

All-Time Top Oakland Athletic League Track & Field Athletes (1919 - 2020)

Based on each athlete's recorded personal best mark

Boys 100m (11.20) Boys 100 yds (10.03)

State Meet Record Riley Johnson 10.30 Southwest, San Diego 1992

	Athlete	Time	School	Year	Notes	All-time CIF State Rankings
100m	Lamont Horston	10.30w	Fremont	1982		
	Kenny O'Neal	10.34	Skyline	2004	CIF State Champion	(t) 10th
	Jeff Laynes	10.43w	Oakland	1989	(10.48 2nd place CIF State Finals)	30th
	Garry Jones	10.45	Skyline	2002	Stanford Invitational	(t) 39th
	Wiley Watson	10.50	Oakland	1982		
	Derrick Bowman	10.5	Fremont	1985	OAL Trials	
	George Ervin	10.58	Castlemont	1981		
	Damon Island	10.60	McClymonds	1984		
	Eric Broussard	10.60	Oakland	1986		
	Gerold White	10.61w	McClymonds	1980		
-10-	Juriod Devaul	10.61w	Fremont	1991	CIF Prelims	
	Rashaad Allen	10.62	McClymonds	2000	USATF Reg Fresno	
	Andre Ammons	10.63w	Skyline	1997	4th place CIF State Champs	
	Cameron Island	10.63	Skyline	2005	Viking Track Classic Santa Rosa	
	Rasheed Allen	10.69	McClymonds	2001		
	Norman Robinson	10.7	McClymonds	1983	Eastbay Leader	
	Markell Knox	10.7	Oakland	1985	OAL - AAA Championships	
	Lavance Warren	10.78	McClymonds	2014		
	Darquis Rucker	10.8w	Skyline	2009	OAL Champion	
	Summers	10.80	Skyline	1988		

	Daniel Phoenix	10.8	McClymonds	2019		
	Steve Watkins	10.8	Skyline	1983	Eastbay Leaders	
	Leon Porter	10.80	Castlemont	1983	OAL Finals	
	Marty Roberts	10.8	Oakland	1985	Eastbay Leaders	
	Carl Horsley	10.81	Skyline	2010		
	Edwards Woods	10.82	McClymonds	2019		
	Lawrence Parks	10.84	McClymonds	1998		
	Jason Cooper	10.84	Skyline	1994		
	J'Sharlon Jones	10.84	Skyline	1996	CIF Prelims	
	Garry Jones	10.85	Skyline	2002	CIF Prelims	
	Marcus Peters	10.87	McClymonds	2011		
	Keith Lewis	10.88	Oakland Tech	2012		
	Jeff Goode	10.9	Skyline	1985	OAL Trials	
	Roberts	10.9	Oakland	1985	OAL Trials	
	Lavon Washington	10.91	McClymonds	2013	CIF Prelims	
	Jamal Page	10.91	Castlemont	1993		
	Levon Washington	10.91w	McClymonds	2013		
	Jody Charles	10.91	McClymonds	1996		
	Kenyatta McGee-Jackson	10.96w	McClymonds	2013		
	Akil Riley	10.97	Oakland Tech	2018		
	Terrence McCoy	10.97	McClymonds	2005		
	Christian Trapps	10.97	Oakland	2019	Regional meet @ Skyline	
	Antario Young	10.98w	McClymonds	2000	Bay Area Top 8	
	Markeis Thomas	10.99	McClymonds	2004		
	John Jones	11.00	Oakland	1981		
	Kelly Thompson	11.00	McClymonds	2001		
	Derrick Henry Jr.	11.01w	Skyline	2009	OAL Finals	
	Wheaton	11.02	Oakland	1989		
	Leonard	11.03	Castlemont	1985		
	M Sanders	11.05	Castlemont	1992	K-Bell	
	Andre Island	11.06	McClymonds	2007		

	Mike Horton	9.8	Oakland	1973	OAL Champion	10.72
	Kurt Durham	9.8	Oakland	1977	OAL Champion	10.72
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	Derrick Adams	9.8	Oakland	1979	OAL Champion	10.72
	Norbert Payton	9.9	McClymonds	1967	OAL Champion	10.83
	Gary Keyes	9.9	Skyline	1970	OAL Champion	10.83
	Billie Kidd	9.9	Castlemont	1968	OAL Champion	10.83
	Ray Kaliski	9.9	Oakland	1931	OAL Champion	10.83
	Harvey Clark	9.9	Oakland	1972	OAL Champion	10.83
	Mitch Walker	10.0	Oakland	1923	OAL Champion	10.94
	Brady Hord	10.0	Oakland	1954	OAL Champion	10.94
	Roosevelt Denhams	10.0	Castlemont	1974	OAL Champion	10.94
	Wendle McNeal	10.03	Oakland	1978	5th place CIF State Finals	10.97
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<i>Indiv. School Record</i>						
Castlemont	Jerry Bright	9.6 (yds)	Castlemont	1965	4th place CIF State Finals	10.5
Fremont	Lamont Horston	10.30w	Fremont	1982		
McClymonds	Jim Hines	9.6 (yds)	McClymonds	1964	CIF State Champion	10.5
Oakland High	Jeff Laynes	10.43w	Oakland	1989	(10.48 2nd place CIF State Finals)	30th
Oakland Technical	Keith Lewis	10.88w	Oakland Tech	2012		
Skyline	Kenny O'Neal	10.34	Skyline	2004	CIF State Champion	10th all-time CIF
Boys 200m (22.50) 200 yds (22.20)						
State Meet Record	Bryshon Nellum	20.43	Long Beach Poly	2007		
						All-time CIF
200m	<u>Athlete</u>	<u>Time</u>	<u>School</u>	<u>Year</u>	<u>Notes</u>	<u>State Rankings</u>
	Andre Ammons	20.91w	Skyline	1997	CIF State Champion	(t) 40th
	Kenny O'Neal	21.18	Skyline	2004		
	Gerold White	21.22	McClymonds	1980		

	Jeff Laynes	21.29	Oakland	1989	3rd place CIF State Finals	
	Lamont Horsten	21.40	Fremont	1982	5th place CIF State Finals 21.74	
	Carl Horsley	21.45w	Skyline	2010	CIF State Prelims	
	Jody Charles	21.45	McClymonds	1996		
	Maurice Washington	21.54w	McClymonds	1999		
	Felton Charles	21.56	McClymonds	1996		
	Steve Watkins	21.74	Skyline	1983	Quicksilver Classic (San Jose)	
	Jason Cooper	21.76	Skyline	1994		
	Derrick Bowman	21.80	Fremont	1985	OAL - AAA Championships	
	Tim Brown	21.82	McClymonds	1997		
	Gerald White	21.82	McClymonds	1980	5th place CIF State Finals	
	Rashaad Allen	21.86	McClymonds	2001	CIF State Prelims	
	Robert Grant	21.88	Skyline	1998	CIF State Prelims	
	Eric Broussard	21.90	Oakland	1988		
	Garry Jones	21.93	Skyline	2002		
	Keith Lewis	21.96	Oakland Technical	2012	CIF State Prelims	
	Henry Larkin	21.98	Oakland Technical	2018		
	Markell Knox	22.00	Oakland	1984		
	Glenn Tipton	22.03	Oakland	1989		
	Rob Grant	22.05	Skyline	1998		
	Marc Johnson	22.07	McClymonds	1998		
	Cameron Island	22.09	Skyline	2006		
	Darquiz Rucker	22.11	Skyline	2010		
	Demondre Ward	22.11	Oakland	2005		
	Damon Lynch	22.12	Skyline	1991		
	Kenyatta McGee-Jackson	22.18	McClymonds	2013		
	Kevin Smith	22.2	Skyline	1987		
	Melvin Lloyd	22.21	McClymonds	1994		
	Garry Jones	22.22	Skyline	2001	OAL Finals	
	J'Sharlon Jones	22.26	Skyline	1994		

