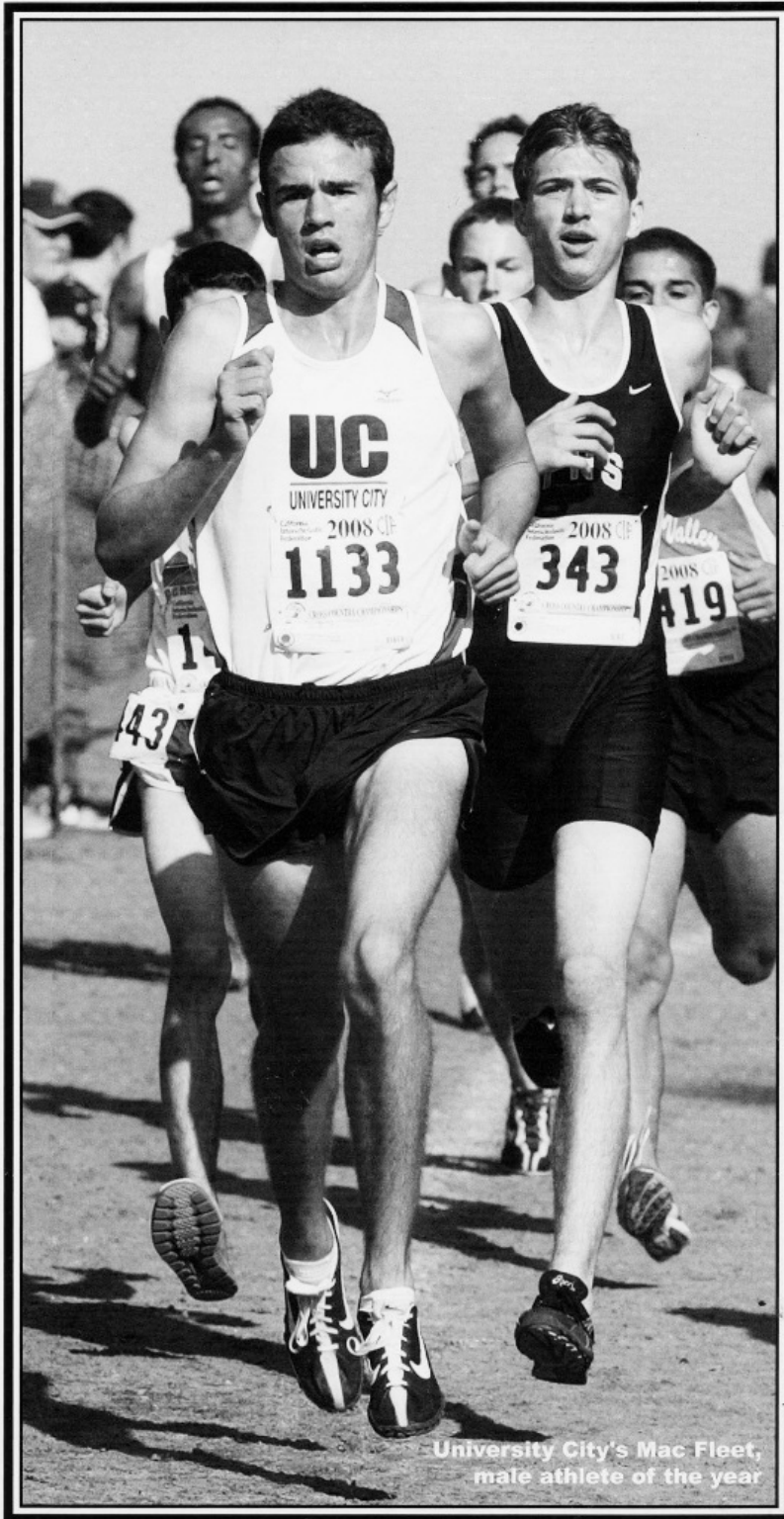


2010

Track & Field
Guide



University City's Mac Fleet,
male athlete of the year

Track Fan Bonanza in 2010

With three section record-setters returning, among them a state champion, 2010 couldn't come fast enough for most San Diego-area high school track and field fans. The focus almost certainly is on Westview High senior Kortney Ross who last year captured the state pole vault title, brushing the bar hard but leaving it standing at 13-feet, 4-inches. That moved her to No. 1 in the section all-time. Ross, though, isn't a one-dimensional athlete as she also is among the section's best in the short hurdles at 15.18 and has a PR of 25.10 in the 200. Speaking of the hurdles, the section figures to have two of the best in the state settling into the blocks this season. Granite Hills' Kevin Finley, who ironically also pole vaults like Ross, showed off his flawless form and almost pulled the upset of the state meet when he blazed a 14.04 to finish second in the 110-meter highs in Clovis. Finley hopes to become only the third runner in section history to crack the 14-second barrier. On the girls' side, Vista's Danielle Littleton trimmed the section record in the 33-inch 100-meter barriers when she raced to a 14.13 in the state prelims. Talent abounds elsewhere. Coming off a brilliant cross country season in which she lost just one race, Rancho Bernardo junior Molly Grabill is setting her sights on bettering her own section record of 10:23.75 in the 3,200 while finishing second in the state. She'll have to keep that edge all season as Torrey Pines senior Megan Morgan (10:31.91) figures to push her in the 3,200 and Falcons teammate Alli Billmeyer (4:51.03) should be right there in the 1,600. Grabill and Morgan were Foot Locker National Cross Country finalists last December and Morgan has signed to run at the University of Washington. A look around shows that Poway high jumper Alex Templeton could be the next 7-footer after clearing 6-9 last year, Morse's Travis Johnson (47-4 1/2) has a 50-foot triple jump in his sights, St. Augustine's Thomas Hart (171-3) should be among the state's top discus throwers and Steele Canyon's Jennifer Bingham (43-6) should challenge in the girls shot put in Clovis this spring.

Thanks, Thanks, Thanks.

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--Steve

Brand, Editor

Captions

Front page: University City's Mac Fleet, male athlete of the year

Back page: OLP's Sammy Silva, female track athlete of the year

2009 Boys Leaders

*Junior

**Sophomore

***Freshman

100 (fully Electronic)

10.55 Joe Cooks	Mission Hills	Valley Center
10.82 *Bassim El-Sabawi	Torrey Pines	State prelims
10.86 Nick Henderson	Rancho Bernardo	Mt. SAC
10.89 Josh Morrison	San Ysidro	Section prelims
10.90 *Kenny Stills	La Costa Canyon	Avocado finals
10.92 *Justin Freeman	Carlsbad	Palomar finals
10.95 *Hosea Tate	Mt. Miguel	Runge
10.95 Aaron Harris	Granite Hills	Dual
10.96 **Shamone Fletcher	Mira Mesa	Frosh-soph
10.98 Marquis Haggerty	Eastlake	Dual
10.99 Marquis Sumpter	Fallbrook	Avocado prelims
11.01 John Gables	Oceanside	Valley finals
11.02 Randall Williams	Eastlake	Section prelims
11.08 *Seth Drake	Ramona	Valley prelims
11.08 Christian Yu	Vista	Section finals
11.10 Deontray Johnson	Hoover	Central prelims
11.14 Nick Williams	Monte Vista	Section prelims
11.17 *Kenneth James	Mt. Carmel	Section prelims
11.17 Brock Ringo	Torrey Pines	Dual
11.17 **Damon Williams	Mira Mesa	Dual
11.18 Jason Cofield	Steele Canyon	Section finals
11.20 *Tyler Musco	Westview	Valley prelims
11.21 *Ricardo Azcarraga	St. Augustine	Section finals
11.21 Colby Hood	El Cajon Valley	Section prelims
11.22 Monte Foster	Mira Mesa	Eastern prelims
11.22 Lucas Kodama	Westview	Valley prelims
11.23 *Daenall Hunter	Mt. Miguel	Runge
11.23 Arzhang Badiozamani	Westview	Valley prelims
11.26 ***Ian Autman	Olympian	Frosh-soph
11.26 **Shea Backus	La Costa Canyon	Frosh-soph
11.27 **Tory Belcher	Mt. Carmel	Valley prelims
11.29 **Dimitri Scott	Grossmont	Frosh-soph
11.30 *Patrick Mitchell	Morse	Eastern prelims
11.30 *Ricky Seale	Escondido	Escondido

