.20 Poly (Long Beach)-1 1987 (Darrington, McCray, Kennedy, Irving)
- 3:46.24 Dorsey (Los Angeles)-1 1983 (White, Rolfe, Paul, Pullins)
- 3:46.59 Jordan (Long Beach) 1982
- 3:46.64 Berkeley 1982 (Compton, Baker, Rice, Rodgers)