

The San Diego
Union-Tribune.

Track & Field Guide



2006

Jamie Klages,
female athlete of the year

CIF-San Diego Section Track and Field Records Boys

Year	Event	Name, School	Mark
1992	100 Meters	Riley Washington, Southwest	10.30
1998	200	Ike Okenwa, Morse	20.97
1996	400	Lydell Burston, Morse	46.85 (n)
1988	800	Mark Senior, Mt. Miguel	1:50.25
1972	1,600	Terry Cotton, El Cajon	4:04.04*(n)
1976	3,200	Thom Hunt, Patrick Henry	8:41.8*
1997	110HH	Reggie DePass, Montgomery	13.86
2001	300IH	Jeff Hunter, Granite Hills	36.25
1998	4x100 Relay	University City (Long, Ward, Hayes, Douglas)	40.66
1996	4x400 Relay	Morse (Jones, Carter, Pinson, Burston)	3:10.80(n)
1979	High Jump	Frank Schiefer, Madison	7-2
2005	Pole Vault	Derek Scott, El Camino	16-8
1966	Long Jump	Doyle Steele, San Diego	25-5 1/4
1994	Triple Jump	Von Ware, RBV	52-0
1990	Shot Put	Brent Noon, Fallbrook	76-2
2004	Discus	Daniel Schaerer, Bishop's	206-5

Girls

Year	Event	Name, School	Mark
1984	100 Meters	Gail Devers, Sweetwater	11.51
2001	200	Monique Henderson, Morse	23.16
2000	400	Monique Henderson, Morse	50.74
1985	800	Lesley Noll, Mt. Carmel	2:08.00
1986	1,600	Darcy Arreola, Grossmont	4:42.77
1987	3,200	Kira Jorgensen, Vista	10:24.23
1984	100H (30')	Gail Devers, Sweetwater	13.41
2003	100H (33')	Jessica Eggleston, El Camino	14.28
1983	300H	Gail Devers, Sweetwater	42.26
1977	4x100 Relay	Crawford (Young, Reed, Gaston, Lovelady)	45.94*
1996	4x400 Relay	Morse (Rankin, Henderson, Groce, Garner)	3:49.12h
1978	High Jump	Sue McNeal, Carlsbad	5-10 1/4
2005	Pole Vault	Jamie Klages, Coronado	5-10 1/4
2005	Pole Vault	Kate Mattoon, RB	12-9
1984	Long Jump	Gail Devers, Sweetwater	20-7
1987	Triple Jump	Jackie Anderson, Mt. Miguel	41-8 1/4
2001	Shot Put	Aiga Marie Taumua, Sweet.	46-10 1/4
1986	Discus	Lori Parker, Ramona	162-0

(n) - Non-winning mark(h) hand time converted

* - Converted to metric time from yards time

Look out state, here comes San Diego

When San Pasqual's Jesse O'Brien and Morse's Darius Savage claimed gold at the State Track Meet in Sacramento in 2005, the outcomes were upsets. Anything less than that this year would be even more surprising.

For starters, both O'Brien, who won in a tactical 1:53.19, and Savage, who has committed to UCLA for track and football, return for their senior season.

Savage is expected to waste little time cracking 200-feet in the discus and 60-feet in the shot after posting lifetime bests of 59-11 1/4 and 196-11. O'Brien would not be blamed for looking over his shoulder, hoping El Camino's A.J. Acosta sticks to the 1,600 and 3,200 as he did last year.

Speaking of Acosta, with his main competition graduated, the Wildcat, who is coming off Foot Locker National and State championship cross country seasons, is expected to dominate the distances in search of his first state track title.

With star hurdler Jarrel Davis and frosh sensation Nelson Rosario also returning for El Camino, the Wildcats may even be in the state team race.

Then there's the sprints, where Helix's Dax Danns expects to move up on both the section all-time list and on his fourth place finishes in the 100 (10.63) and 200 (21.26) at state. Anyone who saw Danns at the state meet knows if he gets his start down, he could challenge the section records in both events.

It would be easy to overlook the girls, but not wise.

Helix's Janie James came on fast at the close of the season to capture fourth place in the state 400, clocking a 54.37 which is No. 6 on the all-time list. Teammate Sharika Thompson returns for her senior season after moving up to No. 6 in the 100-meter hurdles at 14.52, where she'll be pushed by last year's soph sensation Amber Haywood of Monte Vista, whose 44.99 in the 300 hurdles topped the section.

And how about La Costa Canyon's Katy Andrews, who cracked the 5-minute barrier in the 1,600 as a freshman last year and is an absolutely fearless runner? She, too, has plenty of competition, led by Torrey Pines freshman Erin Gillingham.

So, hold on and enjoy what promises to be a sensational ride

Thanks, Thanks, Thanks.

This book would not be possible without advertisers like The San Diego Union-Tribune; Foot Locker, well-known for conducting the National Cross Country Championships; premier track equipment manufacturer Gill Athletics; The High School Sports Association of San Diego; Movin' Shoes and the San Diego chapter of USA Track and Field (USATF). With the addition of the Hall of Champions, longtime readers will note that this year's book is the biggest it's ever been, expanding by four full pages. Support of all these sponsors is appreciated.

Although dozens of individuals helped compile this book, special thanks go to Rick Smith, the UT Marketing Dept., UT Photo Dept., Anthony Tarantino, Hans Ruegamer and long-time supporter Richard Cota.

-- Steve Brand, Editor

Captions

Front page: Jamie Klages, female athlete of the year

Back page: Derek Scott, male track athlete of the year

2005 Boys Leaders

* Junior, ** Sophomore, *** Freshman

100 (fully Electronic)

10.60	*Dax Danns, Helix	World Youth
10.74	*Danny Belch, Torrey Pines	State Prelims
10.78	*Dustin Driscoll, El Centro Southwest	State Prelims
10.79	Craig Sheppard, San Pasqual	Escondido
10.87	**Virdal Moon, Monte Vista	CIF Prelims
10.89	Andre Springfield, University City	Eastern Finals
10.96	**Isaac Sims, University City	CIF Prelims
11.00	**Chris Daniels, Serra	CIF Prelims
11.00	*Stan Griffin, Mt. Carmel	CIF Prelims
11.02	*Robert Schenck, Mission Hills	Valley Finals
11.02	Isaac Blum, Torrey Pines	CIF Finals
11.03	*Richard Owens, Crawford	CIF Prelims
11.07	*Mike Lynch, St. Augustine	CIF Prelims
11.09	Kevin Retoriano, Clairemont	CIF Finals
11.11	*Jordan Calhoun, Vista	CIF Prelims
11.12	*Scooter Belasco, Torrey Pines	Dual
11.12	Luis Arosemena, Vista	CIF Prelims
11.12	Zach Kaplan, La Jolla	Western Finals
11.17	**Alex Maire, LJCD	CIF Finals
11.17	Preston Elrod, Rancho Bernardo	CIF Prelims
11.18	*Danny Garrett, Madison	Runge
11.22	Mike Martinez, Granite Hills	CIF Prelims
11.23	*Brandon Sullivan, Poway	Dual
11.24	*Quentin O'Neal, Monte Vista	Escondido
11.24	Mike Long, Helix	CIF Prelims
11.26	Leo Holmes, Chula Vista	CIF Prelims
11.29	**Don Danns, Helix	Runge
11.29	Travis Negron, Clairemont	CIF Prelims
11.32	*Geoff Akpom, Mt. Carmel	Sundevil

