

San Diego Section High School

2
0
1
9

Track & Field Guide



**Coronado's Alysah Hickey, 2018 State Champion
in the Long Jump, 4th at State in High Jump.
CIF Female Field Athlete of the Year.
Section leader in LJ, HJ, and 100 meter dash**

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)
2011	800	Shyan Vaziri, Scripps Ranch	1:50.15 (n)
1972	1600	Terry Cotton, El Cajon	4:04.04*(n)
1976	3200	Thom Hunt, Patrick Henry	8:41.8*
1997	110HH	Reggie DePass, Montgomery	13.86
2001	300IH	Jeff Hunter, Granite Hills	36.25
1998	4x100 Relay	University City	40.65
		(Lamont Long, Devon Ward, Stephen Hayes, Deandre Douglas)	
1996	4x400 Relay	Morse	3:10.80
		(Tawaii Jones, Ray Carter, Kendall Pinson, Lydell Burston)	
1979	High Jump	Frank Schiefer, Madison	7-2
2005	Pole Vault	Derek Scott, El Camino	16-8
1966	Long Jump	Doyle Steel, San Diego	25-5 ¼
1994	Triple Jump	Von Ware, RBV	52-0
1990	Shot Put	Brent Noon, Fallbrook	76-2
2006	Discus	Darius Savage, Morse	212-1

Girls

Year	Event	Name, School	Mark
2012	100 Meters	Jasmine Gibbs, El Camino	11.43
2001	200	Monique Henderson, Morse	23.16
2000	400	Monique Henderson, Morse	50.74
1985	800	Lesley Noll, Mt. Carmel	2:08.00
2011	1600	Alli Billmeyer, Torrey Pines	4:41.71 (n)
2018	3200	McKenna Brown, La Costa Canyon	10:15.97
1984	100H (30')	Gail Devers, Sweetwater	13.41
2015	100H (33')	Dani Johnson, Cathedral Catholic	13.86
2015	300H	Dani Johnson, Cathedral Catholic	41.30
1977	4x100 Relay	Crawford	45.94*
		(Danita Young, Judy Reed, Katie Gaston, Jewell Lovelady)	
2015	4x400 Relay	Cathedral Catholic	3:47.63
		(Olivia Firsching, Claire Hobrock, Hannah Labrie-Smith, Dani Johnson)	
2007	High Jump	Whitney Sisler, La Costa Canyon	5-11
2010	Pole Vault	Kortney Ross, Westview	13-6
1984	Long Jump	Gail Devers, Sweetwater	20-7
1987	Triple Jump	Jackie Anderson, Mount Miguel	41-8 ¼
2015	Shot Put	Laulauga Tausaga, Mount Miguel	48-3 ½
2016	Discus	Laulauga Tausaga, Mount Miguel	167-3

(n) Non-winning mark.

(*) Converted to metric time from yard time

NOTE: All section records must meet National Federation guidelines

JINX BANISHED, BIG SEASON ON THE HORIZON

With the gold medal securely tucked away, Coronado's Alysah Hickey showed her competitiveness when she long jumped a then season-best 19-feet-9 $\frac{3}{4}$ at the 100th California State Track and Field Championships in Clovis to secure the first San Diego Section title since 2015. Later in the summer she reached 20-0 $\frac{1}{2}$ at the USATF West Junior Olympics, the fourth best performance in section history.

The good news is Hickey, also the section's best high jumper (5-10) and 100-meter dash sprinter (11.87), returns for her senior year. So now Islanders coach George Green will have to decide where to use Hickey as attempting the high jump-long jump double at state proved to be a major challenge.

If Hickey were the only top-flight returnee that would be good enough, but she's not.

Remember Karson Lippert? The La Costa Canyon runner, who appeared poised to break the section record of 46.85 in the 400 after running 46.91 as a sophomore, pulled up on the 4x100 relay last season and could only watch from the sidelines. The question will be if he can recover from another football injury.

How about Mavericks teammate Kristin Fahy? All she did was finish fourth in the state 3200-meter run last spring, clocking a time of 10:16.44, second only to the 10:15.97 posted by teammate McKenna Brown at the Escondido Invitational. Fahy was the state Division II cross country champion.

There are a couple of state medalists who will be looking to move up but none so intriguing as the boys 100-meter dash where Orange Glen's Moray Stewart came out of nowhere to finish fourth in the state, running a best of 10.64. The big-meet performer will lock horns with state sixth-place finisher Kenan Christon from Madison, a football star like Lippert, with blazing speed. His 10.58 is 11th on the all-time list.

How about Rancho Bernardo pole vaulter Jacob Rice who placed fourth in the state with a best of 16-feet-3, equal to the eighth best in section history? Rice will be the highest returning placer in the event and with a whole year to get comfortable on a longer pole, could become the section's first 17-footer. He opened with a PR 16-4 indoors at Reno.

Speaking of the pole vault, on the girls' side the top four individuals return, led by Poway's Mia Cervantes, who placed fifth in the state and had a best of 12-6. She is a big-meet performer and will get plenty of push as teammates Camryn Thompson and Katerina Adameic each had bests of 12-5.

Figure that the girls' 800 will be sizzling as state finalist Julia Morales of Scripps Ranch (2:12.92) and versatile Jessica Riedman of La Costa Canyon (2:13.52) not only battle each other but a field that returns six of the top eight runners from 2018.

Two more girls who topped the section last year and return are San Diego High's Sonia Redon, whose 14.98 in the 100-meter hurdles is 12th all-time and Gompers Prep's Jazmine Scott, who reached 39-5 ½ at the Cal State Games triple jump—13th all-time.

Want a newcomer to watch? No freshman in the state had as big a year as West Hills' Brandy Atuitasi who hit 40-feet-7 in the shot and 135-2 in the discus.

Steve Brand, Editor

Thanks, Thanks, Thanks

These lists would not be possible without the help of track and field supporters like Don Jones, Rick Smith, Buzz Thom, George Green and dozens of others. Thanks to Gabriel Santana for his brilliant photos. Rather than mention everyone, let's just say this is a labor of love by a lot of people who still find high school track the most exciting of all sports. No part of these lists can be duplicated without the expressed written consent of the editor.

2018 Boys Leaders

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



San Diego's top two boys at the State Meet in the 100 from 2018 were Orange Glen's Moray Steward (left), who placed 4th and Madison's Kenan Christon who was 6th. Remarkably, the San Diego Section had three finalists at the State Meet in both the 100 and 200. Mt. Carmel's Quoi Ellis placed 9th in the 100 and 4th in the 200. Christon also picked-up the 6th place medal in the 200 behind Ellis with Westview's Izel Smith finishing 9th.

100 (Fully Electronic)

10.58	*Kenan Christon, Madison	Sundevil
10.63	Quoi Ellis, Mt. Carmel	Jaguar
10.64	*Moray Steward, Orange Glen	State Prelims
10.73	*Marvin James, Steele Canyon	Section Prelims
10.74	*Izel Smith, Westview	Section Prelims
10.80	***Elisha Lloyd, Cathedral Catholic	Section Prelims
10.82	*Jake Curtis, San Ysidro	Section Prelims
10.82	*Shamar Martin, Morse	Dual
10.84	Malik Moore, Point Loma	Section Prelims
10.87	Chris Olave, Mission Hills	Escondido Inv.
10.88	Januar Ramadhan, Ramona	Dual
10.90	*Christopher Erpelding, St. Augustine	Runge
10.93	Michael Mallucci, St. Augustine	Eastern Finals
10.95	Javon Woodbridge, Steele Canyon	Grossmont Finals
10.97	Justin Cordova, EC Southwest	IVL Finals
11.00	Isaac Garcia, Brawley	Dual
11.02	Jalyn Jackson, Eastlake	Dual
11.05	Cullin Paisley, Steele Canyon	Section Prelims
11.05	Collin Sanford, Rancho Bernardo	Section Prelims
11.05	*Jared Stearns, St. Augustine	Jim Cerveny
11.06	*Kamon Stewart, Canyon Crest	Avo West Finals
11.06	*Karson Lippert, La Costa Canyon	Bronco
11.12	Nick Storme, Vista	Dual
11.13	*Rance Garner, El Camino	Dual
11.13	Justice Chima, Mt. Miguel	Dual
11.13	Josiah Campagne, Esco Charter	Dual
11.14	David Derby, Olympian	Section Prelims
11.17	*David Camacho, Imperial	IVL Finals
11.17	*Mauricio Morales, Torrey Pines	Avo West Finals
11.18	*Caleb Schrimpf, Carlsbad	Section Prelims
11.18	Chris Arana, Castle Park	Jaguar
11.18	*Emmanuel Okere, Lincoln	Dual
11.18	Earnest Dawn, Monte Vista	Dual
11.18	*Hugo Soberanes, Olympian	Escondido Inv.
11.20	**Isaiah Smith, Lincoln	Dual

200

21.31	Quoi Ellis, Mt. Carmel	State Finals
21.42	*Kenan Christon, Madison	Elmer Runge
21.68	*Izel Smith, Westview	Dual
21.84	*Karson Lippert, La Costa Canyon	Escondido
21.85	*Jared Stearns, St. Augustine	Section Prelims
21.94	*Shamar Martin, Morse	Dual
22.04	*Moray Steward, Orange Glen	Section Prelims
22.08	Malik Moore, Point Loma	Western Finals
22.12	Justin Cordova, EC Southwest	IVL Finals
22.17	Mike Mallucci, St. Augustine	Eastern Finals

