

THE SAN DIEGO
UT
UNION-TRIBUNE

2011

Track & Field Guide



Rancho Bernardo's **MOLLY GRABILL**

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	40.66
	(Long, Ward, Hayes, Douglas)		
1996	4x400 Relay	Morse	3:10.80(n)
	(Jones, Carter, Pinson, Burston)		
1979	High Jump	Frank Schiefer, Madison	7-2
2005	Pole Vault	Derek Scott, El Camino	16-8
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
2006	Discus	Darius Savage, Morse	212-1

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
2010	3,200	Molly Grabill, Rancho Bernardo	10:20.25
1984	100H (30')	Gail Devers, Sweetwater	13.41
2009	100H (33')	Danielle Littleton, Vista	14.13
1983	300H	Gail Devers, Sweetwater	42.26
1977	4x100 Relay	Crawford	45.94*
	(Young, Reed, Gaston, Lovelady)		
1996	4x400 Relay	Morse	3:49.12h
	(Rankin, Henderson, Groce, Garner)		
2007	High Jump	Whitney Sisler, La Costa Cyn	5-11
2010	Pole Vault	Kortney Ross, Westview	13-6
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.

Grabill Tops 2011 Returnees

It doesn't take a lot of looking around to see in which events the San Diego Section is expected to fare well this year.

Starting with girls state 3,200-meter champion and section record-holder Molly Grabill of Rancho Bernardo, there is even the possibility of a sub-10 minute clocking for the University of Oregon signee. Her 10:20.25 at the state championships came after a slow 5:17 first 1600.

Torrey Pines High's Alli Billmeyer comes into the season as the nation's No. 3 returning 1,600-meter runner at 4:45.06 in the section championships. She went on to capture silver at state.

The section's top three long hurdlers also return, led by juniors Joniece Ervin of Oceanside (44.11) and Devon Collins of Granite Hills (44.42) as well as senior Tamika Smith (44.52).

In the girls field events, state finalists Jasmine Gibbs and Tamika Smith of Oceanside return in the horizontal jumps while 5-5 soph high jumper Mariah Slack of Vista could get pushed to record heights. West Hills' Alexa Evans is looking to move up on the discus list after hitting 148-4 last year.

For the boys, the focus has to be on the jumps, specially the high and triple jumps.

Serra's Deante Kemper soared 6-10 last year in the high jump and Mt. Carmel's Brandon Ford topped out at 6-8 ¼. Both were state finalists. As for the triple jump, five of the top competitors return from last year led by multi-sport standout Stefan McClure of Vista who signed with the University of California and brings a best of 48-9 to the table. He'll be pushed by Travis Johnson of Morse (48-6 ½), Marques Roberts of Otay Ranch (48-1) and Jordan Hines of Eastlake (47-1).

On the track, look for Patrick Henry's Ryan Urie, who placed second in the 1,600 at the state meet last year, to step out to even better performances after a strong cross country season. He should be pushed by the likes of La Costa Canyon's Darren Fahy, RBV's Chris Brewer and 800-1600 standout Matt Carpowich of Torrey Pines.

Speedy Jared Pickering returns for Rancho Bernardo after leading the section with a time of 21.35 in the 200 and look for junior Devin Hickey to crack the 14-second barrier early in the 110-high hurdles.

Thanks, Thanks, Thanks.

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Although dozens of individuals helped compile this book, special thanks go to the UT Marketing Dept., UT Photo Dept., Anthony Tarantino, Rick Smith and long-time supporter Richard Cota.

— Steve Brand, Editor

Captions

Front page: Rancho Bernardo's Molly Grabill, state 3,200 champion

Back page: Ramona's Tyler Jordan, state high jump champion

2010 Boys Leaders

* Junior, ** Sophomore, *** Freshman

100 (Fully Electronic)

10.63	Justin Freeman, Carlsbad	State Prelims
10.68	Bassim El-Sabawi, Torrey Pines	State Prelims
10.73	*Shamone Fletcher, Mira Mesa	State Prelims
10.82	*Jared Pickering, Rancho Bernardo	Palomar Prelims
10.90	Anthony Staley, Poway	Dual
10.95	*Marquis Roach, University City	Section Prelims
10.95	***Donald Molton, Otay Ranch	Dual
10.98	Grant Brown, Palo Verde	Section Prelims
10.98	Kenneth James, Mt. Carmel	Dual
11.02	***Tracy McNair, Morse	Section Prelims
11.04	Bashieff Jones, Horizon	Section Prelims
11.05	Jonathon Demus, Horizon	Section Prelims
11.07	*Emmanuel Quiambao, Montgomery	Section Prelims
11.07	Seth Drake, Ramona	Section Prelims
11.08	*Jacob Kuchinsky, RBV	Palomar Prelims
11.08	*Mark Reynolds, EC Southwest	IVL Finals
11.12	*Zach Kovach, Ramona	Valley Finals
11.12	Caleb Sumpter, Fallbrook	Dual
11.14	Alex Perlin, Steele Canyon	Escondido
11.15	Aaron Sims, Helix	Gross. Hills Finals
11.17	**Dylan McCloskey, El Camino	Frosh-Soph
11.19	**Evan Gray, Poway	Palomar Finals
11.19	Christian Theuer, Bishop's	Section Prelims
11.21	**Nick Gonsalves, St. Augustine	Section Prelims
11.23	**Derrick Dunn, Mt. Miguel	Section Prelims
11.26	*Ronnie Hicks, Mt. Miguel	Section Prelims
11.26	*Bernard Bonner, Scripps Ranch	UCSD
11.27	Ricardo Azcarraga, St. Augustine	Western Finals
11.28	*Alex Kamps, West Hills	Section Prelims
11.29	*Mitch Yocom, Torrey Pines	Section Prelims

200

21.35	*Jared Pickering, Rancho Bernardo	Section Prelims
21.68	Bassim El-Sabawi, Torrey Pines	Section Finals
21.91	Todd Herrod, Scripps Ranch	State Prelims
21.99	Justin Freeman, Carlsbad	Section Prelims
22.04	Kenneth James, Mt. Carmel	Dual
22.05	Alfredo Corral, Bishop's	Coastal Finals
22.14	***Donald Molton, Otay Ranch	Section Finals
22.15	Ryan Morgan, Ramona	Valley Finals
22.22	*Zach Kovach, Ramona	Valley Finals
22.0	*Hansell Wilson, Valhalla	Dual
22.31	Cody Simpson, Steele Canyon	Section Prelims
22.34	Chancise Watkins, Palo Verde	Section Prelims
22.1	David Scott, Mira Mesa	Dual
22.38	**Dylan McCloskey, El Camino	Section Prelims
22.39	**Nick Gonsalves, St. Augustine	Section Finals
22.39	*Wilfredo Rodriguez, Mt. Miguel	Section Prelims
22.2	*Shamone Fletcher, Mira Mesa	Dual
22.2	Jonathon Demus, Horizon	Dual
22.43	*Trevor Stevens, Cathedral Catholic	Section Finals

22.45 *Mark Reynolds, EC Southwest
 22.49 Alex Perlin, Steele Canyon
 22.52 *Joe Cisneros, Steele Canyon
 22.54 *Marquis Roach, University City
 22.55 Caleb Sumpter, Fallbrook
 22.59 Ricardo Azcarraga, St. Augustine
 22.60 **Evan Gray, Poway
 22.4 *Jonathon Amerson, RBV
 22.65 Little Thomas, Montgomery
 22.65 Mike Techaira, Rancho Bernardo
 22.66 Collin Jones, El Camino

IVL Finals
 Escondido
 Section Prelims
 Eastern Finals
 Section Prelims
 Sundevil
 Palomar Finals
 Dual
 Valley Center
 Palomar Finals
 Avocado Prelims

