

# San Diego Section High School

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## Track & Field Guide



**La Costa Canyon's Karson Lippert  
CIF Boy's Track 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)
2011	800	Shyan Vaziri, Scripps Ranch	1:50.15 (n)
1972	1600	Terry Cotton, El Cajon	4:04.04*(n)
1976	3200	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 (Lamont Long, Devon Ward, Stephen Hayes, Deandre Douglas)	40.65
1996	4x400 Relay	Morse (Tawaiin Jones, Ray Carter, Kendall Pinson, Lydell Burston)	3:10.80
1979	High Jump	Frank Schiefer, Madison	7-2
2005	Pole Vault	Derek Scott, El Camino	16-8
1966	Long Jump	Doyle Steel, San Diego	25-5 ¼
1994	Triple Jump	Von Ware, RBV	52-0
1990	Shot Put	Brent Noon, Fallbrook	76-2
2006	Discus	Darius Savage, Morse	212-1

### Girls

Year	Event	Name, School	Mark
2012	100 Meters	Jasmine Gibbs, El Camino	11.43
2001	200	Monique Henderson, Morse	23.16
2000	400	Monique Henderson, Morse	50.74
1985	800	Lesley Noll, Mt. Carmel	2:08.00
2011	1600	Alli Billmeyer, Torrey Pines	4:41.71 (n)
2011	3200	Alli Billmeyer, Torrey Pines	10:18.92
1984	100H (30')	Gail Devers, Sweetwater	13.41
2015	100H (33')	Dani Johnson, Cathedral Catholic	13.86
2015	300H	Dani Johnson, Cathedral Catholic	41.30
1977	4x100 Relay	Crawford (Danita Young, Judy Reed, Katie Gaston, Jewell Lovelady)	45.94*
2015	4x400 Relay	Cathedral Catholic (Olivia Firsching, Claire Hobrock, Hannah Labrie-Smith, Dani Johnson)	3:47.63
2007	High Jump	Whitney Sisler, La Costa Canyon	5-11
2010	Pole Vault	Kortney Ross, Westview	13-6
1984	Long Jump	Gail Devers, Sweetwater	20-7
1987	Triple Jump	Jackie Anderson, Mount Miguel	41-8 ¼
2015	Shot Put	Laulauga Tausaga, Mount Miguel	48-3 ½
2016	Discus	Laulauga Tausaga, Mount Miguel	167-3

(n) Non-winning mark.

(\*) Converted to metric time from yard time

NOTE: All section records must meet National Federation guidelines

## SUPER SOPH DIPS UNDER 47 SECONDS IN 400

Prior to the 2017 track season, only one San Diego runner had slipped under 47 seconds in the 400-meter dash—Morse's Lydell Burston when in 1996 he clocked a 46.85.

That was before La Costa Canyon's Karson Lippert was born but the Mavericks' sophomore turned more than a few heads when he scorched the first 300 meters at the state championships in Clovis before finishing second in 46.91 seconds, capping off a sensational season.

Lippert, who has 21.57 200-meters speed, vows to take dead aim at Burston's record after playing for the LCC football team in the fall. And he says he'll need to be fast to beat his incoming freshman brother, Aiden, who broke all of Lippert's junior high records.

Tri-City Christian's Matt DeRoos came within one jump of capturing the state long jump title, leading going into the final round before being passed and having to settle for a second place finish by 1 ¾ inches at 24-2.

Add in a dramatic last-jump surge into second place by Eastlake's Jalyn Jackson in the triple jump at 48-5 ½ and the section not only performed admirably at the state meet, but is poised to fare even better since Lippert, Jackson and third-place finisher Quoi Ellis of Mt. Carmel (21.25 in the 200) return for the boys.

Jackson, another football standout, will need to be at his best as nine of the top 10 triple jumpers return.

The girls did not have the times or places of their male counterparts but in some events 2018 looks extremely top-heavy with talent.

A couple more juniors-to-be, La Costa Canyon's McKenna Brown and Coronado's Alysah Hickey appear poised for big seasons.

Brown raced to a 4:51.72 in the 1600 at the state meet, placing fifth overall and cracking the section's all-time Top 10 list at No. 10. Hickey captured the section 100-meter dash, posting a best of 11.96, in addition to leading the section in the high jump at 5-7.

The horizontal jumps were particularly strong and figure to be even more so after Steele Canyon's Mya Cross hit 19-1 ½ (No. 13 all-time) and Gompers soph Jazmine Scott reached 19-1 (No. 15 all-time) in the long jump and Scott stretched out to 39-3 in the triple jump (No. 14).

Another Scott, Vista's Alia, moved to No. 12 in the 300 hurdles when she sped to a 43.53 to win the section title.

El Camino's Nu'u Tuilefano returns after posting the No. 8 all-time mark in the shot put at 43-11, taking aim at the three year old section record of 48-3 ½ by Mt. Miguel's Lauauga Tausaga. Tuilefano also is working on her discus where she tossed 145-6 with plenty of room to improve.

A couple of Cathedral Catholic athletes to watch include steady Olivia Firsching, who captured the 400 after running 55.74 as a soph, and Joaquin Martinez de Pinillos, the distance runner who returns after missing all but the last few weeks of the season, never regaining the cross country form that helped him lead the Dons to the state title.

Steve Brand  
Editor

### Thanks, Thanks, Thanks

These lists would not be possible without the help of track and field supporters like Don Jones, Rick Smith, Buzz Thom, George Green and dozens of others. Rather than mention everyone, let's just say this is a labor of love by a lot of people who still find high school track the most exciting of all sports. No part of these lists can be duplicated without the expressed written consent of the editor. **All photos were taken by Gabriel Santana.**

## 2017 Boys Leaders

(\* Junior, \*\* Sophomore, \*\*\*Freshman)

### 100 (Fully Electronic)

10.64	Benjamin Goodwin, Christian	City Finals
10.66	*Quoi Ellis, Mt. Carmel	State Prelims
10.68	**Shamar Martin, Morse	Western Finals
10.70	Phillip McElroy, Morse	Western Finals
10.82	*Jaden Stokes, Del Norte	Section Prelims
10.83	**Karson Lippert, La Costa Canyon	Dual
10.85	*Chris Olave, Mission Hills	Section Prelims
10.86	**Kenan Christon, Madison	Runge
10.95	*Isaac Garcia, Brawley	Section Prelims
10.97	*Jake Curtis, San Ysidro	Section Prelims
11.00	*Justin Cordova, EC Southwest	Section Prelims
11.01	Michael Hull-Littlejohn, Olympian	Section Prelims
11.02	Corey Gray, Poway	Section Prelims
11.03	Johnson Nguyen, RBV	Avocado East Finals
11.03	**Izel Smith, Westview	Dual
11.05	*Malik Moore, Point Loma	Western Finals
11.05	*Justice Chima, Mt. Miguel	Section Prelims
11.07	*Janvar Ramadahan, Ramona	Valley Center
11.09	Antonio Quintanilla, Point Loma	Section Prelims
11.10	James Alarcon, Mt. Carmel	Section Prelims
11.11	Gregory Jones, El Cajon Valley	Section Prelims
11.13	**Zion Lewis, San Marcos	Valley Center
11.17	Steven Weiss, University City	Western Finals
11.17	*Collin Sanford, Rancho Bernardo	Section Prelims
11.18	Austin Finch, El Capitan	Section Prelims
11.19	**Hugo Sobermas, Olympian	Aztec

**Mt. Carmel's Ellis Quoi  
Double Section Champ in  
100 and 200 meter dash**



200		
21.30	*Quoi Ellis, Mt. Carmel	State Prelims
21.57	**Karson Lippert, La Costa Canyon	Frosh-Soph
21.74	Richard Benson, Morse	Western Finals
21.74	**Shamar Martin, Morse	Western Finals
21.84	Phillip McElroy, Morse	Western Finals
21.89	Marco Huerta, RBV	State Prelims
21.90	*Jaden Stokes, Del Norte	Arcadia
21.92	D'Angelo Gunter, Del Norte	State Prelims
22.01	*Jake Curtis, San Ysidro	Section Prelims
22.04	**Keenan Christon, Madison	Sundevil
22.04	Benjamin Goodwin, Christian	City Finals
22.08	Corey Gray, Poway	Section Prelims
22.10	**Izel Smith, Westview	Section Prelims
22.19	*Justin Cordova, EC Southwest	IVL Prelims
22.20	*Earnest Dawn, Monte Vista	Valley Finals
22.36	Justice Mendoza, Ramona	Section Prelims
22.40	Greg Jones, El Cajon Valley	Valley Finals
22.44	Steven Weiss, University City	Western Finals
22.45	*Justice Chima, Mt. Miguel	Valley Finals
22.48	*Malik Moore, Point Loma	Section Prelims
22.50	**Hugo Sobernas, Olympian	Section Prelims
22.53	*Andrew Lira, Grossmont	Dual
22.55	*Chris Olave, Mission Hills	Dual
22.55	*Hassan Gates, Granite Hills	Hills Finals
22.59	Lawrence Willis, Mira Mesa	Dual
22.66	**Ryan Lefever, Rancho Bernardo	Palomar Finals
22.67	Kavin Hariharan, Rancho Bernardo	Palomar Finals
22.68	*Isaac Taylor-Stewart, St. Augustine	Catholic Tri
22.69	*Jordan Anderson, Steele Canyon	Section Prelims

