

## PAL Finals Summary since the Merger of the SPAL and MPL in 1983

## NPL Joined the League in 1997

<u>VARSITY BOYS</u>				<u>VARSITY GIRLS</u>				<u>FROSH-SOPH</u>			
<u>100 Meters</u>				<u>100 Meters</u>				<u>100 Meters</u>			
1983	Robinson	SM	11.1	1983	Dyson	H	12.49	1983	Williams	Carl	11.5
1984	Smith	MA	11.3	1984	Peters	Wood	12.4	1984	Johnson	Mills	11.3
1985	Johnson	Mills	10.9	1985	Green	MA	11.7	1985	Smith	SM	11.4
1986	Johnson	Mills	10.7	1986	Peters	Wood	12.3	1986	Smith	SM	11.4
1987	Parker	MA	11.1	1987	Coleman	Carl	12.3	1987	Mah	Cap	11.5
1988	Parker	MA	11.0	1988	Coleman	Carl	12.0	1988	Maron	Mills	11.4
1989	Fields	SM	10.9	1989	Coleman	Carl	12.0	1989	Peterson	MA	11.1
1990	Fields	SM	11.1	1990	Johnson	MA	13.1	1990	Cotton	SM	11.5
1991	Edmondson	Wood	10.9	1991	Fleming	H	12.6	1991	Young	SM	11.2
1992	Bradford	Carl	11.2	1992	Moorer	MA	13.5	1992	Belli	Wood	12.31
1993	Still	MA	10.6	1993	Jennings	Wood	12.60	1993	Morrissey	MA	11.87
1994	Vartan	MA	11.13	1994	Jennings	Wood	12.91	1994	DeSilva	H	11.79
1995	Jonsson	A	11.00	1995	Durkin	Wood	13.04	1995	Bowers	Carl	11.65
1996	Brown	MA	11.17	1996	Mazik	Cap	12.68	1996	Mathews	A	11.51
1997	Wu	EC	11.22	1997	Mazik	Cap	12.70	1997	Chenoweth	A	11.71
1998	Wu	EC	11.11	1998	Hagemann	TN	12.79	1998	Simmons	J	11.52
1999	Haines	MA	11.22	1999	Hagemann	TN	12.49	1999	Connet	MA	11.59
<u>100 Meters</u>				<u>200 Meters</u>				<u>200 Meters</u>			
1983	Usher	SM	21.8	1983	Maxie	Mills	24.6	1983	Williams	Carl	23.23
1984	Taylor	Wood	22.8	1984	Peters	W	25.4	1984	Johnson	Mills	23.4
1985	Taylor	Wood	22.1	1985	Maxie	Mills	24.7	1985	Tuipuloto	B	23.2
1986	Johnson	Mills	22.4	1986	Peters	W	25.4	1986	Smith	SM	23.4
1987	Boyett	H	23.1	1987	Whatley	MA	26.2	1987	Floyd	SH	23.8
1988	Parker	MA	22.8	1988	Coleman	Carl	25.5	1988	Maron	Mills	23.4
1989	Fields	SM	22.7	1989	Coleman	Carl	25.2	1989	Peterson	MA	23.2
1990	Fields	SM	22.3	1990	Rodan	Carl	26.5	1990	Cotton	SM	23.5
1991	Edmondson	Wood	22.8	1991	Kemist	A	27.8	1991	Gallo	SM	23.1
1992	Bradford	Carl	22.7	1992	Pieslak	MA	25.91	1992	Bannister	SM	24.0
1993	Vartan	MA	22.56	1993	Pieslak	MA	26.60	1993	Morrissey	MA	24.35
1994	Vartan	MA	22.25	1994	Jennings	Wood	26.13	1994	Anderson	Seq	23.45
1995	Morrissey	MA	23.15	1995	Jennings	Wood	26.26	1995	Julian	MA	24.04
1996	Anderson	Seq	23.08	1996	Jennings	Wood	26.33	1996	Jackson	A	23.51
1997	Wu	EC	22.48	1997	Omalayole	A	27.06	1997	Chenoweth	A	23.90
1998	Wu	EC	22.32	1998	Hagemann	TN	26.45	1998	Wilson	MA	23.27
1999	Jackson	A	22.30	1999	Hagemann	TN	25.93	1999	Connet	MA	23.47
<u>100 Meters</u>				<u>400 Meters</u>				<u>400 Meters</u>			
1983	Usher	SM	49.9	1983	Maxie	Mills	56.56	1983	Rice	Seq	52.09
1984	Morgan	Carl	49.6	1984	Daniels	MA	59.1	1984	Dahl	MA	52.4
1985	Taylor	Wood	48.9	1985	C. Windell	A	58.0	1985	Finkel	MA	52.5
1986	Hudson	MA	49.9	1986	Parrish	A	59.7	1986	Uribe	Cap	51.6
1987	Uribe	Cap	51.1	1987	Parrish	A	58.9	1987	Wing	Mills	52.0
1988	Boyett	H	51.1	1988	Parrish	A	59.0	1988	Morrill	MA	53.1
1989	Teselle	SM	51.2	1989	Meade	Carl	60.0	1989	Morrill	MA	53.0
1990	Hentz	Carl	51.2	1990	Luscapp	Carl	60.1	1990	Sell	Seq	53.3
1991	Sell	Seq	51.4	1991	Luscapp	Carl	62.5	1991	Williams	MA	53.9
1992	Sell	Seq	51.4	1992	Pieslak	MA	56.5	1992	Weller	A	53.0
1993	Lee	Carl	50.84	1993	Pieslak	MA	58.41	1993	Chen	MA	54.04
1994	Weller	A	50.88	1994	Pieslak	MA	57.97	1994	Larsen	Seq	52.34
1995	Weller	A	50.53	1995	Jennings	Wood	58.00	1995	Duenas	SM	53.28
1996	Stout	Mills	51.66	1996	Jennings	Wood	58.67	1996	Akers	MA	52.07
1997	Stout	Mills	49.52	1997	Baden	MA	61.27	1997	Puga	HMB	52.01
1998	Stout	Mills	50.90	1998	Dickson	B	60.30	1998	Melara	MA	52.50
1999	Puga	Mills	50.39	1999	Ng	Mills	61.66	1999	Long	TN	53.8