200

21.27 Joe Cooks	Mission Hills	Avocado finals
21.44 Maurice Strickland	Mira Mesa	Section prelims
21.65 Marquis Sumpter	Fallbrook	Section prelims
21.76 *Kenny Stills	La Costa Canyon	Avocado finals
21.80 *Hosea Tate	Mt. Miguel	State prelims
21.90 Christian Johnson	Horizon	Mt. Carmel
21.93 Keegan Ryan	Carlsbad	Palomar finals
22.00 *Bassim El-Sabawi	Torrey Pines	Section finals
22.03 Marcus Pierce	Sweetwater	South Bay finals
22.09 Christian Yu	Vista	Section prelims
22.10 John Gables	Oceanside	Valley finals

22.13	*Ryan Morgan	Ramona	Valley finals
22.14	*Justin Freeman	Carlsbad	Section prelims
22.15	Treavon Benton	Sweetwater	South Bay prelims
22.18	Arzhang Badiozameni	Westview	Dual
22.0	Elliot Sanders	Hoover	Dual
22.0	*Anthony Costello	Mira Mesa	Dual
22.26	*Alex Perlin	Steele Canyon	Section prelims
22.28	*Chancise Walkins	Palo Verde	Section prelims
22.34	**Hansel Wilson	Valhalla	Section finals
22.1	*Hector Collazzo	Mission Hills	Dual
22.36	Nick Henderson	Rancho Bernardo	Mt. SAC
22.2	*Brennan Clay	Scripps Ranch	Dual
22.2	*Patrick Mitchell	Morse	Dual
22.47	*Sandro Garcia	Clairemont	Section finals
22.48	*Alfredo Corral	Bishop's	Section finals
22.49	Lucas Kodama	Westview	Valley prelims
22.49	Brock Ringo	Torrey Pines	Section finals
22.3	*Davon Dunn	Lincoln	Dual
22.3	*Anthony Crosland	Lincoln	Dual
22.55	*Cody Simpson	Steele Canyon	Section prelims
22.57	*Collin Jones	El Camino	Section prelims
22.59	Nick Barnes	Rancho Buena Vista	Dual
22.63	Randall Williams	Eastlake	Mesa prelims
22.66	John Austin	El Camino	Palomar prelims

400

47.61	Keegan Ryan	Carlsbad	Section finals
48.25	*Ryan Morgan	Ramona	Section finals
48.27	*Hosea Tate	Mt. Miguel	Section finals
48.31	Marcus Pierce	Sweetwater	Section finals
48.50	Joe Cooks	Mission Hills	Arcadia
48.51	Elliott Sanders	Hoover	Escondido
48.87	*Chancise Walkins	Palo Verde	Section prelims
49.20	*Alex Perlin	Steele Canyon	Grossmont South final
49.82	Jeremy Gathright	Vista	Palomar finals
49.9	Sean Adams	Valley Center	Dual
50.04	*Sandro Garcia	Clairemont	Section finals
50.05	Manuel Moreno	Poway	Torrey Pines
50.07	**Wilfredo Rodriguez	Mt. Miguel	Frosh-soph
50.08	Nick Barnes	Bonita Vista	Mesa finals
50.09	**Eric Severiano	Otay Ranch	Mesa finals
50.09	Ricky Smith	Central	Dual
50.0	**Hansel Wilson	Valhalla	Dual
50.13	Charlie Yates	Poway	Palomar finals
50.18	*Hector Collazzo	Mission Hills	Section finals
50.20	*Tom Fiechtner	Cathedral	Section prelims
50.21	**Jason Floyd	Carlsbad	Palomar prelims
50.1	Maurice Strickland	Mira Mesa	Dual
50.33	**Greg Pico	Olympian	Frosh-soph
50.41	*Brandon Hille	Mt. Miguel	Grossmont South prelim
50.3	Alfred Haslerig	Otay Ranch	Dual
50.48	**Alex Allen	Mt. Carmel	Valley finals
50.61	Chad Dunham	Torrey Pines	Avocado finals
50.5	*Andy Brock	Mt. Carmel	Dual
50.73	*Alfredo Corral	Bishop's	Section finals

50.78 *Sam Castro	Central	Valley Center
50.84 Kevin Veldkamp	Calvin	Coastal finals
50.85 **Joe Cisneros	Steele Canyon	Section prelims
50.90 *Kaleb Katzenmaier	Mission Hills	Avocado prelims
50.97 ***Caine Harder	Westview	Frosh-soph

800

1:50.31 Mac Fleet	University City	UCSD
1:53.38 Alfred Haslerig	Otay Ranch	Section finals
1:54.07 Ken Raedel	San Pasqual	Avocado finals
1:55.08 Sam St. Laurent	El Camino	Section finals
1:55.08 James Aliamus	Torrey Pines	Avocado finals
1:55.48 Josh Settle	Carlsbad	Section finals
1:56.02 Dillon Jack	Torrey Pines	Escondido
1:56.59 Collin Jarvis	Rancho Buena Vista	Escondido
1:56.34 James Patterson	Torrey Pines	Avocado finals
1:56.55 **Ian Cable	Rancho Bernardo	Palomar finals
1:57.16 Chris Destefano	Rancho Buena Vista	Escondido
1:57.35 *Alfredo Rodriguez	Bonita Vista	Dual
1:57.81 Adam Rolph	Canyon Crest	Big Dual
1:57.81 **Tom Valente	Cathedral	Western final
1:57.99 *Ben Booker	University City	Escondido
1:58.86 Dexter Wood	El Camino	Palomar finals
1:58.95 **Shyan Vaziri	La Jolla Country Day	Section prelims
1:58.9 *Alex Jafek	Torrey Pines	Dual
1:59.14 *Eamonn McCarey	Clairemont	Central finals
1:59.0 *Jacob Wood	Mt. Carmel	Dual
1:59.31 Josh Copeland	Vista	Palomar finals
1:59.31 *Mike Goodger	Carlsbad	Dual
1:59.64 *Eric Brockhoff	Calexico	IVL finals
1:59.72 **Trent Newquist	Torrey Pines	Avocado prelims
1:59.6 Robert Smith	Westview	Dual
1:59.91 *Jacob Roach	Otay Ranch	Dual

1600

4:05.33 Mac Fleet	University City	State finals
4:13.59 Ken Raedel	San Pasqual	State prelims
4:14.19 Collin Jarvis	Rancho Buena Vista	Mt. SAC
4:16.90 Dillon Jack	Torrey Pines	Section finals
4:17.29 *Dylan Marx	Mt. Miguel	Section finals
4:17.64 *Eamonn McCarey	Clairemont	Section finals
4:19.04 *Mike Goodger	Carlsbad	Palomar finals
4:19.82 *Alfredo Rodriguez	Bonita Vista	Mesa finals
4:20.15 *Jacob Roach	Otay Ranch	Dual
4:20.43 **Ryan Urie	Henry	Section finals
4:20.97 **Ker Lynch	Rancho Buena Vista	Section prelims
4:21.79 **Chris Brewer	Rancho Buena Vista	Palomar prelims
4:21.96 Guadalupe Gonzalez	University City	City Section prelims
4:22.06 Marcus Nelson	West Hills	Mt. SAC
4:23.01 *Jacob Wood	Mt. Carmel	Section prelims
4:23.58 **Andrew Ward	Torrey Pines	Escondido
4:23.78 Alex Poyhonen	La Jolla Country Day	Section prelims
4:23.93 Uriel Aguirre	Fallbrook	Section finals
4:24.38 Adrian Rafiee	Henry	Eastern finals

