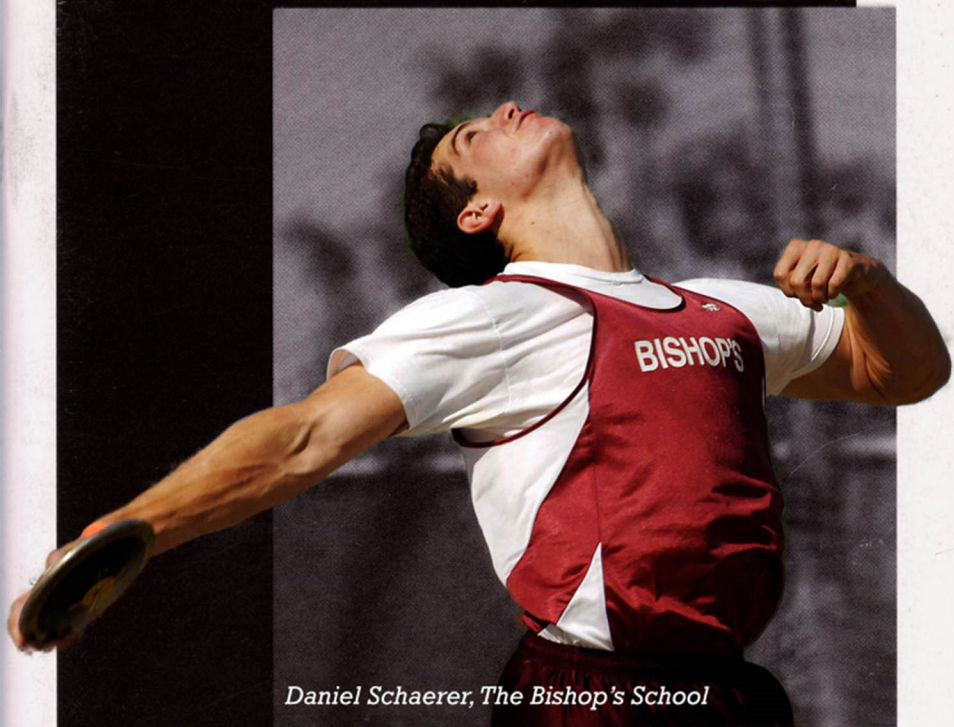


2005



Daniel Schaerer, The Bishop's School

The San Diego
Union-Tribune.

TRACK & FIELD GUIDE

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 (Jones, Carter, Pinson, Burston)	Morse	1:03
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
2004	Discus	Daniel Schaerer, Bishop's	206-5

Girls

Year	Event	Name, School	Mark
1984	100 Meters	Gail Devers, Sweetwater	11.51
2001	200	Monique Henderson, Morse	23.16
2000	400	Monique Henderson, Morse	50.74
1985	800	Lesley Noll, Mt. Carmel	2:08.00
1986	1,600	Darcy Arreola, Grossmont	4:42.77
1987	3,200	Kira Jorgensen, Vista	10:24.23
1984	100H (30')	Gail Devers, Sweetwater	13.41
2003	100H (33')	Jessica Eggleston, El Camino	14.28
1983	300H	Gail Devers, Sweetwater	42.26
1977	4x100 Relay	Crawford (Young, Reed, Gaston, Lovelady)	45.94*
1996	4x400 Relay	Morse (Rankin, Henderson, Groce, Garner)	3:49.12h
1978	High Jump	Sue McNeal, Carlsbad	5-10 1/4
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.

Acosta leads the way

If the 2004 cross country season is any indication, this could be a huge year for El Camino's A.J. Acosta.

And if last spring is any indication, lots of others.

Acosta just got better and better as the cross country season progressed, winning the section Division I title, finishing second in the state and capping his year with a 9th place finish in the Foot Locker National Cross Country Championships in front of his home fans.

If Acosta shows the same kind of improvement on the track, look out record book.

Last spring the Wildcat junior ran the fastest 800 (1:53.89) and 1600 (4:12.31) times of the season before focusing on the 1600 in Sacramento where he finished in fifth at 4:20.35.

The 800 was loaded last year and is expected to be the deepest event this season. Acosta is joined in the Sub-1:57 Club by San Pasqual's Jesse O'Brien (1:54.34), El Camino teammate Randy Pensinger (1:55.56), Granite Hills' Nate Porter (1:56.08), Vista's Alejandro Vargas (1:56.42) and Patrick Henry's Riley O'Neal (1:56.76).

Helix's Dax Danns appears to be the area's next great sprinter after winning the 100 in 10.89; Morse's Darius Savage is looking for 60 feet in the shot put and 200 foot in the discus; El Camino's Derek Scott (15-10) and Granite Hills' Scott Finley (15-6) return in the vault; section champ Franklin Gladney of El Camino is back in the triple jump (46-7) and Coronado's versatile Reid McLean returns as the top long hurdler (38.94).

For the girls, University City's Shakara Lott hopes to defend her 400-meter title with an eye on the 200 and maybe even the 100 as well. Southwest's Rashaunna Amos is ready for a sizzling season in the 100 and 200 as well.

Elsewhere, La Costa Canyon's Kelly McCann looks to dip under 2:12 in the 800; 5-7 1/2-high jumper Lindsey Whetstone of Mt. Carmel is back; a wave of pole vaulters return led by Rancho Bernardo's Kate Mattoon (12-1) and section long jump champ Mia Mobley (17-9 1/2) of Mt. Carmel will also defend.

Thanks, Thanks, Thanks.

This book would not be possible without advertisers like The San Diego Union-Tribune; Foot Locker, well-known for conducting the National Cross Country Championships; premier track equipment manufacturer Gill Athletics; The High School Sports Association of San Diego; Movin' Shoes and the San Diego chapter of USA Track and Field (USATF). 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: Daniel Schaerer, male athlete of the year

Back page: Claire Rethmeier, female track athlete of the year

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

2004 Boys Leaders

100 (fully Electronic)

10.62	**Dax Danns, Helix	State Prelims
10.79	Tre'Dale Tolver, Mira Mesa	CIF Prelims
10.90	**Dustin Driscoll, El Centro Southwest	CIF Prelims
10.94	*Craig Sheppard, San Pasqual	Dual
10.98	D.J. Clark, El Camino	Sundevil
11.05	Marvel Wynne, Poway	Dual
11.06	Vinnie Weathers, Serra	CIF Prelims
11.07	*Luis Arosemena, Vista	Palomar Finals
11.09	Dante Brooks, Steele Canyon	Orange Glen
11.14	*Preston Elrod, Rancho Bernardo	Palomar Prelims
11.15	*Andre Springfield, Uni. City	Dual
11.18	***Chris Daniels, Serra	Eastern Finals
11.18	Wade Jennings, Ramona	Valley Finals
11.20	Duane Jackson, Point Loma	CIF Prelims
11.20	**Steve Cooper, Uni. City	CIF Prelims
11.21	Norman Yang, Torrey Pines	Palomar Prelims
11.23	**Brandon Sullivan, Poway	Palomar Prelims
11.24	*Zach Kaplan, La Jolla	Dual
11.26	*Charles Tyler, West Hills	Orange Glen
11.27	John Parker, Ramona	CIF Prelims
11.27	**Scooter Belasco, Torrey Pines	Palomar Prelims
11.28	Tommy Long, Steele Canyon	Sundevil
11.28	*Cory Thompson, Monte Vista	Orange Glen
11.28	**Isaac Sims, Uni. City	Eastern Finals
11.30	*Isaac Blum, Torrey Pines	Palomar Prelims
11.30	Jeremy Wright, Uni. City	CIF Prelims
11.31	*Darrick Jackson, Escondido	Orange Glen
11.36	**Jeff Freeman, Mt. Miguel	CIF Finals
11.44	Cory Shafer, West Hills	Sundevil
11.45	Senay Hagas, Madison	Harbor Finals