800 Meters

1983	Haggins	MA	1:58.8
1984	Bullock	Carl	1:59.3
1985	Harper	H	2:00.4
1986	Moura	MA	1:59.3
1987	Mears	Mills	2:00.5
1988	Mears	Mills	1:59.0
1989	Vega	B	2:01.3
1990	Avalos	SM	1:59.5
1991	Taylor	SM	2:01.7
1992	Brown	A	2:00.5
1993	Brown	A	1:59.11
1994	Vartanian	B	2:02.73
1995	Buelow	B	2:01.38
1996	Magliocco	B	2:00.43
1997	Jeffrey	MA	2:01.88
1998	Lira	SSF	1:59.38
1999	Wilson	B	1:59.54

800 Meters

1983	Williams	MA	2:17.5
1984	Burns	MA	2:18.0
1985	Coric	Cap	2:18.4
1986	Cluster	SM	2:24.1
1987	Bowie	Wood	2:23.6
1988	Jones	Carl	2:19.3
1989	Jones	Carl	2:21.9
1990	Jones	Carl	2:24.1
1991	Morse	Mills	2:25.0
1992	Morse	Mills	2:24.1
1993	Morse	Mills	2:23.04
1994	Holt	MA	2:23.58
1995	Holt	MA	2:21.43
1996	Holt	MA	2:25.79
1997	Gustafson	Mills	2:25.58
1998	Sanchez	Cap	2:19.87
1999	Gustafson	Mills	2:19.89

800 Meters

1983	Harper	H	2:06.7
1984	Scopazzi	B	2:01.5
1985	C. Moura	MA	2:00.8
1986	Donnelly	Wood	2:04.4
1987	Genello	Mills	2:04.8
1988	Hannon	Wood	2:05.3
1989	Morrill	MA	2:08.0
1990	Stokes	Mills	2:04.2
1991	Gilchrist	Mills	2:08.5
1992	Ekins	H	2:05.9
1993	Buelow	B	2:04.6
1994	Thomas	MA	2:02.2
1995	Jeffrey	MA	2:07.9
1996	Grant	MA	2:09.7
1997	Tuff	HMB	2:05.8
1998	Barrett	MA	2:06.8
1999	Lum	TN	2:06.7

