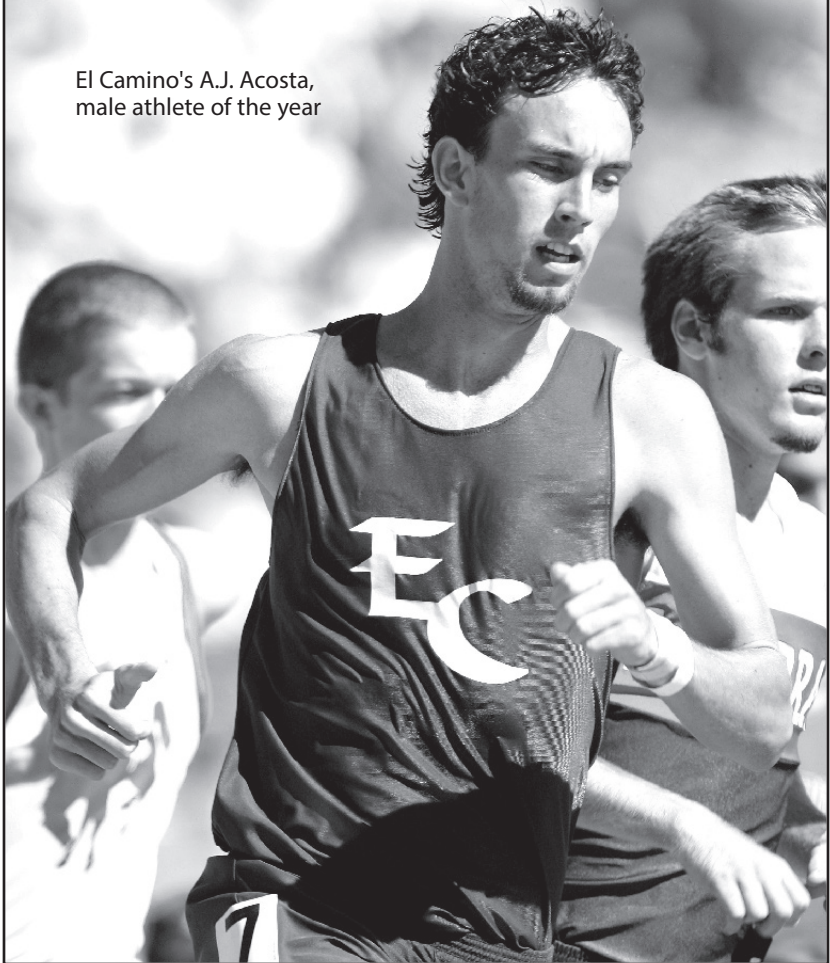


The San Diego
Union-Tribune.

'07 Track & Field Guide

El Camino's A.J. Acosta,
male 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
2006	Discus	Darius Savage	212-1

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		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

U-T Prep Sports Writers



VARGAS



BRAND



DICKENS



**Tracking your
performance.**

*The San Diego Union-Tribune is proud
to support high school athletics.*

**The San Diego
Union-Tribune.**



Serving You Since 1977

San Diego's
Track and Field Equipment
HEADQUARTERS

**Committed to
the sport
Committed to
you**

HIGH SCHOOL ATHLETES
SAVE 10%
EVERYDAY

4 Locations

To help us serve you better

Penasquitos	(858) 491-2183 2075 Carmel Mt Rd.
Vicinitas	(760) 634-2353 897 S. Coast Hwy 101
Pacific Beach	(858) 373-2310 1802 Garnet Ave
La Mesa	(619) 466-1656 6105 Lake Murray Blvd.

www.movinshoes.com
www.crowncity.com/sdtracking

Make way for the new in 2007

Every year, graduation takes away athletes that we've gotten used to following -- sometimes for four years.

Colorful A.J. Acosta. Mammoth Darius Savage. Hard-luck Jesse O'Brien. Speedy Janie James. All taking their golden talent to the next level.

But one of the joys of track and field is the seemingly endless supply of new faces and fresh hopes.

For the boys it is a nice mix of proven talent in the distance events to go with expected maturation in the sprints and jumps that could produce marks that -- dare we say it -- threaten some well-established records.

Anyone who saw Mission Hills' frosh sensation Joe Cooks burn a 10.71 for 100 meters and 21.55 for 200 can see potential greatness.

And how about El Camino junior Nelson Rosario? Seems whether it's the high (6-8), long (23-3) or triple jump (48-3), he's just one big pop away from being a state contender.

The high hurdles should be very competitive with Helix's Ronald Brookins (14.96) and Torrey Pines' Max Bruner (14.97) ready to renew their battle with each other and the barriers.

About those distance runners.

Eastlake's Austin Jett quietly moved up in Acosta's shadow, finishing sixth in the state with a fine 4:13.49 for 1,600 meters. He'll probably need that time and even faster to hold off the likes of University City's Mac Fleet, Monte Vista's Muluken Beressa and Bonita Vista's Eric Avila.

The girls are looking to make their mark as well.

With a scholarship to Azusa-Pacific already in place, Christian High's versatile Mandy Ross, last season's female athlete of the year, is again the one to watch. Whether it be the 100 (12.04), 200 (24.66) or 400 (56.43), Ross' powerful yet flowing style belies a fearsome finish.

As usual, the section will return numerous quality pole vaulters, led by Rancho Bernardo's Emily Mattoon (12-0), and the distance-running corps paced by the likes of Torrey Pines' Amanda Moore (2:13.53 for 800), La Costa Canyon's Katy Andrews (4:56.25 for 1600 and 10:54.38 for 3200) and cross country stand-out Ellie Keene of Rancho Buena Vista could make a major impact.

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, the San Diego Hall of Champions and the San Diego chapter of USA Track and Field (USATF) 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: A.J. Acosta, male athlete of the year

Back page: Mandy Ross, female track athlete of the year

2006 Boys Leaders

* Junior, ** Sophomore, *** Freshman

100 (fully Electronic)

10.66	Dax Danns, Helix	Mt. SAC
10.71	***Joe Cooks, Mission Hills	Valley Finals
10.75	Stan Griffin, Mt. Carmel	Section Finals
10.78	Danny Belch, Torrey Pines	Section Finals
10.81	Jordan Calhoun, Vista	Section Finals
10.84	Dean McCastle, Vista	Avocado Finals
10.87	*Chris Daniels, Serra	Section Prelims
10.87	Dustin Driscoll, St. Augustine	Section Finals
10.98	Daniel Lofton, Westview	Titan Trackfest
11.00	Dain Soulds, San Pasqual	Valley Finals
11.00	Sam Toomer, Brawley	Dual
11.02	Jeremy Young, El Cajon Valley	Desert Relays
11.02	Quentin O'Meal, Monte Vista	Section Prelims
11.06	***Brandon Rogers, Palo Verde	Section Prelims
11.06	Mike Lynch, St. Augustine	Section Finals
11.09	*Alex Maire, LJCD	Section Prelims
11.10	*Steven Singh, Central	IVL Finals
11.16	*Darrell Catchings, Escondido	Valley Finals
11.17	Charles Parker, Eastlake	Escondido Inv.
11.17	Angelo Barron, Mission Hills	Valley Finals
11.20	Ross Dixon, Fallbrook	Avocado Finals
11.21	Stephen Towns, SD Southwest	Metro Finals
11.21	Brandon Pride, Granite Hills	Escondido Inv.
11.21	Joe Tanner, Sweetwater	Escondido Inv.
11.23	Scooter Belasco, Torrey Pines	Section Prelims
11.24	*Paul Arena, Ramona	Valley Finals
11.25	Earl Chiong, El Camino	Avocado Finals
11.27	Geoff Akpom, Mt. Carmel	Big Dual
11.29	Ean Barnawell, Torrey Pines	Sundevil
11.30	Robert Schenck, Mission Hills	Valley Prelims

200

21.51	***Joe Cooks, Mission Hills	Valley Finals
21.85	Dean McCastle, Vista	Avocado Finals
21.90	Dax Danns, Helix	Arcadia
21.93	Danny Belch, Torrey Pines	Section Prelims
21.94	*Chris Daniels, Serra	Escondido Inv.
22.04	Stan Griffin, Mt. Carmel	Sundevil
22.12	Jordan Calhoun, Vista	Avocado Finals
22.15	Dustin Driscoll, St. Augustine	Western Finals
22.16	Mike Lynch, St. Augustine	Sundevil
22.21	Dante Franks, Eastlake	Runge
22.26	Ben Maypole, Granite Hills	Big Dual
22.28	Daniel Lofton, Westview	Dual

22.40	Quentin O'Neal, Monte Vista	Escondido Inv.
22.42	**Nico Reaves, Monte Vista	Section Prelims
22.45	Brandon Pride, Granite Hills	Runge
22.45	Javel Temple, Madison	Section Finals
22.47	*Tony Hodges, Vista	Dual
22.49	Brandon Sullivan, Poway	Avocado Prelims
22.52	*George Bell, San Diego	Eastern Prelims
22.55	*Josh Wade, Point Loma	Eastern Finals
22.57	Jon Shoate, Serra	Eastern Finals
22.63	*Darryl Williams, Escondido	Escondido Inv.
22.63	Ean Barnawell, Torrey Pines	Palomar Prelims
22.71	**Daniel Thomas, Cathedral	Dual
22.74	Scooter Belasco, Torrey Pines	Palomar Prelims
22.75	*Tim Evans, Serra	Eastern Prelims
22.78	*Alex Maire, LJCD	Dual
22.82	*Jelani Burton, Mira Mesa	Eastern Prelims
22.85	*Xavier Downing, Rancho Bernardo	Big Dual

400

48.34	Ben Maypole, Granite Hills	Escondido Inv.
48.77	Dante Franks, Eastlake	Escondido Inv.
49.07	Dax Danns, Helix	Sundevil
49.33	**Daniel Thomas, Cathedral Catholic	Section Finals
49.39	*Tony Hodges, Vista	Big Dual
49.57	Jesse O'Brien, San Pasqual	Runge
50.07	Rob Christenson, St. Augustine	Western Finals
50.1	Daniel Lofton, Westview	Dual
50.34	Nick Stein, Mission Hills	Escondido Inv.
50.35	Jesse Pattison, Rancho Bernardo	Palomar Finals
50.39	Javel Temple, Madison	Escondido Inv.
50.42	Jeremy Young, El Cajon Valley	Runge
50.45	*Tony Gross, Vista	Sundevil
50.5	Roberto Archibold, Monte Vista	Dual
50.63	**Chris Phillips, Helix	Section Prelims
50.68	Russell Wooten, St. Augustine	Western Finals
50.74	*Josh Wade, Point Loma	Section Finals
50.8	Brandon Sullivan, Poway	Dual
50.83	Matt Emmel, Clairemont	Section Finals
50.84	**Kevin Bobrow, Cathedral Catholic	Frosh-Soph
50.85	**Judge Evans, Mt. Miguel	Frosh-Soph
50.86	*Louis Ward, Mission Bay	Western Finals
50.93	*Mike Wessendorf, El Camino	Section Finals
50.95	Alejandro Vargas, Vista	Torrey Pines
51.12	Tom Lussenden, Granite Hills	Big Dual
51.20	Derrick Davenport, Grossmont	Section Finals
51.28	Ryan Denton, Valhalla	Torrey Pines
51.31	Mike Lynch, St. Augustine	Runge
51.33	Stan Griffin, Mt. Carmel	Torrey Pines
51.33	Ryan Babers, Mira Mesa	Eastern Finals

800

1:52.05	Jesse O'Brien, San Pasqual	Arcadia
1:52.40	Alejandro Vargas, Vista	State Prelims
1:53.48	*Jeree Henry, El Camino	State Prelims
1:54.70	David Edwards, Poway	Section Finals
1:55.5	A.J. Acosta, El Camino	Dual
1:55.72	***Mackey Fleet, University City	Section Finals
1:55.73	Marco Anzures, St. Augustine	Section Prelims
1:55.79	Riley Oneal, Henry	Section Finals
1:56.24	*Austin Jett, Eastlake	Escondido Inv.
1:56.90	*Jaime Carrillo, Mission Hills	Section Prelims
1:56.9	Carl Dargitz, Rancho Bernardo	Dual
1:57.12	*Mark Thomas, Poway	Dual
1:57.12	Timbo Stillinger, San Dieguito	Coastal Finals
1:57.25	*Craig Love, Mt. Carmel	Palomar Prelims
1:57.70	**Gregor Lloyd-Smith, Torrey Pines	Dual
1:57.81	Jon Pease, Carlsbad	Avocado Finals
1:58.04	**Juan Vierya, Montgomery	Section Prelims
1:58.20	**Charles Jock, Mission Bay	Section Prelims
1:58.27	**Brett Hasvold, Fallbrook	Section Prelims
1:58.30	Roberto Hernandez, Chula Vista	Section Prelims
1:59.02	Marc Corrales, Otay Ranch	Metro Finals
1:59.08	*Conor O'Brien, Torrey Pines	Section Prelims
1:59.0	Dan Gonia, West Hills	Grossmont Prelims
1:59.18	Kyle Suarez, St. Augustine	Western Finals
1:59.19	*Alex Todd, La Jolla	Western Finals
1:59.32	Jeff Weber, University City	Section Prelims
1:59.59	Nolan Williams, Scripps Ranch	Escondido Inv.
1:59.5	Colton Tully-Doyle, Rancho Bernardo	Dual
1:59.80	Chris Ertz, El Capitan	Section Prelims
1:59.87	Walter Bueno, Granite Hills	Escondido Inv.
1:59.9	**Todd Van Duzer, Fallbrook	Avocado Prelims
2:00.03	*Nick Lake, Scripps Ranch	Western Finals

1,600

4:02.46c	A.J. Acosta, El Camino	Sub-4 Quest
4:13.49	*Austin Jett, Eastlake	State Finals
4:14.65	Colton Tully-Doyle, Rancho Bernardo	Section Finals
4:17.26	Carl Dargitz, Rancho Bernardo	Palomar Finals
4:17.96	Marco Anzures, St. Augustine	Sundevil
4:18.69c	*Mark Thomas, Poway	Mt. SAC
4:19.80c	Riley Booker, University City	Aztec Invitational
4:19.98	*Brett Hasvold, Fallbrook	Section Finals
4:20.45	Ian LaForm, Henry	Section Finals
4:20.49	Ahmed Osman, San Diego	Sundevil
4:21.22	Timbo Stillinger, San Dieguito	Coastal Finals

4:21.81	*Eric Avila, Bonita Vista	Sundevil
4:22.95	*Muluken Beressa, Monte Vista	Section Finals
4:23.50	Josh Sandoval, Granite Hills	Jaguar
4:24.44	***Mackey Fleet, University City	Golden West
4:24.84	Dan Gonia, West Hills	Runge
4:24.87	Kyle Suarez, St. Augustine	Western Finals
4:24.8	*David Edwards, Poway	Dual
4:25.16	*Gregor Lloyd-Smith, Torrey Pines	Palomar Finals
4:25.62	*Travis Kuhlman, Westview	Palomar Finals
4:25.85	Azael Gomez, Sweetwater	Jaguar
4:25.9	*Craig Love, Mt. Carmel	Dual
4:26.47	*Jaime Carrillo, Mission Hills	Valley Finals
4:26.66	David Weston, San Pasqual	Section Finals
4:27.75	Ryan Withall, Carlsbad	Avocado Finals
4:28.00	*Alex Avilez, Valley Center	Valley Finals
4:28.36	**Todd Van Duzer, Fallbrook	Avocado Finals
4:28.7	Alejandro Vargas, Vista	Dual
4:29.29	*Matthew Van Dyke, Vista	Avocado Finals
4:29.93	Antonio Sanchez, Oceanside	Avocado Finals

3200

8:43.26c	A.J. Acosta, El Camino	Nike Nationals
9:10.88	Colton Tully-Doyle, Rancho Bernardo	Golden West
9:13.11	Riley Booker, University City	Arcadia
9:13.19	Ahmed Osman, San Diego	State Finals
9:18.00	*Eric Avila, Bonita Vista	Golden West
9:20.89	Kyle Suarez, St. Augustine	Section Finals
9:25.02	*Tony Baren, Valhalla	Section Finals
9:25.26	*Travis Kuhlman, Westview	Section Finals
9:25.33	Josh Sandoval, Granite Hills	Escondido Inv.
9:25.58	Dan Gonia, West Hills	Section Finals
9:25.76	Charlie Gamble, La Jolla	Section Prelims
9:29.68	Marco Anzures, St. Augustine	Western Finals
9:36.88	Carl Dargitz, Rancho Bernardo	Big Dual
9:37.19	*Muluken Beressa, Monte Vista	Section Finals
9:39.58	**Alex Avilez, Valley Center	Section Finals
9:40.97	*Zach Paris, Torrey Pines	Dual
9:41.18	Adrian Haywas, El Camino	Section Prelims
9:43.0	**Cameron Sundin, Helix	Dual
9:43.88	*Matt Rodriguez, Central	Desert Relays
9:43.99	*Matthew Seat, Bonita Vista	Section Prelims
9:45.01	*Mark Thomas, Poway	Dual
9:48.14	Don Illingsworth, Torrey Pines	Sundevil
9:48.50	*Alex Scherling, University City	Titan
9:48.52	*Miguel Albarren, RBV	Avocado Finals
9:48.84	**Tom Hamilton, La Costa Canyon	Escondido Inv.
9:49.21	**Russ Mundae, Valley Center	Escondido Inv.