400		
46.91	**Karson Lippert, La Costa Canyon	State Finals
48.18	D'Angelo Gunter, Del Norte	Section Finals
48.52	Richard Benson, Morse	Western Finals
48.63	**Marcus Dean, Mira Mesa	Frosh-Soph
49.32	Lawrence Willis, Mira Mesa	Western Finals
49.93	Jacob Uhl, Sage Creek	Avo West Finals
49.96	*Jake Burton, Cathedral Catholic	Section Prelims
49.97	Moses Crawford, El Camino	Section Prelims
50.00	**Wesley Salzman, Calvin	Section Prelims
50.15	Jarett Chinn, Poway	Dual
50.23	*Jeffrey Page, Eastlake	Dual
50.23	Brandon Thomison, Sage Creek	Avo West Finals
50.28	Noah Tynes, Helix	Section Prelims
50.47	Marco Huerta, RBV	Avo East Finals
50.64	Jake Selstad, San Marcos	Dual
50.55	*Jordan Comma, Tri-City Christian	Section Prelims
50.67	Saimon Georgari, Poway	Section Prelims
50.77	*Josh Farmer, Rancho Bernardo	Arcadia
50.78	Darien Callaway, Eastlake	Dual
50.79	Ryan Sanchez, Olympian	Mesa Finals
50.79	*Mitchell Hoover, Westview	Dual
50.83	Sekaye Knutson, Mission Hills	Dual

50.85  
50.91  
51.00

Ramon Colon, Rancho Bernardo  
\*\*Maxwell Brown, Bishop's  
\*Andrew Lira, Grossmont

Dual  
Section Prelims  
Dual



**Poway's Jarrett Chinn was the Section Champ in both the 800 and 1600 meter runs.**

## 800

1:53.21	Jarett Chinn, Poway	Escondido
1:53.88	Alex Barr, Scripps Ranch	Falcon
1:55.05	Jake Selstad, San Marcos	Escondido
1:55.69	*Ian Hurlburt, Coronado	State Prelims
1:55.84	*Jeffrey Page, Eastlake	Section Finals
1:56.53	*Charles Winn, Coronado	Section Finals
1:56.67	Harold Thomas, Otay Ranch	Mesa Finals
1:56.84	**Noah Tellez-Velasquez, San Pasqual	Section Finals
1:56.95	*Marshall Brooker, Westview	Dual
1:57.52	*Mitchell Hoover, Westview	Dual
1:57.60	Dylan Petkevich, Canyon Crest	Section Finals
1:57.63	Kit Carter, Poway	Dual
1:57.66	*Christian Mitchell, Sage Creek	Sundevil
1:57.70	*Anthony Benitez, Serra	Eastern Finals
1:57.72	*Anthony Rintoul, Patrick Henry	Eastern Finals
1:58.41	**Willie Coleman, Steele Canyon	Hills Finals
1:58.51	Jack Romero, San Dieguito	Avo West Finals
1:58.88	***A.J. Castellanos, Torrey Pines	Avo West Finals
1:58.90	*Casper Abbasi, La Jolla	Eastern Finals
1:58.90	**Jarrod Dalupan, Mt. Carmel	Dual
1:59.42	**Damien de la Cruz, Monte Vista	Valley Finals
1:59.30	Beau Prince, Sage Creek	Dual
1:59.48	*Ethan Schnepf, San Marcos	Dual
1:59.58	**Garrett Stanford, La Costa Canyon	Dual
1:59.63	**Angel Palacio, Brawley	Section Finals
1:59.67	*Vincent Velletta, Santana	Section Finals

## 1600

4:14.51	Alex Barr, Scripps Ranch	Sundevil
4:14.91	Jarett Chinn, Poway	Section Finals
4:15.72	*Marshall Brooker, Westview	Escondido
4:18.04	**Anthony Benitez, Serra	Escondido
4:18.82	**Jacob Stanford, La Costa Canyon	Section Finals
4:19.20	*Noah Monroy, Maranatha	Trabuco Hills
4:19.44	Beau Prince, Sage Creek	Trabuco Hills
4:20.66	*Isaiah Labra, Bonita Vista	Section Finals
4:21.36	*Jaden Rosenthal, SD High Tech	Section Finals
4:22.11	Simeon Paul, Mt. Carmel	Palomar Finals
4:22.55	Alexander Doyle, RBV	Dual
4:22.56	*Jaron Farnham, Del Norte	Section Finals
4:22.68	Kit Carter, Poway	Palomar Finals
4:22.93	Jeremiah Suzara, Otay Ranch	Dual
4:23.14	*Jacob Fierro, SD Southwest	South Bay Finals
4:23.16	*Victor Raygoza, San Ysidro	South Bay Finals
4:23.89	**Garrett Stanford, La Costa Canyon	Section Finals
4:24.07	Michael Robinson, Cathedral Catholic	Section Finals
4:24.18	*Joaquin Martinez, Cathedral Catholic	Section Prelims
4:24.20	Matthew Earney, Del Norte	Section Finals
4:24.47	**Sean Caster, Mission Hills	Frosh-Soph
4:24.77	**Jonathan Velasco, Mission Hills	Avo East Finals
4:24.81	*Sam Boone, Mt. Carmel	Palomar Finals
4:25.11	***Zev Feidelberg, Del Norte	Palomar Finals
4:25.27	**Justin Mulvany, Otay Ranch	Dual

4:25.83	**Noah Tellez-Velasquez, San Pasqual	Frosh-Soph
4:25.92	**Rashad Prince, Orange Glen	Frosh-Soph
4:25.94	Michael McMahon, Torrey Pines	Section Prelims
3200		
9:10.06	Beau Prince, Sage Creek	Arcadia
9:14.09	Alex Barr, Scripps Ranch	Mt. SAC
9:15.97	*Samuel Boone, Mt. Carmel	Escondido
9:17.02	Simeon Paul, Mt. Carmel	Sundevil
9:18.79	*Finn Waters, Cathedral Catholic	Escondido
9:19.57	Jeremiah Suzara, Otay Ranch	Escondido
9:20.60	***Zev Feidelberg, Del Norte	Arcadia
9:22.45	*Noah Monroy, Maranatha	Escondido
9:22.59	*Stefen Rasmuson, Mira Mesa	Arcadia
9:25.70	**Justin Mulvany, Otay Ranch	Section Finals
9:26.43	**Daniel Rubin, Sage Creek	Laguna Hills
9:27.38	*Jaron Farnham, Del Norte	Section Finals
9:27.57	Cale Parise, Otay Ranch	Section Finals
9:28.36	Diego Arreola, Olympian	Section Finals
9:29.34	*Brad Nelson, Sage Creek	Escondido
9:30.23	*Anthony Benitez, Serra	Section Finals
9:30.51	Lukas Hanc, Point Loma	Escondido
9:30.66	Michael Robinson, Cathedral Catholic	Escondido
9:31.29	Alexander Doyle, RBV	Escondido
9:31.43	Jeremy Sanchez, Rancho Bernardo	Section Finals
9:32.32	Matthew Earney, Del Norte	Section Finals
9:32.67	Fuyuki Kuroiwa, Rancho Bernardo	Escondido
9:34.52	Jarett Chinn, Poway	Dual
9:35.09	*Alex Halter, University City	Sundevil
9:35.52	*Isaiah Labra, Bonita Vista	Arcadia
9:35.84	**Ares Reading, Canyon Crest	Avo West Finals
9:36.63	*Robert Bartsch, Torrey Pines	Avo West Finals
9:36.99	**Garrett Stanford, La Costa Canyon	Frosh-Soph
9:37.06	**Jacob Stanford, La Costa Canyon	Frosh-Soph
9:37.90	**Morgan Curtin, Mt. Carmel	Section Finals
110HH		
14.61	*Jeremy Clay, Valley Center	Section Finals
14.67	Christian Baker, Rancho Bernardo	Jaguar
14.68	*Tyler Saikhon, EC Southwest	Jaguar
14.83	*Randy Jordan, Steele Canyon	Hills Finals
15.03	Cody Slawson, Poway	Escondido
15.12	*Dylan Coleman, Granite Hills	Dual
15.19	*Caleb Berman, Ramona	Dual
15.23	Lewis Shine, Westview	Palomar Finals
15.25	Cameron Broughton, El Camino	Dual
15.28	Elyjah Palomera, Granite Hills	Dual
15.31	**Jordan Lee, Sage Creek	Frosh-Soph
15.38	*Micah McClure, Valley Center	Section Prelims
15.43	Neil Bly, Vista	Dual
15.45	*Eric Wojnowski, Tri-City Christian	Section Prelims
15.45	Jesus Vasquez, Imperial	Jaguar
15.49	*Jalyn Jackson, Eastlake	Jaguar
15.53	*Alex Lieu, Valhalla	Section Finals