400

48.15 Chancise Watkins, Palo Verde
 48.52 Ryan Morgan, Ramona
 48.55 Alfredo Corral, Bishop's
 48.67 *Wildredo Rodriguez, Mt. Miguel
 49.2 *Jared Pickering, Rancho Bernardo
 49.45 Brandon Hille, Mt. Miguel
 49.46 Eric Severiano, Otay Ranch
 49.46 Gary Brown, El Camino
 49.58 *Joe Cisneros, Steele Canyon
 49.65 Thomas Ducat, RBV
 49.86 *Sage Hagstrom, LJCD
 49.87 *Nicholas Aly, San Pasqual
 49.89 *Hansell Wilson, Valhalla
 49.93 Alex Perlin, Steele Canyon
 50.03 David Scott, Mira Mesa
 50.05 Hector Collazzo, Mission Hills
 50.10 Sandro Garcia, Clairemont
 50.32 **Darran Hall, Eastlake
 50.39 Kevin Lewis, Mt. Carmel
 50.44 Jason McCallum, LJCD
 50.50 Walker Poortinga, Ramona
 50.50 Cody Simpson, Steele Canyon
 50.52 ***Lucas Lawson, Cathedral Cath.
 50.4 *Trent Newquist, Torrey Pines
 50.4 *Zach Kovach, Ramona
 50.55 *Tim Patrick, University City
 50.58 Tom Fiechtner, Cathedral Catholic
 50.61 Daniel Vera, Orange Glen
 50.66 Theodore Anderson, Orange Glen
 50.73 **Jose Prieto, Palo Verde
 50.96 Daniel Cueva, Chula Vista
 50.98 **Suavea Zackiewicz, Serra
 50.98 ***Alex Gronotte, Westview

IVL Finals
 Section finals
 Coastal Finals
 G. Valley Finals
 Dual
 G. Valley Finals
 Section Final
 Avocado Prelims
 Section Prelims
 Palomar Finals
 Sundevil
 Avocado Finals
 Hills Finals
 Mt. Miguel
 Mt. Miguel
 Avocado Finals
 Central Finals
 Section Finals
 Dual
 Dual
 Valley Finals
 G. Valley Prelims
 Western Finals
 Dual
 Dual
 Eastern Finals
 Western Finals
 Valley Prelims
 Valley Finals
 Calvin SS
 Mesa Finals
 Eastern Prelims
 Valley Finals

800

1:53.25 *Matt Carpowich, Torrey Pines
 1:54.29 *Trent Newquist, Torrey Pines
 1:54.77 *Carlos Bojorquez, Kearny
 1:55.10 *Shyan Varizi, Scripps Ranch
 1:55.23 *Kyle Lynch, RBV
 1:55.64 Alfredo Rodriguez, Bonita Vista
 1:55.72 Matthew Tex, Valhalla
 1:56.67 *Andrew Richardson, Carlsbad

State Prelims
 Section Finals
 Section Finals
 Section Finals
 Section Finals
 Mesa Prelims
 Section Finals
 Section Prelims

1:56.77	*Connor Jaramillo, Poway	Dual
1:56.7	Jacob Wood, Mt. Carmel	Dual
1:56.8	**Darren Fahy, La Costa Canyon	Dual
1:57.12	*Tom Valente, Cathedral Catholic	Section Finals
1:57.15	*Chris Brewer, RBV	Dual
1:57.47	*Ryan Urie, Patrick Henry	Eastern Finals
1:57.59	*Ian Cable, Rancho Bernardo	Escondido
1:57.95	*Cameron Barela, Mission Hills	Mission Hills
1:58.04	*Justin Jones, Fallbrook	Dual
1:58.0	*Andrew Ward, Torrey Pines	Dual
1:58.13	Marvin Medina, Mt. Carmel	Valley Finals
1:58.17	Dylan Marx, Mt. Miguel	Dual
1:58.18	*Michael Fenlason, Rancho Bernardo	Palomar Prelims
1:58.18	Mike Kloha, Westview	Valley Finals
1:58.18	Ben Booker, University City	Section Finals
1:58.1	Michael Hansen, San Marcos	Dual
1:58.35	**Eric Hayen, Poway	Valley Center
1:58.48	Dennis Roth, LJCD	UCSD
1:58.64	*Aryan Shay, Coronado	Section Finals
1:58.71	Pancho Lemus, Central Union	Section Finals
1:58.88	*David Vasco, Mt. Carmel	Escondido
1:58.90	*Benjamin Beck, Grossmont	Hills Finals
1:58.91	*Nicasio Westlund, Valley Center	Section Prelims
1:58.9	Brad Smith, Scripps Ranch	Dual
1:59.04	*Wilfredo Rodriguez, Mt. Miguel	Dual
1:59.59	*Sean Stanko, Eastlake	Mesa Finals
1:59.64	*Geoff Bogan, Rancho Bernardo	Dual
1:59.65	**Stidum O'Neal, Mt. Miguel	Section Prelims
1:59.86	A.J. Mangoba, Vista	Section Prelims
1:59.8	*Andrew Farkas, La Jolla	Dual
1:59.99	*Lee Klitzner, LJCD	Coastal Finals
1:59.9	Ismael Rodriguez, Valley Center	Dual

1600

4:11.2	*Chris Brewer, RBV	Palomar Finals
4:12.08	**Darren Fahy, La Costa Canyon	Escondido
4:12.86	*Ryan Urie, Patrick Henry	Section Finals
4:13.40	*Matt Carpowich, Torrey Pines	Escondido
4:14.00	Dylan Marx, Mt. Miguel	Section Finals
4:14.8	Mike Goodger, Carlsbad	Palomar Finals
4:15.4	*Kyle Lynch, RBV	Dual
4:16.6	*Connor Jaramillo, Poway	Palomar Finals
4:18.4	*Geoff Bogan, Rancho Bernardo	Palomar Finals
4:18.76	Jacob Wood, Mt. Carmel	Section Prelims
4:19.30	Chris Steinke, Mira Mesa	Section Finals
4:19.56	*Tom Valente, Cathedral Catholic	Western Finals
4:19.78	*Andrew Farkas, La Jolla	Section Prelims
4:20.49	Alfredo Rodriguez, Bonita Vista	Great Oak
4:20.69	**Dylan Blankenbaker, Ramona	Section Prelims
4:20.76	Ismael Rodriguez, Valley Center	Valley Center
4:21.37	Jacob Roach, Otay Ranch	Valley Center
4:21.70	*Cameron Barela, Mission Hills	Avocado Finals
4:21.76	Dennis Roth, LJCD	Section Prelims
4:22.62	Eamonn McCarey, Clairemont	Section Prelims
4:22.92	Leo Banales, Brawley	Section Prelims

4:23.0	Alex Smith, Poway	Dual
4:23.27	**Brady Littooy, Scripps Ranch	Section Prelims
4:23.31	*Michael Froboese, Fallbrook	Avocado Finals
4:23.3	**Scott Gisel, RBV	Palomar Finals
4:23.96	David Vasco, Mt. Carmel	Valley Finals
4:24.20	*Andrew Ward, Torrey Pines	Section Prelims
4:24.2	Adam Smith, Poway	Palomar Finals
4:25.1	**Alex Richardson, Carlsbad	Palomar Finals
4:25.84	**Ryan Schall, Westview	Dual
4:25.90	*Andrew Eckberg, Torrey Pines	Avocado Finals
4:25.90	Ryan Jensen, Poway	Section Prelims
4:26.24	Michael Hanson, San Marcos	Valley Prelims
4:26.63	Edward Ramos, Patrick Henry	Avocado Finals
4:26.71	Dalton Souza, San Marcos	Section Finals
4:26.90	Michael Conroy, La Jolla	Section Prelims
4:27.3	*Anthony Girolamo, Rancho Bernardo	Dual
4:28.10	Tyler Robinson, Cathedral Catholic	Western Finals
4:28.11	Alex Jafek, Torrey Pines	Avocado Finals
4:28.54	**Kevin Mihalik, Rancho Bernardo	Palomar Prelims
4:28.64	*Lee McAllister, Helix	Hills Finals