22.19	Isaac Garcia, Brawley	Dual
22.24	*Marcus Dean, Mira Mesa	Western Finals
22.26	*Itenda Makanda, Hoover	Eastern Finals
22.29	Jaden Stokes, Del Norte	Jaguar
22.29	*Hugo Soberanes, Olympian	Dual
22.36	Chris Olave, Mission Hills	Dual
22.39	Cullin Paisley, Steele Canyon	Section Prelims
22.40	Jake Curtis, San Ysidro	Dual
22.43	*Wesley Saltzman, Calvin	Dual
22.49	Nick Stormo, Vista	Dual
22.50	Mikael Tyler, Olympian	Dual
22.54	***Elisha Lloyd, Cathedral Catholic	Western Finals
22.58	**Eric Parker, Helix	Section Prelims
22.59	*Alexander Hmitti, Rancho Bernardo	Section Prelims
22.61	*Kiare Worthy, Valhalla	Grossmont Finals
22.61	Saliou Ndiaye, Madison	Section Prelims
22.62	Veon Carroll, Kearny	Dual
22.64	Collin Sanford, Rancho Bernardo	Section Prelims
22.64	Jordan Anderson, Steele Canyon	Dual
22.68	*Reese Wiltgen, West Hills	Jaguar
22.68	Jake Burton, Cathedral Catholic	Dual

400

47.44	*Karson Lippert, La Costa Canyon	Arcadia
48.37	*Marcus Dean, Mira Mesa	Section Finals
48.43	*Wesley Salzman, Calvin	Section Finals
49.11	**Eric Parker, Helix	Section Finals
49.25	***Aiden Lippert, La Costa Canyon	Section Finals
49.25	**Kodiak Ketchum, San Pasqual	Section Finals
49.54	*Hugo Sobranes, Olympian	Jim Cerveny
49.80	Jake Burton, Cathedral Catholic	Western Finals
49.86	Mikael Tyler, Olympian	Jim Cerveny
49.90	Jeffrey Page, Eastlake	Metro Finals
50.01	*Maxwell Brown, Bishop's	Section Finals
50.06	Saliou Ndiaye, Madison	Section Finals
50.12	Josh Farmer, Rancho Bernardo	Arcadia
50.13	*Ian Hackett, Sage Creek	Section Prelims
50.24	*Ranse Garner, El Camino	Section Prelims
50.33	*Ty Sheridan, Helix	Section Prelims
50.33	Jake Watkins, Sage Creek	Avo West Finals
50.48	***Caden Smith, Carlsbad	Avo West Finals
50.52	**Colby Kopacz, Poway	Section Finals
50.61	*Robert Quintero, Imperial	IVL Finals
50.64	*Adam Ibarra, Montgomery	Section Prelims
50.65	Isaiah Moore, RBV	Avo East Finals
50.76	Adrine Sermons, Olympian	Metro Finals
50.76	*Itenda Makanda, Hoover	Section Prelims
50.85	Roman Gonzalez, RBV	Dual

50.86	*Devon Channell, Rancho Bernardo	Dual
50.94	**Tre Apodaca, Oceanside	Frosh-Soph
50.97	Jordan Comma, Tri-City Christian	Dual
800		
1:54.17	Ian Hurlburt, Coronado	Mt. SAC
1:55.28	*Nader Ali, Crawford	Section Finals
1:56.14	*Aidan Katson, San Marcos	Dual
1:56.63	Bobby Santos, Rancho Bernardo	Section Finals
1:56.76	Jaden Rosenthal, SD High Tech	Frontier Finals
1:56.83	Marshall Brooker, Westview	Section Prelims
1:56.91	Joaquin Martinez de Pinillos, Cathedral	Jaguar
1:56.98	**Drake Prince, CV High Tech	Viking
1:57.27	Anthony Benitez, Serra	Viking
1:57.42	Jeffrey Page, Eastlake	Section Prelims
1:57.60	*Noah Tellez-Velazquez, San Pasqual	Section Finals
1:57.63	Jacob Fierro, SD Southwest	Section Prelims
1:57.73	*Francisco Dolores, Vista	Section Prelims
1:57.77	*Teylor Howard, Point Loma	Section Finals
1:57.80	Jason Farnham, Del Norte	Dual
1:57.81	Vincent Velletta, Santana	Section Prelims
1:57.99	Victor Raygoza, San Ysidro	Section Prelims
1:58.13	Toshin Agbede, Bonita Vista	Metro Finals
1:58.20	*Jack Montesanto, SD High Tech	Frontier Finals
1:58.34	Isaq Moalim, Crawford	Irvine
1:58.57	Tyler Kayamatsu, Rancho Bernardo	Palomar Finals
1:58.72	*Angel Palacio, Brawley	Jaguar
1:59.03	*Carson Sanchez, Grossmont	Jim Cerveny
1:59.13	Casper Abbasi, La Jolla	Section Finals
1:59.16	*Jarred Dalupan, Mt. Carmel	Dual
1:59.47	*Jack Clough, Ramona	Section Prelims
1:59.49	Matt Scarlett, Steele Canyon	Falcon
1:59.50	Sam Sneed, Grossmont	Viking
1:59.51	*Eddie Quintero, Holtville	Section Prelims
1:59.57	*Sean Conklin, Carlsbad	Section Finals
1:59.61	Max Ippolito, La Jolla	Jim Cerveny
1:59.69	***Alexander Klein, Carlsbad	Section Prelims
1600		
4:09.63	Jaden Rosenthal, SD High Tech	State Finals
4:13.56	*Garrett Stanford, La Costa Canyon	Section Finals
4:13.62	*Jacob Stanford, La Costa Canyon	Section Finals
4:14.81	Marshall Brooker, Westview	Section Finals
4:15.93	Joaquin Martinez de Pinillos, Cathedral	Escondido
4:17.45	Anthony Benitez, Serra	Mt. SAC
4:19.23	Jaron Farnham, Del Norte	Sundevil
4:19.40	*Eddie Quintero, Holtville	Section Finals
4:20.31	Nicholas Albro, Olympian	Viking

4:20.57	Matt Scarlett, Steele Canyon	Section Finals
4:20.77	Isaiah Labra, Bonita Vista	Metro Finals
4:21.25	Brady DeHaven, Granite Hills	Escondido
4:21.62	*Daniel Rubin, Sage Creek	Escondido
4:22.19	*Noah Tellez-Velasquez, San Pasqual	Escondido
4:22.97	Toshin Agbede, Bonita Vista	Metro Finals
4:23.02	Jacob Fierro, SD Southwest	Sundevil
4:23.24	*Jonathan Velasco, Mission Hills	Trabuco Hills
4:23.61	*Rashad Prince, Orange Glen	Section Prelims
4:25.48	**Luis Sandoval, Central	IVL Finals
4:25.77	Brad Nelson, Sage Creek	Sundevil
4:25.85	*Luke Klingenberg, Coronado	Section Prelims
4:26.15	*Sean Caster, Mission Hills	Escondido
4:26.65	Max Ippolito, La Jolla	Section Prelims
4:27.01	*Zane Golpariani, Del Norte	Section Prelims
4:27.13	**Max Wilson, Cathedral	Section Finals
4:27.20	*Jack Clough, Ramona	Escondido
4:27.58	*Esteban Magana, SD Southwest	Section Prelims
4:27.58	Nathan Garcia, EC Southwest	Dual
4:27.59	*Justin Mulvaney, Otay Ranch	Dual
4:27.82	**Joe Acosta, Vista	Avo East Finals
4:27.97	Paul Hatala, San Marcos	Section Prelims

3200

9:04.41	Joaquin Martinez de Pinillos, Cathedral	Mt. SAC
9:10.00	Isaiah Labra, Bonita Vista	Section Finals
9:15.37	Stefen Rasmuson, Mira Mesa	State Finals
9:18.01	Brad Nelson, Sage Creek	Escondido
9:20.54	*Jonathan Velasco, Mission Hills	Section Prelims
9:20.72	*Daniel Rubin, Sage Creek	Section Prelims
9:21.12	Brady DeHaven, Granite Hills	Arcadia
9:21.16	*Garrett Stanford, La Costa Canyon	Escondido
9:21.50	*Jaron Farnham, Del Norte	Section Finals
9:21.70	*Jacob Stanford, La Costa Canyon	Escondido
9:22.12	*Matt Scarlett, Steele Canyon	Escondido
9:24.10	**Alejandro Barranco, Scripps Ranch	Section Finals
9:25.38	Jaden Rosenthal, SD High Tech	Section Prelims
9:26.31	Sam Boone, Mt. Carmel	Escondido
9:26.33	*Hunter Sweet, Point Loma	Western Finals
9:27.13	*Justin Mulvaney, Otay Ranch	Sundevil
9:28.65	Nicholas Albro, Olympian	Escondido
9:29.19	*Franke Varela, San Pasqual	Escondido
9:30.77	*Ryan Connors, Scripps Ranch	Western Finals
9:31.00	Anthony Benitez, Serra	Bronco
9:33.58	Ashtin Brantley, Rancho Bernardo	Section Prelims
9:34.28	Robert Bartsch, Torrey Pines	Section Prelims
9:34.69	*Mathis Wouters, San Pasqual	Section Prelims
9:34.73	*Matthew Mechnov, El Capitan	Bronco