1600 Meters

1983	Anderdson	Carl	4:29.8
1984	Guisto	SM	4:22.8
1985	Armstrong	Carl	4:38.2
1986	Lopez	MA	4:32.9
1987	Mears	Mills	4:32.1
1988	Mack	Carl	4:35.7
1989	Kemist	A	4:35.4
1990	Waxman	SM	4:28.4
1991	Taylor	SM	4:42.6
1992	Gilchrist	Mills	4:40.7
1993	Reid	A	4:36.96
1994	Buelow	B	4:37.34
1995	Smith	Mills	4:31.57
1996	Smith	Mills	4:28.48
1997	Cooke	B	4:29.38
1998	Rankin	MA	4:28.70
1999	Ashley	A	4:27.70

1600 Meters

1983	Williams	MA	5:27.7
1984	Aguirre	B	5:30.3
1985	Coric	Cap	5:27.8
1986	Cluster	SM	5:23.5
1987	Andeen	MA	5:16.1
1988	Bowie	Wood	5:03.4
1989	Dancel	Mills	5:25.0
1990	Dancel	Mills	5:22.2
1991	Jones	Carl	5:17.6
1992	D. Harlick	Mills	5:26.7
1993	Cook	SM	5:38.98
1994	Holt	MA	5:30.24
1995	Holt	MA	5:12.72
1996	Holt	MA	5:19.2
1997	Gustafson	Mills	5:16.05
1998	Gustafson	Mills	5:04.06
1999	Sanchez	Cap	4:56.06

1600 Meters

1983	Harper	H	4:39.4
1984	Scopazzi	B	4:40.0
1985	Teller	SM	4:44.0
1986	Donnelly	Wood	4:49.0
1987	Tanner	Carl	4:45.0
1988	Hannon	Wood	4:37.0
1989	Wind	Cap	4:52.0
1990	Yeager	B	4:45.0
1991	Phan-Quang	Mills	4:47.0
1992	Felix	MA	4:44.0
1993	Buelow	B	4:48.0
1994	South	Carl	4:49.0
1995	McGuire	H	4:52.0
1996	Rankin	MA	4:47.0
1997	Mantalbano	H	4:44.0
1998	Barrett	MA	4:38.0
1999	Lamont	HMB	4:44.0

3200 Meters

1983	Anderdson	Carl	9:27.0
1984	Guisto	SM	9:21.2
1985	Armstrong	Carl	10:10.1
1986	Armstrong	Carl	9:55.8
1987	Teller	SM	9:57.2
1988	Mack	Carl	9:43.7
1989	Waxman	SM	9:45.5
1990	Waxman	SM	9:26.7
1991	McGlashan	A	10:14.4
1992	Nash	SM	10:08.2
1993	Nash	SM	9:59.31
1994	Leong	Mills	9:57.19
1995	Leong	Mills	9:56.04
1996	Smith	Mills	9:43.97
1997	Cooke	B	9:50.39
1998	Abdul	West	9:42.38
1999	Mendoza	West	9:49.81

3200 Meters

1983	McGough	Mills	11:41.8
1984	Aguirre	B	12:00.3
1985	Giacomono	Carl	12:08.8
1986	Bowie	Wood	11:45.9
1987	Andeen	MA	11:27.5
1988	Andeen	MA	11:43.0
1989	Dancel	Mills	12:03.9
1990	Dancel	Mills	11:33.8
1991	D. Harlick	Mills	11:25.2
1992	D. Harlick	Mills	11:35.0
1993	Cook	SM	12:04.58
1994	A. Galvin	Seq	12:01.22
1995	Cooke	B	11:55.51
1996	Holt	MA	11:33.95
1997	Portley	A	11:24.71
1998	Portley	A	11:05.80
1999	Gustafson	Mills	11:10.01

3200 Meters

1983	Hardey	Cap	10:00.0
1984	Scopazzi	B	10:10.0
1985	Tanner	H	10:10.0
1986	Heydari	MA	10:30.0
1987	Stein	B	10:30.0
1988	Hannon	Wood	9:46.0
1989	Wind	Cap	10:30.0
1990	Yeager	B	10:20.0
1991	Phan-Quang	Mills	10:30.0
1992	Haddad	B	10:20.0
1993	Leong	Mills	10:20.0
1994	Cooke	B	10:40.0
1995	McGuire	H	10:30.0
1996	McGuire	H	10:20.0
1997	W. Sakurada	A	10:20.0
1998	Gallegos	B	10:10.0
1999	Lamont	HMB	10:30.0