4:24.57 *Chris Steinke	Mira Mesa	Section prelims
4:24.75 Keith Madsen	Mira Mesa	Section finals
4:25.57 Dahir Mohamed	Hoover	Central finals
4:25.92 Justin Haley	Cathedral	Escondido
4:25.99 Saieed Rihan	Escondido	Section prelims
4:26.35 Jesse Beason	Christian	Section prelims
4:26.75 Kyle Shoell	San Pasqual	Avocado prelims
4:27.25 Misikir Mentose	Monte Vista	Escondido
4:27.26 *Charlie Hewett	University City	Escondido
4:27.65 James Patterson	Torrey Pines	Dual
4:27.6 *Kellen Blumberg	Henry	Dual
4:27.76 *Dennis Roth	La Jolla Country Day	Section prelims
4:28.03 *Mike Kloha	Westview	Escondido
4:28.69 *David Vasco	Mt. Carmel	Valley finals
4:28.98 *Dillon Breen	Monte	Vista Escondido

3200

8:53.78 Collin Jarvis	Rancho Buena Vista	State finals
9:03.79 Mac Fleet	University City	Arcadia
9:10.42 Adrian Rafiee	Henry	Section finals
9:12.56 *Jacob Roach	Otay Ranch	Escondido
9:14.19 **Chris Brewer	Rancho Buena Vista	Section finals
9:19.58 Dahir Mohamed	Hoover	Escondido
9:22.78 *Kellen Blumberg	Henry	Section finals
9:25.75 *Jacob Wood	Mt. Carmel	Section prelims
9:32.58 **Ryan Urie	Henry	Rancho Bernardo
9:34.22 *Dillon Breen	Monte Vista	Escondido
9:38.76 Kyle Schoell	San Pasqual	Avocado finals
9:38.79 Dillon Jack	Torrey Pines	Rancho Bernardo
9:38.87 James Aliamus	Torrey Pines	Escondido
9:40.26 Guadalupe Gonzalez	University City	Escondido
9:41.27 **Shinola Agbede	Bonita Vista	Mt. Carmel
9:41.52 *Dylan Marx	Mt. Miguel	Section prelims
9:42.01 *Mike Goodger	Carlsbad	Palomar finals
9:42.02 **Alex Smith	Poway	Section finals
9:42.71 Jonathon Limon	Otay Ranch	Section prelims
9:43.04 Paul Achee	Morse	Rancho Bernardo
9:44.58 Chris Perfili	San Pasqual	Section finals
9:46.15 ***Darren Fehy	La Costa Canyon	Section prelims
9:46.32 ***Scott Gisel	Rancho Buena Vista	Palomar finals
9:47.12 **Andrew Ward	Torrey Pines	Dual
9:47.17 *Luis Medina	Otay Ranch	Escondido
9:47.98 Nick Bedrosian	El Capitan	Mt. Carmel
9:48.98 Justin Haley	Cathedral	Western finals
9:49.12 *Eamonn McCarey	Clairemont	Runge
9:49.25 Joe Mangan	St. Augustine	Western finals
9:49.4 Ken Raedel	San Pasqual	Dual
9:50.07 Uriel Aguirre	Fallbrook	Escondido
9:50.27 Misikir Mentose	Monte Vista	Escondido

110HH

14.04 *Kevin Finley	Granite Hills	State finals
14.14 Elijah Muhammad	Morse	State prelims
14.30 Ramsey Hopkins	Torrey Pines	State prelims

14.43 David Klarer	Steele Canyon	Section prelims
14.68 Tyler Creswell	Ramona	Dual
14.76 ***Devin Hickey	Vista	Dual
14.79 James Johnson	Valley Center	Section prelims
14.85 Brandon Chambers	Mira Mesa	Torrey Pines
14.97 *Teray Sam	Otay Ranch	Valley Center
15.02 James Rollings	Valhalla	Runge
15.13 Fiore Ayala	Calexico	IVL finals
15.21 Jason Cofield	Steele Canyon	Section finals
15.26 *Joseph Charlot	Mira Mesa	Section finals
15.27 Jon Molzen	El Capitan	Section finals
15.34 David Hernandez	Central	IVL finals
15.38 *Kevin Cranor	Westview	Valley finals
15.38 Cody Johnson	Canyon Crest	Section finals
15.52 Stephan Sousa	Westview	Valley finals
15.61 Jason Plaisted	Granite Hills	Section finals
15.62 David Barkley	Madison	Escondido
15.64 *Aaron Goodman	Eastlake	Dual
15.65 Samson Shen	Steele Canyon	Escondido
15.67 Kiefer Baker	Castle Park	South Bay finals
15.68 Elan Lee	Poway	Palomar prelims
15.69 Joshua Drummond	Morse	Eastern prelims
15.74 Ryan Mack	Carlsbad	Dual
15.75 ***Julien Todd-Borden	LCC	Mt. Carmel

300IH

38.37 David Klarer	Steele Canyon	Mt. Carmel
38.85 Valentino Hodgeson	Grossmont	Section finals
38.88 Brandon Chambers	Mira Mesa	Runge
38.89 Sean Adams	Valley Center	Escondido
38.96 *Kevin Finley	Granite Hills	Grossmont South prelims
39.06 Ramsey Hopkins	Torrey Pines	Section finals
39.17 *Teray Sam	Otay Ranch	Valley Center
39.46 **Alex Allen	Mt. Carmel	Section prelims
39.58 James Johnson	Valley Center	Valley finals
39.59 James Rollings	Valhalla	Runge
39.7 Bryant Davis	Lincoln	Dual
39.99 *Gabe Lemus	Rancho Bernardo	Palomar finals
39.9 Elijah Muhammad	Morse	Dual
40.34 *Robby Rodriguez	Torrey Pines	Section finals
40.44 James Mudd	Steele Canyon	Section finals
40.46 Kiefer Baker	Castle Park	South Bay finals
40.4 *Isaac Mallet	Otay Ranch	Dual
40.60 Fiore Ayala	Calexico IVL	finals
40.62 *Luc Sanchez	Mission Hills	Section prelims
40.65 *Dillon Fox	La Costa Canyon	Dual
40.75 Stephan Sousa	Westview	Valley prelims
40.75 David Barkley	Madison	Central finals
40.6 *Kevin Cranor	Westview	Dual
40.6 ***Devin Hickey	Vista	Dual
40.89 *Adrian Murrillo	Valley Center	Valley finals
40.89 David Hernandez	Central	IVL finals
40.97 *Malik Garris	Brawley	IVL finals
40.99 Jason Plaisted	Granite Hills	Mt. Carmel
41.00 *Oscar Zuniaga	Otay Ranch	Mesa finals

4x100 Relay

41.88 Mission Hills	Section finals
42.11 Torrey Pines	State prelims
42.16 Steele Canyon	Escondido
42.21 Mira Mesa	Runge
42.70 Westview	Escondido
42.79 Rancho Bernardo	Section finals
42.89 Horizon	Dual
42.95 Ramona	Section prelims
43.08 Carlsbad	Palomar finals
43.20 Sweetwater	South Bay finals
43.22 Fallbrook	Avocado finals
43.23 Mt. Miguel	Otay Ranch
43.30 Lincoln	Valley Center
43.33 San Ysidro	Section prelims
43.2 Vista	Dual
43.49 Eastlake	Mesa finals
43.49 Chula Vista	Mesa finals
43.4 Valhalla	Dual
43.4 Rancho Buena Vista	Dual
43.4 El Camino	Dual
43.63 Palo Verde	IVL finals
43.63 Morse	Dual
43.66 Poway	Palomar finals
43.71 Mt. Carmel	Valley finals
43.71 Calexico	IVL finals
43.73 Cathedral	Section prelims
43.74 Granite Hills	Section prelims
43.77 Parker	Coastal finals
43.84 Otay Ranch	Escondido
43.91 St. Augustine	Section prelims
43.93 Mar Vista	South Bay finals
43.98 Hoover	Mt. Carmel

4x400 Relay

3:15.46 Steele Canyon	State finals
3:21.71 Mt. Miguel	Grossmont South finals
3:22.22 El Camino	State prelims
3:23.52 Mission Hills	Section finals
3:24.35 Carlsbad	Palomar finals
3:24.38 Morse	Section finals
3:24.47 Otay Ranch	Escondido
3:24.48 Ramona	Section finals
3:25.01 Poway	Palomar finals
3:25.18 University City	Eastern finals
3:25.29 Vista	Palomar finals
3:26.09 Torrey Pines	Avocado finals
3:26.36 Fallbrook	Section finals
3:26.6 Mt. Carmel	Dual
3:26.9 Westview	Dual
3:27.06 Valhalla	Section prelims
3:27.21 Sweetwater	South Bay finals
3:27.42 Cathedral	Section finals

