

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 @Edwrdsvl, Ill	1997
11.28	Angela Bumham (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 (Ganesh, 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 Marion 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 McGraw (Ganesh, Pomona)	1982
23.40	Leslie Maxie (Mills, Millbrae)	1984
23.42*	Gwen Loud (Westchester, L.A.)-1	1979
23.45	Angela Bumham (Rio Mesa, Oxnard)-2	1988
23.47	Malika 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 (Ganesh, Pomona)	1973
23.2	Chewuakii 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 (Ganesh, Pomona)	1972
52.17	Chewuakii 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	Malika 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	Jeannie Arnold (Locke, L.A.)	1982
53.40	Angela Williams (Chino) -1	1995
53.42	Arlise Emerson (Westminster)-1	1978
53.42	Gervaise McCraw (Ganesh, 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 (Culver City) @ Norwalk, 1981. **Frosh:** 2:02.43 Mary Decker (Portola Jr., Orange) 1973. **Soph:** 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 (Culver City)-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 (Pleasant Hill, San Jose)-2	1975
2:08.00	Lesley Noll (Mt. Carmel, San Diego)	1985
2:08.18	Michelle Taylor (Ganesh, Pomona)	1982
2:08.4	Kristin Dowell (St.Teresa, San Jose)-1	1984
2:08.42	Laura Chapel (Univer City, San Jose)-1	1986
2:08.5"	Paula Rose (Newport Harbor)	1975

1600 Meters

(* Mile Minus 1.8)

State Meet Record: 4:39.92 Polly Plumer (University, Irvine) @ Sacramento 1982. **Frosh:** 4:40.2" Mary Decker (Portola Jr., Orange) 1973. **Soph:** 4:45.30 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. **Soph:** 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. **Soph:** 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

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	Alysia 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	Chewuakli Knighten (Locke, LA)	1984
14.25	Janae Mitchell (El Cerrito)	1995
Hand-Timing - 33"		
13.5	Lorna 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, Millbrae)-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 (Ganesh, 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	Naemah 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
Hand Timing:		
42.2	Hannah Cooper (Hawthorne)	1996

High Jump

State Meet Record: 6-0 Latrese Johnson (Clovis) @ Sacramento 1985. **Frosh:** 5-10 Tonya Mendonca (Mt. Whitney, Visalia) 1980 & Kristy Kierulff (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	Julleann 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	Yleana Carrasco (Anaheim)-1	1985
6-0	Celia Willis (Clovis West)	1988
6-0	Crissy Mills (Campbell Hall, (L.A.))-2	1989
6-0	Tara Flaming (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 Zeeland (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 Kierulff (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 (Oceanside)	1974
5-10 1/4	Kari Gosswiller (Upland)-2	1978
5-10 1/4	Nancy Redcan (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	Maria 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	Marylou Badillo (Mt. Pleasant)	1996
11-6	Allison Knode (Kingsburg)	1997
11-6	Bianca 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 Epperty (New 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 Juliana 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 Harmon (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, Nail City)-1	1984
20-7	Annette Coleman (Cairmont, 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 Juliana Yendork (Walnut) @ Cerritos 1991. **Frosh:** 39-9 1/2 Keri Sanchez (Santa Teresa, San Jose) 1988. **Soph:** 42-6 3/4 Juliana Yendork (Walnut) 1989. **Junior:** 42-6 3/4 Juliana Yendork (Walnut) 1990. **Senior:** 44-0 1/2 Juliana 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

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 Tuimoloua (Chan Isl, Oxnrld)-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 Ademilyui (Poly, LgBch)	1997
47-4 1/2	Brandi Gail (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	Heidi 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	Karen Nickerson (Cord, Rancho Cord)	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)	1983
162-2	Lil Ili (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-Mileham (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 Di)-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, Pirce, Burrell, Grant)	
46.01*	Berkeley	1979
46.05	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	Ganeshia (Pomona)	1982
	(Savage, Robinson, Raylor, McCraw)	