200

21.26	*Dax Danns, Helix	CIF Finals
21.86	Craig Sheppard, San Pasqual	Escondido
21.87	Andre Springfield, University City	Eastern Finals
21.94	*Danny Belch, Torrey Pines	CIF Finals
21.96	Ernest Pierce, Sweetwater	Metro Finals
22.09	*Daniel Lofton, Westview	CIF Finals
22.10	**Chris Daniels, Serra	CIF Prelims
22.18	**Isiah Sims, University City	Frosh-soph
22.18	*Stan Griffin, Mt. Carmel	Palomar Prelims
22.19	*Robert Christenson, St. Augustine	Western Finals
22.27	Myles Smith, Kearny	Western Finals
22.28	*Alex Hughes, Mission Bay	Western Finals
22.31	Preston Elrod, Rancho Bernardo	Sundevil

22.39	Mike Martinez, Granite Hills	CIF Prelims
22.42	*Dustin Driscoll, EC Southwest	IVL Finals
22.45	*Robert Schenck, Mission Hills	CIF Prelims
22.46	Isaac Blum, Torrey Pines	CIF Prelims
22.50	Zach Kaplan, La Jolla	Western Prelims
22.51	*Scooter Belasco, Torrey Pines	Dual
22.51	*Richard Owens, Crawford	CIF Prelims
22.53	Luis Arosemena, Vista	CIF Prelims
22.62	*Elgin Thomas, Kearny	Western Finals
22.63	Charles Tyler, West Hills	Dual
22.68	Brandon Ryan, USDHS	Western Prelims
22.68	Geoff Akpom, Mt. Carmel	Palomar Prelims
22.74	**Virdal Moon, Monte Vista	Frosh-Soph
22.74	*Quentin O'Neal, Monte Vista	CIF Finals
22.74	Daniel Odu, Crawford	CIF Finals
22.76	Marcellus Sims, University City	CIF Prelims
22.78	Jonathon Jackson, Eastlake	Metro Finals
22.80	*Ean Barnawell, Torrey Pines	Palomar Finals

400

48.44	*Dax Danns, Helix	Arcadia
49.29	*Jesse O'Brien, San Pasqual	Valley Finals
49.38	*Rob Christenson, St. Augustine	CIF Finals
49.69	Durran Moore, Mt. Miguel	CIF Finals
49.70	*Daniel Lofton, Westview	CIF Finals
49.71	Tony Hodges, Vista	CIF Finals
50.14	Brandon Ryan, USDHS	CIF Prelims
50.21	Mitch Plueger, Mt. Carmel	Titan
50.36	*Scooter Belasco, Torrey Pines	Dual
50.56	Tim Hall, Rancho Bernardo	Palomar Finals
50.5	*Dante Franks, Eastlake	Dual
50.67	*Matt Emmel, Clairemont	CIF Prelims
50.80	Marcellus Sims, University City	Eastern Finals
50.85	Dan Martin, Mt. Carmel	Palomar Finals
50.94	*Lance Rutledge, LJCD	CIF Finals
51.13	Eddie Black, Mt. Carmel	Palomar Prelims
51.21	*Marquez Herrod, San Pasqual	Valley Finals
51.32	*Jesse Pattison, Rancho Bernardo	CIF Prelims
51.32	Brent Reyes, Westview	Palomar Finals
51.36	*Roger Andrade, Montgomery	Metro Finals
51.40	Jonathon Jackson, Eastlake	Metro Finals
51.41	*Matt Petrocheck, El Camino	CIF Finals
51.42	Luis Arosemena, Vista	Valley Center
51.50	*Ryan Denton, Valhalla	CIF Prelims
51.57	*Ean Barnawell, Torrey Pines	Dual
51.72	*John Navarro, Mt. Carmel	Palomar Prelims
51.75	*Paul Mathis, University City	Pasadena Games
51.76	Andrew Atkins, Helix	Valley Center
51.78	Matt Dollard, USDHS	Valley Center
51.79	Nate Porter, Granite Hills	Valley Center

800

1:52.51	Randy Pensinger, El Camino	CIF Finals
1:53.19	*Jesse O'Brien, San Pasqual	CIF Finals
1:53.27	*A.J. Acosta, El Camino	Mt. SAC
1:54.39	Mitch Plueger, Mt. Carmel	CIF Finals
1:55.60	**Jeree Henry, RBV	CIF Finals
1:56.24	*Riley Booker, University City	UCSD
1:56.68	Andy Gausepohl, Fallbrook	Escondido
1:56.79	**David Edwards, Poway	Titan
1:57.17	*Riley Oneal, Henry	CIF Finals
1:57.19	**Austin Jett, Bonita Vista	CIF Prelims
1:57.2	*Alejandro Vargas, Vista	Dual
1:57.64	Ben Johnson, Pt. Loma	Mt. SAC
1:58.65	Jake Ruzevick, Coronado	CIF Prelims
1:58.71	Jonathon Ramirez, Ramona	CIF Prelims
1:58.73	Mike Spitz, Rancho Bernardo	CIF Prelims
1:58.75	Matt Dollard, USDHS	CIF Finals
1:58.78	Nate Porter, Granite Hills	CIF Prelims
1:58.89	**Jake Wertner, Rancho Bernardo	Palomar Finals
1:58.92	*Marco Anzures, St. Augustine	Western Prelims
1:58.92	Jabril Muhammed, Helix	CIF Prelims
1:59.18	Tyler Buck, Valley Center	Valley Finals
1:59.50	**Craig Love, Mt. Carmel	Palomar Finals
1:59.85	Murat Kayali, La Jolla	Dual
1:59.87	*Marc Corrales, Otay Ranch	CIF Finals
1:59.96	*Carl Dargitz, Rancho Bernardo	Dual
2:00.08	**Bernardo Bahena, Clairemont	CIF Finals
2:00.10	*Jeremy Root, West Hills	Grossmont Finals
2:00.14	Noah Hammond, University City	Titan
2:00.1	*Jon Peace, Carlsbad	Avocado Prelims
2:00.49	J.J. Santana, Brawley	IVL Finals
2:00.4	Chris Jacobs, Vista	Avocado Prelims
2:00.62	*Taylor Smith, Poway	Dual
2:00.74	Hunter McAnally, El Capitan	CIF Finals
2:00.93	*Roberto Hernandez, Chula Vista	Metro Finals

1,600

4:08.63c	*A.J. Acosta, El Camino	USATF Distance
4:15.60	*Riley Booker, University City	CIF Finals
4:15.76	Murat Kayali, La Jolla	CIF Finals
4:17.86	*Marco Anzures, St. Augustine	Dual
4:18.44	Jake LeVieux, La Costa Canyon	CIF Finals
4:19.45	**Eric Avila, Bonita Vista	Sundevil
4:20.47	Randy Pensinger, El Camino	Azusa-Pacific
4:21.58	Jake Ruzevick, Coronado	Sundevil
4:21.62	**Jeree Henry, RBV	Escondido
4:22.10	Ramsey Ali, La Costa Canyon	Palomar Finals
4:22.63	*Carl Dargitz, Rancho Bernardo	Palomar Finals

4:24.28	*Kyle Suarez, St. Augustine	Dual
4:24.30	*Ahmed Osman, San Diego	Eastern Final
4:25.38	Chris Jacobs, Vista	CIF Prelims
4:25.80	Kyle Bruser, Henry	Runge
4:25.89	**Mark Thomas, Poway	CIF Prelims
4:25.89	Thomas Whitcomb, San Pasqual	CIF Prelims
4:26.21	Andy Gausepohl, Fallbrook	Valley Center
4:26.39	J.J. Santana, Brawley	CIF Finals
4:27.20	*David Weston, San Pasqual	CIF Prelims
4:27.53	Chris Drozd, San Marcos	Valley Finals
4:28.16	*Roberto Hernandez, Chula Vista	Metro Finals
4:28.82	Jonathon Ramirez, Ramona	CIF Prelims
4:29.31	*David Edwards, Poway	Dual
4:29.51	**Jon Patino, Mira Mesa	CIF Prelims
4:29.6	*Timbo Stillinger, San Dieguito	Coastal Finals
4:29.7	Mitch Plueger, Mt. Carmel	Dual
4:30.21	Bobby Cook, El Camino	Avocado Finals
4:30.29	Ben Schuster, Torrey Pines	Palomar Prelims
4:30.43	Jake Ainsworth, Westview	Palomar Prelims
4:30.44	*Scott Tekesky, Poway	Dual