200

21.61	Tre'Dale Tolver, Mira Mesa	Eastern Finals
21.65	**Dax Danns, Helix	State Prelims
22.01	James Rhoades, Ramona	State Prelims
22.01	Marvel Wynne, Poway	Palomar Prelims
22.08	D.J. Clark, El Camino	Arcadia
22.08	Austin Fowler, Uni. City	Eastern Finals
22.19	Andrew Denny, Mt. Carmel	CIF Prelims
22.25	Norman Yang, Torrey Pines	CIF Prelims
22.28	*Steve Cooper, Uni. City	Eastern Finals
22.28	Cory Shaffer, West Hills	CIF Prelims
22.30	*Charles Tyler, West Hills	CIF Finals
22.33	*Johnny Cooks, Scripps Ranch	Western Finals
22.38	*Luis Arosemena, Vista	Palomar Finals

22.46	*Marcellus Sims, Uni. City	CIF Finals
22.50	Evin Groves, Sweetwater	Runge
22.53	**Dustin Driscoll, E.C. Southwest	CIF Prelims
22.53	**Stan Griffin, Mt. Carmel	CIF Finals
22.55	**Scooter Belasco, Torrey Pines	Palomar Prelims
22.56	Mike Hurst, Mira Mesa	Eastern Prelims
22.64	***Virdal Moon, Monte Vista	Grossmont Finals
22.70	Ashley Smith, Scripps Ranch	Western Finals
22.72	*Andre Springfield, Uni. City	Dual
22.73	Wade Jennings, Ramona	CIF Finals
22.74	***Chris Daniels, Serra	CIF Finals
22.75	*Mike Elrod, Poway	Sundevil
22.77	Dwayne Jackson, Point Loma	CIF Finals
22.80	**Brandon Sullivan, Poway	Palomar Finals

400

48.10	Marvel Wynne, Poway	CIF Finals
48.97	Austin Fowler, Uni. City	CIF Prelims
49.02	*Durrán Moore, Mt. Miguel	CIF Finals
49.19	**Dax Dannels, Helix	Runge
49.20	Dani Minkoff, San Pasqual	CIF Finals
49.46	*Brandon Ryan, USDHS	CIF Prelims
49.94	Joe Gaines, Bonita Vista	Metro League
50.02	Mike Hurst, Mira Mesa	Eastern Prelims
50.12	*Mitch Plueger, Mt. Carmel	CIF Prelims
50.15	*Reid McLean, Coronado	Harbor Finals
50.16	Ryan Estes, Mt. Carmel	CIF Finals
50.22	Cory Shaffer, West Hills	Orange Glen
50.23	**Daniel Lofton, Poway	Palomar Finals
50.25	Jacolby Cross, Point Loma	Eastern Finals
50.28	Jack Dollard, USDHS	CIF Prelims
50.62	***Tony Hodges, Vista	CIF Prelims
50.68	James Mitchell, Uni. City	CIF Prelims
50.80	Aaron Williams, Mira Mesa	Eastern Finals
50.93	John Vassilakas, San Marcos	Palomar Finals
50.97	*Mark Porter, Granite Hills	Orange Glen
51.00	*Leo Holmes, Chula Vista	CIF Prelims
51.09	Andre Bourque, Fallbrook	Orange Glen
51.11	Harlan Saiz, Bonita Vista	Dual
51.13	**Cliff Waller, Grossmont	CIF Prelims
51.13	*Marcellus Sims, Uni. City	Eastern Prelims
51.16	Andre Williams, Henry	Eastern Prelims
51.19	*Matt Dollard, USDHS	CIF Prelims
51.36	Bretton Williams, San Dieguito	CIF Prelims
51.45	D.J. Clark, El Camino	Dual
51.54	Kevin Ott-Wright, Scripps Ranch	Falcon
51.61	**Matt Emmel, Clairemont	Harbor Finals
51.63	**Robert Christianson, St. Augustine	Western Finals

800

1:53.89	**A.J. Acosta, El Camino	CIF Finals
1:54.37	**Jesse O'Brien, San Pasqual	CIF Finals
1:55.56	*Randy Pensinger, El Camino	Arcadia
1:55.67	Javier Diaz, Sweetwater	CIF Finals
1:56.08	*Nate Porter, Granite Hills	CIF Finals
1:56.42	**Alejandro Vargas, Vista	Dual
1:56.76	**Riley Oneal, Patrick Henry	CIF Finals
1:57.12	Paul Coover, La Jolla	CIF Prelims
1:57.13	Tyler Searles, Bishop's	CIF Finals
1:57.3	*Andy Gausepohl, Fallbrook	Avocado Finals
1:57.62	A.J. Fenlason, Rancho Bernardo	CIF Finals
1:57.93	Edgar Llanes, Sweetwater	CIF Finals
1:57.95	***David Edwards, Poway	Dual
1:58.0	Troy Swier, Mar Vista	Dual
1:58.05	Oscar Ignacio, San Marcos	Titan
1:58.23	*Tyler Buck, Valley Center	Orange Glen
1:58.50	*Josh Teitsch, Uni. City	CIF Finals
1:58.66	*Jake Ruzevick, Coronado	Titan
1:58.85	**Riley Booker, Uni. City	Eastern Prelims
1:58.86	*Ben Johnson, Point Loma	Eastern Finals
1:59.10	***Jeree Henry, RBV	Palomar Finals
1:59.38	Aaron Gonzalez, Vista	Dual
1:59.8	Travis Teitsch, Uni. City	Dual

1,600

4:12.22c	Troy Swier, Mar Vista	Cal Poly
4:12.31	**A.J. Acosta, El Camino	CIF Finals
4:18.74c	**Riley Booker, Uni. City	Stanford
4:19.89	Ryan Becijos, Bonita Vista	CIF Finals
4:21.22	*Randy Pensinger, El Camino	CIF Prelims
4:22.11	Andre Castillo, Rancho Bernardo	CIF Prelims
4:22.67	Garrick Frew, Helix	CIF Prelims
4:22.84	Jose Lopez, San Diego	CIF Prelims
4:22.88	**Marco Anzures, St. Augustine	CIF Prelims
4:22.97c	*Ahmed Osman, San Diego	Otay Ranch
4:23.21	*Jake Ruzevick, Coronado	CIF Finals
4:23.57	Travis Teitsch, Uni. City	Eastern Finals
4:23.91	Billy Scott, West Hills	CIF Prelims
4:24.02	Taylor Searles, Bishop's	CIF Prelims
4:24.3	Ryan Richter, Vista	Azusa-Pacific
4:24.70	*Kyle Bruser, Patrick Henry	Eastern Finals
4:25.24	Jeff Wilson, El Camino	Avocado Finals
4:25.81	*Murat Kayali, La Jolla	Western Finals
4:26.4	*Chris Jacobs, Vista	Azusa-Pacific
4:26.7	*Ramsey Ali, La Costa Canyon	Avocado Finals

