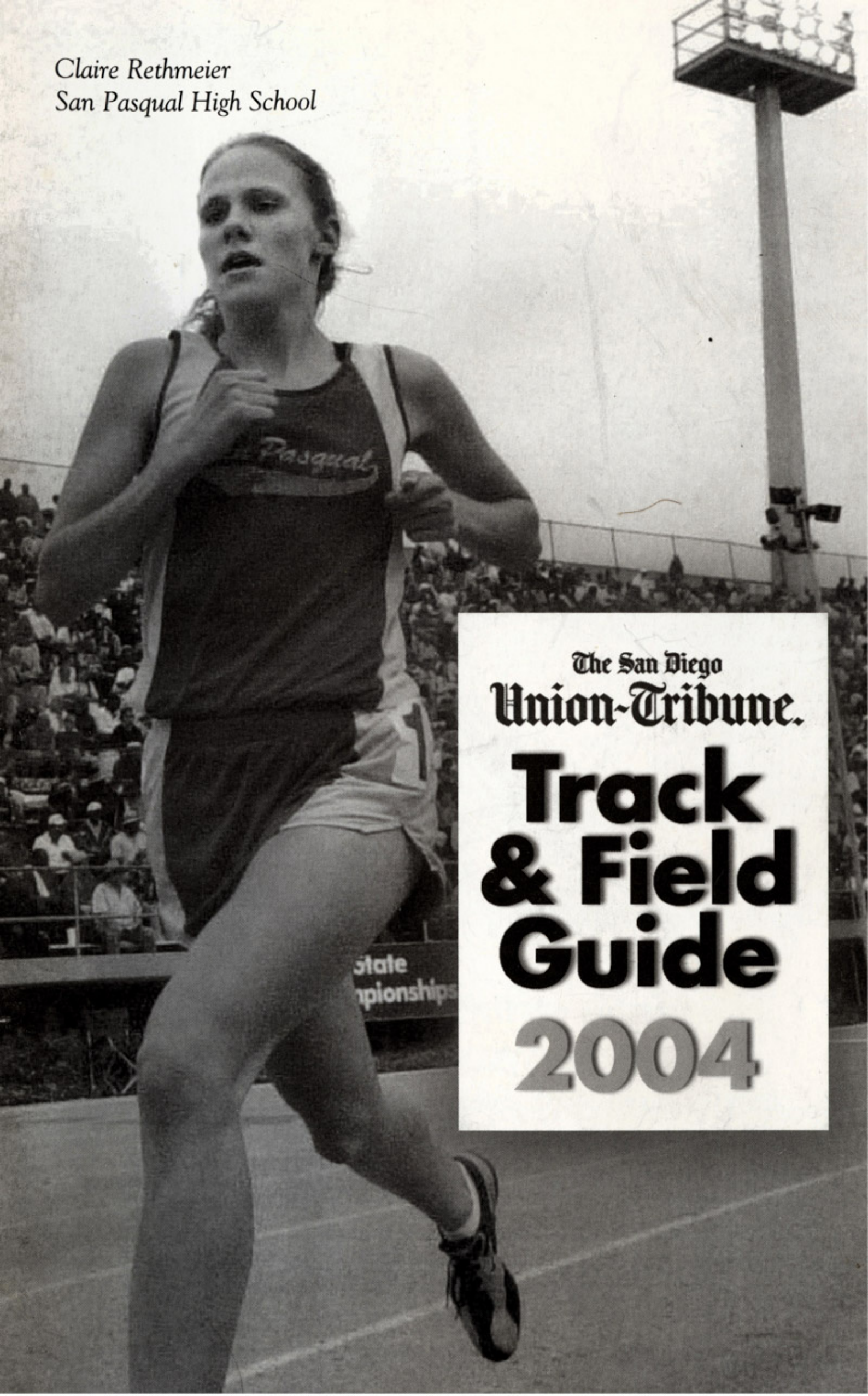


Claire Rethmeier  
San Pasqual High School



The San Diego  
**Union-Tribune.**

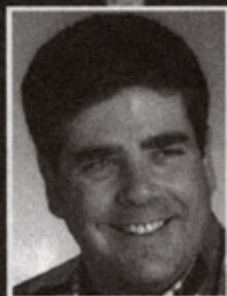
**Track  
& Field  
Guide  
2004**



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# THEY SHOULD MAKE A FILM

Claire Rethmeier's story is made for Hollywood.

Show her heading into the final mile of the 2002 state cross country Division II finals poised to make a run for the title. Then zoom to the finish line where she's nowhere to be found.

Finally, the San Pasqual High runner struggles into view, finishing a devastating 98th place. She's at the crossroads. Will she battle back or fade away?

My how she battled back, giving notice that one cross country race, where she admits poor tactics and maybe a touch of mononucleosis, wasn't going to mark her career \_ at least not in a negative way.

Flash forward to the state track finals where Rethmeier, unbeaten against California runners, calmly stays with the leaders in the 3200 before taking off and winning easily in 10:27.32, the third fastest time in section history.

UCLA-bound Rethmeier tops an impressive list of girls returnees for 2004. Add La Costa Canyon state 800-meter silver medalist Kelly McCann (2:10.45), El Camino sprinter Jolanda Diego (11.79 and 23.84), University City quartermiler Shakara Lott (54.99), RBV shot putter-discus thrower Whitney DeWeese (41-0 and 144-5), San Dieguito's sub-5 minute 1600 runner Marie Raffray (4:59.27), RB's pole vaulting duo of Kate Mattoon (12-0) and Rebecca Adams (11-7 1/2), plus expected improvement from frosh standouts like San Pasqual's Lizzy Karoly (25.00 200) and Monte Vista's Janie James (56.69 400) and the victory stand at the state meet in Sacramento could be crowded.

It will be difficult for the section to match Helix's boys team title and three individual gold medals, but the ingredients are there.

State hurdle finalist Bryon Barmer (14.29 and 38.27), triple jumper Frankie Green (46-4 1/2), freshman sprint sensation Dax Dannels and distance standout Babey Wagnew form a solid returning core for Helix.

Mar Vista's Troy Swier, fourth in the state 1,600 last year, returns looking to get under 4:10 after clocking a best of 4:11.59 and he should get a push from the likes of Vista super soph AJ Acosta and La Jolla's Paul Coover.

Look for Bishop's discus thrower Daniel Schaerer (183-5), Rancho Bernardo pole vaulter Matt Steverson (15-0) and Serra high jumper Desi Burt (6-6) to move up after state meet appearances last spring.

## Thanks, Thanks, Thanks.

This book would not be possible without advertisers like *The San Diego Union-Tribune*, The High School Sports Association of San Diego, Movin' Shoes, and the San Diego chapter of USA Track and Field (USATF). Your support of 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., Greg Manifold, Buzz Thom and long-time supporter and sponsor Richard Cota.

— Steve Brand, Editor

## Captions

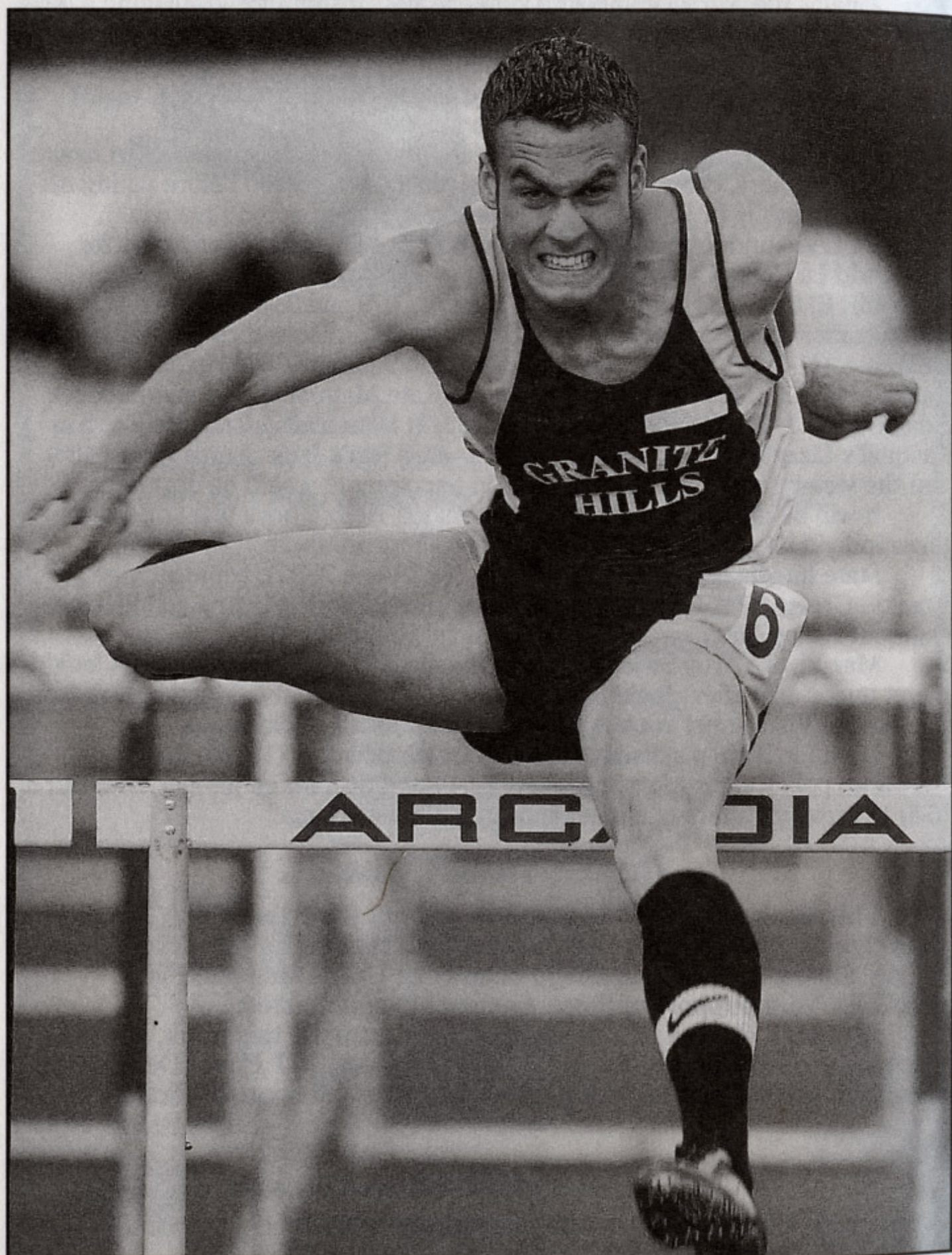
Front page: Claire Rethmeier, female athlete of the year

Back page: Derrell Hutsona, male track athlete of the year

\*-Junior, \*\*-Sophomore, \*\*\*-Freshman.