<u>110HH</u>				<u>100H</u>				<u>65HH</u>			
1983	Jones	MA	14.5	1983	Maxie	Mills	14.07	1983	Dizon	A	9.27
1984	King	MA	15.4	1984	Brown	Wood	13.7	1984	Simmons	Carl	9.6
1985	King	MA	14.5	1985	Neal	Cap	15.2	1985	Pensimani	A	9.4
1986	Eke	A	15.2	1986	Bertram	B	15.4	1986	Uribe	Cap	9.1
1987	Uribe	Cap	14.9	1987	Darboone	Seq	14.8	1987	Mailangi	Cap	9.2
1988	Uribe	Cap	14.6	1988	Alger	Seq	14.7	1988	Mallari	Seq	9.4
1989	Choy	Mills	14.9	1989	Dodd	Carl	15.7	1989	Kaufusi	Wood	9.6
1990	Danner	Wood	NM	1990	Couluris	MA	16.1	1990	Apela	Mills	9.5
1991	Mauch	MA	15.7	1991	Torresdal	Wood	16.4	1991	Vasilove	Cap	9.4
1992	Rogan	Seq	15.62	1992	Felix	MA	15.90	1992	Belli	Wood	9.4
1993	Belli	Wood	15.98	1993	Meade	Carl	16.76	1993	Abeling	Mills	9.76
1994	Abeling	Mills	15.75	1994	Vi. Fleming	H	16.03	1994	DeSilva	H	9.47
1995	DeSilva	H	15.87	1995	Mazik	Cap	15.96	1995	Young	SM	9.56
1996	Lang	Wood	15.58	1996	Mazik	Cap	15.59	1996	Oscarson	MA	9.57
1997	Oscarson	MA	15.63	1997	Mazik	Cap	15.19	1997	Sing	West	9.46
1998	Oscarson	MA	15.63	1998	Barrett	MA	16.61	1998	Chenault	J	9.47
1999	Oscarson	MA	15.24	1999	Meyman	Carl	15.80	1999	Leibs	A	9.60

<u>300 IH &amp; 300 LH</u>				<u>300 LH</u>				<u>300 LH</u>			
1983	Jones(LH)	MA	38.9	1983	Nieder	Carl	47.39	1983	King	MA	41.39
1984	King	MA	39.0	1984	Maxie	Mills	41.5	1984	LeCompte	Mills	40.6
1985	King	MA	38.0	1985	Maxie	Mills	44.0	1985	Pahulla	A	40.1
1986	Moura	MA	39.8	1986	Alger	Seq	46.5	1986	Branch	Wood	40.7
1987	Moura	MA	38.9	1987	Alger	Seq	44.9	1987	Choy	Mills	42.2
1988	Uribe	Cap	40.5	1988	Alger	Seq	46.0	1988	Chang	Carl	41.9
1989	Choy	Mills	40.1	1989	Couluris	MA	48.0	1989	Pasag	SM	42.1
1990	Danner	Wood	40.7	1990	Couluris	MA	47.1	1990	Raboli	Mills	41.2
1991	Cook	B	41.0	1991	Bergeran	Seq	50.7	1991	Pignataro	H	41.5
1992	Geylani	H	41.9	1992	Goodrich	Wood	49.6	1992	Pignataro	H	41.5
1993	Pignataro	H	40.82	1993	Vi. Fleming	H	49.75	1993	Abeling	Mills	43.15
1994	Pignataro	H	40.29	1994	Vi. Fleming	H	47.50	1994	DeSilva	H	40.73
1995	DeSilva	H	40.16	1995	Mazik	Cap	49.13	1995	Matthews	A	43.42
1996	DeSilva	H	40.73	1996	Mazik	Cap	48.18	1996	Oscarson	MA	43.22
1997	Oscarson	MA	41.50	1997	Mazik	Cap	43.97	1997	Sing	West	41.30
1998	Sing	West	41.14	1998	Barrett	MA	47.68	1998	Tang	West	41.48
1999	Tang	West	41.10	1999	Reid	Cap	48.46	1999	Ho	West	42.24