110HH

14.96	*Ronald Brookins, Helix	State Prelims
14.97	*Max Bruner, Torrey Pines	Palomar Finals
14.99	Roberto Archibold, Monte Vista	State Prelims
15.03	Ryan Fentin-Thompson, Torrey Pines	State Prelims
15.04	Jarrel Davis, El Camino	Sundevil
15.10	Mark Jankowski, Poway	Palomar Finals
15.24	Nick Stadille, Rancho Bernardo	Palomar Finals
15.25	*RaNee Woods, Otay Ranch	Metro Finals
15.28	Ausbaldo Corrales, Central	Section Finals
15.31	Jovan Plamenac, San Pasqual	Valley Prelims
15.33	Jerrell Mitchell, Eastlake	Section Finals
15.34	Kevin Jones, University City	Eastern Finals
15.41	*Mark Novilla, Eastlake	Section Prelims
15.51	*Ashton Gamat, Mt. Carmel	Section Prelims
15.53	*Ernest Walker, Carlsbad	Dual
15.55	Justin Mangubat, Bonita Vista	Dual
15.56	Albert Novelozo, Hilltop	Section Prelims
15.62	**Steven Ayers, Ramona	Valley Finals
15.65	Trevor Sandling, RBV	Avocado Finals
15.67	*Edel Portelo, Escondido	Valley Finals
15.67	Trevor Fulkerson, Christian	Central Finals
15.68	*Anthony Jereza, Mira Mesa	Eastern Prelims
15.76	*Hunter Hackett, Torrey Pines	Palomar Finals
15.77	*Robert Walker, Palo Verde	IVL Finals
15.79	Michael Smith, Central	IVL Finals
15.84	Michael Flynn, La Costa Canyon	Palomar Finals
15.92	*Chase Ketchum, Granite Hills	Escondido Inv.

300IH

37.98	Roberto Archibold, Monte Vista	State Prelims
39.21	*Max Bruner, Torrey Pines	Palomar Finals
39.38	*RaNee Woods, Eastlake	Section Finals
39.39	Jarrel Davis, El Camino	Sundevil
39.41	*Bobby Workman, Mira Mesa	Section Finals
39.69	Ryan Fentin-Thompson, Torrey Pines	Palomar Finals
39.83	Kellen Campbell, Helix	Section Prelims
39.90	*Roger Earl, Poway	Palomar Finals
40.1	*Soaha Jafarzade, Rancho Bernardo	Dual
40.34	Jovan Plamenac, San Pasqual	Titan
40.35	Pat Silva, Westview	Palomar Finals
40.41	Trevor Sandling, RBV	Escondido
40.60	Nick Stein, Mission Hills	Section Prelims
40.67	*Brent Boone, Eastlake	Section Prelims
40.71	George Lane, San Pasqual	Valley Finals
40.79	Sam Toomer, Brawley	IVL Finals
40.84	*J.J. Hamilton, Poway	Palomar Finals
40.87	*Ivory Heard, RBV	Avocado Finals
40.91	Christian Ramirez, Imperial	Section Prelims

40.92	Alex Macey, Vista	Section Prelims
41.06	*Danny Romero, St. Augustine	Section Finals
41.12	Shawn Callen, El Capitan	Section Prelims
41.15	*Michael Love, Poway	Runge
41.15	Trevor Fulkerson, Christian	Section Prelims
41.16	Roger Andrade, Montgomery	Runge
41.1	Christopher Jackson, El Cajon Valley	Grossmont Prelims
41.20	**Niko Salazar, Otay Ranch	Escondido Inv.
41.23	Pat Silva, Westview	Section Prelims
41.2	Evan Davis, Oceanside	Dual
41.42	*Anthony Jereza, Mira Mesa	Eastern Prelims
41.44	***Stephen Aguilar, Valley Center	Section Prelims
41.45	Peng Chen, La Jolla	Section Prelims
41.4	*Ronald Brookins, Helix	Grossmont Finals
41.56	*Jared Francis, Granite Hills	Big Dual

4x100 Relay

42.0	St. Augustine	Dual
42.31	Torrey Pines	Palomar Finals
42.36	Helix	Titan
42.53	Vista	Section Finals
42.72	Monte Vista	Arcadia
42.92	Serra	Section Prelims
42.97	Granite Hills	Section Finals
43.16	Mission Hills	Section Prelims
43.18	Rancho Bernardo	Palomar Finals
43.23	Mt. Carmel	Palomar Finals
43.52	San Diego	Eastern Finals
43.54	Eastlake	Section Finals
43.55	Central Union	IVL Finals
43.75	Brawley	IVL Finals
43.7	Morse	Dual
43.89	El Camino	Section Finals
43.90	Otay Ranch	Metro Finals
43.93	Madison	Central Finals
43.95	La Jolla	Western Finals
43.98	SD Southwest	Section Prelims
43.9	Westview	Dual

4x400 Relay

3:19.78	El Camino	Section Finals
3:21.14	Monte Vista	Section Finals
3:22.04	Mission Hills	Section Finals
3:23.23	Mt. Miguel	Section Finals
3:23.68	Poway	Section Finals
3:24.55	Vista	Avocado Finals
3:24.74	Granite Hills	Escondido Inv.
3:24.88	Torrey Pines	Palomar Finals
3:25.03	Mt. Carmel	Palomar Finals

3:25.28	St. Augustine	Section Prelims
3:26.45	Helix	Arcadia
3:26.45	San Pasqual	Section Finals
3:27.16	Eastlake	Section Prelims
3:27.44	Rancho Bernardo	Palomar Finals
3:27.92	Cathedral Catholic	Western Finals
3:28.19	Clairemont	Section Finals
3:28.2	Escondido	Dual
3:28.53	Mira Mesa	Section Prelims
3:28.61	La Jolla	Section Finals
3:28.70	Otay Ranch	Escondido Inv.
3:29.68	Serra	Eastern Finals

High Jump

6-8	*Richard LaFleur, Escondido	Section Finals
6-8	**Nelson Rosario, El Camino	Frosh-Soph
6-7	David Ramsey, Calexico	IVL Finals
6-7	Utreen White, Poway	Section Finals
6-6 1/2	Emery Mitchell, Steele Canyon	Dual
6-6 1/2	Keith Jensen, Rancho Bernardo	Dual
6-6	Dexter Wilson, University City	Dual
6-5	**Aaron McCalmont, Granite Hills	Dual
6-4	Ryan Mauzy, Steele Canyon	Torrey Pines
6-4	Clark Gordon, Granite Hills	Dual
6-3	*Royce Pollard, University City	Section Finals
6-3	Ryan Fentin-Thompson, Torrey Pines	Palomar Finals
6-3	Karlin Stewart, Mt. Miguel	Escondido Inv.
6-3	Ross Dixon, Fallbrook	Dual
6-2	**Lee Gill, St. Augustine	Section Finals
6-2	*Taylor Jackson, Serra	Section Finals
6-2	***Ramsey Hopkins, Torrey Pines	Torrey Pines
6-2	**Tynan Murray, Poway	Dual
6-2	*RaNee Woods, Otay Ranch	Metro Finals
6-2	Mike Mohamed, Brawley	Dual
6-2	Brandon Kwock, RBV	Dual
6-2	**Ty West, Serra	Dual

Pole Vault

16-4	Kevin Jones, University City	Section Prelims
15-8	*Andy Sullivan Poway	Section Prelims
15-6	Cory Phallen, Rancho Bernardo	Dual
15-4	Drew Mann, Scripps Ranch	Torrey Pines
15-0	Edward McGregor, Mt. Carmel	Jaguar
15-0	Eric Haman, RBV	Avocado Finals
14-8	Luc Ruiz, Eastlake	Section Prelims
14-8	*Griffin Simmons, Vista	Section Prelims

14-4	James Bush, Poway	Section Finals
14-4	*John Gibson, La Jolla	Section Prelims
14-0	*John Phillips, La Jolla	Section Finals
14-0	*Zack Wohlford, Rancho Bernardo	Section Prelims
13-8	Daniel Berghauser, St. Augustine	Section Prelims
13-6	**Thanh Ly, Granite Hills	Grossmont Finals
13-6	Chris Stiedeman, Escondido	Torrey Pines
13-6	*Aaron Hilburn, Oceanside	Dual
13-4	*Caleb Montcalvo, Escondido	Section Prelims
13-2	D.J. Shirley, Torrey Pines	Dual
13-2	*Will Sommervell, Rancho Bernardo	Dual
13-1	Brendan Jonesrembrandt, Fallbrook	Dual

Long Jump

23-3	**Nelson Rosario, El Camino	Sundevil
22-8 1/2	Karlin Stewart, Mt. Miguel	Arcadia
22-6	*Steven Singh, Central	Desert Relays
22-4 1/2	*Gary Lee, Hoover	Section Prelims
22-3	Geoff Akpom, Mt. Carmel	Dual
22-2	Christopher Harris, Morse	Dual
22-0 3/4	Estevan Canciller, Eastlake	Metro Finals
22-0 1/2	Scooter Belasaco, Torrey Pines	Dual
21-11	Stephan Towns, SD Southwest	Metro Finals
21-11	*Igor Seriba, La Jolla	Western Prelims
21-9 1/2	Ben Brown, Torrey Pines	Dual
21-9	*Bobby Workman, Mira Mesa	Dual
21-7 1/2	*Darrell Catchings, Escondido	Section Prelims
21-7 1/2	Dean McCastle, Vista	Big Dual
21-7 1/2	Zach Garza, Fallbrook	Dual
21-6 1/2	*Jared Francis, Granite Hills	Section Prelims
21-4	*Pedro Campos, University City	Sundevil
21-4	Brandon Pride, Granite Hills	Dual
21-3 1/2	*Darryl Williams, Escondido	Dual
21-2	Andrew Atkins, Helix	Grossmont Finals
21-1	*Michael Lakis, Grossmont	Grossmont Finals
21-1	**Daniel Thomas, Cathedral	Western Prelims
21-0 1/2	Mike Donohue, Torrey Pines	Torrey Pines
21-0	Sam Toomer, Brawley	IVL Finals

Triple Jump

49-4 3/4	Karlin Stewart, Mt. Miguel	Section Finals
48-3	**Rosario Nelson, El Camino	Section Prelims
47-6 3/4	*Darryl Williams, Escondido	Torrey Pines
47-3	*Igor Seriba, La Jolla	State Prelims
46-3 1/2	*Gary Lee, Hoover	Bronco
45-11	Robert McKinney, Eastlake	Escondido Inv.
45-9 3/4	Ben Brown, Torrey Pines	Section Prelims
45-9	Geoff Akpom, Mt. Carmel	Section Prelims

45-6 1/4	*Devon Akpom, Mt. Carmel	Palomar Finals
44-8	Christopher Harris, Morse	Eastern Finals
44-4 3/4	Daniel Phair, El Camino	Section Prelims
44-4 1/2	Andrew Atkins, Helix	Section Prelims
44-4	*Kevin Jenkins, Granite Hills	Grossmont Finals
44-1	Sam Toomer, Brawley	Dual
43-11	Mark McPherson, Otay Ranch	Escondido Inv.
43-7	Matt Stanislawski, Rancho Bernardo	Dual
43-6	*Michael Lakis, Grossmont	Grossmont Finals
43-4	Tom Lussenden, Granite Hills	Escondido Inv.
43-2	Carrington Barbour, San Marcos	Valley Finals
43-0	Jamal Taylor, Vista	Torrey Pines
43-0	Evan Davis, Oceanside	Escondido Inv.
42-11	**Alante Womack, San Diego	Section Prelims
42-10 1/2	*Pedro Campos, University City	Dual
42-8 3/4	*Andrew Liao, Westview	Section Prelims
42-8	E.J. Brown, West Hills	Jaguar
42-8	*Steven Yuon, Torrey Pines	Dual
42-7 1/2	*Ashton Gamat, Mt. Carmel	Torrey Pines
42-7	*Alex Thompson, University City	Dual

Shot Put

66-3 1/2	Darius Savage, Morse	State Finals
57-4	Robert Schenck, Mission Hills	Valley Finals
56-8 1/4	*Mark Weber, El Camino	Dual
54-0	Mike Tull, Fallbrook	Dual
53-11 1/2	**David Spates, Monte Vista	Grossmont Finals
53-5	Sam Suarez, Sweetwater	Dual
50-9	Dominik Harman, Kearny	Section Prelims
50-6	Marcus Yarbrough, Eastlake	Dual
50-5 1/2	Vinny Grippo, San Pasqual	Dual
50-2	Jericho Maxwell, Crawford	Section Prelims
50-0 3/4	Kevin Dillard, El Capitan	Grossmont Finals
49-10 1/2	Mike Migita, Torrey Pines	Palomar Finals
49-10 1/2	Elijah Foster, Mt. Miguel	Section Finals
49-9 1/2	*Winston Wilkinson, Rancho Bernardo	Section Prelims
49-2	Lucas Turley, Granite Hills	Section Finals
48-9 3/4	*Chris Boniwell, Rancho Bernardo	Dual
48-5 1/2	*Ian Resor, La Costa Canyon	Palomar Prelims
48-4	*John Baez, Eastlake	Metro Finals
48-4	Anthony Gonzalez, El Camino	Dual
48-3 1/4	**Jacob Loeh, Westview	Palomar Prelims
48-3	*Chris Atkins, Serra	Dual
47-11 1/2	Lucas Triley, La Jolla	Dual
47-9 1/2	**Lamont Enyard, Oceanside	Escondido Inv.
47-9	**Julian Samson, Otay Ranch	Titan
47-5 1/2	Ryan Chohany, Rancho Bernardo	Dual

47-4	**Riley Schoen, Carlsbad	Avocado Finals
47-0 1/2	*Steven Bryan, Helix	Dual
47-0	*Luis Guerra, Steele Canyon	Section Finals

Discus

212-1	Darius Savage, Morse	State Prelims
183-3	Mike Tull, Fallbrook	Dual
172-2	*Mark Weber, El Camino	Dual
166-9	**David Spates, Monte Vista	Grossmont Finals
160-7	**Julien Samson, Otay Ranch	Escondido Inv.
154-11	Vic Aquilina, Carlsbad	Dual
153-7	*Chris Boniwell, Rancho Bernardo	Santa Margarita
152-2	Marcus Yarbrough, Eastlake	Dual
151-4	Anthony Gonzalez, El Camino	Section Finals
151-1	Kevin Dillard, El Capitan	Dual
150-3	*Cody Furr, El Capitan	Grossmont Prelims
150-3	*Mike Poole, Otay Ranch	Dual
149-11	*Bryan Jemison, Carlsbad	Section Prelims
149-8	Jericho Maxwell, Crawford	Section Prelims
149-8	*Pat Colonelli, Westview	Palomar Finals
148-8	Ryan Chohany, Rancho Bernardo	Dual
148-6	Lucas Triley, La Jolla	Dual
147-7	Colin Cronin, Cathedral	Section Prelims
147-6	Shaun Schuette, Mission Hills	Dual
146-1	John Cooper, Santana	Dual
145-8	Romel Wallace, Grossmont	Frossmont Finals
145-0	*Chris Atkins, Serra	Dual