4:26.81	Gavin Coleman, Poway	Palomar Prelims
4:27.05	Ryan Graddy, Torrey Pines	Dual
4:27.5	*Jake LeVieux, La Costa Canyon	Avocado Finals
4:27.8	Aaron Gonzalez, Vista	Azusa-Pacific
4:28.2	**Jesse O'Brien, San Pasqual	Dual
4:28.36	Matt Schubert, Rancho Bernardo	Dual
4:28.87	Brett Thomason, Rancho Bernardo	Palomar Prelims
4:28.92	Alex Petros, RBV	Dual
4:29.07	*Ben Schuster, Torrey Pines	Palomar Prelims
4:29.56	*Thomas Thys, Escondido	Dual

3200

9:08.29c	Babey Wagnew, Helix	Arcadia
9:26.58	**Ahmed Osman, San Diego	CIF Finals
9:27.13	*Kyle Bruser, Patrick Henry	CIF Finals
9:28.89	Troy Swier, Mar Vista	CIF Prelims
9:30.70	*Murat Kayali, La Jolla	CIF Finals
9:32.34	Travis Teitsch, Uni. City	CIF Prelims
9:32.34	Jeff Wilson, El Camino	CIF Prelims
9:36.75	Ryan Graddy, Torrey Pines	CIF Prelims
9:38.33	Jose Lopez, San Diego	Eastern Finals
9:41.13	*Matt Shaughnessy, La Costa Canyon	Orange Glen
9:41.34	Brett Thomason, Rancho Bernardo	Palomar Finals
9:42.43	C.J. Hersh, Torrey Pines	Palomar Finals
9:45.54	*Jake LeVieux, La Costa Canyon	CIF Prelims
9:45.57	Matt Schubert, Rancho Bernardo	Palomar Finals
9:45.71	**Kyle Suarez, St. Augustine	Dual
9:46.0	**A.J. Acosta, El Camino	Dual
9:46.15	*Colton Tully-Doyle, Rancho Bernardo	CIF Prelims
9:47.23	*Thomas Thys, Escondido	Titan
9:47.72	Alex Petros, RBV	Titan
9:48.44	**Raj Mundae, Orange Glen	Orange Glen
9:49.53	Matt Recker, Fallbrook	Sundevil
9:50.08	D.J. Martin, Torrey Pines	Dual
9:51.46	***Erik Avila, Bonita Vista	CIF Prelims
9:51.57	Jason Baum, RBV	Titan
9:51.77	**Riley Booker, Uni. City	Runge

110HH

14.03	Bryon Barmer, Helix	State Final
14.63	Mike Mateljan, Fallbrook	CIF Finals
14.79	Sean Pentz, Poway	CIF Prelims
14.83	B.J. Roberson, Hilltop	CIF Prelims
14.90	Desi Burt, Serra	CIF Finals
15.16	*Matt Loustalet, Granite Hills	Dual
15.18	Daniel Chang, Bonita Vista	Titan
15.36	Fred Santistevan, Valley Center	CIF Finals

15.44	*Kevin Palmer, Monte Vista	CIF Finals
15.49	*Chris Costa, Granite Hills	CIF Prelims
15.54	Rodrigo Villalon, E.C. Southwest	CIF Finals
15.58	Ryan Groth, Bonita Vista	Valley Center
15.60	*Michael Inclan, Chula Vista	CIF Prelims
15.60	*Glen Woods, LJCD	CIF Finals
15.62	*Derick Barkham, Brawley	Orange Glen
15.63	*Ferrari Welch, Sweetwater	Metro Finals
15.72	Gabe Gonzalez, St. Augustine	CIF Finals
15.72	*Martin Smalls, Hoover	CIF Prelims
15.73	Mike Menke, Vista	Palomar Prelims
15.79	**Tray Martin, Serra	CIF Finals
15.8	**Jarrel Davis, El Camino	Dual
15.81	*Adam Valenzuela, Valley Center	Sundevil
15.88	*Edward Saddler, Serra	Mt. SAC
15.88	Tyler Phillips, La Costa Canyon	Sundevil
15.91	**Ausbaldo Carrales, Central	CIF Finals
15.93	*Jonathon Meeker, Eastlake	Metro Finals
15.94	**Stephan Carr, Eastlake	CIF Prelims

300IH

38.94	*Reid McLean, Coronado	CIF Finals
39.22	Kevin Ott-Wright, Scripps Ranch	CIF Finals
39.31	Gabe Gonzalez, St. Augustine	CIF Finals
39.33	Fred Santistevan, Valley Center	CIF Finals
39.49	*Nick Montemarano, La Jolla	CIF Prelims
39.54	*Chris Costa, Granite Hills	CIF Finals
39.56	Rodrigo Villalon, E.C. Southwest	CIF Prelims
39.9	Bryon Barmer, Helix	Dual
40.11	B.J. Roberson, Hilltop	CIF Prelims
40.13	*Matt Loustalet, Granite Hills	Arcadia
40.16	Mike Mateljan, Fallbrook	Orange Glen
40.18	**Robert Archibold, Monte Vista	Avocado Finals
40.49	Aaron Smith, Point Loma	Eastern League
40.51	Jhn Vassilakas, San Marcos	Palomar Finals
40.56	Joe Tidwell, Poway	Palomar Finals
40.75	Dominique Younger, Vista	CIF Finals
40.87	*Bersain Gutierrez, Bonita Vista	Orange Glen
40.93	*Scott Jeffers, Torrey Pines	CIF Prelims
40.97	Tyrone Daniels, Mar Vista	Metro Finals
41.0	Robert Shackelford, Mt. Carmel	Dual
41.4	**Jovan Plamenac, San Pasqual	Dual
41.47	Sam Dunn, Madison	CIF Prelims
41.48	*James Pope, Brawley	CIF Prelims
41.5	**Jarrel Davis, El Camino	Frosh-soph
41.51	**Christopher Jackson, El Cajon Valley	Sundevil

4x100 Relay

42.19	Mira Mesa	CIF Finals
42.22	Helix	CIF Prelims
42.29	University City	CIF Finals
42.47	Poway	CIF Finals
42.67	Mt. Miguel	CIF Finals
42.74	Torrey Pines	Palomar Finals
43.03	West Hills	CIF Finals
43.04	Scripps Ranch	Orange Glen
43.08	Mount Carmel	CIF Finals
43.26	Steele Canyon	Orange Glen
43.37	Bonita Vista	Metro Finals
43.42	Monte Vista	CIF Finals
43.45	Morse	CIF Prelims
43.45	Mission Bay	CIF Prelims
43.53	San Pasqual	Valley Finals
43.53	Ramona	Sundevil
43.57	El Camino	Dual
43.65	Chula Vista	CIF Prelims
43.70	Fallbrook	CIF Prelims
43.72	Vista	Palomar Finals
43.76	Rancho Bernardo	CIF Prelims
43.8	Central	IVL Finals
43.84	USDHS	Western Finals
43.86	Madison	CIF Prelims
43.91	Eastlake	Metro Finals
44.00	Point Loma	CIF Prelims