	Wendle McNeal	21.9	Oakland	1978	OAL Champion	21.77
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	Harry Bowers	22.0	Castlemont	1944	OAL Champion	21.87
	Bob Mitchell	22.0	Oakland Tech	1948	OAL Champion	21.87
	Mitch Walker	22.1	Oakland	1923	OAL Champion	21.97
	Micky Mathews	22.1	Fremont	1966	OAL Champion	21.97
	Mark Campbell	22.1	Castlemont	1977	OAL Champion	21.97
	Jim Hayes	22.2	Oakland Tech	1942	OAL Champion	22.07
	Rome Dennis	22.2	Oakland Tech	1956	OAL Champion	22.07
<i>Indiv. School Record</i>						
Castlemont	Jerry Bright	21.1 (yds)	Castlemont	1965	4th place CIF State Finals	20.98
Fremont	Lamont Horsten	21.40	Fremont	1982	5th place CIF State Finals 21.74	
McClymonds	Samuel Chenault	20.4 (yds)	McClymonds	1931	OAL Champion	20.28
Oakland High	Jack Rich	20.3 (yds)	Oakland	1932	OAL Champion	20.18
Oakland Technical	Robert Grissom	21.8 (yds)	Oakland Tech	1957	OAL Champion	21.67
Skyline	Andre Ammons	20.91	Skyline	1997	CIF State Champion	
Boys 400m (50.5) 400 yds (50.0)						
State Meet Record	Calvin Harrison	45.25	North Salinas	1993		
						All-time CIF
400m	<u>Athlete</u>	<u>Time</u>	<u>School</u>	<u>Year</u>	<u>Notes</u>	<u>State Rankings</u>
	Dave Timmons	46.57	Oakland	1981	CIF State Champion	23rd
	Felton Charles	46.68	McClymonds	1996		(t) 26th
	Tim Brown	47.18	McClymonds	1997	4th place CIF State Finals	
	Andre Ammons	47.24	Skyline	1997		

	Markell Knox	47.7	Oakland	1985	OAL - AAA Championships	
	Henry Larkin	47.89	Oakland Technical	2018	7th CIF State Champs	
	Nate Wright	47.95	Oakland	1988		
	Maurice Washington	48.18	McClymonds	1999		
	Andre Williams	48.20	Oakland	1882	OAL Champion	
	Damon Island	48.20	McClymonds	1983		
	Brandon Nichols	48.26	Skyline	1995	SAC Meet of Champions	
	Patrick Atkins	48.45	Skyline	2011	CIF Preliminaries	
	Carl Horsley	48.52	Skyline	2010		
	Henry Larkin	48.59	Oakland Technical	2017	CIF Preliminaries	
	Land Adams	48.69	McClymonds	1999		
	Rex Harper	48.80	Oakland	1983	OAL Finals	
	Joshua McBride	48.83	McClymonds	2002	OAL Champion	
	Jeremy Jones	48.89	Castlemont	2004	OAL Champion	
	Jonathan Simmons	48.99	Skyline	2020	Skyline Invitational	
	Demondre Ward	49.18	Oakland	2007		
	Leon Patterson	49.2	Skyline	1986	OAL Champion	
	Glenn Tipton	49.31	Oakland	1989	CIF State Prelims	
	Noah Blue	49.46	Skyline	2010		
	Steve Watkins	49.50	Skyline	1983	Eastbay Leaders	
	Demetrious Middleton	49.50	Skyline	1985	OAL Trials	
	Isaiah King	49.52	Skyline	2013		
	Austin	49.60	Castlemont	1983	OAL Finals	
	DeSean Watson	49.64	McClymonds	2004		
	Josh Robinson	49.65	Skyline	2004		
	Lionel Dozier	49.70	McClymonds	1985		
	Harris	49.70	Oakland	1985	OAL Trials	
	Jerrell Hardy	49.71	Skyline	2001		
	Michael Sanders	49.89	Castlemont	1991	OAL Champion	
	Aaron Williams	49.97	McClymonds	2002		
	Richard Grant	50.00	Oakland	1989		

	Taz Tims	50.19	Skyline	1994		
	Dokes	50.20	Skyline	1987		
	Cameron Island	50.20	Skyline	2005		
	Joiner	50.47	Castlemont	1992		
						<i>Metric Conversion</i>
440 yds	David Timmons	46.7	Oakland	1981	CIF State Champion	46.43
	Ray Saddler	47.6	Castlemont	1960	2nd place CIF Champs	47.32
	Larry Winrow	47.7	Castlemont	1965	3rd place CIF Champs	47.42
	James Deckard	47.8	McClymonds	1972	OAL Champion	47.52
	Joe Johnson	48.2	McClymonds	1962	2nd place CIF Champs	47.92
	Lamont Jackson	48.3	Oakland Tech	1967	OAL Champion	48.02
	Jim Deckard	48.5	McClymonds	1972	5th place CIF Champs	48.22
	Mark Campbell	48.5	Castlemont	1977	OAL Champion	48.22
	Ron Sanders	48.6	Fremont	1973	OAL Champion	48.32
	John Roberts	48.8	Castlemont	1970	OAL Champion	48.52
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	Adrian Rogers	48.9	Castlemont	1971	OAL Champion	48.62
	Andre Williams	49.0	Oakland	1980	OAL Champion	48.72
	Marvin Jefferson	49.2	Oakland Tech	1969	OAL Champion	48.91
	Larry Gillon	49.3	Oakland Tech	1963	OAL Champion	49.01
	Vincent Wilkins	49.4	Oakland	1979	OAL Champion	49.11
	A.C. Harriel	49.7	Castlemont	1966	OAL Champion	49.41
	John L Simmons	49.9	McClymonds	1949	OAL Champion	49.61
	Etienne Isler	49.9	Castlemont	1975	OAL Champion	49.61
	Jerry Trotter	50.0	Castlemont	1976	OAL Champion	49.71
<u>Indiv. School Record</u>						
Castlemont	Ray Saddler	47.6 (yds)	Castlemont	1960	2nd place CIF Champs	47.32

	McDonald	1:59.70.	Castlemont	1986	OAL Champion	
	Mark	1:59.70.	McClymonds	1985		
	Zachary Katzman	1:59.80.	Skyline	2016		
	George Dick	1:59.88.	Oakland Technical	2008		
All-time CIF						
<u>State Rankings</u>						
880 yds						<i>Metric Conversion</i>
(t) 70th	James Robinson	1:51.5.	McClymonds	1972	2nd place CIF State Champs & 4th in 1974 Olympic Trials	1:50.85.
	Nathan Burks	1:52.2.	Castlemont	1970		1:51.55.
	Vincent Wilkins	1:52.6.	Oakland	1980		1:51.95.
	James Beaver	1:52.8.	Skyline	1969	3rd place CIF State Champs	1:52.15.
	Bruce Sterling	1:54.2.	Oakland	1975		1:53.54.
	Jarold Curry	1:54.9.	Castlemont	1971	OAL Champion	1:54.23.
	Albert Baker	1:55.0.	Castlemont	1969		1:54.33.
	Doug Owyang	1:55.4.	Oakland	1977	OAL Champion	1:54.73.
	Rich Klier	1:55.7.	Castlemont	1957	OAL Champion	1:55.03.
	Nate Burks	1:56.6.	Castlemont	1970	OAL Champion	1:55.92.
	Scott Wilcox	1:56.9.	Skyline	1966	OAL Champion	1:56.22.
	Henry Todd	1:56.9.	Oakland	1968	OAL Champion	1:56.22.
	Richard Lewis	1:56.9.	McClymonds	1964	OAL Champion	1:56.22.
	Jerry Blueford	1:57.0.	McClymonds	1962		1:56.32.
	Roderick Lewis	1:57.2.	Oakland Tech	1973	OAL Champion	1:56.52.
	Bob Karman	1:58.2.	Skyline	1963	OAL Champion	1:57.51.
	Rudy Peters	1:58.2.	Oakland Tech	1969		1:57.51.
	Eugene 'Gene' Jones	1:58.3.	Oakland Tech	1950		1:57.61.
	Gary Blackmon	1:58.4.	Castlemont	1969		1:57.71.
	David Timmons	1:58.9.	Oakland	1981	OAL Champion	1:58.21.
	Charles Wallis	1:59.4.	Oakland Tech	1968		1:58.71.
	Rod Klugh	1:59.4.	Skyline	1975	OAL Champion	1:58.71.
	Elton Cox	2:00.0.	Oakland	1961	OAL Champion	1:59.30.

