

# All-Time California High School Girls List



**Marion Jones**  
#1 in 3 Events -- 100, 200 and Long Jump  
*Fine Flicks by Don Gosney*

## By Robert Womack

List includes marks reported through September 5, 1997.

As usual, I am indebted to numerous other people, especially (but definitely not limited to) Ron Blackwood, Steve Brand, Keith Conning, Scott Fairley, and Jack Shepard. None of the above, however, bears any responsibility for any errors or omissions, which are the fault of the writers. Corrections should be addressed to Bob Womack, 1540 East Shaw, Suite 118, Fresno, CA 93710 or FAXed to (209) 225-6951.

First-time readers should be advised the number preceding the year of performance indicates the number of state championships won.

Have a slice of wry: When we update the lists, new performances push older ones off the list, of course. We used to have to retype the lists every year, or at least when they got too messy to photocopy for CTRN. Now, in the computer age, we just push a button and — poof! — another old familiar name disappears into the memory hole forever. This year, we had to eliminate one of our favorites, Lacy Barnes (DT, Ridgecrest, Burroughs, 1983). That's not the story, though. The story is the identity of the athlete who bumped her — Cecelia Barnes-Mileham, her own daughter.

-RW

### 100 Meters

**State Meet Record:** 11.14 Marion Jones, (Thousand Oaks) 1992 @ Cerritos. **Frosh:** 11.24 Angela Williams (Chino) 1995. **Soph:** 11.17 Marion Jones (Rio Mesa, Oxnard) 1991. **Junior:** 11.14 Marion Jones (Thousand

Oaks) 1992 and 11.14 Angela Williams (Chino) 1997. **Senior:** 11.28 Marion Jones (Thousand Oaks) 1993.

11.14	Marion Jones (Thousand Oaks)-4 at Cerr	1992
11.14	Angela Williams (Chino) -1 @Edwardsvl, Ill	1997
11.28	Angela Burnham (Rio M, Oxn.)-2	1988
11.34	Sharon Ware (Berkeley)-2	1980
11.47	LaKeisha Backus (Wilson, Long Beach)-1	1995
11.48	Inger Miller (Muir, Pasadena)	1990
11.49	Jemae Wright (Logan, Union City)	1996
11.50	Kim Robinson (Westchester, L.A.)	1977
11.50	Andrea Anderson (Poly, Long Beach)	1995
11.51	Gail Devers (Sweetwater, Natil City)-1	1984
11.55	Kelli White (Logan, Union City)	1995
11.56	Jackie Thompson (Lincoln, San Diego)	1973
11.57	Valerie Brisco (Locke, L.A.)	1978
11.58	Brenda Winston (San Gorgo, S.Bern.)	1977
11.58	Heather Sumpter (Muir, Pasadena)-1	1994
11.58	Miesha Withers (St. Bern, PlayaDRey)	1997
11.59	Monica Taylor (Grant, Sacto)	1983
11.60	Aminah Haddad (Poly, Long Beach)	1995
11.61	Sherri Howard (Kennedy, Granada Hills)	1980
11.61	Gervaise McCraw (Ganeshia, Pomona)-1	1982
11.61	Carrie Franklin (Muir, Pasadena)	1985
11.61	Lesa Parker (O'Dowd, Oak)	1992
11.62	Inger Peterson (Dorsey, L.A.)	1981
11.63	Lisa Winston (Jordan, Long Beach)-1	1982
11.63	Pam Qualls (Burbank, Sacto)	1984

### Hand Timing

11.3	Damesha Craig (St. Francis, MtnView)	1996
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### 200 Meters

(\*220 Yards Minus 0.12)

**State Meet Record:** 22.71 Marion Jones (Thousand Oaks) 1992 @ Norwalk. **Frosh:** 23.70 Marlon Jones (Rio Mesa, Oxnard) 1990. **Soph:** 22.76 Marion Jones (Rio Mesa, Oxnard) 1991. **Junior:** 22.58 Marion Jones (Thousand Oaks) 1992. **Senior:** 23.00 Marion Jones (Thousand Oaks) 1993.

22.58	Marion Jones (Thous.Oaks)-4 @ NewOr	1992
22.90	Kinshasa Davis (Wilson, Long Bch) -1	1997
23.08	Jackie Thompson (Lincoln, S.D.)@Munich	1973
23.19	Sherri Howard (Kennedy, Gran Hills)-1	1980
23.21	LaKeisha Backus (Wilson, Long Beach)-1	1994
23.23	Aminah Haddad (Poly, Long Beach)	1994

23.25	Denean Howard (Kennedy, Gran Hills)-2	1982
23.27	Gervaise McCraw (Ganeshia, 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)-2	1988
23.47	Mailka Edmonson (St.Bern, PlyDRey)-1	1996
23.49	Kelli White (Logan, Union City)	1995
23.49	Angela Williams (Chino)	1996
23.54	Paulette Blalock (Compton)-1	1984
23.56	Tami Stiles (Hawthorne)-2	1985
23.57	Inger Miller (Muir, Pasadena)	1990
23.59	Cathy Roberts (Cerritos)	1984
23.59	Simone Cain (Hueneme, Port Hueneme)	1988
23.60	Andrea Anderson (LB Poly)	1993
23.62	Sharon Ware (Berkeley)	1980
23.62	Latasha Gilliam (Pittsburg)	1994
23.69	Tamika Bradfield (Compton)	1991
23.72	Frieda Cobbs (Berkeley)	1978
23.72	Miesha Withers (St. Bern, PlyD Rey)	1997

### Hand Timing

23.0	Andrea Anderson (LB Poly)	1993
23.2	Mable Ferguson (Ganeshia, Pomona)	1973
23.2	Chewuakil Knighten (Locke, L.A.)	1985
23.4	Kathy Hammond (Mira Loma, Sacto)	1969

### 400 Meters

(\*440 Yards Minus 0.26)

**State Meet Record:** 52.39 Denean Howard (Kennedy, Granada Hills) at Sacramento, 1982. **Frosh:** 53.40 Angela Williams (Chino) 1995. **Soph:** 51.70 Denean Howard (Kennedy, Granada Hills) 1980. **Junior:** 51.09 Sherri Howard (San Gorgonio, San Bernardino) 1979. **Senior:** 50.87 Denean Howard (Kennedy, Granada Hills) 1982.

50.87	Denean Howard (Kennedy)-2 @ Knoxvl	1982
51.09	Sherri Howard (San Gorgonio)-1	1979
51.91	Mable Ferguson (Ganeshia, Pomona)	1972
52.17	Chewuakil Knighten (Locke, L.A.)-2	1985
52.25	Janeene Vickers (Pomona)	1986
52.61	Kinshasa Davis (Lg Bch Wilson) -2	1996
52.83	Leslie Maxie (Mills, Millbrae)-1	1984
52.91	Marion Jones (Rio Mesa, Oxnard)	1991
52.95	Mailka Edmonson (St.Bern, PlyDRey)	1996
53.10	Linetta Wilson (Muir, Pasadena)	1985
53.12	Frieda Cobbs (Berkeley)	1978
53.13*	Charlette Cooke (St. Mary's, L.A.)	1966

# All-Time Girls

53.20	Paulette Blalock (Compton)	1984
53.27	Carla Estes (Logan, Union City)	1995
53.30	Theodoshea Rivers (RanVerd, k MorVly)	1997
3.34	Jeanie Arnold (Locke, L.A.)	1982
53.40	Angela Williams (Chino) -1	1995
53.42	Arlise Emerson (Westminster)-1	1978
53.42	Gervaise McCraw (Ganasha, 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 Rolfe (Dorsey, L.A.)-2	1987
53.64	Jodi Smith (Locke, LA)	1996

## Hand Timing:

(\*440 Yards Minus 0.3)

51.8"	Kathy Hammond (Mira Loma, Sacto)	1969
53.4"	Janice Wiser (LaJolla)	1973

## 800 Meters

(\*880 Yards Minus 0.7)

**State Meet Record:** 2:06.08 Donna Curtis (Cuiver City) @ Norwalk, 1981. **Frosh:** 2:02.43 Mary Decker (Portola Jr., Orange) 1973. **Sophr:** 2:02.29 Mary Decker (Orange) 1974.



**POLLY PLUMER setting prep American Record behind LINDA GOEN in 1982**

Photo by Richard Lee Slotkin

**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
2:05.61	Nicole Teter (West Vly, Cottonwood)-1	1991
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 (Cuiver Citi)-1	1981
2:06.07	Trescia Palmer (Westchester, L.A.)	1982
2:06.13	Kim Toney (Atascadero) -2	1990
2:06.47	Regina Jacobs (Argyll, North Hollywood)	1980
2:07.25	Becky Spies (Livermore)	1991
2:07.3	Marie Mulder (Sacramento)	1965
2:07.6"	Cis Schafer (Washington, Fremont)	1970
2:07.8	Arlise Emerson (Westminster)	1978
2:07.9"	Kathy Costello (PleasHill, San Jose)-2	1975
2:08.00	Lesley Noll (Mt. Carmel, San Diego)	1985
2:08.18	Michelle Taylor (Ganasha, Pomona)	1982
2:08.4	Kristin Dowell (StTeresa, San Jose)-1	1984
2:08.42	Laura Chapel (Univer City, San Jose)-1	1986
2:08.5"	Paula Rose (Newport Harbor)	1975

## 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. **Sophr:** 4:45.30 Julia Stamps (Santa Rosa) 1995. **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
4:42.79	Julia Stamps (Santa Rosa) -1	1997
4:43.15"	Cheri Williams (Livermore)-1	1978
4:43.72	Annie Ebner (St. Lucy's, W.Covina) -1	1996
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
4:44.9	Kim Mortensen (Thousand Oaks)	1996
4:44.93	Cory Schubert (Del Mar, San Jose)-1	1983
4:45.00	Julie Seleine (University, Irvine)	1983
4:45.11	Becky Spies (Livermore)-1	1991
4:45.13	Laurie Chapman (Gund, San Jose)	1986
4:45.2"	Jessica Spies (Livermore)	1982
4:45.35	Elissa Riedy (Mission SJose, Fremont)-1	1995
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"	Allison Ehlen (Santa Barbara)	1981
4:46.24	Kristin Gordon (Carondelet, Concord)	1997

## 3200 Meters

(\* 2 Miles Minus 3.6)

**State Meet Record:** 9:52.80 Kim Mortensen (Thousand Oaks) 1996 @ Norwalk. **Frosh:** 10:17.1" Vickie Cook (Chaminade, Canoga Park) 1979. **Sophr:** 10:14.78 Vickie Cook (Alemany, Mission Hills) 1980. **Junior:** 10:12.31 Vickie Cook (Alemany, Mission Hills) 1981. **Senior:** 9:48.59 Kim Mortensen (Thousand Oaks) 1996.

9:48.59	Kim Mortensen (Thous Oaks)-1 @ Norw	1996
10:04.2"	Cory Schubert (D M SJose)-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
10:12.20	Julia Stamps (Santa Rosa) -3	1996
10:12.86	Laurie Chapman (Gund San Jose)-1	1986
10:14.48	Courtney Pugmire (Esperanza, Anaheim)	1995
10:15.27	Julia Stamps (Santa Rosa) -2	1995
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
10:16.42	Amy Skieresz (Agoura)	1995
10:18.04"	Su-Mei Lee (Eisenhower, Rialto)	1979
10:18.80	Rayna Cervantes (Montebello)	1988
10:19.10	Tania Fischer (Cham Canoga Pk)	1983
10:19.55	Andrea Neipp (Highland, Palmdale)	1997
10:19.63	Deena Drossin (Agoura)-2	1991
10:19.84	Kristen Gordon (Carondelet, Concord)	1997
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

## 100 Meter Hurdles—33"

**State Meet Record:** 13.35 Nicole Hoxie (North, Riverside) 1997 @ Sacramento. **Frosh:** 13.86 Davetta Shepard (Kennedy, Richmond) 1994. **Sophr:** 14.07 Davetta Shepard (Kennedy, Richmond) 1995 & 13.6 (hand) Bobbette Krug (La Jolla) 1971. **Junior:** 13.79 Nicole Hoxie (North, Riverside) 1996. **Senior:** 13.35 Nicole Hoxie (North, Riverside) 1997.

13.35	Nicole Hoxie (North, River) -2 @Sacto	1997
13.38	Joanna Hayes (North, Riv.)@Raleigh,NC	1995
13.53	Natasha Neal (Logan, Union City)	1997
13.55	Daveeta Shepard (DeAnza, Richmond)-1	1997
13.62	Ashley Bethel (Mission Viejo)	1997
13.82	Michelle Perry (Quartz Hill)	1997
13.83	Bisa Grant (O'Dowd, OkInd)Knoxville -1	1994
13.86	Davetta Shepard (Kennedy, Richmnd)-1	1994

# All-Time Girls

## High Jump

**State Meet Record:** 6-0 Latrese Johnson (Clovis) @ Sacramento 1985. **Frosh:** 5-10 Tonya Mendonca (Mt. Whitney, Visalia) 1980 & Kristy Kleruff (Esperanza, Anaheim) 1992. **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
6-2 1/4	Julieann Broughten (Woodland)	1989
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	Yeana Carrasco (Anaheim)-1	1985
6-0	Celia Willis (Clovis West)	1988
6-0	Crissy Mills (Campbell Hall, L.A.)-2	1989
6-0	Tara Fleming (Immanuel, Reedley) -1	1995
5-11 1/2	Tonya Alston (Chico)-1	1979
5-11	Kathy Hamilton (Beyer, Modesto)	1979
5-11	Katrena Johnson (Marshall, Pa)-2	1981
5-11	Danielle Boswell (Bullard, Fresno)	1992
5-11	Maggie Van Zealand (Acalanes)	1981
5-11	Tanya Smith (Rancho Cordova)-1	1991
5-11	Ursula Lovely (Kennedy, LaPalma)	1985
5-11	Chi Johnson (Menlo-Atherton)	1985
5/10 3/4	Lori Svoboda (El Dorado, Placentia)	1989
5-10 3/4	Kristy Kleruff (Esperanza, Anaheim)-2	1994
5-10 1/2	Denise Yamada (Dos Pueblos, Goleta)	1983
5-10 1/2	Lori Mertes (Chatsworth)	1989
5-10 1/2	Tabyyah Haneef (Laguna Hills) -1	1997
5-10 1/4	Cindy Gilbert (Ocnaside)	1974
5-10 1/4	Kari Gosswiller (Upland)-2	1978
5-10 1/4	Nancy Redican (Simi Valley)	1978

## Pole Vault

**State Meet Record:** 12-6 Melissa Price (Kingsburg) 1995 @ Cerritos. **Frosh:** 11-8 Bridget Pearson (Hoover, Glendale) 1996. **Soph:** 12-0 Bridget Pearson (Hoover, Glendale) 1997. **Junior:** 12-4 Brooke Lankard (Golden West, Visalia) 1997. **Senior:** 13-1 3/4 Melissa Price (Kingsburg) 1995.

13-1 3/4	Melissa Price (Kingsburg) -2 @ Walnut	1995
12-4 1/4	Alexa Harz (Peninsula, Roll Hills Est) -1	1996
12-4	Brooke Lankard (Golden West, Visalia)	1997
12-3 1/2	Heather Sickler (Camarillo)	1997
12-0 3/4	Erica Hoernig (Foothill, Santa Ana)	1996
12-0	Marla Lopez (Memorial, Newark)	1997
12-0	Bridget Pearson (Hoover, Glendale) -1	1997
11-9	Sarah Higham (Mission Viejo)	1997
11-9	Kylene Nixon (Poway)	1997
11-6 1/4	Mariyou Badillo (Mt. Pleasant)	1996
11-6	Alison Knode (Kingsburg)	1997
11-6	Blanca Maran (Santa Monica)	1997
11-6	Katie Rorem (Marina, Huntington Bch)	1997
11-3 3/4	Vanessa Brunton (Temes Cyn, Lk Elsin)	1995
11-3	Krista Epperly (Nev Un, Grass Vly)	1996
11-3	Allyson Crosby (Stockdale, Bkfld)	1997

11-1	Maggie O'Malley (Atascadero)	1996
11-0	Kristi Draher (Mira Costa (San Diego)	1995
11-0	Hannah Johnson (Atascadero)	1996
11-0	Denise Warner (Ponderosa, Shgle Sprgs)	1996
11-0	Mahogany Ayele (SMarcos, SBarbara)	1997
11-0	Shail Pec-Crouse (Santa Rosa)	1997
11-0	Caroline Rebello (Marina, HuntBeach)	1997
11-0	Julie Sanders (Arroyo Grande)	1997
11-0	Vanessa Yorba (Gonzales)	1997

## Long Jump

**State Meet Record:** 22-0 1/2 Marion Jones (Thousand Oaks) 1993 @ Cerritos. **Frosh:** 20-7 Dora Lee Roberts (Riverdale) 1971. **Soph:** 20-9 Jullana Yendork (Walnut) 1989. **Junior:** 21-3 1/4 Juliana Yendork (Walnut) 1990. **Senior:** 22-0 1/2 Marion Jones (Thousand Oaks) 1993.

22-0 1/2	Marion Jones (Thous.Oaks)-1 @ Cerr	1993
21-3 1/4	Juliana Yendork (Walnut)-3	1990
20-11 1/2	Jemae Wright (Logan, Union City) -2	1996
20-11 1/4	Madette Smith (Quartz Hill)-1	1986
20-9 3/4	Wendy Brown (Woodside)-2	1984
20-9 3/4	Jemae Wright (Logan, Union City) -2	1995
20-9 3/4	Pam Simpson (Poly, Long Beach)	1995
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, Natli City)-1	1984
20-7	Annette Coleman (Carlmont, Belmont)	1989
20-6 1/2	Akiba McKinney (Monte-V, Sprg Vly)	1997
20-6 1/4	Kam Warner (West, Bkfld)-1	1992
20-5	Gwen Loud (Westchester, L.A.)-1	1979
20-5	Amy Littlepage (Mt. Miguel, Spr Vly)	1993
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	LaShawn Simmons (El Monte)	1987
20-0 3/4	Tisha Ponder (Del Mar, San Jose)	1996
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

## Triple Jump

**State Meet Record:** 44-0 1/2 Jullana Yendork (Walnut) @ Cerritos 1991. **Frosh:** 39-9 1/2 Keri Sanchez (Santa Teresa, San Jose) 1988. **Soph:** 42-6 3/4 Jullana Yendork (Walnut) 1989. **Junior:** 42-6 3/4 Jullana Yendork (Walnut) 1990. **Senior:** 44-0 1/2 Jullana Yendork (Walnut) 1991.

44-0 1/2	Juliana Yendork (Walnut)-3 @Cerr)	1991
42-10 1/2	Wendy Brown (Woodside) -3	1984
42-5 1/2	Yvette Bates (Berkeley)	1984
41-8 1/4	Jackie Anderson (Mt. Miguel, Spr Vly)	1987
40-11 3/4	Kayla Montgomery (Clovis West)-1	1992
40-11 3/4	Kelly O'Connor (Esperanza, Anaheim)-2	1996
40-11	Sheila Hudson (Rio Linda)-1	1985

13.87	Effie Daetz (Indep., San Jose) @ Tucson	1987
13.87	Hannah Cooper (Hawthorne)	1997
13.92	Felice Lipscomb (Santa Monica)	1990
13.95	Wendy Brown (Woodside)	1984
14.06	Ayanna Grant (O'Dowd, Oakland)	1996
14.07	Aladrian Hunter (Dorsey, LA)	1981
14.09	Alysa Sweeney (Tamal, Mill Vly)	1979
14.10	Rory Kelly (Morningside, Inglewood)	1996
14.11	La Shawn McBride (LB Poly)	1987
14.11	Kam Warner (West, Bkfld)	1992
14.15	Kwani Stewart (Yuba City)	1990
14.17	Tisha Ponder (Del Mar, San Jose)	1996
14.21	Michelle Hawthorne (El Cerrito)	1978
14.23	Jennifer Odom (Independence, S Jose)	1994
14.24	Laurie Smith (Valley, Sacto)	1987
14.24	Lisa O'Reilly (St. Mary's, Stockton)	1996
14.25	Chewuskii Knighten (Locke, LA)	1984
14.25	Janae Mitchell (El Cerrito)	1995
<b>Hand-Timing -33"</b>		
13.5	Loma Tinney (Oceanside)	1972
13.6	Bobbette Krug (La Jolla)	1972

## 300 Meter Hurdles

**State Meet Record:** 40.26 Janeene Vickers (Pomona) @ Sacramento 1987. **Frosh:** 42.54 Twila Sims (Lompoc) 1989. **Soph:** 41.76 Twila Sims (Lompoc) 1990 & 41.5" (hand) Leslie Maxie (Mills, Millbrae) 1984. **Junior:** 40.18 Leslie Maxie (Mills, Millbrae) 1984. **Senior:** 40.26 Janeene Vickers (Pomona) 1987.

40.18	Leslie Maxie (Mills, Millbr)-2 @ Berkeley	1984
40.26	Janeene Vickers (Pomona)-2	1987
40.89	Joanna Hayes (North, Riverside) -1	1995
41.09	Gayle Kellon (Walnut)-2	1982
41.23	Natasha Neal (Logan, Union City)	1997
41.42	Daveeta Shepard (DeAnza, Richmond)	1997
41.44	Michelle Taylor (Ganessa, Pomona)	1984
41.47	Ryan Peters (Skyline, Oakland) -1	1997
41.54	Linetta Wilson (Muir, Pasadena)	1985
41.69	Felicia Lipscomb (Santa Monica) -1	1990
41.71	Tisha Ponder (Del Mar, San Jose) -1	1996
41.76	Twila Sims (Lompoc) -1	1990
41.78	Ronda Brooks (Oakland)	1985
41.78	Nicole Hoxie (North, Riverside)	1996
41.86	Effie Daetz (Leigh, San Jose)	1987
41.89	Naeemah Witney (Poly, Long Beach)	1995
41.94	Laurie Smith (Valley, Sacramento)	1987
42.14	Mandy Mazik (Capuchino, S Bruno)	1997
42.16	Michelle DeCoux (O'Dowd, Oakland)-1	1988
42.25	Audrey Williams (Saugus)-1	1981
42.25	Hannah Cooper (Hawthorne)	1997
42.26	Gail Devers (Sweetwater, National City)	1983
42.33	Angela Harris (Skyline, Oakland)-2	1994
42.36	Lana Cantrell (Muir, Pasadena)	1985
42.37	Sherifa Sanders (Berkeley)	1981

<b>Hand Timing:</b>		
42.2	Hannah Cooper (Hawthorne)	1996

# All-Time Girls

40-11	Latasha Burnett (Lynwood)	1992
40-11	Andrea Booker (El Camino, Oceanside)-1	1997
40-9 3/4	Althea Moses (Morningside, Inglewd)-1	1988
40-8 3/4	La Frenia West (Grossmt, La Mesa)	1988
40-6 3/4	Rochelle Johnson (Henry, San Diego)	1989
40-6 1/4	Tamika Porter (Orange Gl, SDiego)	1993
40-6	Ebony Henderson (Bakersfield)	1993
40-4 3/4	Tisha Ponder (Del Mar, San Jose)	1996
40-4	Amy Littlepage (Mt. Mig, Spr Vly)	1993
40-3 3/4	Brianna Glenn (La Mirada)	1997
40-2 3/4	Renita Robinson (Manual Arts, L.A.)	1983
40-2	Felicia Harris (San Lorenzo)-1	1986
40-1 1/2	Keri Sanchez (Santa Teresa, SJ)	1989
40-1 1/4	Cheaza Figueroa (Quartz Hill)-1	1993
39-11 1/2	Lisa Fager (Mission Viejo)	1989
39-11	Krystal Kirkland (Hesperia)	1989
39-11	Reynda King (St. Mary's, Inglewood)	1997
39-10	Rosanda Glenn (West Covina)	1989

## Shot Put

(4 Kg.)

**State Meet Record:** 52-11 1/2 Kristen Heaston (Ygnacio Valley, Concord) 1993 @ Cerritos. **Frosh:** 48-4 1/2 Natalie Kaaiawahia (Fullerton) 1980. **Soph:** 52-4 1/2 Natalie Kaaiawahia (Fullerton) 1981. **Junior:** 52-2 1/4 Natalie Kaaiawahia (Fullerton) 1982. **Senior:** 53-7 3/4 Natalie Kaaiawahia (Fullerton) 1983.