15.57	Jake Helsing, La Costa Canyon	Section Finals
15.64	Reggie Brooks, Lincoln	City Finals
15.66	**Don Chapman, Lincoln	City Finals
15.78	*Elijah Balancio, Mission Hills	Jaguar
15.84	*Josh Farmer, Rancho Bernardo	Dual
15.87	Teak Hodge, San Diego	Arnie Robinson
15.88	**Austin Jones, Poway	Section Prelims
15.89	Dillon Campbell, Torrey Pines	Section Prelims
15.90	John Carney, Cathedral Catholic	Jaguar
15.90	*Eldrinn Rodrin, San Marcos	Dual
15.92	*Jonathan Robyn, Mission Hills	Dual
15.93	*Dylan Burke, El Capitan	Section Prelims
15.94	Parker Mitchell	Jaguar
15.96	**Shawn Carter, San Pasqual	Escondido
15.98	Matthew Fritzenkotter, Steele Canyon	Hills Finals

### 300IH

38.94	Lewis Shine, Westview	Escondido
38.94	Cody Slawson, Poway	Escondido
38.98	*Josh Farmer, Rancho Bernardo	Escondido
39.02	*Tyler Saikhon, EC Southwest	Section Finals
39.38	Sekaye Knutson, Mission Hills	Section Finals
39.44	*Dylan Coleman, Granite Hills	Escondido
39.63	*Dylan Burke, El Capitan	Valley Finals
39.64	*Alex Lieu, Valhalla	Hills Finals
39.75	Teak Hodge, San Diego	Sundevil
39.91	*Luke Hofrichter, Cathedral Catholic	Escondido
39.96	**Jordan Lee, Sage Creek	Frosh-Soph
40.04	*Aiden Cardall, Del Norte	Section Prelims
40.09	William Carpenter, Del Norte	Dual
40.10	*Jeremy Clay, Valley Center	Jaguar
40.45	*Jonathan Robyn, Mission Hills	Dual
40.49	Samuel Clark, Carlsbad	Escondido
40.58	Elyjah Palomera, Granite Hills	Escondido
40.70	Ian Cirillo, Ramona	Section Prelims
40.88	Marcus Nickerson, Mission Bay	City Finals
41.14	*Jacob Davis, Serra	Section Finals
41.14	Grant Rogers, Rancho Bernardo	Palomar Finals
41.15	Reggie Brooks, Lincoln	City Finals
41.18	Austin Ross, Santana	Section Finals
41.40	*Randy Jordan, Steele Canyon	Dual
41.44	*Justin Bing, Westview	Section Prelims
41.51	Cameron Broughton, El Camino	Dual
41.55	**Temidayo Fateropa, San Diego	Frosh-Soph
41.58	***Josh Butler, Poway	Frosh-Soph
41.63	Dillon Campbell, Torrey Pines	Section Prelims
41.64	**Logan Thralls, San Dieguito	Avo West Finals

### 400 Relay

41.82	Morse	Section Finals
42.35	Olympian	Section Finals
42.37	Mission Hills	Section Finals

42.40	Del Norte	Section Finals
42.49	Rancho Bernardo	Section Finals
42.53	San Marcos	Section Finals
42.72	RBV	Dual
43.05	St. Augustine	Section Finals
43.19	Point Loma	Section Finals
43.24	Imperial	IVL Finals
43.31	Steele Canyon	Otay Ranch
43.32	Mt. Carmel	Palomar Finals
43.33	Poway	Section Finals
43.51	La Costa Canyon	Section Finals
43.54	Ramona	Valley Finals
43.58	Sage Creek	Avo West Finals
43.63	University City	Western Finals
43.71	Eastlake	Otay Ranch
43.74	Lincoln	City Finals
43.80	Brawley	IVL Finals
43.83	Vista	Avo East Finals
43.86	El Cajon Valley	Gr. Valley Finals
44.03	Helix	Hills Finals
44.07	Madison	City Finals
44.18	El Capitan	Gr. Valley Finals
44.23	Westview	Dual
44.25	Mira Mesa	Frosh-Soph
44.26	Mt. Miguel	Gr. Valley Finals
44.26	Otay Ranch	Mesa Finals
44.27	Cathedral Catholic	Dual
44.36	Serra	Dual
44.32	Mission Bay	City Finals
44.36	Grossmont	Dual
44.37	Valhalla	Dual

#### 1600 Relay

3:21.71	Poway	Palomar Finals
3:21.93	Rancho Bernardo	Palomar Finals
3:22.04	Del Norte	Section Prelims
3:22.09	Sage Creek	Escondido
3:23.74	Olympian	Section Finals
3:24.71	RBV	Avo East Finals
3:25.19	Mira Mesa	Western Finals
3:25.51	Imperial	IVL Finals
3:25.75	Westview	Section Prelims
3:25.84	Mission Hills	Avo East Finals
3:26.10	La Costa Canyon	Section Prelims
3:26.34	Eastlake	Section Prelims
3:26.89	Brawley	Section Finals
3:26.94	Mt. Carmel	Section Prelims
3:27.06	Granite Hills	Hills Finals
3:28.26	Carlsbad	Escondido
3:29.30	Steele Canyon	Hills Finals
3:29.52	San Pasqual	Valley Finals
3:29.97	San Marcos	Dual
3:30.07	Morse	Western Finals
3:30.27	Cathedral Catholic	Section Prelims

3:30.36	Calexico	IVL Finals
3:30.39	Valhalla	Hills Finals
3:30.96	Scripps Ranch	Section Prelims
3:31.25	Helix	Hills Finals
3:31.52	La Jolla	Section Finals
3:31.85	Castle Park	Willie Banks

#### High Jump

6-5	**Steven Marquez, Central Union	Section Finals
6-5	*John Walther, Sage Creek	Arnie Robinson
6-5	Benjamin Lolly-Wilson, University City	Dual
6-4 ¼	*Josh Farmer, Rancho Bernardo	Dual
6-4	*Dylan Coleman, Granite Hills	Arnie Robinson
6-4	Ryan Dumas, El Capitan	Dual
6-3	Carter McEwan, RBV	Section Finals
6-3	*Nelson Carmona, Oceanside	Section Finals
6-3	**Jackson Carpenter, Rancho Bernardo	Section Finals
6-3	Spencer Johnson, West Hills	Section Prelims
6-3	*Max Castin, Rancho Bernardo	Section Prelims
6-3	*Justice Chima, Mt. Miguel	Section Prelims
6-3	**Jack Bianchi, La Costa Canyon	Frosh-Soph
6-3	Tanner Hansen, la Costa Canyon	Dual
6-2	*Chayin Osgood, Olympian	Willie Banks
6-2	Terry Daniels, Palo Verde	Havasu Inv.
6-2	*Glenn Mbarno, Rancho Bernardo	Dual
6-2	Dominique Guevara, Grossmont	Dual
6-2	*Ryan Silva-Bradley, EC Southwest	Dual
6-1	**Colin Mowers, The Rock	Section Finals
6-1	*Moses Mooney, Bishop's	Section Prelims
6-1	*Troy Cristobal, Patrick Henry	Eastern Finals
6-1	**Connor Luck, Monte Vista	Frosh-Soph
6-1	**Lance Qiu, Carlsbad	Dual

#### Pole Vault

15-7	*Trevor Sheldon, Mission Hills	Bronco
15-1	*Kevin Ward, San Dieguito	Dual
15-0	Brenden Klein, Vista	Section Prelims
15-0	Ryan Winters, Rancho Bernardo	Palomar Finals
14-8	**Jacob Rice, Rancho Bernardo	Frosh-Soph
14-6	**Bryan Sperry, Rancho Bernardo	Dual
14-0	Brenton Reynolds, Point Loma	Section Finals
14-0	Jordan Thomsen, Calvin	Section Finals
14-0	*Nicolas Fitzgerald, Westview	Section Prelims
14-0	Anson Braun, Rancho Bernardo	Dual
14-0	*Jake Turner, Rancho Bernardo	Dual
14-0	*Wesley Coleman, Granite Hills	Dual
13-10	Tyler Best, Torrey Pines	Dual
13-7	Paul Bonifacio, Vista	Bronco
13-6	*Kevin Fernandez, Cathedral Catholic	Section Finals
13-6	*Josh Hornilla, Torrey Pines	Falcon
13-6	Mitchell Holder, West Hills	Dual
13-6	Ian Kellogg, San Dieguito	Dual
13-6	Jacob Kinard, Mission Hills	Dual
13-1	Jackson Kadowaki, Rancho Bernardo	Bronco