9:35.76	*Justin Morris, Sage Creek	Section Finals
9:35.83	Jonathan Cederquist, Otay Ranch	Section Prelims
9:36.57	Marshall Brooker, Westview	Escondido
110HH		
14.43	Tyler Saikhon, EC Southwest	IVL Finals
14.59	Jeremy Clay, Valley Center	Valley Finals
14.80	Eric Wojnowski, Tri-City Christian	Section Prelims
15.01	*Yaphet Yokley, El Capitan	Section Finals
15.01	Alex Lieu, Valhalla	Grossmont Finals
15.04	*Caleb Berman, Ramona	Dual
15.12	Dylan Coleman, Granite Hills	Dual
15.13	**Jarrel Sayles, Steele Canyon	Dual
15.17	**Zion Jackson, El Camino	Section Finals
15.18	Josh Farmer, Rancho Bernardo	Jaguar
15.21	*Jordan Lee, Sage Creek	Avo West Finals
15.25	*Max Pinto, University City	Dual
15.31	Dylan Burke, El Capitan	Dual
15.31	Micah McClure, Valley Center	Dual
15.34	***Darren Barkins, Monte Vista	Section Finals
15.34	Justin Bing, Westview	Dual
15.40	*Dayo Fateropa, San Diego	Escondido
15.46	*Nicholas Jimenez, Calexico	Desert Relays
15.51	Eldrinn Rodrin, San Marcos	Escondido
15.53	Andy Orozco, Vista	Dual
15.54	Nathan Schell, Steele Canyon	Dual
15.57	*Austin Jones, Poway	Palomar Finals
15.58	**Chance Johnson, Steele Canyon	Grossmont Finals
15.62	*Leyikun Soloman, Grossmont	Grossmont Finals
15.66	*Luis Vega, Rancho Bernardo	Palomar Finals
15.66	Jalyn Jackson, Eastlake	Dual
15.71	Luke Hofrichter, Cathedral	Sundevil
15.81	Elijah Balancio, Mission Hills	Dual
15.88	Randy Jordan, Steele Canyon	Dual
15.88	*Kalen Austin, Oceanside	Dual
15.89	**Jayden Kennedy, El Camino	Dual
15.95	**Nathaniel Mestre, Otay Ranch	Escondido
300IH		
37.81	Josh Farmer, Rancho Bernardo	Section Finals
38.36	Tyler Saikhon, EC Southwest	Section Prelims
38.78	*Dayo Fateropa, San Diego	Escondido
38.85	Alex Lieu, Valhalla	State Prelims
38.88	Dylan Coleman, Granite Hills	Section Prelims
39.29	Dylan Burke, El Capitan	Grossmont Finals
39.51	*Luis Vega, Rancho Bernardo	Section Finals
39.54	*Joseph Tarango, Central	IVL Finals
39.57	*Leyikun Soloman, Grossmont	Section Prelims

39.70	Luke Hofrichter, Cathedral	Escondido
39.84	Michael Rintoul, Patrick Henry	Section Finals
39.89	Andy Orozco, Vista	Section Prelims
39.93	Caleb Berman, Ramona	Section Prelims
40.14	*Kalen Austin, Oceanside	Section Finals
40.29	**Zion Jackson, El Camino	Section Prelims
40.30	*Kamon Stewart, Canyon Crest	Avo West Finals
40.40	**Matteo Babic, La Jolla	Dual
40.70	*Colton Snipes, Santana	Section Finals
40.70	Aiden Cardell, Del Norte	Jaguar
40.72	*Yaphet Yokley, El Capitan	Dual
40.75	Eldrinn Rodrin, San Marcos	Jaguar
40.86	Chris Temby, Torrey Pines	Section Prelims
40.87	Jeremy Clay, Valley Center	Dual
41.02	Elijah Balancio, Mission Hills	Dual
41.04	*Kaan Ulupinar, Torrey Pines	Avo West Finals
41.22	Eric Wojnowski, Tri-City Christian	Section Prelims
41.23	***Darren Barkins, Monte Vista	Frosh-Soph
41.34	Davyn Willis, Eastlake	Metro Finals
41.39	**Jarrel Sayles, Steele Canyon	Section Prelims
41.39	*Jordan Lee, Sage Creek	Trabuco
41.44	**Anthony Gilpin, Olympian	Metro Finals
41.45	**Daishaun Battle, Olympian	Viking

400 Relay

41.90	St. Augustine	Section Finals
41.91	Steele Canyon	Section Finals
42.08	Madison	Section Finals
42.33	Rancho Bernardo	Section Finals
42.42	La Costa Canyon	Avo West Finals
42.61	Cathedral Catholic	Western Finals
42.73	West Hills	Grossmont Finals
42.94	Mira Mesa	Western Finals
43.02	Eastlake	Metro Finals
43.04	Ramona	Section Finals
43.10	Olympian	Dual
43.15	Morse	Willie Banks
43.22	Point Loma	Western Finals
43.31	El Camino	Section Prelims
43.37	Westview	Section Finals
43.37	Mission Hills	Dual
43.41	Sage Creek	Avo West Finals
43.56	Helix	Dual
43.63	Rancho Buena Vista	Avo East Finals
43.67	Otay Ranch	Metro Finals
43.70	El Cajon Valley	Grossmont Finals
43.73	Canyon Crest	Section Prelims
43.75	Oceanside	Section Prelims

43.77	La Jolla	Eastern Finals
43.77	Valhalla	Grossmont Finals
43.88	Escondido	Section Prelims
43.96	Torrey Pines	Avo West Finals
44.01	Brawley	IVL Finals
44.18	Mt. Miguel	Dual
44.19	Vista	Dual
44.24	Del Norte	Dual

1600 Relay

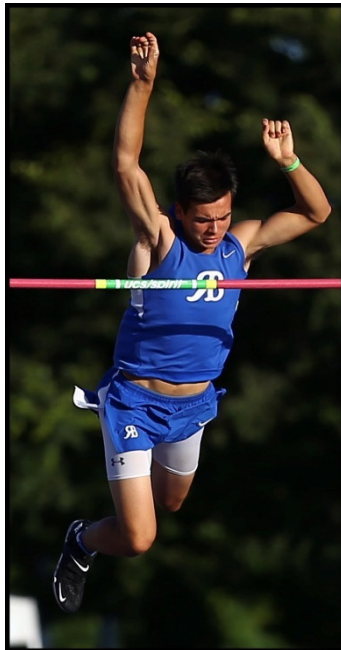
3:21.86	Helix	Section Finals
3:21.87	Mt. Carmel	Section Finals
3:23.09	Olympian	Section Finals
3:24.09	Sage Creek	Section Finals
3:24.46	Rancho Bernardo	Escondido
3:25.32	Westview	Section Prelims
3:25.69	Valhalla	Section Finals
3:26.06	West Hills	Section Finals
3:26.12	Brawley	Section Finals
3:26.16	Grossmont	Section Prelims
3:26.43	La Costa Canyon	Avo West Finals
3:26.88	San Pasqual	Section Prelims
3:26.93	Mira Mesa	Western Finals
3:27.38	Cathedral Catholic	Western Finals
3:27.46	Point Loma	Section Finals
3:27.63	Canyon Crest	Section Finals
3:28.48	La Jolla	Jim Cerveny
3:28.56	Scripps Ranch	Section Prelims
3:28.78	Otay Ranch	Section Prelims
3:29.04	Poway	Dual
3:29.30	Central Union	Section Finals
3:29.32	Eastlake	Mesa Finals
3:29.36	San Marcos	Section Prelims
3:29.37	Vista	Dual
3:29.54	Patrick Henry	Dual
3:29.63	Torrey Pines	Section Prelims
3:29.92	El Camino	Dual
3:31.24	Rancho Buena Vista	Triton
3:31.88	Westview	Escondido

High Jump

6-6	John Walther, Sage Creek	Section Finals
6-6	Josh Farmer, Rancho Bernardo	Arcadia
6-6	Dylan Coleman, Granite Hills	Dual
6-6	Max Castin, Rancho Bernardo	Dual
6-5	Moses Mooney, Bishop's	Viking
6-5	Justice Chimm, Mt. Miguel	Dual
6-5	Kevin Fernandez, Cathedral	Dual

6-4	*Steven Marquez, Central	Jaguar
6-4	Glen Mbamo, Rancho Bernardo	Jaguar
6-4	Tyler Saikhon, EC Southwest	Dual
6-4	*Jackson Carpenter, Rancho Bernardo	Dual
6-3	Nelson Carmona, Oceanside	Dual
6-2	**Travis Lewis, Point Loma	Western Finals
6-2	*Andrew Lugo, Canyon Crest	Dual
6-2	**Luca Queiroz, Point Loma	Dual
6-2	Kyle Brownell, San Dieguito	Dual
6-2	**Cassimer Gaines, El Camino	Dual
6-1	Troy Cristobal, Patrick Henry	Eastern
6-1	*Daniel Gonzalez, Brawley	IVL Finals
6-1	*Jack Bianchi, La Costa Canyon	Bronco
6-1	Don Chapman, Lincoln	Sundevil
6-1	*Lance Qiu, Carlsbad	Escondido
6-1	***Ty Stanislas, Vista	Frosh-Soph
6-1	Austin Brewer, Brawley	Dual
6-1	**John Rhay Ramirez, Mt. Carmel	Dual
6-1	*Travis Kulhanek, Monte Vista	Dual