3200

9:02.01c	*A.J. Acosta, El Camino	Arcadia
9:12.35c	Kyle Bruser, Henry	Arcadia
9:21.39	*Ahmed Osman, San Diego	CIF Finals
9:21.79	Colton Tully-Doyle, Rancho Bernardo	Palomar Finals
9:22.72	*Riley Booker, University City	CIF Finals
9:28.54	Murat Kayali, La Jolla	Western Finals
9:30.25	*Kyle Suarez, St. Augustine	CIF Finals
9:30.92	**Tony Bareno, Valhalla	CIF Prelims
9:34.10	**Thomas Kuhlman, Westview	CIF Finals
9:34.85	Marcus Nelson, Westview	Escondido
9:37.62	*Josh Sandoval, Granite Hills	Escondido
9:38.44	Bobby Cook, El Camino	CIF Finals
9:39.28	*Dan Gonias, West Hills	CIF Finals
9:40.67	**Eric Avila, Bonita Vista	Metro Finals
9:42.07	*Charlie Gamble, La Jolla	CIF Finals
9:42.46	Jake Ainsworth, Westview	CIF Finals
9:42.64	Jake Ruzevick, Coronado	Bronco
9:42.86	Matt Shaughnessy, La Costa Canyon	Escondido
9:42.96	*Scott Tekesky, Poway	Titan
9:43.82	*Raj Mundae, Orange Glen	Valley Center
9:45.13	Jake LeVieux, La Costa Canyon	Escondido
9:45.8	*Carl Dargitz, Rancho Bernardo	Dual
9:46.37	*Tom Hamilton, La Costa Canyon	Escondido
9:46.89	*Azael Gomez, Sweetwater	Escondido
9:49.47	*Michael St. Laurent, El Camino	Titan
9:49.50	C.J. Hersch, Torrey Pines	Sundevil
9:50.33	**Zach Paris, Torrey Pines	Palomar Finals

110HH

14.73	Derick Barkham, Brawley	State Prelims
14.73	Chris Costa, Granite Hills	CIF Prelims
14.79	*Jarrel Davis, El Camino	CIF Prelims
15.04	Adam Valenzuela, Valley Center	Dual
15.10	Victor Sanchez, Oceanside	CIF Prelims
15.17	Carlton Smith, Imperial	IVL Prelims
15.19	Kevin Palmer, Monte Vista	Escondido
15.26	Nick Montemarano, La Jolla	Western Finals
15.31	Edward Saddler, Serra	Escondido
15.32	Micha Queja, Steele Canyon	CIF Prelims
15.33	Jason Beckham, West Hills	CIF Prelims
15.38	Ferrari Welch, Sweetwater	CIF Prelims
15.39	Louie Pratt-Hazen, RBV	Avocado Finals
15.41	*Robert Archibold, Monte Vista	Escondido
15.42	Cameron Santos, El Cajon Valley	CIF Prelims
15.45	*Christopher Jackson, El Cajon Valley	Grossmont Prelim
15.52	**Ranee Woods, Otay Ranch	CIF Prelims
15.59	*Jovan Plamenac, San Pasqual	Escondido
15.60	*Jerrell Mitchell, Eastlake	Metro Finals
15.62	Martin Smalls, Hoover	Runge
15.75	**Mark Navilla, Eastlake	Frosh-Soph
15.80	Pat Raue, Bonita Vista	CIF Prelims
15.81	Peter Iwanowicz, Torrey Pines	CIF Prelims
15.82	**Anthony Jereza, Mira Mesa	Sundevil
15.84	*Ausbaldo Corrales, E.C. Southwest	CIF Prelims
15.85	Steven Ulmer, Palo Verde	IVL Finals

300IH

38.67	*Jarrel Davis, El Camino	CIF Finals
38.90	Chris Costa, Granite Hills	Escondido
38.92	*Robert Archibold, Monte Vista	CIF Finals
39.21	Nick Montemarano, La Jolla	Western Finals
39.49	Carlton Smith, Imperial	CIF Prelims
39.79	Reid McLean, Coronado	CIF Prelims
39.89	Scott Jeffers, Torrey Pines	Dual
40.09	David Shullo, Torrey Pines	Palomar Finals
40.38	*Jovan Plamenac, San Pasqual	San Pasqual
40.40	**Ranee Woods, Otay Ranch	CIF Finals
40.64	**Max Bruner, Torrey Pines	Palomar Finals
40.7	James Pope, Brawley	Dual
40.8	**Brent Boone, Eastlake	Dual
40.8	John Reigler, Calvin	Coastal Finals
40.91	**Bobby Workman, Mira Metro	Frosh-Soph
41.0	*Pat Silva, Westview	Dual
41.11	Louie Pratt-Hazen, RBV	Avocado Finals
41.21	Peter Iwanowicz, Torrey Pines	Palomar Finals
41.25	Kevin Palmer, Monte Vista	Grossmont Finals

41.30	*Stephen Lampher, Escondido	Valley Finals
41.31	Adam Valenzuela, Valley Center	Valley Finals
41.37	*Joseph Angellotti, El Camino	Avocado Finals
41.42	*Roger Andrade, Montgomery	Metro Finals
41.48	Chris Dudley, Rancho Bernardo	Palomar Finals
41.51	Bersain Gutierrez, Bonita Vista	Otay Ranch
41.53	*Gavin Lim, Poway	Dual
41.5	*Trevor Sandling, RBV	Avocado Prelims
41.66	*Sean Callen, El Capitan	CIF Finals
41.60	**Ivory Heard, RBV	Avocado Finals
41.73	*Christopher Jackson, El Cajon Valley	Grossmont Prelim
41.7	Victor Sanchez, Oceanside	Dual
41.87	**Anthony Jereza, Mira Mesa	Eastern Finals

4x100 Relay

42.42	Torrey Pines	Palomar Finals
42.69	Monte Vista	CIF Prelims
42.71	Helix	CIF Finals
42.73	University City	CIF Finals
42.76	Westview	CIF Finals
42.78	Mt. Carmel	CIF Prelims
43.08	Serra	CIF Prelims
43.11	Granite Hills	CIF Prelims
43.12	St. Augustine	Western Finals
43.25	Vista	CIF Finals
43.28	San Pasqual	Escondido
43.31	Rancho Bernardo	CIF Prelims
43.33	Sweetwater	CIF Prelims
43.35	Morse	Eastern Finals
43.40	La Jolla	Western Finals
43.62	USDHS	CIF Prelims
43.68	Clairemont	CIF Prelims
43.68	El Camino	Avocado Finals
43.73	Crawford	CIF Prelims
43.84	West Hills	CIF Prelims
43.8	Brawley	Dual
44.07	Scripps Ranch	Western Finals
44.13	Southwest	Metro Finals
44.14	Kearny	Western Finals
44.17	Otay Ranch	Metro Finals

4x400 Relay

3:22.45	El Camino	CIF Finals
3:22.75	Mt. Carmel	CIF Finals
3:22.99	Vista	CIF Finals
3:23.18	San Pasqual	Escondido
3:24.75	Torrey Pines	CIF Finals
3:24.83	University City	CIF Finals
3:25.13	USDHS	CIF Prelims

