

San Diego Section High School

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**Track
&
Field
Guide**



**La Costa Canyon's Garrett Brown set a San Diego
Section Record in the Pole Vault with a mark of 16 - 10 3/4.**

CIF-San Diego Section Track and Field Records

Boys

Year	Event	Name, School	Mark
1992	100 Meters	Riley Washington, Southwest	10.30
2019		Kenan Christon, Madison	10.30
2019	200	Kenan Christon, Madison	20.55
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	40.65
		(Lamont Long, Devon Ward, Stephen Hayes, Deandre Douglas)	
1996	4x400 Relay	Morse	3:10.80
		(Tawaiin Jones, Ray Carter, Kendall Pinson, Lydell Burston)	
1979	High Jump	Frank Schiefer, Madison	7-2
2020	Pole Vault	Garrett Brown, La Costa Canyon	16-10 ³ / ₄
1966	Long Jump	Doyle Steel, 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, 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)
2019	3200	Kristin Fahy, La Costa Canyon	10:11.38
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	45.94*
		(Danita Young, Judy Reed, Katie Gaston, Jewell Lovelady)	
2015	4x400 Relay	Cathedral Catholic	3:47.63
		(Olivia Firsching, Claire Hobrock, Hannah Labrie-Smith, Dani Johnson)	
2007	High Jump	Whitney Sisler, La Costa Canyon	5-11
2010	Pole Vault	Kortney Ross, Westview	13-6
2019		Ashley Callahan, Rancho Bernardo	13-6
1984	Long Jump	Gail Devers, Sweetwater	20-7
1987	Triple Jump	Jackie Anderson, Mount Miguel	41-8 ¹ / ₄
2015	Shot Put	Laulauga Tausaga, Mount Miguel	48-3 ¹ / ₂
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

2020—THE SEASON THAT NEVER WAS

Just one year after the greatest San Diego Section performance in state track and field championship history, came a season that 10 or 20 years from now may leave track fans scratching their heads.

Despite having two state champions plus three-quarters of a state gold medal relay team returning, not a single medal was captured. There was a section record—La Costa Canyon's Garrett Brown pole vaulted 16-feet, 10 $\frac{3}{4}$ -inches—but in a very specialized competition.

What happened? Coronavirus Covid-19 happened. One of the most promising seasons in section history had barely gotten under way when the Coronavirus hit and almost immediately, in early March, schools, public and private, closed their doors.

Something new, distance learning, replaced the classrooms. Facilities like gymnasiums and tracks were padlocked. Graduation, senior prom, even yearbooks, never happened or in rare cases, diplomas were either mailed or handed through car doors.

Facemasks became required. Social distancing eliminated groups from gathering. And sports disappeared.

The most visible victims in track were state champions like University City's Katriina Wright, who had captured the girls 400 in 53.93—the third fastest time in section history—as a sophomore and Rancho Bernardo's Ashley Callahan, who won the pole vault after equaling the section record of 13-6, and three of the state champion girls 4x400 relay team from Scripps Ranch who were looking for even better times than the 46.51 they ran to beat the best of the best.

Potential state challengers abounded with the likes of state cross country champion Carli Dorostkar of Canyon Crest Academy, state triple jump bronze medalist Elise Miller of San Pasqual (40-2 $\frac{3}{4}$ and 40-5 $\frac{1}{2}$ in 2020) and returning state medalists like La Costa Canyon distance runner Caleb Niednagel (9:01.76 for 3200 meters), Madison sprinter Aysha Shaheed (11.71-24.21), Helix quartermiler Eric Parker (47.91) and San Marcos pole vaulter Zach Volpe.

The only one who found a way to compete was Brown as a series of pole vault competitions in a parking lot in Temecula over the summer allowed him to soar 16-10 $\frac{3}{4}$ to top the 15-year-old record set by El Camino's Derek Scott of 16-8.

That same Coronavirus Covid-19 that wiped out 2020 could very well do the same to 2021 even though the season will start and finish later.

Brown, Wright, Callahan, and Miller, not to mention the state's top 100-200 meter Shaheed have one more chance if things go well.

Even the Track Book has been affected as the 2020 annual list that normally would run 25 to 30 deep, is miniscule by comparison. Hopefully, we return to normal for 2022.