4x400 Relay

3:20.09	Poway	CIF Finals
3:21.20	Ramona	CIF Finals
3:21.21	University City	CIF Prelims
3:21.37	San Pasqual	CIF Prelims
3:21.57	Mount Carmel	CIF Prelims
3:21.84	Fallbrook	CIF Finals
3:22.03	USDHS	CIF Finals
3:24.99	Torrey Pines	Palomar Finals
3:25.21	Bonita Vista	CIF Prelims
3:25.22	Central	CIF Finals
3:25.81	El Cajon Valley	Grossmont Finals
3:27.1	Helix	Dual
3:27.68	Vista	Palomar Finals
3:28.13	Rancho Bernardo	CIF Finals
3:28.62	West Hills	CIF Prelims
3:30.02	Sweetwater	Metro Finals
3:30.11	St. Augustine	CIF Finals
3:30.27	Scripps Ranch	Sundevil
3:30.27	Patrick Henry	CIF Prelims

High Jump

6-9	Desi Burt, Serra	Dual
6-6 1/2	*Nathan Gwozdz, La Jolla	Dual
6-6	*Adam Munns, Coronado	Orange Glen
6-6	Mike Okenwa, Morse	CIF Finals
6-5	Mike Edmondson, West Hills	Grossmont Finals
6-5	Alex Fuller, Orange Glen	Otay Ranch
6-5	*Craig Hardy, San Pasqual	Valley Finals
6-5	Roger Endreson, Mount Carmel	Dual
6-4	*Justin Johnson, St. Augustine	Western Finals
6-4	Mark Brownstead, Mount Carmel	Dual
6-4	Mike Menke, Vista	Dual
6-4	Ben Pedersen, San Marcos	Dual
6-3	*Reid McLean, Coronado	Dual
6-2	**Keith Jensen, Rancho Bernardo	Dual
6-2	*C.J. Reed, West Hills	Dual
6-2	**Tray Martin, Serra	Dual
6-2	Kurt Kathol, USDHS	Sundevil
6-2	Brad Daugherty, Julian	Coastal Finals
6-2	*Ben Hobbs, CALD	Dual
6-2	Alex Lewis, LJCD	Coastal Finals
6-2	*Sibit Lam, Mira Mesa	Dual
6-2	Zane Thurston, Ramona	Dual
6-2	Arian Foster, Mission Bay	Dual

Pole Vault

16--0	Matt Steverson, Rancho Bernardo	Dual
15-10	*Derek Scott, El Camino	Dual
15-9	Jonathon Hori, Escondido	Dual
15-6	*Scott Finley, Granite Hills	CIF Finals
15-0	Steve Nemecek, Chula Vista	Orange Glen
14-8	*Jeff Coover, La Jolla	CIF Prelims
14-8	*Joon Park, Rancho Bernardo	CIF Finals
14-6	Joe Ziomek, Eastlake	Dual
14-6	Charlie Johnson, Rancho Bernardo	Dual
14-6	Jared Secrist, Mount Carmel	Dual
14-4	Arnie Tucker, Calvin	CIF Finals
14-4	Scott Engelmann, San Pasqual	CIF Prelims
14-1	Tim Montgomery, El Capitan	Grossmont Prelim
14-1	*David Freund, Rancho Bernardo	Dual
14-1	Travis Vongsawad, Vista	Dual
14-0	Alexander Smith, Poway	CIF Finals
14-0	Alex Galloway, Vista	CIF Prelims
14-0	*Jesse McLennen, Valley Center	Valley Finals
14-0	Chase Bitton, Vista	Sundevil
14-0	Bryan Price, Rancho Bernardo	Dual

Long Jump

23-6 1/2	Andrew Denny, Mount Carmel	CIF Finals
22-10	Frankie Green, Helix	Grossmont Finals
22-8	Travis Gibbs, Madison	Orange Glen
22-8	*Ernest Pierce, Sweetwater	Metro Finals
22-6	*Luis Urrutia, Southwest	CIF Finals
22-5	A.J. Reilly, Valley Center	Valley Finals
22-2	**Cliff Waller, Grossmont	Grossmont Finals
22-0	Brad Daugherty, Julian	Dual
21-11	*Ben Hobbs, Calvin	Coastal Finals
21-10	Michael Okenwa, Morse	CIF Prelims
21-10	*David Hicks, Hilltop	Dual
21-9 1/2	Steven Bryson, San Pasqual	Valley Finals
21-9 1/2	Chris Williams, Escondido	Valley Finals
21-8	**Dean McCastle, Vista	Dual
21-8 1/4	Alex Lewis, LJCD	CIF Finals
21-7 1/2	Aaron Jones, Escondido	Valley Finals
21-7	*James Malone, Patrick Henry	CIF Prelims
21-7	*Reid McLean, Coronado	Harbor Finals
21-7	Jerry Wright, University City	Dual
21-6 1/2	John Parker, Ramona	Dual

Triple Jump

47-3 1/2	*Franklin Gladney, El Camino	State Prelims
47-2 1/2	Frankie Green, Helix	State Finals
45-1 3/4	*Mike Martinez, Granite Hills	Grossmont Finals
44-8	*Dave Thomas, USDHS	CIF Finals
44-3	Mike Edmondson, West Hills	Grossmont Finals
44-2	*Sam Renihan, Calvin	Dual
44-1	Travis Gibbs, Madison	Harbor Finals
44-0 1/2	Martin Garcia, Central	IVL Finals
43-9 1/2	*Justin Carter, Rancho Bernardo	Dual
43-8 1/2	Chris Williams, Escondido	CIF Prelims
43-7 1/2	Andrew Denny, Mount Carmel	Dual
43-7	*Harvey Alonzo, Mission Bay	Western Finals
43-5 1/4	**Ben Brown, Torrey Pines	CIF Finals
43-5	Kurt Kathol, USDHS	CIF Prelims
43-4	Roger Endreson, Mt. Carmel	Bronco
43-3 1/2	*Ben Hobbs, Calvin	CIF Finals
43-3	**Karlin Stewart, Mt. Miguel	Grossmont Prelim
43-3	**Sam Toomer, Brawley	Orange Glen
43-2 1/2	*Micha Queja, Steele Canyon	Grossmont Finals
43-2 1/2	Eric Henderson, Central	IVL Finals
43-2 1/2	*Jelaan Miles, Rancho Bernardo	Palomar Finals
43-1 3/4	**E.J. Brown, West Hills	CIF Finals
43-0 3/4	Ayrich Puckerin, E.C. Southwest	CIF Finals
43-0 1/2	*Anthony Feaster, Eastlake	Dual

Shot Put

62-11 1/2	Boldizsar Kocsor, Uni. City	CIF Finals
56-11 3/4	*Jay Maloy, Vista	Dual
56-9	**Darius Savage, Morse	Eastern Prelims
53-2 1/4	**Robert Schenck, San Marcos	CIF Prelims
52-10	Chad Silva, RBV	Dual
52-4	Jon Compas, Carlsbad	UCSD
50-11	Marcus Yarborough, Eastlake	Dual
50-4 1/2	*Donald Groves, Sweetwater	Metro Finals
50-3	Don Hand, Granite Hills	Dual
50-1 3/4	Nate Skaggs, Rancho Bernardo	Palomar Finals
50-0	Daniel Micolino, La Jolla	Western Finals
49-11 1/2	*Daniel Holtz, Valley Center	CIF Prelims
49-7 1/2	**Mike Tull, Fallbrook	Frosh-soph
49-5	Brian Johnson, Madison	Dual
49-4	Thomas Donovan, Calvin	CIF Finals
49-2 1/4	*C.J. Millenbah, La Jolla	Western Finals
49-1 1/4	Gabriel Chait, Bonita Vista	Metro Finals
49-0 3/4	*Tyler Breckenridge, Fallbrook	Dual
49-1	*Jovan Newland, Oceanside	Dual
48-9	*Tyler Homesley, Ramona	Valley Finals
48-8 1/2	Tom Gomez, Mission Bay	Western Finals
48-4 1/4	*Rob Smithson, La Jolla	CIF Prelims