Pole Vault



16-5	Kevin Ward, San Dieguito	Section Finals
16-3	*Jacob Rice, Rancho Bernardo	Section Prelims
15-6	Trevor Sheldon, Mission Hills	Dual
15-1	*Bryan Sperry, Rancho Bernardo	Dual
15-0	**Zack Volpe, San Marcos	Cal State Games
15-0	Jack Turner, Rancho Bernardo	Dual
15-0	*Vince Elamparo, Rancho Bernardo	Dual
14-9	Bryce Williams, Westview	Section Prelims
14-9	Nicholas Fitzgerald, Westview	Section Prelims
14-6	*Jackson Scherrer, La Jolla	Dual
14-6	*Jachin Clarke, El Camino	Dual
14-3	Kevin Fernandez, Cathedral	Dual
14-0	*Jacob Jurisoo, Mt. Carmel	Dual
13-9	***Garret Brown, La Costa Canyon	Section Finals
13-9	Wesley Coleman, Granite Hills	Section Prelims
13-9	Jay Patel, Westview	Escondido
13-9	Josh Hornilla, Torrey Pines	Escondido

Jacob Rice, Rancho Bernardo, placed 4th at State at 16-3, the fourth best vault in Section History.

13-3	Nathan Sison, Otay Ranch	Section Prelims
13-3	**Janek Myslinski, University City	Section Prelims
13-3	*Eon Ebuna, Canyon Crest	Avo West Finals
13-3	**Evan Dudley, Poway	Dual

13-3	*Cameron Zamora, San Dieguito	Dual
13-3	*Michael Sacker, Canyon Crest	Dual
13-2	**Andrew Raleigh, El Capitan	Dual
13-1	Mitchell Long, Poway	Bronco
13-1	**Jaron Manikan, Rancho Bernardo	Dual
13-0	*Cameron Luck, Mission Vista	Jim Cerveny
13-0	Ryan Komasa, Point Loma	Dual
13-0	*Leon Barbosa, Vista	Dual

Long Jump

24-5 ½	Jalyn Jackson, Eastlake	Cal State Games
23-9 1/2,	*Kenon Christon, Madison	Dual
23-0 ½	*Alton Mitchell, Point Loma	Western Finals
22-11	Janvar Ramadhan, Ramona	Valley Finals
22-9 ½	*Connor Luck, Mission Vista	Palomar Finals
22-9	Kevin Fernandez, Cathedral Catholic	Section Prelims
22-7 ½	*Deondre Ruth, Oceanside	Section Finals
22-7 ¼	Christopher Brown, El Camino	Section Finals
22-7	*Ethan Simley, Cathedral Catholic	Jaguar
22-2 ½	Gustavo Carranza, Mater Dei	Section Prelims
22-1 ½	*Yaphet Yokley, El Capitan	Dual
22-1 ¼	Bradley Bryant, Rancho Bernardo	Section Finals
21-11	Chris Olave, Mission Hills	Dual
21-10 ½	Josh Farmer, Rancho Bernardo	Dual
21-10	*Israel Breland, Steele Canyon	Dual
21-9 ¾	*Gino Buke, Steele Canyon	Section Finals
21-9	*Destine Brown, El Cajon Valley	Grossmont Finals
21-9	Keyshawn Smith, SD Southwest	Mustang
21-9	Tyler Slaten, Westview	Palomar
21-8 ¼	*Caiden Metts, Fallbrook	Section Finals
21-7 ½	Troy Christobal, Patrick Henry	Dual
21-7	Ben Gross, Torrey Pines	Section Finals
21-6 ½	**John Gibbs, Oceanside	Dual
21-6 ½	Ezekial Cruz, Otay Ranch	Escondido
21-6 ¼	*Evan Brown, La Jolla	Falcon
21-5	***Dhoamin Buford, Otay Ranch	Dual
21-4	Christian Gabriel, Ramona	Dual
21-4	Luke Hofrichter, Cathedral Catholic	Dual
21-2 ½	*Anthony Maisano, Cathedral Catholic	Section Prelims
21-2 ¼	*Rayvon Benson, Morse	Western Finals
21-0 ½	*Nate Godinez, Brawley	IVL Finals
21-0	**Alec Plotegher, Mission Bay	Dual



Triple Jump

49-10 ¼	Jalyn Jackson, Eastlake	Arcadia
48-1 ¼	Glenn Mbamo, Rancho Bernardo	Palomar Finals
47-2 ¼	*Altan Mitchell, Point Loma	Section Prelims
45-11	*Deondre Ruth, Oceanside	Section Finals
45-8	Tyler Slaton, Westview	Section Finals
45-6 ¾	*David Cynkin, Torrey Pines	Section Prelims
45-6 ¼	Bradley Bryant, Rancho Bernardo	Section Finals
45-1 ½	Kevin Fernandez, Cathedral	Section Finals
44-11	Josh Barnes, San Marcos	Dual
44-9 ¼	*Evan Brown, La Jolla	Section Finals
44-0	Tyler Saikhon, EC Southwest	IVL Finals
44-0	**John Gibbs, Oceanside	Frosh-Soph
43-10 ¾	Jaylan Galloway, Serra	Section Finals
43-7 ½	*Destine Brown, El Cajon Valley	Jim Cerveny
43-7	Gustavo Carranza, Mater Dei	Section Prelims
43-2 ½	*Kevin Bateman, Eastlake	Section Finals
43-1 ½	*Yaphat Yokley, El Capitan	Grossmont Finals
43-0 ½	*Nick Archer, Mission Bay	Section Prelims
43-0	Andy Orozco, Vista	Dual
42-10 ½	***Marcus Austin, Grossmont	Jim Cerveny

2018 Boy Field Athlete of the Year, Jalyn Jackson, placed second in the Triple Jump at State. He had the Top Section Marks in both the Triple Jump and Long Jump.

42-10	*Will Barba, Point Loma	Dual
42-9	Marcquie Mikes, Vista	Avo East Finals
42-9	Veon Carroll, Kearny	City Finals
42-7	Sunny Shah, San Pasqual	Avo East Finals
42-6 ½	*Airrien Smith, Castle Park	Runge
42-5 ½	*Javier Jimenez, Christian	Jim Cerveny
42-3	*Angelo Duckworth, Rancho Bernardo	Dual
42-2	*Tyson Edgington, Poway	Section Finals
42-1	**Alec Plotegher, Mission Bay	Dual
42-0 ¼	Phillip Johnson, Oceanside	Valley Finals

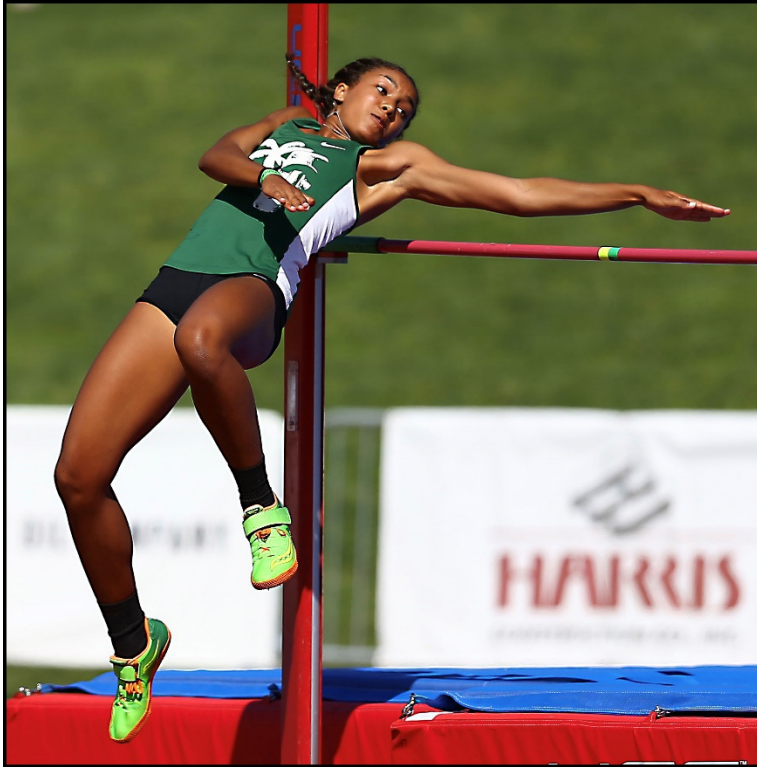
Shot Put

55-10	David Folsom, Point Loma	Section Finals
54-2	David Gonzalez, Granite Hills	Section Finals
54-2	*Shawn Poma, Cathedral Catholic	Dual
54-0	Alexis Paco de la Cruz, EC Southwest	Section Finals
51-2 ¼	***Courvosiea Irby, Morse	Willie Banks
50-7	Austin Sunseri, Rancho Buena Vista	Dual
50-0	*Joshua Carbarle, Escondido	Jaguar
49-5	*Damian Hildalgo, Granite Hills	Section Finals
49-0	*Matthew Amankonah, Canyon Crest	Dual
48-9	Riley Bettis, El Capitan	Section Finals