Steve Brand
Editor

Thanks, Thanks, Thanks

These lists would not be possible without the help of track and field supporters like Don Jones, George Green, Rick Smith, Buzz Thom and dozens of others. Thanks to Gabriel Santana for his brilliant photos. 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.

2020 Boys Leaders

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

100 (Fully Electronic)

11.19	**Bryce Brock, Cathedral Catholic	Dual
11.23	Cole Wright, Carlsbad	Dual
11.27	Adrian Chavez, Brawley	Dual

Wind-aided

11.03 (2.1)	Elisha Lloyd, Mission Hills	Saddle-Up
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200

22.39	**Bryce Brock, Cathedral Catholic	Dual
22.40	*Aiden Lippert, La Costa Canyon	Dual
22.50	*Byron Cardwell, Morse	Dual



Helix's Eric Parker ran 10.86, 21.89, and 47.91 in 2019.

400

50.62

Kodiak Ketcham, San Pasqual

Dual

50.86

Nicholas Melanese, Scripps Ranch

Dual

50.95

**Quinn Harder, San Marcos

Dual

800

1:56.18

Nicholas Melanese, Scripps Ranch

Dual

1:59.39

Drake Prince, CV High Tech

Meb Keflezighi

1:59.79

**Bryce Gilmore, Sage Creek

Dual

1600

4:25.02

Zak Beckwith, Poway

Dual

4:26.73

*Nicholas Brown, Westview

Mt. Carmel

4:28.48

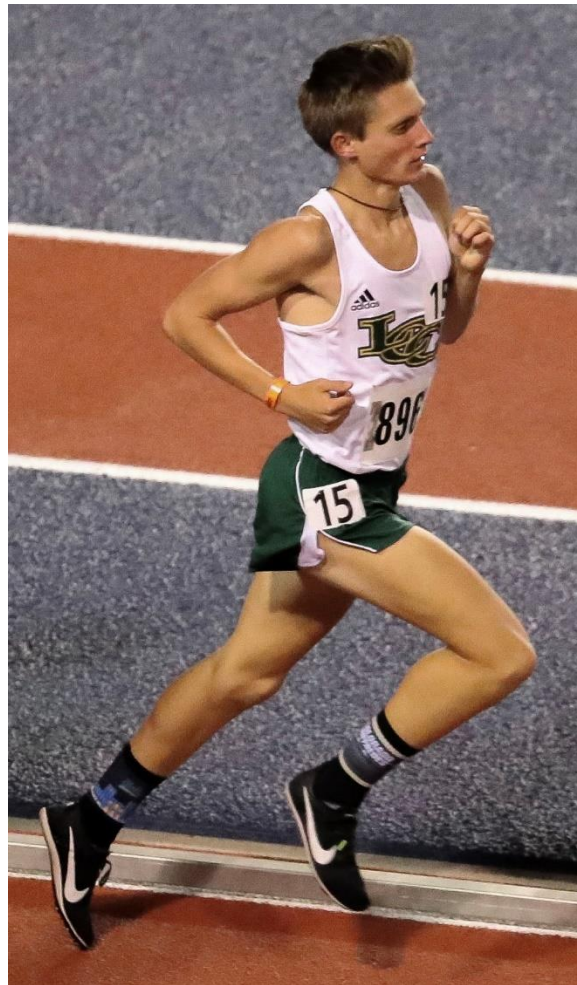
Josh Ligas, Poway

Dual

4:29.96

*Caden Farrow, Scripps Ranch

Mt. Carmel



Caleb Niednagel, La Costa Canyon (9:01.76 for 3200 meters) in 2019

3200
9:45.86
9:49.06

**Bryce Gilmore, Sage Creek
Henry McClish, San Diego

Mt. Carmel
Meb Keflezighi



Jarel Sayles (Steele Canyon), has run 14.47 and 39.19 for the hurdles

110HH

15.31	Jarel Sayles, Steele Canyon	Dual
15.33	Zion Jackson, El Camino	Dual
15.46	Jayden Kennedy, El Camino	Dual
15.51	*Ty Janson, Valhalla	Dual
15.64	*Tyler Holl, La Costa Canyon	Dual
15.86	Nathan Mestre, Otay Ranch	Dual

300IH

40.68	Jarel Sayles, Steele Canyon	Dual
41.11	Anthony Gilpin, Olympian	Meb Keflezighi
41.15	*Jesus Hernandez, Mission Bay	Meb Keflezighi
41.50	Levi Knobloch, Granite Hills	Dual