3:25.38	Helix	CIF Prelims
3:25.64	Rancho Bernardo	Palomar Finals
3:26.03	St. Augustine	CIF Finals
3:26.61	Poway	Palomar Finals
3:27.00	Granite Hills	Escondido
3:27.61	Monte Vista	CIF Finals
3:27.78	Eastlake	CIF Prelims
3:28.31	Westview	Palomar Finals
3:29.13	West Hills	Grossmont Finals
3:29.78	Carlsbad	Avocado Finals
3:29.90	Clairemont	CIF Finals
3:30.28	Mira Mesa	Eastern Finals
3:30.57	El Capitan	CIF Prelims
3:30.69	Steele Canyon	Escondido
3:30.77	Otay Ranch	CIF Finals

High Jump

6-10 1/4	Nathan Gwozdz, La Jolla	Dual
6-7	Adam Munns, Coronado	Dual
6-6	Andrew Criswell, Christian	CIF Prelims
6-5	***Nelson Rosario, El Camino	CIF Prelims
6-5	Justin Johnson, St. Augustine	CIF Finals
6-5	D'Andre James, El Camino	Avocado Finals
6-5	Curtis Smith, Granite Hills	Dual
6-4	*Clark Gordon, Granite Hills	Dual
6-4	*Paris Fallet-Cruz, Poway	CIF Finals
6-4	Nathan Muzquiz, West Hills	Valley Center
6-4	Louis Hall, Oceanside	Dual
6-4	*David Ramsey, Calexico	CIF Prelims
6-3	Franklin Gladney, El Camino	Avocado Finals
6-3	Christopher Reed, Mt. Carmel	CIF Finals
6-2	*Keith Jensen, Rancho Bernardo	Dual
6-2	*Dexter Wilson, University City	CIF Finals
6-2	*Urtreen White, Poway	Dual
6-2	Jesse McLennen, Valley Center	Dual
6-2	Tim Dance, Mira Mesa	Las Vegas
6-2	Reid McLean, Coronado	Valley Center
6-2	Ben Hobbs, Calvin	Titan
6-2	Martin Smalls, Hoover	Dual
6-2	*Ryan Fentin-Thompson, Torrey Pines	Dual

Pole Vault

16-8	Derek Scott, El Camino	Sundevil
16-6	Jeff Coover, La Jolla	Golden West
16-6	Scott Finley, Granite Hills	Golden West
15-6	Sejoon Park, Rancho Bernardo	Dual
15-4	Jesse McLennen, Valley Center	Otay Ranch
15-0	David Freund, Rancho Bernardo	Dual

14-11	*Kevin Jones, University City	CIF Finals
14-11	Lane Votapka, Fallbrook	CIF Finals
14-4	*Drew Mann, Scripps Ranch	CIF Prelims
14-4	Luke Martin, Calvin	CIF Prelims
14-0	**John Gibson, La Jolla	Western Finals
14-0	*Edward MacGregor, Mt. Carmel	CIF Prelims
14-0	*Luc Ruiz, Eastlake	Dual
14-0	Mark Urich, Valhalla	Dual
13-8	**Griffin Simmons, Vista	CIF Prelims
13-8	*Cory Phallen, Rancho Bernardo	CIF Prelims
13-6	**Andy Sullivan, Rancho Bernardo	Palomar Finals
13-6	Matt Harrow, Carlsbad	Dual
13-6	Eric Haman, RBV	Dual

Long Jump

23-2 3/4	***Nelson Rosario, El Camino	CIF Finals
22-5 3/4	James Malone, Henry	Bronco
22-3	Ernest Pierce, Sweetwater	Dual
22-2	*Geoff Akpom, Mt. Carmel	Palomar Finals
22-0	*Karlin Stewart, Mt. Miguel	Valley Center
21-10 1/2	*Dean McCastle, Vista	Dual
21-9 1/2	Kyle Briggs, Monte Vista	Sundevil
21-9	*E.J. Brown, West Hills	Dual
21-9	*Aaron Robinson, Oceanside	Avocado Finals
21-9	Devin Schneider, Steele Canyon	CIF Prelims
21-8 1/2	Dave Thomas, USDHS	Bronco
21-8	Jesse McLennen, Valley Center	Dual
21-8	Ben Hobbs, Calvin	CIF Prelims
21-7 1/2	**Devon Akpom, Mt. Carmel	Dual
21-7	Edward Saddler, Serra	CIF Finals
21-7	Nick Ruiz, Poway	CIF Prelims
21-6	Conrad Ottey, Mira Mesa	Eastern Finals
21-3 1/2	Tremaine Jenkins, Morse	Eastern Prelims
21-3	*Brandon Pride, Granite Hills	CIF Prelims
21-3	*Charles Brown, San Diego	Eastern Prelims
21-2 3/4	**Egor Seriba, La Jolla	Frosh-Soph
21-2 1/2	**Bobby Workman, Mira Mesa	Eastern Prelims
21-2	*Christopher Harris, Morse	Dual
21-1	Justin Hornsby, Steele Canyon	Dual

Triple Jump

48-2	Franklin Gladney, El Camino	CIF Finals
46-5 1/2	Justin Carter, Rancho Bernardo	CIF Finals
45-11 1/2	Sam Renihan, Calvin	CIF Finals
45-9 1/2	*Karlin Stewart, Mt. Miguel	Grossmont Finals
45-1 2/3	Ben Brown, Torrey Pines	CIF Prelims
44-9	Kevin Deiter, La Jolla	CIF Finals
44-5	**Gary Lee, Hoover	CIF Finals
44-3 1/2	**Darryl Williams, Escondido	CIF Finals

44-0	Mike Martinez, Granite Hills	Dual
43-10	*Geoff Akpom, Mt. Carmel	Bronco
43-9 1/2	Dave Thomas, USDHS	Sundevil
43-9	Andrew Atkinson, Helix	Grossmont Finals
43-8 1/4	Warren Scott, Westview	CIF Finals
43-7	Conrad Ottey, Mira Mesa	Eastern Finals
43-6	**Arron Robinson, Oceanside	Avocado Finals
43-6	Micha Queja, Steele Canyon	Grossmont Finals
43-5	**Igor Seriba, La Jolla	Western Finals
43-5	*Earl Chiong, El Camino	CIF Prelims
43-3 1/2	Anthony Feaster, Eastlake	CIF Prelims
43-1 1/2	*Christopher Harris, Morse	Eastern Finals
43-1	Ben Hobbs, Calvin	Dual
43-0	*Sam Toomer, Brawley	Dual
42-10	**Michael Lakis, Grossmont	Dual
42-10	Christopher Reed, Mt. Carmel	Dual
42-9 3/4	Mike Gregus, West Hills	CIF Prelims
42-8 1/2	*Mark McPherson, Otay Ranch	Valley Center

Shot Put

59-11 1/4	*Darius Savage, Morse	CIF Finals
56-7	*Robert Schenck, Mission Hills	CIF Finals
56-5 3/4	Jay Maloy, Vista	Avocado Finals
55-4	Tyler Homesley, Ramona	Dual
54-9 1/2	Rob Smithson, La Jolla	CIF Finals
54-4 1/2	C.J. Millenbah, La Jolla	Western Finals
53-2	Daniel Holtz, Valley Center	Dual
52-3	*Mike Tull, Fallbrook	Dual
51-6	**Mark Weber, El Camino	Frosh-Soph
51-5	Ryan Shumaker, West Hills	CIF Finals
51-1	*Marcus Yarborough, Eastlake	Dual
51-0	*Mike Migita, Torrey Pines	Dual
50-8	Donald Groves, Sweetwater	Dual
50-2 1/2	*Sam Suarez, Sweetwater	CIF Prelims
49-7 1/2	Chris Oxidine, Mt. Carmel	Palomar Finals
49-6	Matt Wilsey, Torrey Pines	Dual
49-6	David Meyers, Fallbrook	Avocado Finals
49-5 1/2	Daniel Murawka, Rancho Bernardo	Dual
49-4	Jeff Mensch, Torrey Pines	Dual
49-3 1/2	Doug Crawshaw, Valley Center	Dual
48-8 1/2	*Jericho Maxwell, Crawford	CIF Finals
48-8 1/2	Steven Kolone, Rancho Bernardo	Sundevil
48-7	Mike Garcia, St. Augustine	Dual
48-2	Adam Howe, Monte Vista	Dual
48-0	**Tommy Draheim, El Capitan	Frosh-Soph
47-11 1/2	Andrew Lundquist, Mt. Miguel	CIF Finals
47-11	**Chris Bonwell, Rancho Bernardo	Frosh-Soph
47-10 1/2	***David Spates, Monte Vista	Frosh-Soph
47-7	*Anthony Gonzales, El Camino	Dual
47-5	Kevin McGuire, Calvin	Coastal Finals