<i>Indiv. School Record</i>						
Castlemont	Jarold Curry	1:54.9.	Castlemont	1971	OAL Champion	1:54.23.
Fremont						
McClymonds	James Robinson	1:51.5.	McClymonds	1972	2nd place CIF State Champs & 4th in 1974 Olympic Trials	1:50.85.
Oakland High	Vincent Wilkins	1:53.9.	Oakland	1979	OAL Champion	1:53.24.
Oakland Technical	Che Bellinger	1:54.60.	Oakland Technical	2005	CIF State Prelims	
Skyline	James Beaver	1:52.8.	Skyline	1969	3rd place CIF State Champs	1:52.15.

Boys 1500m (4:15.0)						
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State Meet Record Ryan Hall 03:42.7						
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	<u>Athlete</u>	<u>Time</u>	<u>School</u>	<u>Year</u>	<u>Notes</u>	<u>All-time CIF State Rankings</u>
	Zachary Katzman	3:56.12.	Skyline	2016		
	Jeff Dewitt	4:04.5.	Skyline	1985	Bruce Jenner Relays (San Jose)	
	Sean Purcell	4:12.64.	Skyline	2008		
	Ryan Purcell	4:13.18.	Skyline	2008		
	Jesus Enriquez	4:14.31.	Skyline	1996		

<i>Indiv. School Record</i>						
Castlemont						
Fremont						
McClymonds						
Oakland High						
Oakland Technical						
Skyline						

Boys 1600m (4:33.72) Mile (4:32.9)						
State Meet Record						
						All-time CIF
1600m	<u>Athlete</u>	<u>Time</u>	<u>School</u>	<u>Year</u>	<u>Notes</u>	<u>State Rankings</u>
	David Sandles	4:20.54.	Castlemont	1991	12th place CIF State Prelims	
	Jesus Enriquez	4:20.8.	Skyline	1996	Vallejo Relays	
	Sean Purcell	4:20.72.	Skyline	2011	SAC Meet of Champions	
	Daniel Gohlke	4:21.9.	Skyline	1996	Vallejo Relays	
	Cameron Trinh	4:22.1.	Skyline	2011	OAL Champion	
	Ryan Purcell	4:24.07.	Skyline	2008		
	Zachary Katzman	4:24.49.	Skyline	2015	East Bay Invitational	
	John Cheng	4:24.62.	Oakland	2007		
	Manuel Perez	4:27.32.	Oakland	1988	OAL Champion	
	Noah Hinkston	4:27.60.	Oakland Tech	1984		
	Gregorio Ramirez	4:27.7.	Oakland Tech	1997	OAL Champion	
	Jeff Dewitt	4:28.14.	Skyline	1985	OAL Invitational Relays	
	Aaron Shiber-Knowles	4:28.58.	Skyline	2004	Arcadia Invitational	
	Andrew Sylvester	4:28.82.	Skyline	2008		
	Senai Kidane	4:29.70.	Skyline	1995		
	Joseph Harmon	4:30.29.	Oakland Tech	2017		
	William Boyd	4:31.44.	Skyline	2019		
	Hasan McGee	4:32.0.	Skyline	1998	OAL Champion	
	Kenny Sparks	4:33.66.	Castlemont	2004	OAL Finals - 2nd place	
	Cameron Kohles	4:33.72.	Skyline	2008		
	Jimmy Dileo	4:33.91.	Oakland	2005	OAL Finals	
Mile						<i>Metric Conversion</i>
	John Johnson	4:09.5.	Skyline	1975	CIF State Champion	4:08.50.
	Tom Downs	4:19.2.	Skyline	1979	OAL Champion	4:17.70.

	Greg Valdez	4:20.0.	Skyline	1978	OAL Champion	4:18.49.
	Zachary Katzman	4:20.24.	Skyline	2016	Stanford Invitational	
	James Robinson	4:20.9.	McClymonds	1971	OAL Champion	4:19.35.
	Brian Moss	4:21.4.	Skyline	1976	OAL Champion	4:19.88.
	Cameron Trinh	4:22.12.	Skyline	2011	Arcadia Invitational	4:20.6.
	Bruce Edwards	4:23.7.	Skyline	1966	OAL Champion	4:22.17.
	Melvin Hayes	4:25.3.	Oakland Tech	1972	OAL Champion	4:23.76.
	Bob Van Cort	4:25.6.	Oakland Tech	1964	OAL Champion	4:24.06.
	Connor Kamm	4:25.69.	Skyline	2006	Arcadia Invitational	4:24.15.
	Gerald Morgan	4:26.0.	Castlemont	1970		4:24.46.
	Jim Green	4:26.6.	McClymonds	1954	3rd place CIF State Finals	4:25.05.
	Jim Green	4:26.6.	McClymonds	1954		4:25.05.
	Frank Rivera	4:27.4.	McClymonds	1967	OAL Champion	4:25.85.
	Dick Klier	4:27.5.	Castlemont	1957	OAL Champion	4:25.95.
	Warren Atwood	4:27.8.	Skyline	1968		4:26.25.
	Albert Bellard	4:28.4.	Oakland Tech	1968	OAL Champion	4:26.84.
	Johnny Young	4:28.4.	Oakland	1980	OAL Champion	4:26.84.
	Senai Kidane	4:28.5.	Skyline	1995	Stanford Invitational	4:26.94.
	Ronald Busby	4:29.0.	Skyline	1977	OAL Champion	4:27.44.
	Kenny Sparks	4:29.51.	Castlemont	2004	Stanford Invitational	4:27.95.
	Allie Cage	4:30.7.	McClymonds	1951	OAL Champion	4:29.13.
	James Calhoun	4:31.20.	Castlemont	1969		4:29.63.
	Aaron Shiber-Knowles	4:31.61.	Skyline	2005	Arcadia Invitational	
	Steve Dobbs	4:32.5.	McClymonds	1929	OAL Champion	4:30.92.
<u>Indiv. School Record</u>						
Castlemont	David Sandles	4:20.54.	Castlemont	1991		
Fremont						
McClymonds	James Robinson	4:20.9.	McClymonds	1971	OAL Champion	4:19.35.
Oakland High	Manuel Perez	4:27.32.	Oakland	1988	OAL Champion	

Oakland Technical	Melvin Hayes	4:25.3.	Oakland Tech	1972	OAL Champion	4:23.76.
Skyline	John Johnson	4:09.5.	Skyline	1975	CIF State Champion	4:08.50.

Boys 3000m (9:30.0)

State Meet Record

						All-time CIF State Rankings
	<u>Athlete</u>	<u>Time</u>	<u>School</u>	<u>Year</u>	<u>Notes</u>	
	Tom Downs	8:29.80.	Skyline	1979		
	Andrew Sylvester	8:54.50.	Skyline	2008	Stanford Invitational	
	Cameron Trinh	8:58.32.	Skyline	2011	Stanford Invite - Winner	
	Chase Wilson	9:15.21.	Skyline	2008	Stanford Invitational	

Indiv. School Record

Castlemont						
Fremont						
McClymonds						
Oakland High						
Oakland Technical						
Skyline						

Boys 3200m (10:00.0) 2-mile (10:04.0)

State Meet Record

						All-time CIF State Rankings
3200m	<u>Athlete</u>	<u>Time</u>	<u>School</u>	<u>Year</u>	<u>Notes</u>	

2 mile						Metric Conversion
	Tom Downs	8:55.70.	Skyline	1979	2nd place CIF State Finals	8:52.59.
	Greg Valdez	9:17.70.	Skyline	1977	13th place CIF State Finals	9:14.47.
	Peter Fitsmaurice	9:28.60.	Skyline	1970		9:25.3.
	John Johnson	9:28.60.	Skyline	1975		9:25.3.
	Jake Candelaria	9:32.40.	Oakland Tech	1975		9:29.08.
	Ken Ferrell	9:35.70.	Castlemont	1969		9:32.36.
	Jay Francis	9:36.90.	Skyline	1965		9:33.55.
	Mark Johnson	9:39.20.	Oakland	1973		9:35.84.
	Stan Jennings	9:41.20.	Skyline	1968		9:37.83.
	Earl Stuckey	9:42.40.	Castlemont	1972		9:39.02.
	David Pluth	9:45.80.	Skyline	1981		9:42.4.
	Rick Trautner	9:46.00.	Skyline	1971		9:42.6.
	Marvin Frazier	9:49.90.	Fremont	1969		9:46.48.
	Raoul Perez	9:56.00.	McClymonds	1967		9:52.54.
<u>Indiv. School Record</u>						
Castlemont						
Fremont						
McClymonds						
Oakland High						
Oakland Technical						
Skyline						
Boys 3 Mile						Metric Conversion
	Tom Downs	14:08.90.	Skyline	1979		14:39.15 5K