53-7 3/4	Natalie Kaaiawahia (Full)-4@ Norwk	1983
52-11 1/2	Kristen Heaston (Ygnacio Vly)-2	1993
50-11 3/4	Dawn Dumble (Bakersfield) -2	1990
50-3 1/2	Lynn Graham (Muir, Pasadena)	1985
50-0 1/2	Emily Dole (Buena Park)	1975
49-6	Kathy Devine (Miss Bay, San Di)-2	1974
49-2	Melisa Weis (Bakersfield) -1	1990
49-2	Delores Tuimolouau (Chan Isl, Oxnrd)-1	1994
48-11 3/4	Susie Ray (Villa Park)-1	1980
48-1 3/4	Rebecca Morrison (Presentation, SJ) -1	1995
47-11 1/2	Iva Wright (Edison, Fresno)	1971
47-10 3/4	Chaniqua Ross (Laguna Crk, Elk Gr)	1997
47-9 3/4	Debra Corley (Garces, Bakersfield)	1981
47-7	Darlene Tulua (Carmel)	1996
47-6 1/2	Christine Etuale (Jefferson, Daly City)	1995
47-5 1/4	Gina Heads (Newport Harbor)	1994
47-5 1/4	Cynthia Ademillyui (Poly, LgBch)	1997
47-4 1/2	Brandi Gall (Rowland, Hac Hts.)-1	1986
46-11 3/4	Elaina Oden (Irvine)-1	1985
46-9	Dot Jones (Hilmar)	1982
46-9	Latoria Floyd (Oak Grove)	1984
46-9	Heldi Adams (Mission Viejo)	1985
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

## Discus

**State Meet Record:** 177-1 Chaniqua Ross (Laguna Creek, Elk Grove) 1997 @ Sacramento. **Frosh:** 162-11 Suzy Powell (Downey, Modesto) 1991. **Soph:** 173-10 April

Burton (Bakersfield) 1997. **Junior:** 180-8 Suzy Powell (Downey, Modesto) 1993. **Senior:** 189-7 Suzy Powell (Downey, Modesto) 1994.

189-7	Suzy Powell (Downey, Modes)-3 @ Mod	1994
183-11	Leslie Deniz (Gridley)-2	1980
177-1	Chaniqua Ross (Laguna Crk, Elk Grv)-2	1997
176-2	Melisa Weis (Bakersfield) -3	1990
174-9	Natalie Kaaiawahia (Fullerton)-2	1983
173-10	April Burton (Bakersfield)	1997
171-2	Dawn Dumble (Bakersfield)-1	1990
167-8	Candy Roberts (Don Lugo, Chino)	1989
167-5	Jacque Norton (Mission Viejo)-1	1982
167-1	Laura DeSnoo (Washington, Fremont)	1981
165-10	Kristen Heaston (Ygnacio Vly)	1993
165-10	Darlene Tulua (Carmel)	1996
164-10	Karen Nickerson (Cord, Rancho Cord)	1982
162-11	Kim Kesler (Vintage, Napa)	1993
162-2	Lil Ill (Nogales, La Puente)-1	1985
162-0	Lori Parker (Ramona)	1986
161-10	Linda Langford (Leigh, San Jose)	1969
161-9	Nadia Lopez (Arroyo Grande) -1	1995
160-11	Celeste McVey (Redlands)-1	1991
160-6	Alison Franke (Canyon, Anaheim)	1989
160-4	Cecelia Barnes-Milham (Clovis West)	1997
159-1	Stacey Hom (Cord, Rancho Cord)-1	1984
158-7	Toni Lutjens (Righetti, Santa Maria)	1983
158-4	Christi Pyle (Hoover, Glendale)-1	1981
157-9	Tracy Crawford (Southwest, San D)-1	1986
157-6	Rashawnda Holmes (Tenny, Hayward)	1994
157-6	Lacy Barnes (Burroughs, Ridgecrest)	1983

## 400 Meter Relay

(\* 440 Yards Minus 0.23)

**State Meet Record:** 44.70 St. Bernard's, Playa Del Rey (Edmonson, Withers, Caruthers, Edmonson) 1997 @ Sacramento.

44.70	St. Bernard's (Playa Del Rey) -1 @Sacto	1997
	(Edmonson, Withers, Caruthers, Edmonson)	
45.11	Hawthorne -1	1985
	(Wheeler, Grant, Amy, Stiles)	
45.13	Berkeley -1	1981
	(King, Ware, Jackson, Rodgers)	
45.20	Poly (Long Beach) -1	1995
	(Snowe, Haddad, Simpson, Anderson)	
45.20	Logan (Union City) -1	1996
	(Smith, Estes, Wright, Neal)	
45.23	Muir (Pasadena)	1985
	(Cantrell, Miller, Wilson, Franklin)	
45.42	Dorsey (Los Angeles) -1	1982
	(Stewart, Peterson, Rolfe, Dawkins)	
45.53	Wilson (Long Beach)	1996
45.54	Hawthorne -1	1986
	(Thomas, Wheeler, Amy, Stiles)	
45.59	Poly (Long Beach) -1	1993
45.62	St. Bernard's (Playa Del Rey)	1996
45.63	Morningside (Inglewood)	1996
45.63	Wilson (Long Beach)	1997

45.67	Logan (Union City)	1997
45.68	Wilson (Long Beach)	1995
45.81	Kennedy (Granada Hills) -1	1980
	(Howard, Thompson, Howard, Howard)	
45.83	Morningside (Inglewood) -1	1992
	(Williams, Nickson, Gibson, Arnold)	
45.83	St. Bernard's (Playa Del Rey)	1995
45.84	Poly (Long Beach)	1997
45.88	Poly (Long Beach)	1992
45.90	Morningside (Inglewood) -1	1991
	(Nickson, Stringer, Gibson, Arnold)	
45.90	Poly (Long Beach)	1994
	(Green, Haddad, Simpson, Anderson)	
45.90	Logan (Union City)	1995
46.91*	Crawford (San Diego) -1	1977
	(Young, Gaston, Reed, Lovelady)	
45.99	Hawthorne -1	1984
	(Allen, Priore, Burrell, Grant)	
46.01*	Berkeley	1979
48.05	Skyline (Oakland)	1993
46.06	Poly (Long Beach)	1980
	(Evans, Smith, Randolph, Paige)	

**Hand-Timing:**

45.7	Berkeley (Rodgers, Ware, King, Young)	1980
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## 1600 Meter Relay

(\* Mile Minus 1.1)

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

3:37.38	Wilson (Long Beach) -1 @ Raleigh, NC	1996
	(Calloway, Borders, Smith, Davis)	
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)	
3:39.43	St. Bernard's (Playa Del Rey) -1	1997
3:39.53	Poly (Long Beach) -1	1995
	(Williams, Simpson, Haddad, Anderson)	
3:39.83	Poly (Long Beach)	1980
	(Rambo, Randolph, Smith, Paige)	
3:40.33	Wilson (Long Beach)	1997
3:40.59	Compton	1984
	(Bennett, Watson, Hull, Blalock)	
3:40.95	Logan (Union City)	1996
3:41.21	Hawthorne	1985
	(Allen, Stiles, Amy, Oates)	
3:41.33	Berkeley	1981
	(Rice, King, Johnson, Rodgers)	
3:41.72	Dorsey (Los Angeles)-1	1982
	(Willis, Peterson, Rolfe, Dawkins)	
3:41.90	Skyline (Oakland) -1	1994
	(Wallace, Crockett, Goodwin, Harris)	



# All-Time Girls

3:42.03	Poly (Long Beach)	1997
	(King, Green, Thomas, Ogunloye)	
3:42.31	Compton-1	1986
3:42.58	Poly (Long Beach)	1994
	(Washington, Stimpson, Haddad, Anderson)	
3:42.75	Poly (Long Beach)-1	1993
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)	
3:43.0	Skyline (Oakland)	1993
3:43.15	Hawthorne	1986
	(White, Thomas, Stiles, Amy)	
3:43.26	Ganesha (Pomona)	1982
	(Savage, Robinson, Raylor, McCraw)	

## Miscellaneous Records

<b>100 yrd (hand)</b>		
10.62	Gwen Loud (Westchester, LA)	1979
10.4	Mable Ferguson (Ganesha, Pomona)	1973
10.4	Frieda Cobbs (Berkeley)	1977
<b>1500</b>		
4:16.8	Francie Larrieu (Fremont, Sunnyvale)	1969
4:16.82	Polly Plumer (University, Irvine)	1982
<b>3000 Meters</b>		
4:11.80	Cory Schubert (Del Mar, San Jose)	1983
<b>5000 Meters:</b>		
16:31.2	Julia Stamps (Santa Rosa)	1995
<b>10,000 Meters:</b>		
34:54.8	Roxanne Bier (Independence, SJ)	1978
<b>Marathon:</b>		
2:43:00	Heike Skaden (Encina, Sacramento)	1989
<b>100 H (30"):</b>		
13.34	Janeene Vickers (Pomona)	1987
<b>400 H:</b>		
55.20	Leslie Maxie (Mills, Millbrae)	1984
<b>4x200:</b>		
1:36.77	Poly (Long Beach)	1994
<b>4x800:</b>		
9:03.29	Poly (Long Beach)	1997
	(Bledsoe, Harvey, Williams, Green)	
<b>4x1500:</b>		
18:52.5	University (Irvine)	1982
<b>4x1600:</b>		
20:29.15	Agoura	1992
	(Hayward, Nekota, Camp, Skieresz)	
<b>4xMile:</b>		
20:49.8	Miramonte (Orinda)	1981
<b>800 Medley R:</b>		
1:42.00	Hawthorne	1987
	(Thomas, Wheeler, Arney, Adams)	
<b>Sprint Medley:</b>		
4:02.8	Wilson (Long Beach)	1996
<b>Distance Medley:</b>		
11:43.53	University (Irvine)	1982
<b>Hammer:</b>		
125-9	Rebecca Morrison (Presentation, SJ)	1995
<b>Javelin:</b>		
196-1	Cathy Sulinski (EICamino,SSF)	1976

<b>Heptathlon:</b>		
5237	Sharon Hatfield (Fountain Valley)	1982

## Non-Standard Events

There are three events — 5K, 10K and hammer — for which I don't have enough significant marks to justify a list.

Since this is the first time I've published these lists, I fear that there are liable to be errors and omissions, particularly the latter. Corrections and additions should be directed to Bob Womack, 1540 East Shaw, Suite 118, Fresno, CA 93710, or FAX (209) 225-6951.

Also, we do not have — for the most part — compositions of relay teams. (The main reason we have them on the 4x1 and 4x4 lists is that a handful of dedicated coaches with strong relay traditions took the time to send them to me. And, in one case, I got a three-page letter with all the teams.)

## 1500 Meters

**Frosh:** 4:24.17 Kathi Denz (Blair, Pasadena) 1978. **Soph:** 4:27.9 Julia Stamps (Santa Rosa) 1995. **Junior:** 4:16.8. **Francie Larrieu** (Fremont, Sunnyvale) 1969. **Senior:** 4:16.8+ Polly Plumer (University, Irvine) 1982.

4:16.8	Francie Larrieu (Frem, Snyvl) @Stuttgart	1969
4:16.8+	Polly Plumer (Univ, Irvine) 82@Wstwd	1982
4:20.9	Cheri Williams (Livermore)	1978
4:21.0+	Vickie Cook (Alamany, Miss Hills)	1981
4:21.5	Eileen Clausus (Rio Amer,Sacto)	1972
4:23.0	Linda Goen (North, Bkfld)	1979
4:23.7	Julia Stamps (Santa Rosa)	1996
4:23.9+	Darcy Arredola (Grossmont, La Mesa)	1986
4:24.17	Kathy 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, No Hollywood)	1981
4:25.18	Becky Spies (Livermore)	1991
4:25.2	Gladees Prieur (La Lycee Fran, LA)	1983
4:25.4	Michele Bush (Rolling Hills)	1979
4:25.4	Kristen Dowell (S Teresa, SJ)	1985
4:25.6	Tracy Weber (Lynbrook, SJ)	1981
4:25.66	Mary Decker (Portola Jr, Orange)	1973
4:25.7+	Paula Bresnan (Kennedy, GrHills)	1983
4:26.0+	Laurie Chapman (Gunderson, SJ)	1986
4:26.8+	Julie Seleine (Univ, Irvine)	1983
4:27.2+	Kim Mortensen (Thousand Oaks)	1996
4:27.7	Roxanne Bier (Independence, SJ)	1979
4:27.8+	Tina Allen (Santana, Santee)	1982
4:27.8+	Jessica Spies (Livermore)	1982
	(+ enroute)	

*T. Weber*

## 3000 Meters

**Frosh:** 9:28.50 Julia Stamps (Rincon Vly Jr, Santa Rosa) 1994. **Soph:** 9:21.99 Julia Stamps (Santa Rosa) 1995. **Junior:** 9:19.63 Julia Stamps (Santa Rosa) 1996. **Senior:** 9:11.80 Cory Schubert (Del Mar, San Jose) 1983.

9:11.80	Cory Schubert (Del Mar, SJ) @Indiana	1983
9:14.5+	Kim Mortensen (Thous Oaks)	1996
9:19.63	Julia Stamps (Santa Rosa)	1996
9:22.3	Vickie Cook (Alamany, Miss Hills)	1981
9:28.00	Andrea Nepp (Highland, Palmdale)	1997
9:30.3	Polly Plumer (Univ, Irvine)	1982
9:30.8	Eileen Clausus (Rio Americano, Sacto)	1973
9:33.3+	Laurie Chapman (Gunderson, SJ)	1986
9:33.9	Roxanne Bier (Indep, SJ)	1978
9:35.33	Tania Fischer (Chaminade, Can Park)	1982
9:35.5+	Kirsten O'Hara (Palos Verdes)	1984
9:35.5	Rebecca Chamberlain (Leigh, SJ)	1986
9:36.6	Kira Jorgensen (R Buena Vista)	1987
9:37.7	Su-Mei Lee (Eisenhower, Rialto)	1979
9:38.2	Katie Dunsmuir (Palisades)	1983
9:38.5+	Denise Ball (Newbury Park)	1982
9:39.47	Kristen Gordon (Carondelet, Concord)	1997
9:40.8+	Courtney Pugmire (Esperanza, Ana)	1995
9:40.8+	Amy Skieresz (Agoura)	1995
9:41.2	Gladees Prieur (La Lycee Fran, LA)	1983
9:41.6+	Deena Drossin (Agoura)	1991
9:42.0	Tena Anex (Del Campo, Carmichael)	1972
9:42.0+	Karen Hecox (South Hills, Covina)	1988
9:42.2+	Lori Lopez (Sacred Heart, LA)	1983
9:42.3+	Rayna Cervantes (Montebello)	1988
	(+ enroute)	

## 400 Meter Hurdles

**State Meet Record:** None. **Frosh:** 1:01.56 Natasha Neal (Castro Valley Jr) 1995. **Soph:** 59.44 Gayle Kellon (Walnut) 19481. **Junior:** 55.20 Leslie Maxie (Mills, Millbrae) 1984. **Senior:** 57.60 Gayle Kellon (Walnut) 1983.

55.20	Leslie Maxie (Mills, Millbrae) @San Jose	1984
57.60	Gayle Kellon (Walnut)	1983
57.80	Janeene Vickers (Pomona)	1987
58.06	Michelle Taylor (Ganesha, Pomona)	1984
58.19	Natasha Neal (Logan, Union City)	1997
58.77	Marlene Harmon (Thous Oaks)	1980
58.79	Angela Harris (Skyline, Oakland)	1994
59.02	Joanna Hayes (North, Riverside)	1995
59.30	Margaret Demorest (Buchser, SClara)	1981
59.65	Karen Brown (Sir-FranDrake, San Ansel)	1984
59.90	Ryan Peters (Skyline, Oakland)	1997
1:00.02	Daveeta Shepherd (DeAnza, Richmond)	1997
1:00.77	Laurie Smith (Valley, Sacto)	1987
1:01.00	Alesia Sweetney (Tamaipais, Mill Vly)	1979
1:01.17	Michelle Perry (Quartz Hill)	1996
1:01.26	Angela Sapp (Henry, S Diego)	1980
1:01.63	Chris Davenport (Troy, Fullerton)	1979
1:01.68	Rand Smith (Beverly Hills)	1996
1:01.85	Janice Farwell (Millikan, Long Beach)	1984
1:01.90	Charisse Johnson (Stagg, Stockton)	1986

# All-Time Girls

1:02.24	Leslie Miles (Castro Vly)	1979
1:02.85	Effie Daetz (Leigh, San Jose)	1987
1:03.09	Keri Sanchez (Santa Teresa, SJ)	1989
<b>(Hand Timing)</b>		
1:02.2	Gina Albanese (Branham, San Jose)	1987
1:02.5	Michelle Hawthorne (El Cerrito)	1978

## Javelin

**Frosh:** 162-6 Kate Schmidt (Wilson, Long Beach) 1968.  
**Soph:** 177-4 Kate Schmidt (Wilson, Long Beach) 1969.  
**Junior:** 191-6 Kate Schmidt (Wilson, Long Beach) 1970.  
**Senior:** 196-1 Cathy Sulinski (El Camino, South SF) 1976.

196-1	Cathy Sulinski (El Camino, SoSFran)	1976
191-6	Kate Schmidt (Wilson, Long Beach)	1970
184-7	Sherry Calvert (Morningside, Inglewood)	1969
182-3	Karin Smith (La Jolla)	1973
177-7	Michelle Olivera (Bish Diego, S Barbara)	1984
169-7	Jacque Nelson (Canyon, Anaheim)	1979
168-6	Debra Langevain (Lakewood)	1973
167-8	Nadine Bowers (American, Fremont)	1975
153-0	Deena Bernstein (Newbury Park)	1981
150-5	Debbie Dibbs (Mt. Miguel, Spring Vly)	1977
150-2	Charm Nelson (West Covina)	1979
147-0	Becky Bresnick (Eisenhower, Rialto)	1986
146-0	Durelle Schimek (Nevada Un, Grass Vly)	1986
144-6	Donna Mayhew (Crescenta Vly)	1978
143-5	Suzu Powell (Downey, Modesto)	1994
142-2	Ashley Selman (Foothill, Santa Ana)	1987
141-10	Laura Mills (University, Irvine)	1981

## Heptathlon

**Frosh:** 4836 Ashley Bethel (Mission Viejo) 1995. **Soph:**  
 4991 Ashley Bethel (Mission Viejo) 1996. **Junior:** 4808  
 Durelle Schimek (Nevada Union, Grass Valley) 1985.  
**Senior:** 5237 Sharon Hatfield (Fountain Valley) 1982.

5237	Sharon Hatfield (Fountain Vly)	1982
5114	Kerry O'Bric (Edison, Huntington Bch)	1996
4991	Ashley Bethel (Mission Viejo)	1996
4937	Laura Mills (University, Irvine)	1981
4808	Durelle Schimek (Nev. Union, Grass Vly)	1985
4799	Liz Giltner (Chaminade, Canoga Park)	1995
4784	Heather Sterlin (Mission Viejo)	1992
4544	Sharon Manship (Thousand Oaks)	1987
4544	Shania Edwards-Hambrick (MorenoVly)	1994
4457	Chaney Hardman (Poway)	1994
4356	Ashley Selman (Foothill, Santa Ana)	1986
4342	Lisa Rogers (Yucaipa)	1986
4309	Marie Philman (Edison, Hunt Beach)	1994
4292	Edwina Ammonds (Roosevelt, Fresno)	1989
4272	Robin Leafblad (Arlington, Riverside)	1996
4267	Sharon Swift (Eisenhower, Rialto)	1987
4256	Lisa Gill (Alemany, Mission Hills)	1987
4254	Tracey Lawyer (Cate, Carpinteria)	1992
4229	Melissa Guanella (Santa Rosa)	1996
4226	Latasha Burnett (Compton)	1992
4163	Lisa Colett (Lynbrook, San Jose)	1989

4157	Shalynn Carr (Bonita, LaVerne)	1992
4157	Heidee Ruiz (Los Gatos)	1985

## 800 Meter Relay

(\* 880 Yards Minus 0.5)

1:36.7"	Berkeley	1980
1:36.77	Poly, Long Beach	1994
1:36.87	Hawthorne	1985
1:37.2	Berkeley	1982
1:37.32	Poly, Long Beach	1995
1:37.32	Poly Long Beach	1997
1:37.8	Hawthorne	1986
1:37.81	Morningside, Inglewood	1991
1:37.95	Logan, Union City	1996
1:38.1"	Kennedy, Granada Hills	1980
1:38.1	Berkeley	1981
1:38.1	Wilson, Long Beach	1996
1:38.3	Berkeley	1979
1:38.63	Muir, Pasadena	1983
1:38.8	Morningside, Inglewood	1994
1:39.04	Poly, Long Beach	1992
1:39.08	Berkeley	1983
1:39.1	Manual Arts, LA	1982
1:39.43"	Morningside, Inglewood	1992
1:39.80	Hawthorne	1983
1:40.2	El Cerrito	1995
1:40.22	Hawthorne	1984
1:40.26	Dorsey, LA	1996
1:40.36	Morningside, Inglewood	1996
1:40.44	Wilson, Long Beach	1995

## 3200 Mile Relay

(\* 2 Miles Minus 2.8)

9:03.29	Poly, Long Beach @ Philadelphia (Bledsoe, Harvey, Williams, Green)	1997
9:07.02	Carondelet, Concord	1997
9:07.77	Poly, Long Beach	1995
9:10.70	Foothill, Santa Ana	1983
9:10.81	Carondelet, Concord	1996
9:15.6	Manual Arts, LA	1982
9:24.59	Amador Valley, Pleasanton	1995
9:25.9	Simi Valley	1980
9:26.5	Hawthorne	1987
9:27.6"	Del Mar, San Jose	1983
9:27.8"	Santa Barbara	1977
9:29.68	Los Gatos	1992
9:37.8"	Manual Arts, LA	1980

## 6000 Meter Relay

18:52.5	University, Irvine @ Walnut	1982
19:32.7	Millikan, Long Beach	1982
19:38.4	Clovis	1982
19:39.5	Edison, Huntington Beach	1984
19:42.5	Edison, Huntington Beach	1985
19:43.2	University, Irvine	1983
19:49.6	Hawthorne	1984
19:51.4	Edison, Huntington Beach	1985
19:57.8	University, Irvine	1981

20:01.3	Clovis	1983
20:01.7	Esperanza, Anaheim	1985
20:02.2	Buena, Ventura	1984
20:03.2	Louisville, Woodland Hills	1983
20:03.9	Thousand Oaks	1985
20:04.5	Santa Barbara	1981
20:07.5	Dos Pueblos, Goleta	1982
20:07.5	Thousand Oaks	1984
20:09.1	San Marcos, Santa Barbara	1982
20:16.8	Thousand Oaks	1982
20:22.7	Palos Verdes	1985
20:26.0	Thousand Oaks	1981
20:27.9	San Marino	1983
20:33.5	Tustin	1984
20:42.0	Dos Pueblos, Goleta	1984
20:45.0	Dos Pueblos, Goleta	1985

## 6400 Meter Relay

(\* 4 Miles Minus 7.2)

20:29.15	Agoura (Hayward, Nekota, Camp, Skleresz)	1992
20:35.05	Agoura	1991
20:42.6"	Miramonte, Orinda	1981
20:55.3	Palos Verdes	1988
20:57.12	Yucaipa	1997
21:04.22	University City, San Diego	1997
21:07.0"	Alemany, Mission Hills	1980
21:08.6	Del Mar, San Jose	1983
21:09.0	La Canada	1997
21:12.74	Canyon, Santa Clarita	1996
21:13.54	Carondelet, Concord	1997
21:15.5	Thousand Oaks	1987
21:21.1	Edison, Huntington Beach	1986
21:21.5	Palos Verdes	1986
21:22.2	Edison, Huntington Beach	1994
21:25.12	Clayton Valley, Concord	1996
21:35.7	Bella Vista, Fair Oaks	1986
21:35.8	Thousand Oaks	1986
21:36.10	South Hills, West Covina	1989
21:36.8	San Marino	1992
21:37.80"	St Francis Drake, San Anselmo	1980
21:38.2	Los Gatos	1986
21:39.3"	Palos Verdes	1980
21:39.7"	Petaluma	1980
21:41.7	El Modena	1995