13-1	***Zack Volpe, San Marcos	Bronco
13-0	*Koby Wood, Vista	Section Finals
13-0	Jed Jirak, San Dieguito	Section Finals
13-0	Wyatt Holmes, Steele Canyon	Section Prelims
13-0	Parker Adams, Fallbrook	Section Prelims
13-0	Paul Lee, Canyon Crest	Avo West Finals
13-0	**Jackson Scherer, La Jolla	Dual
13-0	Mitchell Kadowaki, Rancho Bernardo	Dual
13-0	Luke Beckwith, Poway	Dual
13-0	*Jay Patel, Westview	Dual
13-0	Johnny Steenstra, Calvin	Dual



**Matthew DeRoos, Tri-City Christian... State Runner-Up in Long Jump**

Long Jump		
24-5 ½	Matthew DeRoos, Tri-City Christian	Coastal Finals
23-9 ¾	Michael Hull-Littlejohn, Olympian	Arcadia
23-6	*Chris Olave, Mission Hills	Dual

23-4 ½	*Isaac Taylor-Stuart, St. Augustine	Dual
23-4	*Jalyn Jackson, Eastlake	State Prelims
23-1 ½	Collin Sample, RBV	Section Prelims
22-9 ½	Greg Fernandez, Cathedral Catholic	Dual
22-5	*Kevin Fernandez, Cathedral Catholic	Western Finals
22-3	Gregory Jones, El Cajon Valley	Willie Banks
22-2 ½	Saimon Georgari, Poway	Section Finals
22-2 ½	Shawn Corrao, Helix	Hills Finals
22-2 ¼	Michael Diaz, Orange Glen	Dual
22-2	Evan Perkins, Helix	Hills Finals
22-1	*Janvar Ramadhan, Ramon	Valley Center
22-0 ½	*Josh Farmer, Rancho Bernardo	Section Prelims
22-0 ½	Ryan Dumas, El Capitan	Gr. Valley Finals
21-11	***Deondre Ruth, Oceanside	Frosh-Soph
21-10 ½	Gregory Hernandez, Cathedral Catholic	Falcon
21-10	Terry Daniels, Palo Verde	Dual
21-9 ¾	**Jaquan Carroll, La Costa Canyon	Dual
21-9 ¾	Christian Baker, Rancho Bernardo	Dual
21-9 ½	Domonique Guevarra, Grossmont	Dual
21-8 ½	Brennan Goring, LJCD	Dual
21-8	**Yathet Yokley, El Capitan	Dual
21-7 ¾	*Gustavo Carranza, Mater Dei Catholic	Mesa Finals
21-7 ½	**Rayvon Benson, Morse	Western Finals
21-7	*Javon Woodbridge, Steele Canyon	Dual
21-6	**Jordan Mathis, San Ysidro	Section Finals



## CIF Boy's Field Athlete of the year, Eastlake's Jalyn Jackson, placed second at the State Meet in the Triple Jump.

### Triple Jump

48-5 ¼	*Jalyn Jackson, Eastlake	State Finals
47-2 ½	Matthew DeRoos, Tri-City Christian	Dual
46-5 ¼	**Altan Mitchell, Point Loma	Sundevil
45-7	**Deondre Ruth, Oceanside	Section Prelims
45-7	*Isaac Taylor-Stuart, St. Augustine	Dual
44-8	*Xavier Brandon, Mission Bay	Jim Cerveny
44-5 ¼	*Glenn Mbaro, Rancho Bernardo	Section Prelims
44-4 ¼	*Bradley Bryant, Rancho Bernardo	Section Prelims
44-2 ½	*Josh Bornes, Mission Hills	Section Prelims
44-2	*Tyler Slaten, Westview	Palomar Finals
44-1	Michael Diaz, Orange Glen	Dual
44-0	Gustavo Carranza, Mater Dei Catholic	Section Prelims
44-0	Isaiah Wilson, Olympian	Jim Cerveny
43-10 ½	Jesus Vasquez, Imperial	Willie Banks
43-9	Michael Hawkins, Morse	Sundevil
43-9	***John Gibbs, Oceanside	Dual
43-8	*Josh Farmer, Rancho Bernardo	Dual
43-5 ¼	*Darian Williams, Otay Ranch	Sundevil
43-4 ¼	Jacob Lindahl, Santana	Dual
43-3 ½	*Tyler Saikhon, EC Southwest	Dual
43-0	*Willian Yancy, Olympian	Jim Cerveny
42-11	*Josh Olave, Mission Hills	Dual
42-10	Sebastian Vazquez-Gomez, Bonita Vista	Dual
42-8 ½	*Javon Woodbridge, Steele Canyon	Hills Finals
42-8 ½	*Kevin Fernandez, Cathedral Catholic	Dual
42-8	Naom Bass, Mission Bay	Dual
42-7 ¼	Naurice Minor, Mira Mesa	Western Finals
42-7	Domonique Guevarra, Grossmont	Jaguar

### Shot Put

58-1 ¼	Cole Hardan, San Pasqual	Dual
55-3 ½	George Harris, San Diego	State Prelims
53-6	Kyree Woods, Steele Canyon	Escondido
51-3 ¾	*David Folsom, Point Loma	Section Finals
51-3	Kirkland Kinsey, El Camino	Dual
51-3	Raekwon Mosteller, San Marcos	Dual
49-11	*Enrique Llamas, Mission Hills	Dual
49-8	Anthony Sola, Morse	Western Finals
49-7	*Jace Fuamatu, Otay Ranch	Mesa Finals
49-6 ½	Chase Layne, Rancho Bernardo	Section Finals
49-6	*Austin Sunseri, RBV	Dual
49-0	Juan Figueroa, Valley Center	Jaguar
49-0	**Gabe West, Torrey Pines	Frosh-Soph
48-10 ½	**Shawn Poma, Cathedral Catholic	Sundevil
48-9	**Damien Hidalgo, Granite Hills	Frosh-Soph
48-7	*Grant Connors, Del Norte	Palomar Finals
48-0	*Robert Blas, Westview	Dual
48-1 ½	*David Gonzalez, Granite Hills	Hills Finals
48-5	Omar Hernandez, El Camino	Escondido

47-8 ½  
47-4 ½  
47-3  
46-9 ½  
46-4 ¾

Nolan Smith, Patrick Henry  
\*Ben Srioudom, University City  
John Hale, Del Norte  
Micah Scott, Mater Dei Catholic  
Elijah Smith, Mission Hills

Eastern Finals  
Section Finals  
Dual  
Sundevil  
Avo East Finals



**San Pasqual's Cole Hardan was the Section Champ in both the Shot Put and Discus Throw.**

Discus  
166-8  
154-5  
153-4  
151-10  
149-0

Cole Hardan, San Pasqual  
\*David Leber, Granite Hills  
Elijah Smith, Mission Hills  
Chase Layne, Rancho Bernardo  
Patrick Shubat, Torrey Pines

Section Finals  
Dual  
Avo East Finals  
Dual  
Dual

147-8	John Hale, Del Norte	Falcon
147-5	Oman Hernandez, El Camino	State Prelims
145-11	Andrew Mitchell, La Jolla	Section Prelims
145-2	George Harris	Sundevil
145-1	*Jared Lieapart, Mission Hills	Willie Banks
144-4	Kirkland Kinsey, El Camino	Dual
142-6	Rudolph Castaneda, Sweetwater	Dual
142-5	*David Gonzalez, Granite Hills	Dual
140-4	*Elishah Davis, Santana	Section Prelims
140-3	Payton Stoner, Valley Center	Jaguar
140-0	*Jake Jones, University City	Mustang
139-8	*Jace Fuamatu, Otay Ranch	Mesa Finals
139-4	Alejandro Reyes, Escondido	Dual
139-2	Kaydence Jackson, Mission Bay	Dual
138-9	*Faufano Autele, Otay Ranch	Dual
138-4	**Austin Peterson, Rancho Bernardo	Palomar Finals
138-4	**Shawn Poma, Cathedral Catholic	Sundevil
136-8	Nolan Smith, Patrick Henry	Elmer Runge
136-4	Roman Bacoy, Mt. Carmel	Section Finals
136-4	*Austin Denison, West Hills	Dual

## 2017 Girls Leaders

(\* Junior, \*\* Sophomore, \*\*\*Freshman)