Discus

196-11	*Darius Savage, Morse	State Prelims
170-0	Nick Battle, Mission Bay	CIF Finals
162-8	C.J. Millenbah, La Jolla	Otay Ranch
162-4	Tyler Homesley, Ramona	Valley Finals
160-7	Kiel Skaggs, Rancho Bernardo	CIF Finals
159-11	Jay Maloy, Vista	Avocado Finals
159-0	*Mike Tull, Fallbrook	Avocado Prelims
158-9	Ryan Shumaker, West Hills	Dual
155-6	Daniel Holtz, Valley Center	Dual
154-4	Jeff Mensch, Torrey Pines	Palomar Prelims
153-11	Donald Groves, Sweetwater	Valley Center
153-6	**Chris Atkins, Serra	Dual
152-5	Daniel Murawka, Rancho Bernardo	Dual
150-6	Trevor Ervin, Orange Glen	Valley Center
148-10	Walter Diego, Monte Vista	Dual
148-4	*Kevin Dillard, El Capitan	Grossmont Finals
148-3	*Mike Poole, Otay Ranch	Metro Finals
147-9	*Joey Harris, Rancho Bernardo	Dual
147-3	Rob Smithson, La Jolla	CIF Finals
146-0	Matt Sutton, West Hills	Dual
145-2	Mike Courtney, Carlsbad	CIF Prelims
145-0	*Marcus Yarbrough, Eastlake	Metro Finals
144-7	Aaron Nunnely, Mt. Carmel	Dual
144-6	Doug Crawshaw, Valley Center	Valley Finals

2005 State Meet Finalists (Top 9)

Boys

100	4. Dax Danns	Helix	10.65
200	4. Dax Danns	Helix	21.26
800	1. Jesse O'Brien	San Pasqual	1:53.71
	7. Randy Pensinger	El Camino	1:56.99
3200	9. A.J. Acosta	El Camino	9:17.78
High Jump	2. Nathan Gwozdz	La Jolla 6-9	
Pole Vault	2. Jeff Coover	La Jolla 16-4	
	3. Scott Finley	Granite Hills	16-0
Long Jump	8. Nelson Rosario	El Camino	21-1 1/2
Triple Jump	8. Franklin Gladney	El Camino	46-0 1/2
Shot Put	6. Darius Savage	Morse	58-8
Discus	1. Darius Savage	Morse	194-8

Girls

400	3. Shakara Lott	Uni. City	54.05
	4. Janie James	Helix	54.37
Pole Vault	5. Kate Mattoon	Rancho Bern.	12-4
Shot Put	6. Dereka Winters	El Camino	42-1
Discus	5. Daniella Thu	Monte Vista	140-10
	8. Dereka Winters	El Camino	133-9

2005 Girls Leaders

100

12.10	*Aja Wheeler, University City	Eastern Finals
12.13	Rashauna Amos, EC Southwest	CIF Prelims
12.17	Vanessa Bobo, Morse	CIF Prelims
12.28	Sherron Atkinson, Morse	Eastern Finals
12.29	Shakara Lott, University City	Runge
12.31	Marquita Berry, El Camino	CIF Finals
12.38	*Megan Williams, Poway	Dual
12.45	**Alissa Sanchez, USDHS	Western Prelims
12.47	Jasmine Williams, Steele Canyon	CIF Finals
12.55	*Brenetta Wallace, Morse	Eastern Finals
12.64	***Lauren Rickman, El Camino	Avocado Finals
12.65	**Brittany Bennett, Otay Ranch	Metro Final
12.65	**Lauren Kodama, Westview	CIF Prelims
12.65	**Mandy Ross, Christian	Frosh-Soph
12.66	Kai Wheeler, Rancho Bernardo	Palomar Finals
12.69	Adora DaCosta-Muniz, Ramona	Bronco
12.72	***Kaci Barry, Rancho Bernardo	CIF Prelims
12.72	**Jazmin Brooks, University City	Eastern Finals
12.77	*Tammy Brown, Palo Verde	IVL Finals
12.83	Edna Novotsky, Torrey Pines	CIF Prelims
12.84	**Sidney King, Point Loma	Dual
12.85	Delcie Thankachan, Steele Canyon	Grossmont Finals
12.89	*Caitlyn O'Neil, Bonita Vista	CIF Finals
12.90	**Cori Franklin, Morse	Eastern Prelims
12.91	**Dana Hoolko, La Jolla	Dual
12.92	***Taylor Williams, Escondido	CIF Prelims
12.96	Merci Walton, Oceanside	Sundevil
12.97	*Kandy Wilmore, Otay Ranch	Metro Finals

200

24.11	Shakara Lott, University City	Eastern Finals
24.54	Vanessa Bobo, Morse	Eastern Finals
24.77	*Janie James, Helix	CIF Finals
24.93	*Aja Wheeler, University City	Eastern Prelims
25.17	**Mandy Ross, Christian	CIF Prelims
25.1	**Ciara Short, Madison	Dual
25.26	Kelly McCann, La Costa Canyon	Palomar Prelims
25.36	**Brittany Bennett, Otay Ranch	CIF Finals
25.46	Jasmine Williams, Steele Canyon	CIF Finals
25.52	Sherron Atkinson, Morse	CIF Prelims
25.58	*Chelsee Moreland, Morse	Eastern Finals
25.61	*Channing Moreland, Morse	CIF Prelims
25.67	*Megan Williams, Poway	CIF Finals
25.68	Kai Wheeler, Rancho Bernardo	CIF Finals
25.81	***Alissa Sanchez, USDHS	Western Finals

25.95	*Lucia Asbury, Mission Hills	CIF Prelims
26.02	Rashauna Amos, EC Southwest	IVL Finals
26.08	**Sara Laine, Valhalla	CIF Finals
26.08	**Lauren Kodama, Westview	Palomar Finals
26.09	***Lauren Rickman, El Camino	CIF Prelims
26.12	**Lakenya Simon-West, Grossmont	Grossmont Prelim
26.35	Merci Walton, Oceanside	CIF Prelims
26.37	*Jasmine Hutchinson, Poway	Palomar Prelims
26.38	*Challona Williams, Palo Verde	CIF Prelims
26.3	*Mallorie Mainquist, Torrey Pines	Dual
26.40	**Sidney King, Point Loma	Eastern Prelims
26.40	**Rhonnisha Simpson, Serra	Eastern Finals