# STARS OF THE PAST



Granite Hills' Jeff Hunter, now at the University of Arizona, set the section record of 36.25 in the 300 hurdles in 2001.



# 2003 Boys Leaders

## 100 (fully Electronic)

10.65	Derrell Hutsona, Helix	State Prelims
10.84	Reggie Bush, Helix	Division Prelims
10.84	Billy Walker, El Camino	Division Prelims
10.89	Demetrious Westbrook, Morse	Eastern Finals
10.90	Bryce Yeaton, Ramona	Bronco
10.94	Baumer Brumfield, Uni. City	Eastern Finals
11.00	Leon Hall, Vista	Palomar Finals
11.00	*Vinnie Weathers, Serra	Dual
11.03	Brett Swain, Carlsbad	Division Prelims
11.05	Daniel Christian, Henry	Dual
11.07	*Marvell Wynn, Poway	Palomar Prelims
11.15	*Leonard Moore, Crawford	Division Prelims
11.15	Kyle Levy, USDHS	Division Prelims
11.17	*John Parker, Ramona	Division Prelims
11.18	Marcus Smith, Morse	Division Prelims
11.23	*D.J. Clark, El Camino	Division Prelims
11.24	Brandon Anthony, El Camino	Division Prelims
11.25	**Luis Arosemena, Vista	Division Prelims
11.27	Derrick Doggett, Uni. City	Stanford
11.28	Wellington Gorham, Scripps Ranch	Western Finals
11.34	*Willie Johnson, Serra	Division Prelims
11.36	***Dax Danns, Helix	Valley Center
11.37	*Stewart Kennedy, Grossmont	Division Prelims
11.49	*Austin Fowler, Uni. City	Sundevil
11.50	Adam Tenney, Carlsbad	Sundevil

## 200

21.36	Deun White, Helix	State Finals
21.72	Reggie Bush, Helix	Division Prelims
21.75	Travis Picou, Mt. Miguel	Division Prelims
21.88	Daniel Christian, Henry	Division Prelims
22.01	Billy Walker, El Camino	Division Prelims
22.05	Demetrious Westbrook, Morse	Division Prelims
22.12	Baumer Brumfield, Uni. City	Eastern Prelims
22.33	*Marvel Wynn, Poway	Palomar Finals
22.33	Lester Cole, Lincoln	Harbor Finals
22.36	***Dax Danns, Helix	Frosh-Soph
22.40	Wellington Gorham, Scripps Ranch	Division Finals
22.45	D'Undre Byrd, Eastlake	Division Prelims
22.46	**Luis Arosemena, Vista	Division Prelims
22.47	*Leonard Moore, Crawford	Harbor Finals
22.50	*James Rhoades, Ramona	Division Prelims
22.58	Bryce Yeaton, Ramona	Sundevil
22.60	**Atiba Liverpool, Westview	Division Prelims



22.60	Chaz Lomack, Pt. Loma	Division Finals
22.61	Marcus Smith, Morse	Eastern Finals
22.61	*D.J. Clark, El Camino	Division Prelims

#### Top Hand Times

21.7	Demetrious Westbrook, Morse	Dual
22.2	D'Undre Byrd, Eastlake	Dual

### 400

47.19	Da'Sean Cunningham, Uni. City	Division Finals
47.56	Deun White, Helix	Division Finals
48.48	*James Rhoades, Ramona	State Prelims
48.92	**Atiba Liverpool, Westview	Division Finals
49.79	Daniel Christian, Henry	Eastern Finals
49.98	Lester Cole, Lincoln	Harbor Prelims
50.18	Josh Carr, San Diego	Division Finals
50.19	**Brandon Ryan, USDHS	Division Finals
50.42	***Dax Danns, Helix	Division Finals
50.46	*Jack Dollard, USDHS	Division Finals
50.68	*Randy Jones, Uni. City	Division Prelims
50.68	Ryan Estes, Mt. Carmel	Division Finals
50.7	Demetrious Westbrook, Morse	Dual
50.77	*Terrance Jones, Santana	Division Finals
50.82	*Joe Gaines, Bonita Vista	Division Prelims
50.82	Ryle Stous, El Capitan	Division Finals
51.04	Tornell McColley, Escondido	Division Finals
51.06	*Dani Minkoff, San Pasqual	Valley Finals
51.06	*James Mitchell, Uni. City	Jaguar
51.1	Edward Morris (Morse)	Dual
51.21	Baumer Brumfield, Uni. City	Bronco
51.36	*Cory Shaffer, West Hills	Orange Glen
51.40	Joe Wynn, Sweetwater	Sundevil
51.46	Jacob Schmautz, Orange Glen	Division Prelims
51.47	Marco Navarro, La Jolla	Division Prelims
51.52	***Derrick Davenport, Grossmont	Division Prelims
51.61	Sean McCann, Mt. Carmel	Division Prelims

### 800

1:55.48	Miguel Villarreal, Vista	Division Finals
1:55.49	Dan Blomgren, Scripps Ranch	Division Finals
1:55.57	Dan Driscoll, Monte Vista	All-Comers
1:56.21	Oswaldo Alvarez, San Diego	Division Finals
1:57.35	**Randy Pensinger, El Camino	Division Prelims
1:57.77	Anthony Fogelstrom, Carlsbad	Orange Glen
1:57.78	Brett Bayles, Escondido	Orange Glen
1:57.8	Da'Sean Cunningham, Uni. City	Dual
1:57.86	*Aaron Gonzalez, Vista	Division Prelims
1:58.24	Wai John Wai, La Jolla	Division Prelims



1:58.66	Carl Burkhard, USDHS	Orange Glen
1:58.68	Jason McMurray, Uni. City	Division Finals
1:58.73	***Alejandro Vargas, Vista	Division Prelims
1:58.75	Artemio Mateo, Rancho BV	Sundevil
1:58.9c	Drew Porter, La Costa Canyon	L.A. Indoor
1:58.99	Brandon Cronin, USDHS	Division Prelims
1:59.11	*A.J. Fenlason, Rancho Bernardo	Division Prelims
1:59.15	**Shalendra Maharaj, El Camino	Division Prelims
1:59.18	Doug Marsh, Mt. Carmel	Division Prelims
1:59.24	*Javier Diaz, Sweetwater	Orange Glen
1:59.28	*Andre Castillo, Rancho Bernardo	Bronco
1:59.3	Sean Barrett, St. Augustine	Dual
1:59.61	Brian Bradshaw, Pt. Loma	Titan
1:59.8	*Paul Coover, La Jolla	Dual
1:59.9	***A.J. Acosta, El Camino	Dual
1:59.93	Zach Gribben, El Cajon Valley	Sundevil

## 1,600

4:11.59	*Troy Swier, Mar Vista	State Finals
4:18.30	***A.J. Acosta, El Camino	State Prelims
4:19.05	*Ryan Becijos, Bonita Vista	Sundevil
4:19.88	Gus Polito, Valley Center	Sundevil
4:20.96	*Paul Coover, La Jolla	Division Finals
4:22.90	Nicholas Salomone, Vista	Azusa-Pacific
4:23.08	Brad Liber, Uni. City	Eastern Finals
4:23.44	Miguel Villarreal, Vista	Palomar Finals
4:23.6	Kevin Bickham, El Camino	Avocado Finals
4:23.87	Elliott Davey, Mt. Carmel	Division Prelims
4:24.14	*Andre Castillo, Rancho Bernardo	Sundevil
4:24.26	*Edgar Llanes, Sweetwater	Division Finals
4:24.37	Artemio Mateo, RBV	Palomar Finals
4:24.58	*Garrick Frew, Helix	Division Prelims
4:24.71	*Ryan Graddy, Torrey Pines	Sundevil
4:25.08	Oswaldo Alvarez, San Diego	Eastern Finals
4:25.34	*Jose Lopez, San Diego	Division Finals
4:26.82	**Kyle Bruser, Henry	Dual
4:27.21	Sean Barrett, St. Augustine	Western Finals
4:27.4	*Gavin Coleman, Poway	Dual
4:28.07	Brian Bradshaw, Pt. Loma	Division Prelims
4:28.16	Idrise Osman, San Diego	Sundevil
4:28.25	Ross Halleland, El Capitan	Orange Glen
4:28.49	Shea Rollin, Henry	Sundevil
4:28.73	Devin Hood, El Centro Southwest	Division Finals
4:28.89	*Ryan Richter, Vista	Palomar Prelims
4:29.00	Tyler Campbell, Vista	Orange Glen
4:29.3	*Francisco Aguirre, La Jolla	Dual
4:29.50	Steve Prinz, Henry	Eastern Finals
4:29.59	**Ben Schuster, Torrey Pines	Palomar Finals



**3200**

9:15.69	*Troy Swier, Mar Vista	Arcadia
9:17.37	Brad Liber, Uni. City	Arcadia
9:18.83	*Babey Wagnew, Helix	Arcadia
9:23.45	Sean Barrett, St. Augustine	Arcadia
9:24.12	Shea Rollin, Henry	Arcadia
9:31.11	Kevin Bickham, El Camino	Titan
9:37.4	*Kyle Bruser, Henry	Dual
9:38.80	Marco Venancio, Mission Bay	Western Finals
9:40.64	*Ryan Becijos, Bonita Vista	Valley Center
9:40.9	*Jeff Wilson, El Camino	Dual
9:40.94	*Jose Lopez, San Diego	Bronco
9:41.29	*Brett Thomason, Rancho Bernardo	Sundevil
9:42.87	Matt Leetch, Rancho Bernardo	Division Finals
9:43.90	Nick Salomone, Vista	Orange Glen
9:46.83	**Agustin Mateo, RBV	Titan
9:47.27	Tye Lidman, Torrey Pines	Titan
9:48.93	Richard Clingman, Ramona	Titan
9:49.56	*Zack Norcross, Monte Vista	Titan
9:49.67	Elliott Davey, Mt. Carmel	Titan
9:50.42	**Murat Kayali, La Jolla	Division Prelims
9:50.52	Michael Bell, West Hills	Orange Glen
9:50.73	Ryan Richter, Vista	Bronco
9:51.06	*D.J. Martin, Torrey Pines	Bronco
9:51.14	**Ivan Villareal, Chula Vista	Titan