100		
11.91	Callista Fletcher, Scripps Ranch	Arcadia
11.96	**Alysah Hickey, Coronado	Frosh-Soph
12.19	*Jada Wilson, El Camino	Jaguar
12.30	Giselle Dougan, Mt. Carmel	Palomar Finals
12.32	**Darriale Yarbrough, Fallbrook	Section Prelims
12.36	*Claire Taylor, Scripps Ranch	Section Prelims
12.37	*Leia Salongo, Mira Mesa	Dual
12.37	Zion White, Valhalla	Dual
12.40	*Katie Preston, Vista	Dual
12.46	*Kiera Harrison, Mt. Miguel	Section Prelims
12.48	*Alicia Zappia, Valley Center	Section Prelims
12.52	***Cassandra Wright, Escondido	Section Prelims
12.53	***Audree Bell, Scripps Ranch	Frosh-Soph
12.53	*Alyssa Meeks, Olympian	Mesa Finals
12.56	*Miranda Goodson, San Marcos	Avo East Finals
12.57	Sakura Roberson, La Jolla	Dual
12.58	Alicia Johnson, Helix	Section Prelims
12.62	Erika Infante-Sanchez, Chula Vista	Section Prelims
12.63	**Gloria Kalt, Torrey Pines	Avo West Finals
12.65	Jaiden Phillips, San Diego	Jim Cerveny
12.67	Claire Hohimer, Steele Canyon	Dual
12.68	***Kalah Bateman, Eastlake	Section Prelims
12.68	**Jazmine Scott, Gompers	Frosh-Soph
12.70	*Vanessa Spizowski, RBV	Section Prelims
12.70	***Precious Inyang, El Cajon Valley	Gr. Valley Finals



200

24.49	Callista Fletcher, Scripps Ranch	Sundevil
24.68	*Jada Wilson, El Camino	Section Prelims
25.03	Zion White, Valhalla	Section Prelims
25.15	Paige Richard, Poway	Section Prelims
25.15	*Leia Salongo, Mira Mesa	Western Finals
25.16	**Alysa Hickey, Coronado	Section Prelims
25.31	Giselle Dougan, Mt. Carmel	Palomar Finals
25.38	***Audree Bell, Scripps Ranch	Escondido
25.48	Kiley McCarthy, Carlsbad	Section Prelims
25.52	Sakura Roberson, La Jolla	Dual
25.58	Shanique Simpson, Morse	Western Finals
25.63	*Katie Preston, Vista	Dual
25.73	*Olivia Firsching, Cathedral Catholic	Escondido
25.82	*Claire Taylor, Scripps Ranch	Section Prelims
25.83	**Brianna Anders, Steele Canyon	Hills Finals
25.84	***Ashlyn Edwards, Monte Vista	Gr. Valley Finals
25.96	*Kolumbia Page, Olympian	Section Prelims
26.03	*Alyssa Meeks, Olympian	Mesa Finals
26.07	*Ellie Flint, Torrey Pines	Dual
26.08	***Jillian Hewett, Maranatha	Trabuco Hills
26.14	Jaiden Phillips, San Diego	Section Prelims
26.16	*Dakota Stanly, Mission Hills	Section Prelims
26.16	*Kendall Nicholas, La Costa Canyon	Section Prelims
26.19	***Cassandra Wright, Escondido	Valley Finals
26.22	Betsabe Ornales, Olympian	Dual
26.22	*Miranda Goodson, San Marcos	Dual
26.24	Claire Hohimer, Steele Canyon	Hills Finals
26.26	Aliyah Campbell, Mt. Carmel	Jaguar
26.30	***Jayda Rustemoglu, Del Norte	Dual

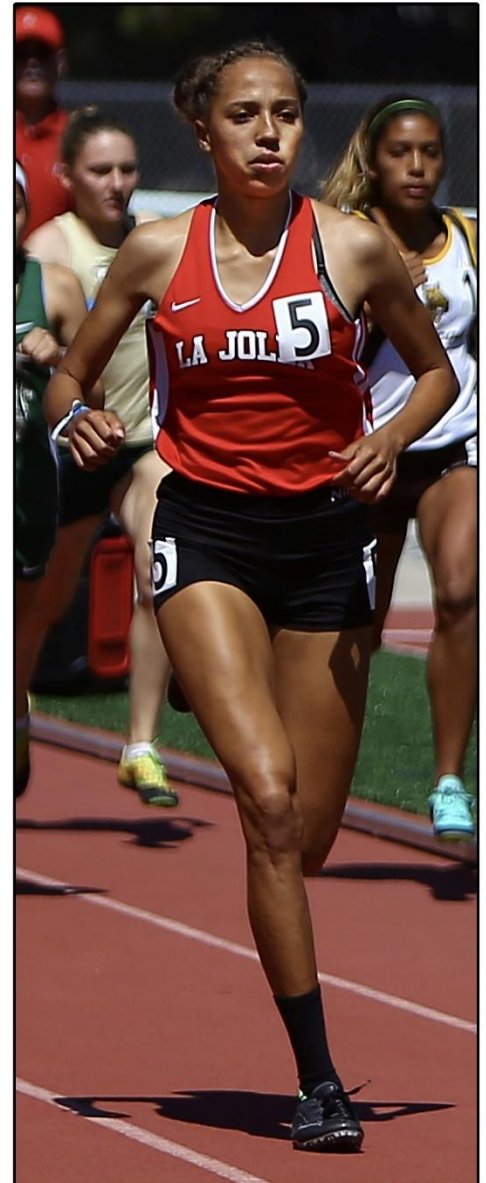
400

55.78	*Olivia Firsching, Cathedral Catholic	Section Finals
56.52	**Adaeze Noble, Olympian	Section Finals
56.53	Paige Richard, Poway	Section Prelims
56.54	*Leyla McFarland, Eastlake	Section Finals
56.87	Kiley McCarthy, Carlsbad	Escondido
56.99	Sakura Roberson, La Jolla	Meb Keflezighi
57.01	Zion White, Valhalla	Section Finals
57.58	**Jade Babcock-Chi, Torrey Pines	Frosh-Soph
58.03	*Dakota Stanly, Mission Hills	Section Finals
58.22	**Sierra Roberson, La Jolla	Meb Keflezighi
58.59	***Jayda Rustemoglu, Del Norte	Frosh-Soph
58.80	*Kolumbia Page, Olympian	Section Prelims
58.81	*Ellie Flint, Torrey Pines	Avo West Finals
58.95	Clarissa Garcia, West Hills	Section Prelims
58.99	*Altese Sarabia, Chula Vista	Section Prelims
59.03	***Jordan Norman, Mater Dei Catholic	Mesa Finals
59.07	***Jillian Hewett, Maranatha	Section Finals
59.41	**Arriana Ravelo, Granite Hills	Section Prelims
59.42	**Chloe Kauffman, Poway	Section Prelims

59.44	**Julia Morales, Scripps Ranch	Escondido
59.56	*Lauren Farris, Steele Canyon	Hills Finals
59.60	*Leia Salongo, Mira Mesa	Falcon
59.62	**Tionna Jones, SD High tech	Jim Cerveny
59.63	Betsabe Ornelas, Olympian	Mesa Finals
59.64	*Alia Scott, Vista	Dual
59.72	**Destiny Moedano, El Camino	Dual
59.80	**Brianna Anders, Steele Canyon	Frosh-Soph
59.86	Paige Carter, San Marcos	Dual
59.92	Erica Barrett, Westview	Jaguar

800		
2:09.38	Sakura Roberson, La Jolla	State Finals
2:10.06	Kiley McCarthy, Carlsbad	Section Finals
2:13.31	**Sierra Roberson, La Jolla	Section Finals
2:13.38	**Teresa Perez, Coronado	Section Finals
2:14.18	**Jessica Riedman, La Costa Canyon	Dual
2:15.23	*McKenna Brown, La Costa Canyon	Bronco
2:15.45	Paige Carter, San Marcos	Escondido
2:16.12	**Destiny Moedano, El Camino	Avo East Finals
2:17.27	*Lexi Watkins, LJC	Section Finals
2:17.45	Ameya Patel, Cathedral Catholic	Section Prelims
2:17.94	**Gabrielle Waters, Cathedral Catholic	Section Finals
2:18.86	Kragen Metz, Canyon Crest	Section Finals
2:19.25	Erica Barrett, Westview	Dual
2:19.29	Kira Loren, Canyon Crest	Dual
2:19.65	**Maggie Lusk, Poway	Palomar Finals
2:19.71	***Christie Linnard, Bishop's	Section Finals
2:19.86	Emily Bonilla, Eastlake	Section Finals
2:19.95	*Carlene Masar, Steele Canyon	Section Prelims
2:19.99	**Kristin Fahy, La Costa Canyon	Dual
2:20.42	**Julia Morales, Scripps Ranch	Dual
2:20.48	***Jaiden Shiring, El Camino	Section Finals
2:20.99	**Kimlerly Barrueta, Oceanside	Section Finals
2:21.14	Gwendalyn Gibson, Ramona	Falcon
2:21.30	*Zoie Valencia, San Marcos	Escondido
2:21.37	*Katherine Hawley, Mt. Carmel	Escondido
2:21.45	*Analicia Uribe, Scripps Ranch	Western Finals
2:21.50	Paige Richard, Poway	Escondido
2:21.89	*Ashley Prouty, Westview	Section Finals
2:22.51	*Hazel Groff, Cathedral Catholic	Section Prelims
2:22.53	*Abby Douglas, Oceanside	Avo East Finals
2:22.88	Gabi Dinkin, Torrey Pines	Dual