<u>400 Relay</u>			<u>400 Relay</u>			<u>400 Relay</u>		
1983	MA	42.3	1983	Aragon	50.9	1983	Carlmont	45.1
1984	Woodside	44.2	1984	MA	50.6	1984	Aragon	45.7
1985	MA	43.6	1985	MA	49.8	1985	Aragon	44.9
1986	MA	43.1	1986	Aragon	49.4	1986	Hillsdale	45.3
1987	MA	43.6	1987	MA	49.9	1987	Mills	45.0
1988	Hillsdale	43.6	1988	Carlmont	49.3	1988	Mills	46.5
1989	Mills	43.7	1989	Carlmont	50.0	1989	MA	44.8
1990	Woodside	44.2	1990	MA	50.7	1990	Burlingame	45.7
1991	Carlmont	43.8	1991	MA	51.0	1991	San Mateo	44.1
1992	Carlmont	43.3	1992	Aragon	51.6	1992	San Mateo	46.1
1993	MA	43.15	1993	Hillsdale	51.71	1993	Mills	45.92
1994	MA	43.76	1994	Hillsdale	51.57	1994	Sequoia	45.65
1995	Aragon	44.08	1995	Mills	53.14	1995	MA	46.29
1996	Mills	45.33	1996	Aragon	51.38	1996	Aragon	45.17
1997	MA	43.60	1997	Capuchino	51.38	1997	SSF	46.02
1998	Aragon	43.74	1998	MA	51.40	1998	MA	44.99
1999	MA	42.86	1999	Capuchino	51.89	1999	MA	44.94

Mile Relay

1983	San Mateo	3:21.1
1984	SM & Wood	3:25.2
1985	Woodside	3:26.1
1986	Aragon	3:29.2
1987	Hillsdale	3:27.9
1988	San Mateo	3:30.9
1989	San Mateo	3:31.2
1990	San Mateo	3:30.9
1991	San Mateo	3:30.8
1992	Carlmont	3:30.6
1993	MA	3:31.70
1994	MA	3:33.92
1995	Burlingame	3:36.02
1996	Burlingame	3:34.20
1997	Westmoor	3:30.59
1998	Westmoor	3:28.80
1999	SSF	3:30.05

Mile Relay

1983	Mills	4:04.5
1984	Mills	4:06.3
1985	MA	4:10.7
1986	Aragon	4:13.5
1987	MA	4:15.7
1988	Carlmont	4:09.0
1989	Carlmont	4:13.2
1990	Carlmont	4:12.4
1991	Burlingame	4:21.3
1992	Aragon	4:16.1
1993	San Mateo	4:23.50
1994	MA	4:13.05
1995	MA	4:15.73
1996	MA	4:15.55
1997	MA	4:11.92
1998	Burlingame	4:12.49
1999	Capuchino	4:18.30

Mile Relay

1983	Hillsdale	3:37.9
1984	Mills	3:39.3
1985	MA	3:35.8
1986	Capuchino	3:39.9
1987	San Mateo	3:37.5
1988	MA	3:44.9
1989	MA	3:38.4
1990	Mills	3:42.9
1991	San Mateo	3:38.2
1992	San Mateo	3:40.1
1993	Mills	3:46.43
1994	MA	3:43.20
1995	MA	3:41.00
1996	MA	3:40.07
1997	MA	3:38.39
1998	Terra Nova	3:37.97
1999	Carlmont	3:42.66

High Jump

1983	Javius	A	6'6"
1984	Rebataro	Mills	6'6"
1985	Novitsky	Mills	6'6"
1986	Novitsky	Mills	6'8"
1987	Till	B	6'2"
1988	Huynh	H	6'0"
1989	Sepaher	Mills	6'6"
1990	Pryor	A	6'8"
1991	Brown	MA	6'4"
1992	Rilliet	A	6'0"
1993	Rilliet	A	6'2"
1994	Weller	A	6'4"
1995	Weller	A	6'4"
1996	Lang	Wood	6'2"
1997	Dilley	Seq	6'2"
1998	Mullins	West	6'2"
1999	Mullins	West	6'0"

High Jump

1983	Brown	Wood	5'6"
1984	Brown	Wood	5'10"
1985	Byrns	Mills	5'6 3/4"
1986	Kelly	Mills	5'0"
1987	Kelly	Mills	5'0"
1988	Swindell	Mills	5'0"
1989	Johnson	MA	5'4"
1990	Johnson	MA	5'4"
1991	Johnson	MA	5'10"
1992	Ghiggia	Mills	5'2"
1993	Ghiggia	Mills	5'2"
1994	Burdick	A	5'2"
1995	Burdick	A	5'0"
1996	Burdick	A	5'2"
1997	Tom	MA	4'10"
1998	Tom	MA	4'11"
1999	Carter	H	5'0"