**110HH**

14.29	*Bryon Barmer, Helix	Division Finals
14.52	Jake Symons, Clairemont	Division Finals
14.60	Kurt Hurley, Carlsbad	Sundevil
14.64	Chaz Lomack, Pt. Loma	Eastern Prelims
14.75	Chris Reina, Orange Glen	Division Prelims
14.79	Brandon Bornes, Rancho BV	Division Finals
15.13	**Edward Saddler, Serra	Division Prelims
15.17	*Daniel Chang, Bonita Vista	Valley Center
15.20	*Sean Pentz, Poway	Division Finals
15.21	*Mike Matelgian, Fallbrook	Valley Center
15.23	Jeremy Adams, Ramona	Division Finals
15.24	Cory Dart, Granite Hills	Division Prelims
15.31	Eric Castille, El Camino	Titan
15.35	Chris Lawrence, Hoover	Division Finals
15.37	**Matt Loustalet, Granite Hills	Grossmont Finals
15.39	Justin Hillery, Bonita Vista	Sundevil
15.43	**Glenn Woods, LJCD	Division Prelims
15.66	Derek Gunther, Chula Vista	Valley Center
15.70	Tyson Gray, Grossmont	Division Prelims
15.74	*B.J. Robertson, Hilltop	Division Prelims
15.88	Sherwin Brooks, Sweetwater	Valley Center



## 300IH

37.34	Brandon Bornes, Rancho BV	State Finals
38.27	*Bryon Barmer, Helix	State Finals
38.30	Cory Dart, Granite Hills	State Prelims
38.36	Kurt Hurley, Carlsbad	Division Finals
38.95	Chris Reina, Orange Glen	Division Prelims
39.00	Justin Hillery, Bonita Vista	Division Finals
39.35	**Matt Loustalet, Granite Hills	Division Finals
39.4c	Ryan Welter, Granite Hills	Dual
39.50	Tyson Gray, Grossmont	Division Finals
39.71	*Kevin Ott-Wright, Scripps Ranch	Division Finals
39.9	Ryan Guy, La Costa Canyon	Avocado Finals
39.94	Jake Symons, Clairemont	Division Finals
39.99	Da'Sean Cunningham, Uni. City	Dual
40.45	Brian Frye, Serra	Division Finals
40.69	Chris Lawrence, Hoover	Division Prelims
40.91	Jeremy Adams, Ramona	Titan
41.01	Chaz Lomack, Pt. Loma	Orange Glen
41.05	*Fred Santistevens, Valley Center	Division Finals
41.30	*Rodrigo Villalon, El Centro Southwest	Division Prelims
41.3	Joey Lopez, El Camino	Avocado Prelims
41.45	*Aaron Smith, Pt. Loma	Orange Glen
41.45	Alfonso Hernandez, Sweetwater	Sundevil
41.51	***Christopher Jackson, El Cajon Valley	Division Prelims
41.52	Dallas Hallagan, Rancho Bernardo	Palomar Finals
41.65	Daniel Chang, Bonita Vista	Orange Glen

## 4x100 Relay

41.00	Helix	Division Prelims
41.86	University City	Division Finals
42.19	El Camino	Division Prelims
42.33	Morse	State Prelims
42.83	Serra	Division Finals
42.89	Vista	Division Finals
43.1	Eastlake	Dual
43.1	Ramona	Dual
43.25	Scripps Ranch	Division Finals
43.25	USDHS	Division Finals
43.43	Mt. Miguel	Division Prelims
43.5	Carlsbad	Dual
43.51	Escondido	Valley Finals
43.78	Rancho Bernardo	Palomar Finals
43.84	Steele Canyon	Division Finals
43.87	Poway	Palomar Finals
43.88	Torrey Pines	Palomar Finals
43.96	Granite Hills	Dual
43.97	Mt. Carmel	Division Prelims



## 4x400 Relay

3:16.23	Helix	Division Finals
3:16.34	University City	State Finals
3:22.63	Mt. Carmel	Division Finals
3:23.12	Granite Hills	Division Finals
3:24.62	USDHS	Western Finals
3:24.64	Bonita Vista	Division Prelims
3:25.11	Scripps Ranch	Division Prelims
3:25.78	Torrey Pines	Division Finals
3:26.23	Vista	Palomar Finals
3:26.48	Poway	Palomar Finals
3:26.8	El Camino	Avocado Finals
3:27.52	Ramona	Division Finals
3:28.92	El Capitan	Division Finals
3:28.90	La Jolla	Division Finals
3:28.99	Serra	Division Prelims
3:29.02	San Pasqual	Valley Finals

## High Jump

6-6	*Desi Burt, Serra	Bronco
6-6	Emmanuel Smolley, Serra	Eastern Finals
6-6	Raul Hernandez, Brawley	IVL Finals
6-5 3/4	*Mike Edmondson, West Hills	Valley Center
6-5	*Alex Fuller, Orange Glen	Dual
6-4	**Adam Munns, Coronado	Division Finals
6-4	Cole Martin, Carlsbad	Dual
6-4	Niklas Daniel, Uni. City	Division Prelims
6-3	Mahta Yemane, Mar Vista	Dual
6-2	*Kellon Anderson, La Costa Canyon	Orange Glen
6-2	Leon Hall, Vista	Dual
6-2	Keith Spencer, Eastlake	Dual
6-2	Julian Smith, Chula Vista	Metro Finals
6-1	**J.P. Powell, Granite Hills	Dual
6-1	*Brad Daugherty, Julian	Dual
6-1	*Roger Endreson, Mt. Carmel	Dual

## Pole Vault

16-1	Billy Matthies, Rancho Bernardo	Division Prelims
15-8	Ryan McClain, Escondido	State Finals
15-7	Zack Miller, Rancho Bernardo	Dual
15-0	*Matt Steverson, Rancho Bernardo	State Final
14-4	**Derek Scott, El Camino	Division Prelims
14-4	*Jonathon Hori, Escondido	Valley Center
14-0	*Jared Secrist, Mt. Carmel	Mt. SAC
14-0	*Bryan Price, Rancho Bernardo	Palomar Finals
14-0	*Joe Ziomek, Eastlake	Division Prelims
14-0	Robbie Masterson, Vista	Orange Glen
14-0	*Steve Nemecek, Chula Vista	Division Finals



14-0	Eric Nyberg, Uni. City	Dual
14-0	Fernando Romero, Sweetwater	Dual
14-0	*Travis Vongsawad, Vista	Dual
13-9	*Scott Engelman, San Pasqual	Valley Finals
13-9	Shawn Haynie, Rancho BV	Dual
13-8	Charley Montgomery, Grossmont	Division Prelims
13-8	**Scott Finley, Granite Hills	Frosh-Soph
13-8	**Joon Park, Rancho Bernardo	Frosh-Soph
13-8	**Lane Votapka, Fallbrook	Frosh-Soph

## Long Jump

24-9 1/4	Derrell Hutsona, Helix	State Finals
24-6	Demetrious Westbrook, Morse	Dual
23-8	*Vinnie Weathers, Sera	Dual
23-1	Travis Picou, Mt. Miguel	Valley Center
22-9 1/4	Eric Nyberg, Uni. City	Eastern Finals
22-4 3/4	Patrick Carroll, San Diego	Eastern Final
22-3 3/4	Joe Sly, Scripps Ranch	Division Finals
22-3	*Chris Wessell, Hilltop	South Bay Finals
22-2	Josh Forman, Rancho Bernardo	Valley Center
22-1	Joey Hauser, Vista	Sundevil
22-1	Mark Cordes, Escondido	Division Finals
21-11	Anthony Bradley, Mira Mesa	Dual
21-11	Brandon Bornes, Rancho BV	Sundevil
21-10 3/4	Daniel Crescitelli, Christian	Harbor Finals
21-9	Gene Smith, Castle Park	South Bay Finals
21-8	Jordan Rosure, Sweetwater	Mesa Finals
21-7	Loniel Robinson, Orange Glen	Valley Finals
21-7	Cory Dart, Granite Hills	Dual
21-6 1/2	Marcus Smith, Morse	Sweetwater
Wind-aided		
25-5 3/4	Derrell Hutsona, Helix	State Final

## Triple Jump

48-4	Joey Hauser, Vista	Sundevil
46-4 1/2	*Frankie Green, Helix	Grossmont Finals
45-11	Jordan Rosure, Sweetwater	Mesa Finals
44-6	Mark Cordes, Escondido	Division Finals
44-5 1/2	John Gunther, Fallbrook	Avocado Finals
44-4 1/2	Gene Smith, Castle Park	Division Finals
44-0	Eric Nyberg, Uni. City	Eastern Finals
43-6 1/2	Sherwin Brooks, Sweetwater	Dual
43-6 1/4	Khadar Mohamed, Crawford	Division Prelims
43-5 1/2	*Kurt Kathol, USDHS	Division Finals
43-5 1/2	Ryan Guy, La Costa Canyon	Avocado Finals
43-5	Loniel Robinson, Orange Glen	Dual
43-3 3/4	**Xavius Shephard, Brawley	IVL Finals
43-3	**Mike Martinez, Granite Hills	Dual
43-2	**Andrew Methy, West Hills	Frosh-soph



## Shot Put

63-3 1/4	Jared Bray, Mission Bay	State Finals
59-7 3/4	Nick Allotta, Rancho Bernardo	State Finals
57-6	Tyler Ellis, Rancho Bernardo	Dual
57-1	R.J. Nevarez, Fallbrook	Dual
57-0 1/2	Russell Foster, Bonita Vista	Division Finals
54-5 3/4	*Boldi Kocsar, Uni. City	Division Finals
52-3	Fred Smith, Southwest	Dual
51-4 1/4	Ryan Simone, Helix	Division Finals
51-2 1/2	*Nate Skaggs, Rancho Bernardo	Orange Glen
51-1	*Chad Silva, Rancho BV	Dual
51-1	*Kyle Leitzke, Rancho BV	Dual
50-9 3/4	***Darius Savage, Morse	Eastern Finals
50-7	Antonio Matthieu, El Camino	Division Finals
50-6	**Jay Maloy, Vista	Dual
50-1 1/2	Chris Fulton, Granite Hills	Dual
50-1	*Daniel Sanders, El Camino	Dual
50-0 1/2	Ante Smith, Hoover	Harbor Prelims
49-10 1/2	Brandon Bennett, La Costa Canyon	Division Finals
49-8	Mike Torcuato, Escondido	Dual
49-7 1/2	Ben Steltzer, El Capitan	Grossmont Finals
49-7	Fred Amano, Rancho Bernardo	Dual
49-5	Devin Dascenzo, Helix	Division Prelims
49-2	Josh Barnhart, Henry	Eastern Finals
49-0	Julian Arthur, Bishop's	Dual
48-4	*Daniel Schaerer, Bishop's	Coastal Finals
48-2	Tim Van Atta, West Hills	Dual
48-2	Don Bonahoom, Eastlake	Dual