Miscellaneous Records

100 yrd (hand)		
10.62	Gwen Loud (Westchester, LA)	1979
10.4	Mable Ferguson (Ganeshia, Pomona)	1973
10.4	Frieda Cobbs (Berkeley)	1977
1500		
4:16.8	Francie Larrieu (Fremont, Sunnyvale)	1969
4:16.82	Polly Plumer (University, Irvine)	1982
3000 Meters		
4:11.80	Cory Schubert (Del Mar, San Jose)	1983
5000 Meters:		
16:31.2	Julia Stamps (Santa Rosa)	1995
10,000 Meters:		
34:54.8	Roxanne Bier (Independence, SJ)	1978
Marathon:		
2:43.00	Heike Skaden (Encina, Sacramento)	1980
100 H (30"):		
13.34	Janeene Vickers (Pomona)	1987
400 H:		
55.20	Leslie Maxie (Mills, Millbrae)	1984
4x200:		
1:36.77	Poly (Long Beach)	1994
4x800:		
9:03.29	Poly (Long Beach)	1997
	(Bledsoe, Harvey, Williams, Green)	
4x1500:		
18:52.5	University (Irvine)	1982
4x1600:		
20:29.15	Agoura	1992
	(Hayward, Nekota, Camp, Skieresz)	
4xMile:		
20:49.8	Miramonte (Orinda)	1981
800 Medley R:		
1:42.00	Hawthorne	1987
	(Thomas, Wheeler, Amey, Adams)	
Sprint Medley:		
4:02.8	Wilson (Long Beach)	1996
Distance Medley:		
11:43.53	University (Irvine)	1982
Hammer:		
125-9	Rebecca Morrison (Presentation, SJ)	1995
Javelin:		
196-1	Cathy Sulinski (ElCamino,SSF)	1976

Heptathlon:		
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 (Alemany, Miss Hills)	1981
4:21.5	Eileen Claugus (Rio Amer, Sacto)	1972
4:23.0	Linda Goen (North, Bkfld)	1979
4:23.7	Julia Stamps (Santa Rosa)	1996
4:23.9+	Darcy Arreola (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
4:25.16	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, Saritee)	1982
4:27.8+	Jessica Spies (Livermore)	1982
	(+ enroute)	

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 (Alemany, Miss Hills)	1981
9:28.00	Andrea Neipp (Highland, Palmdale)	1997
9:30.3	Polly Plumer (Univ, Irvine)	1982
9:30.8	Eileen Claugus (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 (Paisades)	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) 1948. **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 (Ganeshia, 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 (SirFranDrake, 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 Sweeney (Tamalpais, 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	Randi 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
(Hand Timing)		
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 (Rosoevelt, Fresno)	1989
4272	Robin Leafblad (Arlington, Riverside)	1996
4267	Sharon Swift (Eisenhower, Rialto)	1987
4256	Lisa Gill (Alemamy, Mission Hills)	1987
4254	Tracye Lawyer (Cafe, Carpinteria)	1992
4229	Melissa Guanella (Santa Rosa)	1996
4226	Latasha Burnett (Compton)	1992
4163	Lisa Collett (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, Skieresz)	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"	Alemamy, 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	1984
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"	Sir 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, Amey, 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"	Alemamy, 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

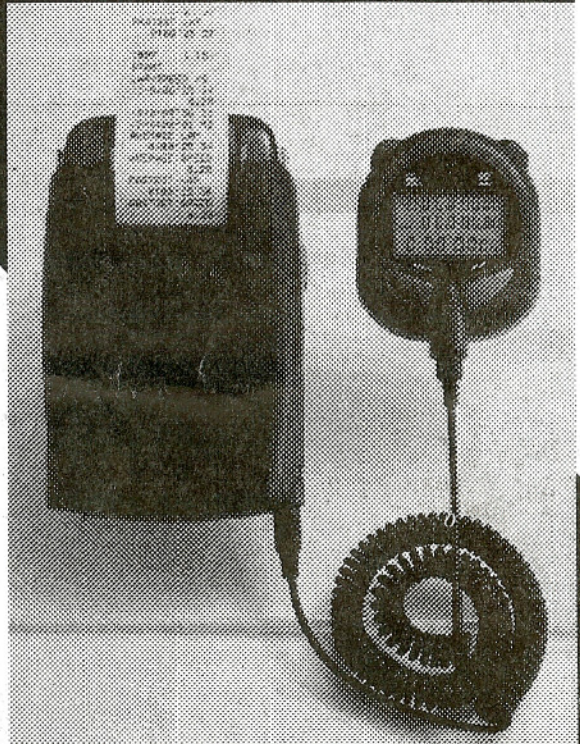
(* 2 1/2 Miles Minus 4.6)

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"	Alemamy, 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			