3200

8:59.88	**Darren Fahy, La Costa Canyon	State Finals
9:08.67	Jacob Wood, Mt. Carmel	Section Finals
9:12.04	Mike Goodger, Carlsbad	Escondido
9:13.49	Jacob Roach, Otay Ranch	Escondido
9:14.47	*Chris Brewer, RBV	Dual
9:17.88	Kellen Blumberg, Patrick Henry	Escondido
9:20.30	*Alex Smith, Poway	Escondido
9:21.70	Dylan Marx, Mt. Miguel	Arcadia
9:27.84	*Geoff Bogan, Rancho Bernardo	Arcadia
9:32.3	*Andrew Ward, Torrey Pines	Dual
9:32.44	*Ryan Urie, Patrick Henry	Bronco
9:32.46	David Vasco, Mt. Carmel	Palomar Finals
9:33.91	Ismael Rodriguez, Valley Center	Sundevil
9:34.28	Tyler Robinson, Cathedral Catholic	Escondido
9:34.47	*Andrew Farkas, La Jolla	Western Finals
9:34.66	Alfredo Rodriguez, Bonita Vista	Trabuco Hills
9:35.58	*Shinaoba Agbede, Bonita Vista	Escondido
9:36.08	*Michael Froboese, Fallbrook	Escondido
9:36.15	Carlos Hernandez, Otay Ranch	Escondido
9:36.83	*Andrew Eckberg, Torrey Pines	Section Prelims
9:37.20	Eamonn McCarey, Clairemont	Sundevil
9:37.55	Leo Banales, Brawley	Section Finals
9:37.86	*Tom Valente, Cathedral Catholic	Dual
9:39.67	Adam Smith, Poway	Section Prelims
9:39.76	*Nathan Eazer, Poway	Palomar Finals
9:40.50	**Kevin Mihalik, Rancho Bernardo	Section Prelims
9:41.09	Michael Conroy, La Jolla	Western Finals
9:41.83	*Anthony Giralamo, Rancho Bernardo	Palomar Finals
9:42.68	Dalton Souza, San Marcos	Section Prelims
9:42.72	*Connor Jaramillo, Poway	Bronco
9:42.74	Michael Romero, Poway	Bronco
9:43.16	*Chance Vanardo, Ramona	Section Finals
9:43.18	**Alex Eve, La Jolla	Western Finals
9:43.79	*Dan Fleming, Carlsbad	Palomar Finals

9:45.14	*Lee McCallister, Helix	Section Prelims
9:45.50	**Dylan Blankenbaker, Ramona	Valley Center
9:45.99	**Brad Littooy, Scripps Ranch	Western Finals
9:46.89	**Scott Gisel, RBV	Bronco
9:47.32	Dillon Breen, Monte Vista	G. Valley Finals
9:47.33	Ryan Suarez, St. Augustine	Western Finals
9:47.42	**Jarron Helbock, Cathedral Catholic	Western Finals
9:48.26	***Edward Medina, West Hills	Section Prelims
9:49.00	Chris Steinke, Mira Mesa	Mt. Miguel
9:49.19	Dennis Roth, LJCD	Trabuco Hills

110HH

13.96	Kevin Finley, Granite Hills	Section Finals
14.17	**Devin Hickey, Vista	Section Finals
14.67	Kevin Cranor, Westview	Dual
14.69	Joseph Charlot, Mira Mesa	Section Finals
14.72	Little Thomas, Montgomery	Section Finals
14.77	*Julien Todd-Borden, LCC	Avocado Finals
14.79	*Jake Hare, Scripps Ranch	Section Prelims
14.79	Luc Sanchez, Mission Hills	Avocado Finals
14.97	*Deante Kemper, Serra	Section Finals
15.15	**Isiah Jackson, El Camino	Section Finals
15.31	Blake Bailey, Serra	Escondido
15.32	*Chris Canseco, University City	Eastern Prelims
15.34	Chris Larkin, Westview	Valley Prelims
15.44	Quinton Petty, Scripps Ranch	Section Finals
15.44	***Grant Zebold, Cathedral Catholic	Section Prelims
15.44	*Devin Sanders, Rancho Bernardo	Valley Center
15.53	Nathan Nichols-Roy, San Pasqual	Escondido
15.57	Ahmad Rashada, Helix	Hills Finals
15.63	Derek Hatfield, LJCD	Section Finals
15.68	*Alex Allen, Mt. Carmel	Dual
15.68	*Isaac Mallot, Otay Ranch	Valley Center
15.68	Quentis Clark, Oceanside	Valley Finals
15.68	Gabe Lemus, Rancho Bernardo	Palomar Finals
15.70	*Karl Mickelsen, Morse	Dual
15.72	*J'Vion Johnson, Otay Ranch	Valley Center
15.76	**Devon McCracken, Mt. Carmel	Valley Finals
15.77	*Daniel Thomas, El Capitan	Section Finals
15.78	Oscar Zuniga, Otay Ranch	Mesa Finals
15.78	Matthew Voss, Canyon Crest	Section Finals
15.79	Zach Bachman, Mission Hills	Avocado Finals

300IH

37.18	Kevin Finley, Granite Hills	State Prelims
38.41	*Jake Hare, Scripps Ranch	Section Finals
38.44	*Alex Allen, Mt. Carmel	Section Finals
38.47	**Devin Hickey, Vista	Section Finals
39.23	*Isaac Mallot, Otay Ranch	Mesa Finals
39.33	Kevin Cranor, Westview	Dual
39.3	Bryant Davis, Lincoln	Central Prelims
39.41	Luc Sanchez, Mission Hills	Section Prelims
39.4	Dillon Fox, La Costa Canyon	Dual
39.55	Oscar Zuniga, Otay Ranch	Escondido
39.56	*Sage Hagstrom, LJCD	Section Prelims
39.66	Little Thomas, Montgomery	South Bay Finals

39.68	**Isiah Jackson, El Camino	Section Finals
39.88	**William Charlton, Morse	Mt. SAC
39.9	**Julien Todd-Borden, LCC	Dual
40.05	*Chris Canseco, University City	Section Prelims
40.10	Ahmad Rashada, Helix	Hills Finals
40.14	***Grant Zebold, Cathedral Catholic	Western Finals
40.14	Spencer Darlin, La Costa Canyon	Avocado Finals
40.32	Gabe Lemus, Rancho Bernardo	Section Prelims
40.41	Andre Smith, Mira Mesa	Eastern Finals
40.42	Cody Conley, Santana	G. Valley Finals
40.46	Quentin Petty, Scripps Ranch	Section Prelims
40.66	Blake Bailey, Serra	Dual
40.68	Joseph Charlot, Mira Mesa	Mt. Miguel
40.71	*Daniel Thomas, El Capitan	G. Valley Finals
40.80	*Deante Kemper, Serra	Escondido

400 Relay

42.50	Torrey Pines	Section Finals
42.53	Mt. Miguel	Section Finals
42.4	Mira Mesa	Dual
42.60	Steele Canyon	Escondido
42.69	Ramona	Valley Finals
42.80	Rancho Bernardo	Dual
42.92	Cathedral Catholic	Western Finals
42.95	St. Augustine	Western Finals
43.07	Helix	Hills Finals
43.13	Palo Verde	Section Prelims
43.15	Morse	Eastern Finals
43.24	University City	Eastern Finals
43.36	Horizon	Section Finals
43.37	Otay Ranch	Mesa Finals
43.42	Mt. Carmel	Section Finals
43.42	Eastlake	Section Prelims
43.42	Granite Hills	Escondido
43.44	Santa Fe Christian	Section Finals
43.3	Vista	Dual
43.61	Westview	Valley Finals
43.68	Fallbrook	Avocado Finals
43.70	Chula Vista	Dual
43.6	Madison	Dual
43.6	Lincoln	Dual

1600 Relay

3:17.09	Ramona	State Prelims
3:19.95	Steele Canyon	State Prelims
3:21.17	El Camino	Section Finals
3:21.88	Mt. Carmel	Section Prelims
3:22.20	Mt. Miguel	Section Finals
3:22.55	Torrey Pines	Section Prelims
3:22.58	Rancho Buena Vista	Section Finals
3:24.11	Fallbrook	Section Finals
3:24.49	Cathedral Catholic	Section Finals
3:24.53	Vista	Palomar Finals
3:25.20	Kearny	Section Finals
3:25.33	Granite Hills	Section Prelims
3:25.34	Rancho Bernardo	Section Prelims

3:25.67	Lincoln	Central Finals
3:26.02	Otay Ranch	Section Prelims
3:26.15	Kearny	Western Finals
3:26.60	Westview	Valley Finals
3:28.76	Central Union	IVL Finals
3:29.14	Helix	Hills Finals
3:29.51	Clairemont	Central Finals
3:29.60	Olympian	South Bay Finals
3:29.80	University City	Escondido
3:29.87	Morse	Eastern Finals
3:29.95	Hoover	Central Finals