3:27.48 Olympian	Section finals
3:27.94 Rancho Buena Vista	Section prelims
3:28.76 Mira Mesa	Runge
3:28.44 Rancho Bernardo	Palomar finals
3:28.72 Bonita Vista	Mesa finals
3:28.75 Hoover	Runge
3:28.80 Calexico	IVL finals
3:28.87 Serra	Section prelims

High Jump

6-9 *Alex Templeton	Poway	Valley Center
6-7 Axel Anderson	Point Loma	Dual
6-7 Jimmy Darling	Henry	Escondido
6-7 *Tyler Jordan	Ramona	Section prelims
6-6 1/4 Ramsey Hopkins	Torrey Pines	Dual
6-6 1/4 Lyndon Scott	Ramona	Dual
6-6 **Brandon Ford	Mt. Carmel	Dual
6-5 James Mudd	Steele Canyon	Grossmont South final
6-5 Jon Molzen	El Capitan	Grossmont North final
6-5 Valentino Hodgeson	Grossmont	Grossmont North final
6-4 **Joe Moberly	Rancho Bernardo	Dual
6-4 *Derek Green	Poway	Dual
6-4 **Deante Kemper	Serra	Frosh-soph
6-4 Quincy Lawson	Vista	Dual
6-3 *Justin Fox	La Costa Canyon	Dual
6-3 Dominique Fuqua	Castle Park	Dual
6-3 Jason Allison	Westview	Escondido
6-3 Tyler O'Connor	Granite Hills	Grossmont South final
6-2 *Cole Short	Torrey Pines	Dual
6-2 Jaynesh Patel	Mt. Carmel	Dual
6-2 *Keenan Young	Helix	Dual
6-2 *Andrew Carbajal	Bonita Vista	Section finals
6-2 Khalil Henry	Mt. Miguel	Section finals
6-2 Marquis Ashby	Carlsbad	Dual
6-2 Kyle Jasperse	Calvin	Dual
6-2 *Tim Nigro	La Jolla	Section finals

Pole Vault

15-0 Chris Ludwig	Rancho Bernardo	Dual
15-0 Gerald Golden	Rancho Bernardo	Dual
14-9 *Jeremy McGrath	La Jolla	State prelims
14-6 *Dillon Fox	La Costa Canyon	Dual
14-4 **Ryan Hsin	Mt. Carmel	Section prelims
14-4 *Daniel Spencer	Carlsbad	Section prelims
14-3 *Justin Fox	La Costa Canyon	Mission Hills
14-3 *Derek Green	Poway	Palomar finals
14-2 *Anthony Pando	Fallbrook	Mt. Carmel
13-7 Scott Stamer	Torrey Pines	Dual
13-7 *Skyler Gordon	Scripps Ranch	Rancho Bernardo
13-7 Marshall Fice	Westview	Rancho Bernardo
13-6 *Brandon Seagraves	Rancho Bernardo	Valley Center
13-6 *Shane Hoagland	Steele Canyon	Dual
13-4 *Travis Voorhees	Rancho Bernardo	Section prelims
13-4 *Ryan Esqueda	Vista	Section prelims

13-4	**Brett Huff	Christian	Eastern finals
13-4	*Jake Debruyne	Mission Hills	Escondido
13-4	*Joe Mathison	Vista	Section prelims
13-4	Trevor Moore	Parker	Section prelims
13-3	Alex Augustine	Santana	Grossmont North final
13-3	*Kevin Finley	Granite Hills	Grossmont South final

Long Jump

23-8	Aaron Harris	Granite Hills	State finals
23-0 1/2	Brock Ringo	Torrey Pines	Section prelims
22-8 1/2	**Hansel Wilson	Valhalla	Frosh-soph
22-8	*Victor Dean	Lincoln	Central final
22-5 1/4	Zach McMaster	Mission Hills	Dual
22-4 1/4	**Stefan McClure	Vista	Dual
22-4	**Travis Johnson	Morse	Mt. Carmel
22-2	*Marcel Branch	Mt. Carmel	Dual
22-0 3/4	*Tyler Moore	Escondido	Dual
21-11 1/2	Jon Molzen	El Capitan	Section finals
21-9	Deontray Johnson	Hoover	Mt. Carmel
21-8	*Troy Ware	Vista	Mt. Carmel
21-8	*Quentis Clark	Oceanside	Dual
21-7	**Johnny Jackson	St. Augustine	Western finals
21-6 1/2	Matt Laws	Ramona	Dual
21-6	Joubet Ballard	Helix	Dual
21-6	**Patrick McClosky	San Pasqual	Dual
21-5 3/4	Clinton Parker	Calvin	Small School
21-5 1/2	Lyndon Scott	Ramona	Section finals
21-5	Quincy Lawson	Vista	Dual
21-5	**Joey Marquis	La Costa Canyon	Section prelims
21-5	**Dominic Freeman	Lincoln	Dual
21-4 3/4	Kyle Jasperse	Calvin	Coastal finals
21-4 1/2	Marquis Glenn	Henry	Escondido

Triple Jump

47-4 1/2	**Travis Johnson	Morse	Mt. Carmel
46-9 1/2	Jeremy Gathright	Vista	Section finals
46~8	*Tyler Moore	Escondido	Avocado finals
46-3 1/2	**Stefan McClure	Vista	Section finals
45-5	Quincy Lawson	Vista	Section finals
45-4	Aaron Harris	Granite Hills	Section finals
45-3 1/2	Kyle Jasperse	Calvin	Coastal finals
45-0	John Sharpe	Grossmont	Grossmont North final
44-9	*Michael Moore	Serra	Valley Center
44-7	Valentino Hodgeson	Grossmont	Dual
44-8	*Justin Malishan	Mission Hills	Dual
44-6	**Marquis Roberts	Otay Ranch	Sweetwater
44-2 1/2	Lyndon Scott	Ramona	Valley finals
44-2	Nick Henderson	Rancho Bernardo	Dual
43-11	**Tyler Davey	Rancho Bernardo	Dual
43-5	Andrew Grimes	Bonita Vista	Dual
43-4 1/2	Kenneth Shields	Lincoln	Valley Center
43-4	Taurus Harris	El Camino	Palomar finals
43-2	*Kalob Katzenmier	Mission Hills	Dual
43-2	**Aaron Wallace	Rancho Bernardo	Frosh-soph

43-1 1/2	Jon Molzen	El Capitan	Dual
43-1	Leon Kadoun	Oceanside	Section prelims
43-0	Ramsey Hopkins	Torrey Pines	Dual

Shot Put

60-0 1/2	Blake Asbill	Carlsbad	Palomar finals
57-3 1/2	*Jose Aviles	La Jolla	Arcadia
55-3	Isaiah Forney	Mission Bay	Dual
53-7	Brian Ritter	Steele Canyon	Grossmont South final
53-4 1/2	**Tyrone Sauls	Christian	State prelims
53-0 1/2	*John Hanna	Torrey Pines	Dual
52-7 1/2	Tyree Roberts	Morse	Dual
51-9 1/2	Ben Redding	San Pasqual	Avocado finals
51-0	Gonzalo Lizarraga	Imperial	IVL finals
50-10 1/2	Brian Amidon	Westview	Section finals
50-9 1/4	Jonathon Bajet	Otay Ranch	Mesa finals
50-8	Joe Morgan	Steele Canyon	Rancho Bernardo
50-8	*Chad Dobbins	Mission Hills	Dual
50-5	Alex Fernandez	Morse	Dual
50-0 1/2	Stephan Rubio	Granite Hills	Grossmont South Prelims
49-11 1/2	*Kameron Wilson	Morse	Dual
49-7	Chase Wick	Carlsbad	Dual
49-6	Rakim Cox	San Diego	Dual
49-3	Jon Chang	Torrey Pines	Dual
49-1 3/4	Mark Earl	Poway	Dual
49-0 1/2	Chris Eidson	Santana	Grossmont North final
49-0	*Garrett Fritch	Mt. Carmel	Dual