		41.17	Oakland	1989	2nd place CIF State Finals	
		41.25	McClymonds	1999	3rd place CIF State Finals	
Henry - Rucker - Blue - Horsley		41.54	Skyline	2010		
		41.56	Skyline	1994	4th place CIF State Finals (<i>in 41.60</i>)	
Antwine - Jones - Nails - Porter		41.58	Oakland	1981	5th place CIF State Finals	
		41.60	Skyline	1994	4th place CIF State Finals	
		41.60	Castlemont (440 yd relay)	1968	2nd place CIF State Finals	
		41.70	McClymonds	2001	CIF Preliminaries	
		41.80	Castlemont (440 yd relay)	1969	CIF State Champions	
		41.80	McClymonds	1998		
		41.89	McClymonds	2004		
Robinson - Horsely - Henry - Rucker		41.90	Skyline	2009		
		41.90	McClymonds	1998	7th place CIF State Champs	
		41.96	Oakland	1989	2nd place CIF State Champs	
		42.00	Castlemont (440 yd relay)	1970	5th place CIF State Champs	
Rucker - Horsely - Henry - Sanders (frosh-soph team)		42.01	Skyline	2008	CIF Preliminaries	
		42.03	McClymonds	2007		
		42.06	Skyline	2003	3rd place CIF State Championships	
		42.2	Oakland	1985		
McCane - Pigrum - Simms - Wilkins		42.22	Skyline	1980		
		42.27	Castlemont	1987		
		42.24	Skyline	1997		
		42.41	McClymonds	2002		
		42.41	McClymonds	1996		
		42.42	Castlemont	1988		
		42.5	Oakland	1986		
		42.55	Skyline	1987		
		42.59	Skyline	1991		
		43.6	Castlemont	1983		
		42.64	McClymonds	2013		
		42.7	McClymonds	1984		

		42.7	McClymonds	2012	
		42.72	McClymonds	2000	
		42.8	Skyline	1985	
		42.83	Skyline	2002	
		42.92	McClymonds	2005	
		42.95	McClymonds	1997	
Albert - Lewis - Graham - Theus		42.95	Oakland Tech	2012	
		42.99	Oakland	1987	
		43.00	Castlemont	1981	
		43.04	Skyline	1993	
		43.1	Oakland	1990	
		43.1	Skyline	1998	
Washington - McCoy - Johnson - Island		43.14	McClymonds	2006	
		43.15	Skyline	1982	
		43.2	Skyline	1989	
Warren - Washington - Ferrell - White		43.2	McClymonds	2014	
		43.25	Oakland	1990	
		43.34	Skyline	1999	
		43.4	Castlemont	1991	
		43.4	Skyline	1981	
		43.41	Skyline	2005	
Lloyd - Mabry - Chang - Larkin		43.47	Oakland Tech	2016	
<i>Indiv. School Record</i>					
Castlemont					
Fremont					
McClymonds					
Oakland High					
Oakland Technical					
Skyline					

Boys 4x400m Relay (3:23.09)

State Meet Record

					All-time CIF
	<u>Athlete</u>	<u>Time</u>	<u>School</u>	<u>Year</u>	<u>Notes</u>
					<u>State Rankings</u>
	Nails - Williams - Flowers - Timmons	3:12.54.	Oakland	1981	5th place CIF Finals
		3:13.2.	Castlemont (Mile Relay)	1971	CIF State Champ
		3:14.32.	McClymonds	1999	3rd place CIF Finals
		3:15.55.	Oakland	1988	
		3:16.00.	McClymonds	1996	
		3:16.62.	Oakland	1982	5th place CIF Finals
	Grant - Wheaton - Tipton - Laynes	3:17.33.	Oakland	1989	
		3:17.70.	McClymonds	1972	
		3:17.9.	Oakland Technical	1970	6th place State Finals
	Patterson - Goode - Middleton - Smith	3:18.4.	Skyline	1985	
		3:18.61.	McClymonds	1998	
		3:19.3.	Oakland	1985	OAL - AAA Championships
		3:19.31.	Skyline	1998	
	Atkins - Blue - Rucker - Horsley	3:19.40.	Skyline	2010	
		3:19.75.	McClymonds	1997	
		3:19.96.	Skyline	1995	SAC Meet of Champions
		3:20.10.	Oakland	1980	
		3:20.60.	McClymonds	1984	
		3:20.7.	Castlemont	1960	
		3:20.74.	Skyline	1997	
		3:21.25.	McClymonds	1995	
		3:21.50.	Oakland	1987	
		3:21.65.	Castlemont	2003	CIF Preliminaries
		3:21.87.	McClymonds	2002	

		3:22.20.	Skyline	1983	
		3:22.40.	McClymonds	2004	
		3:23.09.	Skyline	2008	
<i>Indiv. School Record</i>					
Castlemont					
Fremont		3:19.29.	Fremont (LA or OAK?)	1986	
McClymonds					
Oakland High					
Oakland Technical					
Skyline					

Boys 110 Hurdles (15.50)					
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State Meet Record					
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						All-time CIF
	<u>Athlete</u>	<u>Time</u>	<u>School</u>	<u>Year</u>	<u>Notes</u>	<u>State Rankings</u>
	Charles Ryan	13.73	McClymonds	1999	2nd place CIF State Finals	
	Noah Blue	13.86	Skyline	2010	Winner - Stanford Invite	
	Milt Turner	13.9	Castlemont (120 yds)	1970	2nd place CIF State Finals	
	Eric Barfield	14.0	McClymonds (120 yds)	1967	3rd place CIF State Finals	
	Frank Williamson	14.1	Skyline	1980	4th place CIF State Finals	
	Dion Nelson	14.10.	Skyline	1983	Eastbay Leaders	
	Lou Bartholomew	14.2	Fremont (120 yds)	1971	6th place CIF State Finals	
	Dennis Claxton	14.2	Skyline (120 yds)	1975	6th place CIF State Finals	
	Abe Johnson	14.2	McClymonds (120 yds)	1961	CIF State Champion	
	Clement Owunna	14.26	Skyline	1999		
	Yah-Ya Abdul-Mateen	14.3	McClymonds	2004		
	Larry Dumas	14.3	Castlemont (120 yds)	1966	6th place CIF State Finals	

	Curtis Crum	14.3	Castlemont (120 yds)	1962	6th place CIF State Finals	
	Ben Whitfield	14.3	Castlemont (120 yds)	1960	5th place CIF State Finals	
	Damon Jackson	14.4	Oakland	1982		
	Elliott Beverly	14.4	Oakland	1987		
	Smith	14.7	Oakland	1987		
	Marcus McFarland	14.75	Castlemont	1988		
	Abu Wilson	14.75	McClymonds	1991		
	Morgan Cornelius	14.78	Skyline	2002		
	Michael Smith	14.8	Skyline	1985		
	Jeremy Jones	14.9	Castlemont	2004		
	Nicholas Kopec	14.91	McClymonds	2001	CIF Preliminaries	
	Ken Rose	14.94	Skyline	1983	Eastbay Leaders	
	Markeen Scott	14.95	Skyline	2012	OAL Champion	
	Carroll	15.00	Oakland	1986		
	Dermell Reed	15.08	Castlemont	1991		
	Erickston Grant	15.11w	Oakland	1989		
	Lamont Sanders	15.11	Skyline	2008	SAC Meet of Champions	
	Antione Johnson	15.19	Castlemont	2008	OAL Finals	
	Chris Russell	15.25	Skyline	2014	OAL Champion	
	Jason Rucker	15.27	Skyline	1988		
	Moses Jacko	15.28	Skyline	1995		
	Rico Thomas	15.29	McClymonds	2005		
	Cornelius Morgan	15.30	Skyline	2002	Stanford Invitational	
	Jeremy Buggs	15.44	Castlemont	2005	OAL Finals	
	Shakeith Fields	15.44	Castlemont	2009	Easter Relays	
	Andrew Allen	15.47	Skyline	2005		
	Anthony Lopez	15.49	McClymonds	1998		
<u>Indiv. School Record</u>						
Castlemont						
Fremont						
McClymonds						