2006 State Meet Finalists (Top 9)

Boys

400	9. Ben Maypole	Granite Hills	49.25
1600	1. A.J. Acosta	El Camino	4:04.95
	6. Austin Jett	Eastlake	4:13.49
	8. Colton Tully-Doyle	Rancho Bern.	4:15.67
3200	2. A.J. Acosta	El Camino	8:59.15
	5. Ahmed Osman	San Diego	9:13.19
300IH	7. Roberto Archibold	Monte Vista	38.47
Pole Vault	7. Kevin Jones	University City	15-11
Triple Jump	8. Karlin Stewart	Mt. Miguel	47-4 1/4
Shot Put	1. Darius Savage	Morse	66-3 1/4
Discus	1. Darius Savage	Morse	205-6

Girls

1600	9. Katy Andrews	La Costa Cyn	5:15.69
Pole Vault	9. Dana Hoolko	La Jolla 11-3	
Long Jump	6. Kasey Kearin	Rancho Bern.	18-1
Discus	7. Daniella Thu	Monte Vista	136-7

2006 Girls Leaders

100

12.04	*Mandy Ross, Christian	Central Prelims
12.19	**Alissa Sanchez, Cathedral	Section Prelims
12.29	Aja Wheeler, University City	Section Prelims
12.40	Kai Wheeler, Rancho Bernardo	Palomar Finals
12.44	*Lauren Kodama, Westview	Section Prelims
12.44	Jasmine Hutchinson, Poway	Dual
12.46	**Lauren Rickman, University City	Dual
12.59	Brenetta Wallace, Morse	Eastern Prelims
12.61	***Vanessa Houston, Hoover	Central Finals
12.62	*Brittany Bennett, Otay Ranch	Dual
12.62	*Jennifer Monahan, RBV	Avocado Finals
12.66	**Taylor Williams, Escondido	Valley Finals
12.68	Sanea Miles, Rancho Bernardo	Sundevil
12.70	Amber Waddell, Clairemont	Section Prelims
12.70	Angela Altieri, Vista	Avocado Finals
12.70	Tammy Brown, Palo Verde	Section Prelims
12.71	Megan Williams, Poway	Dual
12.73	*Caryn Owens, El Camino	Avocado Finals
12.73	*Dana Hoolko, La Jolla	Dual
12.78	**Nicole Cardon, Madison	Dual
12.79	*Sarah Laine, Valhalla	Section Prelims
12.85	***Krystle Osby, Escondido	Valley Finals
12.86	**Crystal Spears, Scripps Ranch	Western Finals
12.87	**Kaci Barry, Rancho Bernardo	Sundevil
12.91	Jennifer Schell, Westview	Section Prelims
12.93	**Jasmine Vines, Helix	Frosh-Soph
12.94	***Rachel Lofton, Westview	Palomar Prelims
12.96	Caitlin O'Neil, Bishop's	Section Prelims
12.97	***Toni Tonijeran, Granite Hills	Big Dual

200

24.66	*Mandy Ross, Christian	State Prelims
24.94	*Lauren Kodama, Westview	Section Finals
25.05	**Alissa Sanchez, Cathedral	Section Prelims
25.08	*Jazmin Brooks, University City	Section Prelims
25.32	***Tenielle Stoudenmire, RBV	Section Finals
25.34	Brenetta Wallace, Morse	Section Finals
25.36	Janie James, Helix	Sundevil
25.38	Jasmine Hutchinson, Poway	Section Prelims
25.46	Aja Wheeler, University City	Eastern Finals
25.50	Chelsae Moreland, Morse	Section Finals
25.52	**Ciara Short, Madison	Section Prelims
25.53	Megan Williams, Poway	Palomar Finals
25.59	**Brittany Bennett, Otay Ranch	Section Finals
25.67	***Taylor Williams, Escondido	Section Finals

25.72	Kai Wheeler, Rancho Bernardo	Palomar Finals
25.74	***Vanessa Houston, Hoover	Section Finals
25.74	Lizzy Karoly, San Pasqual	Valley Finals
25.6	Angela Altieri, Vista	Dual
25.6	*Sarah Player, Coronado	Central Prelims
25.87	**Amanda Winninghoff, RBV	Avocado Finals
25.88	**Lauren Rickman, University City	Section Finals
25.90	*Tajja Sankar, Mira Mesa	Eastern Finals
25.92	*Dana Hoolko, La Jolla	Western Prelims
25.9	Lucia Asbury, Mission Hills	Dual
26.01	Amber Waddell, Clairemont	Section Prelims
26.02	**Crystal Spears, Scripps Ranch	Western Prelims
26.20	**Ursula Lopez-Palm, San Pasqual	Valley Finals
26.0	**Dana Kawabe, Vista	Dual
26.38	Channing Moreland, Morse	Eastern Prelims
26.44	***Heather Hallahan, Julian	Citrus Finals
26.47	**Rachel Lofton, Westview	CIF Prelims
26.48	**Alex Webber, Poway	Palomar Prelims

400

55.77	Janie James, Helix	Section Finals
56.43	*Mandy Ross, Christian	Section Finals
56.87	Jasmine Chukwueke, Scripps Ranch	Western Finals
57.08	**Ciara Short, Madison	Section Finals
57.20	Megan Williams, Poway	Section Finals
57.36	Lizzy Karoly, San Pasqual	Valley Prelims
57.77	Chelsae Moreland, Morse	Eastern Finals
57.87	**Ursula Lopez-Palm, San Pasqual	Valley Finals
57.90	*Sarah Laine, Valhalla	Section Prelims
58.05	***Tanielle Stoudenmire, Rancho Bernardo	Palomar Finals
58.18	*Rhonneshia Simpson, Serra	Eastern Finals
58.19	*Lakenya Simon-West, Grossmont	Section Prelims
58.40	Anna McGregor, Point Loma	Eastern Prelims
58.44	**Nicole Aurigemma, Carlsbad	Avocado Finals
58.68	Candice DeGues, EC Southwest	Section Finals
58.6	Lucia Asbury, Mission Hills	Dual
58.77	**Romaine Desclos, University City	Eastern Finals
58.85	**Nya Boland, Cathedral Catholic	Section Finals
59.09	*Kaga Harrison, Point Loma	Dual
59.23	***Elizabeth Apgar, Calvary Christian	Section Prelims
59.47	***Alyssa Zafuta, Torrey Pines	Section Finals
59.4	***Emily Osga, Henry	Dual
59.74	Channing Moreland, Morse	Eastern Prelims
59.83	**Sarah Vitug, University City	Valley Prelims
59.85	*Melissa Neri, Valley Center	Dual
59.91	***Vanessa Houston, Hoover	Bronco
59.91	*Amanda Moore, Torrey Pines	Dual
1:00.08	***Emily Mecke, San Dieguito	Section Prelims
1:00.16	**Amanda Winninghoff, RBV	Avocado Finals

800

2:13.53	*Amanda Moore, Torrey Pines	Palomar Finals
2:14.57	*Andrea Jacobs, Vista	Section Finals
2:14.60	***Erin Gillingham, Torrey Pines	Dual
2:15.08	*Sarah Vitug, University City	Arcadia
2:15.41	**Krista Egense, Rancho Bernardo	Palomar Finals
2:16.86	Rowena Tam, University City	UCSD
2:17.74	Missy Barclay, Westview	Mt. SAC
2:18.5	*Katie Rentz, Mt. Carmel	Dual
2:18.8	Erika Zambone, Carlsbad	Avocado Prelims
2:19.01	***Tess Plant-Thomas, La Jolla	Section Finals
2:19.04	Lucia Asbury, Mission Hills	Section Finals
2:19.15	**Ashlin Yahr, Torrey Pines	Palomar Finals
2:19.5	Christa Agustin, El Camino	Avocado Prelims
2:19.69	**Katy Andrews, La Costa Canyon	Bronco
2:19.88	*Bre Schofield, Carlsbad	Section Finals
2:19.93	**Laura Maffucci, La Costa Canyon	Palomar Finals
2:20.0	Brooke Giuffre, La Costa Canyon	Dual
2:20.55	**Stephanie Ochs, Henry	Titan
2:20.6	**Grace Kroninbitter, Poway	Dual
2:21.04	*Heather Mayer, Monte Vista	Section Finals
2:21.62	Hanako Justice, LJCD	Section Finals
2:21.6	Brooke Penny, RBV	Dual
2:21.73	Emily Young, La Costa Canyon	Sundevil
2:21.78	***Tanya Valenzuela, Hilltop	Section Prelims
2:21.91	*Stacy Pensinger, El Camino	Section Prelims
2:21.96	**Stephanie Keelan, Westview	Palomar Prelims

1,600

4:56.25	**Katy Andrews, La Costa Canyon	Section Finals
4:57.31	***Erin Gillingham, Torrey Pines	Section Finals
4:59.97	Brooke Giuffre, La Costa Canyon	Section Finals
5:03.20	Missy Barclay, Westview	Section Prelims
5:04.51c	Rowena Tam, University City	Mt. SAC
5:04.80	Emily Young, La Costa Canyon	Palomar Prelims
5:06.31	**Sarah Vitug, University City	Frosh-Soph
5:06.33c	*Stephanie Consiglio, El Camino	Golden West
5:07.30	***Sammy Silva, OLP	Section Finals
5:09.08	*Katie Rentz, Mt. Carmel	Section Prelims
5:10.92	*Amber Throop, Valley Center	Section Prelims
5:11.37	*Amanda Moore, Torrey Pines	Dual
5:11.39	***Laura Wyatt, Bishop's	Section Prelims
5:11.47	**Nicole Aurigemma, Carlsbad	Avocado Finals
5:11.49	***Katie Sanger, Valley Center	Valley Finals
5:11.54c	Bridie McCarey, Clairemont	Aztec
5:11.98	**Ellie Keene, RBV	Section Prelims
5:11.9	Gillian Fitch, La Costa Canyon	Dual
5:12.64	**Paige Rackley, La Costa Canyon	Palomar Prelims
5:12.72	***Emily Osga, Henry	Frosh-Soph

5:13.97	**Erin Murphy, Valley Center	Section Prelims
5:14.46	***Caroline Draper, Rancho Bernardo	Frosh-Soph
5:14.63	*Andrea Jacobs, Vista	Big Dual
5:15.06	***Nihal Kayali, La Jolla	Section Finals
5:15.8	Mariana Monasi, El Camino	Avocado Prelims
5:16.00	Erika Zambone, Carlsbad	Avocado Finals
5:16.24	**Grace Kronenbitter, Poway	Palomar Finals
5:16.49	***Sheree Shea, University City	Section Finals
5:17.1	*Amy Hansen, Fallbrook	Avocado Prelim

3,200

10:54.38	**Katy Andrews, La Costa Canyon	Palomar Finals
10:56.06	Gillian Fitch, La Costa Canyon	Palomar Finals
11:01.90	***Caroline Draper, Rancho Bernardo	Arcadia
11:04.92	Brooke Giuffre, La Costa Canyon	Section Finals
11:07.32	**Ellie Keene, RBV	Section Finals
11:10.70	***Sammy Silva, OLP	Section Finals
11:18.0	***Erin Gillingham, Torrey Pines	Dual
11:19.61	*Stephanie Consiglio, El Camino	Titan
11:20.42	Rowena Tam, University City	Sundevil
11:28.92	**Ana Prim, Torrey Pines	Section Finals
11:31.40	***Brittany Balcom, Ramona	Section Prelims
11:32.58	***Aisha Coons, Mission Hills	Frosh-Soph
11:33.96	Missy Barclay, Westview	Palomar Finals
11:34.04	**Krista Egense, Rancho Bernardo	Titan
11:34.05	**Erin Murphy, Valley Center	Section Finals
11:34.2	*Jessie Bodenhammer, Torrey Pines	Dual
11:34.80	*Sophie Davidson, Torrey Pines	Big Dual
11:38.25	*Lauren Pischel, LJCD	Coastal Finals
11:39.0	*Katie Rentz, Mt. Carmel	Dual
11:39.48	*Catherine Leavitt, Poway	Section Prelims
11:39.54	**Courtney Clark, La Costa Canyon	Section Prelims
11:41.4	***Elizabeth Schulze, Bishop's	Dual
11:42.1	Mariana Monasi, El Camino	Dual
11:44.06	*Jenny Reinagel, Cathedral Catholic	Sundevil
11:45.45	Amanda Trujillo, Westview	Section Finals
11:46.72	**Julia Hernandez, Chula Vista	Titan
11:46.97	***Katie Sanger, Valley Center	Section Prelims
11:47.19	**Kristen Moore, Carlsbad	Avocado Finals
11:47.98	**Briana Lopez, Fallbrook	Avocado Finals

100H

14.63	Shakira Thompson, Helix	Section Prelims
15.09	*Charay Savage, Otay Ranch	Section Prelims
15.24	Samantha Stephens, RBV	Avocado Finals
15.57	Tanyshia Ridley, San Diego	Section Prelims
15.60	Mallorie Mainquist, Torrey Pines	Section Prelims
15.71	*Sabrina Nealy, Rancho Bernardo	Palomar Finals
15.85	Petra Rackley, La Costa Canyon	Section Prelims

15.86	*Meisha Zeineddine, Rancho Bernardo	Palomar Finals
16.02	**Rashan Gillory, Kearny	Section Prelims
16.08	*Kristen Marquardt, El Camino	Sundevil
16.09	*Brittany Allen, RBV	Avocado Finals
16.15	**Margaret Powell, Henry	Section Prelims
16.24	*Sara Player, Coronado	Section Prelims
16.29	*Maria Tesmer, Rancho Bernardo	Palomar Finals
16.35	**Susanne Marshall, Canyon Crest	Section Prelims
16.38	Pia Coleman, Chula Vista	Section Prelims
16.52	*Kristen Garrett, El Camino	Avocado Finals
16.57	**Caitlin Meagher, San Pasqual	Valley Finals
16.58	***Shacoyia Payne, Eastlake	Frosh-Soph
16.60	*Tori Anderson, Point Loma	Section Prelims
16.60	*Marquell Kidd, El Camino	Avocado Finals
16.64	Lissy Gillespie, Calvin Christian	Section Prelims
16.75	Sharley Cotter, Westview	Section Prelims
16.75	**Cassandra Crisp, SD Southwest	Metro Finals
16.75	***Alyssa Barlow, Ramona	Frosh-Soph
16.75	Jessica Moncado, Poway	Dual
16.78	Lea Schexzyndre, Poway	Palomar Prelims

300LH

44.56	Sharika Thompson, Helix	Section Finals
45.04	Danielle Alvarado, Marian Catholic	Section Finals
45.07	Mallory Mainquist, Torrey Pines	Palomar Finals
45.38	*Sara Player, Coronado	Section Finals
45.51	*Charay Savage, Otay Ranch	Metro Finals
45.77	*Cori Franklin, Morse	Section Finals
45.9	*Kristen Marquardt, El Camino	Titan
46.4	Samantha Stephens, RBV	Palomar Prelims
46.60	**Ashley Nicoles, Torrey Pines	Palomar Finals
46.72	*Meisha Zeineddine, Rancho Bernardo	Bronco
46.78	*Sabrina Nealy, Rancho Bernardo	Palomar Prelims
46.79	Jessica Moncado, Poway	Palomar Finals
47.20	**Caitlin Meagher, San Pasqual	Valley Finals
47.23	*Kelley Matthews, Valley Center	Valley Finals
47.41	**Romaine Desclos, University City	Eastern Finals
47.41	*Tori Anderson, Point Loma	Eastern Prelims
47.4	*Marquell Kidd, El Camino	Avocado Prelims
47.53	Sharley Cotter, Westview	Section Prelims
47.58	Mallorie Bawkey, El Capitan	Section Finals
47.59	*Maria Tesmer, Rancho Bernardo	Palomar Finals
47.5	*Stephanie Rodriguez, Vista	Avocado Prelims
47.80	**Deb Black, Oceanside	Avocado Finals
47.7	*Elizabeth Villadores, Mt. Miguel	Grossmont Finals
48.05	**Anette Delarosa, Eastlake	Metro Finals
48.07	*Brittany Idricaj, Scripps Ranch	Western Finals
48.11	**Rashan Gillory, Kearny	Western Prelims
48.27	**Jayna Thomas, Poway	Palomar Finals
48.35	*Amanda Olah, Granite Hills	Section Prelims