## 800 Medley Relay

(\* 880 Yards Minus 0.5)

1:42.0	Hawthorne (Thomas, Wheeler, Arney, Adams)	1987
1:42.2	Berkeley	1979
1:42.44	Hawthorne	1986
1:44.0"	Washington, LA	1975
1:44.2"	Fremont, LA	1975
1:44.3	Compton	1986
1:44.35	Skyline, Oakland	1994
1:44.5	Manual Arts, LA	1981
1:44.67	Bakersfield	1992

# All-Time Girls

1:44.8"	Manual Arts, LA	1980
1:45.0	Logan, Union City	1995
1:45.20	Fremont, LA	1980
1:45.2	Morse, San Diego	1987
1:45.3	Hawthorne	1983
1:45.6	Hawthorne	1982
1:45.87	Hawthorne	1989
1:45.9"	Muir, Pasadena	1975
1:45.9	Rio Mesa, Oxnard	1986
1:46.43	St. Bernard's, Playa Del Rey	1996
1:46.6"	Berkeley	1982
1:46.66	Chino	1997
1:46.68	Rio Mesa, Oxnard	1987
1:46.70	Mt. Carmel, San Diego	1989
1:46.8"	Fremont, LA	1978
1:46.9	Taft, Woodland Hills	1997
1:47.9	Pomona	1986

## Sprint Medley Relay

(\* Mile Minus 1.2)

4:02.8	Wilson, Long Beach	1996
4:02.9	Wilson, Long Beach	1997
4:03.28"	Hawthorne	1989
4:04.77"	Manual Arts, LA	1982
4:05.30	Compton	1985
4:05.34"	Edison, Huntington Beach	1983
4:07.04	Hawthorne	1984
4:08.36"	Compton	1989
4:08.71"	Bishop O'Dowd, Oakland	1992
4:08.78	Hawthorne	1983
4:08.8	Berkeley	1981
4:09.06	Muir, Pasadena	1984
4:09.80	Locke, LA	1989
4:10.10"	Muir, Pasadena	1989
4:10.4	Hawthorne	1985
4:10.58"	Alemany, Mission Hills	1981
4:10.7"	Pasadena	1981
4:10.9"	Beverly Hills	1981
4:10.98	Compton	1984
4:11.4"	St. Francis, Mtn View	1989
4:11.5"	Hawthorne	1992
4:11.86	Beverly Hills	1983
4:12.41	Edison, Huntington Beach	1984
4:12.7"	Castro Valley	1980
4:13.0"	Merced	1992

## Distance Medley Relay

(\* 2 1/2 Miles Minus 4.6)

11:43.53	University, Irvine @ Walnut	1982
11:52.1	Santa Rosa	1997
11:56.9"	Santa Barbara	1981
11:57.02	Agoura	1993
11:58.05	Carondelet, Concord	1997
11:59.46	Agoura	1991
12:00.29	Lowell, S.F.	1997
12:01.31	Fallbrook	1993
12:02.84	Thousand Oaks	1996
12:02.85	Carondelet, Concord	1996

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12:03.80	Newbury Park	1980	12:07.00	Fallbrook	1992
12:04.3"	Alemany, Mission Hills	1980	12:07.0	Edison, Huntington Beach	1984
12:04.3	Fountain Valley	1980	12:07.8"	Santa Barbara	1979
12:04.6"	Buena, Ventura	1981	12:07.8"	Santa Barbara	1980
12:06.1	Poway	1984	12:08.0"	Del Mar, San Jose	1983
12:06.45	Esperanza, Anaheim	1995	12:08.2"	Gunderson, San Jose	1986
12:06.72	Mission San Jose, Fremont	1995	12:09.0	Edison, Huntington Beach	1980
12:06.75	Fallbrook	1991			
12:06.82	Wilson, Long Beach	1993			

# All-Time California High School Boys List

## By Robert Womack

The All-Time California Boys High School List includes marks received through July 23, 1997.

I, again, acknowledge the help of others, including, but not limited to, Ron Blackwood, Steve Brand, Keith Conning, Scott Fairley and Jack Shepard. Responsibility for errors and omissions is entirely that of the writer. Please send additions and corrections to Bob Womack, 1540 East Shaw, Suite 118, Fresno, CA 93710 or FAX to (209) 225-6951.

Also again, numbers following the year of performance indicate the number of state championships won.

I have accepted Van Mounts' 71-10 "foul" at the National Scholastic Meet as legitimate so that it is not only the state junior class record, but also makes Mounts the No. 2 performer all-time. (Sharp-eyed readers of the lists will have noted that we gave the same treatment to Suzy Powell's 1995 Modesto mark in the girls' discus, which is the state record.) My reasoning is that the put in question was well within the sector, as defined by high school rules. However, the NSO was using the (narrower) international sector and Mounts' throw landed inches outside the foul line. Why the National Scholastic, as a high school meet, was using the international sector is an excellent question. An even better one might be why there are multiple sets of rules in the first place?.

-Bob Womack

## 100 Meters

**State Meet Record:** 10.30 Riley Washington (Southwest, San Diego) 1992 at Norwalk. **Frosh:** 10.62 Marquez Holiwell (West, Bkfld) 1992. **Soph:** 10.43 Bryan Howard (Canyon Springs, Moreno Vly) 1993. **Junior:** 10.27 Henry Thomas (Hawthorne) 1984. **Senior:** 10.25 Henry Thomas (Hawthorne) 1985.

10.25	Henry Thomas (Hawthorne)-1@ERock	1985
10.29	Ricky Carrigan (Compton)-1	1991
10.30	Quincy Watts (Taft, Woodland Hills)-1	1987
10.30	Riley Washington (Southwest, SD)-1	1992
10.31	Bryan Howard (CynSpr, MorVly)-1	1994
10.33	Marquez Holiwell (West, Bkfld) -1	1995
10.36	Corey Ealy (Muir, Pasadena)	1987
10.37	Pat Johnson (Redlands)-1	1994
10.39	Kenny Robinson (Berkeley)-1	1981
10.39	Ray Brown (Muir, Pasadena)	1984
10.41	Tony Miller (Riordan, San Francisco)	1987
10.41	Stoney Jordan (Indio)	1993
10.41	Barry Smith (Mission, San Francisco)	1989
10.42	Benari Burroughs (Indep, San Jose)	1988
10.42	Curtis Conway (Hawthorne)-1	1989
10.42	Bryan Harrison (Dana Hills)	1995
10.43	Jeff Laynes (Oakland)	1989
10.44	Stanley Davis (Inglewood)	1984

10.45	Darron Norris (El Camino (Oceanside)	1984
10.45	Jim McGee (Sacramento) -1	1996
10.45	Vince Williams (Univ City, San Diego)	1996
10.46	Kevin Willhite (Cordova, RCordova)	1981
10.46	Gentry Bradley (Pius X, Downey)	1992
10.46	Tierre Sams (Edison, Fresno)	1996
10.47	Miguel Fletcher (Alemany, MissHills)	1996

### Hand Timing:

10.2	Michael Sanford (Pasadena)	1979
------	----------------------------	------

## 200 Meters

(\*220 Yards Minus 0.12)

**State Meet Record:** 20.77 Henry Thomas (Hawthorne) at Los Angeles 1984. **Frosh:** 21.15 Warren Rogers (Serra, Gardena) 1997. **Soph:** 20.97 Quincy Watts (Taft, Woodland Hills) 1986 and Kareem Kelly (Poly, Long Beach) 1997. **Junior:** 20.50 Quincy Watts (Taft, Woodland Hills) 1987. **Senior:** 20.53 Brian Bridgewater (Washington, L.A.) 1988.

20.50	Quincy Watts (Taft, WldndH) at Provo-2	1987
20.53	Brian Bridgewater (Washington, L.A.)-1	1988
20.57	Calvin Harrison (North, Salinas)-1	1993
20.62	Sultan McCullough (Muir, Pasadena)	1997
20.64	Henry Thomas (Washington, L.A.)-2	1985
20.67	Bryan Howard (Cyn Spr, MorVly)	1994

20.68*	James Sanford (Pasadena)	1977
20.77	Obea Moore (Muir, Pasadena) -1	1996
20.80	Corey Ealy (Muir, Pasadena)	1987
20.81	Kevin Willhite (Cordova, RCordova)-1	1981
20.82	Michael Marsh (Hawthorne)-1	1985
20.82	Barry Smith (Mission, S.F.)-1	1989
20.83	Pat Johnson (Redlands)-1	1994
20.85	Ricky Carrigan (Compton)-1	1991
20.88*	Michael Sanford (Pasadena)	1979
20.89	Curtis Conway (Hawthorne)	1989
20.91	Bill Green (Cubberley, Palo Alto)	1979
20.97	Danny Everett (Fairfax, L.A.)	1985
20.97	Kareem Kelly (Poly, Long Beach)	1997
20.99	Vince Williams (Univ. City, San Diego)	1996
21.00	Raymond Ethridge (Crawford, SDiego)	1987
21.01	Chip Rish (Marina, Huntington Beach)	1985
21.03	Ken Robinson (Berkeley)-1	1981
21.06	Marquez Holiwell (West, Bkfld)	1995
21.06	Miguel Fletcher (Alemany, Miss Hills)	1996
<b>Hand Timing: (*220 yds. minus 0.1)</b>		
20.6*	Phil Underwood (Dorsey, L.A.)-1	1966
20.6*	Mel Gray (Montgomery, Santa Rosa)-1	1967
20.7*	Carl McCullough (Sacramento)	1972
20.7*	Mike Farmer (Wilson, S.F.)	1974
20.7*	Dupree Branch (Barstow)	1976
20.7	Eric Coleman (Monrovia)	1982
20.8*	James Hines (McClmonds, OkInd)-1	1964
20.8*	Dave Masters (El Cerrito)	1967
20.8*	Millard Hampton (Silver Crk, SJose)-1	1974

## 400 Meters

(\*440 Yds. Minus 0.26)

**State Meet Record:** 45.25 Calvin Harrison (North, Salinas) 1993 at Cerritos. **Frosh:** 46.96 Obea Moore (Muir, Pasadena) 1994. **Soph:** 45.14 Obea Moore (Muir, Pasadena) 1995. **Junior:** 45.27 Obea Moore (Muir, Pasadena) 1996. **Senior:** 45.09 Henry Thomas (Hawthorne) 1985.

45.09	Henry Thomas (Hawthorne) at Berlin	1985
45.14	Obea Moore (Muir, Pasadena) -1	1995
45.25	Calvin Harrison (North, Salinas)-1	1993
45.51	Bill Green (Cubberley, Palo Alto)-1	1979
45.76	Danny Everett (Fairfax, L.A.)	1985
45.76	Steve Lewis (American, Fremont)-2	1987
46.04	Chip Rish (Marina, Huntington Bch)-2	1985
46.15	Michael Granville (Bell Gardens)	1995
46.16	Steve Campbell (Alta Loma, Ontario)	1995
46.25	Amin Harrison (North, Salinas)	1993
46.34*	James Sanford (Pasadena)-1	1977
46.34	Tyree Washington (LaSierra,Rivsd)	1995
46.38	Fabian Cooper (Washington, L.A.)-1	1982
46.49	Tony Berrian (Atwater)	1997
46.53	Eddie Levine (Golden Vly, Merced)-1	1997



# All-Time Boys

46.57*	Dave Timmons (Oakland)-1	1981
46.62	Jerome Davis (Burroughs, Ridg)	1995
46.63	Beno Bryant (Dorsey, L.A.)-1	1989
46.67*	Rod Bethany (Fontana)	1978
46.67	Quincy Watts (Taft, Woodland Hills)	1988
46.68	Derrick Shepard (Lincoln, SF)-1	1992
46.68	Felton Charles (McClymonds, Oakld)	1996
46.72	Richard Dupree (Mt. Pleasant, SJ)-1	1992
46.75*	Ron Williams (Chatsworth)	1977
46.80	Blair McMurray (Compton)	1982
<b>Hand Timed: (*440 yds. minus 0.3)</b>		
45.7	Chip Rish (Marina, Hunt Bch)-2	1985
45.8*	Ulis Williams (Compton)-2	1961
46.3*	Larance Jones (Lemoore)-1	1969
46.4*	Jerry White (Corcoran)-2	1956
46.4*	Edesel Garrison (Centennial, Comp)-1	1968
46.4*	Tony Krzyzosiak (Garden Grove)-1	1971
46.4*	Dave Timmons (Oakland)-1	1981
46.5*	Ray Johnson (Blair, Pasadena)	1971
46.5*	Rod Bethany (Fontana)	1978
46.6*	Lee Evans (Overfelt, San Jose)	1965
46.6*	Mike Newton (Whittier)-1	1967
46.6*	Wayne Collett (Gardena)-1	1967
46.6*	Derald Harris (Pittsburg)-1	1976
46.6	James Levine (Golden Vly, Merced)	1997

## 800 Meters

(\*880 Yds. Minus 0.7)

**State Meet Record:** 1:46.45 Michael Granville (Bell Gardens) 1996 @ Norwalk. **Frosh:** 1:51.03 Michael Granville (Bell Gardens) 1993. **Soph:** 1:48.98 Michael Granville (Bell Gardens) 1994. **Junior:** 1:47.96 Michael Granville (Bell Gardens) 1995. **Senior:** 1:46.45 Michael Granville (Bell Gardens) 1996.

1:46.45	Michael Granville (BGard) -2 @ Norwalk	1996
1:47.31	Pete Richardson (Berk) at Norwalk-1	1981
1:47.8*	Dale Scott (El Cerrito)-1	1972
1:48.1*	Richard Joyce (Sierra, Whittier)-1	1065
1:48.2	Jeff West (Crenshaw, L.A.)	1979
1:48.3*	Clark Mitchell (Bakersfield)	1965
1:48.40	Aaron Richberg (Logan, Union City) -1	1995
1:48.5*	Dennis Carr (Lowell, Whittier)-1	1963
1:48.5*	Robert Hose (Madison, San Diego)-1	1964
1:48.52	James Levine (Gold Vly, Merced)-1	1997
1:48.7*	Jim Walters (Estancia, Costa Mesa)-1	1977
1:49.0*	Dan Aldridge (Petaluma)	1975
1:49.16	Obea Moore (Muir, Pasadena)	1995
1:49.21	Eric Schermerhorn (Wdbridge, Irvine)-1	1984
1:49.29	Michael Stember (Jesuit, Carmichael)	1996
1:49.30	Scott Cox (Wilson, Long Beach)	1981
1:49.3*	Dave Kingsland (El Modena)	1977
1:49.4*	Brent Tubb (Cleveland, Reseda)	1971
1:49.42	Vondre Armour (Bakersfield)-1	1994
1:49.43	Eddie Davis (Compton)	1981
1:49.50	Brian Wilkinson (Merced)	1993
1:49.5*	David Mack (Locke, L.A.)-2	1979
1:49.56	Mike Katri (Fortuna)-1	1992
1:49.64	Milton Hughes (Stagg, Stockton)	1992
1:49.7*	Terry Rogers (Hilltop, Chula Vista)-1	1966

## 1600 Meters

(\* One Mile Minus 1.8)

**State Meet Record:** 4:05.4y Mark Schilling (Garden Grove) 1972 at Oroville. **Frosh:** 4:15.4\* Harry Nicholas (Reedley) 1968. **Soph:** 4:07.5\* Jim Arriola (Gahr,

Cerritos) 1974. **Junior:** 4:02.4\* Curtis Beck (Santa Monica) 1972. **Senior:** 3:57.6\* Tim Danielson (Chula Vista) 1966.

3:57.6*	Tim Danielson (ChVista) at SDiego-2	1966
4:00.6*	Rich Kimball (DeLaSalle, Concord)-1	1974
4:02.4*	Curtis Beck (Santa Monica)	1972
4:03.5*	Paul Medvin (University, L.A.)-2	1979
4:03.6*	Mark Schilling (Garden Grove)-1	1972
4:03.7*	Terry Cotton (Valley, El Cajon)	1972
4:03.98*	Mebrahtom Keflezighi (San Diego)-1	1994
4:04.00	Mike Stember (Jesuit, Carm) -1	1995
4:04.15	Mark Mastalir (Jesuit, Carmichael)-1	1986
4:04.21*	Pedro Reyes (Jesuit, Carmichael)	1980
4:04.23	Eric Mastalir (Jesuit, Carmichael)	1986
4:04.66*	Steve Whitcomb (Helix, La Mesa)	1979
4:04.8*	Thom Hunt (Henry, San Diego)	1976
4:04.86*	Harold Kuphaldt (Bella Vista, Fair Oks)	1982
4:04.9*	Barrie Williams (North, Torrance)	1972
4:04.9*	Andy Clifford (Sunny Hills, Fullerton)	1974
4:05.1*	Mark Stillman (Willow Glen, SJose)-1	1977
4:05.2*	Ralph Serna (Loara, Anaheim)	1975
4:05.29*	Roman Gomez (Belmont, LA)-2	1985
4:05.4*	Armando Valencia (Valley, El Cajon)	1967
4:06.1*	Mark Fricker (Hemet)	1977
4:06.18	Larry Guinee (Castro Valley)-1	1980
4:06.2*	Pete Romero (Reedley)	1967
4:06.26	Coley Candaefe (Carpinteria)-1	1990
4:06.4*	Alvin Gilmore (Lompoc)-1	1973
4:06.4*	Ray Wicksell (West Covina)	1974
4:06.4*	Stan Ross (Serra, San Mateo)	1977

## 3200 Meters

(\* 2 Miles Minus 3.6)

**State Meet Record:** 8:44.9 Eric Hulst (Laguna Beach) at San Diego 1975. **Frosh:** 9:00.8\* Eric Hulst (Laguna Beach) 1973. **Soph:** 8:46.9\* Eric Hulst (Laguna Beach) 1974. **Junior:** 8:41.3\* Eric Hulst (Laguna Beach) 1975. **Senior:** 8:32.7\* Jeff Nelson (Burbank) 1979.

8:32.7*	Jeff Nelson (Burbank) at Westwood-2	1979
8:40.4*	Eric Reynolds (Camarillo)-1	1983
8:41.0*	Eric Hulst (Laguna Beach)-2	1976
8:41.6*	Thom Hunt (Henry, San Diego)	1976
8:42.3*	Ralph Serna (Loara, Anaheim)	1975
8:42.9*	Rich Kimball (DeLaSalle, Concord)-1	1974
8:44.95	Eric Mastalir (Jesuit, Carmichael)-1	1986
8:45.2*	Curtis Beck (Santa Monica)-1	1972
8:46.78	Jon Butler (Edison, Hunt Beach)-1	1981
8:48.8*	Chuck Assumma (Eisenhower, Rialto)	1979
8:49.0*	Don Moses (Crescenta Valley)	1976
8:49.3*	Frank Assumma (Eisenhower, Rialto)-1	1977
8:49.4*	Pete Romero (Reedley)-1	1967
8:49.7*	Marc Genet (Santa Ana)	1972
8:49.8*	Rod Berry (Redwood, Larkspur)	1977
8:49.9*	Dave Taylor (Merced)	1972
8:50.2*	Dale Fleet (Clairemont, San Diego)-1	1971
8:50.2*	Mark Spilsbury (Foothill, Tustin)	1976
8:50.6*	Jim Salcido (Sunny Hills, Fullerton)	1972
8:50.8*	Jose Amaya (Wilson, Los Angeles)	1971
8:50.8*	Gordon Innes (Upland)	1971
8:50.8*	Sal Godinez (Salesian, Los Angeles)	1976
8:51.0*	Bob Grubbs (Washington, Fremont)	1972
8:51.15*	Marc Dani (Valhalla, El Camino)	1986
8:51.15*	Jay Marden (Miss San Jose, Fremont)	1981

## 110 Meter Hurdles

(\* 120 Yards Plus 0.03)

**State Meet Record:** 13.41-Steve Kerho, Mission Viejo, @ Sacramento, 1982. **Frosh:** 14.89 Kenyon Rambo (Poly, Long Beach) 1994. **Soph:** 14.34 Kenyon Rambo (Poly, Long Beach) 1995. **Junior:** 13.69\* Phillip Johnson (Gardena) 1977. **Senior:** 13.41 Steve Kerho (Mission Viejo) 1982.

13.41	Steve Kerho (Mission Viejo) at Sacto-1	1982
13.48	Dominique DeGrammont (Tustin) -1	1997
13.58	Sharif Paxton (Crenshaw, LA)	1997
13.64	Kenyon Rambo (Poly, Long Beach)	1997
13.67*	Phillip Johnson (Gardena)-1	1978
13.67	David Ashford (West Covina)-1	1981
13.67	Isaac Carson (Jefferson, DalyCity)-1	1991
13.68	Jovesa Naivalu (Frem, Sunnyvale) -2	1996
13.73	Don Ward (St. Mary's, Berkeley)-1	1980
13.79	Henry Andrade (Hiram Johnson, Sacto)	1980
13.79	Troy Weaver (Edgewood, Covina)	1982
13.80	Ron Brown (Bishop Amat, La Puente)	1982
13.80	Makio Haywood (Muir, Pasadena)	1996
13.81*	Ken Margerum (Fountain Valley)	1977
13.84	Shelton Boykin (San Fernando)	1987
13.84	Dana Hall (Ganessa, Pomona)-1	1987
13.85	Ronnie McCoy (Edison, Fresno)	1981
13.86	Brian DePass (Montgomery, SD)	1997
13.87*	Milan Stewart (West Covina)-1	1978
13.87	Drue Powell (Reseda)-1	1993
13.87	Dominique De Grammont (Tustin)	1996
13.88	Robert Reading (St. Mary's, Berkeley)-1	1985
13.88	Terry Johnson (Katella, Anaheim)-1	1986
13.88	Ron Copeland (Dorsey, Los Angeles)	1987
13.90*	Jim Scanella (San Ramon, Danville)-1	1979
13.90	Erick Montgomery (Indep, San Jose)	1983

**Hand Timing:**

13.2y	Dedy Cooper (Harry Ells, Richmond)	1975
13.3y	Robert Gaines (Kennedy, Richmond)-1	1975
13.3y	Jon Peterson (Saddleback, Santa Ana)	1975
13.3y	Phillip Johnson (Gardena)-1	1978
13.5y	Ken Margerum (Fountain Valley)	1977
13.6	Arend Watkins (Silver Creek, San Jose)	1997
13.6y	Charles Jackson (Lompoc)-1	1971
13.6y	Dan Jones (Palo Verde, Blythe)-1	1972
13.6y	Tom Andrews (West, Bakersfield)	1973
13.6y	Carl Florant (Palo Alto)	1973
13.6y	Mike Harris (Indio)	1974
13.6y	Wilbur Gregory (Mission Viejo)	1975
13.6y	Tonie Campbell (Banning, Wilmington)	1978

## 300 Meter Int. Hurdles

(\* 330 Yards Minus 0.19)

**State Meet Record:** 35.50 George Porter (Cabrillo, Lompoc) at Sacramento 1985. **Frosh:** 38.07 Kenyon Rambo (Poly, Long Beach) 1994. **Soph:** 37.18 Kenyon Rambo (Poly, Long Beach) 1995. **Junior:** 36.10 George Porter (Cabrillo, Lompoc) 1984. **Senior:** 35.32 George Porter (Cabrillo, Lompoc) 1985.