Oakland High					
Oakland Technical					
Skyline					

Boys 300 Hurdles (41.0)

State Meet Record

					All-time CIF
	<u>Athlete</u>	<u>Time</u>	<u>School</u>	<u>Year</u>	<u>Notes</u>
					<u>State Rankings</u>
	Nate Wright	37.08	Oakland	1988	3rd place CIF State Champs
	Charles Ryan	37.34	McClymonds	1999	4th place CIF State Champs
	Frank Williamson	37.4	Skyline (330 LH)	1980	
	Robert Howard	37.40	Fremont	1981	
	Noah Blue	37.67	Skyline	2010	Arcadia Invitational
	Marcus McFarland	38.1	Castlemont	1987	
	Yah-Ya Abdul Mateen	38.28	McClymonds	2004	
	Jeremy Jones	38.39	Castlemont	2004	OAL Finals
	Dion Nelson	38.4	Skyline	1983	OAL Finals
	Michael Smith	38.4	Skyline	1983	Eastbay Leaders
	Ken Rose	38.6	Skyline	1983	Eastbay Leaders
	Damon Jackson	38.7	Oakland	?	
	Abu Wilson	38.77	McClymonds	1991	
	Erickson Grant	38.93	Oakland	1989	
	DeAndre Montgomery	39.44	Castlemont	1994	
	Lamont Sanders	39.52	Skyline	2008	
	Erickston Grant	39.63	Oakland	1989	
	Harris	39.65	Oakland	1992	
	Tyrone Allen	39.85	Oakland	1995	

	Don Winrow	6' 8	Fremont	1968	
	Maurice Reed	6' 8	Oakland Tech	2004	
	Curtis Crum	6'07.50	Castlemont	1961	CIF Finals 2nd place in '61 and 4th place in '62
	Javon White	6'07	McClymonds	2015	
	Archie Green	6'06.25	Oakland	1960	Tied CIF State Champion
	Jamaal Lloyd	6'06	Skyline	2004	
	Jerry Woods	6'06	Oakland	1970	
	Kevin Criddle	6'06	McClymonds	1963	
	Fred Jackson	6'06	Castlemont	1966	
	Frank Arias	6'05	Castlemont	1964	
	Colistro Veasey	6'05	Fremont	1964	
	Ralph Anderson	6'05	Castlemont	1964	
	Ray Goodwin	6'04.40	McClymonds	1952	
	Haymen	6'04	Oakland Tech	1960	
	Orin Chapman	6'04	Oakland	1983	Eastbay Leaders
	Clarence Burgess	6'04	Oakland Tech	1972	
	Marshawn Lynch	6'04	Oakland Tech	2004	
	Mark Garrison	6'04	Oakland	1978	
	Ron Van	6'04	Castlemont	1967	
	Don Davis	6'04	Castlemont	1968	
	Dexter Amey	6'04	Skyline	1997	
	Briggs	6'04	Skyline	1981	
	Isaiah Mayne	6'04	Skyline	2000	CIF State Preliminaries
	Attis Edwards	6'03.75	McClymonds	1942	
	Don Chestang	6'03.75	McClymonds	1942	
	Ray Goodwin	6'02.25	McClymonds	1952	4th place CIF State Champs
	Richard Robinson	6'02	McClymonds	1998	
	Archie Green	6'02	Oakland	1959	(t) 5th place CIF State Champs
	Julius Jefferson	6'02	Fremont	1956	(t) 3rd place CIF State Champs
	Chris Scott	6'02	Skyline	2004	
	Clay Jackson	6'02	Oakland	1969	

	Cadwell	6'02	Oakland	1992	
	Roger Romine	6'02	Oakland Tech	1937	
	Jakarie Murphy	6'02	Oakland Tech	2008	
	Lonnie Ratliff	6'02	Oakland	1990	CIF State Prelims
<u>Indiv. School Record</u>					
Castlemont					
Fremont					
McClymonds					
Oakland High					
Oakland Technical					
Skyline					

Boys Pole Vault (13' 6")

State Meet Record

	<u>Athlete</u>	<u>Mark</u>	<u>School</u>	<u>Year</u>	<u>Notes</u>	All-time CIF <u>State Rankings</u>
	Montil Stratton	14'00	Fremont	1969		
	Charles Handy	12'07.75	Fremont	1964		
	Don Schaeffer	13'06.50	Oakland	1958	2nd place CIF State Finals	
	Ed Otter	13'06	Skyline	1969		
	Salem Goodlowe	13'06	Castlemont	1988		

<u>Indiv. School Record</u>						
Castlemont						
Fremont						
McClymonds						

Oakland High	Don Schaeffer	13-06.5		1958	Tied 2nd place State Meet	
Oakland Technical						
Skyline						

Boys Long Jump (21'0")

State Meet Record

	<u>Athlete</u>	<u>Mark</u>	<u>School</u>	<u>Year</u>	<u>Notes</u>	All-time CIF <u>State Rankings</u>
	Kurt Durham	25'01.00	Oakland	1977	CIF State Champion (25'00.75)	
	Alonzo Jackson	24'08.00	Oakland	1979	was 5th place CIF State Finals (23'01.25)	
	Alonzo Levingston	24'04.25w	Skyline	1987	2nd place CIF State Champs	
	Darrin (David?) Malone	23'11.75	Castlemont	1981	was 4th place CIF State Finals (23'05)	
	Fred Jackson	23'10.50	Castlemont	1965		
	John L Simmons	23'08.75	McClymonds	1949	was 2nd place CIF State Finals (23'02.25)	
	Donald Bryson	23'06.75	Oakland	1974		
	Dwayne Pulliam	23-06.5	Skyline	1975	3rd place CIF State Champs	
	Mike Lusk	23'06.00	Skyline	1968		
	Charles Gibson	23'06.00	Castlemont	1970		
	Julius Jefferson	23'04.50	Fremont	1956		
	Rich Campbell	23'04.50	Castlemont	1955		
	James Jackson	23'03.50	Castlemont	1964		
	Jeffy Trumbley	23'03.25	Oakland	1933		
	Kurt Durham	23'03.00	Oakland	1976	4th place CIF State Champs	
	Joseph Reel	23'03.00	Castlemont	1967		
	Ray Goodwin	23'02.50	Ray Goodwin	1952		
	Richard Watson	23'02.50	Oakland Tech	1969		

	Arthur Harris	23'01.00	McClymonds	1964		
	Larry Simpkins	23'01.00	Oakland Tech	1971		
	Chas. Gary	23'00.50	McClymonds	1961		
	LaMarr Haywood	23'00.25	Skyline	1966		
	Eric Railey	23'00.25	Oakland	1988	5th place CIF State Champs	
	Demondre Ward	23'00.00	Oakland	2005	OAL Champion	
	Ryan Fernandez	22'11.50	Skyline	1998		
	Gerald Nails	22'10.00	Oakland	1980		
	Tom Cochee	22'10.00	Oakland Tech	1972		
	Sheridan Downey	22'09.25	Castlemont	1958		
	Chris Scott	22'09.00	Skyline	2004		
	Charles Brooks	22'09.00	Oakland	1985	Eastbay Leaders	
	Lennard Davis	22'09.00	Oakland Tech	2011		
	Harold Fortner	22'09.00	Castlemont	1964		
	Willie Hannon	22'09.00	Castlemont	1984		
	Alex Hence	22'08.75	Oakland Tech	1960	5th place CIF State Champs	
	James McNeil	22'08.50	Castlemont	1963		
	Elliott Melancon	22'06.50	McClymonds	1934		
	Willie Crum	22'05.75	Castlemont	1961		
	Ray Holbert	22'05.75	Castlemont	1962		
	Fulton Swift	22'05.00	Oakland Tech	1937		
	Pat Riley	22'04.50	Skyline	1982		
	Jack Gregory	22'04.25	Oakland	1940		
	Brooks	22' 02.50"	Oakland	1985	OAL Relays	
	Roy Holmes III	22'02.00	McClymonds	2006		
	Lincoln Jackson	22'01.00	Fremont	1957		
	Ray Kaliski	22'01.00	Oakland	1931		
	Harry Villa	22'01.00	McClymonds	1932		
	Glen Hewitt	22'01.00	Fremont	1969		
	Luary Wyatt	22'00.75	Oakland	1936		
	Allen Washington	22'00.25	McClymonds	1946		