Discus

171-10	Julian Allotta	Rancho Bernardo	Dual
171-3	*Thomas Hart	St. Augustine	Western finals
167-9	Dillon Bales	Escondido	Dual
165-10	Stephan Rubio	Granite Hills	Escondido
158-10	*Chad Dobbins	Mission Hills	Escondido
158-6	David Eccker	West Hills	Dual
156-4	*Jose Aviles	La Jolla	Rancho Bernardo
156-1	Garrett Trainor	Poway	Dual
155-8	Anthony Solis	El Capitan	Dual
155-6	Brian Ritter	Steele Canyon	Mt. Carmel
154-5	Will Baker	Cathedral	Section prelims
154-2	Gonzalo Lizarraga	Imperial	Section finals
153-3	Ali McTar	Otay Ranch	Dual
153-3	Jonathon Bajet	Otay Ranch	Dual
152-8	*Bryant Haro	Otay Ranch	Escondido
151-4	Blake Asbill	Carlsbad	Valley Center
151-0	David Stout	Calvin	Section prelims
150-3	Ben Redding	San Pasqual	Avocado finals
149-9	Rakim Cox	San Diego	Dual
149-1	Jon Cheng	Torrey Pines	Dual
148-10	Chris Eidson	Santana	Grossmont North final
148-2	**Joseph Villanueva	Morse	Eastern finals
148-2	Liki Porotesano	Morse	Otay Ranch

2009 State Meet Finalists (Top 9)

Boys

1600	1. Mac Fleet	University City	4:05.33
3200	2. Collin Jarvis	Rancho Buena Vista	8:53.78
110HH	2. *Kevin Finley	Granite Hills	13.76
	8. Elijah Muhammad	Morse	14.42
1600 Relay	4. Steele Canyon	-----	3:15.46
Long jump	4. Aaron Harris	Granite Hills	23-8
Shot put	7. Blake Asbill	Carlsbad	57-2 3/4
Discus	9. *Thomas Hart	St. Augustine	166-5

Girls

100	3. Tenille Stoudenmire	Rancho Bernardo	11.71
200	4. Tenille Stoudenmire	Rancho Bernardo	23.97
1600	1. Sammy Silva	Our Lady of Peace	4:47.67
	4. **Alli Billmeyer	Torrey Pines	4:51.03
	5. Erin Gillingham	Torrey Pines	4:52.39
3200	2. **Molly Grabill	Rancho Bernardo	10:23.75
	8. *Mcgan Morgan	Torrey Pines	10:33.58
100IH	9. *Danielle Littleton	Vista	14.28
High Jump	9. Alison Tedrow	St. Joseph's	5-4
Pole Vault	1. *Kortney Ross	Westview	13-4
	5. Emily Mattoon	Rancho Bernardo	11-10
Long jump	9. Jackae Bridges	Mater Dei	18-1

2009 Girls Leaders

*Junior **Sophomore ***Freshman

100

11.71	Tenille Stoudenmire	Rancho Bernardo	State finals
11.96	*Jenna Puterbaugh	Santa Fe Christian	State prelims
12.17	***Jasmine Gibbs	Oceanside	Section prelims
12.17	**T.T. Byrum	Escondido	Section prelims
12.17	Vanessa Houston	Hoover	Rancho Bernardo
12.38	Shantinae Evans	Morse	Section prelims
12.43	*Kortney Ross	Westview	Mt. Carmel
12.43	Alex Wright	Mt. Carmel	Section finals
12.46	*Brianna Ellis	Torrey Pines	Section prelims
12.46	***Alexis Ferebee	Mission Bay	Section prelims
12.47	Krystle Osby	Escondido	Avocado finals
12.55	*Paige Neville	Steele Canyon	Section prelims
12.56	Brooke Gamble	Poway	Dual
12.60	*Kyky Davis	Southwest	Section prelims
12.61	***Jaquana Davis	Palo Verde	IVL finals
12.63	***Maya Hood	La Jolla Country Day	Dual
12.63	**Leia Hanlon	Mission Hills	Valley Center
12.63	Jamila Jordan	Lincoln	Section prelims
12.65	***Shareka Fowler	Mira Mesa	Frosh-Soph
12.68	**Jasmine Harris	El Cajon Valley	Frosh-soph
12.70	***Cecily Gilson	Poway	Frosh-soph
12.70	***Kelsey Miller	Maranatha	Frontier finals

12.71	*Anquiette Greene	Mt. Miguel	Section prelims
12.72	Brittany Jones	Mira Mesa	Eastern prelims
12.72	Diamond Mitchell	Eastlake	Runge
12.72	***Mishe Scott	El Camino	Section prelims
12.72	**Janay Pierce	University City	Eastern prelims

200

23.93	Tenille Stoudenmire	Rancho Bernardo	Section finals
24.52	Vanessa Houston	Hoover	Section finals
24.67	*Jenna Puterbaugh	Santa Fe Christian	Escondido
24.6	*Nikki Majsterski	Serra	Dual
25.06	**Leia Hanlon	Mission Hills	Mt. Carmel
25.08	Alex Wright	Mt. Carmel	Section finals
25.10	*Kortney Ross	Westview	Dual
25.35	**T.T. Byrum	Escondido	Avocado finals
25.52	Brooke Gamble	Poway	Section finals
25.56	***Alexis Ferebee	Mission Bay	Frosh-soph
25.63	*Ariel Hood	Morse	Mt. Carmel
25.4	*Demi Lucero	Escondido	Dual
25.4	**Janay Pierce	University City	Dual
25.4	Brianna Johnson	San Diego	Dual
25.63	***Jaquana Davis	Palo Verde	IVL finals
25.68	Krystle Osby	Escondido	Avocado finals
25.75	*Carolina Padilla	Calexico	IVL finals
25.81	Shantinae Evans	Morse	Mt. Carmel
25.6	**Stacious Gill	Lincoln	Dual
25.76	***Jasmine Gibbs	Oceanside	Section prelims
25.90	**Destinee Harrison	Morse	Mt. Carmel
25.90	***Maya Hood	La Jolla Country Day	Coastal finals
25.90	Elena Jefferson	Vista	Section finals
25.96	*Brianna Ellis	Torrey Pines	Avocado finals
25.98	Brittany Jones	Mira Mesa	Eastern prelims

400

55.63	Vanessa Houston	Hoover	Section finals
57.3	**Jasmine Askew	Scripps Ranch	Dual
57.70	*Demi Lucero	Escondido	Section finals
57.76	Brooke Gamble	Poway	Section finals
57.8	Tenille Stoudenmire	Rancho Bernardo	Dual
58.24	**Leia Hanlon	Mission Hills	Avocado finals
58.75	*Kaylie Belk	Carlsbad	Section finals
58.75	***Cecily Gilson	Poway	Section prelims
58.79	*Ariel Hood	Morse	Eastern finals
58.89	Elizabeth Apgar	Lincoln	Dual
58.89	**Destinee Harrison	Morse	Eastern finals
58.8	***Caitlin Krol	Cathedral	Dual
59.05	**Sadie Gimber	Coronado	Section prelims
59.05	*Jovanna Peterson	San Diego	Eastern finals
59.06	**Alex Parks	Mt. Carmel	Frosh-soph
59.31	***Nikki Larchmiller	Granite Hills	Grossmont South final
59.76	**Lettie Williams	Torrey Pines	Torrey Pines
59.80	*Brianna Gibas	Carlsbad	Section prelims
59.84	**Caitlin Ford	San Dieguito	Section prelims
59.87	Karla Serrato	Hilltop	Section prelims

59.93	**Erin Zwinger	Poway	Section prelims
59.94	***Charity Lyons	Mt. Miguel	Frosh-soph
59.96	*Vanessa Floyd	Vista	Valley Center
59.8	Alyssa Zafuta	Torrey Pines	Dual
59.9	Emily Osga	Henry	Dual