400 Relay

43.44	Carlsbad	Dual
43.69	Mission Hills	Saddle-Up
44.16	La Costa Canyon	Dual
44.17	San Diego	Meb Keflezighi
44.21	Cathedral Catholic	Meb Keflezighi
44.22	Ramona	Dual
44.25	St. Augustine	Meb Keflezighi

1600 Relay

3:32.84	San Marcos	Dual
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High Jump

6-5	Julius Jackson, San Marcos	Dual
6-5	Travis Lewis, Point Loma	Mt. Carmel
6-0 $\frac{3}{4}$	John Gibbs, Oceanside	The Meet
6-0	Cristen Mason, Poway	Dual
6-0	John Rhay Ramirez, Mt. Carmel	Mt. Carmel
6-0	**Thomas Warsaw, Grossmont	Mt. Carmel
6-0	*Ty Stanislas, Vista	Dual
6-0	Riley Harris, Point Loma	Mt. Carmel
6-0	*Matt Klicsu, RBV	Dual
6-0	**Nick Watson, St. Augustine	Dual

Pole Vault

16-10 $\frac{3}{4}$	*Garrett Brown, La Costa Canyon	HS Nationals
15-6	Evan Dudley, Poway	Mt. Carmel
15-3	*Arran Fahey, Vista	HS Nationals
15-2	Zach Volpe, San Marcos	Winter State
14-9	Ethan Hughes, Cathedral Catholic	HS Nationals
14-6	Janek Myslinski, University City	Mt. Carmel
14-6	Jaron Manikan, Rancho Bernardo	Mt. Carmel
14-4	Alexander Patton, Canyon Crest q	Dual
14-0	Will Quinn, Westview	Mt. Carmel
13-6	John Carroll, Rancho Bernardo	Mt. Carmel
13-6	*Josh Camerino, Rancho Bernardo	Dual
13-6	John Gibbs, Oceanside	Mt. Carmel

Long Jump

22-6 ½	*Camren Willis, Poway	Mt. Carmel
22-6 ½	Shamar Martin, Rancho Bernardo	Mt. Carmel
21-10 ½	Keishon Trice, Helix	Dual
21-10 ½	Elon Osinowo, Oceanside	Dual
21-10 ½	Richard Harris Williams, Granite Hills	Dual
21-8	Julius Jackson, San Marcos	Dual
21-8	Mason Becker, Carlsbad	Dual
21-7	*Tyrell Bellmon, Oceanside	Dual
21-6 ½	Ethan Hughes, Cathedral Catholic	Dual
21-5 ¾	Ethan Zazueta, Eastlake	Red-Black
21-2	Cole Wright, Carlsbad	Dual
21-2	Daniel Schwaiger, Torrey Pines	Mt. Carmel
21-0	*Clarence Johnson, El Cajon	Meb Keflezighi

Triple Jump

45-9	John Gibbs, Oceanside	Winter State
43-9	*Elisha Phillips, Morse	Dual
43-5	Ronnie Green, Morse	Dual
42-10 ½	Jahari Hill, Helix	Dual
42-6 ½	*Xavier Molina, Oceanside	Mt. Carmel
42-5	*Justin Whitney, Canyon Crest	Mt. Carmel
42-4	Lamont Taylor, Granite Hills	Dual
42-2 ½	*Marcus Austin, Grossmont	Mt. Carmel
42-1	Justin Boissy, Esco. Charter	Meb Keflezighi
42-1	Ty Virgin, Mt. Carmel	Dual
42-1	*Elon Osinowo, Oceanside	Mt. Carmel

Shot Put

51-3	Joshua Boamah, Scripps Ranch	Mt. Carmel
50-4	**Guillermo Lopez, EC Southwest	Desert Classic
50-3	Owen Lenz, Del Norte	Mt. Carmel
50-1	Jonathan Tuitasi, El Camino	Dual
48-11 ¾	Jayden Zavala, RBV	Dual
48-5	Holden Brosnan, Cathedral Catholic	Dual
47-0 ½	Zak Rachow, Otay Ranch	Dual
46-1 ½	*Deven Martin, Rancho Bernardo	Dual

Discus

155-10	Joshua Boamah, Scripps Ranch	Dual
151-4	*Deven Martin, Rancho Bernardo	Dual
150-3	Chris Hunter, Oceanside	Mt. Carmel
148-10	Jonathan Tuitasi, El Camino	Dual
147-9	*Courvosiea Irby, Morse	Dual
146-9	**Guillermo Lopez, EC Southwest	Desert Classic

144-7
137-11

John Nguyen, Mira Mesa
Holden Brosnan, Cathedral Catholic

Mt. Carmel
Dual

2020 Girls Leaders

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



Madison's Aysha Shaheed (11.71-24.21) may have another chance this season.