	Bud Presnall	22'00.15	Oakland	1942		
<u>Indiv. School Record</u>						
	Castlemont					
	Fremont					
	McClymonds					
	Oakland High					
	Oakland Technical					
	Skyline					
Boys Triple Jump (42'5")						
State Meet Record						
						All-time CIF
	<u>Athlete</u>	<u>Mark</u>	<u>School</u>	<u>Year</u>	<u>Notes</u>	<u>State Rankings</u>
	Dan Jackson	50'11.00	Oakland	1975	74 & '75 2nd place CIF Finals	
	Don Bryson	50'02.25	Oakland	1974		
	Tom Coochee	50'01.25	Oakland Tech	1972		
	Kurt Durham	49'02.00	Oakland	1977	5th place CIF State Finals (48'07)	
	Pat Riley	48'10	Skyline	1982		
	Willie Hannon	48'05.50	Castlemont	1984	5th place CIF State Champs (48'01)	
	Anthony Trammel	47'08.75	Skyline	1979		
	Ryan Fernandez	47'03.00	Skyline	1998	CIF State Preliminaries	
	Josh Robinson	46'07.50	Skyline	2004		
	Terry Calloway	46'06.50	Oakland	1984		

Boys Shot Put (48' 0")						
State Meet Record						
	<u>Athlete</u>	<u>Mark</u>	<u>School</u>	<u>Year</u>	<u>Notes</u>	All-time CIF <u>State Rankings</u>
	Charles Montgomery	60'05.00	Castlemont	1970		
	T.C. Jones	58'03.50	McClymonds	1962		
	Rick Bilotti	57'04.25	Oakland	1967		
	MacArthur Lane	56'11.00	Fremont	1960		
	Arthur Stevenson	56'07.50	McClymonds	1971		
	Bob Watters	56'06.50	Skyline	1973		
	Bob Woods	56'02.25	McClymonds	1952		
	Nick Sims	55'05.00	Oakland	1957		
	Ray Hattisburg	55'01.50	Castlemont	1968		
	Proverb Jacobs	54'11.50	Oakland Tech	1953		
	Terry McDonald	54'00.25	Castlemont	1981		
	Herb Michaels	53'06.00	Oakland Tech	1936		
	Joe Woods	53'04.75	McClymonds	1952		
	Chester Boots	53'04.00	Fremont	1939		
	Armand Shyne	52'11.00	Skyline	2014		
	Thomas Byrd	52'09.00	McClymonds	2007		
	Jim Migliardi	52'08.00	Fremont	1958		
	Kevin Smith	52'05.00	Skyline	1986		
	Mike Grutman	52'03.50	Skyline	1965		
	Carl Hudson	52'03.00	Oakland	1974		
	Ramon Cooper	52'02.00	Castlemont	1990		
	Barry Young	52'01.00	Fremont	1963		
	Armand Shyne	51-11.75	Skyline	2015	20th place CIF State Championships	
	Durrell James	51'10.00	Oakland	1991	CIF State Prelims	
	Nick Sims	51'8.00	Oakland	1957	4th place CIF State Finals	

	Thomas Byrd	51' 7"	McClymonds	2006	CIF State Prelims		
	Walter Rilliet	51'06.75	Oakland	1951			
	Bob Thayer	51'05.50	Skyline	1966			
	Norman Nicholas	51'04.00	Oakland	1976			
	Cameron Bailey	51'03.25	Oakland Tech	2007			
	Wendell Hayes	51'02.15	McClymonds	1959			
	Phillip McElroy	51'01.75	McClymonds	1949			
	Caldwell	51'00.00	Fremont	1985			
	Doug Woods	50.07.50	Skyline	1964			
	Sam Williams	50'07.50	Oakland Tech	1964			
	Drew Field	50'04.00	Skyline	1975			
	Ed Hayes	50'04.00	McClymonds	1950			
	Daniel Lucas	50'04.00	Castlemont	2009	Easter Relays Santa Barbara		
	Alden Hennings	50'03.00	Oakland Tech	1930			
	John Christentary	49'11.25	Castlemont	1978			
	Ramone Cooper	49'08.00	Castlemont	1990	CIF State Prelims		
	Dan O'Brien	49'08.00	Oakland	1954			
	Warren Martin	49'05.00	Oakland	1969			
	Ernest Hoffman	49'03.75	Oakland	1941			
	Jack Pattee	49'02.50	Castlemont	1942			
	Lucas Daniel	49'01.00	Castlemont	2009	Castro Valley Trojan Relays		
	Wilfred Wills	49'00.75	Oakland	1969			
	Ovedio Dami	48'10.00	Oakland Tech	1931			
	Bernard Remson	48'09.25	McClymonds	1935			
	Paxton Beale	48'05.00	Oakland	1947			
	Clarence Johnson	48'04.50	Oakland Tech	1977			
	Ken Grant	48'04.15	Skyline	1988			
	Tom Basile	48'02.50	Castlemont	1955			
	John Moreland	48'01.00	Oakland	1984			

<u>Indiv. School Record</u>						
Castlemont						
Fremont						
McClymonds	Bob Woods	56-02.25		1952	4th place CIF State Finals (16lb shot)	
Oakland High						
Oakland Technical						
Skyline						

Boys Discus (120' 0")						
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State Meet Record						
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	<u>Athlete</u>	<u>Mark</u>	<u>School</u>	<u>Year</u>	<u>Notes</u>	All-time CIF <u>State Rankings</u>
	Thomas Byrd	170'08	McClymonds	2006		
	Armand Shyne	154'00.50	Skyline	2015		
	Gerris Bowers-Wilkinson	139'07.50	Skyline	2001		
	Jamal Jones	138'01	Skyline	2000		
	Phillip Dawson	131'10	Oakland Tech	1994		
	Laron McCoy	129'04.50	Skyline	2009		
	Derrick Henry	128'03	Skyline	2009		
	Cory Drain	127'03	Castlemont	1993		
	Akil Reed	127'02	Skyline	2008		
	Jon Osivluemu	124'09.50	Castlemont	2003		
	Siale Liku	123'09.00	Oakland	2018	Raiders Regional Meet @ Castlemont	
	Stanley Nelson	123'03.75	McClymonds	1931		
	Hanson	123'03	Oakland Tech	1929		
	Omar Grant	122'05	Skyline	2005		
	Howard Christie	122'04.50	Oakland Tech	1930		
	Daniel Lucas	121'10	Castlemont	2009		

	Keith Kinsey	121'02	Fremont	1923		
	Daniel Byrd	121'00	Oakland	2004	OAL Finals	
	Siona Kitoa	120'08	Castlemont	2004		
	Khalil Brooks	120'05	Skyline	2016		
	Sam Farmer	120'04	McClymonds	1927		
	Kyle Phillips	120'01	Skyline	2009		
<i>Indiv. School Record</i>						
Castlemont						
Fremont						
McClymonds						
Oakland High						
Oakland Technical						
Skyline						
Boys CIF State Championships Team Results						
Oakland	1986	22pts	2nd place CIF State Meet			
Skyline	1998	14pts	1th place CIF State Meet			
Oakland	1977	11pts	4th place CIF State Meet			