## Discus

183-5	*Daniel Schaerer, Bishop's	Coastal Finals
183-0	Nick Allotta, Rancho Bernardo	Palomar Prelims
181-3	Jared Bray, Mission Bay	Orange Glen
180-2	Tyler Ellis, Rancho Bernardo	Orange Glen
176-6	Ron McFadden, El Camino	Avocado Finals
167-11	Don Bonahoom, Eastlake	Division Finals
166-9	***Darius Savage, Morse	Dual
163-3	Cody Gocke, El Capitan	Division Prelims
161-10	Fred Smith, Southwest	Orange Glen
159-6	Chris Welter, West Hills	Grossmont Prelim
158-10	*Tyler Jackson, El Camino	Dual
158-6	Russell Foster, Bonita Vista	Division Prelims
156-7	*Boldi Kocsar, Uni. City	Dual
155-9	*Mark Miller, Escondido	Valley Finals
155-0	*Josh Edwards, Monte Vista	Grossmont Finals
153-5	Ben Steltzer, El Capitan	Grossmont Finals
150-10	Jonathon Cooper, Carlsbad	Dual
150-1	*Nate Skaggs, Rancho BV	Dual
150-0	*Joey Chisholm, Valley Center	Valley Finals



# 2003 Girls Leaders

## 100

11.79	*Jolanda Diego, El Camino	State Prelims
11.87	Alicia Lowery, Morse	State Finals
11.98	Sparkle Anderson, Serra	Mt. SAC
12.23	**Roshauna Amos, El Centro Southwest	Division Finals
12.30	*Jonelle Smiley, Serra	Dual
12.35	*Jessica Gibbs, El Camino	Division Finals
12.40	***Lizzy Karoly, San Pasqual	Division Finals
12.42	***Megan Williams, Poway	Dual
12.43	Caitlin Doe, Torrey Pines	Division Finals
12.45	*Kristan Matison, Mt. Carmel	Division Finals
12.51	*Niki O'Neal, Chula Vista	Division Finals
12.51	*Taryn Jones, Helix	Grossmont Finals
12.52	Shauna Hackett, Morse	Eastern Prelims
12.55	Eliza Holiday, Horizon	Coastal Finals
12.62	*Bridget Fox, Grossmont	Grossmont Finals
12.63	*Tamora Neal, Pt. Loma	Eastern Prelims
12.67	*Laquisha Rodgers, Castle Park	Division Prelims
12.67	**Adora D'Acosta-Muniz, Ramona	Division Prelims
12.70	**Shakara Lott, Uni. City	Dual
12.70	***Aja Wheeler, Uni. City	Bronco
12.79	Daniella Fromer, Mt. Carmel	Division Prelims
12.84	Andrena Hilstock, Oceanside	Division Prelims
12.85	*Ashley Liggins, Rancho Bernardo	Valley Center
12.86	Marla Mason, Chula Vista	Division Prelims
12.88	***Tanisha Ridley, Crawford	Division Prelims
12.89	*Nila Heurtelou, Coronado	Division Prelims

## 200

23.84	*Jolanda Diego, El Camino	State Finals
24.55	**Shakara Lott, Uni. City	Division Finals
24.9	**Kelly McCann, La Costa Canyon	Dual
25.00	***Lizzy Karoly, San Pasqual	Division Finals
25.02	Jasmine Winfield, Oceanside	Division Finals
25.23	*Joelle Smiley, Serra	Dual
25.30	Alishia Lowery, Morse	Eastern Prelims
25.45	*Jessica Gibbs, El Camino	Division Prelims
25.49	Kaitlyn Doe, Torrey Pines	Palomar Finals
25.57	Jackie Mandy, Chula Vista	Division Prelims
25.64	*Niki O'Neal, Chula Vista	Division Finals
25.68	***Janie James, Monte Vista	Division Prelims
25.6	**Roshauna Amos, El Centro Southwest	IVL Prelims
25.74	*Taryn Jones, Helix	Grossmont Final
25.81	***Megan Williams, Poway	Division Prelims
25.83	Daniela Fromer, Mt. Carmel	Division Prelims
25.88	***Aja Wheeler, Uni. City	Division Finals



25.93	*Nila Heurtelou, Coronado	Division Finals
26.02	Danisha Bryant, Mt. Miguel	Division Prelims
26.06	***Jasmine Hutchinson, Poway	Division Prelims
26.09	**Vanessa Bobo, Morse	Eastern Finals
26.16	Laquisha Rodgers, Castle Park	Division Prelims
26.18	**Tamara Neal, Pt. Loma	Eastern Prelims
26.20	***Tanisha Ridley, Crawford	Division Prelims
26.20	*Bridget Fox, Grossmont	Grossmont Finals
26.39	*Daphanie Kennedy, Kearny	Division Prelims
26.48	**Torrey Delaplane, Valley Center	Dual

## 400

54.99	**Shakara Lott, Uni. City	State Finals
55.9	**Kelly McCann, La Costa Canyon	Dual
56.65	Jasmine Winfield, Oceanside	Division Finals
56.69	***Janie James, Monte Vista	Division Finals
57.37	***Megan Williams, Poway	Division Prelims
57.65	Nicole Rothert, Fallbrook	Division Prelims
58.1	*Jolanda Diego, El Camino	Dual
58.45	Danisha Bryant, Mt. Miguel	Division Prelims
58.5	***Lizzy Karoly, San Pasqual	Dual
58.58	Jackie Mandy, Chula Vista	Sundevil
58.69	***Jasmine Chuwueke, Scripps Ranch	Division Prelims
58.98	**Malia McClung, Mt. Miguel	Division Prelims
59.3	Andrea Hilstock, Oceanside	Dual
59.32	***Lucia Asbury, OLP	Division Finals
59.50	**Megan Henderson, Serra	Eastern Prelims
59.7c	**April Montgomery, Helix	Dual
59.7c	*Cassie Atkinson, El Capitan	Dual
59.80	*Holli Mayer, Monte Vista	Bronco
59.83	*Beth Whittry, Coronado	Division Finals
59.8	**Katie Marquis, La Costa Canyon	Avocado Finals
1:00.07	Jaime Grubbs, El Camino	Valley Center
1:00.1	*Dani Schuster, Torrey Pines	Dual
1:00.25	***Dominique Davis, USDHS	Western Prelims
1:00.2	***Kristina Kelly, Poway	Grossmont Prelims
1:00.3	***RenaE Eaton, San Pasqual	Dual
1:00.46	Jessie Ooms, Uni. City	Dual

## 800

2:10.45	**Kelly McCann, La Costa Canyon	Arcadia
2:12.99	*Dani Schuster, Torrey Pines	Mt. SAC
2:13.09	*Cassie Atkinson, El Capitan	State finals
2:13.98	**April Montgomery, Helix	Division Finals
2:15.80	*Marie Raffray, San Dieguito	Division Finals
2:17.34	***RenaE Eaton, San Pasqual	Division Prelims
2:18.17	Jessie Ooms, Uni. City	Valley Center
2:18.96	**Katie Robbins, Scripps Ranch	Division Prelims
2:18.96	***Erika Zambon, Carlsbad	Division Prelims



2:18.97	*Holli Mayer, Monte Vista	Division Prelims
2:19.0	*Claire Rethmeier, San Pasqual	Dual
2:19.29	*Rebecca Bostwick, Uni. City	Valley Center
2:19.29	**Kristen Buono, Henry	Eastern Finals
2:19.86	***Katie Seegar, Fallbrook	Division Prelims
2:20.06	***Kristina Kelly, Poway	Division Prelims
2:20.5	*Jessica White, La Costa Canyon	Avocado Finals
2:20.53	*Katherine Wingert, Coronado	Division Prelims
2:21.7	Melissa Ramos, Fallbrook	Dual
2:21.75	*Carly Mecklenburg, Torrey Pines	Palomar Prelims
2:22.10	***Brigette Doctor, Torrey Pines	Titan
2:22.41	**Molly O'Toole, USDHS	Division Finals
2:22.51	*Ashley Bolden, Serra	Division Finals
2:22.76	Ali Baker, Mt. Empire	Division Finals
2:23.5	*Sariah St. Laurent, El Camino	Dual
2:23.86	***Jameela Alneyadi, Hilltop	Division Prelims
2:23.86	*Nicole Sinocore, Poway	Palomar Finals
2:23.87	***Mariana Monasi, El Camino	Division Prelims
2:23.97	***Brooke Baquial, Uni. City	Eastern Finals
2:24.0	***Gillian Fitch, La Costa Canyon	Dual

## 1,600

4:54.95	*Dani Schuster, Torrey Pines	Arcadia
4:55.59	*Claire Rethmeier, San Pasqual	Trabuco Hills
4:56.77	Jessie Ooms, Uni. City	Arcadia
4:59.27	*Marie Raffray, San Dieguito	Division Finals
5:00.31	*Lorin Scott, San Pasqual	Division Finals
5:04.46	***Gillian Fitch, La Costa Canyon	Division Finals
5:04.59c	*Rebecca Bostwick, Uni. City	Stanford
5:04.73	Melissa Ramos, Fallbrook	Division Finals
5:06.08	*Elaine Gillespie West Hills	Division Finals
5:09.33	**Mandy Beatty, Scripps Ranch	Arcadia
5:09.96	**Lindsay delaMontaigne, Rancho Bernardo	Palomar Prelims
5:12.50	Kristin Gonzalez, Bonita Vista	Division Prelims
5:13.38	Rebecca Sale, Valley Center	Valley Finals
5:13.91	*Sariah St. Laurent, El Camino	Division Finals
5:14.95	*Cassie Atkinson, El Capitan	Grossmont Finals
5:15.71	**Tricia Allred, Valley Center	Division Finals
5:18.02	Ali Baker, Mt. Empire	Division Finals
5:18.4	*Halle Barre, Mt. Carmel	Avocado Prelims
5:18.8	Christina Eads, Fallbrook	Avocado Prelims
5:18.7c	*Erin Price, Santana	Grossmont Prelim
5:19.72	Amy Bradley, Rancho Bernardo	Palomar Prelims
5:19.79	**Laura Adono, Sweetwater	Division Prelims
5:20.26	*Mishon Stalnaker, Ramona	Division Prelims
5:21.35	**Colleen O'Connell, Carlsbad	Division Finals
5:22.1	***Emily Young, La Costa Canyon	Avocado Prelims
5:22.80	**Randee Meek, Grossmont	Division Prelims