High Jump

1983	King & Range	MA	6'2"
1984	White	Carl	6'0"
1985	Till	B	5'10"
1986	Huynh	H	5'10"
1987	Pryor	A	6'2"
1988	Pryor	A	6'0"
1989	Spicer	Mills	5'8"
1990	Cotton	SM	5'10"
1991	Rilliet	A	6'0"
1992	Osberg	B	6'1"
1993	Osberg	B	6'0"
1994	Lang	Wood	6'0"
1995	Dean	SM	NA
1996	Mathews	A	5'10"
1997	Bothwell	W	5'8"
1998	Jones	J	5'8"
1999	Moore	J	5'10"

Long Jump

1983	Overton	Carl	21'9 1/2"
1984	Grimes	H	21'6"
1985	Hessl	SM	20'10 1/2"
1986	White	Carl	22'11 1/2"
1987	Huynh	H	21'4 1/2"
1988	Spencer	Mills	20'10"
1989	Maron	Mills	21'2"
1990	Maron	Mills	22'4 1/2"
1991	Brown	MA	22'0 1/2"
1992	Bradford	Carl	23'0 1/4"
1993	Collins	A	20'6"
1994	Wolfe	A	21'2"
1995	Jonsson	A	20'1 1/2"
1996	Wu	B	20'5 1/4"
1997	Nero	MA	21'1"
1998	Mullins	West	21'2 1/2"
1999	Penna	MA	21'6 3/4"

Long Jump

1983	Brown	Wood	18'0 1/2"
1984	Brown	Wood	19'6"
1985	Galvez	MA	16'10"
1986	Coleman	Carl	16'5 1/2"
1987	Ruhland	Cap	15'1 1/2"
1988	Coleman	Carl	17'6"
1989	Coleman	Carl	17'6"
1990	Peterson	MA	16'1 1/2"
1991	Smith	SM	15'11"
1992	Whitsitt	A	15'11 1/2"
1993	Erickson	Mills	15'10 3/4"
1994	Triplett	A	16'4"
1995	Durkin	A	16'2"
1996	Mazik	Cap	15'7 1/2"
1997	Davis	Carl	16'2"
1998	Davis	Carl	16'10"
1999	Ferrera	Cap	16'6"

Long Jump

1983	White	Carl	19'5"
1984	White	Carl	20'7 1/2"
1985	Morris	A	20'0"
1986	Smith	SM	19'10"
1987	Jeffers	Cap	20'7 1/2"
1988	Maron	Mills	19'11"
1989	Hines	Cap	20'9 1/4"
1990	Vargas	Mills	20'8 1/4"
1991	Bannister	SM	20'5 3/4"
1992	Bannister	SM	21'5 1/2"
1993	Gentner	Mills	19'7 1/2"
1994	Portman	B	20'3 1/4"
1995	Luna	SM	19'0 1/2"
1996	Montes	A	19'5"
1997	Sing	West	19'4"
1998	Simmons	J	20'5 3/4"
1999	Lettieri	MA	19'6 3/4"

Triple Jump

1983	Bostic	MA	44'6"
1984	Keyes	MA	41'6"
1985	Boals	Mills	42'8 1/2"
1986	Hunt	SM	42'9"
1987	Huynh	H	44'2"
1988	Uribe	Cap	44'2"
1989	White	MA	42'1"
1990	White	Wood	43'0"
1991	Brown	MA	43'3"
1992	Baron	MA	42'6 3/4"
1993	Lin	Mills	41'5 1/4"
1994	Lin	Mills	43'3"
1995	Portman	B	40'6"
1996	Portman	B	41'1"
1997	Nero	MA	44'4 1/2"
1998	Penna	MA	44'11"
1999	Penna	MA	46'0"

Triple Jump

1983	Brown	Wood	38'5"
1984	Brown	Wood	40'8"
1985	Sprague	SM	34' 7 1/2"
1986	Darbonne	Seq	34'7"
1987	Darbonne	Seq	35'5"
1988	Fairley	MA	33'5"
1989	Luscap	Carl	33'2 1/2"
1990	Fifita	Seq	34'4 3/4"
1991	Peterson	MA	32' 11 1/2"
1992	Davis	Carl	32'6"
1993	Tripplett	A	34'6 1/2"
1994	Tripplett	A	34'9"
1995	Anderson	A	33'2 1/2"
1996	Freyberg	MA	33'4 1/2"
1997	Chiong	West	34'2 1/2"
1998	Davis	Carl	35'3"
1999	Guevarra	West	34'3 1/2"