4x100 Relay

47.75	University City	Eastern Finals
47.84	Poway	Section Finals
47.99	Morse	Eastern Finals
48.07	Rancho Bernardo	Section Prelims
48.37	Westview	Section Finals
48.73	Otay Ranch	Section Prelims
49.0	Rancho Buena Vista	Dual
49.71	Cathedral Catholic	Western Finals
49.78	Scripps Ranch	Western Finals
49.97	Helix	Arcadia
50.02	El Camino	Section Prelims
50.26	Escondido	Section Prelims
50.37	San Pasqual	Valley Finals
50.55	Valhalla	Section Finals
50.65	Eastlake	Metro Finals
50.66	Mira Mesa	Section Prelims
50.68	Vista	Avocado Finals
50.76	Carlsbad	Avocado Finals
50.81	Palo Verde	Section Finals
50.81	Bishop's	Coastal Finals
50.98	Torrey Pines	Dual
51.01	El Cajon Valley	Section Prelims
51.09	Fallbrook	Section Prelims
51.10	Madison	Central Finals

4x400 Relay

3:55.09	Torrey Pines	State Prelims
3:55.93	Morse	Section Finals
3:57.48	San Pasqual	Section Finals
3:59.22	Scripps Ranch	Section Finals
4:01.24	Vista	Section Finals
4:01.69	University City	Section Prelims
4:03.61	Point Loma	Section Finals
4:03.62	Rancho Buena Vista	Avocado Finals
4:04.03	Westview	Section Finals
4:04.53	Cathedral Catholic	Section Finals
4:04.97	Helix	Section Finals
4:05.05	Monte Vista	Dual
4:05.14	Mt. Carmel	Sundevil
4:05.86	Poway	Dual
4:06.13	La Jolla	Section Finals
4:06.48	Christian	Section Prelims
4:06.56	Mount Miguel	Section Prelims
4:07.28	Rancho Bernardo	Big Dual
4:07.76	Otay Ranch	Section Prelims
4:07.95	Valley Center	Section Prelims
4:09.94	El Camino	Section Prelims
4:10.16	El Capitan	Section Finals

High Jump

5-6	Leslie Noiseaux, Valhalla	Dual
5-6	**Ashlin Yahr, Torrey Pines	Dual
5-5	**Sara Macey, Vista	Frosh-Soph
5-5	**Ariel Toomey, La Costa Canyon	Dual
5-4	*Aubrey Doede, Bishop's	Section Prelims
5-4	*Sarah Player, Coronado	Titan
5-4	*Tori Anderson, Point Loma	Sundevil
5-3	**Vanessa Magos, Escondido	Section Finals
5-3	Paige Mintun, Valley Center	Valley Finals
5-3	**Sara Kaster, Ramona	Valley Finals
5-2	Jamie Allen, Rancho Bernardo	Dual
5-2	Ali Smelser, Julian	Dual
5-2	Alex Kearney, La Jolla	Dual
5-2	Sabrina Gonzalez, Carlsbad	Dual
5-2	**Adrianna Covington, Carlsbad	Dual
5-2	Julie Alt, Mt. Carmel	Section Finals
5-2	***Laurel Vozley, Grossmont	Section Prelims
5-1	Tyra Marques-Anderson, Central	Section Prelims
5-1	**Amanda Clausen, La Jolla	Western Finals
5-1	Lindsey Beckner, Hilltop	Metro Finals
5-1	*Rebecca Moyneur, Valley Center	Dual

Pole Vault

12-3	Joanna Burkhart, Oceanside	Section Finals
12-0	***Emily Mattoon, Rancho Bernardo	Section Prelims
11-9	*Dana Hoolko, La Jolla	State Prelims
11-4	Jessica Torres, Vista	Section Prelims
11-4	Angela Gaeto, Rancho Bernardo	Section Prelims
11-0	*Danielle Eckert, Coronado	Titan
10-8	Sheila Imandoust, Rancho Bernardo	Dual
10-8	Amanda Sharpell, Escondido	Section Finals
10-8	Cassandra Martell, Calvin Christian	Section Prelims
10-8	Allison Stamos, Escondido	Section Prelims
10-6	*Lauren Christenson, La Jolla	Dual
10-4	Rachel Rossicone, Rancho Bernardo	Section Finals
10-0	*Lexi Tammer, Valley Center	Jaguar
10-0	Roxanna Said, Rancho Bernardo	Big Dual
10-0	*Nana Burkhart, Oceanside	Titan
10-0	*Nancy Ngo, Poway	Dual
10-0	*Kaila Anderson, La Costa Canyon	Dual
10-0	Krystin Martinelli, El Camino	Dual
9-9	*Rachel Price, Torrey Pines	Dual
9-8	***Mary Kaneshiro, Rancho Bernardo	Dual
9-6	**Malia Plotkin, La Jolla	Otay Ranch
9-6	Kathy Vieira, Point Loma	Runge
9-6	*Kylie Bakalyar, Rancho Bernardo	Dual
9-4	Shanna Vachel, Westview	Dual
9-4	**Brandi Hines, El Capitan	Section Prelims

Long Jump

18-10	Kasey Kearin, Rancho Bernardo	Section Prelims
18-8 1/2	*Britney Bennett, Otay Ranch	Section Prelims
18-1 1/2	Kai Wheeler, Rancho Bernardo	Dual
17-9 3/4	Jasmine Hutchinson, Poway	Dual
17-9 1/4	*Jazmin Brooks, University City	Section Finals
17-6 3/4	**Thoraya Maronesy, Helix	Section Finals
17-6 1/4	Petra Rackley, La Costa Canyon	Section Prelims
17-3 1/2	Enniola Jose, Poway	Dual
17-2 3/4	Alex Kearney, La Jolla	Section Finals
17-2	***Alex Pankey, Mission Hills	Section Prelims
17-1 1/2	Tanyshia Ridley, San Diego	Section Prelims
17-0 1/2	Leslie Noiseaux, Valhalla	Grossmont Finals
17-0 1/2	Brenna Tucker, Ramona	Sundevil
16-10	Rachel Grossberg, Torrey Pines	Palomar Finals
16-9 3/4	Ali Smelser, Julian	Citrus Finals
16-9 1/2	***Jackae Bridges, H-Town	Dual
16-9	Jennifer Schell, Westview	Dual
16-8 1/2	**Nicole Cardon, Madison	Section Prelims
16-8	**Taylor Williams, Escondido	Section Prelims
16-7 1/2	*Kourtney Jones, Rancho Bernardo	Palomar Prelims
16-6 1/2	*Kelsie Brooks, Rancho Bernardo	Section Finals
16-6 1/2	*Bracalynn Ochs, West Hills	Section Prelims
16-6	Andrea Talhami, Vincent	Dual
16-6	Ashley Fu, La Jolla	Dual

Triple Jump

39-1	Kasey Kearin, Rancho Bernardo	Dual
38-1 1/4	*Charay Savage, Otay Ranch	Titan
38-0 1/2	Enniola Jose, Poway	Section Prelims
37-0	Andrea Talhami, Vincent	Dual
36-10	*Kristin Marquardt, El Camino	Dual
36-6 1/2	**Emily Nash, Christian Life	Titan
36-4 3/4	*Erin Langford, Carlsbad	Section Finals
36-4 1/2	Emily Petros, RBV	Section Prelims
35-11 1/4	Ali Smelser, Julian	Section Finals
35-8 1/2	**Thoraya Maronesy, Helix	Section Prelims
35-5	**Amanda Clausen, La Jolla	Dual
35-4	Jennifer Schell, Westview	Dual
35-1	Desiree Black, Oceanside	Section Prelims
35-1	**Sunny Bruns, West Hills	Grossmont Finals
34-6	*Kourtney Jones, Rancho Bernardo	Titan
34-5 3/4	Angela Leslie, La Costa Canyon	Sundevil
34-5 1/2	*Juliette Nebolon, Torrey Pines	Palomar Finals
34-5	Brittany Allen, RBV	Avocado Prelims
34-2 1/2	**Tabitha Henken, Carlsbad	Section Prelims
34-1	***Andrea Wood, San Pasqual	Valley Prelims
34-1	*Kathleen Roehrkasse, Bishop's	Dual
34-0 1/2	**Nicole Cardon, Madison	Section Prelims

Shot Put

41-0	Alisha Misiati, Mira Mesa	Eastern Finals
39-10 1/2	Jameena Hunt, Morse	Dual
39-4	Bernita Hubbard, Carlsbad	Dual
39-3 1/2	**Brooke Edney, EC Central	Section Finals
39-1	Amber Sangster, Oceanside	Dual
38-10 3/4	*Taasi Fesui, Vista	Avocado Finals
38-10 1/2	**Amanda Phelps, El Camino	Section Finals
37-7	*Suzie Herrera, El Capitan	Dual
37-1 1/2	**Brandi Dyer, Vista	Dual
36-9 1/2	*Paula Saavadro, Granite Hills	Section Prelims
36-5	*Kiara Sherman, Escondido	Dual
36-4	Jordan Franey, Santana	Dual
35-10	Christina Sudak, Valley Center	Valley Finals
35-7 3/4	**Monique Nealy, Granite Hills	Runge
35-5 1/2	***Chanelle Walsh, Rancho Bernardo	Palomar Prelims
35-5	Daniella Thu, Monte Vista	Dual
35-5	*Elizabeth Caldwell, Helix	Eastern Prelims
35-3	*Valerie Logel, El Capitan	Grossmont Prelims
35-2 1/2	**Amanda Brown, El Camino	Titan
35-0 1/2	Anna Blumenfeld, LJCD	Section Finals
34-9 1/2	Janet VanEiff, Montgomery	Runge
34-9	Kayla Lewis, H-Town	Dual
34-8 3/4	***Emily Aragon, Escondido	Dual
34-4	Lindsey Beckner, Hilltop	Dual
34-3 1/2	Missy Goff, San Pasqual	Dual
34-2	Angela Rawles, Helix	Dual

Discus

142-9	Daniella Thu, Monte Vista	State Prelims
142-6	Jameena Hunt, Morse	Section Finals
138-9	Amber Sangster, Oceanside	Sundevil
131-4	Alisha Misiati, Mira Mesa	Sundevil
126-11	Jordan Franey, Santana	Grossmont Finals
124-5	**Brandi Dyer, Vista	Section Finals
122-10	Monica Castillo, Holtville	Section Finals
122-1	*Valerie Logel, El Capitan	Dual
121-2	**Jessica Soltysiak, Otay Ranch	Dual
119-7	Anna Blumenfeld, LJCD	Section Prelims
119-6	*Sacha Caldwell, Helix	Section Prelims
119-5	Jamie Thornton, Valley Center	Dual
117-5	*Emily Bass, Helix	Section Finals
115-7	*Suzie Herrera, El Capitan	Section Finals
114-1	Emma Head, Rancho Bernardo	Dual
112-10	Janet VanEiff, Montgomery	Dual
112-8	**Courtney Goodson, Cathedral Catholic	Western Finals
111-9	*Te'ahnaalen Harris, Kearny	Western Finals
110-6	Christina Sudak, Valley Center	Section Finals
110-5	Valerie Smith, Brawley	Section Prelims

The Ultimate Finish Line



Compete hard, be humble win or lose, **give it your best**, take good care of your body, and we may see you in the Hall one day...on our walls!

Go to our web site to learn more about San Diego sports and how you can help make the San Diego Hall of Champions a national treasure.

For more information visit us at **www.sdhoc.com**.



"When you think San Diego sports, Think Hall of Champions"

THE SAN DIEGO HALL OF CHAMPIONS

2131 Pan American Plaza, Balboa Park / San Diego, CA 92101 / 619.234.2544

CELEBRATE READING BY RUNNING.



On Sunday, May 6, run or walk in the annual Union-Tribune Race for Literacy 8K which follows Highway 163 through Balboa Park and ends in downtown San Diego's Pantoja Park.

**YOUR EVERY STEP HELPS THE
SAN DIEGO COUNCIL ON LITERACY.**

**REGISTER ONLINE:
WWW.UTRACFORLITERACY.COM
RACE HOTLINE: (760) 696-2000**

**The San Diego
Union-Tribune.**

Best of Luck this year Athletes and Coaches

From

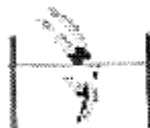
Gill Athletics

Manufacturer of the Finest in Track and Field
Equipment

Creating better equipment for the Track and Field
athlete of today.

Some of our products:

Pacer Pole Vault Poles, Fusion Starting Blocks, Skypole
Vaulting Poles. Saturn, OTE, and Hollowood Discus.
Pacer High Jump and Pole Vault Pits, Gill Hurdles