1600		
4:51.72	*McKenna Brown, La Costa Canyon	State Prelims
4:56.66	**Jessica Riedman, La Costa Canyon	State Finals
4:59.00	Kylie McCarthy, Carlsbad	Dual
4:59.52	*Lexi Watkins, LJC	Section Finals
5:02.21	Kira Loren, Canyon Crest	Dual
5:03.72	*Elise Boisvert, University City	Trabuco Hills
5:05.67	Renee Phillips, Coronado	Section Finals
5:07.25	**Isabel Shepherd, University City	Western Finals
5:09.65	**Hannah Hartwell, Carlsbad	Dual



**Girl's CIF Track Athlete of the year, La Jolla's Sakura Roberson, was section Champ in the 800 and placed 5<sup>th</sup> at State.**

5:09.69	*Isabella Aguiar, Torrey Pines	Section Prelims
5:10.10	Laura Moran, Mt. Carmel	Section Prelims
5:10.28	Erica Barrett, Westview	Sundevil
5:10.46	**Kristin Fahy, La Costa Canyon	Dual
5:11.27	Kassidy Learn, Rancho Bernardo	Section Prelims
5:11.68	*Cami Doheny, Cathedral Catholic	Section Finals
5:12.35	***Patricia Meissner, Eastlake	Section Prelims
5:12.56	Paige Carter, San Marcos	Dual
5:12.97	***Caitlin Cornell, San Marcos	Dual
5:13.19	*Ellie Misuraca, Westview	palomar Finals
5:14.20	*Katherine Hawley, Mt. Carmel	Palomar Finals
5:14.26	***Alyssa Ruiz, Serra	Section Prelims
5:14.61	*Rene Laurezana, San Pasqual	Escondido
5:14.68	Sienna Santiago, SD High Tech	Dual
5:14.76	Brooke Trossen, Parker	Section Prelims
5:15.23	**Teresa Perez, Coronado	Frosh-Soph
5:15.24	**Olivia Wade, Point Loma	Dual

### 3200

10:33.05	*Kristin Fahy, La Costa Canyon	Frosh-Soph
10:46.44	Kira Loren, Canyon Crest	Dual
10:55.85	Erica Barrett, Westview	Section Finals
10:55.96	**Liliana Prieto, El Camino	Section Finals
10:56.16	Laura Moran, Mt. Carmel	Arcadia
10:56.99	***Patricia Miessner, Eastlake	Section Finals
10:57.21	Sienna Santiago, SD High Tech	Arcadia
10:57.80	*Elise Boisvert, University City	Arcadia
11:02.25	Renee Phillips, Coronado	City Finals
11:05.72	*McKenna Brown, La Costa Canyon	Dual
11:07.58	**Caitlin Cornell, San Marcos	Frosh-Soph
11:14.44	**Teresa Perez, Coronado	City Finals
11:14.45	***Skylar Wallace, Sage Creek	Trabuco Hills
11:14.75	*Isabella Aguiar, Torrey Pines	Dual
11:18.88	Jasmine Rippey, Coronado	Escondido
11:19.75	Molly Delzio, Scripps Ranch	Western League
11:20.01	*Lexi Watkins, LJC	Dual
11:20.35	Alexandra Respes, Mira Mesa	Western League
11:22.65	*Corinne Chapkis, Canyon Crest	Escondido
11:24.15	*Ali Harper, Rancho Bernardo	Escondido
11:24.58	***Carolin Calvert, El Capitan	Section Finals
11:25.06	**Mariana Beltran-Picos, Olympian	Section Finals
11:27.69	**Olivia Wade, Point Loma	Frosh-Soph
11:28.60	Brooke Trossen, Parker	Dual
11:29.29	*Bailey McCraner, Cathedral Catholic	Escondido
11:29.76	***Annabel Ojeda, Oceanside	Avo East Finals
11:33.07	Kassidy Learn, Rancho Bernardo	Palomar Finals
11:34.67	*Hannah Zheng, Del Norte	Palomar Finals
11:35.64	*Cami Doheny, Cathedral Catholic	Section Finals

### 100 Hurdles

14.26	Asia Smith, Mission Hills	Escondido
15.09	Tiegen O'Donnell, La Costa Canyon	Section Prelims
15.17	Shayla Oliver, Mira Mesa	Falcon
15.33	Nicole Golba, Cathedral Catholic	Western Finals

15.36	***Jasmine Rolland, Cathedral Catholic	Western Finals
15.45	Cambria Galloway, Cathedral Catholic	Jaguar
15.46	*Alani Johnson, Otay Ranch	Section Prelims
15.57	Morgann Wilson, Ramona	Section Finals
15.57	Olivia Carter, Pacific Ridge	Section Prelims
15.58	Cassandra Bishop, Valley Center	Section Finals
15.58	***Simone James, Horizon	Section Prelims
15.58	Karina Jones, Scripps Ranch	Western Finals
15.60	*Alia Scott, Vista	Avo East Finals
15.69	*Kelsey White, Del Norte	Dual
15.70	**Ruthie Grant-Williams, Coronado	Section Prelims
15.78	*Kate Thomas, Torrey Pines	Avo West Finals
16.02	**Sonia Redon, San Diego	Jim Cerveny
16.11	Akayla Thomas, Helix	Hills Finals
16.13	Nyanda Callinder, Rancho Bernardo	Section Finals
16.17	**Emily Ruff, El Capitan	Gr. Valley Finals
16.22	***Annakaye Powell, El Camino	Avo East Finals
16.26	**Kimmy McPherson, Mt. Carmel	Palomar Finals
16.30	*Alyssa Salazar, Scripps Rancho	Section Finals
16.37	***Zoe Nolte, Carlsbad	Dual
16.39	*Megan Mattson, Sage Creek	Dual
16.43	*Jamie Sanford, Westview	Palomar Finals
16.50	Melissa Horton, El Camino	Avo East Finals

### 300LH

43.53	*Alia Scott, Vista	Section Finals
44.33	*Kate Thomas, Torrey Pines	Avo West Finals
44.62	*Megan Mattson, Sage Creek	Section Finals
45.30	Nicole Golba, Cathedral Catholic	Section Prelims
45.55	Cassandra Bishop, Valley Center	Section Finals
45.57	**Sonia Redon, San Diego	Frosh-Soph
45.95	**Makell Edwards, San Pasqual	Section Prelims
46.41	Teigen O'Donnell, La Costa Canyon	Section Prelims
46.50	Cambria Galloway, Cathedral Catholic	Dual
46.72	*Jennifer Pedrosa, Escondido	Section Finals
46.76	***Alexi Allen, San Marcos	Frosh-Soph
46.92	Tria Ismay, Poway	Escondido
47.02	*Alyssa Salazar, Scripps Ranch	Western Finals
47.06	**Ruthie Grant-Williams, Coronado	Frosh-Soph
47.09	Karina Jones, Scripps Ranch	Section Finals
47.13	Shayla Oliver, Mira Mesa	Section Finals
47.28	***Francesca Feidelberg, Del Norte	Palomar Finals
47.35	*Alina Lecakes-Jones, Rancho Bernardo	Jaguar
47.61	***Jasmine Rolland, Cathedral Catholic	Dual
47.63	**Kimmy McPherson, Mt. Carmel	Escondido
47.64	**Emily Green, Liberty	Frosh-Soph
47.68	Brittany Kempton, Monte Vista	Gr. Valley Finals
47.69	**Maya Occiano, Mission Hills	Frosh-Soph
47.71	*Dana Andrews, Mission Hills	Escondido
47.88	*Leyla McFarland, Eastlake	Dual
48.04	***Emma Gaines-Ramos, Otay Ranch	Mesa Finals
48.15	**Abby Phillips, Santa Fe Christian	Coastal Finals
48.24	Jaida Payne, Olympian	Section Prelims

400 Relay

48.30	San Marcos	Avo East Finals
48.42	La Jolla	Section Prelims
48.81	Scripps Ranch	State Prelims
48.98	Mission Hills	Section Prelims
49.15	San Diego	Section Finals
49.20	La Costa Canyon	Section Finals
49.32	Coronado	Section Prelims
49.34	El Camino	Section Finals
49.40	Steele Canyon	Section Finals
49.43	Poway	Section Prelims
49.46	Olympian	Mustang
49.47	Torrey Pines	Section Prelims
49.50	Eastlake	Mesa Finals
49.53	RBV	Dual
49.65	Helix	Dual
49.74	Cathedral Catholic	Section Finals
49.82	Valhalla	Mustang
49.94	Morse	Western Finals
50.01	Mt. Carmel	Section Prelims
50.02	West Hills	Hills Finals
50.09	Rancho Bernardo	Dual
50.37	Vista	Dual
50.43	Kearny	Section Prelims
50.43	Valley Center	Section Prelims
50.43	Otay Ranch	Section Prelims
50.45	Del Norte	Palomar Finals
50.54	Granite Hills	Hills Finals
50.57	Ramona	Valley Finals