High Jump

7-0	Tyler Jordan, Ramona	Section Prelims
6-10	*Deante Kemper, Serra	Section Prelims
6-8 ¼	*Brandon Ford, Mt. Carmel	Dual
6-8	Mitchell Bryant, Mt. Miguel	Section Prelims
6-8	Alex Templeton, Poway	Otay Ranch
6-6	*Alex Campbell, Scripps Ranch	Section Prelims
6-6	**Jevon Hasten, Valhalla	Hills Finals
6-5	Nigel Westbrooks, Mission Hills	Avocado Finals
6-4	**Dylan Andrews, Granite Hills	Section Finals
6-4	*J'Vion Johnson, Otay Ranch	Mesa Finals
6-4	**Dillon McMahon, Poway	Dual
6-4	Justin Fox, La Costa Canyon	Dual
6-3	**Chris Bernal, Fallbrook	Avocado Finals
6-2	Alex Rice, Vista	Section Finals
6-2	*Nickolas Kurtz, Valhalla	Section Prelims
6-2	Lee Masten, Fallbrook	Section Prelims
6-2	**David Turner, Morse	Dual
6-2	*Travis Johnson, Morse	Dual
6-2	Preston Butler, El Camino	Dual
6-2	Alan Davis, RBV	Dual

Pole Vault

15-9	Dillon Fox, La Costa Canyon	State Finals
15-3	Jeremy McGrath, La Jolla	Dual
15-0	Kevin Finley, Granite Hills	Dual
14-10	Justin Fox, La Costa Canyon	Mission Hills
14-9	Daniel Spencer, Carlsbad	State Prelims
14-8	**Garrett Rice, Point Loma	Dual
14-6	Derek Green, Poway	Section Finals
14-6	Rex Rogers, Rancho Bernardo	Dual
14-6	Travis Voorhees, Rancho Bernardo	Dual
14-4	Matt Mathison, Vista	Mission Hills
14-1	Shane Hoagland, Steele Canyon	Escondido
14-0	*Will Bartsch, Coronado	Section Finals
14-0	*Brett Huff, Christian	Section Finals
14-0	Peter Crofts, Poway	Section Prelims
14-0	**Robert Ruiz, Valhalla	Hills Finals
14-0	*Ryan Hsin, Mt. Carmel	Torrey Pines
14-0	Jake Debruyn, Mission Hills	Dual
13-9	*Zach Merritt, Rancho Bernardo	Palomar Finals
13-9	*Zack Logan, Rancho Bernardo	Palomar Finals
13-7	Anthony Pando, Fallbrook	Dual

13-6	*Chris Canseco, University City	Section Finals
13-6	Ryan Vasquez, Otay Ranch	Mesa Finals
13-6	*German Palma, Bonita Vista	Mesa Finals
13-6	*Trent Turner, El Camino	Valley Center
13-6	Zack Kriesmer, Canyon Crest	Valley Center
13-6	James Jordan, El Camino	Valley Center
13-6	Ryan Esqueda, Vista	Dual
13-6	*Jarred Engler, Ramona	Dual

Long Jump

23-3 $\frac{3}{4}$	*Travis Johnson, Morse	Section Prelims
23-1 $\frac{3}{4}$	**David Turner, Morse	Section Prelims
23-1	Victor Dean, Lincoln	Central Finals
22-8 $\frac{1}{2}$	Julian Young, Rancho Bernardo	Section Finals
22-5	*Brandon Ford, Mt. Carmel	Valley Finals
22-4 $\frac{1}{2}$	Hansell Wilson, Valhalla	Tiger
22-2	*Aaron Rattler, Escondido	Avocado Finals
22-1 $\frac{1}{2}$	Mitchell Bryant, Mt. Miguel	G. Valley Finals
22-1 $\frac{1}{4}$	Tyler Moore, Escondido	Rancho Bernardo
21-11 $\frac{1}{2}$	*Joseph Marquis, La Costa Canyon	Torrey Pines
21-11	Malik Ransom, Morse	Section Prelims
21-11	A.J. McKee, Vista	Mission Hills
21-10 $\frac{1}{2}$	Tyler Jordan, Ramona	Valley Prelims
21-10 $\frac{1}{2}$	Artis Jemison, El Camino	Valley Center
21-10	Justin Malishan, Mission Hills	Dual
21-9 $\frac{1}{2}$	*Stefan McClure, Vista	Palomar Finals
21-9	Grant Brown, Palo Verde	Section Prelims
21-9	*Jordan Hines, Eastlake	Dual
21-8 $\frac{1}{4}$	Jason McCallum, LJCD	Coastal Finals
21-7 $\frac{1}{4}$	*Kenneth Keys, Helix	Hills Finals
21-7	Patrick Arimendi, Mt. Miguel	G. Valley Finals
21-7	Dennis Torculas, St. Augustine	Western Prelims
21-6 $\frac{1}{2}$	Natrone Morgan, Mt. Miguel	G. Valley Finals
21-6	**Isiah Jackson, El Camino	Frosh-Soph
21-6	Nigel Westbrooks, Mission Hills	Escondido
21-6	*Roland Jackson, Francis Parker	Coastal Finals
21-5 $\frac{1}{2}$	*Johnny Jackson, St. Augustine	Sundevil
21-5	*Marques Roberts, Otay Ranch	Dual

Triple Jump

48-9	*Stefan McClure, Vista	Section Finals
48-6 $\frac{1}{2}$	*Travis Johnson, Morse	State Prelims
48-2	Justin Malishan, Mission Hills	Section Finals
48-1	*Marques Roberts, Otay Ranch	Section Finals
47-1	*Jordan Hines, Eastlake	State Prelims
46-3	*Kevin Dobies, Rancho Bernardo	Dual
46-1	Tyler Moore, Escondido	Dual
45-11 $\frac{1}{2}$	Mitchell Bryant, Mt. Miguel	Section Prelims
45-7	*J'Vion Johnson, Otay Ranch	Dual
45-2 $\frac{3}{4}$	*Jesse Iglinski-Benjamin, Granite Hills	Section Finals
44-11 $\frac{1}{2}$	Oliver Wang, Torrey Pines	Dual
44-9 $\frac{1}{2}$	*Tyler Davey, Rancho Bernardo	Dual
44-8 $\frac{1}{2}$	*Chance Early, Cathedral Catholic	Dual
44-6 $\frac{1}{2}$	**Chevy King, Castle Park	Section Finals
44-6 $\frac{1}{2}$	*Matt Nash, Calvin Christian	Section Finals

44-6	*Brandon Ford, Mt. Carmel	Dual
44-4 $\frac{3}{4}$	*Matt Nash, Calvin Christian	Section Prelims
44-3	*Deonte Flowers, Morse	Dual
44-2 $\frac{1}{2}$	Nigel Westbrooks, Mission Hills	Avocado Finals
44-0 $\frac{1}{2}$	Marlin Carnell, University City	Eastern Finals
44-0	Michael Moore, Serra	Dual
43-11 $\frac{1}{2}$	Joe Scott, Mission Hills	Dual
43-11	Malik Ransom, Morse	Dual
43-10 $\frac{1}{2}$	Vincent Lo, Cathedral Catholic	Section Prelims
43-7 $\frac{3}{4}$	**Isaiah Gross, Poway	Section Prelims
43-7 $\frac{1}{4}$	Julian Young, Rancho Bernardo	Dual
43-7	*Thomas Clanton, Steele Canyon	Otay Ranch
43-6 $\frac{1}{2}$	Sandro Garcia, Clairemont	Tiger
43-6	A.J. McKee, Vista	Mission Hills
43-3 $\frac{1}{2}$	Cory Barton, San Pasqual	Avocado Finals
43-3	*Joey Marquis, La Costa Canyon	Torrey Pines
43-1 $\frac{3}{4}$	**David Turner, Morse	Section Prelims
43-0	Jarreau Harris, Henry	Eastern Prelims
43-0	*Aaron Wallace, Rancho Bernardo	Dual

Shot Put

58-8	Jose Aviles, La Jolla	Dual
55-11 $\frac{3}{4}$	*Tyrone Sauls, Christian	Section Prelims
54-0 $\frac{1}{4}$	Thomas Hart, St. Augustine	Arcadia
53-1 $\frac{1}{2}$	Jake Peterson, West Hills	Section Finals
51-2	Logan Peterson, Ramona	Dual
51-1	*Jonathon Bajet, Otay Ranch	Mesa Finals
50-6 $\frac{1}{2}$	*Chris Maligsa, University City	Dual
50-6	**Preston Johnson, Ramona	Valley Prelims
50-5 $\frac{1}{4}$	**Mario Yakoo, Steele Canyon	Section Finals
50-1 $\frac{1}{2}$	*Sammy Chaaban, El Camino	Section Finals
49-9	Kenny Galea'i, Oceanside	Dual
49-5	Greg Young, Morse	Eastern Finals
49-5	Patrick Avinze, Helix	Dual
49-0	*Marshall Thrasher, Ramona	Dual
48-7	Mark Mann, Westview	Valley Finals
48-7	*Seville Hayes, Mar Vista	Section Finals
48-3	**Jordan Shipley, Morse	Dual
47-11	David Carrillo, Mt. Miguel	Dual
47-10	**Isaia Saole, Carlsbad	Avocado Prelims
47-8 $\frac{3}{4}$	Michael Mohr, Torrey Pines	Section Finals
47-6	Gustavo Hayes, Valhalla	Hills Prelims
47-4 $\frac{1}{4}$	Chad Dobbins, Mission Hills	Avocado Finals
47-2	*Joseph Green, University City	Dual
47-0	*Andrew Gaston, Mt. Carmel	Dual