35.32	George Porter (Cabr, Lomp) @ Walnut-2	1985
36.18	Makio Haywood (Muir, Pasadena) -1	1996
36.26	Jovesa Naivalu (Fremont, Sunnyvale)	1996
35.43	John Montgomery (Indep, San Jose)-1	1988
36.44	Kevin Jones (Mt. Miguel, Spring Valley)	1988
36.57	Kenyon Rambo (Poly, Long Beach) -1	1997
36.56	Michael Graham (Hawthorne)	1985

*CS All Time list  
Should list Erick Mont  
2  
Joe Naivalu (JH) 9*



# All-Time Boys

36.59	Mickey Grimes (Cyn Spr, MorVly) -1	1995
36.65	Ken Haslip (Muir, Pasadena)-2	1994
36.70	Dominique DeGrammont (Tustin)	1997
36.71	Kenny Hall (Ganessa, Pomona)	1985
36.74	Keith Pontifflet (Esperanza, Anaheim)	1985
36.76	Mike King (Menlo-Atherton)	1985
36.80	Raymond Young (Hawthorne)	1984
36.80	Jason Medearis (Hart, Newhall)	1994
36.82	Felix Sanchez (Univ City, SD)	1995
36.83	Anthony Reynolds (Fremont, L.A.)	1984
36.84	Gordon Bugg (West Covina)	1984
36.88	Yki Vallery (Hawthorne)-1	1987
36.88	Keith Williams (Esccondido)-1	1991
36.90	Bill Gaines (Indep, San Jose)	1986
37.00	Tracy Smith (R Buena Vista, Vista)	1997
37.07	Chris Redmond (Vallejo)	1992
37.08	Nate Wright (Oakland)	1988
37.10	Al Blades (Muir, Pasadena)	1984
<b>Hand Timed: (*330 yards minus 0.2):</b>		
36.2"	Dedy Cooper (Harry Ells, Richmond)	1975
36.2"	Charles White (San Fernando)	1976
36.6	Ron Seanez (Gilroy)	1981

## High Jump

**State Meet Record:** 7-3 1/4 Lee Balkin (Glendale) at Sacramento 1979. **Frosh:** 6-10 Gabriel Zarate (Selma) 1996. **Soph:** 7-2 Gabriel Zarate (Selma) 1997. **Junior:** 7-3 Maurice Crumby (Balboa, S.F.) 1982. **Senior:** 7-4 1/2 Maurice Crumby (Balboa, S.F.) 1983.

7-4 1/2	Maurice Crumby(Balb, S.F.)@Stanfd-2	1983
7-4	Jeremy Fischer (Camarillo)-1	1994
7-3 1/4	Lee Balkin (Glendale)-1	1979
7-3	Reynaldo Brown (Compton)-3	1968
7-3	Tim Pottl (Alemany, Mission Hills)	1979
7-3	Jeff Rogers (Overfelt, San Jose)	1985
7-3	Avery Anderson (North, Riverside)-1	1991
7-2 1/4	Jeff Nadeau (Monroe, Sepulveda)-1	1993
7-2 1/4	Jason Howard (Ridgeview, Bkfld) -1	1997
7-2	Billy Hice (Oakland)	1977
7-2	Dennis Smith (Santa Monica)-1	1977
7-2	Kerry Myers (Berkeley)	1978
7-2	Frank Schiefer (Madison, San Diego)	1979
7-2	Kenny Burke (Westlake, Simi Valley)-1	1984
7-2	Reggie Betton (AntVly, Lancaster)-1	1988
7-2	Art Lloyd (Eisenhower, Rialto)	1994
7-2	Elliott Parks (El Toro)	1997
7-2	Gabriel Zarate (Selma)	1997
7-1 3/4	Mark Wilson (Monte Vista, Danville)	1974
7-1 1/2	Dwight Stones (Glendale)-1	1971
7-1 1/2	Todd Kelly (Big Valley, Bieber)	1993
7-1 1/4	Otis Hailey (Wasco)	1968
7-1 1/4	Luis Juico (Piedmont Hills, San Jose)-1	1987
7-1	Rob Olson (El CamReal, Woodland H)	1977
7-1	Greg Denby (Orenshaw, L.A.)-1	1980
7-1	Anthony Caire (Pius X, Downey)-1	1981
7-1	Maury Burnett (Washington, L.A.)	1982
7-1	Andre La Coste (Lakewood)	1988
7-1	Mark Wilson (charter Oak, Covina)-1	1989
7-1	Kevin Carlson (Katella, Anaheim)-1	1991
7-1	Darryl Feilbach (Bear Crk, Stockton)	1997

## Pole Vault

**State Meet Record:** 17-0 1/2 Anthony Curran (Crespi, Encino) at Bakersfield 1978. **Frosh:** 14-8 3/4 Anthony Curran (Crespi, Encino) 1975. **Soph:** 16-2 Brent Burns

(Acalanes, Lafayette) 1985. <b>Junior:</b> 17-6 Brent Burns (Acalanes, Lafayette) 1986. <b>Senior:</b> 18-2 Brandon Richards (San Marcos, Santa Barbara) 1985.		
18-2	Brandon Richards (SMarc,S.B.)@Eug.	1985
17-8 1/2	Brent Burns (Acalanes, Lafayette)-1	1987
17-4 1/4	Anthony Curran (Crespi, Encino)-2	1978
17-4	David Cox (Hoover, Fresno)-1	1991
17-1	Tye Harvey (Sonora)	1993
17-0 3/4	Matt Warwick (Hesperia)	1988
17-0 3/4	Scott Slover (Leland, San Jose)-2	1994
17-0 1/2	Doug Fraley (Clovis West)	1983
17-0	Mike Kibort (Saratoga)-1	1982
17-0	Tom Parker (Notre Dame,ShermOaks)	1988
17-0	Steve Harris (Del Mar, San Jose)	1997
17-0	Erik Rasmussen (Johansen, Modesto)	1997
16-8 3/4	Steve Smith (South, Torrance)-2	1969
16-8 3/4	Mike Tully (Millikan, Long Beach)	1974
16-7	Robert Pullard (Los Angeles)	1969
16-7	David Gritz (Bear Creek, Stockton) -1	1997
16-6 3/4	Paul Wilson (Warren, Downey)-2	1965
16-6	Brian Worden(Notre Dame,ShermOks)	1975
16-6	Greg Ernst (El Dorado, Palacentia)	1978
16-6	Tom Richards (San Marcos, S.B.)-1	1988
16-6	Borya Orloff (St.J. Bosco, Bellflower)	1994
16-6	Robbie Weighall (Foothill, Bkfld)	1994
16-5 1/4	Steve Michels (Breth Chris, Cypress)-1	1996
16-5	Jon Vaughn (Coroña)	1966
16-4 3/4	Paul Heglar (Muir, Pasadena)	1966
16-4 3/4	Esa Sallinen (Burroughs, Burbank)	1994



JOE RICHARDSON

Fine Flicks by Don Gosney

## Long Jump

**State Meet Record:** 26-4 3/4 James Stallworth (Tulare) at Cerritos 1989. **Frosh:** 23-10 1/2 Johnny Johnson (Pacific Grove) 1963. **Soph:** 25-2 1/4 Johnny Johnson (Pacific Grove) 1964. **Junior:** 25-10 3/4 Heulon Hewitt (Merced) 1968. **Senior:** 26-4 3/4 James Stallworth (Tulare) 1989.

26-4 3/4	James Stallworth (Tulare) at Cerritos-1	1989
26-3 3/4	Randy Williams (Edison, Fresno)-1	1971
26-2 1/4	Ken Duncan (McClatchy, Sacto)	1972
26-0 3/4	Jerry Proctor (Muir, Pasadena)-1	1967
26-0 3/4	Joe Richardson (Pasadena)-1	1984
26-0	Johnny Cleveland (Soquel)-1	1984
25-11 1/2	Larry Doubley (Manual Arts, L.A.)-1	1976
25-10 3/4	Heulon Hewitt (Merced)-1	1968
25-9 1/2	Gerald Hardeman (Edison, Fresno)	1972
25-7	James McAlister (Blair, Pasadena)-1	1970
25-6 1/4	Ted Hammond (Compton)	1973
25-5 1/2	Percy Knox (Antelope Vly, Lancaster)-1	1987
25-5 1/4	Doyle Steel (San Diego)-1	1966
25-5	Carl McCullough (Sacramento)-1	1972
25-5	Gerald Price (UnivCity,SanDiego)-1	1990
25-4 3/4	Johnny Johnson (Pacific Grove)	1965
25-4 1/2	Oscar Bean (Jefferson, L.A.)-1	1956
25-4 1/2	Clarence Scott (Fremont, LA) -1	1995
25-4 1/4	Monte Upshaw (Piedmont)-2	1954
25-4	Donnie Butler (Fremont, L.A.)	1978
25-3 3/4	Diatori Gildersleeve (Grant, Sacto)-1	1988
25-3	Willie Davis (Roosevelt, L.A.)	1958
25-3	Bobby Bonds (Poly, Riverside)-1	1964
25-3	Ken Frazier (Mission, S.F.)	1981
25-2 1/2	George Brown (Jordan, L.A.)-2	1949

## Triple Jump

**State Meet Record:** 52-5 3/4 Marcus Hooks (Lakewood) at Norwalk 1986. **Frosh:** 48-4 Dave Tucker (S.J. Memorial, Fresno) 1968. **Soph:** 50-2 1/2 Ken Frazier (Mission, S.F.) 1980. **Junior:** 52-6 1/4 Dave Tucker (S.J. Memorial, Fresno) 1970. **Senior:** 53-6 1/2 Joe Richardson (Pasadena) 1984.

53-6 1/2	Joe Richardson (Pasadena) at Sacto-1	1984
52-10 1/2	Charles Mayfield (Muir, Pasadena)	1980
52-6 1/4	Dave Tucker (S.J. Memorial, Fresno)	1970
52-6	Henry Eillard (Hoover, Fresno)-1	1979
52-5 3/4	Marcus Hooks (Lakewood)-1	1986
52-4 3/4	Ken Frazier (Mission, S.F.)-1	1981
52-3 1/2	Randy Williams (Edison, Fresno)	1971
52-0	Von Ware (RanBuenVista, Vista)-1	1994
51-11	Joel Smith (Cordova, RCordova)-1	1987
51-8 3/4	MacArthur Anderson (Bakersfield)	1987
51-8	Mike Woods (Manual Arts, L.A.)	1963
51-7 3/4	Phouphet Singbandith (Magn,Anah)-1	1990
51-7 1/2	Vestee Jackson (McLane, Fresno)	1981
51-6 1/2	Greg Caldwell (Fremont, L.A.)-1	1976
51-5 3/4	Freeman Miller (Fremont, L.A.)-1	1980
51-3	Willie Banks (Oceanside)-2	1974
51-3	Ricky Holliday (Muir, Pasadena)	1980
51-3	Anthony Colson (Center, Elverta) -1	1997
51-2 1/4	Dokie Williams (El Cam, Oceanside)-1	1977
51-2 1/4	Tim Prince (Logan)	1988
51-2	Lenny McGill (Or Glen, Esccondido)-1	1989
50-11 3/4	Tony Parrish (Marina, HuntBch) -1	93
50-11 1/2	Harold Rucker (Silver Creek, SJose)	1986



# All-Time Boys

50-11 1/2 Terrance Strong (Bakersfield)-1 1984  
50-11 1/4 DeAndre Roberson (West, Bkfld) 1989

## Shot Put

**State Meet Record:** 74-4 3/4 Brent Noon (Fallbrook) at Cerritos 1990. **Frosh:** 59-8 Brent Noon (Fallbrook) 1987 & Van Mounts (Bakersfield) 1995.. **Soph:** 63-11 1/2 Van Mounts (Bakersfield) 1996. **Junior:** 71-10 Van Mounts (Bakersfield) 1997. **Senior:** 76-2 Brent Noon (Fallbrook) 1990.

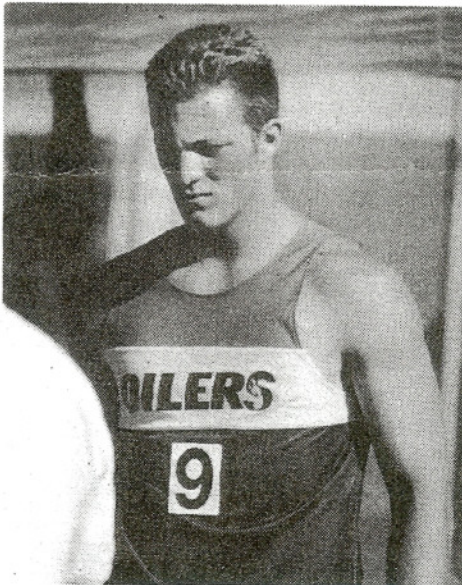
76-2	Brent Noon (Fallbrook)-2	1990
71-10	Van Mounts (Bakersfield) -1	1997
69-6 1/2	Brian Blutreich (Capistrano Valley)-2	1985
69-3 3/4	Jim Neidhart (Newport Harbor)-1	1973
68-5 1/2	Steve Montgomery (Lass,Susanville)-1	1976
68-5	Dave Kurrasch (Newport Harbor)-1	1975
67-9 3/4	John Hubbell (Poly, Long Beach)-1	1966
67-9	Terry Albritton (Newport Harbor)	1972
67-9	John McKenzie (Hart, Newhall)	1976
67-8 1/4	Dave Doupe (Inglewood)	1973
67-6 1/2	Randy Cross (Crespi, Encino)-1	1972
67-2 1/4	Mark Stevens (Newport Harbor)-1	1971
67-2	Dave Murphy (Sunny Hills, Fullerton)	1966
67-0	David Bultman (Royal, Simi)-1	1987
66-8	Mark Parlin (Esperanza,Anaheim)-1	1991
65-11 1/2	Curt Hampton (El Cajon)-1	1974
65-11	J. D. Martin (Madera)	1996
65-10 3/4	Dave Porath (Atwater)-1	1978
65-10	Steve Wilhelm (Fremont, Sunnysvale)	1967
65-9 3/4	John Buehler (Whittier)-1	1967
65-9	Dave Laut (Santa Clara, Oxnard)	1975
65-9	Jeff Stover (Chico)	1976
65-9	John Bender (Shafter)	1984
65-8 3/4	Randy Withrow (Pasadena)-1	1970
65-7 3/4	Don Castle (Cubberley, Palo Alto)	1961

## Discus

**State Meet Record:** 203-4 Brian Blutreich (Capistrano Valley) at Sacramento 1985, 203-4 Rob Powell (Redwood, Visalia) at Cerritos 1990 and 203-4 Scott Moser (Huntington Beach) 1997 @ Sacramento. **Frosh:** 173-6 Antonio Dobbins (Burroughs, Ridgecrest) 1979. **Soph:** 182-5 Jeff Buckley (Bakersfield) 1990. **Junior:** 210-1 Jeff Buckley (Bakersfield). **Senior:** 213-11 Scott Moser (Huntington Beach) 1997.

213-11	Scott Moser (Hunt Beach) -2 @ Salinas	1997
210-8	Brian Blutreich (Capistrano Valley)-1	1985
210-1	Jeff Buckley (Bakersfield)-1	1991
209-6	Dave Porath (Atwater)-1	1978
203-4	Rob Powell (Redwood, Visalia)-1	1990
202-10	John Bello (Rancho Cucamonga)	1997
201-6	Ray Burton (Vacaville)-1	1974
201-3	Chris Adams (Los Altos)-2	1970
200-8	Brent Noon (Fallbrook)	1990
200-7	Paul Bender (Shafter)-1	1980
200-4	Scott Endler (Hoover, Fresno)-1	1976
200-1	Scott Overton (Los Altos)-1	1972
199-8	John Badinovac (Jesuit, Carmichael)	1996
199-0	John Wirtz (Leland, San Jose)-1	1988
198-6	Dave Voorhees (Tulelake)	1973
198-1	Gabe Torre (Notre Dame, Riverside)	1992
197-7	Pete Swanson (San Benito, Hollis)	1992
197-6	Kevin Richardson (Shafter)	1984
196-10	David Bultman (Royal, Simi)-1	1987

195-8	Billy Joe Winchester (Mt.Mig, Spr.Vly)	1970
195-6	Chris DeMartini (St. Ignatius, San Fran)	1994
195-5	Lonnie Shelton (Foothill, Bakersfield)-1	1973
195-4	Bob Stoecker (Los Altos)-2	1962
195-4	Tom Birtwhistle (Gunn, Palo Alto)	1969
194-10	David Thomson (Santa Ynez)-1	1977



SCOTT MOSER

Photo by Bill Cockerham

## 400 Meter Relay

(\* 440 Yards Minus 0.23)

**State Meet Record:** 40.24 Hawthorne (Alexander, Smith, Allen, Conway) at Cerritos 1989.

40.24	Hawthorne at Cerritos (Alexander, Smith, Allen, Conway)	1989
40.28	Muir (Pasadena) -1	1997
40.53	Serra (Gardena) -1	1996
40.64	Hawthorne (Marsh, Graham, Parnam, Thomas)	1985
40.64	Muir (Pasadena)	1996
40.73	Serra (Gardena)	1997
40.78	Muir, Pasadena-1 (Douglas, Ervin, Robertson, Ealy)	1987
40.78	Skyline (Oakland) -1	1995
40.82	Hawthorne (Marsh, Young, Parnam, Thomas)]	1984
40.83	Edison, Fresno-1 (Cowings, Woods, Walker, Wheeler)	1983
40.86	Berkeley-1 (McCree, Robinson, Clewis, Murray)	1981
40.87	Hawthorne (Young, McGee, Young, Thomas)	1983
40.88	Taft, Woodland Hills (Feinstein, Roberts, Flores, Watts)	1987
40.90	Edison (Fresno) (Sams, Holland, Alexander, Harris)	1997
40.90	Muir "B" (Pasadena)	1997

40.91	Hawthorne (Hannah, Vallery, Carroll, Conway)	1987
40.92	Dorsey, Los Angeles (Boles, Williams, Williams, Jackson)	1981
40.93	Berkeley-1 (Davis, Henderson, Hunter, Usher)	1984
40.93	Muir, Pasadena (Limbrick, Ealy, Ervins, Jeffries)	1986
40.95	Washington (Los Angeles)	1990
40.98	Berkeley (Davis, Henderson, Hunter, Paulding)	1983
41.00	El Camino, Oceanside -1 (Powell, Eubanks, Owbsu, Forte)	1994
41.01	Oakland-1 (Porter, Watson, Williams, Watson)	1982
41.04	Poly (Long Beach)	1997
41.05	Washington (Los Angeles)	1988
41.05	San Bernardino-1	1990

### Hand Timing:

(\* 440 yards minus 0.2)

40.7	Poly (Long Beach)	1997
40.8"	Wilson, San Francisco-1 (Farmer, Whitaker, Kirtman, Walker)	1973
40.9"	El Cerrito -1 (Gaines, Watson, Smith, Burns)	1971
40.9"	Harry Ells (Richmond) -1 (Miller, Gentry, Davis, Cooper)	1975
40.9"	Hamilton (Los Angeles) (Menzies, Goosby, Martin, Mullins)	1976
40.9	Berkeley -1 (McCree, Robinson, Walker, Murray)	1981

## 1600 Meter Relay

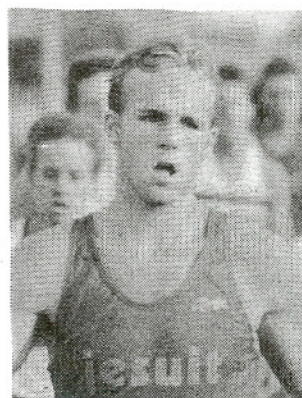
(\* Mile Minus 1.1)

**State Meet Record:** 3:08.66 Muir (Pasadena) (Tryon, McCullough, Haywood, Moore) 1996 @ Norwalk.

3:07.40	Hawthorne @ Austin, Texas (Graham, Marsh, Kelly, Thomas)	1985
3:08.66	Muir (Pasadena) -1 (Tryon, McCullough, Haywood, Moore)	1996
3:08.72	Muir (Pasadena) (Tryon, McCullough, McCullough, Moore)	1997
3:08.94	Berkeley -1 (Walker, Richardson, Murray, Robinson)	1981
3:09.45	Hawthorne -1 (Graham, Young, Kelly, Thomas)	1984
3:10.11	Hawthorne -1 (McGee, Torrence, Kelly, Thomas)	1983
3:10.33	Perris 1983 (Flenaugh, Stamps, Jackson, Harris)	
3:10.37	Centennial, Compton -1 (Graham, Ware, Jackson, Turner)	1980
3:10.42	Berkeley (Dotson, Richardson, Walker, Robinson)	1980
3:10.46	Hawthorne -1 (Alexander, Conway, DelPino, Hannah)	1988
3:10.47"	Banning, Wilmington -1 (Davis, Caesar, Plalock, Lewis)	1978
3:10.80	Morse (San Diego) (Jones, Carter, Pinson, Burston)	1996
3:10.99	Muir (Pasadena) (Myrick, McCullough, Tryon, McCullough)	1997
3:11.10	Poly, Long Beach	1981
3:11.32	Compton (Davis, Taylor, Smith, Barksdale)	1980



# All-Time Boys



**ERIC  
MASTALIR**  
Photo by  
Burt Davis

3:11.77	Hawthorne -1 (Thomas, Carroll, Thomas, Hannah)	1987	4x1500		
3:11.81	Centennial, Compton (Pinchback, Ware, Jones, Graham)	1981	16:13.4	Compton	1987
3:11.94	Poly (Long Beach)	1997	4x1600 Relay		
3:12.1*	Castlemont, Oakland -1 (Roberts, Morgan, Curry, Rodgers)	1971	17:13.2	Lompoc (Schankel, Fabing, Gilmore, Williams)	1973
3:12.21	Dorsey, Los Angeles -1	1989	Sprint Medley Relay		
3:12.3*	Westchester, Los Angeles (Brown, Lee, Jones, Pittman)	1978	3:21.1	Berkeley (Lewis, Murray, Robinson, Richardson)	1981
3:12.44	Muir (Pasadena) -1 (Gray, Haywood, McCullough, Moore)	1995	Distance Medley Relay		
3:12.45	Muir, Pasadena (Carroll, Anderson, Mathis, Brown)	1981	9:56.3	Jesuit, Carmichael (Thomas, Cahill, Mastalir, Mastalir)	1986
3:12.50	Morningside, Inglewood	1987	4x120 LH		
3:12.5*	Fremont, Los Angeles (Butler, Derry, Shelton, Daniels)	1978	53.5	Franklin, Stockton	1974
			4x120 HH		
			58.4	Fresno (Larson, Cox, Lyons, Elders)	1971

## Miscellaneous Records

<b>100 Yards</b>		
9.44	Mike Sanford (Pasadena)	1979
9.3(hand)	Tony Pitts (Valley, Santa Ana)	1978
<b>220 Yards (str.)</b>		
20.2	Forest Beaty (Hoover, Glendale)	1961
<b>1500 Meters</b>		
3:46.4	Paul Medvin (University, L.A.) @ Bloomington)	1979
<b>3000 Meters</b>		
8:07.60	Eric Mastalir (Jesuit, Carm) at Sacto	1986
<b>3 Miles</b>		
13:43.6	Rich Kimball (Concord, DeLaSalle)	1974
<b>5000</b>		
14:01.40	Eric Mastalir (Jesuit, Carmichael)	1986
<b>6 Miles</b>		
27:58.0	Eric Hulst (Laguna Beach)	1976
<b>10,000 Meters</b>		
28:55.0	Eric Hulst (Laguna Beach)	1976
<b>10 Miles</b>		
49:15.0	George Aguirre (Santa Barbara)	1975
<b>1 Hour</b>		
12M,254Y	Ajim Baksh (Hollywood)	1975
<b>Marathon</b>		
2:23:47	Mitch Kingery (San Carlos)	1973
<b>110 H (42")</b>		
14.23	Jovesa Naiyalu (Fremont, Sunnyvale)	1996
<b>180y LH (Straight)</b>		
18.1	Steve Caminiti (Crespi, Encino)	1964
18.1	Earl McCullough (Poly, Long Beach)	1964
<b>180y LH (turn)</b>		
18.6	Wayne Collett (Gardena)	1967
18.6	Rich Graybehl (Las Lomas, Walnut Ck)	1974
<b>300 LH</b>		
35.52	Danny Harris (Perris)	1983
<b>400 IH (hand)</b>		
51.5	Charles White (San Fernando)	1976
<b>400 IH (auto)</b>		
51.78	Makio Haywood (Muir, Pasadena)	1996
<b>440y IH</b>		
52.7	Mark Low (Pomona)	1969
<b>2000 SC</b>		
5:43.9	Steve Guerrini (Santa Rosa)	1991
<b>3000 SC</b>		
9:10.8	Dave Daniels (San Gorgonio, S.Bern.)	1976
<b>4x200</b>		
1:25.6	Berkeley	1976
<b>4x800</b>		
7:44.0y	El Cerrito (Stodden, Wolfe, Rice, Wood)	1969

57-10 1/4	Dave Murphy (Sunny Hills, Fullerton)	1966
<b>DT (4 lb. 6 oz.)</b>		
177-4	Ray Burton (Vacaville)	1974
<b>HT (12 lb.)</b>		
219-2	Kevin McMahon (Bellarmine, San Jose)	1990
<b>HT (16 lb.)</b>		
173-11	Chuck Vandagriff (Castro Valley)	1967
<b>JT (Old)</b>		
218-11	Mike Ostrom (Las Lomas, Walnut Creek)	1983
<b>JT (New)</b>		
214-7	Greg Johnson (Woodside)	1990
<b>Pentathlon</b>		
3418	Dixon Farmer (Miramonte, Orinda)	1959
<b>Decathlon</b>		
7172	Tom Richards (San Marcos, S.B.)	1988

3:50.2	Steve Whitcomb (Helix, La Mesa)	1979
3:50.2+	Mebrahtom Keflezighi (San Diego)	1994
3:50.26	Brandon Pacheco (Brethren, Cypress)	1995
3:50.3+	Louie Quintana (Arroyo Grande)	1990
3:50.4	Ralph Serna (Loara, Anaheim)	1975
3:50.47	Angel Martinez (San Gabriel)	1992
3:50.5	Mark Mastalir (Jesuit, Carmichael)	1986
3:50.8	Andy Di Conti (La Canada)	1980
3:51.0	Eric Mastalir (Jesuit, Carmichael)	1986
3:51.1	Dave Cangelosi (Villa Park)	1979
3:51.2	Dennis Arriola (Gahr, Cerritos)	1979
3:51.2+	Jeff Williams (Foothill, Tustin)	1982
3:51.36	Gary Gonzales (Clovis)	1981
3:51.5	Mike O'Reilly (San Rafael)	1978

## 3000 Meters

(+ enroute to longer distance)  
**Frosh:** 8:44.5 David Naranjo (Sanger) 1983. **Soph:**  
 8:26.7+ Calvin Gaziano (Castro Valley) 1983. **Junior:**  
 8:19.9+ Harold Kuphaldt (Bella Vista, Fair Oaks) 1981.  
**Senior:** 8:07.60 Eric Mastalir (Jesuit, Carmichael)  
 1986.