1600 Relay

3:53.32	La Jolla	State Prelims
3:54.86	Olympian	Section Prelims
3:55.16	Poway	Section Finals
3:55.59	Torrey Pines	Section Finals
3:59.76	El Camino	Avo East Finals
4:00.93	Mission Hills	Section Finals
4:03.52	Cathedral Catholic	Section Prelims
4:03.69	Eastlake	Section Finals
4:05.42	Scripps Ranch	Western Finals
4:06.17	Carlsbad	Section Finals
4:06.38	San Marcos	Avo East Finals
4:06.83	Steele Canyon	Hills Finals
4:07.78	Del Norte	Section Prelims
4:07.83	La Costa Canyon	Avo West Finals
4:08.16	RBV	Avo East Finals
4:08.95	El Cajon Valley	Section Finals
4:09.17	Mt. Carmel	Dual
4:10.17	Westview	Palomar Finals
4:10.18	Helix	Section Prelims
4:10.18	Granite Hills	Dual

4:10.88  
 4:11.11  
 4:11.31  
 4:11.32  
 4:11.66  
 4:11.87

San Pasqual  
 Valley Center  
 Ramona  
 Valhalla  
 San Diego  
 Vista

Valley Finals  
 Section Finals  
 Escondido  
 Hills Finals  
 Jim Cerveny  
 Jaguar



**Coronado's Alysah Hickey was Section Champ in both the High Jump and 100-meter dash.**

High Jump

5-7      \*\*Alysah Hickey, Coronado  
 5-6 ½    \*\*Abby Phillips, Santa Fe Christian  
 5-5      Asia Smith, Mission Hills  
 5-5      \*Madison Parker, Valley Center  
 5-5      Izzy Landis, Maranatha  
 5-5      \*Jade Cany, Torrey Pines  
 5-3      \*\*Ruthie Grant-Williams, Coronado  
 5-3      \*\*Kimberly Weiss, University City  
 5-3      Denicia Dixon, San Diego  
 5-3      Alana Snow, Carlsbad  
 5-3      Emily Larson, Fallbrook  
 5-3      Jillian Baldwin, Steele Canyon  
 5-3      \*\*\*Hannah Loly, La Costa Canyon  
 5-3      \*\*Kimmy McPherson, Mt. Carmel

Section Prelims  
 Bronco  
 Escondido  
 Escondido  
 Escondido  
 Dual  
 Section Prelims  
 Western Finals  
 Western Finals  
 Bronco  
 Bronco  
 Escondido  
 Sundevil  
 Dual

5-3	Grace Patel, Santa Fe Christian	Dual
5-3	***Francesca Feidelberg, Del Norte	Dual
5-2	Hayley Roth, Point Loma	Dual
5-1	Marissa Horton, El Camino	Section Finals
5-1	*Shaniyah Rankin, Olympian	Section Finals
5-1	Ilana Malinovska, El Camino	Section Finals
5-1	**Maya Pratt-Freedman, Parker	Section Prelims
5-1	Christina Marquez, Central	Section Prelims
5-1	*Ariana Jansma, Calvin	Sundevil
5-1	*Kristen Ferkich, Valhalla	Bronco
5-1	**Jordan French, Valley Center	Jaguar
5-1	**Rileah Ramirez, Coronado	Dual
5-0	*Tori Palacki, Rancho Bernardo	Sundevil
5-0	Brianna Kruis, Santana	Sundevil
5-0	Zaynah Daley, El Camino	Sundevil
5-0	**Makenzie Withrow, Poway	Sundevil
5-0	*Jordan Wight, Cathedral Catholic	Dual
5-0	*Cassandra Emlind, West Hills	Dual
5-0	**Jaelyn Perkins, Mt. Miguel	Dual
5-0	***Jordi Niederberger, El Capitan	Dual
5-0	Dalia dela Cruz, Mt. Carmel	Dual
5-0	Elizabeth Yocom, Valhalla	Dual
5-0	**Rickie Shen, Steele Canyon	Dual

#### Pole Vault

12-6	Kayla Myers, Poway	State Prelims
11-6	*Isabella Burkhardt, Del Norte	State Prelims
11-4	Amanda Czetli, Rancho Bernardo	Section Finals
11-4	**Mia Cervantes, Poway	Section Prelims
11-4	**Jada Manikan, Rancho Bernardo	Dual
10-10	**Kimika Best, Torrey Pines	Section Finals
10-10	*Sonsoles Ramirez, Torrey Pines	Section Prelims
10-10	**Camryn Thomson, Poway	Dual
10-6	Jenna Tampon, Vista	Dual
10-4	*Gina Stone, Poway	Section Prelims
10-4	**Caitlyn McDonough, Rancho Bernardo	Palomar Finals
10-4	Lotta Vesalo, Rancho Bernardo	Palomar Finals
10-1	Claire Campbell, Poway	Bronco
10-0	*Madeleine Masser-Frye, University City	Escondido
10-0	**Camilla Sanudo-Thomas, San Pasqual	Dual
10-0	*McKenna Brown, La Costa Canyon	Dual
9-10	**Rebecca Cummings, Valley Center	Section Finals
9-10	**Mikayla Ray, Rancho Bernardo	Section Prelims
9-7	Kelli Law, Coronado	City Finals
9-6	Devin Bartelt, Westview	Falcon
9-6	Drew Ferrer, Rancho Bernardo	Triton
9-6	Catherine Groenke, Cathedral Catholic	Dual
9-6	**Joy Smith, El Camino	Dual
9-4	*Christina Pedler, Cathedral Catholic	Section Finals
9-4	**Zandile Makatini, Del Norte	Section Prelims
9-4	**Cheyenne Chau, Vista	Section Prelims
9-4	*Avin Niknaff, Point Loma	Section Prelims
9-4	***Abrianna Sebastiani, University City	Section Prelims
9-4	*Hannah Garcia, Rancho Bernardo	Palomar Finals

9-4	Gabrielle Shah, Canyon Crest	Avo West Finals
9-4	Avery Parker, Torrey Pines	Avo West Finals