Gill Track & Field Equipment
is available in San Diego through

The Perfect Jump

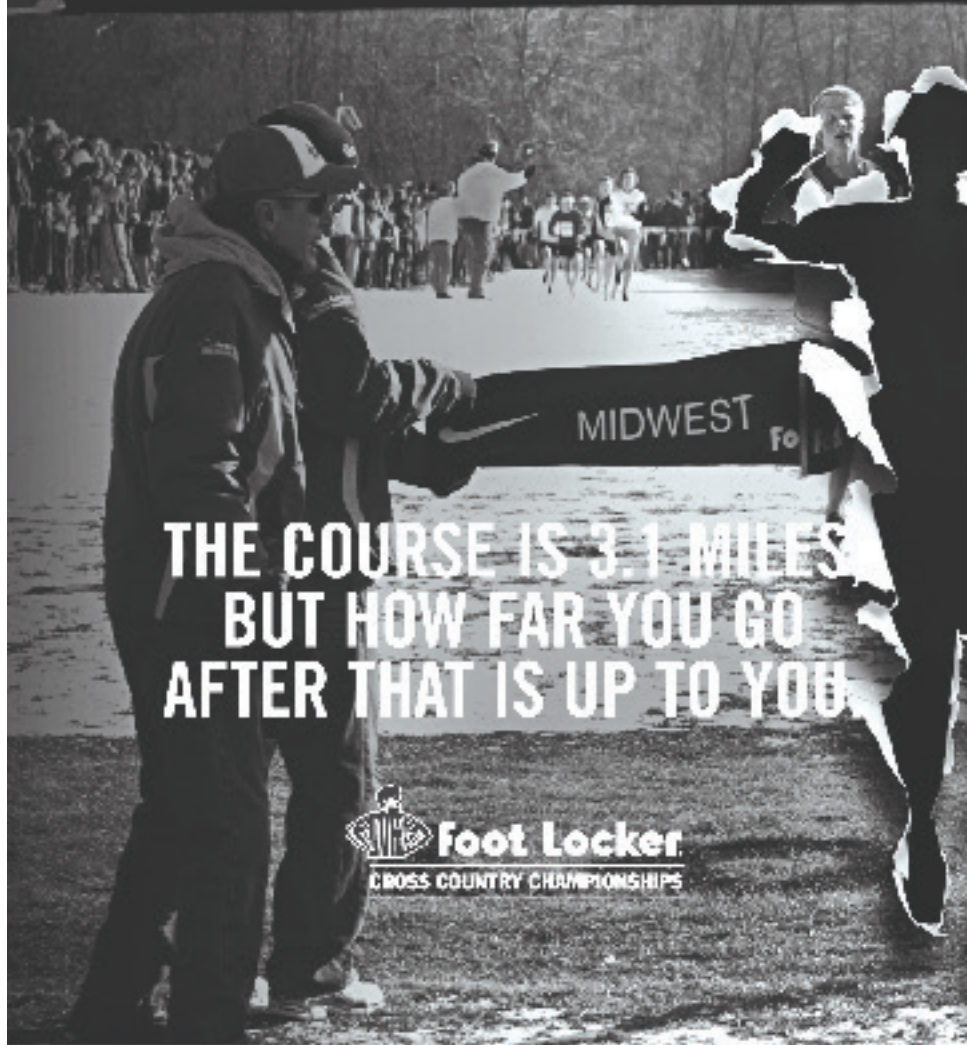
858/748-4270

www.perfectjump.com



Foot

CROSS COUNTRY



**THE COURSE IS 3.1 MILES
BUT HOW FAR YOU GO
AFTER THAT IS UP TO YOU**



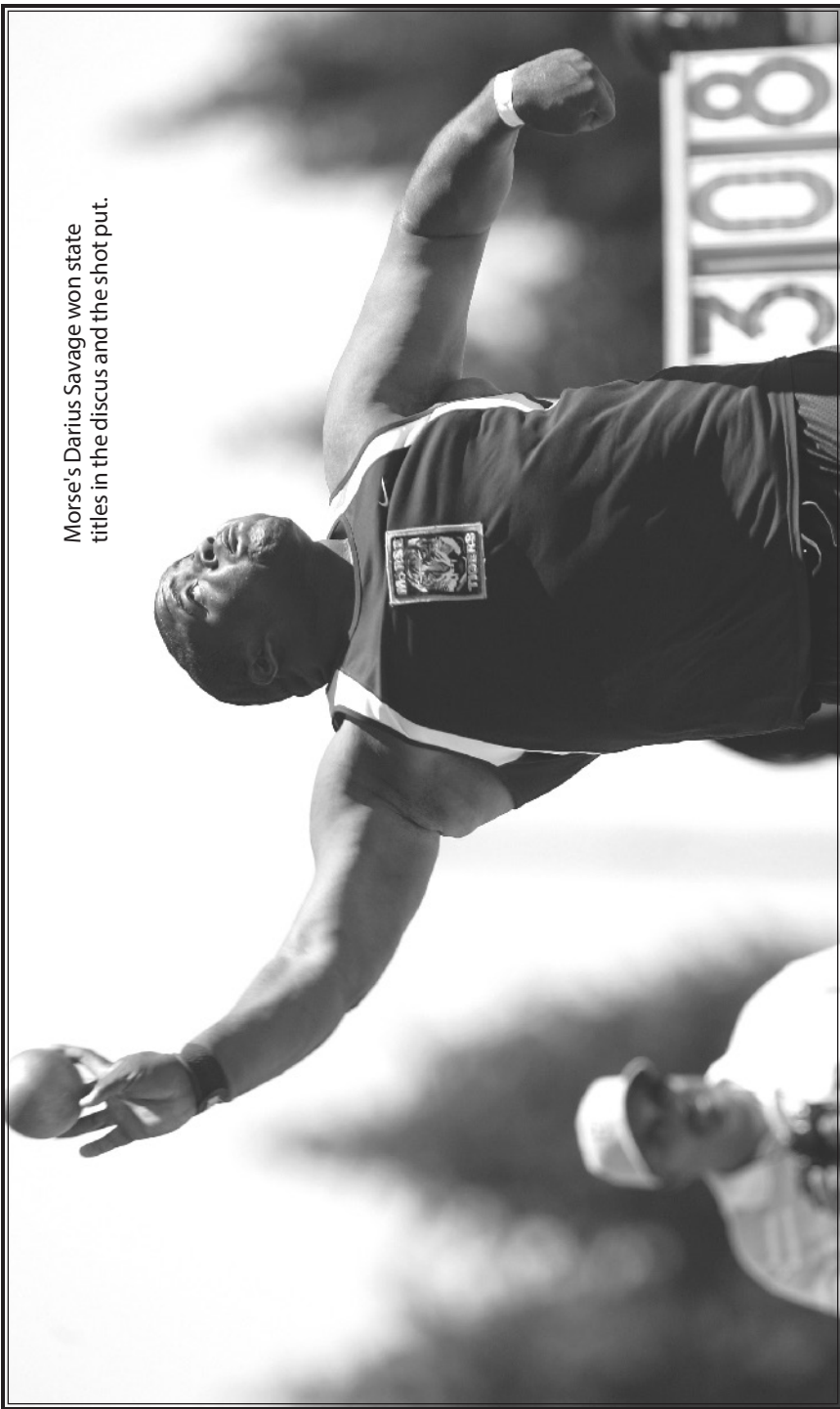
Foot Locker

CROSS COUNTRY CHAMPIONSHIPS

Foot Locker® CROSS COUNTRY CHAMPIONSHIPS



Morse's Darius Savage won state titles in the discus and the shot put.



All-Time San Diego Track & Field Performances

Boys

100 Meters

Mark	Name	School	Year
10.30	Riley Washington	Southwest	1992
10.42	Reggie Bush	Helix	2002
10.45	Vince Williams	University City	1996
10.45	Darron Norris	El Camino	1984
10.46	Ike Okenwa	Morse	1998
10.49	Paul Turner	University City	1993
10.51c (9.61y)	David Russell	Henry	1977
10.53	Kevin Shields	San Diego	1981
10.54h	Paul Day	Kearny	1982
10.54hc (9.4y)	Elijah Jefferson	Crawford	1974
10.55	Bryant Eubanks	El Camino	1995
10.59	Lamont Long	University City	2000
10.59	Stephen Hayes	University City	1999
10.59	Darnay Scott	Kearny	1991
10.60	Dax Danns	Helix	2005
10.64h	Patrick Rowe	Lincoln	1987
10.64hc (9.5y)	Ed Buchanan	Kearny	1958
10.64hc	James Milton	Morse	1972
10.64hc	Kipperr Bell	Henry	1979
10.65	Scott Hammond	Lincoln	1992
10.65	Devon Ward	University City	1998
10.65	Derrell Hutsona	Helix	2003
10.66	R.J. Oliver	Escondido	1999
10.67	Blake Frazier	University City	2001
10.67	Mike Roberts	Henry	2000
10.67	Troy Kuretich	San Pasqual	1981
10.67	Raymond Ethridge	Crawford	1987
10.70	Kiyoshi Moody	Castle Park	1989
10.70	Teddy Lawrence	Morse	1990
10.71	Joe Cooks	Mission Hills	2006
10.71	Glen Reyes	Orange Glen	1989
10.73	Fiat Johnson	Serra	2002
10.73	Larry Miles	Crawford	1999
10.74	Danny Belch	Torrey Pines	2005
10.74	Tony Graham	San Diego	1995
10.74hc (9.6y)	Arnold Tripp	Crawford	1959
10.74hc	Vernus Ragsdale	Lincoln	1962
10.74hc	Charles Sanford	San Diego	1963
10.74hc	Lanard Morris	Lincoln	1972
10.74hc	Bruce Girasole	Madison	1972
10.74hc	Ron Edmerson	Lincoln	1975
10.74hc	Michael Patrick	Lincoln	1976

200 Meters

20.97	Ike Okenwa	Morse	1998
20.99	Vince Williams	University City	1996
21.00	Ray Ethridge	Crawford	1987
21.06	Reggie Bush	Helix	2002
21.07	Devon Ward	University City	1998
21.08	Riley Washington	Southwest	1992
21.09	Darron Norris	El Camino	1984
21.14hc (21.0y)	Kipperr Bell	Henry	1978
21.14hc	Roscoe Cook	San Diego	1956
21.14hc	Dave Blunt	Escondido	1961
21.14hc	David Russell	Henry	1976
21.16	Deun White	Rancho Bernardo	2002
21.23	Darnay Scott	Kearny	1991
21.24hc (21.1y)	Arnold Tripp	Crawford	1959
21.24hc	Vernus Ragsdale	Lincoln	1962
21.24hc	Russ Eckhardt	Granite Hills	1963
21.24hc	Bill Massey	Chula Vista	1964
21.24hc	Elijah Jefferson	Crawford	1975
21.26	Dax Danns	Helix	2005
21.26	Fiat Johnson	Serra	2002
21.31	Michael Stevenson	Morse	1988
21.34	Lydell Burston	Morse	1996
21.34hc (21.2y)	Bill Walters	Sweetwater	1956
21.34hc	Ed Buchanan	Kearny	1958
21.34hc	Stan Morgan	Mission Bay	1964
21.34hc	Johnny Mack Ellis	Lincoln	1966
21.34hc	Milton Weaver	Pt. Loma	1978
21.41	Arthur Orange	RBV	1998
21.42	Scott Hammond	Lincoln	1992
21.43	Paul Day	Kearny	1981
21.44	Larry Miles	Crawford	1999
21.44hc (21.3y)	Gary Hafner	Helix	1963
21.45	R.J. Oliver	Escondido	1999
21.45	Steve Hayes	University City	1998
21.46	Jere Miller	Henry	1994
21.47	Lamont Long	University City	2000
21.47	Maurice Douglas	San Diego	1999
21.47	Glen Reyes	Orange Glen	1989
21.51	Joe Cooks	Mission Hills	2006
21.51	Gerald Johnson	Sweetwater	1982
21.52	Patrick Rowe	Lincoln	1987
21.54hc (21.4y)	Jimmy Wilson	San Diego	1929
21.54hc	Mushy Pollock	San Diego	1933
21.54hc	Darnes Johnson	San Diego	1950
21.54hc	Bobby Staten	San Diego	1957
21.54hc	Larry Fisher	Hoover	1958
21.54hc	Byron Olander	Helix	1964
21.54hc	Bruce Girasole	Madison	1972
21.54hc	Danny Miller	Morse	1973

400 Meters

46.85	Lydell Burston	Morse	1996
46.98c (47.28y)	Tony Banks	Morse	1979
47.07	Clinton Lane	Henry	1995
47.14hc (47.3y)	Milton Mitchell	Lincoln	1970
47.14hc	Donald Tyler	Lincoln	1971
47.16	Vince Williams	University City	1996
47.19	Da'Sean Cunningham	University City	2003
47.22	Michael Stevenson	Morse	1988
47.23	Ray Carter	Morse	1995
47.36	Deun White	Rancho Bernardo	2001
47.41	Jere Miller	Henry	1994
47.44hc (47.6y)	Mike Singletary	San Diego	1965
47.59c	Mike Adkins	Bonita Vista	1979
47.71	Maurice Douglas	San Diego	1999
47.77	Arthur Orange	RBV	1998
47.79	Brady Douglas	Mt. Miguel	2001
47.88	Scott Sims	La Costa Canyon	1997
47.94hc (48.1y)	Therlee Murphy	Lincoln	1968
48.00	David Gayden	Morse	1985
48.04hc (48.2y)	Donald Moore	Morse	1974
48.08	James Rhoades	Ramona	2004
48.09	Bryan Bartling	Grossmont	1997
48.10	Eric Robinson	Fallbrook	1985
48.10	Marvel Wynne	Poway	2004
48.12	Roy Carls	Pt. Loma	1982
48.14	Terran Franklin	Helix	1999
48.14	Jerome Gross	Hoover	1989
48.17	D.J. Contreras	Valley Center	2001
48.18	Patrick Rowe	Lincoln	1987
48.24hc (48.4y)	Danny Stewart	San Diego	1977
48.34	Ben Maypole	Granite Hills	2006
48.34h	Devon Ward	University City	1998
48.34hc (48.5y)	Tom Agsten	Hoover	1963
48.35	John Denny	Morse	1985
48.35	Marshall Evans	Mira Mesa	1991
48.40	Jay Hackett	Morse	1999
48.44	Ricky Sharpe	Mt. Carmel	1998
48.44	Dax Danns	Helix	2005
48.44hc (48.6y)	Donn Renwick	Grossmont	1964
48.44hc	Bruce Ruff	El Cajon	1967
48.44hc	Seneca Godwin	Kearny	1968
48.44hc	John Willson	Pt. Loma	1972
48.58	Boris McDaniel	Lincoln	2000
48.59	Tom Brown	Castle Park	1989
48.66	Larry Brooks	Helix	1980
48.72	Eddie Thomas	Monte Vista	2001
48.74c	Vince Williams	University City	1994
48.77	J. R. Price	San Pasqual	1998
48.77	Dante Franks	Eastlake	2006

800 Meters

1:48.64hc (1:49.2y)	Bob Hose	Madison	1964
1:49.84hc (1:50.4y)	Terry Rodgers	Hilltop	1966
1:50.25	Mark Senior	Mt. Miguel	1988
1:51.04hc (1:51.6y)	Jim Brennan	El Camino	1979
1:51.74hc (1:52.3y)	Paul Becklund	Henry	1975
1:51.96	Jesse Camp	El Capitan	1994
1:52.05	Jesse O'Brien	San Pasqual	2006
1:52.04hc (1:52.6y)	Dave Brown	Poway	1978
1:52.11	Francis O'Neill	San Pasqual	1989
1:52.14hc (1:52.7y)	Jim Cerveny	Mission Bay	1957
1:52.14hc (1:52.7y)	John Garrison	Hoover	1962
1:52.23	Matt Silva	San Pasqual	1993
1:52.36	Tom Ellsworth	Pt. Loma	1983
1:52.40	Alejandro Vargas	Vista	2006
1:52.44hc (1:53.0y)	Dan Ungricht	Monte Vista	1967
1:52.51	Randy Pensinger	El Camino	2005
1:52.59	Aaron Powell	Poway	2000
1:52.64hc (1:53.2y)	Tim Danielson	Chula Vista	1966
1:52.69	Sean Ricketts	Rancho Bernardo	2000
1:52.73	Shawn O'Neal	Oceanside	1980
1:52.74hc (1:53.3y)	Tom Ecklund	St. Augustine	1966
1:52.74hc (1:53.3y)	Armando Valencia	El Cajon	1966
1:52.77	Ajani Brown	Crawford	1996
1:52.84	Jimmy Ungricht	Fallbrook	2001
1:52.87	Jorge Rodriguez	Fallbrook	1989
1:52.91	Dustin Diaz	West Hills	1998
1:53.03	Shan Forehand	Mt. Carmel	1987
1:53.05	Mark Hauser	St. Augustine	1994
1:53.13	Jared Emmons	Vista	2000
1:53.27	A.J. Acosta	El Camino	2004
1:53.45	Ben Aragon	West Hills	2001
1:53.48	Jeree Henry	El Camino	2006
1:53.61	Mohamed Aden	Kearny	1998
1:53.69	Nico Cueva	Escondido	2000
1:53.79	Evan Fox	West Hills	2000
1:53.80	Rich Farmer	Mt. Miguel	1982
1:53.86	Larry Henderson	Mira Mesa	1995
1:53.89	Greg Robeson	Mt. Carmel	1990

1600 Meters

4:04.95	A.J. Acosta	El Camino	2006
4:06.15	Meb Keflezighi	San Diego	1994
4:06.52	Shawn O'Neal	Oceanside	1980
4:08.97	Mark Hauser	St. Augustine	1994
4:09.44	Evan Fox	West Hills	2000
4:09.58	Larry Henderson	Mira Mesa	1995
4:10.08	Jon Rankin	Monte Vista	2000

4:10.09	John Seeman	Helix	1981
4:10.27	Joe Manuel	Kearny	1982
4:10.44	Marcus Chandler	Serra	1999
4:10.75	Paul Greer	St. Augustine	1982
4:10.78	Robert Fithen	Serra	1984
4:11.36	Marc Davis	San Diego	1987
4:11.52	Mark Dani	Valhalla	1986
4:11.59	Troy Swier	Mar Vista	2003
4:11.64	Andy Davis	Henry	1987
4:11.75	Jason Martin	Fallbrook	1987
4:12.08	Ben Aragon	West Hills	2000
4:12.24	Nazario Romero	San Pasqual	1993

Mile

3:59.4	Tim Danielson	Chula Vista	1966
4:02.7i	Thom Hunt	Henry	1976
4:03.96	A.J. Acosta	El Camino	2006
4:05.5	Terry Cotton	El Cajon	1972
4:05.58	Meb Keflezighi	San Diego	1994
4:08.6	Steve Whitcomb	Helix	1979
4:08.8	Armando Valencia	El Cajon	1967
4:09.0	Francis O'Neill	San Pasqual	1989
4:09.1	Tom Davidson	El Cajon	1968
4:09.91	Daniel Das Neves	Helix	1992
4:10.0	Ron Roberts	Morse	1979
4:10.6	Tom Smith	Granite Hills	1974
4:10.8	Thorn Bigley	Clairemont	1967
4:10.8	Jay Woods	Vista	1974
4:11.33i	Mark Hauser	St. Augustine	1994
4:11.8	Lloyd Apgar	Lincoln	1967
4:12.5	Dave Harper	Clairemont	1970
4:12.6	Jeff Woodland	La Jolla	1979
4:13.0	Steve Becker	Kearny	1970