## 3,200

10:27.32	*Claire Rethmeier, San Pasqual	State Finals
10:49.57	*Rebecca Bostwick, Uni. City	Arcadia
10:55.15	**Lindsay delaMontaigne, Rancho Bernardo	State Finals
11:01.48	**Mandy Beatty, Scripps Ranch	Division Finals
11:06.40	*Lorin Scott, San Pasqual	Division Prelims
11:09.30	*Hallah Barre, Mt. Carmel	Titan
11:10.50	Jessie Ooms, Uni. City	Eastern Finals
11:10.74	***Gillian Fitch, La Costa Canyon	Division Finals
11:13.12	Lauren Swigart, LJCD	Division Prelims
11:20.29	Melissa Ramos, Fallbrook	Division Prelims
11:26.0	*Marie Raffray, San Dieguito	Dual
11:27.1	*Dani Schuster, Torrey Pines	Dual
11:27.24	*Erin Price, Santana	Division Prelims
11:28.86	*Danae Hough, Valley Center	Division Prelims
11:32.68	*Sariah St. Laurent, El Camino	Titan
11:32.89	Christina Eads, Fallbrook	Valley Center
11:32.97	**Jamie Marliere, Helix	Division Prelims
11:40.83	**Randee Meek, Grossmont	Titan
11:40.85	Brenna Williams, Torrey Pines	Dual
11:41.0	***Jessica Beard, Poway	Dual
11:46.52	Rebecca Sale, Valley Center	Valley Center
11:49.56	*Bree Justus, Rancho BV	Titan
11:50.08	Alison Hilton, Mt. Carmel	Titan

## 100H

14.28	Jessica Eggleston, El Camino	Division Finals
14.70	*Laiha Blue, Granite Hills	Arcadia
14.93	Meggie Afenir, Escondido	Division Finals
15.16	Ashleigh Davis, El Camino	Division Prelims
15.28	*Breanna White, Rancho Bernardo	Division Finals
15.48	*Haley Robinson, Fallbrook	Division Prelims
15.71	Tiffany Swift, Rancho BV	Division Prelims
15.75	***Sharika Thompson, Helix	Division Finals
15.93	*Krystal Shoate, Serra	Division Finals
15.96	Cheryl Hawkins, Morse	Division Prelims
15.98	Maggie Torres, Bonita Vista	Division Prelims
15.99	Precious Beauford, Carlsbad	Division Prelims
16.02	Kayleigh Knudson, Bonita Vista	Division Prelims
16.08	Lyric Tiegen, El Capitan	Grossmont Finals
16.10	Eva Tanner, Grossmont	Grossmont Finals
16.15	**T'Shara Hicks, Lincoln	Division Finals
16.18	Antoinette Hill, Serra	Dual
16.29	*Michelle Beauford, Carlsbad	Division Prelims
16.30	**Jamie Klages, Coronado	Harbor Finals
16.30	*Jennifer Black, El Centro Southwest	Division Prelims
16.38	*Lisa Malchow, Eastlake	Division Prelims
16.46	*Lauren Magnuson, Rancho Bernardo	Palomar Finals



16.52	Alice Madenokoji, Torrey Pines	Palomar Finals
16.65	Shanika White, Hoover	Harbor Finals
16.72	Brooke Alvord, Valley Center	Valley Finals
16.86	*Tyichia Mills, Tri-City	Division Prelims
16.96	*Liana Hill, Valley Center	Valley Prelims

### 300LH

44.30	Jessica Eggleston, El Camino	Division Prelims
45.00	*Laiha Blue, Granite Hills	State Prelims
45.05	Ashleigh Davis, El Camino	Division Finals
45.23	Jaime Grubbs, El Camino	Division Prelims
45.54	Precious Beauford, Carlsbad	Division Finals
46.08	*Krystal Shoate, Serra	Division Finals
46.80	*Brooke Harper, Poway	Palomar Finals
46.84	*Krystine Cuaresma, OLP	Division Prelims
46.93	Alice Madenokoji, Torrey Pines	Division Prelims
47.26	**Bonnie Zabinsky, Valley Center	Valley Finals
47.2c	Leana Bitzer, Granite Hills	Dual
47.41	Tyric Tiegen, El Capitan	Division Finals
47.64	**T'Shara Hicks, Lincoln	Division Finals
47.69	**Robin Kuntz, Bishop's	Division Finals
47.82	Alicia Sassano, Rancho Bernardo	Palomar Finals
47.83	*Breanna White, Rancho Bernardo	Sundevil
47.84	*Christina Metzler, Fallbrook	Valley Center
48.07	Tiffany Swift, Rancho BV	Dual
48.28	**Jamie Klages, Coronado	Harbor Finals
48.36	***Sharika Thompson, Helix	Grossmont Finals
48.41	*Erica Julien, Clairemont	Division Prelims
48.59	Nicole Woolfolk, Mission Bay	Division Prelims
48.63	Mallory Mainquist, Torrey Pines	Division Prelims
48.73	Christine Marks, Henry	Eastern Finals
48.9	*Stephanie Williams, Vista	Dual
48.99	**Lisa Hampton, Uni. City	Division Prelims
49.0	*Brooke Harper, Poway	Falcon
49.02	*Jennifer Black, El Centro Southwest	Division Finals

### 4x100 Relay

46.42	El Camino	State Prelims
47.38	Morse	State Prelims
48.25	Oceanside	Division Finals
48.42	Serra	Eastern Finals
48.56	Helix	Division Finals
48.64	Poway	Division Prelims
48.94	Chula Vista	Division Prelims
48.95	University City	Division Finals
49.56	Carlsbad	Division Prelims
49.73	Torrey Pines	Division Finals
49.79	San Pasqual	Division Prelims
49.9	El Centro Southwest	IVL Finals



50.02	Mt. Miguel	Division Prelims
50.24	Monte Vista	Division Prelims
50.28	Escondido	Valley Finals
50.28	Point Loma	Division Finals
50.38	Rancho Bernardo	Valley Center
50.4	Mt. Carmel	Avocado Finals
50.4c	Chula Vista	Dual
50.47	Valley Center	Dual
50.5c	Granite Hills	Dual
50.6	La Costa Canyon	Avocado Finals
50.85	Ramona	Division Finals

### 4x400 Relay

3:56.91	La Costa Canyon	Division Finals
3:57.49	University City	Division Finals
3:57.66	Poway	Division Finals
4:00.67	Helix	Division Finals
4:01.61	Mt. Miguel	Division Finals
4:01.79	Monte Vista	Division Prelims
4:02.33	El Capitan	Division Prelims
4:02.55	San Pasqual	Dual
4:03.57	USDHS	Division Prelims
4:03.58	Serra	Division Prelims
4:05.37	Coronado	Division Prelims
4:05.51	Fallbrook	Division Finals
4:05.61	Scripps Ranch	Division Finals
4:05.7	Torrey Pines	Dual
4:06.94	Morse	Division Prelims
4:07.5	Carlsbad	Avocado Finals
4:08.03	El Centro Southwest	Division Finals
4:11.16	Lincoln	Division Prelims
4:11.84	La Jolla	Division Finals
4:11.85	Rancho Bernardo	Sundevil
4:11.93	Marian	Division Finals
4:11.94	Crawford	Harbor Finals

### High Jump

5-5	**Lindsey Whitstine, Mt. Carmel	Division Finals
5-5	**Crystal Shields, Bonita Vista	Mesa Finals
5-4	*Hannah Haehn, San Pasqual	Bronco
5-3	**Jamie Klages, Coronado	Division Finals
5-3	*Jennifer Black, El Centro Southwest	La Costa Canyon
5-3	*Ashley Shriver, Poway	Dual
5-2	**Amy McGiven, San Dieguito	Division Prelims
5-2	*Jinny McGlocklin, Poway	Titan
5-2	**Esha McDowell, Eastlake	Dual
5-2	**Heather Leidle, Rancho BV	Dual
5-2	**Tory Raphael, Mt. Carmel	Dual



5-2	**Cassie Atkinson, El Capitan	Dual
5-2	**Ashley Bright, Poway	Tiger
5-2	Eva Tanner, Grossmont	Dual
5-2	Nicole Martin, Fallbrook	Tiger

## Pole Vault

12-1	Ama Navidi, Rancho Bernardo	Valley Center
12-0	**Kate Mattoon, Rancho Bernardo	Palomar Finals
11-7 1/2	**Rebecca Adams, Rancho Bernardo	Division Finals
11-7	Becky Gausepohl, Fallbrook	Dual
11-7	Kara Filipowski, Valhalla	Dual
11-1	Liz Leyvas, Rancho Bernardo	Dual
11-0 3/4	Eva Tanner, Grossmont	L.A. Indoor
11-0	**Jenny Liu, Rancho Bernardo	Palomar Finals
11-0	Christine Sloyer, La Jolla	Division Finals
11-0	*Erin Dibos, Valhalla	Division Finals
11-0	Breanna Moyer, Carlsbad	Dual
10-6	**Ashley Woolen, Carlsbad	Dual
10-1	Megan Wilkerson, Eastlake	Dual
10-0	Lyric Tiegen, El Capitan	Division Prelims
10-0	*Natalie Szeweda, Rancho Bernardo	Palomar Finals
10-0	**Caitlin Fitzgibbons, Poway	Palomar Finals
10-0	Elizabeth Sheets, Poway	Palomar Finals
10-0	Aileen Tran, Torrey Pines	Falcon
10-0	*Lisa Robbins, Torrey Pines	Dual
10-0	Brooke Alvord, Valley Center	Dual
10-0	*Nichol Kim, Rancho Bernardo	Dual
10-0	*Lindsey Scarborough, Rancho BV	Dual
10-0	Jennifer Zihla, La Costa Canyon	Dual
9-8	**Mary David, Fallbrook	Frosh-Soph
9-6	Loren Behr, La Jolla	Division Prelims
9-6	**Allison Stamos, Escondido	Division Prelims
9-6	**Bre Hemingway, Grossmont	Tiger
9-6	**Marina Pastrana, Eastlake	Tiger
9-6	*Katie Hammond, Fallbrook	Dual
9-6	Katrina Aguilar, Mt. Carmel	Dual