800

2:12.16	Elizabeth Apgar	Lincoln	Section finals
2:12.34	Nihal Kayali	La Jolla	Section finals
2:12.62	Sammy Silva	Our Lady of Peace	Steve Scott Inv.
2:13.36	***Ashlyn Dadkhah	Torrey Pines	Section finals
2:15.02	Erin Gillingham	Torrey Pines	Dual
2:15.44	*Michelle Cruz	Vista	Section prelims
2:15.58	*Amanda Post	Cathedral	Section finals
2:15.70	**Alissa Campanero	Bishop's	Section finals
2:16.01	***Caitlin Krol	Cathedral	Western finals
2:16.08	**Alli Billmeyer	Torrey Pines	Dual
2:17.09	**Charlotte Kuzminsky	Canyon Crest	Section finals
2:17.15	***Ashleigh Torres	Orange Glen	Section finals
2:17.80	*Christina Bauer	Mira Mesa	Section finals
2:18.0	*Erin Menefee	Mt. Carmel	Dual
2:18.15	***Jessy Hansen	University City	Section prelims
2:18.42	***Julia Yang	Westview	Section prelims
2:18.57	**Nicole Martins-Boyte	Westview	Section finals
2:19.14	**Molly Grabill	Rancho Bernardo	Dual
2:19.35	*Ayded Reyes	Mission Bay	Western prelims
2:19.44	Angela Flores	Point Loma	Section prelims
2:19.67	Cecily Beauchamp	Carlsbad	Mt. Carmel
2:19.70	**Lauren Hall	Mt. Carmel	Section finals
2:20.12	**Alyssa Medina	El Capitan	Section finals
2:20.0	Rachel Naranjo	Eastlake	Dual
2:20.37	*Anna Lei	Rancho Buena Vista	Escondido
2:20.57	***Sara Graber	Rancho Bernardo	Palomar finals
2:20.69	Brittany Balcom	Ramona	Valley finals

1600

4:47.67	Sammy Silva	Our Lady of Peace	State finals
4:51.03	**Alli Billmeyer	Torrey Pines	State finals
4:52.30	Erin Gillingham	Torrey Pines	State prelims
4:52.91	**Molly Grabill	Rancho Bernardo	Section prelims
4:57.54c	Nihal Kayali	La Jolla	Arcadia Mile
4:59.38	*Savannah Vasquez	Mission Hills	Section prelims
4:59.79	***Ashlyn Dadkhah	Torrey Pines	Avocado finals
4:59.89	*Erin Menefee	Mt. Carmel	Section prelims
5:01.54	*Megan Morgan	Torrey Pines	Dual
5:05.46	**Emily Birch	Escondido	Escondido
5:05.97	Elizabeth Apgar	Lincoln	Mt. Carmel
5:06.01	***Julia Yang	Westview	Mt. SAC
5:06.55	***Jessy Hansen	University City	Mt. SAC
5:06.73	Sheree Shea	University City	Escondido
5:07.28	Brittany Balcom	Ramona	Section prelims
5:07.38	*Christina Bauer	Mira Mesa	Section finals
5:09.01	***Caitlin Krol	Cathedral	Frosh-soph
5:09.23	Noelle Garcia	Fallbrook	Escondido

5:09.62	**Meghan Breadmore	Point Loma	Section prelims
5:10.40	Kelly Thompson	Vista	Palomar finals
5:10.56	***Shanoah Souza	La Costa Canyon	Frosh-soph
5:11.2	*Sallie Privett	Coronado	Dual
5:11.47	Caroline Draper	Rancho Bernardo	Palomar finals
5:11.49	Theresa Calderon	Mira Mesa	Section finals
5:12.90	**Gabrielle Jensen	San Pasqual	Section prelims
5:13.03	Marina Ghabbor	Vista	Section prelims
5:14.29	**Katrina Mecklenberg	Cathedral	Section finals
5:14.61	**Paige Hughes	Valhalla	Grossmont South final
5:15.17	*Heidi Swanson	El Capitan	Section finals
5:16.72	**Soffe Watson	Torrey Pines	Section prelims
5:17.08	**Annie Lovering	Coronado	Central finals
5:17.7	*Michelle Cruz	Vista	Dual
5:17.83	**Harper Cooksley	Rancho Buena Vista	Frosh-soph
5:17.97	*Aylin Mejia	Sweetwater	Valley Center

3200

10:23.75	**Molly Grabill	Rancho Bernardo	State finals
10:31.91	*Megan Morgan	Torrey Pines	Arcadia
10:38.23	Sammy Silva	Our Lady of Peace	Western finals
10:46.84	Sheree Shea	University City	State finals
10:59.80	Nihal Kayali	La Jolla	Dual
11:03.57	Caroline Draper	Rancho Bernardo	Section prelims
11:04.95	***Shanoah Souza	La Costa Canyon	Section finals
11:05.10	Noelle Garcia	Fallbrook	Section finals
11:11.93	*Erin Menefee	Mt. Carmel	Valley Center
11:13.99	Jessie Mendoza	Chula Vista	Section finals
11:14.41	Kelly Thompson	Vista	Rancho Bernardo
11:15.61	**Emily Birch	Escondido	Section finals
11:16.06	**Paige Hughes	Valhalla	Section finals
11:21.94	*Devin Cowick	University City	Section finals
11:27.33	***Soffe Watson	Torrey Pines	Section finals
11:28.31	*Melissa LaRoux	Rancho Bernardo	Section prelims
11:28.98	*Chesley Cortez	Ramona	Rancho Bernardo
11:29.43	**Harper Cooksley	Rancho Buena Vista	Section finals
11:34.87	***Amanda Darouie	Mission Hills	Valley Center
11:35.18	***Charlotte Kuzminsky	Canyon Crest	Frosh-soph
11:37.8	*Sallie Privett	Coronado	Central finals
11:38.37	Brittany Balcom	Ramona	Section prelims
11:38.38	**Meghan Breadmore	Point Loma	Section finals
11:39.98	**Harper Cleves	Rancho Buena Vista	Section prelims

100H

14.13	*Danielle Littleton	Vista	State prelims
14.62	*Melissa Barnum	Rancho Bernardo	State prelims
15.02	*Hayley O'Brien	Valhalla	Section finals
15.07	*Iesha Iwobe	Oceanside	Section prelims
15.18	*Kortney Ross	Westview	Valley prelims
15.24	*Kimberly Gossmeier	Steele Canyon	Section finals
15.24	**Frankie Gale	Cathedral	Section finals
15.65	**Charlotte Wahl	Rancho Bernardo	Section finals
15.66	***Taylor Larchmiller	Granite Hills	Section prelims

15.67 ***Devin Collins	Granite Hills	Section finals
15.69 **Madeline Wahl	Rancho Bernardo	Rancho Bernardo
15.69 ***Andrea Ringler	Mission Hills	Avocado finals
15.76 *Amber Rosario	El Camino	Section prelims
16.05 Kia Gaither	Otay Ranch	Section finals
16.08 Lauren Kennedy	Cathedral	Section finals
16.10 *Regan Reilly	Valley Center	Section finals
16.12 ***Janiece Ervin	Oceanside	Valley prelims
16.21 **Ania Boyd	Lincoln	Dual
16.44 *Savanna Holeman	Valley Center	Section finals
16.46 Mia Enciso	Calexico	Section prelims
16.47 Kenzee Hobson	San Pasqual	Avocado prelims
16.49 **Lanita Sanders	Castle Park	Valley Center
16.51 **Alexandria Buckingham	La Costa Canyon	Frosh-soph
16.52 ***Vanora Guerard	La Jolla	Frosh-soph
16.55 Sarah Gilmore	Scripps Ranch	Dual
16.77 *Christie Hendel	Steele Canyon	Grossmont South final
16.78 **Breanna J unious	San Diego	Valley Center
16.79 Stephanie Tucker	Cathedral	Rancho Bernardo