3,200 Meters

8:42.24hc (8:45.2y)	Thom Hunt	Henry	1976
8:43.26c (8:46.32y)	A.J. Acosta	El Camino	2006
8:46.14hc (8:49.1yi)	Mark Dani	Valhalla	1986
8:50.84hc (8:53.8y)	Dale Fleet	Clairemont	1971
8:51.84hc (8:54.8y)	Terry Cotton	El Cajon	1972
8:51.94h	Meb Keflezighi	San Diego	1994
8:52.44hc (8:55.4y)	Tim Danielson	Chula Vista	1966
8:56.38	Marc Davis	San Diego	1987
8:56.64hc (8:59.6y)	Kirk Pfeffer	Crawford	1974
8:57.84hc (9:00.8y)	Ed Mendoza	Helix	1971
8:58.04hc (9:01.0y)	Otis Martin	Lincoln	1967
8:58.44hc (9:01.4y)	Armando Valencia	El Cajon	1967
8:58.94hc (9:02.2y)	Tom Davidson	El Cajon	1968
9:00.07	Sean Evans	Henry	1980
9:00.64hc (9:03.6y)	Don Olson	Monte Vista	1967

9:00.64hc (9:03.6y)	Jeff Woodland	La Jolla	1979
9:01.12	Jose Vega	Chula Vista	1982
9:02.04hc (9:05.0y)	Rick Rose	Helix	1979
9:02.22	Marcus Chandler	Serra	1999
9:03.14	Bill Cleves	Helix	1979
9:03.2	Rich Brownsberger	Valhalla	1988
9:03.95	Ellis Del Sol	Hilltop	1985
9:04.02	Daniel Das Neves	Helix	1992
9:05.09	Matt McInvale	Ramona	1999
9:06.24hc (9:09.2y)	Ricky Perez	Kearny	1977
9:06.54hc (9:09.5y)	Marc Keller	Helix	1977
9:06.32	Larry Henderson	Mira Mesa	1996
9:06.35	Devin Elizondo	Mission Bay	1994
9:07.44hc (9:10.4y)	Dave Carter	Monte Vista	1969
9:08.54hc (9:11.5y)	Robbie Lopes	Monte Vista	1986
9:08.14	Nazario Romero	San Pasqual	1992
9:08.29	Babey Wagnew	Helix	2004
9:08.34	Pat Green	La Jolla	1984
9:08.56	Travis Laird	San Marcos	2000
9:09.59	Javier Lozano	Helix	1991
9:10.36	Justin Neuroth	Vista	2000
9:10.43	Mike Baskin	Mt. Carmel	1998
9:10.44	David McQuitty	Grossmont	1995
9:10.55	Hector Hernandez	Mar Vista	1991

110 Meter High Hurdles

13.86	Reggie DePass	Montgomery	1997
13.98	Jeff Hunter	Granite Hills	2001
14.03	Bryon Barmer	Helix	2004
14.08	Bobby Salimi	Rancho Bernardo	2000
14.19	Jake Kuritz	Torrey Pines	1995
14.24hc (14.0y)	Bruce Mitchell	El Camino	1981
14.24c	Jeff Smith	Serra	1982
14.25	Steve Forte	El Camino	1995
14.28	Blake Frazier	University City	2002
14.31	Tony Golston	Pt. Loma	1999
14.31	Keith Williams	Escondido	1991
14.33	Travis Knox	San Dieguito	1984
14.34hc (14.1y)	Ted Scales	Lincoln	1966
14.34hc	David Edwards	Lincoln	1966
14.34hc	Marion Franklin	Lincoln	1969
14.34hc	Mike Person	Kearny	1972
14.34hc	Robert Mosley	Oceanside	1973
14.34hc	Willie Banks	Oceanside	1974
14.38	Chris Jones	Morse	1990
14.38	DarNell Talbert	Mt. Carmel	2001
14.43	Eric Bell	Castle Park	1991
14.44hc (14.2y)	Ed Johnson	Oceanside	1968
14.44hc	Doug Jones	Lincoln	1968

300 Meter Intermediate Hurdles

36.25	Jeff Hunter	Granite Hills	2001
36.44	Kevin Jones	Mt. Miguel	1988
36.82	Felix Sanchez	University City	1995
36.98	Tony Golston	Pt. Loma	1999
37.00	Tracy Smith	RBV	1997
37.04 ^{hc} (36.9)	Keith Williams	Escondido	1991
37.20	Jay Taylor	St. Augustine	1985
37.22	Reggie DePass	Montgomery	1996
37.27	Bobby Salimi	Rancho Bernardo	2000
37.34	Brandon Bornes	RBV	2003
37.47	Brian Fell	Rancho Bernardo	1995
37.89	Chris Jones	Morse	1990
37.92	Jake Kuritz	Torrey Pines	1995
37.98	Steve Forte	El Camino	1994
37.98	Roberto Archibold	Monte Vista	2006
38.05	Terry Herron	Oceanside	1985
38.14 ^h	Dexter Monroe	Henry	1989
38.21	Tyrae Jones	El Camino	2002
38.24 ^h	Travis Knox	San Dieguito	1985
38.24 ^h	Jarrel Davis	El Camino	2005
38.26	Mike Cunningham	West Hills	2002
38.27	Bryon Barmer	Helix	2003
38.29	DarNell Talbert	Mt. Carmel	2000
38.30	Cory Dart	Granite Hills	2003
38.36	Kurt Hurley	Carlsbad	2003
38.39	Ahmed Dent	Mira Mesa	1990
38.40	Sadat Piggee	Castle Park	1994
38.44 ^h	Mario O'Conner	Escondido	1989
38.46 ^h	Osmond Swanegan	Morse	1986
38.47	James Travis	Orange Glen	1998
38.49	Bruce Stone	University City	1986
38.53	Jason Anderson	San Diego	1991
38.55	Richard Bravin	Valhalla	1997
38.64	Jerry Black	University City	1986

400 Meter Relay

40.66	University City	1998
41.00	Helix	2002
41.00	Helix	2003
41.00	El Camino	1994
41.05	University City	2000
41.06	Morse	1997
41.16	Granite Hills	2001
41.17	Helix	2001
41.22	Morse	1995
41.23	University City	2001
41.24	University City	1999

41.25	San Diego	1999
41.30	El Camino	1995
41.34	University City	1997
41.40	University City	1996
41.41	Morse	1998
41.44hc (41.5y)	Lincoln	1968
41.44hc	San Diego	1971
41.44hc	Crawford	1975

1,600 Meter Relay

3:10.80	Morse	1996
3:13.74hc (3:14.8y)	Morse	1979
3:14.44hc (3:15.5y)	Lincoln	1968
3:14.54	Morse	1987
3:14.69	Henry	1994
3:15.08	Morse	1998
3:15.34hc (3:16.4y)	Morse	1977
3:15.48	University City	1995
3:15.74hc (3:16.8y)	Morse	1974
3:15.77	Morse	1985
3:16.11	Mt. Miguel	1988
3:16.23	Helix	2003
3:16.34	University City	2003
3:16.56	Granite Hills	2001
3:16.73	University City	2002
3:16.77	Morse	1995
3:17.07	Mira Mesa	1990
3:17.17	Morse	1999
3:17.30	Serra	2000
3:17.54hc (3:18.6y)	Helix	1968
3:17.63	Lincoln	1994
3:17.64hc (3:18.7y)	Helix	1978
3:17.79	Morse	1997
3:17.83	University City	1998
3:17.84hc (3:18.9y)	Henry	1975
3:17.94hc (3:19.0y)	Henry	1969
3:17.94hc (3:19.0y)	Lincoln	1970

High Jump

7-2	Frank Schiefer	Madison	1979
7-0 1/4	Jerry Culp	Oceanside	1970
7-0	Keno White	Rancho Bernardo	2002
7-0	Eric Hollins	Escondido	1998
6-10 1/4	Nathan Gwozdz	La Jolla	2005
6-10	Greg LaCoste	Henry	1976
6-10	Alex Williams	El Camino	1978
6-10	Kelly Watkins	San Diego	1982
6-10	Matt Farmer	Monte Vista	1987
6-10	Chris Staton	Henry	2000
6-9 3/4	Ed Hanks	Hoover	1964

6-9 3/4	Brett Edmondson	Santana	1983
6-9 1/4	Phil Singleton	San Diego	1967
6-9 1/4	Tim Brown	Morse	1967
6-9 1/4	Jim Geddes	La Jolla	1973
6-9 1/4	Brian Negrete	El Cajon	1988
6-9	Desi Burt	Serra	2004
6-9	Jason Gatewood	RBV	1999
6-9	Johnny Green	Lincoln	1979
6-9	Dean Owens	El Cajon	1970

Pole Vault

16-8	Derek Scott	El Camino	2005
16-6	Jeff Coover	La Jolla	2005
16-6	Scott Finley	Granite Hills	2005
16-4	Mike Brown	Torrey Pines	1995
16-4	Kevin Jones	University City	2006
16-2	Travis Offner	Mt. Carmel	2000
16-1	Billy Matthies	Rancho Bernardo	2003
16-1	Pat Alduenda	Ramona	1987
16-0	Matt Steverson	Rancho Bernardo	2004
15-9	Jonathon Hori	Escondido	2004
15-9	Chris Buddin	Orange Glen	1993
15-9	Dan Shimooka	San Pasqual	1995
15-9	Matt Poirier	Mt. Carmel	1995
15-8	Ryan McClain	Escondido	2003
15-8	Adrian Ruark	Point Loma	2002
15-8	Jonathon Takahashi	Grossmont	2000
15-8	Andy Sullivan	Poway	2006
15-7	Zack Miller	Rancho Bernardo	2003
15-7	Matt Lehman	San Dieguito	1988
15-7	Jason Rice	Fallbrook	1993
15-6	Jay Rafail	Vista	1987
15-6	Rick Lotterer	San Pasqual	1988
15-6	Sean Daley	Vista	1999
15-6	Sejoon Park	Rancho Bernardo	2005
15-6	Cory Phallen	Rancho Bernardo	2006

Long Jump

25-5 1/4	Doyle Steele	San Diego	1966
25-5	Jerome Price	University City	1989
25-1 1/4	Dokie Williams	El Camino	1978
24-11	Lewis King	Lincoln	1967
24-9	Derrell Hutsona	Helix	2003
24-9	Arnold Tripp	Crawford	1959
24-6 1/4	Tom Brown	Castle Park	1989
24-6	Demetrious Westbrooks	Morse	2003
24-5 3/4	James Kennedy	Lincoln	1962
24-5 1/2	Pierre Frazier	Hoover	1965
24-4	Bouncy Moore	San Diego	1968

24-3 3/4	Dan Herman	Granite Hills	1998
24-2 3/4	Willie Banks	Oceanside	1974
24-2	Scott Hammond	Lincoln	1990
24-2	Corri Moore	Monte Vista	1993
24-2	Charles James	Morse	1997
24-0 3/4	Willie Steele	Hoover	1941
24-0 3/4	Eugene Gunn	Oceanside	1981
24-0 1/4	Ken Tucker	Lincoln	1959
24-0	Luther Hayes	Lincoln	1956
24-0	George Williams	Kearny	1958
24-0	Arnie Robinson	Morse	1966
24-0	Tony Hamilton	Castle Park	1978
24-0	Ray Howard	Montgomery	1979
24-0	Gary Taylor	Morse	1992

Triple Jump

52-0	Von Ware	RBV	1994
51-3	Willie Banks	Oceanside	1974
51-2 1/2	Dokie Williams	El Camino	1977
51-2	Lenny McGill	Orange Glen	1989
50-5 1/2	Damon Carson	San Diego	1988
50-5 1/2	Draper Rivers	Morse	1997
50-3 1/2	Charles Huff	La Jolla	1988
49-9 3/4	Tyrone Pope	El Camino	1983
49-8 3/4	Keno White	Rancho Bernardo	2002
49-8 1/2	Cary Taylor	Morse	1992
49-7 1/2	Tyriff Rudder	Mt. Miguel	1997
49-4 3/4	Karlin Stewart	Mt. Miguel	2006
49-3	Tony Ortiz	Helix	2000
48-11 1/4	Reggie Mitchell	Sweetwater	1994
48-10	Alan Osborne	El Cajon	1982
48-8 3/4	Craig Montgomery	El Camino	1978
48-8	Terry Sweet	Morse	1991
48-4	Joey Hauser	Vista	2003
48-3	Trandon Harvey	Sweetwater	2001
48-3	Nelson Rosario	El Camino	2006
48-2	Anthony Sanford	Lincoln	1996
48-2	Franklin Gladney	El Camino	2005

Shot Put

76-2	Brent Noon	Fallbrook	1990
66-3 1/2	Darius Savage	Morse	2006
65-11 1/4	Curt Hampton	El Cajon	1974
64-11	Pete Schmock	San Dieguito	1968
64-11	Billy Joe Winchester	Mt. Miguel	1970
64-8	Dan Ames	El Capitan	1998
64-3 1/2	George Brown	Granite Hills	1967
63-10 3/4	Bernard Grady	Scripps Ranch	1999
63-4	Ken Pole	El Capitan	1978

63-3	Jared Bray	Mission Bay	2003
62-11 1/2	Boldizsar Kocsor	University City	2004
62-7 1/2	Tony Sotelo	Ramona	1996
62-7 1/2	Matt Gauthier	Valhalla	1978
61-10 1/2	Vili Makihele	San Marcos	1998
61-6 1/4	Ed Speed	Grossmont	1961
61-5 3/4	Jim Wade	Grossmont	1957
61-4	Brian Boggess	El Capitan	1986
60-10 1/2	Greg Baer	Grossmont	1973
60-10	Dick Verdon	Hoover	1957
60-9	Doug Nelson	Helix	1964
60-8	Mark Malone	El Cajon	1976
60-5	Taras Rhode	Fallbrook	1998
60-4 1/2	Dick Bronson	Grossmont	1954
60-3 1/4	Steve Dougherty	Mt. Miguel	1969
60-2 1/2	Mark Bailey	Helix	1979
60-1 1/4	John Pottinger	Helix	1961

Discus

212-1	Darius Savage	Morse	2006
206-5	Daniel Schaerer	Bishop's	2004
200-8	Brent Noon	Fallbrook	1990
199-9	Dan Ames	El Capitan	1999
195-8	Billy Joe Winchester	Mt. Miguel	1970
192-6	Mark Malone	El Cajon	1976
191-3	Brian Boggess	El Capitan	1986
191-2	Matt Gauthier	Valhalla	1977
189-8	George Liebe	Granite Hills	1995
188-10	Travis Jones	Mira Mesa	2000
186-9	Jonathon Ward	Poway	2000
185-7	Mark Bailey	Helix	1979
183-10	Phil Cookson	Grossmont	1980
183-3	Mike Tull	Fallbrook	2006
183-0	Nick Allotta	Rancho Bernardo	2003
182-11	Mike Armstrong	University City	1999
182-9	Kris Lettow	Helix	1976
181-9	Bill Harvey	Vista	1973
180-3	Tooran Gilliam	San Diego	1997
180-2	Tyler Ellis	Rancho Bernardo	2003
178-3	Tony Sotelo	Ramona	1996
177-10	Paul Holborn	Valhalla	1980
176-2	Boldizsar Kocsor	University City	2004
172-2	Mark Weber	El Camino	2006

Girls

100 Meters

Mark	Name	School	Year
11.51	Gail Devers	Sweetwater	1984
11.56	Jackie Thompson	Lincoln Prep	1973
11.61	Monique Henderson	Morse	2000
11.65	Jolanda Diego	El Camino	2004
11.84	Akiba McKinney	Monte Vista	1995
11.84hc (11.7y)	Judy Reed	Crawford	1978
11.87	Alicia Lowery	Morse	2003
11.90	Tashia McKinney	Monte Vista	1990
11.92	Angela Sullivan	Serra	1991
11.93	Velisa Harris	Morse	1983
11.94hc (11.8y)	Vicki Belser	Vista	1977
11.94hc	Chris Herring	Morse	1978
11.94hc	Janice Wiser	La Jolla	1978
11.96	DeCola Groce	Morse	1997
11.97	Ellen Jones	Mt. Miguel	1981
11.98	Sparkle Anderson	Serra	2003
11.99	Zakirrah Beverly	USDHS	2001
11.99	Kuneshia Miller	Morse	1994
12.03	Kim Matthews	Christian	1987
12.04	Mandy Ross	Christian	2006
12.04h	April Freow	Morse	1985
12.04h	Charlotte Zepherin	Morse	1980
12.06	Chris Cooksey	Hoover	1981
12.08	Ashley Rhodes	Mt. Miguel	1986
12.09	Yolanda Fitch	Morse	1987
12.09	Angela Kimmey	University City	1989
12.10	Rashauna Amos	E.C. Southwest	2004
12.10	Aja Wheeler	University City	2005