Discus

194-1	Thomas Hart, St. Augustine	Section Finals
179-7	Logan Peterson, Ramona	Valley Finals
165-0	*Jonathon Bajet, Otay Ranch	Dual
159-8	Chad Dobbins, Mission Hills	State Prelims
158-6	Jake Peterson, West Hills	G. Hills Prelims
157-1	*Garrett Barton, Rancho Bernardo	Dual
155-6	Alex Zuniga, Torrey Pines	Escondido
152-3	Jose Aviles, La Jolla	Escondido

151-4	*Joseph Villanueva, Morse	Rancho Bernardo
151-2	*Brent Courtney, Carlsbad	Section Prelims
150-0	Bryant Haro, Otay Ranch	Section Prelims
150-0	*Tyrone Sauls, Christian	Dual
149-10	*Andrew Gaston, Mt. Carmel	Valley Finals
149-5	Aaron Russell, Poway	Escondido
148-1	*Chris Eidson, Santana	Dual
146-10	Quinten Wright, Ramona	Valley Finals
146-8	***Brendon Song, West Hills	Hills Finals
145-10	Derek Schmitt, Escondido	Dual
145-7	*Sean Booze, Steele Canyon	Dual
145-4	Thomas Gonzalez, Otay Ranch	Otay Ranch
144-1	Jose Mitchell, Eastlake	Mesa Finals
143-9	*Sammy Chaaban, El Camino	Palomar Finals
142-5	**Preston Johnson, Ramona	Torrey Pines
142-2	Rocco Hemphill, Ramona	Dual
141-11	Greg Young, Morse	Eastern Finals
140-10	*Thomas Durnil, University City	Section Finals
140-5	De'ron Wright, University City	Dual
140-3	**Carl Martin, El Capitan	G. Valley Finals
140-1	*Darrion Salazar, Morse	Dual

2010 State Meet Finalists (Top 9)

Boys

200	8. *Jared Pickering, Rancho Bernardo	21.37w
1600	2. *Ryan Urie, Henry	4:21.44
3200	8. **Darren Fahy, LCC	8:59.88
110HH	3. Kevin Finley, Granite Hills	13.86w
	7. Devin Hickey, Vista	14.38w
300IH	4. Kevin Finley, Granite Hills	37.51
HJ	1. Tyler Jordan, Ramona	6-11
	8. (Tie) *Deante Kemper, Serra	6-5
	8. (Tie) *Brandon Ford, Mt. Carmel	6-5
PV	2. (Tie) Dillon Fox, LCC	15-9
	7. (Tie) Jeremy McGrath, La Jolla	14-9
TJ	4. *Travis Johnson, Morse	48-4w
	5. *Jordan Hines, Eastlake	48-2 ¾ w
DT	7. Thomas Hart, St. Augustine	173-8

Girls

100	8. Jenna Puterbaugh, SFC	11.79
200	4. Jenna Puterbaugh, SFC	23.99
1600	2. *Alli Billmeyer, Torrey Pines	4:47.79
	8. ***Kelly Lawson, LCC	5:01.76
3200	1. *Molly Grabill, Rancho Bernardo	10:20.25
	3. Megan Morgan, Torrey Pines	10:29.70
100IH	8. Danielle Littleton, Vista	14.22w
PV	1. Kortney Ross, Westview	13-6
	6. (Tie) ***Mimi Lian, RB	11-9
LJ	6. **Jasmine Gibbs, El Camino	18-11w
TJ	7. **Tamika Smith, El Camino	37-4 ¼
	8. Iesha Iwobi, Oceanside	37-3w

2010 Girls Leaders

* Junior, ** Sophomore, *** Freshman

100

11.69	Jenna Puterbaugh, SFC	State Prelims
11.83	**Jasmine Gibbs, El Camino	State Prelims
11.89	Kortney Ross, Westview	State Prelims
12.28	Iesha Iwobe, Oceanside	Valley Finals
12.29	Paige Neville, Steele Canyon	Escondido
12.33	Diamond Mitchell, Eastlake	Mesa Finals
12.33	*Janay Pierce, University City	Valley Center
12.36	*T.T. Byrum, Escondido	Escondido
12.42	**Miche Scott, El Camino	Section Prelims
12.44	Brianna Ellis, Torrey Pines	Section Finals
12.50	***Jade Cummings, Rancho Bernardo	Palomar Finals
12.51	*Destinee Harrison, Morse	Dual
12.55	**Allison Hailey, Mission Hills	Avocado Finals
12.58	***Alexis Hernandez, Mt. Carmel	Dual
12.61	**Nikki Larch-Miller, GH	Rancho Bernardo
12.62	Nicole Crutchfield, Otay Ranch	Mesa Finals
12.62	**Alexis Ferebee, Mission Bay	Dual
12.68	***Carley Zlatic, La Jolla	Section Finals
12.69	*Jasmine Harris, El Cajon Valley	Valley Center
12.69	Anquiette Green, Mt. Miguel	Dual
12.71	Amilia Santos, Steele Canyon	Escondido
12.75	**Corryn Barney, Henry	Section Prelims
12.80	Iris Ramirez, Orange Glen	Palomar Finals
12.80	*Queenie Caliviso, Vista	Palomar Finals

200

23.70	Jenna Puterbaugh, SFC	Mt. SAC
24.84	**Jasmine Gibbs, El Camino	Avocado Prelims
25.00	***Carley Zlatic, La Jolla	Section Prelims
25.22	*Janay Pierce, University City	Section Prelims
25.36	***Corryn Barney, Henry	Section Prelims
25.44	**Nikki Larch-Miller, Granite Hills	Section Prelims
25.53	***Jade Cummings, Rancho Bernardo	Section Prelims
25.56	Paige Neville, Steele Canyon	Escondido
25.65	***Alexis Hernandez, Mt. Carmel	Section Prelims
25.5	Kortney Ross, Westview	Dual
25.5	Diamond Mitchell, Eastlake	Dual
25.5	*T.T. Byrum, Escondido	Dual
25.5	**Alexis Ferebee, Mission Bay	Dual
25.80	*Rachel Gerard, Torrey Pines	Mt. Miguel
25.6	Demi Lucero, Escondido	Avocado Finals
25.6	Maila Lucht, Sweetwater	Dual
25.94	**Charity Lyons, Mt. Miguel	Section Finals
25.7	**Cecily Gilson, Poway	Dual
25.98	***Kiera Williams, Otay Ranch	Section Finals
25.8	**Sherika Fowler, Mira Mesa	Eastern Finals

26.02	Brianna Ellis, Torrey Pines	Dual
26.03	*Kianna Valdez, Central	IVL Finals
25.9	*Elizabeth Montgomery, Henry	Dual
25.9	Iesha Iwobe, Oceanside	Dual
26.23	*Dereka Chargualaf, Cathedral	Section Prelims