8:07.60	Eric Mastalir (Jesuit, Carm) @ Sacto	1986
8:09.0+	Eric Reynolds (Camarillo)	1983
8:10.54	Mark Mastalir (Jesuit, Carmichael)	1986
8:12.7+	Thom Hunt (Henry, San Diego)	1976
8:16.2+	Jeff Nelson (Burbank)	1979
8:16.3	Chuck Assumma (Eisenhower, Rialto)	1979
8:16.3	Richard Perez (San Gorg, San Bern)	1980
8:16.79	Reggie Williams (River City, Sacto)	1988
8:17.5+	Jon Butler (Edison, Hunt Bch)	1981
8:17.7+	Jay Marden (Miss San Jose, Fremont)	1981
8:18.2+	Mark Dani (Valhalla, El Cajon)	1986
8:19.9+	Harold Kuphaldt (B Vista, Fair Oaks)	1981
8:20.25	Paul Thomas (Jesuit, Carmichael)	1987
8:20.59	Daniel Das Neves (Helix, La Mesa)	1992
8:20.6	Roman Gomez (Belmont, LA)	1984
8:20.6+	Bryan Dameworth (Agoura)	1990
8:21.0+	Mike Carlton (Northview, Covina)	1981
8:21.3+	Jesse Torres (Independence, SJose)	1981
8:21.6	Matt Blaty (Marina, Hunt Bch)	1979
8:21.6	Jeff Vandereems (Mission Viejo)	1979
8:22.0	Terry Williams (Lompoc)	1973
8:22.26	Jimmie Rodriguez (Santa Ana Valley)	1989
8:22.4	Mark Junkermann (Los Alamitos)	1983
8:23.11	David Welsh (Jesuit, Carmichael)	1989
8:23.2+	Mark McAbey (Miramonte, Orinda)	1986

## 5000 Meters

**Frosh:** — **Soph:** 14:32.8 Eric Hulst (Laguna Beach)  
 1974. **Junior:** 14:16.2 Ralph Serna (Loara, Anaheim)  
 1974. **Senior:** 14:01.40 Eric Mastalir (Jesuit,  
 Carmichael) 1986.

## Non-Standard Events

The following is the supplemental (non-standard event) lists for California boys. As with the girls list, this is the first time most of these have been printed and, therefore, there probably will be errors and omissions. Readers are encouraged to direct corrections to Bob Womack, 1540 East Shaw, Suite 118, Fresno, CA 93710 or FAX (209) 225-6951.

### 1500 Meters

(+ enroute to longer distance)		
<b>Frosh:</b> 3:59.71	Jason Balkman (Lynbrook, San Jose)	
1992. <b>Soph:</b> 3:51.5	Jim Arriola (Gahr, Cerritos)	1974.
<b>Junior:</b> 3:46.65	Mike Stember (Jesuit, Carmichael)	
1995. <b>Senior:</b> 3:46.4	Paul Medvin (University, LA)	1979.
3:46.4	Paul Medvin (Univ. LA) @ Bloomington	1979
3:46.65	Mike Stember (Jesuit, Carmichael)	1995
3:47.65	Reggie Williams (River City, WSacto)	1988
3:48.73	Daniel Das Neves (Helix, La Mesa)	1992
3:48.8	Jim Arriola (Gahr, Cerritos)	1976
3:48.9	Rich Kimball (De La Salle, Concord)	1974
3:49.0+	Harold Kuphaldt (B Vista, Fair Oaks)	1982
3:49.4	Mark Fricker (Hemet)	1977
3:50.1	Ian Alsen (Kennedy, Granada Hills)	1988
3:50.1+	Coley Candaale (Carpinteria)	1990
3:50.2	Charlie Christensen (Edison, HuntBch)	1977



# All-Time Boys

14:01.40	Eric Mastalir (Jesuit, Sacto) @	1986
14:08.4	Terry Williams (Lompoc)	1973
14:15.5	Jeff Nelson (Burbank)	1979
14:16.2	Ralph Serna (Loara, Anaheim)	1974
14:18.9	Thom Hunt (Henry, San Diego)	1975
14:19.9	Chuck Assumma (Eisenhower, Rialto)	1978
14:19.9	Reggie Williams (River City, W Sacto)	1988
14:22.0	Richard Kimball (De La Salle, Concord)	1974
14:22.6	Hal Schulz (Redwood, Larkspur)	1976
14:23.70	Harold Kuphaldt (Bella Vista, Fair Oaks)	1982
14:25.9	Roy Kissin (San Ramon Vly, Danville)	1975
14:29.2	Dave Taylor (Merced)	1972
14:29.49	Jesus Gutierrez (Pasadena)	1984
14:32.8	Eric Hulst (Laguna Beach)	1974
14:33.4	Jim Schankel (Lompoc)	1974
14:34.6	George Aguirre (Santa Barbara)	1975
14:35.0	Benton Hart (Modesto)	1974
14:36.6	Tom Grewe (Carpinteria)	1982
14:36.8	Dave Daniels (San Gorg, San Bern)	1977
14:37.72	Andy Di Conti (La Canada)	1980
14:38.8	Mike Ryan (Wilcox, Santa Clara)	1965
14:39.6	Sean Nugent (Culver City)	1982
14:40.34	Mark Mastalir (Jesuit, Carmichael)	1986
14:41.85	Adam McAbey (Miramonte, Orinda)	1986
14:42.3	John Morris (Las Lomas, Walnut Crk)	1983

## 10,000 Meters

**Frosh:** 32:48.0 Bryan Carroll (Los Altos) 1979. **Soph:** 30:12.8 Eric Hulst (Laguna Beach) 1973. **Junior:** 29:11.1 Eric Hulst (Laguna Beach) 1975. **Senior:** 28:55.0 Eric Hulst (Laguna Beach) 1976.

28:55.0	Eric Hulst (Laguna Beach) @	1976
29:46.0	Thom Hunt (Henry, San Diego)	1974
29:55.8	Terry Williams (Lompoc)	1973
30:19.4	Chuck Assumma (Eisenhower, Rialto)	1978
30:42.8	Guy Arbogast (Crespi, Encino)	1974
30:50.8	Mike Breen (Clairemont, San Diego)	1973
30:53.0	Steve Webb (Kennedy, La Palma)	1978
30:55.37	Grant Foster (Monte Vista, Cupertino)	1983
31:05.1	Joey Gomez (Valencia, Placentia)	1978
31:07.0	Gary Borbon (Upland)	1979
31:22.1	Carmelo Rios (Lennox, Lawndale)	1977
31:32.2	Bob Love (Carlmont, Belmont)	1978
31:33.6	Jack Bellah (Leigh, San Jose)	1972
31:40.2	Steve Brooks (Mt. Pleasant, SJose)	1972
31:43.0	Bob Kryczko (Upland)	1973
31:45.6	Roy Kissin (San Ramon Vly, Danville)	1974
31:49.4	Mike Ryan (Wilcox, Santa Clara)	1964
31:50.0	Kevin McCarthy (Hawthorne)	1972
31:51.0	Gary Vann (Del Mar, San Jose)	1967
31:51.2	Joe Whytock (Burlingame)	1968
31:53.0	Larry Greer (Lakewood)	1970
31:54.0	Guz Quinonez (Hunt Bch)	1983
31:55.0	Gordon MacMitchell (Gunn, Palo Alto)	1972
31:57.2	Jim French (South, Torrance)	1969
31:57.6	Steve Lopez (Hill, San Jose)	1987

## 3000 Meter Steeplechase

**Frosh:** — **Soph:** 9:24.6 Eric Hulst (Laguna Beach) 1974. **Junior:** 9:10.8 Dave Daniels (San Gorgonio, San Bern.) 1976. **Senior:** 9:15.8 Humberto Barajas (Vista) 1976. **Frosh:** — **Soph:** — **Junior:** 53.22 George Porter (Cabrillo, Lompoc) 1984. **Senior:** 51.33 Felix Sanchez (University City, San Diego) 1995.

51.33	Felix Sanchez (Univ City, SD) @	1995
51.81	Coke Edmon (Bellarmine, San Jose)	1994
51.84	Don Ward (St. Mary's, Berkeley)	1980
51.86	Raymond Young (Hawthorne)	1984
52.43	Jim Scannella (San Ramon Vly, Danvl)	1979
52.60	JoVesa Naivalu (Fremont, Sunnysvale)	1996
52.92	Albert Pride (Grant, Sacramento)	1987
53.05	Mike King (Menlo-Atherton)	1985
53.15*	Andre Phillips (Silver Crk, San Jose)	1977
53.18	Greg Muniz (Woodbridge, Irvine)	1992
53.21	Steve Kerho (Mission Viejo)	1982
53.22	Wilbert Moore (Pleasanton)	1996
53.23	George Porter (Cabrillo, Lompoc)	1984
53.37	Mike Englehart (DeLaSalle, Concord)	1986
53.38	Tim Hoban (Foothill, Pleasanton)	1981
53.67	Mark White (Richmond)	1977
53.68	Tonie Campbell (Banning, Wilmington)	1978
53.76	Michael Graham (Hawthorne)	1984
53.78	Chris Crisman (Poly, Riverside)	1981
53.81	Larry Cowling (Sacramento)	1978
53.87	Vince Newsome (Vacaville)	1979

### Hand Time:

51.5	Charles White (San Fernando)	1976
51.6	Richard Graybehl (Las Lomas, WalCrk)	1974
52.2*	Ron Seanez (Gilroy)	1981
52.4	Dixon Farmer (Miramonte, Orinda)	1959
52.4	Mark Low (Pomona)	1969
52.4	Henry Andrade (Johnson, Sacto)	1980
52.7	Walter Murray (Berkeley)	1981
52.7	Erick Montgomery (Independence, SJ)	1983
53.5*	Leif Liebrand (Alhambra)	1960
53.6*	John Brooks (Mt. Diablo, Concord)	1965

## Shot Put

(16 pound)

**Frosh:** — **Soph:** — **Junior:** 53-7 1/2 Brian Blutreich (Capistrano Valley) 1984. **Senior:** 57-10 1/4 Dave Murphy (Sunny Hills, Fullerton) 1966.

57-10 1/4	Dave Murphy (Sunny Hills, Fullerton) @	1966
57-9 3/4	Steve Montgomery (Lassen, Sunnyvly)	1976
57-4	John McKenzie (Hart, Newhall)	1976
56-5	Dave Doupe (Inglewood)	1973
55-10 1/2	Jim Neidhart (Newport Harbor)	1973
55-9	Dave Kurrasch (Newport Harbor)	1975
55-4 1/2	Lonnie Shelton (Foothill, Bakersfield)	1973
55-3 1/4	Terry Albritton (Newport Harbor)	1972
55-1	John Hubbell (Poly, Long Beach)	1966
55-0	Dave Porath (Atwater)	1978
54-11 1/2	John Brenner (Fullerton)	1979
54-11 1/2	John Bender (Shafter)	1984
54-11	Mark Bailey (Helix, La Mesa)	1979
54-7	Bruce Wilhelm (Fremont, Sunnysvale)	1963
54-6 3/4	Steve Marcus (Palisades)	1965
54-6	Matt Pentecost (Loyola, LA)	1995
54-1	Tom Colich (Inglewood)	1966
53-11	Greg Altkenhead (Mission Viejo)	1984
53-7 1/2	Brian Blutreich (Capistrano Valley)	1984
53-7	Bob Brannen (Los Gatos)	1964
53-6	Bill Pace (El Rancho, Pico Rivera)	1961
53-4 3/4	Mike McKeever (Mt. Carmel, LA)	1957
53-4	Bret Mannon (Los Gatos)	1972
52-10	Homer Robertson (Pacific, San Bern)	1956
52-9 3/4	Don Vick (Chaffey, Ontario)	1953

## Discus

(International)

**Frosh:** — **Soph:** 156-10 Jeff Buckley (Bakersfield) 1990. **Junior:** 164-10 Reedus Thurmond (Serra, Gardena) 1997. **Senior:** 177-4 Ron Burton (Vacaville) 1974.

177-4	Ron Burton (Vacaville) @	1974
169-0	Chris Adams (Los Altos)	1970
168-8	Scott Endler (Hoover, Fresno)	1976
167-3	Lonnie Shelton (Foothill, Bakersfield)	1973
167-1	Dave Hickson (Leland, San Jose)	1973
164-10	Reedus Thurmond (Serra, Gardena)	1997
164-4	Bob Stoecker (Los Altos)	1962
164-4	Matt Karsevar (Clovis)	1989
163-9	Dave Porath (Atwater)	1978
161-2	Steve Lehmer (Loara, Anaheim)	1966
160-4	Dave Powell (Vacaville)	1976
160-0	Mike Lewis (Lincoln, San Francisco)	1957
160-2	Jack Egan (Balboa, San Francisco)	1954
158-11	Ralph Fruguglietti (Albany)	1973
158-3	John Bello (Rancho Cucamonga)	1996
156-11	Sim Iness (Tulare)	1948
156-10	Jeff Buckley (Bakersfield)	1990
156-8	Jamie Presser (Cupertino)	1989
156-2	Chad Jones (Arroyo Grande)	1995
155-3	Brian Blutreich (Capistrano Valley)	1984
155-0	Fred Huston (Camarillo)	1972
154-0	Mark Bailey (Helix, La Mesa)	1979
154-0	John Davis (Wilson, Long Beach)	1995
153-10	Dave Davis (Canoga Park)	1956
153-5	Jay Pushkin (Los Altos)	1973

## Hammer

**Frosh:** — **Soph:** 190-7 Lucas McKay (Central Catholic, Modesto) 1997. **Junior:** 211-4 John Badovinac (Jesuit, Carmichael) 1996. **Senior:** 220-3 John Badinovac (Jesuit, Carmichael) 1997.

220-3	John Badovinac (Jesuit, Carm) @Sacto	1997
219-2	Kevin McMahon (Bellarmine, SJose)	1990
207-2	Jeremy Robinson (Bellarmine, SJose)	1992
203-8	Jim Beene (Dos Pueblos, Goleta)	1989
199-7	Marc Mazzoni (Bellarmine, San Jose)	1995
191-2	David Popejoy (Bellarmine, San Jose)	1989
190-7	Lucas McKay (CentCatholic, Modesto)	1997
179-4	Bill Stengele (Los Gatos)	1992
177-6	Toby Norwood	1992
176-7	Alex Maschmeyer (DelCampo, FairOks)	1997
176-2	Dave Charlesworth (Los Gatos)	1992
171-6	Chad Stearns (Bellarmine, San Jose)	1984

## Decathlon

**Frosh:** — **Soph:** 5410 Dave McCabe (Savannah, Anaheim) 1989. **Junior:** 6444 Dixon Farmer (Miramonte, Orinda) 1958. **Senior:** 6970 Tom Richards (San Marcos, Santa Barbara) 1988.

6970	Tom Richards (San Marcos, S Barb) @	1988
6711	Bob Mathias (Tulare)	1948
6613	Rick Martinez (Claremont)	1983
6526	John Sheerer (Upland)	1979
6444	Dixon Farmer (Miramonte, Orinda)	1958
6396	Andrew Herman (Santa Ynez)	1989



# All-Time Boys

3:27.9yd

6384	Shawn Collins (Los Gatos)	1986
6343	Pat Nevins (Enterprise, Redding)	1986
6256	John Sheerer (Upland)	1979
6255	Tim Baker (Oakdale)	1986
6202	Andy Connor (Yreka)	1987
6201	Joey Duarte (Notre Dame, ShermOaks)	1985
6084	Danny Haag (Granada Hills)	1994
6060	Levar Castillo (Lymwood)	1995
6012	David Kuhn (Calvary Chapel, SAna)	1996
5979	Chris Prescott (Chino)	1992
5907	Jeff Lamonica (Poly, Sun Valley)	1987
5865	Chris Campbell (Poly, Riverside)	1995
5845w	Isaiah Mustafa (Santa Clara, Oxnard)	1992
5804	Jon Cartwright (Porterville)	1994
5778	Jim Gash (Santa Rosa)	1985
5769w	Mark Aucutt (Santa Clara, Oxnard)	1992

## 800 Meter Relay

(\* 880 yards minus 0.5)

1:25.1*	Berkeley @	1980
1:25.1	Berkeley @ Sacramento (Clewis, Walker, Murray, Robinson)	1981
1:25.4*	Jefferson, LA -1 (Batten, White, Phillips, Randall)	1956
1:25.4*	Dorsey, LA (Grant, Hanley, Parriah, Underwood)	1966
1:25.4	Berkeley	1995
1:25.41	Hawthorne (Hanna, Vallery, Carroll, Conway)	1987
1:25.5*	Castlemont, Oakland -1	1960
1:25.5*	Jefferson, LA	1963
1:25.5*	Castlemont, Oakland	1965
1:25.5*	Fremont, LA -1	1967
1:25.5*	Centennial, Compton	1967
1:25.6*	Centennial, Compton -1	1961
1:25.6*	Jefferson, LA -1	1962
1:25.6*	Jefferson, LA	1964
1:25.70	Muir, Pasadena (Bell, Blades, Hatcher, Brown)	1984
1:25.7*	San Bernardino	1962
1:25.7*	Los Angeles	1964
1:25.7*	Muir, Pasadena	1967
1:25.73	Muir, Pasadena	1987
1:25.8*	McClymonds, Oakland	1962
1:25.8*	San Diego -1	1963
1:25.8*	Manual Arts, LA	1963
1:25.8*	Fremont, LA	1965
1:25.8*	Gardena	1966
1:25.8*	Hamilton, LA	1965

## 3200 Meter Relay

(\* 2 miles minus 2.8)

7:41.2*	El Cerrito @ Berkeley (Stodden, Wolfe, Rice, Wood)	1969
7:41.35	De La Salle, Concord	1997
7:41.4*	Berkeley	1965
7:43.4*	Arcadia (Hoar, Hughes, Cass, Stuart)	1973
7:43.6*	Taft, Woodland Hills (Berry, Gould, Lagorio, Donahue)	1973
7:44.3	Hawthorne	1985
7:45.2*	Tustin	1965
7:45.78	Thousand Oaks (McCarter, Patterson, Tadlock, Fairman)	1987
7:45.79	La Canada	1983
	(Trevethick, Smith, Larson,, Trevethick)	1983

7:46.08	Rio Mesa, Oxnard	1987
7:46.4*	Mission Viejo	1973
7:46.4*	Notre Dame, Sherman Oaks (Morrill, Russell, McKenna, Rochelau)	1975
7:46.6*	Oakland	1976
7:46.8*	La Canada (Koningh, Seaman, Sherburn, Dastrup)	1974
7:47.0*	El Cerrito (Sproul, Ennis, Kaufman, Scott)	1971
7:47.6*	Del Valle, Walnut Creek (Ellison, Burke, Guichard, See)	1971
7:47.8*	Pittsburg	1967
7:48.0*	Hoover, Glendale	1961
7:48.23	Pasadena	1983
7:48.4*	Castlemont, Oakland	1969
7:48.4	El Modena	1981
7:48.4*	Dos Pueblos, Goleta	1981
7:48.59	Eisenhower, Rialto	1990
7:48.86	Bellarmine, San Jose	1990
7:49.2*	La Canada	1973

## 6400 Meter Relay

(\* 4 miles minus 7.2)

17:06.0*	Lompoc @ (Schankel, Fabing, Gilmore, Williams)	1973
17:07.8*	Clairemont, San Diego (Novak, Lord, Harper, Fleet)	1971
17:21.4*	Jesuit, Carmichael (Thomas, Thomas, Mastalir, Mastalir)	1986
17:23.6*	Leigh, San Jose	1979
17:24.8*	Mission San Jose, Fremont	1979
17:25.9*	Helix, La Mesa	1979
17:26.4*	Jesuit, Carmichael	1979
17:26.9*	Mission San Jose, Fremont	1980
17:28.1*	Mission San Jose, Fremont	1978
17:29.7*	Skyline, Oakland	1978
17:30.2*	San Geronio, San Bernardino (Troutman, Muller, Daniels, Flynn)	1975
17:30.4*	Foothill, Santa Ana	1975
17:32.2*	Dos Pueblos, Goleta (Phillips, Szerwo, Lambert, Bjorkman)	1972
17:33.72	Camarillo	1990
17:33.72	Hart, Santa Clarita	1993
17:33.8*	Marina, Huntington Beach	1973
17:34.0*	Crespi, Encino	1965
17:34.4*	Monte Vista, Spring Valley	1973
17:34.4*	Crawford, San Diego (Best, Shepherd, Hendrick, Lean)	1975
17:34.59	De La Salle, Concord	1996
17:35.4*	Mira Costa, Huntington Beach	1970
17:35.4*	Glendale	1974
17:35.61	Walnut	1989
17:35.8*	Crescenta Valley	1976
17:36.3*	Leigh, San Jose	1978

## Sprint Medley Relay

(\* mile minus 1.1)

3:21.1	Berkeley @ Sacramento (Clewis, Murray, Robinson, Richardson)	1981
3:21.15	Hawthorne (Thomas, Marsh, Graham, Kelly)	1985
3:23.5	Compton (Barksdale, Davis, Smith, Davis)	1980
3:23.82	Hawthorne (Thomas, Marsh, Young, Kelly)	1984
3:24.9	Compton	1981
3:26.3*	La Habra	1961

3:26.8*	Orange	1961
3:26.8*	Independence, San Jose	1988
3:26.9*	La Habra	1962
3:27.04	Logan, Union City	1995
3:27.3*	Hoover, Glendale	1962
3:27.3*	Los Angeles	1969
3:27.3*	Bakersfield (Barber Mosley, Harris, Dalzell)	1981
3:27.33	El Modena (MCGoveny, Nusbrand, Smith, Esparza)	1982
3:27.7*	Bakersfield (Barber Mosley, Watkins, Johnson)	1980
3:27.8*	El Cerrito (Ennis, Walker, Watson, Scott)	1972
3:27.9*	Poly, Long Beach	1960
3:27.93*	Compton	1982
3:28.1*	Anaheim	1985
3:23.13	Muir, Pasadena	1995
3:28.25*	Walnut	1982
3:28.3*	South Gate	1961
3:28.3*	San Geronio (Vincon, Ellison, Grant, Flynn)	1975
3:28.3	Berkeley	1980
3:28.4*	Castlemont, Oakland (Morgan, Robert, Rodgers, Curry)	1971

## Distance Medley Relay

(400, 800, 1200, 1600)

(\* 2 1/2 miles minus 4.6)

9:56.3	Jesuit, Carmichael @ San Jose (Thomas, Cahill, Mastalir, Mastalir)	1986
9:58.4*	Lompoc (Jackson, Costa, Gilmore, Williams)	1973
10:02.3	Eisenhower, Rialto	1979
10:03.57*	Bella Vista, Fair Oaks (Wardlow, Reyes, Sparks, Kuphaldt)	1982
10:05.6*	Valley, El Cajon (Kuehne, Smith, Owens, Cotton)	1972
10:05.8*	Eisenhower, Rialto (Assumma, birks, Harris, Assumma)	1978
10:07.4*	El Modena (Fredman, Nelson, Woolley, White)	1970
10:08.8*	Berkeley	1965
10:09.0*	Crescenta Valley	1976
10:09.1*	Wilcox, Santa Clara	1965
10:09.1*	Compton	1981
10:09.6*	Poly, Long Beach	1970
10:09.71	Corona Del Mar	1989
10:09.8	El Cerrito (Scott Sidney, Sproul, Bailey)	1972
10:10.2*	Leigh, San Jose (Kirkham, Andrews, Suhr, Fritzsche)	1975
10:10.4*	La Canada (Verniere, Dastrop, Sherburn, Koningh)	1974
10:10.6*	University, LA	1976
10:11.1*	Reedley (Taplac, Clark, Bravo, Nicholas)	1971
10:11.4*	Clairemont, San Diego	1972
10:11.4*	Laguna Beach	1976
10:12.2*	Burlingame	1969
10:12.2	Thousand Oaks	1980
10:12.6	Compton	1968
10:12.6*	Skyline, Oakland (Klugh, Foster, Moss, Johnson)	1975
10:12.6	Santa Barbara	1980



# All-Time California High School Boys List

By Robert Womack

The All-Time California Boys High School List includes marks received through July 23, 1997.