## Long Jump

19-7 1/4	Jessica Eggleston, El Camino	Division Finals
19-0 1/2	Sparkle Anderson, Serra	Mt. SAC
18-4 1/2	Caitlyn Doe, Torrey Pines	Falcon
18-0	**Shakara Lott, Uni. City	Dual
17-8	**Mia Mobley, Mt. Carmel	Dual
17-5 3/4	Elisa Holiday, Horizon	Pasadena Games
17-5 1/2	*Jeanette Sly, Scripps Ranch	Western Prelims
17-4	Jaime Grubbs, El Camino	Dual
17-4	**Phynique Allen, Serra	Dual
17-4	**Vanessa Bobo, Morse	Falcon
17-2 3/4	Noyelle Kryger, Valley Center	Dual



17-2 1/4	Jackie Mandy, Chula Vista	Dual
16-11 1/2	*Leslie Rychal, Valhalla	Grossmont Finals
16-11	Heather Leidle, Rancho BV	Dual
16-9 3/4	***Tanyshia Ridley, Crawford	Division Prelims
16-9 1/2	Bre Priest, San Pasqual	Falcon
16-9 1/4	Leanna Bitzer, Granite Hills	Grossmont Finals
16-9	*Kriste Ernau, San Pasqual	Valley Finals
16-8	**Marquita Berry, El Camino	Dual
16-8	***Jasmine Hutchinson, Poway	Dual
16-7 1/2	*Evon Willingham, Helix	Dual
16-6 1/2	Torrey Trust, La Costa Canyon	Avocado Finals
16-6 1/4	**Melanie Hannibal, Bonita Vista	Titan
16-6	Tesaj Goodman, Uni. City	Dual
16-6	*Nicole Newman, La Costa Canyon	Dual
16-5 3/4	***Cassandra Collins, Rancho BV	Palomar Prelims
16-5	*Gabby Fledman, Point Loma	Eastern Finals
16-5	*Stevie Browne, Helix	Dual
16-5	Ijlal Barnes, Mt. Miguel	Dual
16-5	*Alise Coogan, La Costa Canyon	Dual

### Triple Jump

40-4 1/2	Sparkle Anderson, Serra	Arcadia
39-7 1/2	Jessica Eggleston, El Camino	Division Finals
37-5 1/4	**Heather Leidle, Rancho BV	Division Finals
37-4	***Kasey Kearin, Rancho Bernardo	Division Finals
36-8	Torrey Trust, La Costa Canyon	Avocado Prelims
36-3 3/4	*Evon Willingham, Helix	Grossmont Finals
36-1 1/4	Meggie Afenir, Escondido	Division Prelims
36-1 1/4	Katie Blakely, Escondido	Valley Finals
35-8	*Ashley Shriver, Poway	Dual
35-6 1/2	Yvonne Shammas, Grossmont	Division Finals
34-10 1/4	Amanda Davis, Rancho BV	Palomar Prelims
34-10	*Alise Coogan, La Costa Canyon	Dual
34-7 3/4	Leana Bitzer, Granite Hills	Dual
34-7 1/2	**Shakendrie Mitchell, San Marcos	Palomar Prelims
34-7 1/2	**Mia Mobley, Mt. Carmel	Titan
34-7 1/2	Noyelle Kryger, Valley Center	Dual
34-5 1/2	**Ashley Bright, Poway	Dual
34-5	**Jennifer Arnold, Vista	Dual
34-4	**Esha McDowell, Eastlake	Dual
34-2	Tiara Rae, Estlake	Mesa Finals
34-0 1/2	**Melanie Hannibal, Bonita Vista	Titan
33-11	**Lindsay Whitstine, Mt. Carmel	Dual
33-11	*Christina Whitcomb, San Pasqual	Valley Finals
33-9 1/2	*Megan Fielden, Caralsbad	Avocado Finals
33-9 1/2	***Lauren Woodus, Rancho Bernardo	Frosh-Soph
33-9 1/2	**Elizabeth Diaz, San Pasqual	Dual



## Shot Put

41-0	*Whitney DeWeese, Rancho BV	Division Prelims
40-5	Florida Hunt, El Camino	Avocado Finals
39-8 1/2	*Via Tupuola, Vista	Division Finals
39-6 1/4	**Christine Kennedy, USDHS	Division Finals
39-4 3/4	*Soli Gonzalez, Eastlake	Division Prelims
39-4	Kali Vandervort, Ramona	Dual
39-1	***Danny Thu, Monte Vista	Dual
39-0 3/4	Lauren Laurent, El Camino	Avocado Prelims
38-8 3/4	**Dereka Winters, El Camino	Division Finals
38-8	*Jessica Harris, Granite Hills	Dual
38-7	**Chastity Toilolo, Helix	Dual
38-4 1/2	*Melissa Karnaze, Rancho Bernardo	Division Finals
38-4	*Torrie Albini, San Pasqual	Valley Finals
38-3	*Fran Hunkin, Vista	Dual
37-8	Jackie Hudson, Madison	Dual
37-0 1/2	*Alyshia Tauanu'u, Morse	Division Prelims
36-8 1/2	**Tamara Matthews, Ramona	Valley Finals
36-6 1/2	*Daniela Coria, Calexico	Division Prelims
36-6	*Laura Burke, Fallbrook	Dual
35-9 3/4	Jackie Hudson, Madison	Division Finals
35-8	*Ashley Weber, El Camino	Dual
35-4	**Fale Afalava, Morse	Dual
35-4	**Shunisha McClinton, Rancho Bernardo	Palomar Finals
35-4	**Monica Hall, Rancho BV	Dual
35-4	Maggie Trogdon, Valley Center	Dual

## Discus

144-5	*Whitney DeWeese, Rancho BV	Division Prelims
128-11	*Melissa Karnaze, Rancho Bernardo	Dual
127-0	Kali Vandervort, Ramona	Valey Finals
123-11	Kelly Vurik, Rancho BV	Dual
123-6	***Danny Thu, Monte Vista	Arcadia
122-2	*Via Tupuola, Vista	Dual
120-1	Brittany Moon-Battung, Poway	Falcon
119-6	Samantha Singley, West Hills	Division Finals
118-11	Florida Hunt, El Camino	Dual
118-10	Lauren Laurent, El Camino	Division Finals
118-7	*Ashley Peters, Rancho Bernardo	Dual
118-6	*Megan Butler, Carlsbad	Avocado Finals
118-3	Shannon Young, Eastlake	Dual
117-5	**Dereka Winters, El Camino	Avocado Prelims
117-2	Taryn Hames, OLP	Western Finals
115-3	**Chastity Toilolo, Helix	Frosh-Soph
114-9	*Katy Crosswhite, Rancho BV	Dual
113-3	*Karina Carpio, Brawley	Dual
112-8	*Soli Gonzalez, Eastlake	Division Prelims



# 2003 State Meet Finalists (Top 9)

## Boys

100	5. Derrell Hutsona	Helix	10.75
200	3. Deun White	Helix.	21.36
400	2. Da'Sean Cunningham	Uni. City	47.50
	5. Deun White	Helix	48.32
	8. James Rhoades	Ramona	49.14
1,600	4. Troy Swier	Mar Vista	4:11.59
300IH	1. Brandon Bornes	Rancho BV	38.00
	4. Bryon Barmer	Helix	38.27
	7. Cory Dart	Granite Hills	38.63
4x100	5. University City		42.13
	9. El Camino		DNF
4x400	3. University City		3:16.34
	9. Helix		3:18.97
Pole Vault	2. Ryan McClain	Escondido	15-8
	4. Matt Steverson	Rancho Bern.	15-0
	9. Billy Matthies	Rancho Bern.	No Ht.
Long Jump	1. Derrell Hutsona	Helix	25-5 3/4
Triple Jump	9. Joey Hauser	Vista	45-4 3/4
Shot Put	1. Jared Bray	Mission Bay	63-3 1/4
	5. Nick Allotta	Rancho Bern.	59-7 3/4
Discus	4. Nick Allotta	Rancho Bern.	182-10

## Girls

100	6. Alicia Lowery	Morse	11.87
	7. Jolanda Diego	El Camino	11.95
200	4. Jolanda Diego	El Camino	23.84
400	5. Sharaka Lott	Uni. City	54.99
800	2. Kelly McCann	La Costa Cyn.	2:10.80
	8. Cassie Atkinson	El Capitan	2:13.09
1,600	8. Marie Raffray	San Dieguito	5:01.60
3200	1. Claire Rethmeier	San Pasqual	10:27.32
	9. Lindsay delaMontaigne	Rancho Bern.	10:55.15
100H	8. Jessica Eggleston	El Camino	14.74
4x100	4. El Camino		46.71
	9. Morse		47.61
Pole Vault	8. Ama Navidi	Rancho Bern.	12-0
Triple Jump	7. Jessica Eggleston	El Camino	38-10 3/4



# CIF-San Diego Section

## Track and Field Records

### Boys

Year	Event	Name, School	Mark
1992	100 Meters	Riley Washington, Southwest	10.30
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
1995	Pole Vault	Mike Brown, Torrey Pines	16-4
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
1990	Discus	Brent Noon, Fallbrook	200-8 (n)

### 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
1998	Pole Vault	Kathleen Donoghue, RB	12-8 1/4
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

NOTE: All section records must meet National Federation guidelines.