200 Meters

23.16	Monique Henderson	Morse	2001
23.18	Jackie Thompson	Lincoln	1972
23.56	Jolanda Diego	El Camino	2004
24.06	Kim Matthews	Morse	1987
24.11	Shakara Lott	University City	2005
24.14hc (24.0y)	Judy Reed	Crawford	1978
24.21	Angela Sullivan	Serra	1991
24.33	Lana Garner	Morse	1996
24.34hc (24.2y)	Janice Wiser	La Jolla	1974
24.43	Allison Dring	Mt. Carmel	1990
24.44hc (24.3y)	Vicki Belser	Vista	1976
24.46	Nastassja Hall	RBV	2000
24.49	Kuneshia Miller	Morse	1994
24.51	Akiba McKinney	Monte Vista	1995
24.54hc (24.4y)	Danita Young	Crawford	1978

24.54	Vanessa Bobo	Morse	2005
24.60c	Ellen Jones	Mt. Miguel	1981
24.62	DeCola Groce	Morse	1997
24.63	Monica Henderson	Morse	1990
24.64	Zikarrah Beverly	USDHS	2001
24.66	Mandy Ross	Christian	2006
24.69	Jonette Smiley	Serra	2001
24.69	Velisa Harris	Morse	1983
24.71	Angela Kimmey	University City	1990
24.72	Casey Loveland	Granite Hills	1996
24.74h	Lauren Russell	Mt. Carmel	1982
24.75	Tashia McKinney	Monte Vista	1990
24.77	Janie James	Helix	2005
24.78	Rashauna Amos	E.C. Southwest	2004
24.82	Shani Freeman	Crawford	1990
24.83	Ciera Ray	Fallbrook	2000
24.84h	Diana Turner	Fallbrook	1981
24.87	Estelle Jackson	Morse	1981
24.87	Katina Bugg	Henry	1990
24.92h	Atiba Green	University City	1996
24.93	Aja Wheeler	University City	2005
24.94	Lauren Kodama	Westview	2006
24.94hc (24.8y)	Tracy Scott	Crawford	1979

400 Meters

50.74	Monique Henderson	Morse	2000
53.53	Janice Wiser	La Jolla	1974
54.05	Shakara Lott	University City	2005
54.09	Lana Garner	Morse	1996
54.29	Allison Dring	Mt. Carmel	1990
54.37	Janie James	Helix	2005
54.79	Charlotte Zepherin	Morse	1980
55.19	Shani Freeman	Crawford	1989
55.75	Whitney Schumucker	La Jolla	2001
55.82	Lesley Noll	Mt. Carmel	1985
56.04h	Kelly McCann	La Costa Canyon	2002
56.04hc (56.2y)	Tracy Baker	Monte Vista	1982
56.14h	Amy Jones	Henry	1981
56.17	Yolanda Fitch	Morse	1986
56.27	Gail Devers	Sweetwater	1982
56.43	Mandy Ross	Christian	2006
56.46	Miriam White	Southwest	1985
56.54h	Karen Nielsen	Valhalla	1984
56.59	Sabrina Edge	Rancho RBV	1996
56.64	Amy Taylor	Rancho Bernardo	1998
56.65	Jasmine Winfield	Oceanside	2002
56.67	Tracy Baker	Monte Vista	1985
56.67	Starla Henderson	Morse	1998
56.73	Katina Bugg	Henry	1990
56.74	Nastassja Hall	RBV	2001

56.87	Jasmine Chukwueke	Scripps Ranch	2006
56.94hc (57.1y)	Helen Fulton	Bonita Vista	1977
56.94	Lakenya Simon-West	Grossmont	2005
56.95	Aroline Neal	RBV	1998
56.99	Naomi Mattos	Fallbrook	2001
57.04	Denisha Bryant	Mt. Miguel	2002
57.04hc (57.2y)	Vanessa Thompson	San Diego	1976
57.08	Ciara Short	Madison	2006

800 Meters

2:08.00	Lesley Noll	Mt. Carmel	1985
2:08.46	Laura Chapel	University City	1986
2:08.74	Jenna Timinsky	San Dieguito	2002
2:09.06	Darcy Arreola	Grossmont	1985
2:09.42	Whitney Schmucker	La Jolla	2002
2:10.15	Denise Upsher	Torrey Pines	1986
2:10.45	Kelly McCann	La Costa Canyon	2003
2:11.07	Gail Devers	Sweetwater	1982
2:11.79	Camille Dredge	Torrey Pines	1999
2:12.03	Robin Eager	Vista	1985
2:12.14c (2:12.0)	Kristina Hand	Fallbrook	1988
2:12.24hc (2:12.8y)	Beth Howell	San Dieguito	1975
2:12.24c	Melanie Hand	Fallbrook	1992
2:12.44	Allison Hall	Rancho Bernardo	2002
2:12.48	Amonica Phipps	Morse	2001
2:12.69	Cassie Atkinson	El Capitan	2004
2:12.80	Tracy Baker	Monte Vista	1983
2:12.99	Dani Schuster	Torrey Pines	2003
2:13.26	Kristi Bache	USDHS	1988
2:13.44hc (2:14.0y)	Nel Griffith	Henry	1980
2:13.48	Charity Stowell	Mt. Carmel	1990
2:13.53	Amanda Moore	Torrey Pines	2006
2:13.68	Susan Scott	Mt. Carmel	1991
2:13.98	April Montgomery	Helix	2003
2:14.10	Dorit Fehrensén	La Jolla	1982
2:14.13	Samantha Piper	Coronado	1998

1,600 Meters

4:42.77	Darcy Arreola	Grossmont	1986
4:45.46	Tina Allen	Santana	1982
4:45.98	Kira Jorgensen	Vista	1987
4:49.53	Laura Chapel	University City	1986
4:50.83	Milena Glusac	Fallbrook	1993
4:52.42	Claire Rethmeier	San Pasqual	2004
4:53.66c	Kristi Bache	USDHS	1988
4:54.23	Desiree Davila	Hilltop	2000
4:54.23	Dani Schuster	Torrey Pines	2002
4:54.24c (4:55.7y)	Cheryl Flowers	Valhalla	1977
4:55.08	Julie Ott	USDHS	1997

4:55.72	Jenna Timinsky	San Dieguito	2002
4:56.04h	Julie Bates	Mira Mesa	1984
4:56.16	Jennifer Sheflo	Poway	1984
4:56.20	Claire Becker	Bonita Vista	1993
4:56.25	Katy Andrews	La Costa Canyon	2006
4:56.43	Julie Komosinski	Torrey Pines	1999
4:56.77	Jessie Ooms	University City	2003
4:57.31	Erin Gillingham	Torrey Pines	2006
4:57.63	Lorin Scott	San Pasqual	2004
4:57.69	Lindsay delaMontaigne	Rancho Bernardo	2005
4:57.88	Sandy Blakeslee	Vista	1983
4:58.91	Sariah St. Laurent	El Camino	2004
4:59.21	Tricia Mattson	Fallbrook	1997
4:59.27	Marie Raffray	San Dieguito	2003
4:59.34	Stephanie Fedorchak	Fallbrook	1984
4:59.39	Rebecca Bostwick	University City	2004
4:59.94	Kristina Hand	Fallbrook	1987
4:59.97	Brooke Giuffre	La Costa Canyon	2006

3,200 Meters

10.24.23	Kira Jorgensen	Vista	1987
10.24.61	Milena Glusac	Fallbrook	1991
10.25.97c	Claire Rethmeier	San Pasqual	2004
10.31.07	Betsy Chadwick	Mira Mesa	1981
10.32.62	Sandy Blakeslee	Vista	1983
10.36.05	Darcy Arreola	Grossmont	1986
10.36.34	Courtney Baird	Helix	1999
10.36.83	Julie Manson	Rancho Bernardo	2000
10.40.12	Maureen Winner	Torrey Pines	1984
10.40.34	Desiree Davila	Hilltop	2001
10.40.66	Nicole Nugent	Torrey Pines	1987
10.41.64 (10:44.6y)	Carol Keller	Helix	1977
10.41.44	Tina Allen	Santana	1982
10.41.65	Shelly Lachel	Monte Vista	1981
10.42.7	Julie Ott	USDHS	1997
10.43.18	Mira Hornbacher	RBV	1989
10.43.8	Lori Giacinti	USDHS	1997
10.44.74hc (10:47.7y)	Cheryl Flowers	Valhalla	1979
10.45.48	Melissa Keim	San Pasqual	1993
10.46.94hc (10:49.8y)	Teri Brown	San Pasqual	1979
10:47.26	Loretta Kilmer	Ramona	2001

100 Hurdles (33')

14.28	Jessica Eggleston	El Camino	2003
14.32	Gail Devers	Sweetwater	1984
14.33	Laiah Blue	Granite Hills	2004
14.35	Erin Blunt	San Pasqual	1992
14.49	Andria Booker	El Camino	1998
14.52	Shakira Thompson	Helix	2005

14.54	Kim Dill	Poway	1990
14.69	Alishia Carter	Rancho Bernardo	1998
14.78	Tanisha Johnson	Helix	2002
14.82	Latanya Agurs	Grossmont	1998
14.86	Katie Coin	Rancho Bernardo	2000
14.93	Meggie Afenir	Escondido	2003
14.99	Bahed Hernandez	Mt. Carmel	1996
15.03	Kiesha Porter	Mira Mesa	1994
15.05	Carli Lloyd	Fallbrook	2005
15.09	Charay Savage	Otay Ranch	2006
15.16	Ashleigh Davis	El Camino	2003
15.17	Lisa Shepard	Orange Glen	1993
15.17	Maggie Escudero	El Capitan	1999
15.19	Kori Joiner	Rancho Bernardo	1994
15.24	Carlene Jones	Morse	1994
15.24	Samatha Stephens	RBV	2006
15.25	Audrey Pound	Poway	2001
15.27	Michelle Beauford	Carlsbad	2004
15.28	Breanna White	Rancho Bernardo	2003
15.30	Cheryl Hawkins	Morse	2002
15.30	Bryeanna Barmer	Helix	2001

300 Low Hurdles

42.26	Gail Devers	Sweetwater	1983
42.69	Erin Blunt	San Pasqual	1991
43.04	Tanisha Johnson	Eastlake	2000
43.82	Laiah Blue	Granite Hills	2004
43.82	Catie Coin	Rancho Bernardo	2000
43.86	Audrey Pound	Poway	2001
43.94	Shannon Proffer	Santana	1990
43.96	Michelle Outlaw	Lincoln	1986
44.00	Janet Duffy	Mt. Carmel	1984
44.30	Jessica Eggleston	El Camino	2003
44.30	Nastassja Hall	RBV	2002
44.44	Kim Dill	Poway	1989
44.44h	Cassandra Tyson	Mt. Carmel	1989
44.46	Carrie Vickery	El Capitan	1995
44.47	Carlene Jones	Morse	1993
44.51	Bryeanna Barmer	Helix	2000
44.56	Sharita Thompson	Helix	2006
44.53	Wendy Edelen	Crawford	1981
44.59	Stacy Thompson	Morse	1988
44.60	Kiesha Porter	Mira Mesa	1994
44.60	Tisha Matthews	El Camino	1998
44.64	Unika Smith	Lincoln	2000
44.80	Cathy Stark	San Pasqual	1989
44.83	T'Shara Hicks	University City	2004
44.90	Julie Cartere	Southwest	1982
44.90	Erin DeHahn	Hilltop	1999
44.91	Annie King	La Jolla	1981

400 Meter relay

45.94c (46.14y)	Crawford	1977
46.35	Morse	2001
46.42	El Camino	2003
46.44	Morse	2000
46.44	Morse	1996
46.68	Morse	1998
46.78	Morse	1994
46.82	El Camino	2004
46.89	Morse	1987
46.99	Morse	1995
47.00c (47.20y)	Crawford	1978
47.03	El Camino	2002
47.12	Morse	1989
47.29	Morse	2005
47.33	Morse	1991
47.38	Morse	2003
47.41	Morse	1982
47.45	Morse	1985
47.48	Morse	1997
47.54	Morse	1999
47.59	University City	2005
47.60	Helix	2002
47.62	El Camino	2000
47.65	Lincoln	1998
47.68c (47.88y)	Morse	1977
47.75	University City	2006
47.83	Morse	1992

1,600 Meter Relay

3:49.12h	Morse	1996
3:49.27c (3:50.47y)	Crawford	1981
3:49.75	Mt. Carmel	1991
3:50.73c (3:51.93y)	Crawford	1978
3:50.81c (3:52.01y)	Morse	1981
3:51.38	Morse	1999
3:52.20	San Pasqual	1991
3:52.31	Morse	1993
3:52.54hc (3:53.6y)	Crawford	1977
3:52.72	Morse	2001
3:53.07	San Pasqual	1992
3:53.07	La Costa Canyon	2005
3:53.43	Morse	1997
3:53.44	Mt. Carmel	1992
3:53.59	University City	2004
3:53.84h	Mt. Carmel	1990
3:53.95	Mt. Carmel	1989
3:54.31	Mt. Carmel	1985
3:54.35	Morse	1991

High Jump

6-1 3/4	Sue McNeal	Carlsbad	1979
5-10 1/4	Jamie Klages	Coronado	2005
5-10	Lynn Patrick	Serra	1988
5-9	Lisa Underhill	RBV	1997
5-8 1/2	Lindsay Whetstine	Mt. Carmel	2005
5-8 1/4	Chris Remmling	San Dieguito	1976
5-8 1/4	Karyn Armstrong	Torrey Pines	1988
5-8	Jackie Anderson	Mt. Miguel	1986
5-8	Christy Kurras	Poway	1988
5-7 1/2	Cindy Gilbert	Oceanside	1974
5-7	Denise Parker	Hoover	1964
5-7	Gabby LeClaire	Monte Vista	1981
5-7	Kim Reed	Valhalla	1984
5-7	Bonnie Zabinsky	Valley Center	2004
5-7	Whitney Sisler	La Costa Canyon	2005

Pole Vault

13-3	Tracy O'Hara	Rancho Bernardo	1998
12-9	Kate Mattoon	Rancho Bernardo	2005
12-8 1/4	Kathleen Donoghue	Rancho Bernardo	1999
12-3	Janea Russ	Granite Hills	2002
12-3	Molly Pascarella	Rancho Bernardo	2001
12-3	Joanna Burkhart	Oceanside	2006
12-2 1/2	Natalie Dennison	Rancho Bernardo	1999
12-1	Ama Navidi	Rancho Bernardo	2003
12-0	Erin Asay	Sweetwater	2001
12-0	Emily Mattoon	Rancho Bernardo	2006
11-9	Eva Tanner	Grossmont	2002
11-9	Kylene Nixon	Poway	1997
11-9	Dana Hoolko	La Jolla	2005
11-8	Julie Stuart	Grossmont	1998
11-7	Jenny Liu	Rancho Bernardo	2004
11-7	Rebecca Adams	Rancho Bernardo	2003
11-7	Becky Gausepohl	Fallbrook	2003
11-7	Kara Filopowski	Valhalla	2003
11-6	Marissa Earle	Rancho Bernardo	2001
11-6	Julie Hudlow	Rancho Bernardo	2000
11-4	Jessica Torres	Vista	2006
11-4	Angela Gaeto	Rancho Bernardo	2006
11-3	Caitlin Fitzgibbons	Poway	2004
11-3	Julia Preston	Poway	2000
11-2	Betsy Halliburton	Torrey Pines	2001
11-0	Danielle Eckert	Coronado	2006