I, again, acknowledge the help of others, including, but not limited to, Ron Blackwood, Steve Brand, Keith Conning, Scott Fairley and Jack Shepard. Responsibility for errors and omissions is entirely that of the writer. Please send additions and corrections to Bob Womack, 1540 East Shaw, Suite 118, Fresno, CA 93710 or FAX to (209) 225-6951.

Also again, numbers following the year of performance indicate the number of state championships won.

I have accepted Van Mounts' 71-10 "foul" at the National Scholastic Meet as legitimate so that it is not only the state junior class record, but also makes Mounts the No. 2 performer all-time. (Sharp-eyed readers of the lists will have noted that we gave the same treatment to Suzy Powell's 1995 Modesto mark in the girls' discus, which is the state record.) My reasoning is that the put in question was well within the sector, as defined by high school rules. However, the NSO was using the (narrower) international sector and Mounts' throw landed inches outside the foul line. Why the National Scholastic, as a high school meet, was using the international sector is an excellent question. An even better one might be why there are multiple sets of rules in the first place?.

-Bob Womack

## 100 Meters

**State Meet Record:** 10.30 Riley Washington (Southwest, San Diego) 1992 at Norwalk. **Frosh:** 10.62 Marquez Holliwell (West, Bkfld) 1992. **Soph:** 10.43 Bryan Howard (Canyon Springs, Moreno Vly) 1993. **Junior:** 10.27 Henry Thomas (Hawthorne) 1984. **Senior:** 10.25 Henry Thomas (Hawthorne) 1985.

10.25	Henry Thomas (Hawthorne)-1 @ERock	1985
10.29	Ricky Carrigan (Compton)-1	1991
10.30	Quincy Watts (Taft, Woodland Hillsd)-1	1987
10.30	Riley Washington (Southwest, SD)-1	1992
10.31	Bryan Howard (CynSpr, MorVly)-1	1994
10.33	Marquez Holliwell (West, Bkfld) -1	1995
10.36	Corey Ealy (Muir, Pasadena)	1987
10.37	Pat Johnson (Redlands)-1	1994
10.39	Kenny Robinson (Berkeley)-1	1981
10.39	Ray Brown (Muir, Pasadena)	1984
10.41	Tony Miller (Riordan, San Francisco)	1987
10.41	Stoney Jordan (Indio)	1993
10.41	Barry Smith (Mission, San Francisco)	1989
10.42	Benari Burroughs (Indep, San Jose)	1988
10.42	Curtis Conway (Hawthorne)-1	1989
10.42	Bryan Harrison (Dana Hills)	1995
10.43	Jeff Laynes (Oakland)	1989
10.44	Stanley Davis (Inglewood)	1984

10.45	Darron Norris (El Camino (Oceanside)	1984
10.45	Jim McGee (Sacramento) -1	1996
10.45	Vince Williams (Univ City, San Diego)	1996
10.46	Kevin Willhite (Cordova, RCordova)	1981
10.46	Gentry Bradley (Pius X, Downey)	1992
10.46	Tierre Sams (Edison, Fresno)	1996
10.47	Miguel Fletcher (Alemany, MissHills)	1996

### Hand Timing:

10.2	Michael Sanford (Pasadena)	1979
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## 200 Meters

(\*220 Yards Minus 0.12)

**State Meet Record:** 20.77 Henry Thomas (Hawthorne) at Los Angeles 1984. **Frosh:** 21.15 Warren Rogers (Serra, Gardena) 1997. **Soph:** 20.97 Quincy Watts (Taft, Woodland Hills) 1986 and Kareem Kelly (Poly, Long Beach) 1997. **Junior:** 20.50 Quincy Watts (Taft, Woodland Hills) 1987. **Senior:** 20.53 Brian Bridgewater (Washington, L.A.) 1988.

20.50	Quincy Watts (Taft, WdIndH) at Provo-2	1987
20.53	Brian Bridgewater (Washington, L.A.)-1	1988
20.57	Calvin Harrison (North, Salinas)-1	1993
20.62	Sultan McCullough (Muir, Pasadena)	1997
20.64	Henry Thomas (Washington, L.A.)-2	1985
20.67	Bryan Howard (Cyn Spr, MorVly)	1994

20.68*	James Sanford (Pasadena)	1977
20.77	Obea Moore (Muir, Pasadena) -1	1996
20.80	Corey Ealy (Muir, Pasadena)	1987
20.81	Kevin Willhite (Cordova, RCordova)-1	1981
20.82	Michael Marsh (Hawthorne)-1	1985
20.82	Barry Smith (Mission, S.F.)-1	1989
20.83	Pat Johnson (Redlands)-1	1994
20.85	Ricky Carrigan (Compton)-1	1991
20.88*	Michael Sanford (Pasadena)	1979
20.89	Curtis Conway (Hawthorne)	1989
20.91	Bill Green (Cubberley, Palo Alto)	1979
20.97	Danny Everett (Fairfax, L.A.)	1985
20.97	Kareem Kelly (Poly, Long Beach)	1997
20.99	Vince Williams (Univ. City, San Diego)	1996
21.00	Raymond Ethridge (Crawford, SDiego)	1987
21.01	Chip Rish (Marina, Huntington Beach)	1985
21.03	Ken Robinson (Berkeley)-1	1981
21.06	Marquez Holliwell (West. Bkfld)	1995
21.06	Miguel Fletcher (Alemany, Miss Hills)	1996

### Hand Timing: (\*220 yds. minus 0.1)

20.6*	Phil Underwood (Dorsey, L.A.)-1	1966
20.6*	Mel Gray (Montgomery, Santa Rosa)-1	1967
20.7*	Carl McCullough (Sacramento)	1972
20.7*	Mike Farmer (Wilson, S.F.)	1974
20.7*	Dupree Branch (Barstow)	1976
20.7	Eric Coleman (Monrovia)	1982
20.8*	James Hines (McClymonds, OkInd)-1	1964
20.8*	Dave Masters (El Cerrito)	1967
20.8*	Millard Hampton (Silver Crk, SJose)-1	1974

## 400 Meters

(\*400 Yds. Minus 0.26)

**State Meet Record:** 45.25 Calvin Harrison (North, Salinas) 1993 at Cerritos. **Frosh:** 46.96 Obea Moore (Muir, Pasadena) 1994. **Soph:** 45.14 Obea Moore (Muir, Pasadena) 1995. **Junior:** 45.27 Obea Moore (Muir, Pasadena) 1996. **Senior:** 45.09 Henry Thomas (Hawthorne) 1985.

45.09	Henry Thomas (Hawthorne) at Berlin	1985
45.14	Obea Moore (Muir, Pasadena) -1	1995
45.25	Calvin Harrison (North, Salinas)-1	1993
45.51	Bill Green (Cubberley, Palo Alto)-1	1979
45.76	Danny Everett (Fairfax, L.A.)	1985
45.76	Steve Lewis (American, Fremont)-2	1987
46.04	Chip Rish (Marina, Huntington Bch)-2	1985
46.15	Michael Granville (Bell Gardens)	1995
46.16	Steve Campbell (Alta Loma, Ontario)	1995
46.25	Alvin Harrison (North, Salinas)	1993
46.34*	James Sanford (Pasadena)-1	1977
46.34	Tyree Washington (LaSierra,Rivsd)	1995
46.38	Fabian Cooper (Washington, L.A.)-1	1982
46.49	Tony Berrian (Atwater)	1997
46.53	Eddie Levine (Golden Vly, Merced)-1	1997



# All-Time Boys

46.57*	Dave Timmons (Oakland)-1	1981
46.62	Jerome Davis (Burroughs, Ridg)	1995
46.63	Beno Bryant (Dorsey, L.A.)-1	1989
46.67*	Rod Bethany (Fontana)	1978
46.67	Quincy Watts (Taft, Woodland Hills)	1988
46.68	Derrick Shepard (Lincoln, SF)-1	1992
46.68	Felton Charles (McClymonds, Oakld)	1996
46.72	Richard Dupree (Mt. Pleasant, SJ)-1	1992
46.75*	Ron Williams (Chatsworth)	1977
46.80	Blair McMurray (Compton)	1982
<b>Hand Timed: (*440 yds. minus 0.3)</b>		
45.7	Chip Rish (Marina, Hunt Bch)-2	1985
45.8*	Ulis Williams (Compton)-2	1961
46.3*	Larance Jones (Lemoore)-1	1969
46.4*	Jerry White (Corcoran)-2	1956
46.4*	Edesel Garrison (Centennial, Comp)-1	1968
46.4*	Tony Krzyzosiak (Garden Grove)-1	1971
46.4*	Dave Timmons (Oakland)-1	1981
46.5*	Ray Johnson (Blair, Pasadena)	1971
46.5*	Rod Bethany (Fontana)	1978
46.6*	Lee Evans (Overfelt, San Jose)	1965
46.6*	Mike Newton (Whittier)-1	1967
46.6*	Wayne Collett (Gardena)-1	1967
46.6*	Derald Harris (Pittsburg)-1	1976
46.6	James Levine (Golden Vly, Merced)	1997

## 800 Meters

(\*880 Yds. Minus 0.7)

**State Meet Record:** 1:46.45 Michael Granville (Bell Gardens) 1996 @ Norwalk. **Frosh:** 1:51.03 Michael Granville (Bell Gardens) 1993. **Soph:** 1:48.98 Michael Granville (Bell Gardens) 1994. **Junior:** 1:47.96 Michael Granville (Bell Gardens) 1995. **Senior:** 1:46.45 Michael Granville (Bell Gardens) 1996.

1:46.45	Michael Granville (BGard) -2 @Norwalk	1996
1:47.31	Pete Richardson (Berk) at Norwalk-1	1981
1:47.8*	Dale Scott (El Cerrito)-1	1972
1:48.1*	Richard Joyce (Sierra, Whittier)-1	1065
1:48.2	Jeff West (Crenshaw, L.A.)	1979
1:48.3*	Clark Mitchell (Bakersfield)	1965
1:48.40	Aaron Richberg (Logan, Union City) -1	1995
1:48.5*	Dennis Carr (Lowell, Whittier)-1	1963
1:48.5*	Robert Hose (Madison, San Diego)-1	1964
1:48.52	James Levine (Gold Vly, Merced)-1	1997
1:48.7*	Jim Walters (Estancia, Costa Mesa)-1	1977
1:49.0*	Dan Aldridge (Petaluma)	1975
1:49.16	Obea Moore (Muir, Pasadena)	1995
1:49.21	Eric Schermerhorn (Wdbridge, Irvine)-1	1984
1:49.29	Michael Stember (Jesuit, Carmichael)	1996
1:49.30	Scott Cox (Wilson, Long Beach)	1981
1:49.3*	Dave Kingsland (El Modena)	1977
1:49.4*	Brent Tubb (Cleveland, Reseda)	1971
1:49.42	Vondre Armour (Bakersfield)-1	1994
1:49.43	Eddie Davis (Compton)	1981
1:49.50	Brian Wilkinson (Merced)	1993
1:49.5*	David Mack (Locke, L.A.)-2	1979
1:49.56	Mike Katri (Fortuna)-1	1992
1:49.64	Milton Hughes (Stagg, Stockton)	1992
1:49.7*	Terry Rogers (Hilltop, Chula Vista)-1	1966

## 1600 Meters

(\* One Mile Minus 1.8)

**State Meet Record:** 4:05.4y Mark Schilling (Garden Grove) 1972 at Oroville. **Frosh:** 4:15.4\* Harry Nicholas (Reedley) 1968. **Soph:** 4:07.5\* Jim Arriola (Gahr,

Cerritos) 1974. **Junior:** 4:02.4\* Curtis Beck (Santa Monica) 1972. **Senior:** 3:57.6\* Tim Danielson (Chula Vista) 1966.

3:57.6*	Tim Danielson (ChVista) at SDiego-2	1966
4:00.6*	Rich Kimball (DeLaSalle, Concord)-1	1974
4:02.4*	Curtis Beck (Santa Monica)	1972
4:03.5*	Paul Medvin (University, L.A.)-2	1979
4:03.6*	Mark Schilling (Garden Grove)-1	1972
4:03.7*	Terry Cotton (Valley, El Cajon)	1972
4:03.98*	Mebrahtom Keflezighi (San Diego)-1	1994
4:04.00	Mike Stember (Jesuit, Carm) -1	1995
4:04.15	Mark Mastalir (Jesuit, Carmichael)-1	1986
4:04.21*	Pedro Reyes (Jesuit, Carmichael)	1980
4:04.23	Eric Mastalir (Jesuit, Carmichael)	1986
4:04.66*	Steve Whitcomb (Helix, La Mesa)	1979
4:04.8*	Thom Hunt (Henry, San Diego)	1976
4:04.86*	Harold Kuphaldt (Bella Vista, Fair Oks)	1982
4:04.9*	Barrie Williams (North, Torrance)	1972
4:04.9*	Andy Clifford (Sunny Hills, Fullerton)	1974
4:05.1*	Mark Stillman (Willow Glen, SJose)-1	1977
4:05.2*	Ralph Serna (Loara, Anaheim)	1975
4:05.29*	Roman Gomez (Belmont, LA)-2	1985
4:05.4*	Armando Valencia (Valley, El Cajon)	1967
4:06.1*	Mark Fricker (Hemet)	1977
4:06.18	Larry Guinee (Castro Valley)-1	1980
4:06.2*	Pete Romero (Reedley)	1967
4:06.26	Coley Candaele (Carpinteria)-1	1990
4:06.4*	Alvin Gilmore (Lompoc)-1	1973
4:06.4*	Ray Wicksell (West Covina)	1974
4:06.4*	Stan Ross (Serra, San Mateo)	1977

## 3200 Meters

(\* 2 Miles Minus 3.6)

**State Meet Record:** 8:44.9 Eric Hulst (Laguna Beach) at San Diego 1975. **Frosh:** 9:00.8\* Eric Hulst (Laguna Beach) 1973. **Soph:** 8:46.9\* Eric Hulst (Laguna Beach) 1974. **Junior:** 8:41.3\* Eric Hulst (Laguna Beach) 1975. **Senior:** 8:32.7\* Jeff Nelson (Burbank) 1979.

8:32.7*	Jeff Nelson (Burbank) at Westwood-2	1979
8:40.4*	Eric Reynolds (Camarillo)-1	1983
8:41.0*	Eric Hulst (Laguna Beach)-2	1976
8:41.6*	Thom Hunt (Henry, San Diego)	1976
8:42.3*	Ralph Serna (Loara, Anaheim)	1975
8:42.9*	Rich Kimball (DeLaSalle, Concord)-1	1974
8:44.95	Eric Mastalir (Jesuit, Carmichael)-1	1986
8:45.2*	Curtis Beck (Santa Monica)-1	1972
8:46.78	Jon Butler (Edison, Hunt Beach)-1	1981
8:48.8*	Chuck Assumma (Eisenhower, Rialto)	1979
8:49.0*	Don Moses (Crescenta Valley)	1976
8:49.3*	Frank Assumma (Eisenhower, Rialto)-1	1977
8:49.4*	Pete Romero (Reedley)-1	1967
8:49.7*	Marc Genet (Santa Ana)	1972
8:49.8*	Rod Berry (Redwood, Larkspur)	1977
8:49.9*	Dave Taylor (Merced)	1972
8:50.2*	Dale Fleet (Clairemont, San Diego)-1	1971
8:50.2*	Mark Spilsbury (Foothill, Tustin)	1976
8:50.6*	Jim Salcido (Sunny Hills, Fullerton)	1972
8:50.8*	Jose Amaya (Wilson, Los Angeles)	1971
8:50.8*	Gordon Innes (Upland)	1971
8:50.8*	Sal Godinez (Salesian, Los Angeles)	1976
8:51.0*	Bob Grubbs (Washington, Fremont)	1972
8:51.15*	Marc Dani (Valhalla, El Camino)	1986
8:51.15*	Jay Marden (Miss San Jose, Fremont)	1981

## 110 Meter Hurdles

(\* 120 Yards Plus 0.03)

**State Meet Record:** 13.41-Steve Kerho. Mission Viejo, @ Sacramento, 1982. **Frosh:** 14.89 Kenyon Rambo (Poly, Long Beach) 1994. **Soph:** 14.34 Kenyon Rambo (Poly, Long Beach) 1995. **Junior:** 13.69\* Phillip Johnson (Gardena) 1977. **Senior:** 13.41 Steve Kerho (Mission Viejo) 1982.

13.41	Steve Kerho (Mission Viejo) at Sacto-1	1982
13.48	Dominique DeGrammont (Tustin) -1	1997
13.58	Sharif Paxton (Crenshaw, LA)	1997
13.64	Kenyon Rambo (Poly, Long Beach)	1997
13.67*	Phillip Johnson (Gardena)-1	1978
13.67	David Ashford (West Covina)-1	1981
13.67	Isaac Carson (Jefferson, DalyCity)-1	1991
13.68	Jovesa Naivalu (Frem, Sunnyvale) -2	1996
13.73	Don Ward (St. Mary's, Berkeley)-1	1980
13.79	Henry Andrade (Hiram Johnson, Sacto)	1980
13.79	Troy Weaver (Edgewood, Covina)	1982
13.80	Ron Brown (Bishop Amat, La Puente)	1982
13.80	Makio Haywood (Muir, Pasadena)	1996
13.81*	Ken Margerum (Fountain Valley)	1977
13.84	Shelton Boykin (San Fernando)	1987
13.84	Dana Hall (Ganessa, Pomona)-1	1987
13.85	Ronnie McCoy (Edison, Fresno)	1981
13.86	Brian DePass (Montgomery, SD)	1997
13.87*	Milan Stewart (West Covina)-1	1978
13.87	Drue Powell (Reseda)-1	1993
13.87	Dominique De Grammont (Tustin)	1996
13.88	Robert Reading (St. Mary's, Berkeley)-1	1985
13.88	Terry Johnson (Katella, Anaheim)-1	1986
13.88	Ron Copeland (Dorsey, Los Angeles)	1987
13.90*	Jim Scanela (San Ramon, Danville)-1	1979
13.90	Erick Montgomery (Indep, San Jose)	1983

**Hand Timing:**

13.2y	Dedy Cooper (Harry Ells, Richmond)	1975
13.3y	Robert Gaines (Kennedy, Richmond)-1	1975
13.3y	Jon Peterson (Saddleback, Santa Ana)	1975
13.3y	Phillip Johnson (Gardena)-1	1978
13.5y	Ken Margerum (Fountain Valley)	1977
13.6	Arend Watkins (Silver Creek, San Jose)	1997
13.6y	Charles Jackson (Lompoc)-1	1971
13.6y	Dan Jones (Palo Verde, Blythe)-1	1972
13.6y	Tom Andrews (West, Bakersfield)	1973
13.6y	Carl Florant (Palo Alto)	1973
13.6y	Mike Harris (Indio)	1974
13.6y	Wilbur Gregory (Mission Viejo)	1975
13.6y	Tonie Campbell (Banning, Wilmington)	1978

## 300 Meter Int. Hurdles

(\* 330 Yards Minus 0.19)

**State Meet Record:** 35.50 George Porter (Cabrillo, Lompoc) at Sacramento 1985. **Frosh:** 38.07 Kenyon Rambo (Poly, Long Beach) 1994. **Soph:** 37.18 Kenyon Rambo (Poly, Long Beach) 1995. **Junior:** 36.10 George Porter (Cabrillo, Lompoc) 1984. **Senior:** 35.32 George Porter (Cabrillo, Lompoc) 1985.

35.32	George Porter (Cabr, Lomp) @ Walnut-2	1985
36.18	Makio Haywood (Muir, Pasadena) -1	1996
36.26	Jovesa Naivalu (Fremont, Sunnyvale)	1996
35.43	John Montgomery (Indep, San Jose)-1	1988
36.44	Kevin Jones (Mt. Miguel, Spring Valley)	1988
36.57	Kenyon Rambo (Poly, Long Beach) -1	1997
36.56	Michael Graham (Hawthorne)	1985



# All-Time Boys

36.59	Mickey Grimes (Cyn Spr, MorVly) -1	1995
36.65	Ken Haslip (Muir, Pasadena)-2	1994
36.70	Dominique DeGrammont (Tustin)	1997
36.71	Kenny Hall (Ganesha, Pomona)	1985
36.74	Keith Pontiflet (Esperanza, Anaheim)	1985
36.76	Mike King (Menlo-Atherton)	1985
36.80	Raymond Young (Hawthorne)	1984
36.80	Jason Medearis (Hart, Newhall)	1994
36.82	Felix Sanchez (Univ City, SD)	1995
36.83	Anthony Reynolds (Fremont, L.A.)	1984
36.84	Gordon Bugg (West Covina)	1984
36.88	Yki Vallery (Hawthorne)-1	1987
36.88	Keith Williams (Escondido)-1	1991
36.90	Bill Gaines (Indep, San Jose)	1986
37.00	Tracy Smith (R Buena Vista, Vista)	1997
37.07	Chris Redmond (Vallejo)	1992
37.08	Nate Wright (Oakland)	1988
37.10	Al Blades (Muir, Pasadena)	1984
<b>Hand Timed: (*330 yards minus 0.2):</b>		
36.2"	Dedy Cooper (Harry Ells, Richmond)	1975
36.2"	Charles White (San Fernando)	1976
36.6	Ron Seanez (Gilroy)	1981

## High Jump

**State Meet Record:** 7-3 1/4 Lee Balkin (Glendale) at Sacramento 1979. **Frosh:** 6-10 Gabriel Zarate (Selma) 1996. **Soph:** 7-2 Gabriel Zarate (Selma) 1997. **Junior:** 7-3 Maurice Crumby (Balboa, S.F.) 1982. **Senior:** 7-4 1/2 Maurice Crumby (Balboa, S.F.) 1983.