48-4	Dominic D'Andrea, Otay Ranch	Sweetwater
48-1	*Gabe West, Torrey Pines	Escondido
48-0	Jaylen Newman, El Camino	Dual
47-6	Grant Connors, Del Norte	Dual
47-5 ½	*Darius Watson, Fallbrook	Dual
47-2 ½	Jacob Knight, El Camino	Avo East Finals
46-8	*Blake Schmidt, Monte Vista	Grossmont Finals
46-8	**Chris Hunter, Oceanside	Triton
46-6 ½	*Mikey Malauulu, Morse	Dual
46-6	Jimmy Nguyen, Serra	Section Finals
46-5	David Leber, Granite Hills	Dual
46-3 ½	Jacob Austin, Patrick Henry	Dual
45-7	**Chris White, Horizon Prep	Section Prelims
45-5 ¾	**Joshua Boiamah, Scripps Ranch	Western Finals
45-2 ¼	Joshua Garcia, Oceanside	Willie Banks
45-2	Leusmanu Ta'a, Otay Ranch	Section Prelims
45-1	*Jonne Vicario, Chula Vista	Mesa Finals
45-0 ½	Faufana Autele, Otay Ranch	Mesa Finals

Discus

171-2	David Leber, Granite Hills	Dual
158-11	Jared Leapt, Mission Hills	Willie Banks
155-10	*Shawn Poma, Cathedral Catholic	Section Finals
155-6	Matt Swimmer, Mission Hills	Jaguar
150-1	Gabe Stallman, Ramona	Escondido
149-6	**Joshua Boamah, Scripps Ranch	Dual
149-1	***Courvosiea Irby, Morse	Dual
148-11	*Austin Peterson, Rancho Bernardo	Dual
148-9	**Jonathan Tuitasi, El Camino	Frosh-Soph
147-11	Faufano Autele, Otay Ranch	Dual
146-2	Justice Kenion, Granite Hills	Escondido
146-0	Jacob Austin, Patrick Henry	Section Prelims
143-3	*Zain Batta, Mt. Carmel	Section Finals
143-3	**Carson Lively, Eastlake	Mesa Finals
142-9	*Aydin Wood, El Camino	Dual
139-5	*T'Ray Kirkland, Lincoln	Dual
138-10	Alexis Paco de la Cruz, EC Southwest	IVL Finals
138-8	**Chris Hunter, Oceanside	Section Prelims
138-2	Josh Farmer, Rancho Bernardo	Arcadia
138-1	Braxton Milhik, Tri-City Christian	Section Finals
137-9	*Sala Lologo, Oceanside	Section Prelims
137-7	Matthew Linnell, Westview	Dual
137-1	Oscar Navarro, Santa Fe Christian	Coastal Finals
136-6	Juan Leyva, University City	Dual
136-4	Grant Connors, Del Norte	Palomar Finals
136-4	Tommy Magdelano, Scripps Ranch	Dual
136-1	*Cameron Galloway, Otay Ranch	Section Prelims
135-4	*Gabe West, Torrey Pines	Section Prelim



Coronado's Alysa Hickey qualified for the State Meet in three individual events, the 100-meter dash, the Long Jump, and the High Jump. She had the top Section Marks in all three. She scratched the 100 at State to concentrate on the two jumps. She wound up as the State Champion in the long jump with 19 foot 9 $\frac{3}{4}$ inches and placed fourth in the high jump with a leap of 5 feet 8 inches. Her top high jump mark for 2018 was 5 feet 10 inches, she clocked 11.87 for the 100, and her best long jump was 20 feet $\frac{1}{2}$ inch.

2018 Girls Leaders

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

100

11.87	*Alysa Hickey, Coronado	Sundevil
11.95	***Aysha Shaheed, Madison	State Prelims
12.08	Kolumbia Page, Olympian	State Prelims
12.12	Leia Salongo, Mira Mesa	State Prelims
12.18	Jordan Earl, West Hills	Grossmont Finals
12.27	Kiara Harrison, Mt. Miguel	Grossmont Finals
12.27	Dakota Stanley, Mission Hills	Dual
12.32	Alyssa Meeks, Olympian	Mesa Finals
12.32	Catherine Widay, West Hills	Escondido
12.40	Madeline Fike, La Jolla	Eastern Finals
12.47	Claire Taylor, Scripps Ranch	Dual
12.50	*Maya Occiano, Mission Hills	Dual
12.54	*Jasmyn Crawford, Christian	Section Prelims
12.54	Miranda Goodson, San Marcos	Falcon
12.55	**Amara Dougan, Mt. Carmel	Section Prelims
12.56	Trinity Bayless, Classical	Dual
12.56	*Darriale Yarbrough, Fallbrook	Dual
12.57	Tiara McLemore, Mt. Miguel	Grossmont Finals
12.59	**Ciara May-Horn, Granite Hills	Grossmont Finals
12.61	*Adaeze Noble, Olympian	Willie Banks
12.61	*Jazmine Scott, Gompers	Junior Nationals
12.62	*Sonia Redon, San Diego	Jaguar
12.62	Saisha Banks, Eastlake	Dual
12.63	**Mikayla Pope, Gompers	Frontier Finals
12.63	**Jillian Hewett, Maranatha	Dual
12.67	**Jayda Rustemoglu, Del Norte	Dual
12.73	***Sophia Aragon, Cathedral Catholic	Jaguar
12.74	Sydney Pollard, San Pasqual	Valley Finals
12.74	**Cassandra Wright, Escondido	Valley Finals
12.74	***Natalia Dougan, Mt. Carmel	Dual
12.74	*Sofia Pogliano, Canyon Crest	Dual
12.74	Ashley King, San Marcos	Dual
12.74	*Amari Weatherford, Morse	Dual

200

24.63	Leia Salongo, Mira Mesa	State Prelims
24.76	Kolumbia Page, Olympian	State Prelims
24.89	*Adaeze Noble, Olympian	State Prelims
24.95	Dakota Stanly, Mission Hills	Dual
25.23	Miranda Goodson, San Marcos	Section Finals
25.25	***Aysha Shaheed, Madison	Section Prelims
25.34	***Jayme Ruskovich, Scripps Ranch	Section Finals
25.37	**Jayda Rustemoglu, Del Norte	Jaguar

25.38	Ashley King, San Marcos	Section Finals
25.43	Jordan Earl, West Hills	Jaguar
25.49	**Jillian Hewett, Maranatha	Coastal Finals
25.50	Saisha Banks, Eastlake	Section Prelims
25.63	*Taylor Fardig, La Costa Canyon	Avo West Finals
25.65	*Tionna Jones, SD High Tech	Frontier Finals
25.66	Alyssa Meeks, Olympian	Arcadia
25.71	Ellie Flint, Torrey Pines	Avo West Finals
25.76	Madeline Fike, La Jolla	Eastern Finals
25.78	*Amari Weatherford, Morse	Section Prelims
25.94	*Jasmyn Crawford, Christian	Section Prelims
25.97	*Jade Babcock-Chi, Torrey Pines	Avo West Finals
25.98	**Lexanna Schultz, Canyon Crest	Frosh-Soph
26.03	**Maya Preece, Rancho Bernardo	Section Prelims
26.04	Catherine Widay, West Hills	Section Prelims
26.05	Alia Scott, Vista	Willie Banks
26.06	***Natalia Dougan, Mt. Carmel	Section Prelims
26.06	Clarke Taylor, Scripps Ranch	Arcadia
26.06	*Destiny Moedano, El Camino	Dual
26.15	***Sanyah Starks, Crawford	Dual
26.16	**Neleh Coleman, El Camino	Frosh-Soph
26.19	**Amara Muhammad, San Diego	Section Prelims
26.21	**Mickaela Segbefia, Cathedral	Frosh-Soph
26.25	Kate Thomas, Torrey Pines	Dual
400		
55.95	Dakota Stanly, Mission Hills	Avo East Finals
56.17	*Adaeze Noble, Olympian	Escondido
56.86	***Katrina Wright, University City	Section Finals
56.90	***Sophia Aragon, Cathedral Catholic	Section Finals
56.92	Kolumbia Page, Olympian	Escondido
57.31	*Destiny Moedano, El Camino	Avo East Finals
57.45	Leia Salongo, Mira Mesa	Falcon
57.69	*Sierra Roberson, La Jolla	Dual
57.80	**Jillian Hewett, Maranatha	Section Prelims
58.07	**Jayda Rustemoglu, Del Norte	Frosh-Soph
58.25	**Mickaela Segbefia, Cathedral Catholic	Falcon
58.26	*Ana Mercado, Eastlake	Section Finals
58.39	*Jade Babcock-Chi, Torrey Pines	Section Finals
58.40	*Julia Morales, Scripps Ranch	Dual
58.48	*Maya Occiano, Mission Hills	Dual
58.51	*Tionna Jones, SD High Tech	Jim Cerveny
58.63	**Madelynn Worley, Christian	Section Finals
58.72	**Erin Murray, Fallbrook	Jaguar
58.91	Ellie Flint, Torrey Pines	Section Prelims
59.24	Kate Thomas, Torrey Pines	Dual
59.41	*Maggie Lusk, Poway	Jaguar
59.48	***Emily Brown, Scripps Ranch	Section Finals

59.48	**Mia Marquez, Helix	Frosh-Soph
59.52	*Chloe Kauffman, Poway	Section Finals
59.58	**Shontell Williams, Morse	Section Prelims
59.93	**Elizabeth Houk, Cathedral Catholic	Dual
59.93	*Sabrina Morse, Canyon Crest	Dual



The girl's 800 returns six runners under 2:17, led by Julia Morales (right) who placed eighth at State in 2018 and Jessica Riedman (left). Reidman also had a 4:50 1600 meter run to her credit last season and was 11th in that event.