Long Jump

20-7	Gail Devers	Sweetwater	1984
20-6 1/2	Akiba McKinney	Monte Vista	1997
20-5	Amy Littlepage	Mt. Miguel	1993
19-7	Jessica Eggleston	El Camino	2003
19-6 1/2	Andria Booker	El Camino	1998
19-4	Nichelle Strahan	Mt. Miguel	1986
19-4	Latanya Canada	Castle Park	1987
19-3 1/2	Debbie Wilford	Castle Park	1977
19-1 1/4	Jewell Lovelady	Crawford	1977
19-1	Laura Stowe	Torrey Pines	1987
19-1	LaRonda Hite	Lincoln	1997
19-0 1/2	Michelle Outlaw	Lincoln	1987
19-0	Sparkle Anderson	Serra	2003
19-0	Nastassja Hall	RBV	2002
18-11 3/4	Melinda Forest	Mt. Miguel	1993
18-11 1/2	Jessica Thomas	El Camino	2000
18-10 3/4	Kim Huey	Santa Fe Christian	1985
18-10 3/4	Nedra Dillon	Mission Bay	1989
18-10 1/4	Chris Mose	El Cajon	1981
18-10	Rochelle Johnson	Henry	1989
18-10	Carlene Jones	Morse	1994
18-10	Kasey Kearin	Rancho Bernardo	2006

Triple Jump

41-8 1/4	Jackie Anderson	Mt. Miguel	1987
40-11 1/2	Andria Booker	El Camino	1998
40-8 3/4	LaFrancia West	Grossmont	1988
40-6 3/4	Rochelle Johnson	Henry	1989
40-6 1/4	Tamieka Porter	Orange Glen	1993
40-4	Amy Littlepage	Mt. Miguel	1993
40-4	Sparkle Anderson	Serra	2003
39-9 1/4	Jessica Eggleston	El Camino	2002
39-7	Tamara Espinoza	Hilltop	1997
39-6	Gail Devers	Sweetwater	1984
39-4 1/2	Heather Leidle	RBV	2005
39-2 1/4	Shadesia Pearman	Mt. Miguel	1993
39-2	Stacy Thompson	Morse	1988
39-1 1/4	Sherita Williams	El Camino	1997
39-1	Kasey Kearin	Rancho Bernardo	2006
39-0 1/2	Latanya Agurs	Grossmont	1998
38-11	Kathy Sorenson	Hilltop	1994
38-8 3/4	Adrienne Farrington	Rancho Bernardo	1998
38-7	Katina Harrison	Mt. Miguel	1991
38-6 1/4	Shirley Anku	RBV	1997
38-3 3/4	Angela Sims	El Camino	1990
38-3 1/2	Casey Whyte	San Pasqual	1996
38-1 1/4	Charay Savage	Otay Ranch	2006

Shot Put

49-6	Kathy Devine	Mission Bay	1974
46-10 1/2	Aiga Marie Taumua	Sweetwater	2001
45-0 3/4	Tracy Crawford	Southwest	1986
44-9	Carrie Johnson	Fallbrook	2002
44-0	Raeanna Makihele	San Marcos	2002
43-10 1/4	Laura Hughes	Orange Glen	1988
43-8 1/2	Candace Hill	Hoover	1999
43-2 1/2	Kartsi Leppaluoto	Madison	1986
43-2 1/4	Kristina Mataafa	Orange Glen	1992
43-2	Fernanda deOliveria	Henry	1993
43-1 3/4	Jennifer Viavia	Madison	1988
43-1 1/4	Uia Tupuolo	Vista	2004
42-11 1/2	Susan Compton	Marian	1980
42-10 1/2	Dereka Winters	El Camino	2005
42-8 1/4	Mulu Tosi	Morse	1989
42-3	Michelle Campbell	Crawford	1987
42-2	Amber Hood	Morse	2001
41-9	Whitney DeWeese	RBV	2004
41-8 3/4	Liz Mueller	Vista	1980
41-8 1/4	Frank Hunkin	Vista	2004

Discus

162-0	Lori Parker	Ramona	1986
156-2	Tracy Crawford	Southwest	1986
152-8	Candace Hill	Hoover	2000
151-1	Kristina Mataafa	Orange Glen	1992
147-9	Susan Compton	Marian	1980
146-8	Cissy Laughlin	Torrey Pines	1981
146-8	Jessica Byrne	Ramona	1998
146-7	Terri Mann	Pt. Loma	1986
146-0	Dereka Winters	El Camino	2005
145-1	Daniella Thu	Monte Vista	2005
144-5	Whitney DeWeese	RBV	2003
144-4	Christine Oleksow	Monte Vista	1989
144-3	Scia Maumausolo	Mt. Carmel	1992
143-8	Carrie Johnson	Fallbrook	2001
142-7	Liz Mueller	Vista	1980
142-6	Jameena Hunt	Morse	2006
142-4	Jackie Turpin	Santana	2002
142-4	Christina Magana	Fallbrook	1996
142-1	Katrina Crouch	El Capitan	1997
141-9	Whitney DeWeese	RBV	2002
141-8	Eric McGrath	Eastlake	1997
140-11	Breanna Makihele	San Marcos	2002

State Champions

Boys (Since 1915)

100 Meters			
1992	Riley Washington	Southwest	10.30
1977	David Russell	Henry	9.61y
1974	Elijah Jefferson	Crawford	9.8y
1973	Elijah Jefferson	Crawford	9.6wy
1929	Jimmy Willson	San Diego	9.8y
200 Meters			
1977	David Russell	Henry	20.97y
1941	Glen Willis	San Diego	21.7
1929	Jimmy Willson	San Diego	21.4y
400 Meters			
1979	Tony Banks	Morse	47.28
1946	Norm Stocks	San Diego	49.3y
1929	Cotton Warburton	San Diego	49.6y
800 Meters			
2005	Jesse O'Brien	San Pasqual	1:53.71
1988	Mark Senior	Mt. Miguel	1:51.37
1966	Terry Rodgers	Hilltop	1:51.5y
1964	Bob Hose	Madison	1:51.1y
1957	Jim Cerveny	Mission Bay	1:52.7y
1,600 Meters			
2006	A.J. Acosta	El Camino	4:04.94
2000	Evan Fox	West Hills	4:09.44
1999	Marcus Chandler	Serra	4:10.44
1994	Meb Keflezighi	San Diego	4:07.67
1992	Daniel Das Neves	Helix	4:09.54
1991	Daniel Das Neves	Helix	4:12.22
1989	Francis O'Neill	San Pasqual	4:08.67
1966	Tim Danielson	Chula Vista	4:07.0y
1965	Tim Danielson	Chula Vista	4:08.4y
3,200 Meters			
1994	Meb Keflezighi	San Diego	8:58.11
1971	Dale Fleet	Clairemont	8:53.8y
110 High Hurdles			
1938	John Beiwaner	San Diego	15.3y
300 Intermediate Hurdles			
2003	Brandon Bornes	RBV	37.34
2001	Jeff Hunter	Granite Hills	36.25
1991	Keith Williams	Escondido	37.28
400 Relay			
1994		El Camino	41.00
2001		Helix	41.17
High Jump			
1970	Jerry Culp	Oceanside	7-0 1/4
1953	Bernie Nelson	San Diego	6-4
1918	Harold Muller	San Diego	5-6

Pole Vault

1995	Mike Brown	Torrey Pines	16-4
1961	Mike Graves	El Cajon Valley	14-2 1/4
1956 (Co)	Bill Logan	El Cajon Valley	13-6
1929	Bill Miller	San Diego	12-6
1928	Bill Miller	San Diego	12-9 1/2
1927	Bill Miller	San Diego	12-0
1926(4-way tie)	Bill Hubbard	San Diego	12-4
1923(Co)	Harry Smith	San Diego	11-11 1/2

Long Jump

2003	Derrell Hutsona	Helix	25-5 3/4w
1990	Jerome Price	University City	25-3 1/4
1978	Dokie Williams	El Camino	25-1 1/4
1966	Doyle Steele	San Diego	25-3 1/4
1962	James Kennedy	Lincoln	24-5 3/4
1957	Luther Hayes	Lincoln	23-8 1/2

Triple Jump

1994	Von Ware	RBV	50-6
1989	Lenny McGill	Orange Glen	51-1 1/4
1978	Dokie Williams	El Camino	50-4 1/4
1977	Dokie Williams	El Camino	51-0 1/2
1974	Willie Banks	Oceanside	50-9
1973	Willie Banks	Oceanside	49-7 1/4

Shot Put

2006	Darius Savage	Morse	66-3 1/2
2003	Jared Bray	Mission Bay	63-3 1/4
1990	Brent Noon	Fallbrook	74-4 3/4
1989	Brent Noon	Fallbrook	66-1 1/2
1986	Brian Boggess	El Capitan	61-4
1968	Pete Schmock	San Dieguito	63-11
1954	Dick Bronson	Grossmont	59-7 1/8
1950	Hal Norris	Grossmont	56-5 1/4

Discus

2006	Darius Savage	Morse	205-6
2005	Darius Savage	Morse	194-8
2004	Daniel Schaerer	Bishop's	206-5
1999	Dan Ames	El Capitan	199-9

Girls

100 Meters

1984	Gail Devers	Sweetwater	11.51
1974	Janice Wiser	La Jolla	10.8y

200 Meters

2000	Monique Henderson	Morse	23.19
1974	Janice Wiser	La Jolla	24.2y

400 Meters

2001	Monique Henderson	Morse	51.34
2000	Monique Henderson	Morse	50.74
1999	Monique Henderson	Morse	52.87
1998	Monique Henderson	Morse	53.41

800 Meters

1986	Laura Chapel	University City	2:08.66
------	--------------	-----------------	---------

1,600 Meters

1993	Milena Glusac	Fallbrook	4:50.83
1989	Kira Jorgensen	RBV	4:49.55
1988	Kira Jorgensen	RBV	4:49.54
1987	Kira Jorgensen	Vista	4:45.98
1986	Darcy Arreola	Grossmont	4:45.13

3,200 Meters

2003	Claire Rethmeier	San Pasqual	10:27.32
1993	Milena Glusac	Fallbrook	10:42.68
1992	Milena Glusac	Fallbrook	10:28.62

100 Low Hurdles

1984	Gail Devers	Sweetwater	13.41
------	-------------	------------	-------

300 Low Hurdles

1991	Erin Blunt	San Pasqual	43.02
------	------------	-------------	-------

400 Meter Relay

1977	Crawford		46.14y
------	----------	--	--------

High Jump

1987	Lynn Patrick	Serra	5-10
1978	Sue McNeal	Carlsbad	5-10 1/4

Pole Vault

1999	Kathleen Donoghue	Rancho Bernardo	12-8 1/4
1998	Tracy O'Hara	Rancho Bernardo	12-8

Long Jump

1983	Gail Devers	Sweetwater	19-6
1981	Chris Mose	El Cajon Valley	18-10 1/4

Triple Jump

1994	Tamieka Porter	Orange Glen	38-11 1/2
1998	Andria Booker	El Camino	40-0 1/4
1997	Andria Booker	El Camino	40-0

Shot Put

1975	Kathy Devine	Mission Bay	42-3 3/4
1974	Kathy Devine	Mission Bay	47-4 1/2

Discus

1986	Tracy Crawford	Southwest	156-2
1976	Kathy Middleton	Poway	134-5

HIGH SCHOOL SPORTS ASSOCIATION

SERVING SAN DIEGO ATHLETICS

6905 SKYLINE DR.
SAN DIEGO, CA 92114

Salutes
Track and field
Coaches of the Year



Boy's Coach
St. Augustine's Jerry Downey



Girl's Coach
Rancho Bernardo's Don Jones



San Diego USA Track & Field

The Governing Body for Track and Field, Long Distance Running, Cross Country Running, and Race Walking in San Diego and Imperial Counties



2004 Olympic Gold Medalist
Monique Henderson

Track & Field

- Association Track & Field Championships
- Chuck McMahon Masters Track & Field Championships
- Association Youth Track & Field Championships



2003 World Championship Bronze Medalist
Masha McKay

Long Distance Running Cross Country

- Dirt Dogs Association Cross Country Championship Series
- Association Distance Carnival
- Road Race Championships



Nazario Romero overtakes Mike Smith to win the 2003 Dirt Dog Championship



Race Walking

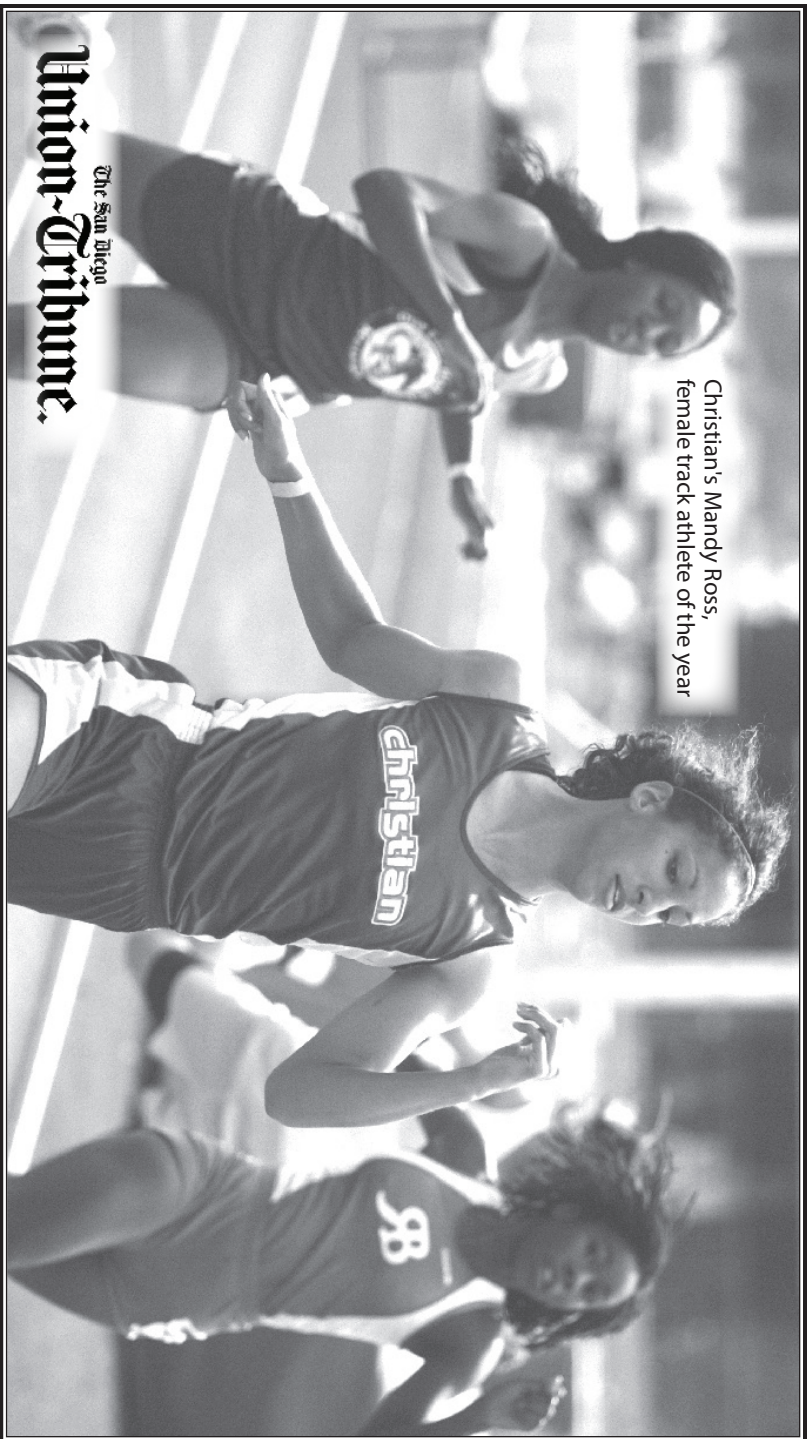
- 2000 Olympic Team Selection 50 km
- 2003 30 km National Championship
- 2002 50 km National Championship
- 2007 50 km National Championship

Curt Clausen—2004 Olympic Team Member 50 km

Background Photo—Meb Keflezighi, 2004 Olympic Marathon Silver Medalist

For information on all of San Diego USATF's events visit:
www.sandiegousatf.org

Christian's Mandy Ross,
female track athlete of the year



The Sun Diego
Union-Tribune.

For Updates, call Steve Brand at (619) 293-1854