400

54.05	Shakara Lott, Uni. City	State Finals
54.37	*Janie James, Helix	State Finals
56.94	**Lakenya Simon-West, Grossmont	CIF Finals
57.3	Kelly McCann, La Costa Canyon	Dual
57.71	*Jasmine Chukwueke, Scripps Ranch	CIF Finals
57.85	*Channing Moreland, Morse	CIF Finals
57.89	***Ursula Lopez-Palm, San Pasqual	Valley Finals
58.05	*Megan Williams, Poway	Titan
58.11	Janelle Milner, Marian	Metro Finals
58.34	*Chelsee Moreland, Morse	Titan
58.40	*Stephanie Williams, Carlsbad	CIF Prelims
58.53	**Sara Laine, Valhalla	CIF Prelims
58.59	**Ciara Short, Madison	Sundevil
58.70	*Lucia Asbury, Mission Hills	Valley Finals
58.89	**Amanda Ross, Christian	CIF Prelims
59.43	**Allison McCann, La Costa Canyon	Palomar Finals
59.5	Kate Marquis, La Costa Canyon	Dual
59.76	**Melissa Neri, Valley Center	Frosh-Soph
59.85	**Heather Alcorn, La Costa Canyon	Palomar Finals
59.89	*Challona Williams, Palo Verde	CIF Prelims
1:00.10	*Shanice Howard, Marian	Metro Finals
1:00.12	*Gemmelle Rollins, Morse	CIF Finals
1:00.13	*Lizzy Karoly, San Pasqual	CIF Prelims

800

2:11.31	Kelly McCann, La Costa Canyon	Mt. SAC
2:17.30	April Montgomery, Helix	CIF Finals
2:17.57	*Missy Barclay, Westview	CIF Finals
2:17.92	***Laura Maffucci, La Costa Canyon	Palomar Finals
2:18.08	Katie Marquiz, La Costa Canyon	Palomar Finals
2:18.24	***Krista Egense, Rancho Bernardo	CIF Finals
2:18.86	***Amber Throop, Valley Center	Frosh-Soph
2:19.08	**Tess Wynne, USDHS	CIF Finals
2:19.12	**Amanda Moore, Torrey Pines	Palomar Finals
2:19.43	Tricia Allred, Valley Center	Valley Finals

2:20.42	*Renaee Eaton, San Pasqual	Valley Finals
2:20.42	**Heather Mayer, Monte Vista	CIF Prelims
2:20.95	**Bree Schofield, Carlsbad	CIF Prelims
2:21.16	***Sarah Vitug, University City	Frosh-Soph
2:21.29	**Stacy Pensingler, El Camino	CIF Prelims
2:21.49	*Brooke Anderson, University City	Runge
2:21.97	**Anna Sloan, Orange Glen	CIF Prelims
2:22.25	*Erika Zambone, Carlsbad	Avocado Finals
2:22.48	**Carly Bliss, Rancho Bernardo	Palomar Prelims
2:22.53	*Brigette Doctor, Torrey Pines	Palomar Finals
2:22.6	Lindsay delaMontaigne, Rancho Bernardo	Dual
2:22.72	**Carolyn Allen, Mt. Carmel	CIF Prelims
2:23.20	Katie Robbins, Scripps Ranch	CIF Prelims
2:23.22	*Gillian Fitch, La Costa Canyon	Dual
2:23.30	*Shanice Howard, Marian	CIF Finals
2:23.2	Selina Munoz, Hilltop	Metro Finals
2:23.70	***Skylar Middlebrook, Torrey Pines	Dual

1,600

4:57.69	Lindsay delaMontaigne, Rancho Bernardo	CIF Finals
4:59.97	***Katy Andrews, La Costa Canyon	CIF Finals
5:02.80	*Rowena Tam, University City	CIF Finals
5:04.05	***Skylar Middlebrook, Torrey Pines	Palomar Prelims
5:05.56	*Brooke Giuffre, San Pasqual	State Finals
5:07.10	Mandy Beatty, Scripps Ranch	CIF Finals
5:08.08	**Andrea Jacobs, Vista	CIF Prelims
5:08.18	*Gillian Fitch, La Costa Canyon	Palomar Finals
5:11.01	Sarah Apgar, Scripps Ranch	CIF Finals
5:11.77	*Bridie McCarey, Clairemont	CIF Prelims
5:11.80	*Tricia Allred, Valley Center	Valley Finals
5:13.69	*Valerie Christy, LJCD	CIF Prelims
5:14.15	**Katie Rentz, Mt. Carmel	CIF Finals
5:14.58	***Krista Egense, Rancho Bernardo	Palomar Prelims
5:17.08	*Veronica Gonzalez, Castle Park	CIF Finals
5:17.65	***Erin Murphy, Valley Center	Valley Finals
5:17.65	**Dana Anderson, University City	CIF Prelims
5:17.67	*Erica Zambon, Carlsbad	Avocado Finals
5:17.81	***Ashlin Yahr, Torrey Pines	Palomar Prelims
5:18.0	Brooke Kerby, San Pasqual	Dual
5:18.91	*Brooke Anderson, University City	CIF Finals
5:19.94c	Alicia Nugent, Valhalla	Arcadia
5:19.96	*Emily Kerr, Escondido	Valley Finals
5:20.05	***Katelin Peters, West Hills	Grossmont Finals
5:20.1	Kelly McCann, La Costa Canyon	Dual
5:20.24	***Stephanie Keelan, Westview	Palomar Prelims
5:21.40	***Nicole Aurigemma, Carlsbad	CIF Prelims
5:21.56	***Haley Kakadeles, La Costa Canyon	Palomar Prelims
5:21.73	***Phoebe Hartnett, Henry	Eastern Finals
5:21.90	**Sophie Davidson, Torrey Pines	Palomar Finals

3,200

10:54.59	Lindsay delaMontaigne, Rancho Bernardo	Arcadia
10:59.41	***Katy Andrews, La Costa Canyon	CIF Finals
11:01.01	Mandy Beatty, Scripps Ranch	CIF Finals
11:08.3	*Gillian Fitch, La Costa Canyon	Dual
11:17.55	*Kristen Peters, West Hills	CIF Finals
11:19.63	Brooke Kerby, San Pasqual	CIF Finals
11:21.04	***Erin Murphy, Valley Center	Valley Finals
11:28.87	**Andrea Jacobs, Vista	Azusa-Pacific
11:30.17	***Courtney Clark, La Costa Canyon	CIF Prelims
11:36.83	*Bridie McCarey, Clairemont	CIF Finals
11:38.61	***Ellie Keene, RBV	CIF Finals
11:41.10	**Christina Buckley, University City	Runge
11:41.45	Alicia Nugent, Valhalla	Tiger
11:42.53	Jana Stokes, University City	CIF Finals
11:43.32	***Skylar Middlebrook, Torrey Pines	Dual
11:44.0	*Brooke Giuffre, La Costa Canyon	Dual
11:46.86	*Brooke Anderson, University City	Runge
11:48.89	***Julia Hernandez, Castle Park	Metro Finals
11:51.05	**Katie Rentz, Mt. Carmel	Dual
11:53.35	***Kirsten Clemes, Westview	Titan
11:54.4	*Rowena Tam, University City	Dual
11:54.8	***Stephanie Keelan, Westview	Dual
11:56.4	***Brianna Lopez, Fallbrook	Dual
11:56.8	***Haley Kakadelis, La Costa Canyon	Dual
11:57.0	Sarah Apgar, Scripps Ranch	Dual
11:57.49	***Megan Meyer, Steele Canyon	CIF Finals
11:58.18	**Sophie Davidson, Torrey Pines	Dual
11:59.5c	*Erika Zambon, Carlsbad	Dual
11:59.78	*Kiyara Irvanian, Rancho Bernardo	Titan

100H

14.52	*Shakira Thompson, Helix	State Prelims
15.05	**Carli Lloyd, Fallbrook	State Prelims
15.26	**Charay Savage, Otay Ranch	CIF Prelims
15.47	**Julianne Faucette, Westview	Palomar Finals
15.53	*Samantha Stephens, RBV	CIF Prelims
15.54	**Amber Haywood, Monte Vista	CIF Prelims
15.68	Bonnie Zabinsky, Valley Center	CIF Prelims
15.79	**Kristin Marquardt, El Camino	Avocado Finals
15.97	**Sarah Brown, Tri-City Christian	CIF Prelims
15.98	Robin Kuntz, Bishop's	CIF Prelims
16.07	*Alla Khalitova, Scripps Ranch	Falcon
16.10	T'Shara Hicks, University City	CIF Prelims
16.14	*Petra Rackley, La Costa Canyon	Palomar Finals
16.26	*Mallorie Mainquist, Torrey Pines	Palomar Finals
16.35	***Susanna Marshall, Canyon Crest	CIF Prelims
16.37	Christi Sodano, Carlsbad	CIF Prelims
16.43	**Whitney Sisler, La Costa Canyon	Palomar Prelims