400

56.84	*Jasmine Askew, Scripps Ranch	Section Finals
57.17	**Nikki Larch-Miller, Granite Hills	Section Finals
57.48	Vanessa Floyd, Vista	Palomar Finals
57.53	Kaylie Belk, Carlsbad	Palomar Prelims
57.66	Demi Lucero, Escondido	Section Prelims
58.20	*Daquarius Morrison, Monte Vista	G. Valley Finals
58.25	Martiniqua Patton, Oceanside	Section Finals
58.25	Jovanna Peterson, San Diego	Eastern Finals
58.37	***Kierra Williams, Otay Ranch	Mesa Finals
58.92	*Daniela Sullivan, Eastlake	Mesa Finals
58.99	*Sadie Gimber, Coronado	Central Finals
58.9	*Alli Billmeyer, Torrey Pines	Dual
59.20	*Destinee Harrison, Morse	Section Prelims
59.1	**Ashlyn Dadkhah, Torrey Pines	Dual
59.25	*Kianna Valdez, Central	IVL Finals
59.35	Brianna Gibas, Carlsbad	Palomar Prelims
59.36	Maila Lucht, Sweetwater	Valley Center
59.42	*Alex Parks, Mt. Carmel	Escondido
59.3	**Caitlin Krol, Cathedral Catholic	Dual
59.3	*Lauren Hall, Mt. Carmel	Dual
59.57	**Ashley Hauke, Rancho Bernardo	Palomar Prelims
59.58	***Emily Oetting, Carlsbad	Frosh-Soph
59.62	**Mechelle Negrete, Steele Canyon	Frosh-Soph
59.71	***Betsy Armitage, Clairemont	Frosh-Soph
59.80	**Delaney Quick, Henry	Eastern Finals
59.85	***Charmayne Judkins, Olympian	Frosh-Soph
59.90	*Marlene Estell, Mission Hills	Avocado Finals
59.95	***Ella Verhees, Point Loma	Section Finals
59.97	***Shanise Clark, Scripps Ranch	Section Prelims
59.99	Amber Rosario, El Camino	Avocado Prelims
59.9	**Cecily Gilson, Poway	Dual

800

2:09.94	*Alli Billmeyer, Torrey Pines	UCSD
2:13.10	**Ashlyn Dadkhah, Torrey Pines	State Prelims
2:13.41	Amanda Post, Cathedral Catholic	State Prelims
2:14.89	***Carina Gillespie, Otay Ranch	Section Finals
2:14.90	Michelle Cruz, Vista	UCSD
2:14.92	Kaylie Belk, Carlsbad	Section Finals
2:15.50	**Charlotte Kuzminsky, Canyon Crest	Section Finals
2:16.44	*Lauren Hall, Mt. Carmel	Section Finals
2:17.41	*Amanda Mulkey, Fallbrook	Section Finals

2:17.8	Erin Menefee, Mt. Carmel	Dual
2:17.92	**Caitlin Krol, Cathedral Catholic	Section Prelims
2:18.97	Sallie Privett, Coronado	UCSD
2:18.9	Megan Morgan, Torrey Pines	Dual
2:19.28	*Laura Delgado, Granite Hills	Hills Finals
2:19.34	**Cynthia Ruffin, Chula Vista	Mesa Finals
2:19.3	*Molly Grabill, Rancho Bernardo	Dual
2:19.44	Christina Bauer, Mira Mesa	Section Finals
2:19.68	**Julia Yang, Westview	Valley Finals
2:20.10	Anna Lei, RBV	Escondido
2:20.15	Heidi Swanson, El Capitan	UCSD
2:20.17	***Kaylee Hudson, Valley Center	Mt. Carmel
2:20.50	***Alexandra Shade, Henry	Eastern Finals
2:20.4	*Shanna St. Laurent, RBV	Dual
2:20.64	***Raelene DeArmas, Bonita Vista	Mesa Finals
2:20.75	**Savannah Roberts, Clairemont	Central Finals
2:20.82	Savannah Vasquez, Mission Hills	Mission Hills

1600

4:45.06	*Alli Billmeyer, Torrey Pines	Section Finals
4:49.50	Erin Menefee, Mt. Carmel	Section Finals
4:49.64	*Molly Grabill, Rancho Bernardo	Section Finals
4:50.05	***Kelly Lawson, La Costa Canyon	Section Finals
4:53.36	Megan Morgan, Torrey Pines	Escondido
4:58.27	Savannah Vasquez, Mission Hills	Section Finals
4:58.89	**Caitlin Krol, Cathedral	Section Finals
5:01.98	Christina Bauer, Mira Mesa	Section Finals
5:02.21	**Ashlyn Dadkhah, Torrey Pines	Escondido
5:04.13	***Sabrina Seay, Mt. Carmel	Valley Finals
5:04.25	**Julia Yang, Westview	Section Prelims
5:07.22	Amanda Post, Cathedral	Western Finals
5:08.81	Aylin Mejia, Sweetwater	Section Prelims
5:10.10	**Madison Nocon, Steele Canyon	Section Finals
5:10.37	***Kaylee Hudson, Valley Center	Dual
5:10.72	*Katrina Mecklenburg, Cathedral	Section Prelims
5:11.0	*Brooke Arvidson, Vista	Palomar Finals
5:11.54	**Savannah Roberts, Clairemont	Central Finals
5:11.93	***Catie Ledesma, Otay Ranch	Mesa Finals
5:12.05	***Ellie Abrahamson, LCC	Avocado Finals
5:12.05	*Paige Hughes, Valhalla	Hills Finals
5:12.0	*Shanna St. Laurent, RBV	Dual
5:12.64	***Carina Gillespie, Otay Ranch	Mesa Finals
5:13.16	Heidi Swanson, El Capitan	Section Prelims
5:13.43	***Wendy Anae, Cathedral	Section Finals
5:13.75	*Harper Cleves, RBV	Section Finals
5:14.02	*Michelle Read, Clairemont	Central Finals
5:14.44	Sallie Privett, Coronado	Calvin
5:14.6	***Brianna Miller, Carlsbad	Palomar Finals
5:14.81	***Sarah Heisner, RBV	Section Finals

5:15.0	Michelle Cruz, Vista	Dual
5:15.5	Michelle Walling, Eastlake	Dual
5:16.43	**Charlotte Kuzminsky, Canyon Crest	Frosh-Soph
5:17.11	**Adrianna Davies, Coronado	Central Finals
5:17.0	**Courtney Corradetti, Vista	Palomar Finals
5:17.19	Darina Dinov, Rancho Bernardo	Palomar Prelims

3200

10:18.7	*Alli Billmeyer, Torrey Pines	Dual
10:20.25	*Molly Grabill, Rancho Bernardo	State Finals
10:29.70	Megan Morgan, Torrey Pines	State Finals
10:54.26	Erin Menefee, Mt. Carmel	Valley Center
10:57.86	***Ellie Abrahamson, LCC	Section Prelims
11:08.11	*Shana St. Laurent, RBV	Section Finals
11:09.51	***Sabrina Seay, Mt. Carmel	Valley Finals
11:14.57	Chelsey Cortez, Ramona	Valley Finals
11:17.56	Darina Dinov, Rancho Bernardo	Escondido
11:18.49	*Michelle LeRoux, Rancho Bernardo	Escondido
11:18.83	Elisa Kahru, Rancho Bernardo	Escondido
11:19.64	Aylin Mejia, Sweetwater	Section Prelims
11:19.80	*Paige Hughes, Valhalla	Hills Finals
11:22.82	***Kelly Lawson, LCC	Sundevil
11:22.95	Michelle Walling, Eastlake	Section Finals
11:23.78	**Caitlin Krol, Cathedral	Rancho Bernardo
11:24.99	***Catie Ledesma, Otay Ranch	Mesa Finals
11:25.83	**Madison Nocon, Steele Canyon	Hills Finals
11:26.50	***Hannah Kay, Henry	Section Prelims
11:27.46	*Cristal Favela, Escondido	Escondido
11:29.41	*Harper Cooksley, RBV	Palomar Finals
11:30.85	*Emily Birch, Escondido	Escondido
11:31.22	Melissa LeRoux, Rancho Bernardo	Section Prelims
11:31.83	*Katrina Mecklenburg, Cathedral	Section Prelims
11:31.96	*Harper Cleves, RBV	Escondido
11:32.3	*Michelle Read, Clairemont	Central Finals
11:34.93	***Kaylee Hudson, Valley Center	Valley Finals
11:35.1	**Courtney Corradetti, Vista	Palomar Finals
11:36.34	*Cristina Hernandez, Bonita Vista	Mesa Finals
11:36.46	*Jonelle Stiegerwald, LCC	Section Prelims
11:36.46	**Mariza Diaz, Chula Vista	Mesa Finals

100 Hurdles

14.14	Danielle Littleton, Vista	State Prelims
14.73	Iesha Iwobe, Oceanside	State Prelims
15.01	Melissa Barnum, Rancho Bernardo	Torrey Pines
15.08	**Devin Collins, Granite Hills	Hills Finals
15.13	*Tia Knight, Steele Canyon	Hills Finals
15.14	*Tamika Smith, El Camino	Section Prelims
15.25	Hayley O'Brien, Valhalla	Section Prelims
15.35	**Joniece Ervin, Oceanside	Valley Finals