7-4 1/2	Maurice Crumby(Balb,S.F.)@Stanfd-2	1983
7-4	Jeremy Fischer (Camarillo)-1	1994
7-3 1/4	Lee Balkin (Glendale)-1	1979
7-3	Reynaldo Brown (Compton)-3	1968
7-3	Tim Pottl (Alemany, Mission Hills)	1979
7-3	Jeff Rogers (Overfelt, San Jose)	1985
7-3	Avery Anderson (North, Riverside)-1	1991
7-2 1/4	Jeff Nadeau (Monroe, Sepulveda)-1	1993
7-2 1/4	Jason Howard (Ridgeview, Bkfld) -1	1997
7-2	Billy Hice (Oakland)	1977
7-2	Dennis Smith (Santa Monica)-1	1977
7-2	Kerry Myers (Berkeley)	1978
7-2	Frank Schiefer (Madison; San Diego)	1979
7-2	Kenny Burke (Westlake, Simi Valley)-1	1984
7-2	Reggie Betton (AntVly, Lancaster)-1	1988
7-2	Art Lloyd (Eisenhower, Rialto)	1994
7-2	Elliott Parks (El Toro)	1997
7-2	Gabriel Zarate (Selma)	1997
7-1 3/4	Mark Wilson (Monte Vista, Danville)	1974
7-1 1/2	Dwight Stones (Glendale)-1	1971
7-1 1/2	Todd Kelly (Big Valley, Bieber)	1993
7-1 1/4	Otis Hailey (Wasco)	1968
7-1 1/4	Luis Juico (Piedmont Hills, San Jose)-1	1987
7-1	Rob Olson (El CamReal, Woodland H)	1977
7-1	Greg Denby (Orenshaw, L.A.)-1	1980
7-1	Anthony Caire (Pius X, Downey)-1	1981
7-1	Maury Burnett (Washington, L.A.)	1982
7-1	Andre La Coste (Lakewood)	1988
7-1	Mark Wilson (charter Oak, Covina)-1	1989
7-1	Kevin Carlson (Katella, Anaheim)-1	1991
7-1	Darryl Feilbach (Bear Crk, Stockton)	1997

## Pole Vault

**State Meet Record:** 17-0 1/2 Anthony Curran (Crespi, Encino) at Bakersfield 1978. **Frosh:** 14-8 3/4 Anthony Curran (Crespi, Encino) 1975. **Soph:** 16-2 Brent Burns

(Acalanes, Lafayette) 1985. <b>Junior:</b> 17-6 Brent Burns (Acalanes, Lafayette) 1986. <b>Senior:</b> 18-2 Brandon Richards (San Marcos, Santa Barbara) 1985.		
18-2	Brandon Richards (SMarc,S.B.)@Eug.	1985
17-8 1/2	Brent Burns (Acalanes, Lafayette)-1	1987
17-4 1/4	Anthony Curran (Crespi, Encino)-2	1978
17-4	David Cox (Hoover, Fresno)-1	1991
17-1	Tye Harvey (Sonora)	1993
17-0 3/4	Matt Warwick (Hesperia)	1988
17-0 3/4	Scott Slover (Leland, San Jose)-2	1994
17-0 1/2	Doug Fraley (Clovis West)	1983
17-0	Mike Kibort (Saratoga)-1	1982
17-0	Tom Parker (Notre Dame, ShermOaks)	1988
17-0	Steve Harris (Del Mar, San Jose)	1997
17-0	Erik Rasmussen (Johansen, Modesto)	1997
16-8 3/4	Steve Smith (South, Torrance)-2	1969
16-8 3/4	Mike Tully (Millikan, Long Beach)	1974
16-7	Robert Pullard (Los Angeles)	1969
16-7	David Gritz (Bear Creek, Stockton) -1	1997
16-6 3/4	Paul Wilson (Warren, Downey)-2	1965
16-6	Brian Worden(Notre Dame, ShermOks)	1975
16-6	Greg Ernst (El Dorado, Palacentia)	1978
16-6	Tom Richards (San Marcos, S.B.)-1	1988
16-6	Borya Orloff (St.J. Bosco, Bellflower)	1994
16-6	Robbie Weighall (Foothill, Bkfld)	1994
16-5 1/4	Steve Michels (Breth Chris, Cypress)-1	1996
16-5	Jon Vaughn (Corona)	1966
16-4 3/4	Paul Heglar (Muir, Pasadena)	1966
16-4 3/4	Esa Sallinen (Burroughs, Burbank)	1994



JOE RICHARDSON

Fine Flicks by Don Gosney

## Long Jump

**State Meet Record:** 26-4 3/4 James Stallworth (Tulare) at Cerritos 1989. **Frosh:** 23-10 1/2 Johnny Johnson (Pacific Grove) 1963. **Soph:** 25-2 1/4 Johnny Johnson (Pacific Grove) 1964. **Junior:** 25-10 3/4 Heulon Hewitt (Merced) 1968. **Senior:** 26-4 3/4 James Stallworth (Tulare) 1989.

26-4 3/4	James Stallworth (Tulare) at Cerritos-1	1989
26-3 3/4	Randy Williams (Edison, Fresno)-1	1971
26-2 1/4	Ken Duncan (McClatchy, Sacto)	1972
26-0 3/4	Jerry Proctor (Muir, Pasadena)-1	1967
26-0 3/4	Joe Richardson (Pasadena)-1	1984
26-0	Johnny Cleveland (Soquel)-1	1984
25-11 1/2	Larry Doubley (Manual Arts, L.A.)-1	1976
25-10 3/4	Heulon Hewitt (Merced)-1	1968
25-9 1/2	Gerald Hardeman (Edison, Fresno)	1972
25-7	James McAlister (Blair, Pasadena)-1	1970
25-6 1/4	Ted Hammond (Compton)	1973
25-5 1/2	Percy Knox (Antelope Vly, Lancaster)-1	1987
25-5 1/4	Doyle Steel (San Diego)-1	1966
25-5	Carl McCullough (Sacramento)-1	1972
25-5	Gerald Price (UnivCity,SanDiego)-1	1990
25-4 3/4	Johnny Johnson (Pacific Grove)	1965
25-4 1/2	Oscar Bean (Jefferson, L.A.)-1	1956
25-4 1/2	Clarence Scott (Fremont, LA) -1	1995
25-4 1/4	Monte Upshaw (Piedmont)-2	1954
25-4	Donnie Butler (Fremont, L.A.)	1978
25-3 3/4	Diatori Gildersleeve (Grant, Sacto)-1	1988
25-3	Willie Davis (Roosevelt, L.A.)	1958
25-3	Bobby Bonds (Poly, Riverside)-1	1964
25-3	Ken Frazier (Mission, S.F.)	1981
25-2 1/2	George Brown (Jordan, L.A.)-2	1949

## Triple Jump

**State Meet Record:** 52-5 3/4 Marcus Hooks (Lakewood) at Norwalk 1986. **Frosh:** 48-4 Dave Tucker (S.J. Memorial, Fresno) 1968. **Soph:** 50-2 1/2 Ken Frazier (Mission, S.F.) 1980. **Junior:** 52-6 1/4 Dave Tucker (S.J. Memorial, Fresno) 1970. **Senior:** 53-6 1/2 Joe Richardson (Pasadena) 1984.

53-6 1/2	Joe Richardson (Pasadena) at Sacto-1	1984
52-10 1/2	Charles Mayfield (Muir, Pasadena)	1980
52-6 1/4	Dave Tucker (S.J. Memorial, Fresno)	1970
52-6	Henry Ellard (Hoover, Fresno)-1	1979
52-5 3/4	Marcus Hooks (Lakewood)-1	1986
52-4 3/4	Ken Frazier (Mission, S.F.)-1	1981
52-3 1/2	Randy Williams (Edison, Fresno)	1971
52-0	Von Ware (RanBuenVista, Vista)-1	1994
51-11	Joel Smith (Cordova, RCordova)-1	1987
51-8 3/4	MacArthur Anderson (Bakersfield)	1987
51-8	Mike Woods (Manual Arts, L.A.)	1963
51-7 3/4	Phouphet Singbandith (Magn,Anah)-1	1990
51-7 1/2	Vestee Jackson (McLane, Fresno)	1981
51-6 1/2	Greg Caldwell (Fremont, L.A.)-1	1976
51-5 3/4	Freeman Miller (Fremont, L.A.)-1	1980
51-3	Willie Banks (Oceanside)-2	1974
51-3	Ricky Holliday (Muir, Pasadena)	1980
51-3	Anthony Colson (Center, Elverta) -1	1997
51-2 1/4	Dokie Williams (El Cam,Oceanside)-1	1977
51-2 1/4	Tim Prince (Logan)	1988
51-2	Lenny McGill (Or Glen, Escondido)-1	1989
50-11 3/4	Tony Parrish (Marina, HuntBch) -1	93
50-11 1/2	Harold Rucker (Silver Creek, SJose)	1986



# All-Time Boys

50-11 1/2 Terrance Strong (Bakersfield)-1 1984  
50-11 1/4 DeAndre Roberson (West, Bkfld) 1989

## Shot Put

**State Meet Record:** 74-4 3/4 Brent Noon (Fallbrook) at Cerritos 1990. **Frosh:** 59-8 Brent Noon (Fallbrook) 1987 & Van Mounts (Bakersfield) 1995.. **Soph:** 63-11 1/2 Van Mounts (Bakersfield) 1996. **Junior:** 71-10 Van Mounts (Bakersfield) 1997. **Senior:** 76-2 Brent Noon (Fallbrook) 1990.

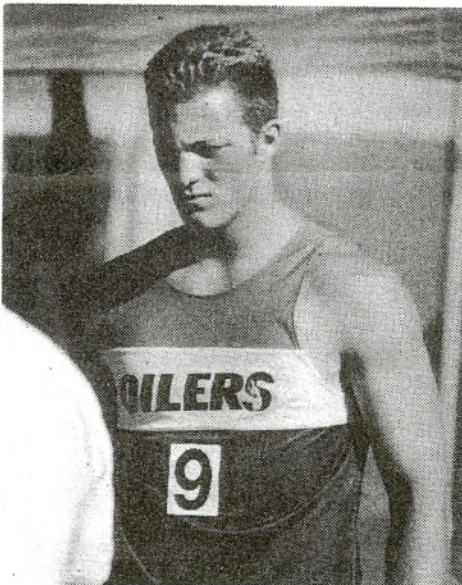
76-2	Brent Noon (Fallbrook)-2	1990
71-10	Van Mounts (Bakersfield) -1	1997
69-6 1/2	Brian Blutreich (Capistrano Valley)-2	1985
69-3 3/4	Jim Neidhart (Newport Harbor)-1	1973
68-5 1/2	Steve Montgomery (Lass,Susanville)-1	1976
68-5	Dave Kurrasch (Newport Harbor)-1	1975
67-9 3/4	John Hubbell (Poly, Long Beach)-1	1966
67-9	Terry Albritton (Newport Harbor)	1972
67-9	John McKenzie (Hart, Newhall)	1976
67-8 1/4	Dave Doupe (Inglewood)	1973
67-6 1/2	Randy Cross (Crespi, Encino)-1	1972
67-2 1/4	Mark Stevens (Newport Harbor)-1	1971
67-2	Dave Murphy (Sunny Hills, Fullerton)	1966
67-0	David Bultman (Royal, Simi)-1	1987
66-8	Mark Parlin (Esperanza,Anaheim)-1	1991
65-11 1/2	Curt Hampton (El Cajon)-1	1974
65-11	J. D. Martin (Madera)	1996
65-10 3/4	Dave Porath (Atwater)-1	1978
65-10	Steve Wilhelm (Fremont, Sunnysvale)	1967
65-9 3/4	John Buehler (Whittier)-1	1967
65-9	Dave Laut (Santa Clara, Oxnard)	1975
65-9	Jeff Stover (Chico)	1976
65-9	John Bender (Shafter)	1984
65-8 3/4	Randy Withrow (Pasadena)-1	1970
65-7 3/4	Don Castle (Cubberley, Palo Alto)	1961

## Discus

**State Meet Record:** 203-4 Brian Blutreich (Capistrano Valley) at Sacramento 1985, 203-4 Rob Powell (Redwood, Visalia) at Cerritos 1990 and 203-4 Scott Moser (Huntington Beach) 1997 @ Sacramento. **Frosh:** 173-6 Antonio Dobbins (Burroughs, Ridgecrest) 1979. **Soph:** 182-5 Jeff Buckley (Bakersfield) 1990. **Junior:** 210-1 Jeff Buckley (Bakersfield). **Senior:** 213-11 Scott Moser (Huntington Beach) 1997.

213-11	Scott Moser (Hunt Beach) -2 @ Salinas	1997
210-8	Brian Blutreich (Capistrano Valley)-1	1985
210-1	Jeff Buckley (Bakersfield)-1	1991
209-6	Dave Porath (Atwater)-1	1978
203-4	Rob Powell (Redwood, Visalia)-1	1990
202-10	John Bello (Rancho Cucamonga)	1997
201-6	Ray Burton (Vacaville)-1	1974
201-3	Chris Adams (Los Altos)-2	1970
200-8	Brent Noon (Fallbrook)	1990
200-7	Paul Bender (Shafter)-1	1980
200-4	Scott Endler (Hoover, Fresno)-1	1976
200-1	Scott Overton (Los Altos)-1	1972
199-8	John Badinovac (Jesuit, Carmichael)	1996
199-0	John Wirtz (Leland, San Jose)-1	1988
198-6	Dave Voorhees (Tulelake)	1973
198-1	Gabe Torre (Notre Dame, Riverside)	1992
197-7	Pete Swanson (San Benito, Hollis)	1992
197-6	Kevin Richardson (Shafter)	1984
196-10	David Bultman (Royal, Simi)-1	1987

195-8	Billy Joe Winchester (Mt.Mig, Spr.Vly)	1970
195-6	Chris DeMartini (St. Ignatius, San Fran)	1994
195-5	Lonnie Shelton (Foothill, Bakersfield)-1	1973
195-4	Bob Stoecker (Los Altos)-2	1962
195-4	Tom Birtwhistle (Gunn, Palo Alto)	1969
194-10	David Thomson (Santa Ynez)-1	1977



SCOTT MOSER

Photo by Bill Cockerham

## 400 Meter Relay

(\* 440 Yards Minus 0.23)

**State Meet Record:** 40.24 Hawthorne (Alexander, Smith, Allen, Conway) at Cerritos 1989.

40.24	Hawthorne at Cerritos (Alexander, Smith, Allen, Conway)	1989
40.28	Muir (Pasadena) -1	1997
40.53	Serra (Gardena) -1	1996
40.64	Hawthorne (Marsh, Graham, Parnam, Thomas)	1985
40.64	Muir (Pasadena)	1996
40.73	Serra (Gardena)	1997
40.78	Muir, Pasadena-1 (Douglas, Ervin, Robertson, Ealy)	1987
40.78	Skyline (Oakland) -1	1995
40.82	Hawthorne (Marsh, Young, Parnam, Thomas)]	1984
40.83	Edison, Fresno-1 (Cowings, Woods, Walker, Wheeler)	1983
40.86	Berkeley-1 (McCree, Robinson, Clewis, Murray)	1981
40.87	Hawthorne (Young, McGee, Young, Thomas)	1983
40.88	Taft, Woodland Hills (Feinstein, Roberts, Flores, Watts)	1987
40.90	Edison (Fresno) (Sams, Holland, Alexander, Harris)	1997
40.90	Muir "B" (Pasadena)	1997

40.91	Hawthorne (Hannah, Vallery, Carroll, Conway)	1987
40.92	Dorsey, Los Angeles (Boles, Williams, Williams, Jackson)	1981
40.93	Berkeley-1 (Davis, Henderson, Hunter, Usher)	1984
40.93	Muir, Pasadena (Limbrick, Ealy, Ervins, Jeffries)	1986
40.95	Washington (Los Angeles)	1990
40.98	Berkeley (Davis, Henderson, Hunter, Paulding)	1983
41.00	El Camino, Oceanside -1 (Powell, Eubanks, Owbsu, Forte)	1994
41.01	Oakland-1 (Porter, Watson, Williams, Watson)	1982
41.04	Poly (Long Beach)	1997
41.05	Washington (Los Angeles)	1988
41.05	San Bernardino-1	1990

### Hand Timing:

(\* 440 yards minus 0.2)

40.7	Poly (Long Beach)	1997
40.8*	Wilson, San Francisco-1 (Farmer, Whitaker, Kirtman, Walker)	1973
40.9*	El Cerrito -1 (Gaines, Watson, Smith, Burns)	1971
40.9*	Harry Ells (Richmond) -1 (Miller, Gentry, Davis, Cooper)	1975
40.9*	Hamilton (Los Angeles) (Menzies, Goosby, Martin, Mullins)	1976
40.9	Berkeley -1 (McCree, Robinson, Walker, Murray)	1981

## 1600 Meter Relay

(\* Mile Minus 1.1)

**State Meet Record:** 3:08.66 Muir (Pasadena) (Tryon, McCullough, Haywood, Moore) 1996 @ Norwalk.

3:07.40	Hawthorne @ Austin, Texas (Graham, Marsh, Kelly, Thomas)	1985
3:08.66	Muir (Pasadena) -1 (Tryon, McCullough, Haywood, Moore)	1996
3:08.72	Muir (Pasadena) (Tryon, McCullough, McCullough, Moore)	1997
3:08.94	Berkeley -1 (Walker, Richardson, Murray, Robinson)	1981
3:09.45	Hawthorne -1 (Graham, Young, Kelly, Thomas)	1984
3:10.11	Hawthorne -1 (McGee, Torrence, Kelly, Thomas)	1983
3:10.33	Perris1983 (Flenaugh, Stamps, Jackson, Harris)	
3:10.37	Centennial, Compton -1 (Graham, Ware, Jackson, Turner)	1980
3:10.42	Berkeley (Dotson, Richardson, Walker, Robinson)	1980
3:10.46	Hawthorne -1 (Alexander, Conway, DelPino, Hannah)	1988
3:10.47*	Banning, Wilmington -1 (Davis, Caesar, Plalock, Lewis)	1978
3:10.80	Morse (San Diego) (Jones, Carter, Plinson, Burston)	1996
3:10.99	Muir (Pasadena) (Myrick, McCullough, Tryon, McCullough)	1997
3:11.10	Poly, Long Beach	1981
3:11.32	Compton (Davis, Taylor, Smith, Barksdale)	1980



# All-Time Boys

3:11.77	Hawthorne -1 (Thomas, Carroll, Thomas, Hannah)	1987
3:11.81	Centennial, Compton (Pinchback, Ware, Jones, Graham)	1981
3:11.94	Poly (Long Beach)	1997
3:12.1*	Castlemont, Oakland -1 (Roberts, Morgan, Curry, Rodgers)	1971
3:12.21	Dorsey, Los Angeles -1	1989
3:12.3*	Westchester, Los Angeles (Brown, Lee, Jones, Pittman)	1978
3:12.44	Muir (Pasadena) -1 (Gray, Haywood, McCullough, Moore)	1995
3:12.45	Muir, Pasadena (Carroll, Anderson, Mathis, Brown)	1981
3:12.50	Morningside, Inglewood	1987
3:12.5*	Fremont, Los Angeles (Butler, Derry, Shelton, Daniels)	1978

## Miscellaneous Records

<b>100 Yards</b>		
9.44	Mike Sanford (Pasadena)	1979
9.3(hand)	Tony Pitts (Valley, Santa Ana)	1978
<b>220 Yards (str.)</b>		
20.2	Forest Beaty (Hoover, Glendale)	1961
<b>1500 Meters</b>		
3:46.4	Paul Medvin (University, L.A.) @ Bloomington)	1979
<b>3000 Meters</b>		
8:07.60	Eric Mastalir (Jesuit, Carm) at Sacto	1986
<b>3 Miles</b>		
13:43.6	Rich Kimball (Concord, DeLaSalle)	1974
<b>5000</b>		
14:01.40	Eric Mastalir (Jesuit, Carmichael)	1986
<b>6 Miles</b>		
27:58.0	Eric Hulst (Laguna Beach)	1976
<b>10,000 Meters</b>		
28:55.0	Eric Hulst (Laguna Beach)	1976
<b>10 Miles</b>		
49:15.0	George Aguirre (Santa Barbara)	1975
<b>1 Hour</b>		
12M,254Y	Ajim Baksh (Hollywood)	1975
<b>Marathon</b>		
2:23:47	Mitch Kingery (San Carlos)	1973
<b>110 H (42")</b>		
14.23	Jovesa Naivalu (Fremont, Sunnyvale)	1996
<b>180y LH (Straight)</b>		
18.1	Steve Caminliti (Crespi, Encino)	1964
18.1	Earl McCullough (Poly, Long Beach)	1964
<b>180y LH (turn)</b>		
18.6	Wayne Collett (Gardena)	1967
18.6	Rich Graybehl (Las Lomas, Walnut Ck)	1974
<b>300 LH</b>		
35.52	Danny Harris (Perris)	1983
<b>400 IH (hand)</b>		
51.5	Charles White (San Fernando)	1976
<b>400 IH (auto)</b>		
51.78	Makio Haywood (Muir, Pasadena)	1996
<b>440y IH</b>		
52.7	Mark Low (Pomona)	1969
<b>2000 SC</b>		
5:43.9	Steve Guerrini (Santa Rosa)	1991
<b>3000 SC</b>		
9:10.8	Dave Daniels (San Gorgonio, S.Bern.)	1976
<b>4x200</b>		
1:25.6	Berkeley	1976
<b>4x800</b>		
7:44.0y	El Cerrito (Stodden, Wolfe, Rice, Wood)	1969

<b>4x1500</b>		
16:13.4	Compton	1987
<b>4x1600 Relay</b>		
17:13.2	Lompoc (Schankel, Fabing, Gilmore, Williams)	1973
<b>Sprint Medley Relay</b>		
3:21.1	Berkeley (Lewis, Murray, Robinson, Richardson)	1981
<b>Distance Medley Relay</b>		
9:56.3	Jesuit, Carmichael (Thomas, Cahill, Mastalir, Mastalir)	1986
<b>4x120 LH</b>		
53.5	Franklin, Stockton	1974
<b>4x120 HH</b>		
58.4	Fresno (Larson, Cox, Lyons, Elders)	1971
<b>SP (16 lb.)</b>		
57-10 1/4	Dave Murphy (Sunny Hills, Fullerton)	1966
<b>DT (4 lb. 6 oz.)</b>		
177-4	Ray Burton (Vacaville)	1974
<b>HT (12 lb.)</b>		
219-2	Kevin McMahon (Bellarmine, San Jose)	1990
<b>HT (16 lb.)</b>		
173-11	Chuck Vandagriff (Castro Valley)	1967
<b>JT (Old)</b>		
218-11	Mike Ostrom (Las Lomas, Walnut Creek)	1983
<b>JT (New)</b>		
214-7	Greg Johnson (Woodside)	1990
<b>Pentathlon</b>		
3418	Dixon Farmer (Miramonte, Orinda)	1959
<b>Decathlon</b>		
7172	Tom Richards (San Marcos, S.B.)	1988



**ERIC  
MASTALIR**  
Photo by  
Burt Davis

3:50.2	Steve Whitcomb (Helix, La Mesa)	1979
3:50.2+	Mebrahtom Keflezighi (San Diego)	1994
3:50.26	Brandon Pacheco (Brethren, Cypress)	1995
3:50.3+	Louie Quintana (Arroyo Grande)	1990
3:50.4	Ralph Serna (Loara, Anaheim)	1975
3:50.47	Angel Martinez (San Gabriel)	1992
3:50.5	Mark Mastalir (Jesuit, Carmichael)	1986
3:50.8	Andy Di Conti (La Canada)	1980
3:51.0	Eric Mastalir (Jesuit, Carmichael)	1986
3:51.1	Dave Cangelosi (Villa Park)	1979
3:51.2	Dennis Arriola (Gahr, Cerritos)	1979
3:51.2+	Jeff Williams (Foothill, Tustin)	1982
3:51.36	Gary Gonzales (Clovis)	1981
3:51.5	Mike O'Reilly (San Rafael)	1978

## 3000 Meters

(+ enroute to longer distance)  
**Frosh:** 8:44.5 David Naranjo (Sanger) 1983. **Soph:**  
 8:26.7+ Calvin Gaziano (Castro Valley) 1983. **Junior:**  
 8:19.9+ Harold Kuphaldt (Bella Vista, Fair Oaks) 1981.  
**Senior:** 8:07.60 Eric Mastalir (Jesuit, Carmichael) 1986.