Discus

206-5	Daniel Schaerer, Bishop's	State Finals
186-11	**Darius Savage, Morse	Dual
176-2	Boldizsar Kocsor, Uni. City	UCSD
165-5	Joey Chisholm, Valley Center	Valley Finals
165-3	Mark Miller, Escondido	Dual
157-5	*Tyler Homesley, Ramona	Dual
156-10	*Ryan Schumaker, West Hills	Dual
155-10	Daniel Micolino, La Jolla	CIF Prelims
151-7	*Kiel Skaggs, Rancho Bernardo	Palomar Finals
149-1	Chris Gaines, Mira Mesa	CIF Finals
149-0	E.J. Moore, Grossmont	Dual
147-7	*C.J. Millenbah, La Jolla	Dual
147-5	*Daniel Murawka, Rancho Bernardo	Palomar Finals
147-0	**Marcus Yarborough, Eastlake	Dual
146-4	Roger Toledo, Sweetwater	Otay Ranch
146-2	Daniel Sanders, El Camino	CIF Finals
146-2	*Matt Sutton, West Hills	Grossmont Prelim
146-2	Daniel Holtz, Valley Center	Dual
144-8	Jon Satele, Mission Bay	Western Finals
144-1	*Nick Battle, Mission Bay	CIF Finals
143-2	Nate Skaggs, Rancho Bernardo	Palomar Finals
142-11	*Mike Courtney, Carlsbad	Dual
142-10	*Jay Maloy, Vista	Dual

2004 Girls Leaders

100

11.65	Jolanda Diego, El Camino	Arcadia
12.10	*Rashauna Amos, E.C. Southwest	Runge
12.11	Kristan Mation, Mount Carmel	CIF Prelims
12.19	Jonelle Smiley, Serra	Eastern Finals
12.25	*Tamara Neal, Point Loma	Eastern Finals
12.32	*Marquita Berry, El Camino	CIF Prelims
12.33	***Brittany Bennett, Otay Ranch	CIF Finals
12.36	Jessica Gibbs, El Camino	CIF Prelims
12.42	**Aja Wheeler, Uni. City	CIF Prelims
12.43	Ashley Liggins, Rancho Bernardo	Titan
12.43	Michelle Beauford, Carlsbad	Dual
12.51	Brigitte Fox, Grossmont	CIF Prelims
12.56	Niki O'Neal, Chula Vista	CIF Prelims
12.58	***Mandy Ross, Christian	CIF Prelims
12.58	Taryn Jones, Helix	Grossmont Finals
12.59	*Jasmine Williams, Scripps Ranch	Dual
12.67	*Sherron Atkinson, Morse	CIF Prelims
12.71	Brittany Abrams, Rancho Bernardo	Palomar Prelims
12.78	*Adora DaCosta-Muniz, Ramona	CIF Prelims
12.80	*Vanessa Bobo, Morse	Titan
12.82	***Jazmin Brooks, Uni. City	Eastern Finals
12.83	***Charlores Dudley, Mira Mesa	Eastern Finals
12.85	**Shanice Howard, Marian	Runge

200

23.56	Jolanda Diego, El Camino	State Prelims
24.39	*Shakara Lott, Uni. City	Eastern Finals
24.78	*Rashauna Amos, E.C. Southwest	State Prelims
25.22	*Vanessa Bobo, Morse	Eastern Finals
25.31	Joelle Smiley, Serra	Arcadia
25.35	Taryn Jones, Helix	CIF Prelims
25.41	Jessica Gibbs, El Camino	CIF Finals
25.48	***Brittany Bennett, Otay Ranch	CIF Finals
25.61	Ashley Liggins, Rancho Bernardo	Palomar Prelims
25.63	**Ky Wheeler, Rancho Bernardo	Palomar Finals
25.74	Niki O'Neal, Chula Vista	CIF Prelims
25.75	***Amanda Ross, Christian	Harbor Finals
25.76	**Chelsea Moreland, Morse	Eastern Finals
25.78	**Jasmine Hutchinson, Poway	CIF Finals
25.82	***Ciara Short, Madison	Harbor Finals
25.84	Bridget Fox, Grossmont	CIF Finals
25.89	**Lizzy Karoly, San Pasqual	CIF Prelims
26.08	**Aja Wheeler, Uni. City	CIF Prelims
26.19	**Carolyn Barnes, Mt. Miguel	Grossmont Finals
26.22	Michelle Beauford, Carlsbad	CIF Prelims

26.25	***Chalores Dudley, Mira Mesa	Eastern Finals
26.27	***Jazmin Brooks, Uni. City	Eastern Finals
26.30	Brittany Abrams, Rancho Bernardo	Palomar Finals
26.33	**Challona Williams, Palo Verde	CIF Finals
26.35	Nila Heurtelou, Coronado	Harbor Finals
26.38	***Terrah Austin, Mission Bay	Western Prelims
26.38	***Beth Squires, RBV	Palomar Prelims
26.39	*Janelle Milner, Marian	Metro Finals

400

54.56	*Shakara Lott, Uni. City	CIF Finals
56.4	*Kelly McCann, La Costa Canyon	Dual
56.93	**Jasmine Chukwueke, Scripps Ranch	Western Finals
56.98	***Amanda Ross, Christian	CIF Finals
57.08	**Lizzy Karoly, San Pasqual	CIF Finals
57.50	***Lakenya Simon-West, Grossmont	Grossmont Finals
57.7	Jolanda Diego, El Camino	Dual
57.76	Holli Mayer, Monte Vista	CIF Prelims
57.99	*Alisha McClung, Mt. Miguel	CIF Finals
58.42	Cassie Atkinson, El Capitan	Flying Tiger
58.60	***Carli Lloyd, Fallbrook	Arcadia
58.73	Samantha Showns, RBV	Palomar Prelims
58.76	**Chelsea Moreland, Morse	CIF Prelims
58.79	**Channing Moreland, Morse	CIF Prelims
58.84	***Melissa Neri, Valley Center	Valley Finals
58.86	*Janelle Milner, Marian	Metro Finals
58.93	***Ciara Short, Madison	CIF Finals
58.95	*Tia-Vonna Harrison, Uni. City	Eastern Prelims
58.99	**Chellona Williams, Palo Verde	CIF Prelims
59.06	*Megan Henderson, Serra	Eastern Prelims
59.13	***Allison McCann, La Costa Canyon	CIF Prelims
59.3	Ashley Liggins, Rancho Bernardo	Dual
59.44	*Katie Marquis, La Costa Canyon	CIF Finals
59.45	*Kristen Nelson, USDHS	Western Finals
59.63	**Beth Squires, RBV	Palomar Prelims
59.78	***Julia Sansone, Uni. City	Eastern Finals
59.86	**Shanise Howard, Marian	Metro Finals