15.36	Amber Rosario, El Camino	Palomar Finals
15.51	Kimberly Gossmeier, Steele Canyon	Hills Finals
15.53	**Taylor Larch-Miller, Granite Hills	Hills Prelims
15.56	Megan Reilly, Valley Center	Valley Finals
15.60	Madeline Wahl, Rancho Bernardo	Section Prelims
15.61	***Regan Rehm, San Pasqual	Avocado Finals
15.72	*Charlotte Wahl, Rancho Bernardo	Valley Center
15.77	*Breanna Junious, San Diego	Eastern Prelims
15.84	Kortney Ross, Westview	Dual
15.86	***Alyssa Chang, Otay Ranch	Mesa Finals
15.96	Brittany Hollie, Helix	Section Prelims
15.97	Sabine Ismay, Poway	Dual
15.99	*Frankie Gale, Cathedral	Rancho Bernardo
15.99	**Andrea Ringler, Mission Hills	Avocado Finals
15.99	*Jade Palm, Bonita Vista	Mesa Finals
16.09	Nayomie Smith-Jarvis, RBV	Palomar Prelims
16.22	***Kelli Hancock, La Jolla	Section Finals
16.25	*Keila Saunders, Oceanside	Dual
16.36	**Dionna Mercer, Monte Vista	Section Finals
16.39	***Janaysha Lyons-Walker, Morse	Eastern Finals
16.43	*Ashley Barnes, Monte Vista	Section Finals
16.59	Lanita Sanders, Castle Park	Section Finals
16.61	Savannah Holeman, Valley Center	Valley Finals
16.71	Janet Loundu, Mt. Carmel	Valley Finals

300LH

44.11	**Joniece Ervin, Oceanside	Valley Finals
44.42	**Devin Collins, Granite Hills	Valley Center
44.52	*Tamika Smith, El Camino	Palomar Finals
45.4	Danielle Littleton, Vista	Dual
46.27	Amber Rosario, El Camino	Palomar Finals
46.43	Brittany Hollie, Helix	Hills Finals
46.63	***Megan Rehm, San Pasqual	Avocado Finals
46.64	***Janaysha Lyons-Walker, Morse	Eastern Finals
46.69	*Jade Palm, Bonita Vista	Section Prelims
46.87	Brittany Estell, Mission Hills	Section Prelims
46.87	***Alyssa Chang, Otay Ranch	Otay Ranch
47.11	Regan Reilly, Valley Center	Valley Finals
47.19	Kim Gossmeier, Steele Canyon	Hills Prelims
47.22	*Madelyn Danielson, Coronado	Section Finals
47.27	***Emily Oetting, Carlsbad	Mission Hills
47.32	Iesha Iwobe, Oceanside	Dual
47.36	***Vanessa Perryman, Valley Center	Section Finals
47.45	*Charlotte Wahl, Rancho Bernardo	Valley Center
47.4	Denise Nguyen, San Marcos	Dual
47.55	*Alexandra Butler, Mt. Carmel	Dual
47.66	*Natalia Barbosa, OLP	Western Finals
47.70	*Melanie Wahl, Rancho Bernardo	Valley Center
47.6	Nayomie Smith-Jarvis, RBV	Dual

47.75	Kortney Ross, Westview	Dual
47.78	Sophia Pertiller, Lincoln	Sundevil
47.80	**Dionna Mercer, Monte Vista	G. Valley Finals
47.92	Christie Hendel, Steele Canyon	Hills Prelims
47.8	*Lois Armitage, Lincoln	Central Prelims
47.94	**Krista Hill, Mira Mesa	Eastern Prelims

400 Relay

48.06	El Camino	Palomar Finals
48.24	Granite Hills	Section Finals
48.59	Steele Canyon	Section Finals
48.80	Rancho Bernardo	Palomar Finals
48.90	Otay Ranch	Otay Ranch
49.07	Morse	Eastern Finals
49.1	Eastlake	Dual
49.30	Mount Miguel	G. Valley Finals
49.2	Escondido	Dual
49.6	Westview	Dual
49.84	Mission Hills	Section Finals
50.01	Monte Vista	Section Finals
50.09	Santa Fe Christian	Coastal Finals
50.10	Torrey Pines	Section Prelims
50.15	Cathedral Catholic	Western Finals
50.19	Scripps Ranch	Western Finals
50.21	University City	Section Prelims
50.1	Mt. Carmel	Dual
50.23	Mira Mesa	Eastern Finals
50.25	Oceanside	Valley Center
50.36	Hilltop	Mesa Finals
50.3	El Cajon Valley	Dual
50.4	Vista	Dual
50.56	Poway	Dual
50.57	Olympian	Section Finals
50.58	Serra	Section Finals
50.60	San Pasqual	Escondido
50.60	San Diegoito	Coastal Finals

1600 Relay

3:56.56	Scripps Ranch	Section Finals
3:56.98	Mt. Carmel	Section Finals
3:57.58	Vista	Section Finals
3:58.04	Carlsbad	Section Finals
4:01.20	Granite Hills	Section Prelims
4:01.73	Torrey Pines	Section Prelims
4:02.02	Cathedral Catholic	Western Finals
4:02.05	Oceanside	Valley Finals
4:03.06	Olympian	Section Finals
4:03.91	Mission Hills	Section Finals
4:05.28	Sweetwater	South Bay Finals

4:05.91	La Costa Canyon	Section Prelims
4:06.07	Poway	Palomar Finals
4:06.26	Westview	Valley Finals
4:06.43	Valley Center	Section Finals
4:06.5	Monte Vista	Dual
4:06.9	Patrick Henry	Dual
4:07.24	Steele Canyon	Mt. Carmel
4:07.42	Lincoln	Central Finals
4:07.72	Rancho Bernardo	Dual
4:07.77	Mount Miguel	G. Valley Finals
4:09.02	Christian	Section Finals
4:09.18	Clairemont	Section Finals
4:09.28	El Capitan	G. Valley Finals
4:09.53	Otay Ranch	Escondido
4:09.4	Mira Mesa	Dual
4:09.99	West Hills	Hills Finals

High Jump

5-5	***Mariah Slack, Vista	Dual
5-5	Kelsie Dickerson, Poway	Palomar Finals
5-4	*Samantha Podraza, Scripps Ranch	Tiger
5-4	**Shamonique Malone, Monte Vista	Dual
5-3	Shayla Woodhouse, Scripps Ranch	Section Prelims
5-3	Courtney Rockwood, LJCD	Section Prelims
5-3	De'Nisha Spruill, Hoover	Section Prelims
5-3	*Lois Armitage, Clairemont	Western Finals
5-3	*Riley Hasche, Point Loma	Eastern Finals
5-3	**Julia Wildenthaler, Torrey Pines	Dual
5-2	Audra Bylund, Torrey Pines	Sundevil
5-2	*McKenna Doyle, Point Loma	Otay Ranch
5-2	Nikki Wittak, Westview	Dual
5-2	*Danielle Miller, Mt. Miguel	Dual
5-2	**Bailey Chapman, Escondido	Dual
5-1	**Danielle Bryan, El Camino	Section Finals
5-1	***Alexandra Young, Mater Dei	Section Finals
5-1	**Faith Douglas, San Pasqual	Avocado Finals
5-1	Chantel Gary, Oceanside	Valley Finals
5-1	**Holly Contreras, Fallbrook	Dual

Pole Vault

13-6	Kortney Ross, Westview	State Finals
11-9	***Mimi Lian, Rancho Bernardo	State Prelims
11-1	Nicole Spann, Rancho Bernardo	Valley Center
11-0	**Kaitlin McCallum, LJCD	Frosh-Soph
11-0	**McKenzie Johnson, Clairemont	Otay Ranch
11-0	Meghan Freund, Rancho Bernardo	Dual
10-9	*Emily Mendoza, Poway	Section Prelims
10-6	**Brittany Cliffe, Helix	Hills Finals
10-6	*Tiffany Smith, Otay Ranch	Otay Ranch