300LH

44.30 *Danielle Littleton	Vista	Section finals
44.62 ***Taylor Larchmiller	Granite Hills	Section finals
45.25 Emily Osga	Henry	Section finals
45.59 ***Devin Collins	Granite Hills	Section prelims
45.98 Paula Aleman	Sweetwater	South Bay finals
46.53 *Iesha Iwobe	Oceanside	Section prelims
46.65 **Frankie Gale	Cathedral	Western finals
46.66 *Christie Hendel	Steele Canyon	Section finals
46.78 ***Joniece Ervin	Oceanside	Trabuco Hills
46.98 ***Tamika Smith	El Camino	Palomar finals
47.06 *Denise Nguyen	San Marcos	Valley finals
47.15 *Amber Rosario	El Camino	Palomar finals
47.31 *Kim Gossmeier	Steele Canyon	Section finals
47.3 Jaime Ta	Rancho Bernardo	Dual
47.49 **Jade Palm	Bonita Vista	Section finals
47.72 *Sophia Peniller	Lincoln	Central finals
48.01 **Cassie Callahan	Coronado	Section prelims
48.11 *Vera Khalitova	Scripps Ranch	Western finals
48.16 **Madeline Wahl	Rancho Bernardo	Mt. Carmel
48.19 Susi Blaseio	Torrey Pines	Section prelims
48.20 *Brittany Hollie	Helix Section prelims	
48.22 Brijae Wright	Henry	Eastern prelims
48.24 ***Natalia Barbosa	Our Lady of Peace	Section finals
48.30 **Brittany Beam	Steele Canyon	Frosh-soph
48.32 ***Miriam Cardenas	El Cajon Valley	Frosh-soph
48.40 **Charlotte Wahl	Rancho Bernardo	Valley Center

4x100 Relay

48.49 Escondido	Section finals
48.60 Oceanside	Section finals
48.60 Rancho Bernardo	Dual
48.65 Poway	Section finals
48.76 Steele Canyon	Grossmont South finals

48.87 Granite Hills	Section prelims
48.95 Westview	Valley finals
48.97 Morse	Eastern finals
49.38 Mira Mesa	Eastern finals
49.81 Torrey Pines	Section finals
49.86 Lincoln	Valley Center
50.15 Mt. Carmel	Valley finals
50.32 Vista	Dual
50.34 San Diego	Eastern finals
50.43 Eastlake	Mesa finals
50.3 Helix	Dual
50.46 El Camino	Palomar finals
50.53 San Dieguito	Coastal finals
50.57 Rancho Buena Vista	Palomar finals
50.5 Monte Vista	Dual
50.69 Mission Hills	Mt. Carmel
50.88 Valhalla	Section prelims

4x400 Relay

3:54.12 Mt. Carmel	Section finals
3:56.61 Vista	Section finals
3:57.91 Granite Hills	State prelims
3:59.05 Rancho Bernardo	Section finals
3:59.72 Torrey Pines	Section finals
4:01.85 Cathedral	Section finals
4:02.27 La Jolla	Section finals
4:02.67 Rancho Buena Vista	Palomar finals
4:03.14 Escondido	Escondido
4:03.34 San Diego	Section finals
4:03.39 Carlsbad	Palomar finals
4:04.24 Patrick Henry	Section finals
4:04.44 Poway Palomar	finals
4:05.64 Steele Canyon	Grossmont South finals
4:05.91 Sweetwater	Valley Center
4:05.9 La Costa	Canyon Dual
4:07.10 BishOp's	Section prelims
4:07.64 Mission Hills	Mission Hills
4:07.76 LLCD	Coastal finals
4:08.46 Westview	Valley finals
4:08.75 San Dieguito	Coastal finals
4:09.03 Valley Center	Valley finals

High Jump

5-5 Alison Tedrow	St. Joseph	Section prelims
5-5 *Sherie Key	Morse	Section prelims
5-4 *Audra Bylund	Torrey Pines	Dual
5-4 ***Julia Wildenthaler	Torrey Pines	Dual
5-4 **Samantha Podraza	Scripps Ranch	Frosh-soph
5-4 *Nikki Wittak	Westview	Torrey Pines
5-3 **Riley Hasche	Point Loma	Section prelims
5-3 **Danielle Bryan	El Camino	Dual
5-3 **Danielle Miller	Mt. Miguel	Section finals
5-2 *Shayla Woodhouse	Scripps Ranch	Valley Center
5-2 *Kelsey Dickerson	Poway	Torrey Pines

5-1 Charlene Mosley	El Cajon Valley	Section prelims
5-1 Alex Pankey	Westview	Avocado finals

Pole Vault

13-4 *Kortney Ross	Westview	State finals
12-3 Emily Mattoon	Rancho Bernardo	Section prelims
11-3 ***Georgiana Ware	Orange Glen	Dual
11-0 *Meghan Freund	Rancho Bernardo	Section prelims
10-4 Sarah Tran	Mt. Carmel	Dual
10-3 *Nicole Spann	Rancho Bernardo	Section prelims
10-3 *Chelsea Boomer	Escondido	Dual
10-0 Mibella Villafana	Eastlake	Valley Center
10-0 *Rosie Jaye	La Jolla	Dual
10-0 **Heather Johnson	Scripps Ranch	Dual
9-9 Kelsey Monticalvo	Escondido	Avocado finals
9-9 *Makenzie Adams	San Pasqual	Avocado finals
9-9 Sheryl Santero	Scripps Ranch	Western finals
9-6 *Anna Vivian	Escondido	Dual
9-6 **Kana Horie	Rancho Bernardo	Valley Center
9-6 ***Kaitlin McCallum	La Jolla Country Day	Frosh-soph
9-6 ***Jane Lively	San Pasqual	Frosh-soph
9-6 *Katie Sager	Rancho Bernardo	Dual
9-6 *Connie New	Westview	Dual
9-4 *Kyle Little	Fallbrook	Escondido
9-3 *Amanda Erickson	Vista	Palomar finals
9-3 Olivia Tidd	Fallbrook	Avocado finals
9-3 **Cassie Centrofranchi	Escondido	Avocado finals
9-3 **Katie Winship	Rancho Bernardo	Palomar finals
9-3 *Michelle Hensle	El Capitan	Grossmont North final
9-3 ***McKenzie Johnson	Clairemont	Central finals

Long Jump

19-0 1/4 Jackae Bridges	Mater Dei	Section finals
18-7 3/4 *Danielle Littleton	Vista	Section finals
18-7 1/2 Emily Osga	Henry	Section finals
18-2 Yachi Fails	Mt. Carmel	Section finals
18-0 1/2 *Sherie Key	Morse	Tiger
17-11 1/4 Alex Pankey	Mission Hills	Dual
17-10 1/2 ***Charity Lyons	Mt. Miguel	Grossmont South final
17-7 Caitlin Allen	Torrey Pines	Section finals
17-6 3/4 Elena Jefferson	Vista	Section prelims
17-5 Shaniqua Reddick	Oceanside	Valley Finals
17-2 *Dominique Hughes	Rancho Bernardo	Dual
17-2 *Lindsay Valdez	Mt. Carmel	Dual
17-1 1/2 *Samantha Townsend	Mission Hills	Dual
17-1 1/2 *Kaitlin Mohr	Torrey Pines	Avocado finals
17-1 Katarina Payne	Cathedral	Western finals
17-1 *Carolina Padilla	Calexico	Dual
16-11 **Asia Acafelle	Morse	Dual
16-10 **Frankie Gale	Cathedral	Section finals
16-10 *Denai Green	Lincoln	Rancho Bernardo
16-9 *Kelsey Bailey	Granite Hills	Grossmont South prelim
16-8 1/2 **Danielle Wilson	Valhalla	Frosh-soph
16-8 1/4 Shelley Condon	San Pasqual	Dual

16-8	**Micki Smith	El Camino	Dual
16-6 3/4	Tyne McClure	Vista	Palomar finals
16-6 1/2	*Austin Sanders	Parker	Section prelims