# 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	Uni. City	1996
10.45	Darron Norris	El Camino	1984
10.46	Ike Okenwa	Morse	1998
10.49	Paul Turner	Uni. 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
10.64h	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	Glen Reyes	Orange Glen	1989
10.72	Jamal Green	Oceanside	1995
10.73	Fiat Johnson	Serra	2002
10.73	Larry Miles	Crawford	1999
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
10.75	Stephan Coleman	RBV	1997

## 200 Meters

20.97	Ike Okenwa	Morse	1998
20.99	Vince Williams	Uni. 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
21.16	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
21.24hc	David Russell	Henry	1976
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 (21.2y)	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	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
21.55	Jamal Green	Oceanside	1995



## 400 Meters

46.85	Lydell Burston	Morse	1996
46.98 (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 (47.6)	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
48.09	Bryan Bartling	Grossmont	1997
48.10	Eric Robinson	Fallbrook	1985
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	1979
48.35	John Denny	Morse	1985
48.35	Marshall Evans	Mira Mesa	1991
48.34h	Devon Ward	University City	1998
48.34hc (48.5y)	Tom Agsten	Hoover	1963
48.40	Jay Hackett	Morse	1999
48.44	Ricky Sharpe	Mt. Carmel	1998
48.44hc (48.6y)	Donn Renwick	Grossmont	1964
48.44hc (48.6y)	Bruce Ruff	El Cajon	1967
48.44hc (48.6y)	Seneca Godwin	Kearny	1968
48.44hc (48.6y)	John Willson	Pt. Loma	1972
48.58	Boris McDaniel	Lincoln	2000
48.58	James Rhoades	Ramona	2003
48.59	Tom Brown	Castle Park	1989
48.66	Larry Brooks	Helix	1980
48.72	Eddie Thomas	Monte Vista	2001
48.74c	Vince Williams	Uni. City	1994
48.77	J. R. Price	San Pasqual	1998
48.78	Brent Wingrath	Mt. Carmel	1994

## 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
1:52.04hc (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
1:52.44hc (1:53.0y)	Dan Ungricht	Monte Vista	1967
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
1:53.45	Ben Aragon	West Hills	2001
1:53.61	Mohamed Aden	Kearny	1998
1:53.69	NicoCueva	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
1:53.97	Jimmy Ungricht	Fallbrook	2000
1:54.04	Nick Thornton	RBV	2000
1:54.23	Travis Jackowski	Mira Mesa	1992
1:54.25	Phil Smith	Henry	1988

## 1600 Meters

4:06.15	Meb Keflezighi	San Diego	1994
4:06.52	Shawn O'Neal	Oceanside	1980
4:08.36c	Daniel Das Neves	Helix	1992
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
4:05.5	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
4:10.0	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 Beck	Kearny	1970

## 3,200 Meters

8:42.94hc (8:45.2y)	Thom Hunt	Henry	1976
8:46.84hc (8:49.1yi)	Mark Dani	Valhalla	1986
8:50.54hc (8:53.8y)	Dale Fleet	Clairemont	1971
8:51.54hc (8:54.8y)	Terry Cotton	El Cajon	1972
8:51.94h	Mebrahtom Keflezighi	San Diego	1994
8:52.14hc (8:55.4y)	Tim Danielson	Chula Vista	1966
8:56.38	Marc Davis	San Diego	1987
8:56.34hc (8:59.6y)	Kirk Pfeffer	Crawford	1974
8:57.54hc (9:00.8y)	Ed Mendoza	Helix	1971
8:57.74hc (9:01.0y)	Otis Martin	Lincoln	1967
8:58.14hc (9:01.4y)	Armando Valencia	El Cajon	1980
8:58.94hc (9:02.2y)	Tom Davidson	El Cajon	1968
9:00.07	Sean Evans	Henry	1980
9:00.34hc (9:03.6y)	Don Olson	Monte Vista	1967
9:00.34hc (9:03.6y)	Jeff Woodland	La Jolla	1979
9:01.12	Jose Vega	Chula Vista	1982
9:01.74hc (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
9:05.94hc (9:09.2y)	Ricky Perez	Kearny	1977
9:06.24hc (9:09.5y)	Marc Keller	Helix	1977
9:06.32	Larry Henderson	Mira Mesa	1996
9:06.35	Devin Elizondo	Mission Bay	1994
9:07.14hc (9:10.4y)	Dave Carter	Monte Vista	1969
9:08.24hc (9:11.5y)	Robbie Lopes	Monte Vista	1986
9:08.14	Nazario Romero	San Pasqual	1992
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

### 110 Meter High Hurdles

13.86	Reggie DePass	Montgomery	1997
13.98	Jeff Hunter	Granite Hills	2001
14.08	Bobby Salimi	Rancho Bernardo	2000
14.19	Jake Kuritz	Torrey Pines	1995
14.24hc (14.0)	Bruce Mitchell	El Camino	1981
14.25	Steve Forte	El Camino	1995
14.28	Blake Frazier	University City	2002
14.29	Bryon Barmer	Helix	2003
14.31	Tony Golston	Pt. Loma	1999
14.31	Keith Williams	Escondido	1991
14.33	Travis Knox	San Dieguito	1984
14.34hc (14.1)	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	Michael Jones	Morse	1990
14.38	DarNell Talbert	Mt. Carmel	2001

### 300 Meter Intermediate Hurdles

36.25	Jeff Hunter	Granite Hills	2001
36.44	Kevin Jones	Mt. Miguel	1988
36.82	Felix Sanchez	Uni. City	1995
36.98	Tony Golston	Pt. Loma	1999
37.00	Tracy Smith	RBV	1997
37.04 (36.9)	Keith Williams	Escondido	1991



37.20	Jay Taylor	St. Augustine	1985
37.22	Reggie DePass	Montgomery	1996
37.27	Bobby Salimi	Rancho Bern.	2000
37.34	Brandon Bornes	Rancho BV	2003
37.47	Brian Fell	Rancho Bern.	1995
37.89	Michael Jones	Morse	1990
37.92	Jake Kuritz	Torrey Pines	1995
37.98	Steve Forte	El Camino	1994
38.05	Terry Herron	Oceanside	1985
38.14h	Dexter Monroe	Henry	1989
38.21	Tyrae Jones	El Camino	2002
38.24h	Travis Knox	San Dieguito	1985
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
38.44h	Mario O'Conner	Escondido	1989
38.46h	Osmond Swanegan	Morse	1986
38.47	James Travis	Orange Glen	1998
38.49	Bruce Stone	Uni. City	1986
38.53	Jason Anderson	San Diego	1991
38.55	Richard Bravin	Valhalla	1997
38.64	Jerry Black	Uni. 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
3:14.69	Henry	1994
3:15.08	Morse	1998
3:15.34hc (3:16.4y)	Morse	1977
3:15.48	Uni. City	1995
3:15.54	Morse	1987
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	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	Jason Gatewood	RBV	1999
6-9	Johnny Green	Lincoln	1979
6-9	Dean Owens	El cajon	1970



## Pole Vault

16-4	Mike Brown	Torrey Pines	1995
16-2	Travis Offner	Mt. Carmel	2000
16-1	Billy Matthies	Rancho Bernardo	2003
16-1	Pat Alduenda	Ramona	1987
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
15-7	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
15-5	Brian Chase	Granite Hills	1989
15-5	David Fipp	La Jolla	1993
15-4	Tim Warner	Carsbad	2002
15-4	Chris Burns	Poway	1997
15-3	Sean Hickey	Fallbrook	1985
15-2 1/2	Jeff Mulligan	San Dieguito	1984
15-2	Wes Stephens	Orange Glen	1990
15-2	Scott Shimooka	San Pasqual	1991
15-1 1/4	Bill Jorgensen	Orange Glen	1973
15-1	Scott Johnston	Mt. Carmel	1985

## Long Jump

25-5 1/4	Doyle Steele	San Diego	1966
25-5	Jerome Price	Uni. 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 Westbrook	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
49-5	Keno White	Rancho Bernardo	2001
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
48-2	Anthony Sanford	Lincoln	1996

### Shot Put

76-2	Brent Noon	Fallbrook	1990
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
62-7 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

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
183-8	Jonathon Ward	Poway	1999
183-5	Daniel Schaerer	Bishop's	2003
18-0	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

## 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
11.79	Yolanda Diego	El Camino	2003
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	Morse	1987
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

## 200 Meters

23.16	Monique Henderson	Morse	2001
23.18	Jackie Thompson	Lincoln	1972
23.84	Jolanda Diego	El Camino	2003
24.06	Kim Matthews	Morse	1987
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
24.55	Shakara Lott	Uni. City	2003
24.60c	Ellen Jones	Mt. Miguel	1981
24.62	DeCola Groce	Morse	1997



24.63	Monica Henderson	Morse	1990
24.64	Zikarra Beverly	USDHS	2001
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
24.82	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
24.94hc (24.8y)	Tracy Scott	Crawford	1979

### 400 Meters

50.74	Monique Henderson	Morse	2000
53.53	Janice Wiser	La Jolla	1974
54.09	Lana Garner	Morse	1996
54.29	Allison Dring	Mt. Carmel	1990
54.79	Charlotte Zepherin	Morse	1980
54.99	Shakara Lott	Uni. City	2003
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
56.46	Miriam White	Southwest	1985
56.54h	Karen Nielsen	Valhalla	1984
56.59	Sabrina Edge	Rancho BV	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
56.69	Janie James	Monte Vista	2003
56.73	Katina Bugg	Henry	1990
56.74	Nastassja Hall	RBV	2001
56.94hc (57.1y)	Helen Fulton	Bonita Vista	1977
56.95	Aroline Neal	Rancho BV	1998
56.99	Naomi Mattos	Fallbrook	2001
57.04	Denisha Bryant	Mt. Miguel	2002
57.04hc (57.2y)	Vanessa Thompson	San Diego	1976
57.14h	Camille Dredge	Torrey Pines	1999
57.15	Maisha Stevenson	Pt. Loma	1989

## 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
2:12.14 (2:12.0c)	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
2:12.80	Tracy Baker	Monte Vista	1983
2:12.99	Dani Schuster	Torrey Pines	2003
2:13.09	Cassie Atkinson	El Capitan	2003
2:13.26	Kristi Bache	University	1988
2:13.44hc (2:14.0y)	Nel Griffith	Henry	1980
2:13.48	Charity Stowell	Mt. Carmel	1990
2:13.68	Susan Scott	Mt. Carmel	1991
2:13.98	April Montgomery	Helix	2003
2:14.10	Dorit Fehrensen	La Jolla	1982
2:14.40	Desiree Davila	Hilltop	1999
2:14.44	Gina Westby	Torrey Pines	1988

## 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
4:53.66c	Kristi Bache	University	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
4:55.59	Claire Rethmeier	San Pasqual	2003
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
4:56.43	Julie Komosinski	Torrey Pines	1999
4:56.77	Jessie Ooms	Uni. City	2003
4:57.88	Sandy Blakeslee	Vista	1983
4:59.21	Tricia Mattson	Fallbrook	1997