	Angela Harris	23.99	Skyline	1994		
	Montairra Hubbard-Hart	24.32w	Skyline	2010	CIF Prelims	
	Ryan Peters	24.78	Skyline	1997		
	Reyna Goodwin	24.89	Skyline	1994		
	Delisa Lynch	24.90	Oakland Tech	1982		
	Harris	24.98	Oakland	1980		
	Ocie Parks	25.08	Fremont	2001	CIF State Prelims	
	Aisha Wallace	25.18	Skyline	1993		
	Dana Faulkner	25.2	Skyline	1983	Eastbay Leaders	
	Joi Glass	25.22	Skyline	2008		
	Johnson	25.3	Castlemont	1985	Eastbay Leaders	
	Andrea Kincaid	25.32	Skyline	1998		
	Malaina Payton	25.33	Fremont	2008		
	Malika Freeman	25.33	Skyline	1993		
	Deona Johnson	25.39	Skyline	?		
	Dana Faulkner	25.4	Skyline	1983		
	Brenea Palmer	25.45	Oakland Tech	2015	CIF Prelims	
	NyErin Buckley	25.46	Oakland Tech	2012	OAL Finals	
	Candice Jones	25.55	Skyline	2004	OAL Champion	
	Renee Williams	25.68w	Skyline	2002	OAL Champion	
	Dominique Carter	25.68	Oakland Tech	2006	OAL Champion	
	Lashell Hamlin	25.71	Skyline	2011	OAL Champion	
	Chavarriana Ryan	25.85	Skyline	2008	OAL Champion	
	Charlesetta Brisco	25.9	Skyline	1985		
	Kristen Robinson	25.94	Skyline	2013		
	McCallum	25.95	Skyline	1996		
	Meosha Chase	25.96	Skyline	2004	OAL Finals	
	Sonya Godfrey	25.99	Fremont	1988		
	Viola Johnson	26.00	Oakland Tech	1976	5th place CIF State Champs	
	Jill Santucci	26.07	Oakland	1997		
	Smith	26.15	Skyline	1989		

Fremont						
McClymonds						
Oakland High						
Oakland Technical						
Skyline						

Girls 800m (2:25.00) 880 yds (2:25.0)

State Meet Record

						All-time CIF
800m	<u>Athlete</u>	<u>Time</u>	<u>School</u>	<u>Year</u>	<u>Notes</u>	<u>State Rankings</u>
	Marayne Martin-Fields	2:15.65.	Skyline	2013	7th place CIF State Finals	
	Jenny Ray	2:18.30.	Oakland	1982		
	Anne Marie Franco	2:19.71.	Skyline	1996		
	Anna Rensi	2:19.38.	Skyline	1993	CIF State Prelims	
	Vanessa Lewis	2:20.28.	Fremont	1998	CIF State Prelims	
	Eman Barfield	2:20.34.	Skyline	1994		
	Kaneesha Pierce	2:21.11.	Oakland Tech	2006	OAL Champion	
	Topeka Jackson	2:21.5.	McClymonds	1983	OAL Championships	
	Eleanor Wikstrom	2:21.68.	Skyline	2018	Winner - Raiders Regional Meet	
	Katrina Jacobs	2:21.93.	Oakland	1989	CIF State Prelims	
	Crosby	2:22.00.	Oakland	1985		
	Johanna Ross	2:22.47.	Oakland Tech	2017	OAL Regional Meet	
	Kara Anderson	2:23.03.	Oakland Tech	2006	OAL Finals	
	Caroline Garrett	2:23.34.	Oakland Tech	2017	OAL Regional Meet	
	Clarisse Wikstrom	2:23.38.	Skyline	2015	OAL League Meet	
	Clair Garrett	2:24.23.	Oakland Tech	2020	Dan Gabor Invitational	

<u>Indiv. School Record</u>						
Castlemont						
Fremont						
McClymonds						
Oakland High						
Oakland Technical						
Skyline						

Girls 1500m (5:10.0)						
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State Meet Record						
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	<u>Athlete</u>	<u>Time</u>	<u>School</u>	<u>Year</u>	<u>Notes</u>	<u>All-time CIF State Rankings</u>
	Emily Dixon	5:01.84.	Skyline	1999		
	Eman Barfield	5:04.03.	Skyline	1993		
	Anne Marie Franco	5:04.58.	Skyline	1996		
	Asefahn	5:07.0.	Oakland	1989		

<u>Indiv. School Record</u>						
Castlemont						
Fremont						
McClymonds						
Oakland High						
Oakland Technical						
Skyline						

Oakland Technical						
Skyline						

Girls 3000m (11:15.0)

State Meet Record

	<u>Athlete</u>	<u>Time</u>	<u>School</u>	<u>Year</u>	<u>Notes</u>	<u>All-time CIF</u> <u>State Rankings</u>
	Amy Cordisco	10:37.70.	Skyline	2008	Stanford Invitational	
	Emily Dixon	10:46.33.	Skyline	1999		
	Diana Choi	10:56.89.	Skyline	2004	Stanford Invitational	
	Sophie Quisquater	11:04.24.	?	2005		

Indiv. School Record

Castlemont						
Fremont						
McClymonds						
Oakland High						
Oakland Technical						
Skyline						

Girls 3200m (11:48.0) 2-mile (11:50.0)

State Meet Record

	<u>Athlete</u>	<u>Time</u>	<u>School</u>	<u>Year</u>	<u>Notes</u>	<u>All-time CIF</u> <u>State Rankings</u>

Girls 5000m						
State Meet Record						
	<u>Athlete</u>	<u>Time</u>	<u>School</u>	<u>Year</u>	<u>Notes</u>	All-time CIF <u>State Rankings</u>
	Caroline Garrett	18:04.24.	Oakland Tech	2018	New Balance National Outdoor	
<u>Indiv. School Record</u>						
	Castlemont					
	Fremont					
	McClymonds					
	Oakland High					
	Oakland Technical					
	Skyline					
Girls 4x100 Relay (50.50)						
State Meet Record						
	<u>Athlete</u>	<u>Time</u>	<u>School</u>	<u>Year</u>	<u>Notes</u>	All-time CIF <u>State Rankings</u>
	Wallace - Freeman - Goodwin - Harris	46.05	Skyline	1993	2nd place CIF State Champs	
		46.13	Skyline	1998	2nd place CIF State Champs	
		46.19	Skyline	1994	SAC Meet of Champions <i>(2nd place CIF State in 46.51)</i>	
		46.50	Skyline	1999	3rd place CIF State Finals	
		46.65	Oakland	1986	2nd place CIF State Finals	

Banks - Brooks - Polk - Alexander	47.00	Oakland	1985	2nd place CIF State Finals
	47.12	Skyline	1995	
	47.17	Skyline	1997	CIF State Prelims
	47.23	Oakland Tech	2009	
	47.35	Skyline	1992	<i>2nd place CIF State Champs (47.75)</i>
Jones - Watson - Hudson - Chase	47.87	Skyline	2005	
Robinson - Hubberd Hart - Evans - Ham	47.94	Skyline	2010	CIF State Preliminaries
	47.95	Oakland	1987	
Oniah - Glass - Treadwell - Amey	47.99	Skyline	2008	
Smith Barnett - Robinson - Ryan - Johns	48.06	Skyline	2011	CIF State Preliminaries
Lathan - Turrentine - Flippin - Jenkins	48.28	Castlemont	1981	
Jones - Watson - Hudson - Chase	48.34	Skyline	2004	
Hudson - Treadwell - Nwadugbo - Chase	48.36	Skyline	2006	
Palmer - Williams - Sanders - Jenkins	48.38	Oakland Tech	2015	CIF State Preliminaries
	48.4	Skyline	1983	OAL Championships
Wess - Smith Barnett - Wikstrom - John	48.87	Skyline	2014	
Ngo - Johnson - Evans - Smith Barnett	48.88	Skyline	2012	
	48.90	Fremont	2000	CIF State Prelims
	48.93	Skyline	2002	
	49.00	Oakland	1988	
	49.22	Skyline	1982	
Nwadugbo - Treadwell - Glass - Oniah	49.25	Skyline	2007	
Williams - Ray - Briscoe - Victorian	49.4	Skyline	1984	
	49.44	Skyline	2003	
Chigamba - Williams - Sanders - Buckle	46.46	Oakland Tech	2012	
	49.47	Skyline	2013	
	49.47	Oakland	1991	
Polk - Adams - Mack - Lewis	49.54	Oakland	1989	
	49.58	Castlemont	2004	
Temple - Jenkins - Chigamba - Buckley	49.64	Oakland Tech	2013	
	49.68	Oakland Tech	2012	