### Long Jump

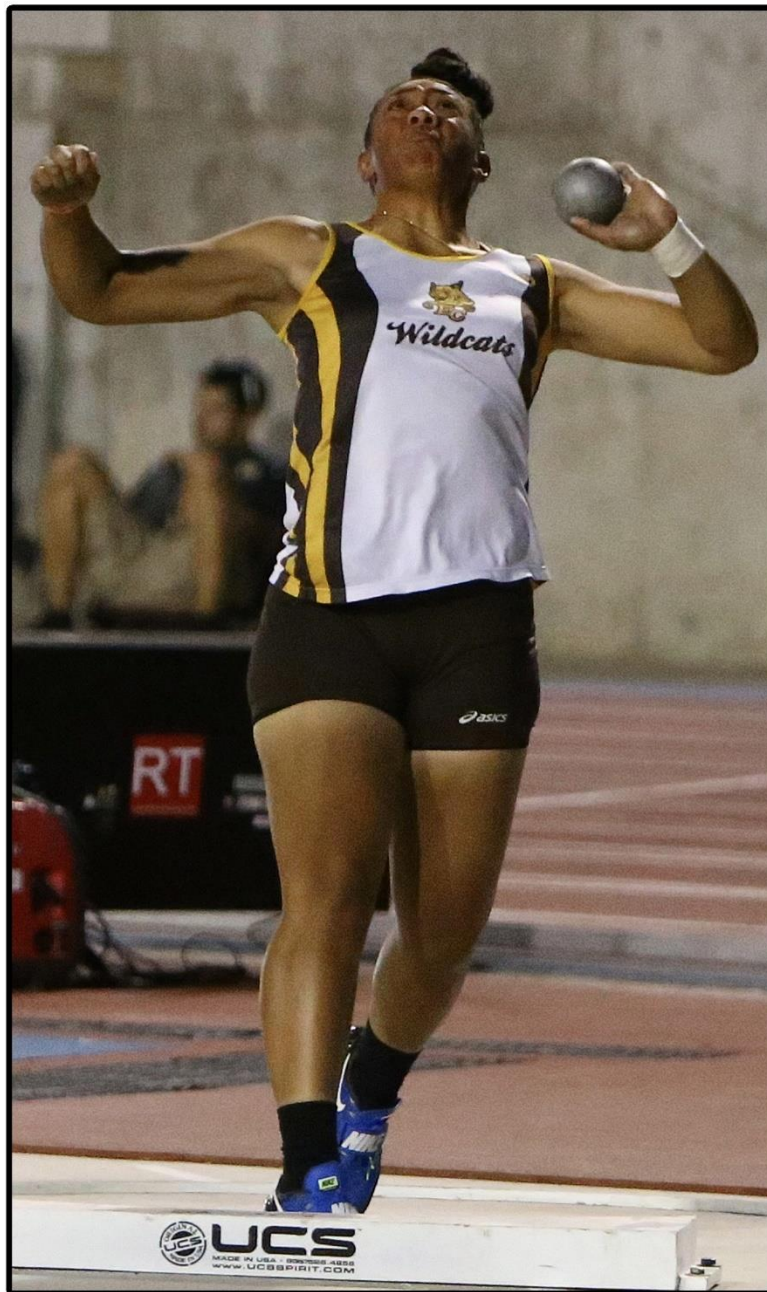
19-1 ½	*Mya Cross, Steele Canyon	Section Prelims
19-1	**Jazmine Scott, Gompers	Jim Cerveny
18-10 ½	*Vanessa Spizewski, RBV	Dual
18-10 ½	Asia Smith, Mission Hills	Dual
18-7	*Dejanae Thompson, Morse	Section Prelims
18-6 ½	Aliyah Campbell, Mt. Carmel	Section Finals
18-5 ¼	Mercedes Beckham, Oceanside	Section Finals
17-11 ¾	*Elena Andree, University City	Western Finals
17-11	**Darriale Yarbrough, Fallbrook	Sundevil
17-11	Alicia Zappia, Valley Center	Dual
17-9	Cambria Galloway, Cathedral Catholic	Dual
17-8 ½	***Simone James, Horizon	Dual
17-8	***Jasmine Rolland, Cathedral Catholic	Western Finals
17-6 ¾	*Kiara Harrison, Mt. Miguel	Section Finals
17-4	*Sydney Pollard, San Pasqual	Escondido
17-4	*Cierra Steward, Helix	Bronco
17-4	Jayden Hays, Steele Canyon	Dual
17-3 ¼	*Jordyn Wight, Cathedral Catholic	Section Finals
17-2 ¼	***Alexxis Brown, Westview	Palomar Finals
17-2	*Kaitlyn Segó, Oceanside	Dual
17-2	**Roxanne Foltz, Patrick Henry	Dual
17-1	Ilona Malinovska, El Camino	Avo East Finals
17-1	Emily Miller, El Capitan	Dual

### Triple Jump

39-3	**Jazmine Scott, Gompers	Jim Cerveny
38-6	Mercedes Beckham, Oceanside	Section Finals
38-2 ¾	*Jade Cany, Torrey Pines	Section Prelims
37-3 ¾	Nicole Golba, Cathedral Catholic	Section Finals
37-1 ¼	Ryann Mojica, Otay Ranch	Section Prelims
37-0 ½	*Jamie Sanford, Westview	Palomar Finals
36-11	Cambria Galloway, Cathedral Catholic	Dual
36-6 ½	Lauren Justus, Point Loma	Mt. SAC
36-6	*Dejanae Thompson, Morse	Section Prelims
36-2 ¼	*Elena Andree, University City	Section Finals
35-10 ¾	*Mya Cross, Steele Canyon	Section Prelims
35-9 ¾	Grace Patel, Santa Fe Christian	Coastal Finals
35-9 ½	*Aliyah Bell, RBV	Willie Banks
35-9 ¼	*Alani Johnson, Otay Ranch	Section Prelims
35-8	Sharik Joseph, San Diego	Eastern Finals
35-7 ½	Madison McGinnis, Del Norte	Bronco
35-7	Sydney Gilbert, West Hills	Hills Finals
35-6 ½	*Alyssa Salazar, Scripps Ranch	Dual
35-4	**Jade Babcock-Chi, Torrey Pines	Falcon
35-3 ½	*Jordyn Wight, Cathedral Catholic	Western Finals
35-3 ½	*Cimone Manson, Eastlake	Sundevil
35-3 ¼	***Kalani Hardyway, Oceanside	Frosh-Soph



35-0	Lachelle Autry, Granite Hills	Dual
34-11	Ilona Malinovska, El Camino	Dual
34-11	*Cierra Steward, Helix	Dual
34-10	Ally Luna, Ramona	Dual
34-9 ½	*Briana Jallow, Kearny	Section Prelims
34-6	Ashley Scott, Del Norte	Falcon



**Girls Field Athlete of the year was El Camino's Nu'u Tuilefano who was section champ in both the Shot Put and Discus Throw.**

Shot Put		
43-11	*Nu'u Tuilefano, El Camino	Section Prelims
40-5 ¾	**Lily Lagoy, Rancho Bernardo	Section Finals
39-8	**Jillian Coronado, University City	Western Finals
38-5	*Miracle Museli, Mt. Miguel	Section Finals
38-4 ¾	Ianna Quailey, Helix	Section Finals

38-3 ½	*Ngefor Ndifor, Mt. Carmel	Dual
38-2	**Angel Srioudom, University City	Dual
38-0	Bianca Wilson, Mt. Carmel	Dual
37-11	Eua Matautia, Poway	Triton
37-8	Delaney O'Connor, Westview	Dual
37-5 ½	Taylor Devore, West Hills	Section Finals
37-3	***Allyson Alden, San Marcos	Dual
36-10 ½	Sierra Simonek, Santana	Section Finals
36-10 ½	**Kaylee Stiffler, Cathedral Catholic	Jaguar
36-6	Carli Judge, Otay Ranch	Desert Classic
36-5 ½	Racquel Holloway, Otay Ranch	Mesa Finals
36-4	**Taupoule Laban, RBV	Dual
36-2 ¾	*Briana Atuatasi, West Hills	Section Prelims
35-11	Taylor Kammerer, Rancho Bernardo	Dual
35-6	Shanice Lacy, Granite Hills	Arnie Robinson
35-3	*Rheanna Bernal, Oceanside	Dual
35-2 ½	Asia Smith, Mission Hills	Dual
35-0 ¼	**Madison Simmons, Patrick Henry	Eastern Finals
34-11	***Ashley Allums, Poway	Dual
34-5 ½	Meaghan Voss, Torrey Pines	Avo West Finals
34-2 ½	***Kailoa Calvo, Mt. Carmel	Escondido
34-1	*Jolene Gommel, Mission Hills	Escondido
34-1	Tania Greve, Imperial	Jaguar
34-0	Erin Brunansky, Poway	Dual

#### Discus

145-6	*Nu'u Tuilefano, El Camino	Avo East Finals
131-1	Delaney O'Connor, Westview	Escondido
130-11	Taylor Devore, West Hills	Section Prelims
130-8	Shanice Lacy, Granite Hills	Dual
129-1	**Kiki Kruz, Mission Hills	Escondido
124-5	*Lindy Cornwall, Poway	Dual
122-1	Carlie Judge, Otay Ranch	Section Finals
121-7	Bianca Wilson, Mt. Carmel	Falcon
121-6	*Rheanna Bernal, Oceanside	Dual
121-1	*Eleanor Brandt, Steele Canyon	Dual
120-9	Racquel Holloway, Otay Ranch	Dual
120-3	Eua Matautia, Poway	Section Finals
118-10	Morgan Kaze, RBV	Escondido
117-0	**Jillian Coronado, University City	Western Finals
116-6	**Madison Simmons, Patrick Henry	Eastern Finals
115-3	Samantha Kerrigan, Poway	Dual
114-5	*Miracle Museli, Mt. Miguel	Dual
112-10	*Devyn Samson, West Hills	Dual
112-6	**Lili Lagoy, Rancho Bernardo	Dual
111-10	*Janae Briscoe, Morse	Western Finals
111-7	**Ozge Terzioglu, Del Norte	Dual
111-1	*Nicole Koufou, Oceanside	Dual
109-5	*Jolene Gommel, Mission Hills	Avo East Finals
109-4	***Kyrassani Mitchell, San Diego	Dual
109-1	Julia Cioffe, Rancho Bernardo	Palomar Finals
108-2	*Camille Malauulu, Vista	Jaguar
107-7	*Melat Ezana, Helix	Hills Finals
107-5	**Kailah Calvo, Mt. Carmel	Section Finals

107-1  
106-4  
106-4

\*Mabel Cartney, San Diego  
\*\*Kaylee Stiffler, Cathedral Catholic  
\*\*Christina Montler, Valhalla

Eastern Finals  
Dual  
Hills Finals

# All-Time San Diego Track & Field Performances

**Note...** The original paper versions of these guide books included all-time San Diego Section marks. Since these lists are added to year-to-year they are not included in this digital version. This also makes this guidebook more compact should you want to print it out.

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



**La Costa Canyon's McKenna Brown  
4:51.72 for 1600 at State Finals**