100

12.65
12.66
12.69

*Jaymie Ruskovich, Scripps Ranch
Amara Muhammad, San Diego
Neleh Coleman, El Camino

Dual
Meb Keflezighi
Dual

Wind-aided
12.32 (3.4)

**Alyssa Bean, Poway

Dual

200

25.22
25.82

**Alyssa Bean, Poway
*Jaymie Ruskovich, Scripps Ranch

Dual
Dual



**University City's Katriina Wright was 2019 State Champ for 400.
Her time of 53.93 was the SD Section's third fastest of all time.**

400

1:00.79

*Saniyah Starks, Crawford

Meb Keflezighi

800

2:21.33
2:21.64
2:21.76
2:22.13
2:22.28
2:22.69

**Trinity Dixon, San Marcos
***Malia Leupold, Sage Creek
**Madeline Cramer, Bishop's
NaLiyah Bailey, CV High Tech
*Rachel White, Esco. Charter
Katherine Taylor, Point Loma

Mt. Carmel
Mt. Carmel
Battle of La Jolla
Meb Keflezighi
Meb Keflezighi
Mt. Carmel



Canyon Crest's Carli Dorostkar ran the 3200 in 10:26.15 at the 2019 State Meet. She was the 2019 State Cross Country Champion with a 5k time of 16:45.4

1600

5:05.05	*Bella Longo, Mission Vista	Mt. Carmel
5:08.13	**Rebekah Niednagel, La Costa Canyon	Mt. Carmel
5:13.45	Carolinh Calvert, El Capitan	Mt. Carmel
5:13.60	**Kyra Compton, La Costa Canyon	Mt. Carmel
5:14.44	*Alaina Zamorano, Christian	Meb Keflezighi
5:14.49	*Rachel White, Esco. Charter	Meb Keflezighi

3200

11:09.98	*Ashley Learn, Rancho Bernardo	Dual
11:10.94	*Bella Longo, Mission Vista	Mt. Carmel
11:14.94	*Jordyn DUBY, Point Loma	Mt. Carmel
11:24.65	Eva Rethmeier, Poway	Dual

100 Hurdles

15.06	**Aaliyah McCormick, Scripps Ranch	Dual
15.33	*Elise Miller, San Pasqual	Dual
15.44	**Charlize James, San Diego	Meb Keflezighi
15.67	Emeliah Vaught, Steele Canyon	Dual
16.22	*Audrey Kull, Helix	Dual
16.38	Alexys Davis, Lincoln	Meb Keflezighi
16.43	Christina Roberds, Mission Hills	Saddle-Up
16.49	*Nica Zsiros, Santa Fe Christian	Summer Nights
16.51	Lillian Locken, West Hills	Dual

300LH

47.94	***Karina Janik, Torrey Pines	Dual
47.97	**Charlize James, San Diego	Meb Keflezighi
47.98	**Aaliyah McCormick, Scripps Ranch	Dual
48.09	*Sage Lee, Otay Ranch	Dual
48.13	**Melanie Ceballos, El Camino	Dual

400 Relay

50.26	Cathedral Catholic	Dual
50.28	Rancho Bernardo	Dual
50.37	El Camino	Dual
50.42	Mission Hills	Saddle-Up
50.61	San Marcos	Dual
50.74	Steele Canyon	Dual
50.79	San Diego	Meb Keflezighi
50.87	Fallbrook	Dual

1600 Relay

4:13.65 San Marcos Dual

High Jump

5-9	**Cheyenne Roberts, Westview	Dual
5-3	***Auburn Tomkinson, Carlsbad	The Meet
5-2	Emma Curtis, Point Loma	Mt. Carmel
5-2	*Nica Zsiros, Santa Fe Christian	The Meet
5-1	*Angelica Hanna, Rancho Bernardo	Dual
5-1	*Christaysha McDowell, Morse	Dual
5-0	*Elise Miller, San Pasqual	Mt. Carmel
5-0	Lexanna Schultz, Canyon Crest	Mt. Carmel
5-0	Makenna Karas, Point Loma	Mt. Carmel
5-0	***Breeze Czapinski, Poway	Mt. Carmel
5-0	*Sydney Taylor, Torrey Pines	Dual
5-0	*Julianna Holm, Maranatha	Mt. Carmel



Rancho Bernardo's Ashley Callahan equaled the San Diego Section pole vault record of 13-6 en route to winning the state championship at 13-4 in 2019.