16.44	**Sam Ylagan, Mira Mesa	Eastern Prelims
16.62	**Misha Zeineddeine, Rancho Bernardo	CIF Prelims
16.67	***Shatier Butler, Serra	Eastern Finals
16.70	**Maria Tesmir, Rancho Bernardo	Palomar Finals
16.74	*Rachel Battigilia, Westview	Palomar Prelims
16.75	**Angie Haratyk, Torrey Pines	Palomar Prelims
16.85	Nichelle Engels, Brawley	CIF Prelims
16.87	*Pia Coleman, Chula Vista	Metro Finals

300LH

44.99	**Amber Haywood, Monte Vista	CIF Finals
45.15	*Sharika Thompson, Helix	Grossmont Finals
45.17	**Cori Franklin, Morse	CIF Finals
45.32	*Mallorie Mainquist, Torrey Pines	Palomar Finals
45.45	Elizabeth Carnes, Monte Vista	CIF Finals
45.88	**Carli Lloyd, Fallbrook	Avocado Finals
45.99	**Sara Player, Coronado	CIF Prelims
46.09	*Danielle Alvarado, Marian	Metro Finals
46.21	**Misha Zeineddeine, Rancho Bernardo	Palomar Finals
46.67	**Charay Savage, Otay Ranch	Dual
46.77	*Jessica Moncado, Poway	Palomar Finals
46.7	Robin Kuntz, Bishop's	Dual
46.95	Bonnie Zabinsky, Valley Center	Valley Finals
47.05	*Tara Cooper, Helix	Valley Center
47.24	***Caitlin Meagher, San Pasqual	CIF Finals
47.2	Sarai Ivory, El Camino	Dual
47.33	**Stephanie Rodriguez, Vista	Avocado Finals
47.42	T'Shara Hicks, University City	CIF Prelims
47.43	**Sarah Brown, Tri-City Christian	CIF Prelims
47.57	***Shatier Butler, Serra	CIF Finals
47.60	*Mallorie Bawkey, El Capitan	Bronco
47.91	**Angie Haratyk, Torrey Pines	Palomar Prelims
48.06	Michelle Rodriguez, Calexico	IVL Finals
48.09	***Anette DeLaRosa, Eastlake	Frosh-Soph
48.11	***Michaela Ogden, La Costa Canyon	Palomar Prelims
48.20	**Sabrina Nealy, Rancho Bernardo	Palomar Prelims
48.47	**Autumn Pando, Fallbrook	Avocado Finals
48.49	**Samantha Stephens, RBV	Avocado Finals

4x100 Relay

47.29	Morse	Eastern Finals
47.59	University City	Eastern Finals
48.48	Rancho Bernardo	Palomar Finals
48.84	Poway	Palomar Finals
49.16	El Camino	CIF Prelims
49.32	Helix	CIF Prelims
49.35	Westview	Palomar Finals
49.69	Otay Ranch	CIF Prelims
49.82	Torrey Pines	CIF Finals

49.89	Ramona	Valley Finals
49.93	Oceanside	Avocado Finals
50.01	San Pasqual	CIF Finals
50.13	USDHS	CIF Prelims
50.27	Steele Canyon	CIF Prelims
50.46	El Cajon Valley	CIF Finals
50.52	Mt. Carmel	Palomar Finals
50.67	Escondido	CIF Prelims
50.68	Valley Center	CIF Finals
50.6	La Costa Canyon	Dual
50.71	Vista	Avocado Finals
50.73	La Jolla Country Day	CIF Finals
50.79	Carlsbad	CIF Prelims
50.89	West Hills	Runge
50.95	Marian Catholic	Metro Finals

4x400 Relay

3:53.07	La Costa Canyon	CIF Finals
3:54.97	Morse	CIF Finals
3:55.39	University City	CIF Finals
3:55.52	San Pasqual	CIF Finals
3:57.78	Scripps Ranch	CIF Prelims
3:58.39	Vista	CIF Finals
4:00.18	El Camino	CIF Finals
4:01.30	Marian Catholic	CIF Finals
4:02.39	Helix	Grossmont Finals
4:02.80	Monte Vista	CIF Finals
4:03.47	Valley Center	Valley Finals
4:04.02	Poway	Palomar Finals
4:04.71	Torrey Pines	Palomar Finals
4:04.72	Rancho Buena Vista	CIF Prelims
4:04.94	Carlsbad	Avocado Finals
4:05.10	Westview	Palomar Finals
4:05.82	La Jolla Country Day	CIF Finals
4:07.18	Bishop's	CIF Finals
4:09.05	USDHS	CIF Finals

High Jump

5-10 1/4	Jamie Klages, Coronado	Sundevil
5-8 1/2	Lindsay Whetstine, Mt. Carmel	Dual
5-7	**Whitney Sisler, La Costa Canyon	Palomar Finals
5-5	**Sarah Player, Coronado	Titan
5-5	Heather Leidle, RBV	Dual
5-5	Esha McDowell, Eastlake	Metro Finals
5-4	***Ashlin Yahr, Torrey Pines	Dual
5-4	Francine Johnson, San Marcos	Dual
5-3	*Leslie Noisieux, Valhalla	Dual
5-3	Danielle Edmondson, West Hills	Dual

5-3	***Ariel Toomey, La Costa Canyon	Palomar Finals
5-3	*Alexandria Kearney, La Jolla	Dual
5-3	Tory Raphael, Mt. Carmel	Palomar Final
5-3	Crystal Shields, Bonita Vista	Otay Ranch
5-2	Rekeshia Jones, El Camino	Dual
5-2	*Jasmine Williams, Steele Canyon	Titan
5-2	Hannah Haehn, San Pasqual	Dual
5-2	Nakisha Jones, Madison	Sweetwater
5-2	Miranda Smelser, Julian	Citrus Finals
5-2	*Sabrina Gonzalez, Carlsbad	Dual
5-2	**Kristin Marquardt, El Camino	Dual
5-2	**Brittany Bennett, Otay Ranch	Titan
5-2	***Sara Macey, Vista	Dual
5-2	Meyon Henderson, Serra	CIF Prelims
5-2	***Sara Kaster, Ramona	CIF Finals

Pole Vault

12-9	Kate Mattoon, Rancho Bernardo	Mt. SAC
11-9	**Dana Hoolko, La Jolla	Otay Ranch
11-6	Sally Liu, Rancho Bernardo	Dual
11-4	Rebecca Adams, Rancho Bernardo	CIF Finals
11-0	*Cassandra Martell, Calvin	Dual
11-0	*Jessica Torres, Vista	Dual
11-0	Carolyn Wick, Steele Canyon	Dual
10-9	Caitlin Hemingway, Torrey Pines	Dual
10-8	*Allison Stamos, Escondido	CIF Finals
10-8	*Joanna Burkhart, Oceanside	CIF Prelims
10-8	Caitlin Fitzgibbons, Poway	CIF Finals
10-6	*Amanda Sharpell, Escondido	Dual
10-6	Ashley Woolen, Carlsbad	Dual
10-3	Michelle Morris, Vista	Avocado Finals
10-0	**Danielle Eckert, Coronado	CIF Finals
10-0	Amanda Fields, RBV	Dual
9-9	*Angela Gaeto, Rancho Bernardo	Palomar Prelims
9-9	*Sheila Imandoust, Rancho Bernardo	Palomar Prelims
9-6	**Lexi Tammer, Valley Center	Dual
9-6	**Lauren Christensen, La Jolla	CIF Finals