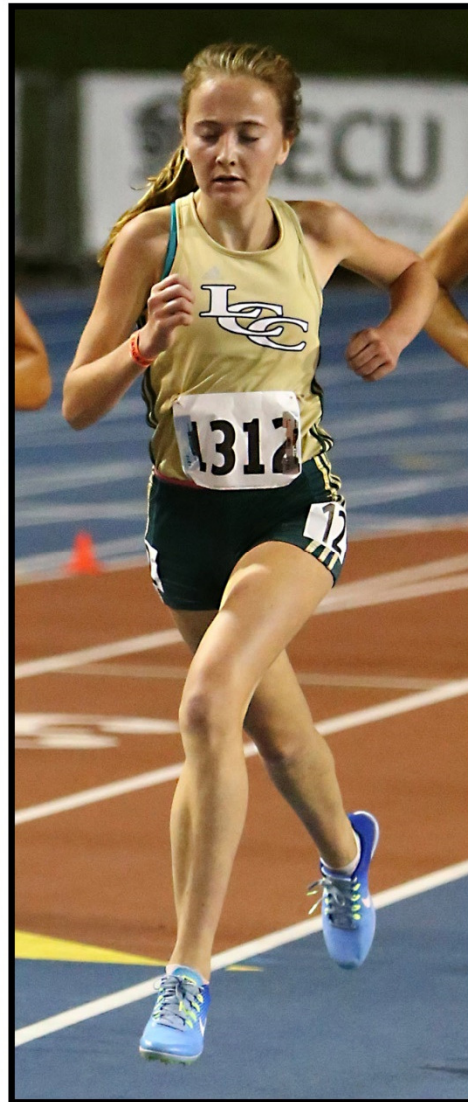
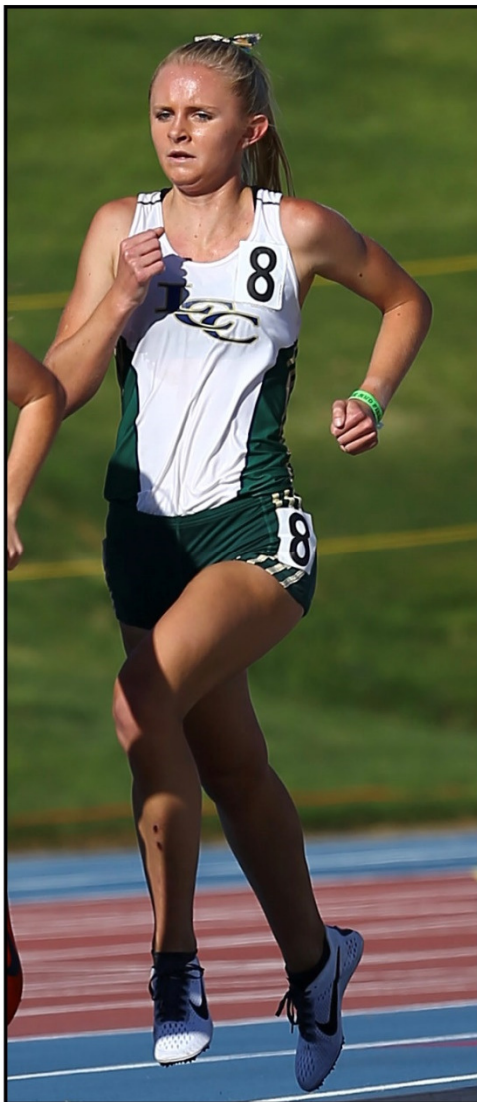
800

2:12.92	*Julia Morales, Scripps Ranch	State Finals
2:13.52	*Jessica Riedman, La Costa Canyon	Dual
2:14.81	*Sierra Roberson, La Jolla	Section Prelims
2:15.19	McKenna Brown, La Costa Canyon	Falcon
2:16.21	Gabrielle Waters, Cathedral Catholic	Section Finals
2:16.31	*Destiny Moedano, El Camino	Escondido
2:16.39	***Jenna Rubidoux, Christian	Jim Cerveny
2:16.54	*Teresa Perez, Coronado	Section Prelims
2:16.91	Lexi Watkins, LJC	Mt. SAC
2:17.68	*Maggie Lusk, Poway	Section Finals
2:17.80	**Julia Kiersnowski, Scripps Ranch	Section Finals
2:18.47	Katherine Hawley, Mt. Carmel	Section Prelims
2:18.76	Hazel Groff, Cathedral Catholic	Section Finals
2:18.80	*Sabrina Morse, Canyon Crest	Avo West Finals
2:18.96	***Sophia Van Arsdale, Coronado	Section Prelims
2:19.14	***Gloria Ternasky, Clairemont	Section Prelims
2:19.18	**Carolinh Calvert, El Capitan	Section Finals
2:20.38	**Elizabeth Houk, Cathedral Catholic	Dual
2:20.39	**Madeline Marron, Valley Center	Section Prelims
2:20.54	**Christie Linnard, Bishop's	Section Prelims
2:20.65	**Alyssa Ruiz, Serra	Section Prelims
2:21.05	Cami Doheny, Cathedral Catholic	Dual
2:21.17	*Isabelle Shepherd, University City	Escondido
2:21.20	*Karlie Hayes, Del Norte	Palomar Finals
2:21.33	**Jaiden Shiring, El Camino	Frosh-Soph
2:21.35	Abby Douglas, Oceanside	Section Prelims
2:21.66	Zoie Valencia, San Marcos	Dual
2:21.73	***Annah Nyberg, Sage Creek	Section Prelims
2:21.77	Sarah Lavake, San Dieguito	Section Prelims

1600

4:45.46	McKenna Brown, La Costa Canyon	Avo West Finals
4:50.26	*Kristin Fahy, La Costa Canyon	Avo West Finals
4:50.74	*Jessica Riedman, La Costa Canyon	Avo West Finals
4:58.96	Lexi Watkins, LJC	Section Finals
5:03.22	*Teresa Perez, Coronado	Section Prelims
5:03.97	**Carlie Dorostkar, Canyon Crest	Avo West Finals
5:05.24	Isabella Aguiar, Torrey Pines	Avo West Finals
5:05.73	***Bella Longo, Mission View	Section Finals
5:06.04	Cami Doheny, Cathedral Catholic	Western Finals
5:06.44	Katherine Hawley, Mt. Carmel	Escondido
5:07.10	*Madden Hundley, Coronado	Section Prelims
5:07.33	Elise Boisvert, University City	Western Finals
5:07.38	*Patricia Miessner, Eastlake	Mesa Finals
5:08.23	Claire Bernd, Canyon Crest	Section Prelims
5:08.99	**Trang Woolridge, Westview	Section Prelims
5:09.50	Ellie Misuraca, Westview	Escondido

5:10.23	*Isabelle Shepherd, University City	Dual
5:10.41	**Skylar Wallace, Sage Creek	Avo West Finals
5:10.87	***Sydney Weaber, La Costa Canyon	Frosh-Soph
5:11.05	***Elizabeth Gerhardt, Sage Creek	Frosh-Soph
5:11.13	**Kimberly Cheung, Pacific Ridge	Section Finals
5:11.30	**Caitlin Cornell, San Marcos	Sundevil
5:11.52	*Brooke Rodi, Point Loma	Western Finals
5:12.53	***Alaina Zambrano, Christian	Section Prelims
5:11.62	***Ashley Learn, Rancho Bernardo	Palomar Finals
5:12.83	Analicia Uribe, Scripps Ranch	Escondido
5:12.91	***Abigail Hundley, Coronado	Section Prelims
5:13.70	**Katie Downs, Poway	Palomar Finals
5:13.38	**Alyssa Ruiz, Serra	Section Prelims
5:14.30	***Gioia Ternasky, Clairemont	Frosh-Soph
5:14.56	**Carolinh Calvert, El Capitan	Frosh-Soph
5:14.96	***Keerstin Augustin, Olympian	Section Prelims



McKenna Brown (left) and Kristin Fahy (right) were dominant in the 3200 last season with each running 30 seconds in front of the field. Fahy's PR of 10:16.44 was set at the State Meet in which she placed 4th.

Brown also had a 4:50 1600 to her credit and was the CIF Girl's Track Athlete of the Year.