4:59.27	Marie Raffray	San Dieguito	2003
4:59.34	Stephanie Fedorchak	Fallbrook	1984
4:59.94	Kristina Hand	Fallbrook	1987
5:00.31	Lorin Scott	San Pasqual	2003

### 3,200 Meters

10:24.23	Kira Jorgensen	Vista	1987
10:24.61	Milena Glusac	Fallbrook	1991
10:27.32	Claire Rethmeier	San Pasqual	2003
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 Bern.	2000
10:40.12	Maureen Winner	Torrey Pines	1984
10:40.34	Desiree Davila	Hilltop	2001
10:40.66	Nicole Nugent	Torrey Pines	1987
10:41.34 (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	Rancho BV	1989
10:43.8	Lori Giacinti	USDHS	1997
10:45.48	Melissa Keim	San Pasqual	1993
10:44.44hc (10:47.7y)	Cheryl Flowers	Valhalla	1979
10:46.54hc (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
14.35	Erin Blunt	San Pasqual	1992
14.49	Andria Booker	El Camino	1998
14.54	Kim Dill	Poway	1990
14.69	Alishia Carter	Rancho Bernardo	1998
14.70	Laiyah Blue	Granite Hills	2003
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
15.16	Ashleigh Davis	El Camino	2003
15.17	Lisa Shepard	Orange Glen	1993
15.17	Maggie Escudero	El Capitan	1999
15.19	Kori Joiner	Rancho Bern.	1994
15.24	Carlene Jones	Morse	1994
15.25	Audrey Pound	Poway	2001

15.28	Breanna White	Rancho Bernardo	2003
15.30	Cheryl Hawkins	Morse	2002
15.30	Bryeanna Barmer	Helix	2001
15.32	Nikki Dulin	Rancho Bernardo	2000
15.32	Melissa McGrath	Rancho Bernardo	1999
15.32	Sharita Williams	El Camino	1997
15.34	Stacy Surratt	Rancho Bernardo	1994
15.36	Tisha Matthews	El Camino	1998
15.37	Brandie Scott	Crawford	1996
15.39	Dana Blackwood	Valhalla	1993

### 300 Low Hurdles

42.26	Gail Devers	Sweetwater	1983
42.69	Erin Blunt	San Pasqual	1991
43.04	Tanisha Johnson	Eastlake	2000
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
44.53	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
44.90	Julie Cartere	Southwest	1982
44.90	Erin DeHahn	Hilltop	1999
44.91	Annie King	La Jolla	1981
44.94	Nikki Dulin	Rancho Bernardo	1998
44.98	Darla Vaughn	Mira Mesa	1986

### 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
46.89	Morse	1987



46.99	Morse	1995
47.00c (47.20y)	Crawford	1978
47.03	El Camino	2002
47.12	Morse	1989
47.33	Morse	1991
47.38	Morse	2003
47.41	Morse	1982
47.45	Morse	1985
47.48	Morse	1997
47.54	Morse	1999
47.60	Helix	2002
47.62	El Camino	2000
47.65	Lincoln	1998
47.68c (47.88y)	Morse	1977
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
3:53.43	Morse	1997
3:53.44	Mt. Carmel	1992
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	Lynn Patrick	Serra	1988
5-9	Lisa Underhill	RBV	1997
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

## Pole Vault

13-3	Tracy O'Hara	Rancho Bernardo	1998
12-8 1/4	Kathleen Donoghue	Rancho Bernardo	1999
12-3	Janea Russ	Granite Hills	2002
12-3	Molly Pascarella	Rancho Bernardo	2001
12-2 1/2	Natalie Dennison	Rancho Bernardo	1999
12-1	Ama Navidi	Rancho Bernardo	2003
12-0	Kate Mattoon	Rancho Bernardo	2003
12-0	Erin Asay	Sweetwater	2001
11-9	Eva Tanner	Grossmont	2002
11-9	Kylene Nixon	Poway	1997
11-8	Julie Stuart	Grossmont	1998
11-7	Rebecca Adams	Rancho Bernardo	2003
11-7	Becky Gausepohl	Fallbrook	2003
11-7	Kara Filipowski	Valhalla	2003
11-6	Marissa Earle	Rancho Bernardo	2001
11-6	Julie Hudlow	Rancho Bernardo	2000
11-3	Julia Preston	Poway	2000
11-2	Betsy Halliburton	Torrey Pines	2001

## 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



## 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
39-2 1/4	Shadesia Pearman	Mt. Miguel	1993
39-2	Stacy Thompson	Morse	1988
39-1 1/4	Sherita Williams	El Camino	1997
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
38-2	Cherise Poole	Henry	1987

## 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
42-11 1/2	Susan Compton	Marian	1980
42-8 1/4	Mulu Tosi	Morse	1989
42-3	Michelle Campbell	Crawford	1987
42-2	Amber Hood	Morse	2001
41-8 3/4	Liz Mueller	Vista	1980
41-8	Pam Masterson	Carlsbad	1980
41-7 3/4	Starla Ahu	Vista	1987

## 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
144-5	Whitney DeWeese	Rancho BV	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
142-4	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

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

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
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**300 Intermediate Hurdles**

2003	Brandon Bornes	Rancho BV	37.34
2001	Jeff Hunter	Granite Hills	36.25
1991	Keith Williams	Escondido	37.28

**400 Relay**

2001		Helix	41.17
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**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	14-2 1/4
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	Rancho BV	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**

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**

1999	Dan Ames	El Capitan	199-9
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**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
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**300 Intermediate Hurdles**

2003	Brandon Bornes	Rancho BV	37.34
2001	Jeff Hunter	Granite Hills	36.25
1991	Keith Williams	Escondido	37.28

**400 Relay**

2001		Helix	41.17
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**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	14-2 1/4
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	Rancho BV	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**

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**

1999	Dan Ames	El Capitan	199-9
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# STARS OF THE PAST



Sweetwater High's Aiga Marie Taumua set the section record in the girls shot put at 46-10½ in 2001.



# HIGH SCHOOL SPORTS ASSOCIATION

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## Salutes Track and field Coaches of the Year



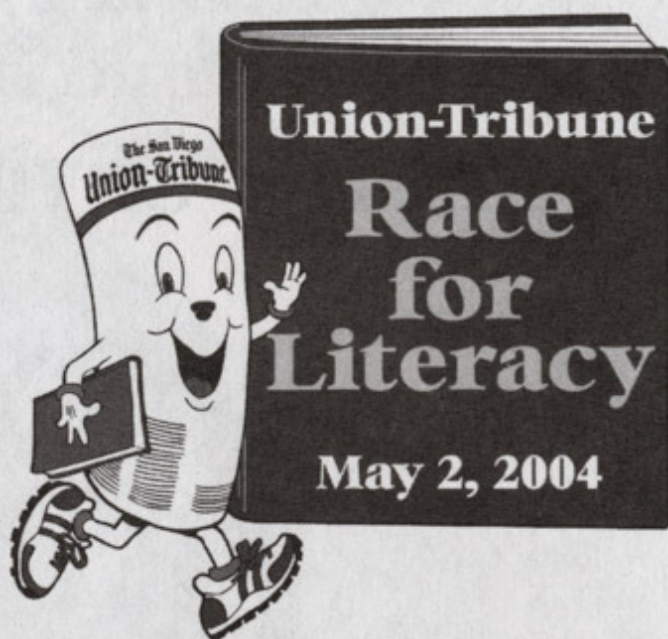
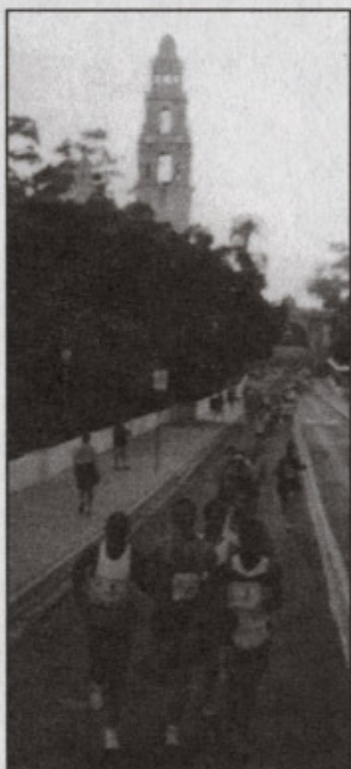
**USDHS's Dan Geiger**



**El Camino's Jeremey Gee**



# CELEBRATE READING BY RUNNING.



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, on Sunday, May 2. All proceeds benefit the San Diego Council on Literacy, which provides reading programs to more than 100,000 San Diegans.

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The San Diego  
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**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*

**Test your knowledge of the San Diego USATF Association with this short quiz:**

- 1) We recognized five track & field member athletes who ranked in the top ten in the world in their events in 2003. Who were they?
- 2) Paul Greer conducted a seven-race Dirt Dogs Cross Country Series in 2003. How many members competed?
- 3) What member dominated U.S. race walking last year? How many National Championships did he win?
- 4) How many individual Masters (over age-40) National Outdoor Track & Field Champions came from our Association?
- 5) In what event, and in what year, did our youth chairman, Arnie Robinson, win an Olympic Gold Medal?
- 6) How many certified officials does our Association have available for major meets?


**The answers are below. How did you do?**

- 0-2) You are spending too much time training. Visit our website [www.sandiegousatf.org](http://www.sandiegousatf.org) more often.
- 3-4) Good work. If you are not a member, go to our website [www.sandiegousatf.org](http://www.sandiegousatf.org) and join.
- 5-6) We can use someone as knowledgeable as you. Go to our website [www.sandiegousatf.org](http://www.sandiegousatf.org) and become a volunteer.

For the latest schedules, news, or membership information, check [www.sandiegousatf.org](http://www.sandiegousatf.org), or call (619)275-6542. Join almost 1500 members of San Diego USATF in conducting a sport for a lifetime.

- 1) Kenta Bell (TJ), Carl Brown (DT), Miesha McKelvy (100H), Jamie Nieto (HJ), Tyree Washington (400)
- 2) 161
- 3) Curt Clausen, 6
- 4) 12
- 5) Long Jump, 1976
- 6) 105 and counting





*Derrell Hutson  
Helix High School*

**For updates, call  
Steve Brand at  
(619) 293-1854.**

*The San Diego*  
**Union-Tribune.**