Pole Vault

13-5	*Ashley Callahan, Rancho Bernardo	Winter State
13-0	Katerina Adamiec, Poway	Big Red Barn
12-7 ½	Maya Grudman, Sage Creek	HS Nationals
12-3	**Melodie Quiroz, Rancho Bernardo	Dual
12-1	**Allison Leigh, Del Norte	HS Nationals
11-8	**Rose Wagner, Fallbrook	Dual
11-0	*Madeline Bittner, Poway	Mt. Carmel
10-7	Abrianna Sebastiani, University City	Big Red Barn
10-6	**Claire McLaughlin, Westview	Dual
10-6	**Charlotte O'Connor, Rancho Bernardo	Mt. Carmel
10-2	**Lexi Evans, Scripps Ranch	HS Nationals
10-0	*Ellen Saunders, Rancho Bernardo	Mt. Carmel

Long Jump

18-6	*Elise Miller, San Pasqual	Mt. Carmel
17-9	**Charlize James, San Diego	Meb Keflezighi
17-8	Sofia Rodgers, Canyon Crest	Mt. Carmel
17-4	**Kendall Herren, Monte Vista	Dual
17-2	**Olivia Lewis, Carlsbad	Dual
17-0 ½	Alexxis Brown, Westview	Dual
16-11	*Riley Millard, Carlsbad	Dual
16-10	Francesca Feidelberg, Del Norte	Mt. Carmel
16-10	***Kapiolani Coleman, Cathedral Catholic	Dual
16-10	*Jaelyn Logee, RBV	Dual
16-8	Malia Overton, Rancho Bernardo	Mt. Carmel
16-8	**Madeline Cramer, Bishop's	Meb Keflezighi
16-7	*Lilly Grunski, La Jolla	Dual

Triple Jump

40-5 ½	*Elisa Miller, San Pasqual	Mt. Carmel
36-10	**Jenniece Pingley, El Camino	Dual
36-6	*Brianna Gibson, NC High Tech	Winter State
34-3	**Allison Slater, Valhalla	Dual
34-2 ½	Alexys Davis, Lincoln	Meb Keflezighi
34-0 ½	Kalani Hardyway, Oceanside	Mt. Carmel
34-0 ½	*Charly Overton, Rancho Bernardo	Mt. Carmel
34-0 ½	**Katie Carpenter, Poway	Dual



West Hill's Brandy Atuatasi has PR's of 45-1.5 in the shot put and 141-4 in the Discus Throw.