Triple Jump

1983	Paalua	Carl	41'2"
1984	White	Carl	43'5 1/2"
1985	Baer	Carl	41'7"
1986	Huynh	H	41'1 1/2"
1987	Ricci	SM	40'10 1/2"
1988	Rumsey	Carl	38'9 1/2"
1989	Oh	A	39'11 1/2"
1990	Gonzalez	SM	39'5 1/2"
1991	Barron	MA	41'1"
1992	Sanchez	B	39'2"
1993	Portman	B	38'5 1/4"
1994	Luis	Carl	39'5"
1995	Walton	MA	39'11"
1996	Dilley	Seq	39'5 1/2"
1997	Sing	West	39'2"
1998	Tang	West	40'6"
1999	Tonga	A	39'3 3/4"

Pole Vault

1983	Diaz	Cap	12'6"
1984	Toney	MA	13'6"
1985	Toney	MA	16'0"
1986	Toney	MA	15'7"
1987	Hooker	Wood	12'6"
1988	Andrews	Cap	12'0"
1989	MacDonald	Cap	12'0"
1990	Barkin	H	14'6"
1991	Barkin	H	14'6"
1992	Ribera	H	14'1"
1993	Haldezos	Mills	12'6"
1994	Haldezos	Mills	13'6"
1995	Haldezos	Mills	15'0"
1996	Wu	Mills	11'0"
1997	Getchell	B	12'6"
1998	Camoratto	B	13'0"
1999	White	B	11'6"

Pole Vault

1983			
1984			
1985			
1986			
1987			
1988			
1989			
1990			
1991			
1992			
1993			
1994			
1995	Yun	Mills	7'0"
1996	Baltadano	Cap	8'6"
1997	Yi	Mills	9'0"
1998	Yi	Mills	9'0"
1999	Ho	West	9'0"

Pole Vault

1983	Toney	MA	12'0"
1984	Hernandez	Mills	12'6"
1985	Martin	Cap	11'0"
1986	Larson	MA	11'6"
1987	McDonald	Cap	12'0"
1988	Gonzalez	Carl	11'0"
1989	Su	Mills	11'6"
1990	Cook	B	12'0"
1991	Ditto	Cap	9'6"
1992	Haldezos	Mills	11'6"
1993	Siadatan	Mills	10'0"
1994	Getchel	B	9'6"
1995	Wu	Mills	10'6"
1996	Schaffer	B	10'0"
1997	Comaroto	B	11'0"
1998	Wolfklain	SM	10'6"
1999	Lipps	MA	9'6"

Shot Put

1983	Shenk	MA	53'4"
1984	Anderson	MA	53'7 1/2"
1985	Anderson	MA	52'5"
1986	Anderson	MA	55'4 3/4"
1987	McGee	Carl	47'11 1/2"
1988	Bruhns	Seq	48'3 1/2"
1989	Asiasi	SM	50'1 1/4"
1990	Grizelj	H	54'6 1/4"
1991	Grizelj	H	52'2 1/4"
1992	Tautuaa	MA	52'2 1/4"
1993	Rivera	Cap	45'5 3/4"
1994	Frey	Wood	42'4"
1995	Brand	H	48'3"
1996	Campbell	H	47'10 3/4"
1997	Uperesa	J	51'11"
1998	Uperesa	J	50'2 1/2"
1999	Laupua	J	50'1"

Shot Put

1983	Bagby	A	32'8 3/4"
1984	Farris	SM	37'1"
1985	Sexton	Mills	38'0"
1986	Sexton	Mills	42'0"
1987	Ruff	Seq	34'0"
1988	Latu	SM	37'10"
1989	Latu	SM	37'7 3/4"
1990	Molnar	Carl	38'2 1/2"
1991	Molnar	Carl	41'4"
1992	Savage	B	36'5 1/2"
1993	Dean	B	31'9"
1994	Nilmeyer	B	32'4"
1995	Nilmeyer	B	37'6 1/2"
1996	Nilmeyer	B	37'1 1/4"
1997	Williams	H	35'10"
1998	Williams	H	36'8 1/2"
1999	Reupenny	Seq	37'8"