8:07.60	Eric Mastalir (Jesuit, Carm) @ Sacto	1986
8:09.0+	Eric Reynolds (Camarillo)	1983
8:10.54	Mark Mastalir (Jesuit, Carmichael)	1986
8:12.7+	Thom Hunt (Henry, San Diego)	1976
8:16.2+	Jeff Nelson (Burbank)	1979
8:16.3	Chuck Assumma (Eisenhower, Rialto)	1979
8:16.3	Richard Perez (San Gorg, San Bern)	1980
8:16.79	Reggie Williams (River City, Sacto)	1988
8:17.5+	Jon Butler (Edison, Hunt Bch)	1981
8:17.7+	Jay Marden (Miss San Jose, Fremont)	1981
8:18.2+	Mark Dani (Valhalla, El Cajon)	1986
8:19.9+	Harold Kuphaldt (B Vista, Fair Oaks)	1981
8:20.25	Paul Thomas (Jesuit, Carmichael)	1987
8:20.59	Daniel Das Neves (Helix, La Mesa)	1992
8:20.6	Roman Gomez (Belmont, LA)	1984
8:20.6+	Bryan Dameworth (Agoura)	1990
8:21.0+	Mike Carlton (Northview, Covina)	1981
8:21.3+	Jesse Torres (Independence, SJose)	1981
8:21.6	Matt Blaty (Marina, Hunt Bch)	1979
8:21.6	Jeff Vandereems (Mission Viejo)	1979
8:22.0	Terry Williams (Lompoc)	1973
8:22.26	Jimmie Rodriguez (Santa Ana Valley)	1989
8:22.4	Mark Junkermann (Los Alamitos)	1983
8:23.11	David Welsh (Jesuit, Carmichael)	1989
8:23.2+	Mark McAboy (Miramonte, Orinda)	1986

## 5000 Meters

**Frosh:** — **Soph:** 14:32.8 Eric Hulst (Laguna Beach) 1974. **Junior:** 14:16.2 Ralph Serna (Loara, Anaheim) 1974. **Senior:** 14:01.40 Eric Mastalir (Jesuit, Carmichael) 1986.

## Non-Standard Events

The following is the supplemental (non-standard event) lists for California boys. As with the girls list, this is the first time most of these have been printed and, therefore, there probably will be errors and omissions. Readers are encouraged to direct corrections to Bob Womack, 1540 East Shaw, Suite 118, Fresno, CA 93710 or FAX (209) 225-6951.

### 1500 Meters

(+ enroute to longer distance)		
<b>Frosh:</b> 3:59.71 Jason Balkman (Lynbrook, San Jose) 1992. <b>Soph:</b> 3:51.5 Jim Arriola (Gahr, Cerritos) 1974. <b>Junior:</b> 3:46.65 Mike Stember (Jesuit, Carmichael) 1995. <b>Senior:</b> 3:46.4 Paul Medvin (University, LA) 1979.		
3:46.4	Paul Medvin (Univ. LA) @ Bloomington	1979
3:46.65	Mike Stember (Jesuit, Carmichael)	1995
3:47.65	Reggie Williams (River City, WSacto)	1988
3:48.73	Daniel Das Neves (Helix, La Mesa)	1992
3:48.8	Jim Arriola (Gahr, Cerritos)	1976
3:48.9	Rich Kimball (De La Salle, Concord)	1974
3:49.0+	Harold Kuphaldt (B Vista, Fair Oaks)	1982
3:49.4	Mark Fricker (Hemet)	1977
3:50.1	Ian Alsen (Kennedy, Granada Hills)	1988
3:50.1+	Coley Candaele (Carpinteria)	1990
3:50.2	Charlie Christensen (Edison, HuntBch)	1977



# All-Time Boys

14:01.40	Eric Mastalir (Jesuit, Sacto) @	1986
14:08.4	Terry Williams (Lompoc)	1973
14:15.5	Jeff Nelson (Burbank)	1979
14:16.2	Ralph Serna (Loara, Anaheim)	1974
14:18.9	Thom Hunt (Henry, San Diego)	1975
14:19.9	Chuck Assumma (Eisenhower, Rialto)	1978
14:19.9	Reggie Williams (River City, W Sacto)	1988
14:22.0	Richard Kimball (De La Salle, Concord)	1974
14:22.6	Hal Schulz (Redwood, Larkspur)	1976
14:23.70	Harold Kuphaldt (Bella Vista, Fair Oaks)	1982
14:25.9	Roy Kissin (San Ramon Vly, Danville)	1975
14:29.2	Dave Taylor (Merced)	1972
14:29.49	Jesus Gutierrez (Pasadena)	1984
14:32.8	Eric Hulst (Laguna Beach)	1974
14:33.4	Jim Schankel (Lompoc)	1974
14:34.6	George Aguirre (Santa Barbara)	1975
14:35.0	Benton Hart (Modesto)	1974
14:36.6	Tom Grewe (Carpinteria)	1982
14:36.8	Dave Daniels (San Gorg, San Bern)	1977
14:37.72	Andy Di Conti (La Canada)	1980
14:38.8	Mike Ryan (Wilcox, Santa Clara)	1965
14:39.6	Sean Nugent (Culver City)	1982
14:40.34	Mark Mastalir (Jesuit, Carmichael)	1986
14:41.85	Adam McAbey (Miramonte, Orinda)	1986
14:42.3	John Morris (Las Lomas, Walnut Crk)	1983

## 10,000 Meters

**Frosh:** 32:48.0 Bryan Carroll (Los Altos) 1979. **Soph:** 30:12.8 Eric Hulst (Laguna Beach) 1973. **Junior:** 29:11.1 Eric Hulst (Laguna Beach) 1975. **Senior:** 28:55.0 Eric Hulst (Laguna Beach) 1976.

28:55.0	Eric Hulst (Laguna Beach) @	1976
29:46.0	Thom Hunt (Henry, San Diego)	1974
29:55.8	Terry Williams (Lompoc)	1973
30:19.4	Chuck Assumma (Eisenhower, Rialto)	1978
30:42.8	Guy Arbogast (Crespi, Encino)	1974
30:50.8	Mike Breen (Clairemont, San Diego)	1973
30:53.0	Steve Webb (Kennedy, La Palma)	1978
30:55.37	Grant Foster (Monte Vista, Cupertino)	1983
31:05.1	Joey Gomez (Valencia, Placentia)	1978
31:07.0	Gary Borbon (Upland)	1979
31:22.1	Carmelo Rios (Lennox, Lawndale)	1977
31:32.2	Bob Love (Carlmont, Belmont)	1978
31:33.6	Jack Bellah (Leigh, San Jose)	1972
31:40.2	Steve Brooks (Mt. Pleasant, SJose)	1972
31:43.0	Bob Kryczko (Upland)	1973
31:45.6	Roy Kissin (San Ramon Vly, Danville)	1974
31:49.4	Mike Ryan (Wilcox, Santa Clara)	1964
31:50.0	Kevin McCarthy (Hawthorne)	1972
31:51.0	Gary Vann (Del Mar, San Jose)	1967
31:51.2	Joe Whytock (Burlingame)	1968
31:53.0	Larry Greer (Lakewood)	1970
31:54.0	Guz Quinonez (Hunt Bch)	1983
31:55.0	Gordon MacMitchell (Gunn, Palo Alto)	1972
31:57.2	Jim French (South, Torrance)	1969
31:57.6	Steve Lopez (Hill, San Jose)	1987

## 3000 Meter Steeplechase

**Frosh:** — **Soph:** 9:24.6 Eric Hulst (Laguna Beach) 1974. **Junior:** 9:10.8 Dave Daniels (San Gorgonio, San Bern.) 1976. **Senior:** 9:15.8 Humberto Barajas (Vista) 1976. **Frosh:** — **Soph:** — **Junior:** 53.22 George Porter (Cabrillo, Lompoc) 1984. **Senior:** 51.33 Felix Sanchez (University City, San Diego) 1995.

51.33	Felix Sanchez (Univ City, SD) @	1995
51.81	Coke Edmon (Bellarmine, San Jose)	1994
51.84	Don Ward (St. Mary's, Berkeley)	1980
51.86	Raymond Young (Hawthorne)	1984
52.43	Jim Scannella (San Ramon Vly, Danvl)	1979
52.60	JoVesa Naivalu (Fremont, Sunnyvale)	1996
52.92	Albert Pride (Grant, Sacramento)	1987
53.05	Mike King (Menlo-Atherton)	1985
53.15*	Andre Phillips (Silver Crk, San Jose)	1977
53.18	Greg Muniz (Wodbridge, Irvine)	1992
53.21	Steve Kerho (Mission Viejo)	1982
53.22	Wilbert Moore (Pleasanton)	1996
53.23	George Porter (Cabrillo, Lompoc)	1984
53.37	Mike Englehart (DeLaSalle, Concord)	1986
53.38	Tim Hoban (Foothill, Pleasanton)	1981
53.67	Mark White (Richmond)	1977
53.68	Tonie Campbell (Banning, Wilmington)	1978
53.76	Michael Graham (Hawthorne)	1984
53.78	Chris Crisman (Poly, Riverside)	1981
53.81	Larry Cowling (Sacramento)	1978
53.87	Vince Newsome (Vacaville)	1979

### Hand Time:

51.5	Charles White (San Fernando)	1976
51.6	Richard Graybehl (Las Lomas, WalCrk)	1974
52.2*	Ron Seanez (Gilroy)	1981
52.4	Dixon Farmer (Miramonte, Orinda)	1959
52.4	Mark Low (Pomona)	1969
52.4	Henry Andrade (Johnson, Sacto)	1980
52.7	Walter Murray (Berkeley)	1981
52.7	Erick Montgomery (Independence, S.J)	1983
53.5*	Leif Liebrand (Alhambra)	1960
53.6*	John Brooks (Mt. Diablo, Concord)	1965

## Shot Put

(16 pound)

**Frosh:** — **Soph:** — **Junior:** 53-7 1/2 Brian Blutrieck (Capistrano Valley) 1984. **Senior:** 57-10 1/4 Dave Murphy (Sunny Hills, Fullerton) 1966.

57-10 1/4	Dave Murphy (Sunny Hills, Fullerton) @	1966
57-9 3/4	Steve Montgomery (Lassen, Sunnyvale)	1976
57-4	John McKenzie (Hart, Newhall)	1976
56-5	Dave Doupe (Inglewood)	1973
55-10 1/2	Jim Neidhart (Newport Harbor)	1973
55-9	Dave Kurrasch (Newport Harbor)	1975
55-4 1/2	Lonnie Shelton (Foothill, Bakersfield)	1973
55-3 1/4	Terry Albritton (Newport Harbor)	1972
55-1	John Hubbell (Poly, Long Beach)	1966
55-0	Dave Porath (Atwater)	1978
54-11 1/2	John Brenner (Fullerton)	1979
54-11 1/2	John Bender (Shafter)	1984
54-11	Mark Bailey (Helix, La Mesa)	1979
54-7	Bruce Wilhelm (Fremont, Sunnyvale)	1963
54-6 3/4	Steve Marcus (Palisades)	1965
54-6	Matt Pentecost (Loyola, LA)	1995
54-1	Tom Colich (Inglewood)	1966
53-11	Greg Aitkenhead (Mission Viejo)	1984
53-7 1/2	Brian Blutrieck (Capistrano Valley)	1984
53-7	Bob Brannen (Los Gatos)	1964
53-6	Bill Pace (El Rancho, Pico Rivera)	1961
53-4 3/4	Mike McKeever (Mt. Carmel, LA)	1957
53-4	Bret Mannon (Los Gatos)	1972
52-10	Homer Robertson (Pacific, San Bern)	1956
52-9 3/4	Don Vick (Chaffey, Ontario)	1953

## Discus

(International)

**Frosh:** — **Soph:** 156-10 Jeff Buckley (Bakersfield) 1990. **Junior:** 164-10 Reedus Thurmond (Serra, Gardena) 1997. **Senior:** 177-4 Ron Burton (Vacaville) 1974.

177-4	Ron Burton (Vacaville) @	1974
169-0	Chris Adams (Los Altos)	1970
168-8	Scott Endler (Hoover, Fresno)	1976
167-3	Lonnie Shelton (Foothill, Bakersfield)	1973
167-1	Dave Hickson (Leland, San Jose)	1973
164-10	Reedus Thurmond (Serra, Gardena)	1997
164-4	Bob Stoecker (Los Altos)	1962
164-4	Matt Karsevar (Clovis)	1989
163-9	Dave Porath (Atwater)	1978
161-2	Steve Lehmer (Loara, Anaheim)	1966
160-4	Dave Powell (Vacaville)	1976
160-0	Mike Lewis (Lincoln, San Francisco)	1957
160-2	Jack Egan (Balboa, San Francisco)	1954
158-11	Ralph Fruguglietti (Albany)	1973
158-3	John Bello (Rancho Cucamonga)	1996
156-11	Sim Iness (Tulare)	1948
156-10	Jeff Buckley (Bakersfield)	1990
156-8	Jamie Presser (Cupertino)	1989
156-2	Chad Jones (Arroyo Grande)	1995
155-3	Brian Blutreich (Capistrano Valley)	1984
155-0	Fred Huston (Camarillo)	1972
154-0	Mark Bailey (Helix, La Mesa)	1979
154-0	John Davis (Wilson, Long Beach)	1995
153-10	Dave Davis (Canoga Park)	1956
153-5	Jay Pushkin (Los Altos)	1973

## Hammer

**Frosh:** — **Soph:** 190-7 Lucas McKay (Central Catholic, Modesto) 1997. **Junior:** 211-4 John Badovinac (Jesuit, Carmichael) 1996. **Senior:** 220-3 John Badinovac (Jesuit, Carmichael) 1997.

220-3	John Badovinac (Jesuit, Carm) @Sacto	1997
219-2	Kevin McMahon (Bellarmine, SJose)	1990
207-2	Jeremy Robinson (Bellarmine, SJose)	1992
203-8	Jim Beene (Dos Pueblos, Goleta)	1989
199-7	Marc Mazzoni (Bellarmine, San Jose)	1995
191-2	David Popejoy (Bellarmine, San Jose)	1989
190-7	Lucas McKay (CentCatholic, Modesto)	1997
179-4	Bill Stengele (Los Gatos)	1992
177-6	Toby Norwood	1992
176-7	Alex Maschmeyer (DelCampo, FairOks)	1997
176-2	Dave Charlesworth (Los Gatos)	1992
171-6	Chad Stearns (Bellarmine, San Jose)	1984

## Decathlon

**Frosh:** — **Soph:** 5410 Dave McCabe (Savannah, Anaheim) 1989. **Junior:** 6444 Dixon Farmer (Miramonte, Orinda) 1958. **Senior:** 6970 Tom Richards (San Marcos, Santa Barbara) 1988.

6970	Tom Richards (San Marcos, S Barb) @	1988
6711	Bob Mathias (Tulare)	1948
6613	Rick Martinez (Claremont)	1983
6526	John Sheerer (Upland)	1979
6444	Dixon Farmer (Miramonte, Orinda)	1958
6396	Andrew Herman (Santa Ynez)	1989



# All-Time Boys

6384	Shawn Collins (Los Gatos)	1986	7:46.08	Rio Mesa, Oxnard	1987	3:26.8*	Orange	1961
6343	Pat Nevins (Enterprise, Redding)	1986	7:46.4*	Mission Viejo	1973	3:26.8*	Independence, San Jose	1988
6256	John Sheerer (Upland)	1979	7:46.4*	Notre Dame, Sherman Oaks	1975	3:26.9*	La Habra	1962
6255	Tim Baker (Oakdale)	1986		(Morrill, Russell, McKenna, Rochelau)	1975	3:27.04	Logan, Union City	1995
6202	Andy Connor (Yreka)	1987	7:46.6*	Oakland	1976	3:27.3*	Hoover, Glendale	1962
6201	Joey Duarte (Notre Dame, ShermOaks)	1985	7:46.8*	La Canada	1974	3:27.3*	Los Angeles	1969
6084	Danny Haag (Granada Hills)	1994		(Koningh, Seaman, Sherburn, Dastrup)		3:27.3*	Bakersfield	1981
6060	Levar Castillo (Lymwood)	1995		El Cerrito	1971		(Barber Mosley, Harris, Dalzell)	
6012	David Kuhn (Calvary Chapel, SAna)	1996	7:47.0*	(Sproul, Ennis, Kaufman, Scott)		3:27.33	El Modena	1982
5979	Chris Prescott (Chino)	1992	7:47.6*	Del Valle, Walnut Creek	1971		(MCGoveny, Nusbrand, Smith, Esparza)	
5907	Jeff Lamonica (Poly, Sun Valley)	1987		(Ellison, Burke, Guichard, See)	1971	3:27.7*	Bakersfield	1980
5865	Chris Campbell (Poly, Riverside)	1995	7:47.8*	Pittsburg	1967		(Barber Mosley, Watkins, Johnson)	
5845w	Isaiah Mustafa (Santa Clara, Oxnard)	1992	7:48.0*	Hoover, Glendale	1961	3:27.8*	El Cerrito	1972
5804	Jon Cartwright (Porterville)	1994	7:48.23	Pasadena	1983		(Ennis, Walker, Watson, Scott)	
5778	Jim Gash (Santa Rosa)	1985	7:48.4*	Castlemont, Oakland	1969	3:27.9*	Poly, Long Beach	1960
5769w	Mark Aucutt (Santa Clara, Oxnard)	1992	7:48.4	El Modena	1981	3:27.93*	Compton	1982
			7:48.4*	Dos Pueblos, Goleta	1981	3:28.1*	Anaheim	1985
			7:48.59	Eisenhower, Rialto	1990	3:23.13	Muir, Pasadena	1995
			7:48.86	Bellarmine, San Jose	1990	3:28.25*	Walnut	1982
			7:49.2*	La Canada	1973	3:28.3*	South Gate	1961
						3:28.3*	San Geronio	1975
							(Vincon, Ellison, Grant, Flynn)	
						3:28.3	Berkeley	1980
						3:28.4*	Castlemont, Oakland	1971
							(Morgan, Robert, Rodgers, Curry)	

## 800 Meter Relay

(\* 880 yards minus 0.5)

1:25.1*	Berkeley @	1980
1:25.1	Berkeley @ Sacramento	1981
	(Clewis, Walker, Murray, Robinson)	
1:25.4*	Jefferson, LA -1	1956
	(Batten, White, Phillips, Randall)	
1:25.4*	Dorsey, LA	1966
	(Grant, Hanley, Parriah, Underwood)	
1:25.4	Berkeley	1995
1:25.41	Hawthorne	1987
	(Hanna, Vallery, Carroll, Conway)	
1:25.5*	Castlemont, Oakland -1	1960
1:25.5*	Jefferson, LA	1963
1:25.5*	Castlemont, Oakland	1965
1:25.5*	Fremont, LA -1	1967
1:25.5*	Centennial, Compton	1967
1:25.6*	Centennial, Compton -1	1961
1:25.6*	Jefferson, LA -1	1962
1:25.6*	Jefferson, LA	1964
1:25.70	Muir, Pasadena	1984
	(Bell, Blades, Hatcher, Brown)	
1:25.7*	San Bernardino	1962
1:25.7*	Los Angeles	1964
1:25.7*	Muir, Pasadena	1967
1:25.73	Muir, Pasadena	1987
1:25.8*	McClymonds, Oakland	1962
1:25.8*	San Diego -1	1963
1:25.8*	Manual Arts, LA	1963
1:25.8*	Fremont, LA	1965
1:25.8*	Gardena	1966
1:25.8*	Hamilton, LA	1965

## 3200 Meter Relay

(\* 2 miles minus 2.8)

7:41.2*	El Cerrito @ Berkeley	1969
	(Stodden, Wolfe, Rice, Wood)	
7:41.35	De La Salle, Concord	1997
7:41.4*	Berkeley	1965
7:43.4*	Arcadia	1973
	(Hoar, Hughes, Cass, Stuart)	
7:43.6*	Taft, Woodland Hills	1973
	(Berry, Gould, Lagorio, Donahue)	
7:44.3	Hawthorne	1985
7:45.2*	Tustin	1965
7:45.78	Thousand Oaks	1987
	(McCarter, Patterson, Tadlock, Fairman)	1987
7:45.79	La Canada	1983
	(Trevethick, Smith, Larson, Trevethick)	1983

## 6400 Meter Relay

(\* 4 miles minus 7.2)

17:06.0*	Lompoc @	1973
	(Schankel, Fabing, Gilmore, Williams)	
17:07.8*	Clairemont, San Diego	1971
	(Novak, Lord, Harper, Fleet)	
17:21.4*	Jesuit, Carmichael	1986
	(Thomas, Thomas, Mastalir, Mastalir)	
17:23.6*	Leigh, San Jose	1979
17:24.8*	Mission San Jose, Fremont	1979
17:25.9*	Helix, La Mesa	1979
17:26.4*	Jesuit, Carmichael	1979
17:26.9*	Mission San Jose, Fremont	1980
17:28.1*	Mission San Jose, Fremont	1978
17:29.7*	Skyline, Oakland	1978
17:30.2*	San Geronio, San Bernardino	1975
	(Troutman, Muller, Daniels, Flynn)	
17:30.4*	Foothill, Santa Ana	1975
17:32.2*	Dos Pueblos, Goleta	1972
	(Phillips, Szerwo, Lambert, Bjorkman)	
17:33.72	Camarillo	1990
17:33.72	Hart, Santa Clarita	1993
17:33.8*	Marina, Huntington Beach	1973
17:34.0*	Crespi, Encino	1965
17:34.4*	Monte Vista, Spring Valley	1973
17:34.4*	Crawford, San Diego	1975
	(Best, Shepherd, Hendrick, Lean)	
17:34.59	De La Salle, Concord	1996
17:35.4*	Mira Costa, Huntington Beach	1970
17:35.4*	Glendale	1974
17:35.61	Walnut	1989
17:35.8*	Crescenta Valley	1976
17:36.3*	Leigh, San Jose	1978

## Sprint Medley Relay

(\* mile minus 1.1)

3:21.1	Berkeley @ Sacramento	1981
	(Clewis, Murray, Robinson, Richardson)	
3:21.15	Hawthorne	1985
	(Thomas, Marsh, Graham, Kelly)	
3:23.5	Compton	1980
	(Barksdale, Davis, Smith, Davis)	
3:23.82	Hawthorne	1984
	(Thomas, Marsh, Young, Kelly)	
3:24.9	Compton	1981
3:26.3*	La Habra	1961

## Distance Medley Relay

(400, 800, 1200, 1600)

(\* 2 1/2 miles minus 4.6)

9:56.3	Jesuit, Carmichael @ San Jose	1986
	(Thomas, Cahill, Mastalir, Mastalir)	
9:58.4*	Lompoc	1973
	(Jackson, Costa, Gilmore, Williams)	
10:02.3	Eisenhower, Rialto	1979
10:03.57*	Bella Vista, Fair Oaks	1982
	(Wardlow, Reyes, Sparks, Kuphaldt)	
10:05.6*	Valley, El Cajon	1972
	(Kuehne, Smith, Owens, Cotton)	
10:05.8*	Eisenhower, Rialto	1978
	(Assumma, birks, Harris, Assumma)	
10:07.4*	El Modena	1970
	(Fredman, Nelson, Woolley, White)	
10:08.8*	Berkeley	1965
10:09.0*	Crescenta Valley	1976
10:09.1*	Wilcox, Santa Clara	1965
10:09.1*	Compton	1981
10:09.6*	Poly, Long Beach	1970
10:09.71	Corona Del Mar	1989
10:09.8	El Cerrito	1972
	(Scott Sidney, Sproul, Bailey)	
10:10.2*	Leigh, San Jose	1975
	(Kirkham, Andrews, Suhr, Fritske)	
10:10.4*	La Canada	1974
	(Verniere, Dastrop, Sherburn, Koningh)	
10:10.6*	University, LA	1976
10:11.1*	Reedley	1971
	(Taplac, Clark, Bravo, Nicholas)	
10:11.4*	Clairemont, San Diego	1972
10:11.4*	Laguna Beach	1976
10:12.2*	Burlingame	1969
10:12.2	Thousand Oaks	1980
10:12.6	Compton	1968
10:12.6*	Skyline, Oakland	1975
	(Klugh, Foster, Moss, Johnson)	
10:12.6	Santa Barbara	1980