3200

10:15.97	McKenna Brown, La Costa Canyon	Escondido
10:16.44	*Kristin Fahy, La Costa Canyon	State Finals
10:45.08	Lexi Watkins, LJC	Arcadia
10:45.65	**Patricia Miessner, Eastlake	Section Finals
10:49.56	**Carlie Dorostkar, Canyon Crest	Section Finals
10:53.27	***Bella Longo, Mission Vista	Section Finals
10:56.69	**Skylar Wallace, Sage Creek	Arcadia
10:57.92	Elise Boisvert, University City	Section Prelims
11:00.37	***Ashley Learn, Rancho Bernardo	Section Finals
11:03.46	***Trang Woolridge, Westview	Section Prelims
11:04.69	**Caitlin Cornell, San Marcos	Bronco
11:05.70	*Teresa Perez, Coronado	Section Prelims
11:06.28	Renee Laurenzana, San Pasqual	Section Finals
11:11.66	Claire Bernd, Canyon Crest	Dual
11:13.76	Isabella Aguiar, Torrey Pines	Avo West Finals
11:13.83	Cami Doheny, Cathedral Catholic	Section Finals
11:14.27	*Jessica Riedman, La Costa Canyon	Dual
11:18.11	***Alaina Zamarano, Christian	Section Prelims
11:18.38	*Liliana Prieto, El Camino	Section Prelims
11:18.69	*Giovanna DaSilva, Scripps Ranch	Escondido
11:19.98	**Lavanyo Pandey, Sage Creek	Avo West Finals
11:20.17	***Jaasiel Contreras, Brawley	Sundevil
11:20.57	*Megan Hill, Scripps Ranch	Escondido
11:24.26	Carlene Masar, Steele Canyon	Escondido
11:25.06	Haley Platt, Torrey Pines	Escondido
11:25.36	*Ellie Misuraca, Westview	Dual
11:26.10	Natalie Schroeder, La Costa Canyon	Escondido
11:28.82	**Kimberly Cheung, Pacific Ridge	Section Finals
11:29.73	Erin Beck, Canyon Crest	Avo West Finals
11:29.84	Bailey McCraner, Cathedral Catholic	Section Prelims



Sonia Redon's 2018 time of 14.38 in the 100 Hurdles was the 12th San Diego Section All-Time best.

100 Hurdles		
14.38	*Sonia Redon, San Diego	State Prelims
14.85	Kate Thomas, Torrey Pines	State Prelims
15.12	**Zoe Nolte, Carlsbad	Avo West
Finals		
15.24	Alia Scott, Vista	Dual
15.29	Alani Johnson, Otay Ranch	Escondido

15.32	**Emelliah Vought, Steele Canyon	Escondido
15.34	*Ruthie Grant-Williams, Coronado	Arcadia
15.37	**Simone James, Christian	Section Prelims
15.52	*Emily Green, Liberty Charter	Section Prelims
15.55	*Kimmy McPherson, Mt. Carmel	Dual
15.65	*Brigitte Bonebrake, Torrey Pines	Escondido
15.69	Megan Mattson, Sage Creek	Escondido
15.78	***Audrey Kull, Helix	Dual
15.82	**Kilee Horner, University City	Western Finals
15.86	**Alexi Allen, San Marcos	Section Prelims
15.92	***Elisa Miller, San Pasqual	Dual
15.93	*Emily Ruff, El Capitan	Sundevil
15.95	Adena Joseph, Helix	Grossmont Finals
16.01	**Anna-Kaye Powell, El Camino	Section Prelims
16.03	Kelsey White, Del Norte	Bronco
16.04	**Alexxis Brown, Westview	Section Prelims
16.05	Dana Andrews, Mission Hills	Trabuco
16.07	**Alexys Davis, Lincoln	Section Prelims
16.10	Alyssa Salazar, Scripps Ranch	Section Prelims
16.28	**Lindsay Zientek, La Costa Canyon	Avo West Finals
16.33	*Chloe Romney, Del Norte	Section Prelims
16.39	Jennifer Pedroza, Escondido	Dual
16.47	*Nyha Kidd, Eastlake	Mesa Finals
16.50	*Emily Green, Liberty	Aztec
300LH		
42.71	Alia Scott, Vista	Section Finals
43.52	Kate Thomas, Torrey Pines	Section Finals
43.61	Megan Mattson, Sage Creek	Section Finals
43.67	*Maya Occiano, Mission Hills	Section Finals
44.41	***Madilyn Mayo, Grossmont	Section Finals
44.64	Jennifer Pedroza, Escondido	Section Finals
45.20	**Simone James, Christian	Section Finals
45.40	**Alexi Allen, San Marcos	Section Prelims
45.46	*Sonia Redon, San Diego	Section Finals
46.13	*Emily Ruff, El Capitan	Grossmont Finals
46.16	Alyssa Salazar, Scripps Ranch	Western Finals
46.54	***Elise Miller, San Pasqual	Section Prelims
46.61	**Nicki Gutschow, Rancho Bernardo	Palomar Finals
46.66	Dana Andrews, Mission Hills	Section Prelims
46.71	*Makell Edwards, San Pasqual	Jaguar
46.88	**Emma Gaines-Roberts, Otay Ranch	Escondido
46.89	***Kilee Horner, University City	Jim Cerveny
46.90	**Francesca Feidelberg, Del Norte	Palomar Finals
47.05	***Audrey Kull, Helix	Frosh-Soph
47.23	**Zoe Nolte, Carlsbad	Sundevil
47.32	Lauren Farris, Steele Canyon	Grossmont Finals
47.44	Leyla McFarland, Eastlake	Dual

47.52	***Taryn Tarquin, Carlsbad	Section Prelims
47.56	*Kimmy McPherson, Mt. Carmel	Section Prelims
47.59	Alexis Meeks, Olympian	Dual
47.65	*Gloria Kalt, Torrey Pines	Dual
47.82	*Syanna Sales, Mt. Carmel	Palomar Finals
47.85	**Katarina Maric, Pacific Ridge	Coastal Finals
47.99	*Bridgette Bonebreak, Torrey Pines	Dual

400 Relay

47.28	Olympian	Section Finals
47.46	San Marcos	Section Finals
47.79	Mission Hills	Avo East Finals
48.22	Coronado	Section Finals
48.51	La Jolla	Section Finals
48.65	Escondido	Section Finals
48.65	Scripps Ranch	Section Finals
48.69	Torrey Pines	Section Finals
49.19	Mount Miguel	Section Finals
49.28	Christian	City Finals
49.43	Canyon Crest	Section Finals
49.51	University City	Section Finals
49.53	West Hills	Section Finals
49.57	Steele Canyon	Section Finals
49.60	Madison	Section Finals
49.76	Rancho Bernardo	Dual
49.82	Eastlake	Dual
49.87	Morse	Jim Cerveny
49.90	Cathedral Catholic	Western Finals
50.01	RBV	Dual
50.13	Del Norte	Palomar Finals
50.14	El Camino	Dual
50.45	San Diego	Eastern Finals
50.55	Mira Mesa	Western Finals

1600 Relay

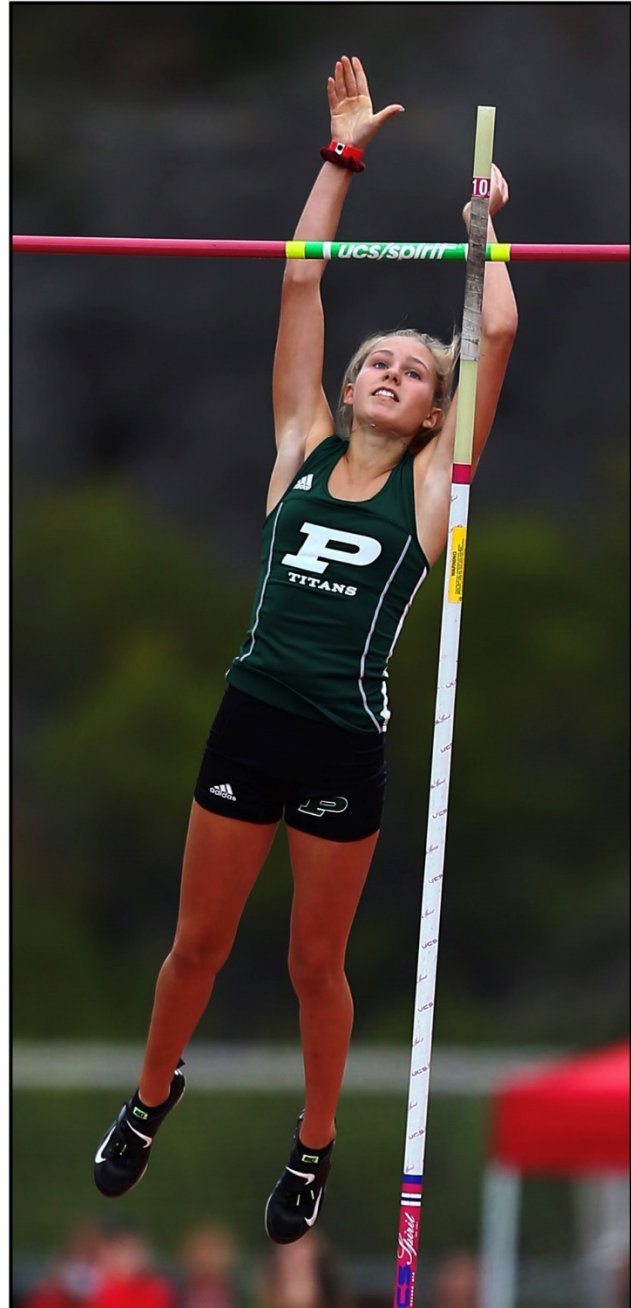
3:52.35	Olympian	Section Finals
3:52.61	Torrey Pines	State Prelims
3:53.99	Mission Hills	Section Prelims
3:58.73	Cathedral Catholic	Western Finals
3:59.51	Mt. Carmel	Section Finals
3:59.58	University City	Western Finals
3:59.95	Scripps Ranch	Western Finals
4:03.13	Eastlake	Section Finals
4:04.10	La Jolla	Section Finals
4:04.34	Del Norte	Section Prelims
4:04.37	Christian	Section Finals
4:05.29	San Pasqual	Section Prelims