800

2:11.52	*Kelly McCann, La Costa Canyon	State Finals
2:12.69	Cassie Atkinson, El Capitan	State Finals
2:14.00	*April Montgomery, Helix	Junior Nationals
2:16.9	Claire Rethmeier, San Pasqual	Dual
2:17.09	**Renaee Eaton, San Pasqual	CIF Finals
2:17.97	**Missy Barclay, Westview	CIF Finals
2:18.42	Katherine Wingert, Coronado	Harbor Finals
2:19.11	***Andrea Jacobs, Vista	Palomar Finals
2:19.13	**Bridie McCarey, Clairemont	CIF Finals
2:19.55	Beth Wittry, Coronado	CIF Prelims

2:19.6	Rebecca Bostwick, Uni. City	Dual
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2:19.61	Elaine Gillespie, West Hills	Runge
2:19.67	**Kristina Kelly, Poway	Palomar Finals
2:20.40	*Selina Munoz, Hilltop	CIF Prelims
2:21.57	Jessica White, La Costa Canyon	CIF Finals
2:22.06	Marie Raffray, San Dieguito	Sundevil
2:22.09	*Molly O'Toole, USDHS	CIF Finals
2:22.28	*Katie Robbins, Scripps Ranch	Dual
2:22.6	*Kristen Buono, Henry	Dual
2:22.69	***Anna Sloan, Orange Glen	CIF Prelims
2:22.90	**Johanna Fisherova, West Hills	Runge
2:23.26	*Casey Schostag, Valley Center	Valley Finals
2:23.49	*Tricia Allred, Valley Center	Dual
2:23.61	***Melissa Neri, Valley Center	Dual

1,600

4:52.42	Claire Rethmeier, San Pasqual	CIF Finals
4:57.63	Lorin Scott, San Pasqual	CIF Finals
4:58.91	Sariah St. Laurent, El Camino	CIF Finals
4:59.39	Rebecca Bostwick, Uni. City	CIF Finals
5:03.82	Katherine Wingert, Coronado	CIF Finals
5:03.93	Elaine Gillespie, West Hills	CIF Finals
5:05.79	*Amanda Beatty, Scripps Ranch	Arcadia
5:08.07c	Cassie Atkinson, El Capitan	Mt. SAC
5:12.30	Danae Hough, Valley Center	CIF Prelims
5:13.36	Marie Raffray, San Dieguito	Coastal Finals
5:13.79	***Katie Rentz, Mt. Carmel	CIF Finals
5:15.06	*Sarah Apgar, Scripps Ranch	CIF Prelims
5:15.4	***Andrea Jacobs, Vista	Azusa-Pacific
5:15.65c	**Gillian Fitch, La Costa Canyon	Arcadia
5:15.90	**Val Christy, LJCD	CIF Finals
5:16.0	**Emily Young, La Costa Canyon	Dual
5:16.51	**Brooke Anderson, Uni. City	CIF Finals
5:16.72	*Tricia Allred, Valley Center	CIF Finals
5:17.0	Hallah Barre, Mt. Carmel	Dual
5:18.8c	*Alicia Nugent, Valhalla	Grossmont Prelim
5:19.21	**Nyamouch Choul, Crawford	Harbor Finals
5:20.23	***Tess Wynne, USDHS	CIF Prelims
5:21.2	**Emily Kerr, Escondido	Dual
5:21.75	*Molly O'Toole, USDHS	CIF Prelims
5:22.06	**Rowena Tam, Uni. City	CIF Prelims

3,200

10:25.97c	Claire Rethmeier, San Pasqual	Raleigh, N.C.
10:55.89	Lorin Scott, San Pasqual	State Finals
11:06.84	*Amanda Beatty, Scripps Ranch	CIF Finals
11:12.69	Sariah St. Laurent, El Camino	CIF Finals
11:16.51	Danae Hough, Valley Center	CIF Prelims

11:18.9	**Emily Young, La Costa Canyon	Dual
11:19.45c	Rebecca Bostwick, Uni. City	Arcadia

11:30.24	Elaine Gillespie, West Hills	Grossmont Finals
11:31.28	***Jessica McMaster, San Marcos	CIF Prelims
11:31.44	*Brooke Kerby, San Pasqual	Titan
11:34.07	*Lindsay delaMontaine, Rancho Bernardo	CIF Finals
11:36.07	*Alicia Nugent, Valhalla	Grossmont Finals
11:39.27	Marie Raffray, San Dieguito	Coastal Finals
11:39.51	Judy Jimenez, Clairemont	CIF Prelims
11:39.99	**Gillian Fitch, La Costa Canyon	Rancho Bernardo
11:42.08	Bree Justus, RBV	Titan
11:44.00	**Kristen Peters, West Hills	CIF Prelims
11:44.30	***Andrea Jacobs, Vista	Valley Center
11:46.80	***Sue Leavy, Scripps Ranch	Valley Center
11:51.97	**Brooke Anderson, Uni. City	Titan
11:52.36	*Kiyara Irvanian, Rancho Bernardo	Palomar Finals
11:54.19	**Nicole Flannery, Mt. Carmel	Titan
11:55.34	***Dana Anderson, Uni. City	CIF Prelims
11:56.18	***Sophie Davidson, Torrey Pines	Dual
11:56.79	***Jessica Dexter, Poway	CIF Prelims

100H

14.33	Laiah Blue, Granite Hills	State Prelims
15.03	Michelle Beuaford, Carlsbad	State Prelims
15.31	Breanna White, Rancho Bernardo	Palomar Prelims
15.42	Kristal Shoate, Serra	CIF Finals
15.46	*T'Shara Hicks, Uni. City	CIF Finals
15.51	*Bonnie Zabinsky, Valley Center	CIF Finals
15.62	**Shakira Thompson, Helix	Grossmont Finals
15.84	***Bri Frazor, RBV	Dual
15.96	Ashley Shriver, Poway	Dual
16.00	*Robin Kuntz, Bishop's	CIF Prelims
16.00	Lisa Malchow, Eastlake	Metro Finals
16.13	***Julianne Fawcett, Westview	Valley Prelims
16.14	**Tanysha Ridley, Crawford	CIF Prelims
16.20	***Tara Cooper, Mission Bay	Western Prelims
16.35	***Amber Haywood, Monte Vista	Grossmont Finals
16.39	Andrea Haywood, Monte Vista	CIF Finals
16.40	*Laurenda Davis, Sweetwater	Metro Finals
16.47	**Petra Rackley, La Costa Canyon	CIF Finals
16.50	*Christi Sodano, Carlsbad	CIF Prelims
16.56	***Kristen Marquardt, El Camino	CIF Finals
16.62	Katie Malorano, Escondido	Valley Finals
16.64	Andrea Haywood, Monte Vista	CIF Finals
16.65	Ashley Davenport, Oceanside	Dual
16.70	Krystine Cuaresma, OLP	Western Prelims
16.72	**Jacquelyn Vanderlip, LJCD	Coastal Finals
16.74	**Mallorie Bawkey, El Capitan	Grossmont Finals
16.79	Shakendrie Mitchell, San Marcos	Dual