Shot Put

1983	Anderson	MA	52'9 1/2"
1984	Whitehill	SM	44'8"
1985	Finau	Cap	50'4 1/2"
1986	Picone	Wood	47'3 1/4"
1987	Head	A	47'5 1/2"
1988	Veimau	Seq	46'2"
1989	Grizelj	H	48'4 3/4"
1990	Vigh	Seq	50'8"
1991	Haungatau	Cap	45'11 1/2"
1992	Frey	Wood	47'10 3/4"
1993	Brand	H	44'8"
1994	Balestin	Mills	47'0"
1995	Tang	Mills	44'4 1/2"
1996	Voight	B	44'6 3/4"
1997	Binn	SM	48'3"
1998	Ailand	B	50'6"
1999	Laupua	J	52'7"

<u>Discus</u>			<u>Discus</u>			<u>Discus</u>					
1983	Shenk	MA	172'6 1/2"	1983	Cambron	Wood	110'1"	1983	Anderson	MA	127'0"
1984	Adams	Seq	143'4"	1984	Sexton	Mills	110'1"	1984	Boone	SM	130'9"
1985	Boone	Seq	165'2 1/2"	1985	Ruff	Seq	126'11"	1985	Finau	Cap	123'8"
1986	Anderson	MA	168'0"	1986	Ruff	Seq	130'7"	1986	Picone	Wood	137'3"
1987	Griffin	H	158'9"	1987	Ruff	Seq	142'0"	1987	Vaka	A	137'9 1/2"
1988	Picone	Wood	148'10"	1988	Latu	SM	118'5 1/2"	1988	Buckley	Seq	128'9"
1989	Duffey	A	173'0"	1989	Latu	SM	112'6"	1989	Vigh	H	125'2"
1990	Duffey	A	160'0"	1990	Molnar	Carl	111'3"	1990	Vigh	Seq	127'6"
1991	Wuo	A	147'10"	1991	Molnar	Carl	120'3"	1991	Turner	Cap	128'2"
1992	Turner	MA	141'9"	1992	Mullin	SM	112'2"	1992	Langi	Wood	118'11"
1993	Turner	MA	146'7"	1993	Mullin	SM	108'7"	1993	Prevette	H	113'4"
1994	Frey	Wood	153'6"	1994	Mischley	B	103'7"	1994	Prevette	H	128'5"
1995	Tuipulotu	SM	147'3"	1995	Leitsinger	B	107'1"	1995	A. Tuipulotu	SM	131'7"
1996	Campbell	H	134'6"	1996	Nilmeyer	B	109'1"	1996	Murray	MA	113'9"
1997	Tuipulotu	SM	153'9"	1997	Lee	B	123'7"	1997	Violetti	H	128'3"
1998	Murray	MA	150'0"	1998	Williams	H	119'3"	1998	Ailand	B	127'4"
1999	Powell	MA	143'11"	1999	Tang	Mills	100'1"	1999	Rivera	MA	138'1"

### TEAM CHAMPIONS

#### BOYS VARSITY

1983	MA	132
1984	MA	125
1985	MA	143
1986	MA	158
1987	Hillsdale	91
1988	Mills	96
1989	Mills	135.5
1990	Woodside	139.5
1991	Carlmont	84
1992	Carlmont	121
1993	MA	90
1994	Mills	122.5
1995	Aragon	116
1996	Burlingame	113
1997	MA	110.5
1998	Westmoor	136
1999	MA	122

#### GIRLS VARSITY

1983	Mills	108
1984	MA	112
1985	MA	111
1986	Mills	68
1987	MA	118
1988	Carlmont	97
1989	Carlmont	145
1990	Carlmont	100
1991	Burl & Mills	72
1992	Mills	112
1993	Mills	86
1994	Hillsdale	81.5
1995	Burlingame	121
1996	Aragon	111
1997	MA	81
1998	Burlingame	94.5
1999	Capuchino	91.5

#### FROSH-SOPH

1983	MA	145
1984	Mills	93
1985	Capuchino	93
1986	Woodside	99
1987	Capuchino	100
1988	Woodside	89
1989	Mills	75
1990	Mills	103
1991	Capuchino	113
1992	Hillsdale	83.33
1993	Mills	178
1994	Burlingame	98
1995	San Mateo	120
1996	MA	154
1997	Aragon	72
1998	Jefferson	93.75
1999	MA	116