Triple Jump

38-5	Shaniqua Reddick	Oceanside	Section finals
38-0 1/2	*Sherie Key	Morse	Arcadia
37-9 1/4	Emily Osga	Henry	UCSD
37-6	*Iesha Iwobe	Oceanside	Dual
37-4 1/4	Elena Jefferson	Vista	Palomar finals
36-11	***Vanora Guerard	La Jolla	Western finals
36-10	***Tamika Smith	El Camino	Palomar finals
36-5	Caitlin Allen	Torrey Pines	Section finals
36-3	Yachi Fails	Mt. Carmel	Dual
36-2	*Chantel Gary	Oceanside	Valley prelims
36-2	Kelsey Bailey	Granite Hills	Section finals
35-9 1/2	*Dominique Hughes	Rancho Bernardo	Palomar prelims
35-8 1/2	*Kaitlin Mohr	Torrey Pines	Avocado finals
35-8	*Kenzee Hobson	San Pasqual	Avocado prelims
35-7	Katarina Payne	Cathedral	Western Finals
35-6	Tyne McClure	Vista	Dual
35-5	**Shayna Stein	Torrey Pines	Avocado finals
35-3 1/2	**Jasmine Stevens	Steele Canyon	Grossmont South prelims
35-2	Crystie Brockman	Poway	Rancho Bernardo
35-0 1/2	*Kendra Keith	Carlsbad	Torrey Pines
34-11	*Ariana Baldwin	El Camino	Palomar finals

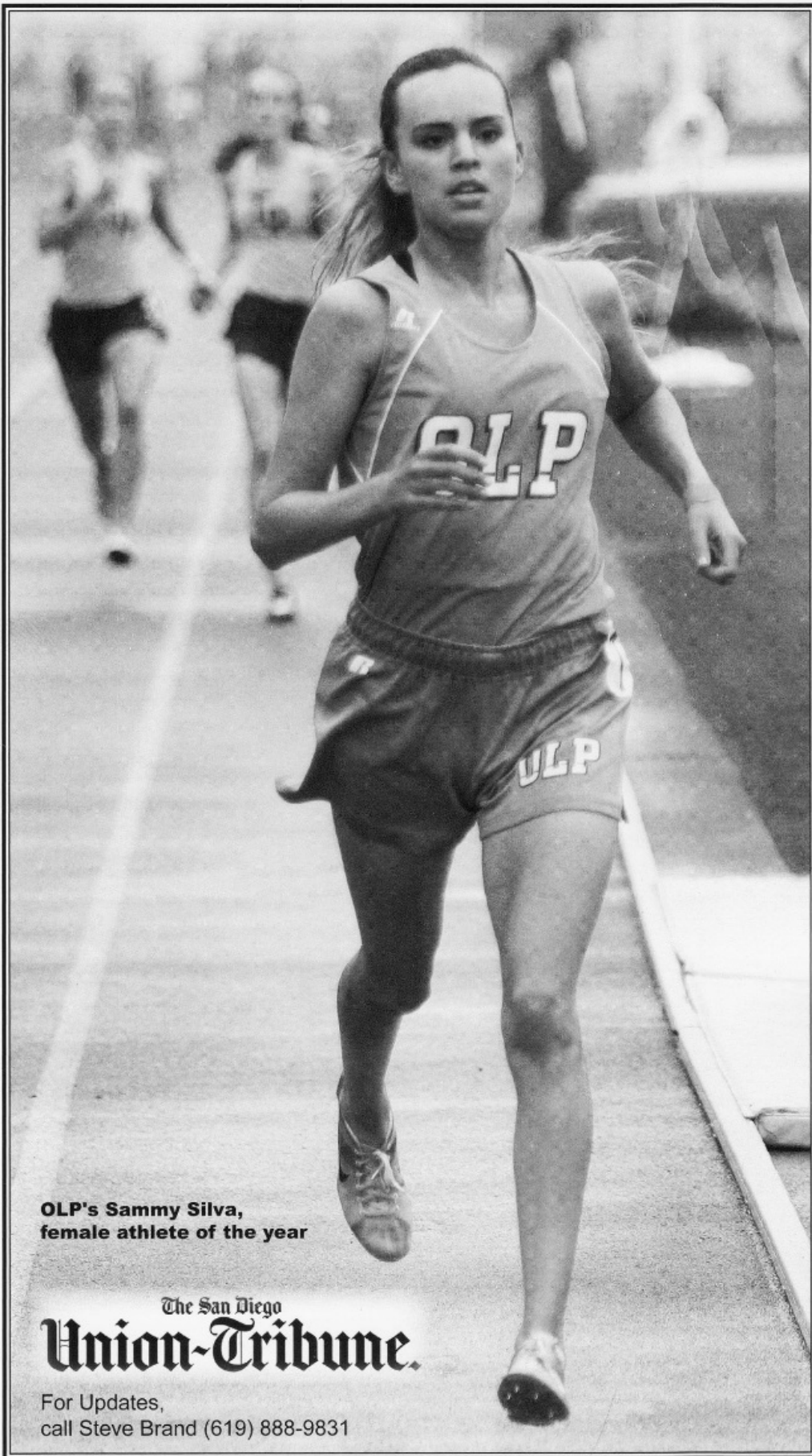
Shot Put

43-6	*Jennifer Bingham	Steele Canyon	Escondido
41-10	Emily Aragon	Escondido	Escondido
41-1	Solianna Faapouli	El Camino	Dual
39-4 1/2	***Jakayla Daniels	El Camino	Dual
39-4	*Sophia Dukes	EC Southwest	Dual
38-4	*Abigail Leaupepe'Tele	Morse	Otay Ranch
38-3 1/4	Chanelle Walsh	Rancho Bernardo	Section finals
38-1	**Mariah Counts	Poway	Palomar finals
37-9 1/2	*Alofa Laie	Oceanside	Section prelims
37-4	**Breana Jemison	Carlsbad	Dual
37-1 1/4	Tawnya Proctor	Santana	Section prelims
36-1] 1/2	*Anastasia Pele	El Camino	Dual
36-5	**Taylor Gee	Rancho Bernardo	Dual
36-1	Danielle Pitts	Kearny	Dual
35-10 1/2	Lily Roche	Poway	Dual
35-8	*Nicole Miller	Valhalla	Grossmont South final
35-7	**Leeza luta	Otay Ranch	Mesa finals
35-6 1/2	**Asia Adkins	Lincoln	Central finals
35-6	*Maritza Montes	Granite Hills	Dual
35-5 1/4	*Sabrina Burton	Morse	Section prelims
35-4 1/2	*Brooke Engle	Poway	Dual
35-2 3/4	**Nneka Anyanwu	Westview	Section prelims
35-0	Clarrisa Norris	Grossmont	Grossmont North final
34-10 1/2	*Justina Sueing	Chula Vista	Dual
34-8 1/2	*Kaycee Osadolor	Otay Ranch	Mesa finals
34-8	*Charlene Isaia	Oceanside	Valley prelims

34-8	Audrey Keller	Eastlake	Mesa finals
34-8	Niqua Miller	Serra	Dual
34-7 1/2	**Laticia Lonon	West Hills	Frosh-soph
34-7	*Jennifer Sudak	Valley Center	Dual

Discus

139-9	**Alexa Evans	West Hills	Grossmont North final
138-3	Emily Aragon	Escondido	Dual
135-0	Keauna Johnson	Mar Vista	Dual
131-2	**Laticia Lonon	West Hills	Grossmont North final
130-10	*Alofa Laie	Oceanside	Valley prelims
130-4	**Nneka Anyanwu	Westview	Section finals
128-9	Taylor Maxey	Bishop's	Section finals
126-2	Chanelle Walsh	Rancho Bernardo	Dual
123-8	Solianna Faapouli	El Camino	Section prelims
120-0	*Abigail Leaupepe'Tele	Morse	Dual
119-7	**Mariah Counts	Poway	Palomar finals
119-1	*Sofia Dukes	EC Southwest	Section prelims
117-0	**Dana Hosley	Helix Grossmont	South final
117-0	Iman Habel	Mt. Carmel	Valley prelims
115-11	Erin Poteet	Torrey Pines	Dual
114-5	*Deana Doss	Fallbrook	Avocado prelims
113-9	*Andrea Bird	San Diego	Eastern finals
112-1	**Liliana Cervantes	Poway	Dual
110-7	*Lauren Heimbach	Scripps Ranch	Western finals
110-0	**Samantha Vernon	Steele Canyon	Grossmont South Prelims



**OLP's Sammy Silva,
female athlete of the year**

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For Updates,
call Steve Brand (619) 888-9831