300LH

43.82	Laiah Blue, Granite Hills	CIF Finals
44.83	*T'Shara Hicks, Uni. City	CIF Finals
45.39	Krystal Shoate, Serra	CIF Finals
45.71	***Cori Franklin, Morse	Eastern Finals
45.92	***Carli Lloyd, Fallbrook	CIF Prelims
46.00	**Mallory Mainquist, Torrey Pines	CIF Finals
46.03	*Bonnie Zabinsky, Valley Center	CIF Finals
46.31	*Robin Kuntz, Bishop's	CIF Finals
46.55	**Sharika Thompson, Helix	CIF Finals
46.65	Krystine Cuaresma, OLP	CIF Finals
46.82	***Amber Haywood, Monte Vista	CIF Finals
46.82	*Elizabeth Carnes, Monte Vista	CIF Prelims
46.94	Breanna White, Rancho Bernardo	Palomar Prelims
46.99	***Tara Cooper, Mission Bay	Western Finals
47.16	***Sarah Brown, Tri-City	CIF Finals
47.3c	Christina Metzler, Fallbrook	Dual
47.44	*Sarai Ivory, El Camino	CIF Finals
47.52	***Bri Frazor, RBV	Dual
47.70	**Danielle Alvarado, Marian	Otay Ranch
47.7	**Jasmine Chukwueke, Scripps Ranch	Dual
47.72	Erika Julien, Clairemont	Harbor Finals
47.97	***Kelley Matthews, Valley Center	Valley Finals
48.01	*Lisa Hampton, Uni. City	CIF Finals
48.1	**Kristen Marquardt, El Camino	Dual
48.18	***Misha Zeineddine, Rancho Bernardo	Palomar Prelims
48.20	Lisa Malchow, Eastlake	Metro Finals
48.21	**Mallorie Bawkey, El Capitan	Dual
48.25	Jackie Paras, Eastlake	Metro Finals

4x100 Relay

46.82	El Camino	CIF Prelims
47.94	University City	CIF Finals
48.74	Morse	CIF Finals
48.89	Rancho Bernardo	CIF Prelims
48.99	Helix	CIF Prelims
49.31	Poway	CIF Prelims
49.51	Mt. Carmel	CIF Prelims
49.85	Carlsbad	CIF Finals
49.86	Ramona	CIF Finals
50.01	San Pasqual	CIF Prelims
50.02	Mount Miguel	CIF Prelims
50.28	Point Loma	CIF Finals
50.36	Grossmont	CIF Prelims
50.4	La Costa Canyon	Dual
50.42	Westview	CIF Prelims
50.43	Serra	Eastern Finals
50.43	El Centro Southwest	CIF Prelims
50.51	Otay Ranch	Metro Finals

50.54	RBV	Palomar Finals
50.66	Eastlake	Metro Finals

50.88	Valley Center	Valley Finals
50.89	Castle Park	Metro Finals
50.92	Mira Mesa	Otay Ranch

4x400 Relay

3:53.59	University City	CIF Finals
3:54.69	La Costa Canyon	CIF Finals
3:56.90	Helix	CIF Finals
3:58.81	Morse	CIF Finals
4:01.76	El Capitan	CIF Prelims
4:02.04	San Pasqual	CIF Finals
4:02.54	Valley Center	CIF Finals
4:02.74	Monte Vista	CIF Prelims
4:03.16	Scripps Ranch	CIF Finals
4:03.46	Granite Hills	CIF Prelims
4:03.67	RBV	Titan
4:03.85	El Centro Southwest	CIF Prelims
4:05.94	Marian	CIF Finals
4:06.17	Coronado	CIF Prelims
4:07.11	Rancho Bernardo	Dual
4:07.25	USDHS	CIF Finals
4:07.44	Torrey Pines	CIF Prelims
4:08.8c	Mt. Carmel	Dual
4:09.71	Bishop's	Coastal Finals

High Jump

5-7 1/2	*Lindsey Whetstine, Mt. Carmel	CIF Finals
5-7	*Jamie Klages, Coronado	CIF Prelims
5-7	*Bonnie Zabinsky, Valley Center	Valley Finals
5-5	*Heather Leidle, RBV	Dual
5-5	*Francine Johnson, San Marcos	Dual
5-4	*Esha McDowell, Eastlake	Otay Ranch
5-4	***Whitney Sisler, La Costa Canyon	Frosh-Soph
5-4	*Danielle Edmondson, West Hills	Bronco
5-4	*Hannah Haehn, San Pasqual	Dual
5-4	**Leslie Noiseaux, Valhalla	Dual
5-2	*Chrystal Shields, Bonita Vista	Metro Finals
5-2	**Mandy Matteson, Escondido	Valley Center
5-2	**Alexandria Kearney, La Jolla	Sundevil
5-2	***Kristen Marquardt, El Camino	Frosh-Soph
5-2	Ashley Shriver, Poway	Dual
5-1	*Amy McGiven, San Dieguito	Coastal Finals
5-1	*Tyra Henderson, Central	IVL Finals
5-1	*Nakisha Jones, Madison	Dual
5-1	Samantha Showns, Rancho Bernardo	Palomar Finals
5-1	Stephanie Perone, Point Loma	Dual

Pole Vault

12-1	*Kate Mattoon, Rancho Bernardo	Arcadia
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11-7	*Jenny Liu, Rancho Bernardo	Dual
11-3	*Caitlin Fitzgibbons, Poway	Dual
11-1	***Dana Hoolko, La Jolla	CIF Finals
11-1	*Carolyn Wick, Steele Canyon	CIF Finals
10-6	Natalie Szeweda, Rancho Bernardo	Palomar Finals
10-6	**Angela Gaeto, Rancho Bernardo	Dual
10-6	*Caitlin Hemingway, Torrey Pines	Dual
10-3	*Ashley Woolen, Carlsbad	Dual
10-1	Nicole Kim, Rancho Bernardo	Bronco
10-1	*Mary David, Fallbrook	Dual
10-0	**Jessica Torres, Vista	Frosh-Soph
10-0	Kat Brandt, Poway	Dual
10-0	*Marina Pastrana, Eastlake	Sweetwater
10-0	Lisa Robbins, Torrey Pines	Dual
10-0	**Rachel Rossicone, Rancho Bernardo	Dual
9-9	**Anna Sharpell, Escondido	Dual
9-9	**Allison Stamos, Escondido	Dual
9-8	**Cassandra Martell, Calvin	CIF Prelims
9-8	Katie Hammond, Fallbrook	Dual
9-6	Amanda Fields, RBV	Dual
9-6	**Claire Deken, La Jolla	Dual