Long Jump

18-8 1/2	Vanessa Bobo, Morse	Otay Ranch
18-5	*Kasey Kearin, Rancho Bernardo	Falcon
18-1 1/2	Marquita Berry, El Camino	CIF Prelims
17-11 3/4	**Carli Lloyd, Fallbrook	CIF Finals
17-11 1/2	Heather Leidle, RBV	Dual
17-11	**Brittany Bennett, Otay Ranch	CIF Finals
17-10 1/2	*Petra Rackley, La Costa Canyon	Falcon
17-8	**Lakenya Simon-West, Grossmont	Dual
17-4 3/4	Mia Mobley, Mt. Carmel	Palomar Prelims
17-3 1/2	*Brenna Tucker, Ramona	Valley Prelims

17-3	**Sarah Brown, Tri-City Christian	Coastal Finals
16-10 3/4	**Rebecca Moyneur, Valley Center	Dual
16-10 1/2	Kai Wheeler, Rancho Bernardo	Palomar Prelims
16-8	Esha McDowell, Eastlake	Metro Finals
16-7 1/2	**Amber Haywood, Monte Vista	Grossmont Finals
16-6 3/4	Odia Jean-Giles, Kearny	CIF Prelims
16-6 1/2	*Kandy Wilmore, Otay Ranch	Otay Ranch
16-6	***Tatiana Frith, La Costa Canyon	Dual
16-5 3/4	*Ashley Stewart, Mira Mesa	Runge
16-5 1/2	**Kelsie Brooks, Rancho Bernardo	Palomar Finals
16-5 1/2	Nakisha Jones, Madison	CIF Finals
16-5 1/4	*Alex Kearney, La Jolla	Western Finals
16-5	**Jazmin Brooks, University City	Pasadena Games
16-5	*Kaycee Clark, Mira Mesa	Dual
16-4 1/2	Robin Deichler, Chula Vista	Metro Finals
16-4	*Amanda Roward, Christian	Harbor Prelims
16-4	**Kathleen Roehrkas, Bishop's	Dual
16-4	Melanie Hannibal, Bonita Vista	Metro Finals
16-4	**Amanda Carroll, Granite Hills	Grossmont Finals
16-3 1/2	*Jennifer Schell, Westview	Palomar Finals

Triple Jump

38-9 1/2	Heather Leidle, RBV	Avocado Prelims
37-8 1/2	*Kasey Kearin, Rancho Bernardo	CIF Finals
37-4	Rekeisha Jones, El Camino	Dual
37-3 1/2	*Andrea Talhami, Vincent	CIF Finals
36-3 1/4	Tiana Johnson, Mt. Carmel	CIF Finals
36-1 1/2	**Erin Langford, Carlsbad	CIF Finals
35-8	Rebecca Moyneur, Valley Center	Valley Prelims
35-7	**Kathleen Roehrkas, Bishop's	Coastal Finals
35-5	**Amanda Carroll, Granite Hills	CIF Prelims
35-3 3/4	***Kristen Pettey, Scripps Ranch	Dual
35-3 1/2	**Charay Savage, Otay Ranch	CIF Finals
35-0	***Allyn Meyer, La Jolla	Dual
35-0	Odia Jean-Giles, Kearny	CIF Finals
34-11	Esha McDowell, Eastlake	Metro Finals
34-10 1/2	**Kristen Marquardt, El Camino	Avocado Finals
34-9 3/4	**Shannon Moyneur, Valley Center	Dual
34-8	*Jennifer Schell, Westview	Dual
34-7 3/4	*Ennie Jose, Poway	Palomar Prelims
34-7 1/4	Mia Mobley, Mt. Carmel	Palomar Prelims
34-7	Julie O'Connor, Poway	CIF Prelims
34-7	Mayon Henderson, Serra	Dual
34-5 1/2	*Melanie Hannibal, Bonita Vista	CIF Prelims
34-3 1/2	Jennifer Arnold, Vista	Avocado Finals
34-3 1/2	*Cassandra Collins, RBV	Avocado Finals
34-3 1/4	*Brenna Tucker, Ramona	Dual
34-3	Kelly Millikan, San Pasqual	Dual
34-1	***Thoraya Maronesy, Helix	Grossmont Finals
34-1	Jennifer Gamble, Monte Vista	Grossmont Finals

Shot Put

42-10 1/2	Dereka Winters, El Camino	CIF Finals
40-9	Chastity Toilolo, Helix	Dual
39-9	*Jameena Hunt, Morse	Eastern Finals
38-3	Alexus Watley, Hilltop	Dual
37-2	*Janet Van Elff, Montgomery	Dual
37-1	*Angela Rawles, Helix	Dual
36-11 1/2	Antoinique Seales, Mt. Miguel	CIF Prelims
36-11 1/2	Priscilla Peaupepetele, Morse	Dual
36-10 1/2	Monica Hall, RBV	Dual
36-10	Michelle Thompson, El Cajon Valley	CIF Prelims
36-8	Tamara Matthews, Ramona	Dual
36-7	**Suzie Herrera, El Capitan	Dual
36-6 1/2	*Daniella Thu, Monte Vista	CIF Prelims
36-2	*Alisha Misaiata, Mira Mesa	Eastern Finals
36-1 3/4	Samantha Webb, Oceanside	Dual
36-1	***Brooke Edney, Central	CIF Finals
35-8	*Bernita Hubbard, Carlsbad	Avocado Prelims
35-4 3/4	*Amber Sangster, Oceanside	Avocado Finals
35-3 3/4	Shamra Darner, Central	Runge
35-3	Gabby Garcia, Chula Vista	Runge
35-0	*Devon Duke, El Capitan	Dual
34-11 1/2	*Anna Blumenfeld, LJCD	CIF Prelims
34-10 3/4	**Taase Fesuai, Vista	CIF Prelims
34-9	***Amanda Phelps, El Camino	Avocado Finals

Discus

145-1	*Daniella Thu, Monte Vista	CIF Prelims
143-4	Dereka Winters, El Camino	Avocado Prelims
138-9	*Jameena Hunt, Morse	CIF Finals
129-2	Tamara Matthews, Ramona	Dual
129-1	Morgan Bogard, USDHS	Western Prelims
128-4	Chastity Toilolo, Helix	Grossmont Finals
127-9	*Amber Sangster, Oceanside	CIF Prelims
127-6	*Anna Blumenfeld, LJCD	CIF Finals
127-1	Michelle Thompson, El Cajon Valley	Grossmont Prelim
121-0	*Alishi Misiata, Mira Mesa	Las Vegas
119-4	Monica Hall, RBV	Dual
117-6	Ashanti Davis, Rancho Bernardo	CIF Finals
117-0	*Kylie Rivers, San Ysidro	CIF Finals
116-3	Tamara Zakharian, Rancho Bernardo	CIF Finals
115-5	*Brynn Bixler, Mission Bay	CIF Finals
112-9	*Valerie Smith, Brawley	CIF Prelims
112-6	*Jamie Thornton, Valley Center	Dual
111-2	Crystal Billotta, Rancho Bernardo	Santa Margarita
111-1	Samantha Webb, Oceanside	Dual
110-9	Ashley Atkinson, Ramona	Dual
110-7	Laura Mosqueda, Hoover	Dual
110-6	Christine Kennedy, USDHS	Tiger



San Pasqual's Jesse O'Brien returns to defend his state title.

Note... The original paper versions of this guide included All-Time Lists and State Champions by year.

Since these lists are added to from year-to-year they are not included in this recreated digital version.

To see the current list go to sdtrackmag.com where you'll find all the guides we have available, as well as the complete lists of All-Time marks and State Winners.



Derek Scott, male track athlete of the year

The San Diego
Union-Tribune.

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