Girls 4x400m Relay (4:05.0)						
State Meet Record						
	<u>Athlete</u>	<u>Time</u>	<u>School</u>	<u>Year</u>	<u>Notes</u>	<u>All-time CIF State Rankings</u>
	Wallace - Crockett - Goodwin - Harris	3:41.90.	Skyline	1994	CIF State Champion	
		3:43.14.	Skyline	1993	2nd place CIF State Meet	
		3:46.04.	Oakland	1986	3rd place CIF State Meet	
		3:48.94.	Oakland	1985		
		3:49.24.	Skyline	1995		
		3:49.74.	Skyline	1997		
		3:50.41.	Oakland	1987		
	Banks - Crosby - Alexander - Brooks	3:50.5.	Oakland	1985	Eastbay Leaders	
	Amey - Glass - Ryan - Treadwell	3:51.65.	Skyline	2008		
		3:53.29.	Skyline	1998		
		3:55.18.	Skyline	1992		
		3:57.66.	Oakland	1985	OAL Invitational Relays	
		3:58.22.	Skyline	2010		
	Johnson - Martin Fields - Wikstrom - Burg	3:58.74.	Skyline	2014		
		4:00.58.	Fremont	1996		
		4:00.83.	Fremont	1999		
		4:01.25.	Castlemont	2004		
		4:02.85.	Castlemont	2005		
		4:03.01.	Skyline	2011		
		4:03.10.	Skyline	1983		
		4:03.50.	Fremont	1997		
		4:03.85.	Fremont	2000		
		4:03.90.	Skyline	1996		

		4:04.14.	Skyline	2004		
<i>Indiv. School Record</i>						
Castlemont						
Fremont						
McClymonds						
Oakland High						
Oakland Technical						
Skyline						

Girls 100 Hurdles (16.20)						
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State Meet Record						
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						All-time CIF
	<u>Athlete</u>	<u>Time</u>	<u>School</u>	<u>Year</u>	<u>Notes</u>	<u>State Rankings</u>
	Natalie Spinks	13.88	Skyline (30" hurdles)	1982	CIF State Champion	
	Ashanti Ellis	14.36w	Skyline	2001	Stanford Invitational	
	Kristen Robinson	14.36	Skyline	2013	CIF State Prelims	
	Dantia Hudson	14.4w	Skyline	2007	CIF State Prelims	
	Asha Treadwell	14.43	Skyline	2009	CIF State Prelims	
	Cheron Amey	14.72w	Skyline	2009	OAL Finals	
	LaTasha Pierce	14.88	Oakland	1988		
	Dee Dee Banks	15.1	Oakland	1986		
	Ray'ven Sanders	15.20	Oakland Tech	2015	CIF State Prelims	
	Adams	15.35	Oakland	1990		
	Sekai Metcalf	15.36	Skyline	1994		
	De'Saya Smith	15.52	Skyline	2019	Stanford Invitational	

Oakland High					
Oakland Technical					
Skyline					

Girls 300 Hurdles (47.0)

State Meet Record

						All-time CIF
	<u>Athlete</u>	<u>Time</u>	<u>School</u>	<u>Year</u>	<u>Notes</u>	<u>State Rankings</u>
	Ryan Peters	41.47	Skyline	1997	CIF State Champion	
	Rhonda Brooks	41.6	Oakland	1985	2nd place CIF State Finals in '85 & '86	
	Angela Harris	42.33	Skyline	1994	2-time CIF State Champion '93 & '94 (42.78)	
	Joi Glass	43.17	Skyline	2008	CIF Preliminaries	
	Natalie Spinks	43.70	Skyline	1982	5th place CIF Champs	
	Cheron Amey	45.08	Skyline	2009		
	Sekai Metcalf	45.20	Skyline	1995	SAC Meet of Champions	
	Asha Treadwell	45.31	Skyline	2007		
	Kristen Robinson	45.62	Skyline	2011	CIF State Prelims	
	Dantia Hudson	45.76	Skyline	2006	OAL Champion	
	Williams	45.9	Oakland Tech	1981		
	Tajanee Simmons	45.90	Castlemont	2005	CIF State Prelims	
	Clarisse Wikstrom	45.94	Skyline	2015	CIF State Prelims	
	Whitney Nazel	46.04	Skyline	2006		
	Gaynell Troy	46.06	Fremont	2000		
	D'Quita Woods	46.60	Castlemont	1987		
	Rhonda Lockhart	46.60	Skyline	1983		
	Lesondra Todd	46.66	Oakland	1992		
	Monique Dale	46.83	Skyline	1994		
	Hyidea' Burgess	46.98	Skyline	2013		

<u>Indiv. School Record</u>						
Castlemont						
Fremont						
McClymonds						
Oakland High						
Oakland Technical						
Skyline						

Girls Pole Vault						
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State Meet Record						
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	<u>Athlete</u>	<u>Mark</u>	<u>School</u>	<u>Year</u>	<u>Notes</u>	<u>All-time CIF</u> <u>State Rankings</u>
	Saryn Schwartz	8'06.00	Skyline	2020	Amador Valley Scrimmage	

<u>Indiv. School Record</u>						
Castlemont						
Fremont						
McClymonds						

Oakland High					
Oakland Technical					
Skyline					

Girls Long Jump (16' 5")					
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State Meet Record					
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	<u>Athlete</u>	<u>Mark</u>	<u>School</u>	<u>Year</u>	<u>Notes</u>	All-time CIF <u>State Rankings</u>
	Renee Williams	20' 8.25"w	Skyline	2003	CIF State Champion	
	Malaina Payton	19'09.50	Fremont	2009		
	Shana Watson	19' 09.00w	Skyline	2005	3rd place CIF Champs	
	Kristen Robinson	18'09.75	Skyline	2010		
	Jodi Bailey	18'03.50	Skyline	1993		
	Asha Treadwell	18'01.00	Skyline	2009		
	Rhonda Brooks	17'10.50	Oakland	1985?		
	Dantia Hudson	17'10.25	Skyline	2006	OAL Finals	
	Cynthia Johnson	17'10.00	Oakland	1976		
	Smith	17'10.00	Fremont	1980		
	Butler	17'07.50	Oakland Tech	1981		
	Diane Stroman	17'07.00	Oakland	1980		
	Briona Rivera	17'05.00	Castlemont	2002	OAL Champion	
	Jamie Bailey	17'04.00	Skyline	1993		
	Demetria Beverly	17'04.00	Oakland Tech	1996		
	Nichols	17'02.25	McClymonds	1985		
	Kim Harper	17'02.00	Oakland	1997		
	Beth Chandler	17'02.00	Fremont	1983	OAL Finals	
	Eagles	17'01.25	Skyline	1990		

<u>Indiv. School Record</u>						
Castlemont						
Fremont						
McClymonds						
Oakland High						
Oakland Technical						
Skyline						

Girls Triple Jump (34' 05")						
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State Meet Record						
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	<u>Athlete</u>	<u>Mark</u>	<u>School</u>	<u>Year</u>	<u>Notes</u>	All-time CIF <u>State Rankings</u>
	Renee Williams	39'08.00	Skyline	2003	5th place CIF State Champs '02 (39'00.50)	
	Chinwe Oniah	39'01.00	Skyline	2008	CIF State Prelims	
	Andrea Kincaid	38-07.00	Skyline	1999	Arcadia Invitation	
	Shana Watson	38'05.50	Skyline	2005	CIF State Prelims	
	Tamiliya Brown	38'04.75	Skyline	2000	Stanford Invitational	
	Antonia Diamond	38-03.00w	Skyline	2001	CIF State Prelims	
	Sakai Metcalf	37'03.75	Skyline	1995		
	Ashanti Ellis	36'11.50	Skyline	2001		
	Ada Nwadugbo	36'06.00	Skyline	2007		
	Deanna Copeland	36'02.50	Castlemont	1984		