Long Jump

18-6	*Marquita Berry, El Camino	Dual
18-2	*Heather Leidle, RBV	Dual
17-9 1/2	*Mia Mobley, Mt. Carmel	Dual
17-8	Leslie Rychal, Valhalla	Dual
17-7	**Petra Rackley, La Costa Canyon	Tiger
17-4 1/4	**Kasey Kearin, Rancho Bernardo	CIF Finals
17-2 1/2	**Erin Banks, La Costa Canyon	Tiger
17-1 3/4	Samantha Showns, RBV	Dual
17-1 1/2	Andrea Haywood, Monte Vista	Dual
17-1	***Jazmin Brooks, Uni. City	Runge
16-11 1/2	**Brenna Tucker, Ramona	Valley Prelims
16-9 1/2	Ashley Shriver, Poway	Dual
16-9 1/2	*Jasmine Hutchinson, Poway	Dual
16-9 1/4	***Carolyn Ivey, Sweetwater	Dual
16-9	*Esha McDowell, Eastlake	Runge
16-8	Alise Coogan, La Costa Canyon	Falcon
16-6 3/4	*Liz Diaz, San Pasqual	Sundevil
16-6 1/2	***Brittany Bennett, Otay Ranch	Otay Ranch
16-6	*Rekisha Jones, El Camino	Falcon
16-6	*Kristen Marlow, Valhalla	Grossmont Prelim
16-5 3/4	*Phynique Allen, Serra	Dual
16-5	***Lakenya Simon-West, Grossmont	Otay Ranch

Triple Jump

38-5	**Kasey Kearin, Rancho Bernardo	Dual
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38-3 1/4	*Heather Leidle, RBV	Dual
37-7 1/4	Evon Willingham, Helix	CIF Finals
37-5	*Mia Mobley, Mt. Carmel	Dual
36-10 3/4	Alise Coogan, La Costa Canyon	CIF Prelims
36-3	**Erin Banks, La Costa Canyon	Sundevil
36-3	Ashley Shriver, Poway	Dual
35-9 3/4	*Liz Daiz, San Pasqual	Dual
35-9 1/2	**Kelly Millikan, San Pasqual	Valley Finals
35-4 1/2	***Kristen Marquardt, El Camino	Sundevil
35-3	**Carolyn Ivey, Sweetwater	Dual
35-2 3/4	**Andrea Talhami, Vincent	CIF Finals
35-1 1/2	**Anatесе Steppel, Escondido	Valley Prelims
35-0 1/2	*Odia Jean-Giles, Kearny	Dual
34-11 1/2	Cherie Payton, Madison	CIF Prelims
34-10 3/4	**Janae Mack, Grossmont	CIF Prelims
34-10 3/4	*Esha McDowell, Eastlake	Dual
34-10	Cassie Atkinson, El Capitan	Dual
34-9 3/4	Erika Julien, Clairemont	CIF Prelims
34-7 1/2	*Lindsey Whetstine, Mt. Carmel	Dual
34-6 1/2	Christina Whitcomb, Valley Prelims	Valley Prelims
34-5	*Shakendrie Mitchell, San Marcos	Dual
34-5	Lakeisha Nacoste, Fallbrook	Dual

Shot Put

43-1 1/4	Uia Tupuola, Vista	Dual
41-9	Whitney DeWeese, RBV	Dual
41-8 1/4	Fran Hunkin, Vista	CIF Prelims
41-2 1/4	*Dereka Winters, El Camino	Dual
41-1	Jessica Harris, Granite Hills	Sundevil
39-9	*Chastity Toilolo, Helix	Grossmont Prelim
39-8	*Christine Kennedy, USDHS	Western Prelims
38-11	*Tamara Matthews, Ramona	CIF Finals
38-11	*Danny Thu, Monte Vista	Grossmont Prelim
38-2	Laura Burke, Fallbrook	CIF Finals
37-11	Soli Gonzalez, Eastlake	Metro Finals
37-10	Melissa Karnaze, Rancho Bernardo	Dual
37-7 1/4	*Ashanti Davis, Rancho Bernardo	Palomar Prelims
37-6	*Antoinique Seales, Mt. Miguel	Grossmont Prelim
37-4 1/2	*Priscilla Leaupetele, Morse	Dual
37-0 3/4	Elisa Oyos, Vista	Dual
37-0 1/2	Daniela Coria, Calexico	IVL Finals
37-0	*Nerisa Misiata, Mira Mesa	Dual
36-11 1/2	**Janet Von Elff, Montgomery	Dual
36-10 1/2	**Jeamena Hunt, Morse	CIF Finals
36-4 1/2	Alyshia Tauanu'u, Morse	Tiger
36-0 1/2	Breanna Alderton, El Capitan	Dual

146-6	Whitney DeWeese, RBV	Valley Center
125-1	Melissa Karnaze, Rancho Bernardo	CIF Finals
139-2	Uia Tupuola, Vista	State Finals
136-7	*Tamara Matthews, Ramona	Dual
134-3	*Danny Thu, Monte Vista	Dual
133-6	*Dereka Winters, El Camino	Dual
131-9	Megan Butler, Carlsbad	Dual
127-7	Soli Gonzalez, Eastlake	Metro Finals
127-4	**Jeemena Hunt, Morse	CIF Prelims
126-9	**Amber Sangster, Oceanside	Dual
123-1	*Chastity Toilolo, Helix	Grossmont Finals
121-7	*Christine Kennedy, USDHS	CIF Finals
120-9	*Michelle Thompson, El Cajon Valley	Grossmont Finals
120-9	Fran Hunkin, Vista	Arcadia
120-3	Elisa Oyos, Vista	Dual
120-2	**Brynn Bixler, Mission Bay	CIF Finals
118-5	*Samantha Webb, Oceanside	Avocado Prelims
118-1	**Anna Blumenfield, LJCD	Dual
115-7	Tabitha Martin, Vista	Dual
113-11	Daniela Coria, Calexico	Valley Center
113-9	**Jordan Franey, Santana	Sundevil

2004 State Meet Finalists (Top 9)

Boys

100	9. Dax Danns	Helix	10.86
400	5. James Rhoades	Ramona	48.20
1,600	5. A.J. Acosta	El Camino	4:20.35
3200	8. Babey Wagnew	Helix	9:18.20
110HH	3. Bryon Barmer	Helix	14.03
High Jump	7. Desi Burt	Serra	6-6
Pole Vault	6. Scott Findley	Granite Hills	15-3 3/4
	7. Derek Scott	El Camino	15-3 3/4
Triple Jump	6. Frankie Green	Helix	47-2 1/2
Shot Put	5. Boldizsar Kocsor	University City	60-6 1/2
Discus	1. Daniel Schaerer	Bishop's	206-5
	7. Darius Savage	Morse	179-6

Girls

100	6. Jolanda Diego	El Camino	11.70
200	4. Jolanda Diego	El Camino	23.75
400	5. Sharaka Lott	Uni. City	55.26
800	3. Kelly McCann	La Costa Cyn.	2:11.52
	6. Cassie Atkinson	El Capitan	2:12.69
3200	2. Claire Rethmeier	San Pasqual	10:33.57
100H	8. Laiah Blue	Granite Hills	14.37
4x100	5. El Camino		47.15
High Jump	5. Jamie Klages	Coronado	5-7
Pole Vault	3. Kate Mattoon	Rancho Bern.	12-0
Shot Put	6. Uia Tupuola	Vista	42-2 1/4
Discus	6. Uia Tupuola	Vista	139-2

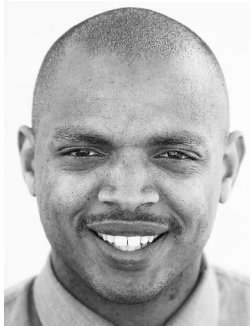
HIGH SCHOOL SPORTS ASSOCIATION

SERVING SAN DIEGO ATHLETICS
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Salutes
Track and field
Coaches of the Year



University City's John Hutsel



El Camino's Jeremy Gee

Claire Rethmeier. San Pasqual High School



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

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

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