10-6	Chelsea Boomer, Escondido	Dual
10-4	Amanda Erickson, Vista	Mission Hills
10-3	**Emily Palmer, Grossmont	Section Finals
10-3	Anna Vivian, Escondido	Section Prelims
10-3	**Mechelle Negrete, Steele Canyon	Section Prelims
10-3	*Jennifer Pullman, Helix	Section Prelims
10-1	*Cassie Centrofranchi, Escondido	Escondido
10-0	*Heather Johnson, Scripps Ranch	Dual
10-0	*Katie Winship, Rancho Bernardo	Dual
9-9	*Riley Hasche, Point Loma	Section Finals
9-9	**Bernadette Webb, El Capitan	Section Prelims
9-9	**Jane Lively, San Pasqual	Section Prelims
9-9	***Briana Giorgione, Coronado	Section Prelims
9-9	Michelle Hensle, El Capitan	G. Valley Finals
9-7	Kyle Little, Fallbrook	Escondido
9-6	**Elizabeth Castro, Eastlake	Mesa Finals
9-6	*Bailey Hall, Valley Center	Dual
9-6	*Kana Horie, Rancho Bernardo	Dual

Long Jump

19-9	**Jasmine Gibbs, El Camino	Section Finals
18-5 ½	Iesha Iwobe, Oceanside	Section Finals
18-3 ½	**Charity Lyons, Mt. Miguel	Section Finals
17-11 ½	Denai Green, Lincoln	Section Prelims
17-9	Danielle Littleton, Vista	Palomar Prelims
17-7	Kelsie Dickerson, Poway	Escondido
17-5	**Tamika Smith, El Camino	Dual
17-5	Dominique Hughes, RB	Dual
17-3 ¼	*Jessica Bulgarelli, Torrey Pines	Avocado Finals
17-3	Kortney Ross, Westview	Dual
17-2 ½	*Destinee Harrison, Morse	Tiger
17-2	Kayla Walden, Eastlake	Dual
17-1 ¾	**Miche Scott, El Camino	Avocado Prelims
17-1 ½	**Hannah Wilson, Fallbrook	Avocado Finals
17-1	*Erin Zwinger, Poway	Section Prelims
17-1	**Vanora Guerard, La Jolla	Frosh-Soph
17-0 ½	*Danielle Wilson, Valhalla	Dual
17-0 ½	Samantha Townsend, Mission Hills	Section Prelims
17-0	**Mechelle Negrete, Steele Canyon	Frosh-Soph
16-11	**Sidney Reilly, Valley Center	Dual
16-11	Courtney Rockwood, LJCD	Dual
16-10	Cassie Belk, Carlsbad	Palomar Finals
16-9 ¼	*Katie Morelan, Rancho Bernardo	Dual
16-9	***Monique Van, Steele Canyon	Rancho Bernardo
16-7 ¾	Ashley Hatcher, Vista	Palomar Finals
16-7	*Riley Hasche, Point Loma	Eastern Prelims
16-6 ½	Austin Sanders, Parker	Valley Center
16-6	***Carley Zlatic, La Jolla	Western Finals
16-6	Salynda Lindsay, Morse	Tiger

16-6 **Tiffany Tate, Poway

Otay Ranch

Triple Jump

39-0 $\frac{3}{4}$	Iesha Iwobe, Oceanside	Section Prelims
38-1 $\frac{1}{4}$	**Tamika Smith, El Camino	Palomar Finals
38-1	**Vanora Guerard, La Jolla	Section Finals
36-7	Ashley Hatcher, Vista	Section Finals
36-6 $\frac{3}{4}$	***Karley Zlatic, La Jolla	Section Finals
36-6	Kayla Walden, Eastlake	Section Prelims
35-10 $\frac{1}{2}$	Kelsey Bailey, Granite Hills	Section Prelims
35-9 $\frac{1}{2}$	Kelsie Dickerson, Poway	Dual
35-6 $\frac{1}{4}$	*Shayna Stein, Torrey Pines	Dual
35-5	*Jasmine Stevens, Steele Canyon	Dual
35-4	***Briana Davis, Otay Ranch	Dual
35-2 $\frac{1}{4}$	*Shantee Woods, Monte Vista	Section Finals
35-1 $\frac{1}{2}$	**Lauren Ellison, Rancho Bernardo	Section Prelims
35-1	Salynda Lindsay, Morse	Mt. Miguel
35-0	Chantel Gary, Oceanside	Avocado Prelims
35-0	*Briana Fair, Steele Canyon	Dual
34-11 $\frac{1}{2}$	De'Nisha Spruill, Hoover	Section Finals
34-10 $\frac{1}{2}$	Dominique Hughes, RB	Dual
34-10	***LeighAnn Shields, Mt. Carmel	Avocado Prelims
34-10	*Danielle Wilson, Valhalla	Tiger
34-10	Veronica Quezada, Carlsbad	Dual
34-10	Miriam Cardenas, Helix	Dual
34-9 $\frac{1}{2}$	*Deanna Bemby, Monte Vista	Section Prelims
34-8	*Farrah Shokoor, Henry	Sundevil
34-7	*Danielle Miller, Mt. Miguel	Dual
34-7	Kaitlin Mohr, Torrey Pines	Dual
34-6 $\frac{1}{2}$	*Ella De Jong, Calvin	Section Prelims

Shot Put

42-0	Jennifer Bingham, Steele Canyon	Escondido
40-11 $\frac{1}{2}$	*Mariah Counts, Poway	Arcadia
39-5 $\frac{1}{2}$	Abigail Leaupepe-Tele, Morse	State Prelims
39-5 $\frac{1}{4}$	*Nneka Anyanwu, Westview	Section Prelims
39-2 $\frac{1}{2}$	**Breana Jemison, Carlsbad	Section Prelims
39-1	Sophia Dukes, EC Southwest	Dual
38-1 $\frac{1}{2}$	**Jakayla Daniels, El Camino	Frosh-Soph
37-8	Alofa Laie, Oceanside	Trabuco Hills
37-7	***Vanessa Sierra, El Capitan	Section Finals
37-0	Angelica Payton, Mission Bay	Dual
36-10 $\frac{1}{2}$	*Rachel Alesi, Christian	Frosh-Soph
36-7 $\frac{1}{2}$	Maritza Montes, Granite Hills	Hills Finals
36-6	Jennifer Sudak, Valley Center	Section Finals
36-6	*Leeza Iuto, Otay Ranch	Dual
36-2	**Aimee Callaway, San Diego	Dual
36-2	*La'Treace Johnson, Bishop's	Dual

36-0	Brooke Engel, Poway	Escondido
35-11 $\frac{3}{4}$	*Alexa Evans, West Hills	Section Finals
35-8 $\frac{1}{4}$	***Danielle Dease, Helix	Sundevil
35-8	*Deanna Bembrly, Monte Vista	Dual
35-6 $\frac{3}{4}$	Dana Hosley, Helix	Tiger
35-3	Lulu Tiamalu, Helix	Dual
35-2	**Zaybrae Haury, Scripps Ranch	Western Prelims
35-2	Nicole Miller, Valhalla	Hills Prelims
35-0 $\frac{1}{2}$	*Asia Adkins, Lincoln	Section Prelims
35-0 $\frac{1}{4}$	** Dalynn Williams, Mira Mesa	Frosh-Soph
35-0 $\frac{1}{4}$	Brianna Luckett, Serra	Section Finals
35-0	Charlene Isaia, Oceanside	Valley Finals

Discus

148-4	*Alexa Evans, West Hills	State Prelims
143-4	*Nneka Anyanwu, Westview	Dual
135-9	Sophia Dukes, EC Southwest	State Prelims
132-8	Alofa Laie, Oceanside	Trabuco Hills
129-4	***Danielle Dease, Helix	Hills Finals
126-4	*Laticia Lonon, West Hills	Dual
124-4	*LaTreace Johnson, Bishop's	Calvin
124-1	Dana Hosley, Helix	Section Prelims
123-0	Maritza Montes, Granite Hills	Hills Prelims
122-5	Abigail Leaupepe-Tele, Morse	Section Prelims
121-11	Andrea Bird, San Diego	Eastern Finals
119-2	Justicia Sueing, Chula Vista	Section Prelims
118-11	*Samantha Vernon, Steele Canyon	Dual
118-5	Whitney Fredenburg, Valley Center	Valley Prelims
118-0	**Breana Jemison, Carlsbad	Section Prelims
116-3	***Zaybree Haury, Scripps Ranch	Dual
114-6	Teysia Parks, Granite Hills	Dual
112-10	*Indya Stevens, Steele Canyon	Dual
112-6	*Lilliana Cervantes, Poway	Dual
112-5	Carolina Toledo, Otay Ranch	Dual
111-3	*Melissa Smith, Escondido	Avocado Finals
110-0	Macaria Robinson, RBV	Section Prelims
110-0	Lauren Heimbach, Scripps Ranch	Dual



Ramona's **TYLER JORDAN**

For Updates,
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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.