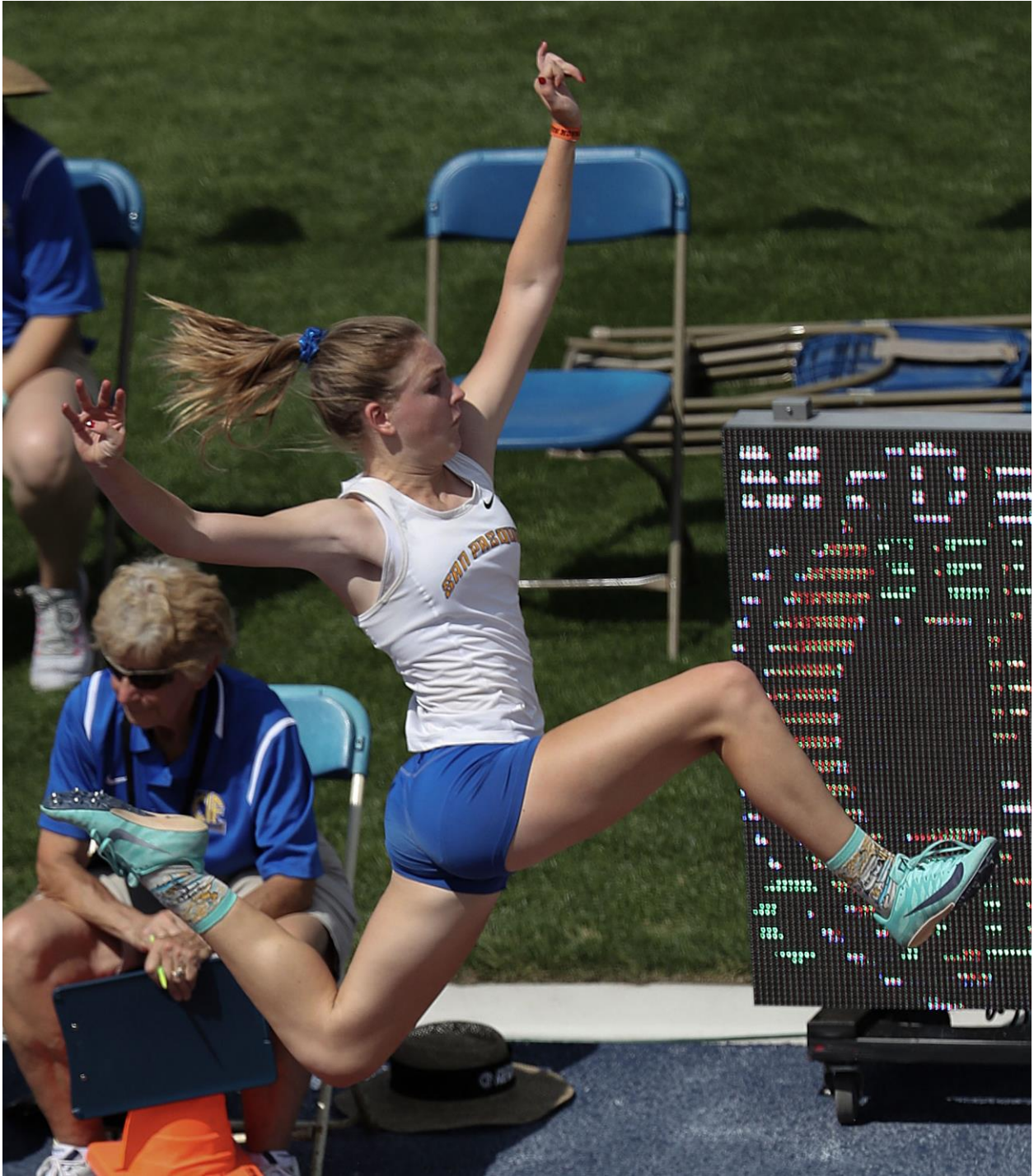
Shot Put

41-8	*Brandy Atuatasi, West Hills	Dual
39-2 ½	*Kaylah McNairy, San Diego	Meb Keflezighi
38-2	Alondra Cardona, El Camino	Dual
37-9	*Noelle Elkinton, Del Norte	Mt. Carmel
37-9	*Jordan Roche, Valley Center	Dual
36-10 ½	*Miranda Nichols, Christian	Mt. Carmel
35-9 ½	**Kennedy Clarke, Cathedral Catholic	Mt. Carmel
35-2 ½	Natalia Hiatt, RBV	Dual
34-5 ½	*Toni Kwan, Cathedral Catholic	Mt. Carmel

Discus

141-4	*Brandy Atuatasi, West Hills	Dual
123-1	*Noelle Elkinton, Del Norte	Mt. Carmel
118-11	*Miranda Nichols, Christian	Dual
117-7	*Savannah Mbamo, Rancho Bernardo	Mt. Carmel
112-2	Natalia Hiatt, RBV	Dual
110-10	Juliana Vinluan, Mt. Carmel	Dual
110-8	*Kaylah McNairy, San Diego	Meb Keflezighi
109-10	*Jordan Roche, Valley Center	Dual
108-1	*Lelicia Booker, Cathedral catholic	Mt. Carmel
107-10	Kyra Allison, El Camino	Dual
107-1	**Kennedy Clarke, Cathedral Catholic	Mt. Carmel

For all-time lists check sdtrackmag.com



San Pasqual's versatile Elise Miller placed third in the triple jump at the 2019 State Meet. She has a PR of 40-5.5 in the triple jump, along with outstanding marks in the long jump, high jump and both hurdle events.