4:05.61	San Marcos	Section Prelims
4:06.68	Valhalla	Section Prelims
4:06.72	Canyon Crest	Section Prelims
4:06.78	El Camino	Sundevil
4:06.95	LJCD	Section Prelims
4:07.11	La Costa Canyon	Section Finals
4:07.16	El Capitan	Grossmont Finals
4:08.14	Point Loma	Section Finals
4:08.23	Carlsbad	Section Prelims
4:09.06	Steele Canyon	Grossmont Finals
4:09.10	Poway	Escondido
4:09.87	Helix	Dual
4:10.75	Mira Mesa	Section Prelims
4:11.13	San Dieguito	Section Prelims
4:11.47	RBV	Section Prelims
4:11.84	Vista	Dual

High Jump

5-10	*Alysa Hickey, Coronado	Mt. SAC
5-6	*Abby Phillips, Santa Fe Christian	Section Finals
5-5	*Ruth Grant-Williams, Coronado	Dual
5-5	*Jade Cany, Torrey Pines	Escondido
5-3	Kristen Farkith, Valhalla	Sundevil
5-3	*Emily Godsey, Brawley	Mustang
5-3	***Julianna Holm, Maranatha	Dual
5-2	**Francesca Feidelberg, Del Norte	Dual
5-2	*Kimmy McPherson, Mt. Carmel	Dual
5-2	**Noelle Elkinton, Poway	Dual
5-2	**Emma Gardner, San Marcos	Dual
5-1	***Angelica McBride, Serra	Frosh-Soph
5-1	**Mazzie Harris, Cathedral Catholic	Frosh-Soph
5-1	Teri Palacky, Rancho Bernardo	Sundevil
5-1	*Madison Faulkner, Mission Hills	Dual
5-1	*Ariana Jansma, Calvin	Dual
5-0 ¼	*Kimberly Weiss, University City	Arnie Robinson
5-0	**Lilly Vaal, Imperial	Section Prelims
5-0	**Veronica Rodriguez, Mt. Empire	Citrus Finals
5-0	Kelly Marsh, Rancho Bernardo	Palomar Finals
5-0	**Jessica Vance, San Dieguito	Escondido
5-0	***Emma Desany, Clairemont	Bronco
5-0	Shaniyah Rankin, Olympian	Meb Keflezighi
5-0	**Kamaile Signo-Hawkins, Olympian	Viking
5-0	***Chloe Rupp, Maranatha	Dual
5-0	**Lexanna Schultz, Canyon Crest	Dual
5-0	*Jordan French, Valley Center	Dual
5-0	*Hannah Hawkins, El Camino	Dual
5-0	Diamond Whitley, Helix	Dual
5-0	**Alexxis Brown, Westview	Dual

5-0	Madison Parker, Valley Center	Dual
5-0	Lauren Farris, Steele Canyon	Dual
5-0	***Paige Molenkamp, Rancho Bernardo	Dual
5-0	**Isabel Willis, La Jolla	Dual
5-0	Hannah Hajj, Canyon Crest	Dual
5-0	Anna Virgilio, Westview	Dual



Poway owned the girl's pole vault last season with Mia Cervantes (left) placing 5th at the state meet. Camryn Thomson (right) also made the state meet trip and placed 9th. Add Katerina Adamiec and Poway has three girls at 12-5 or better returning this season.

Pole Vault

12-6	*Mia Cervantes, Poway	Mt. SAC
12-5	*Camryn Thomson, Poway	Section Finals
12-5	**Katerina Adamiec, Poway	Palomar Finals
11-11	***Ashley Callahan, Rancho Bernardo	Section Finals
11-7	Isabella Burkhardt, Del Norte	Arcadia
11-6	*Jada Manikan, Rancho Bernardo	Dual
11-5	Gina Stone, Poway	Section Finals
11-5	*Mikayla Ray, Rancho Bernardo	Section Finals
10-11	*Kimika Best, Torrey Pines	Section Finals
10-11	*Camila Sanudo-Thomas, San Pasqual	Section Finals
10-11	***Maddie Ritter, Westview	Section Prelims
10-9	*Renna Cozza, Eastlake	Mustang
10-6	*Caitlin McDonough, Rancho Bernardo	Dual
10-6	*Alyssa Fisher, San Dieguito	Dual
10-5	***Maya Grudman, Sage Creek	Section Prelims
10-5	**Adrianna Sebastiani, University City	Section Prelims
10-5	Sonsoles Ramirez, Torrey Pines	Section Prelims
10-5	**Faith Heffron, Scripps Ranch	Section Prelims
10-5	*Zandile Makatini, Del Norte	Palomar Finals
10-3	Madeleine Masser-Frye, University City	Dual
10-0	*Nanette Steenstra, Calvin Christian	Jaguar
9-11	Hannah Garcia, Rancho Bernardo	Section Prelims
9-11	***Madeline Bittner, Poway	Palomar Finals
9-8	***Ellen Saunders, Rancho Bernardo	Frosh-Soph
9-8	*Natalie Cortes, Eastlake	Dual
9-7	**Cassandra Hoppe, Poway	Bronco
9-7	*Joy Smith, El Camino	Dual
9-6	*Kristine Harris, Vista	Dual

Long Jump

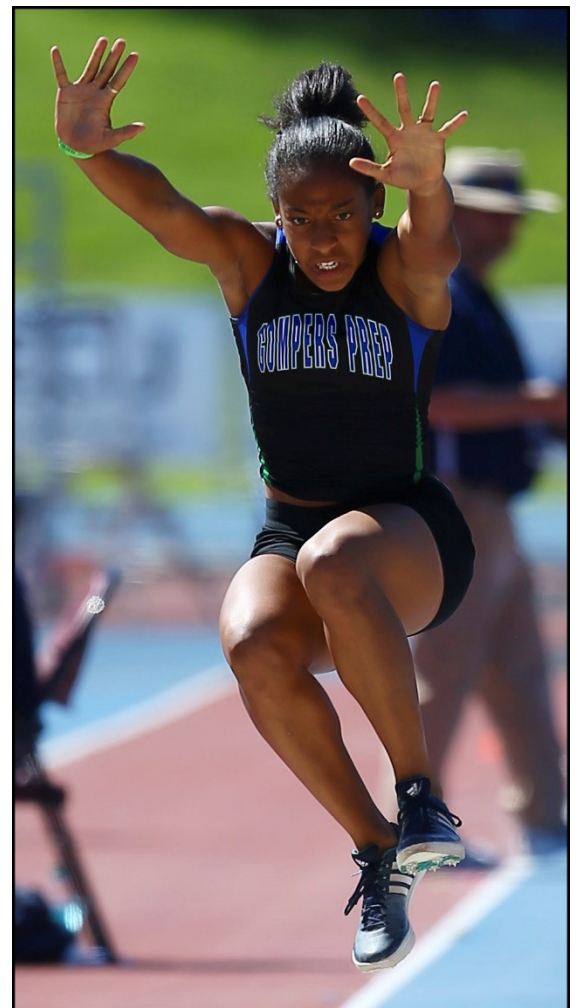
20-0 ½	*Alysa Hickey, Coronado	Western Jr. Olympics
18-8	**Alexis Brown, Westview	Sundevil
18-7 ¾	Kiara Harrison, Mt. Miguel	Section Finals
18-5 ¼	*Jazmine Scott, Gompers	Willie Banks
18-4 ½	Vanessa Spizewski, RBV	Section Prelims
18-4 ½	Maya Cross, Steele Canyon	Dual
18-2 ½	Dejanae Thompson, Morse	Dual
18-1 ½	*Liliana Morales, OLP	Dual
17-10 ½	Jacqueline Manivone, Scripps Ranch	Dual
17-7	*Poala Nenner, Mater Dei	Dual
17-5 ½	Cierra Stewart, Helix	Dual
17-5 ¼	**Kalani Hardyway, Oceanside	Section Finals
17-5	Alena Andree, University City	Dual
17-5	*Ruthie Grant-Williams, Coronado	Dual

17-4	**Mazzie Harris, Cathedral Catholic	Western Finals
17-3 ½	Maisie Whitsett, Patrick Henry	Dual
17-3	Joie Lynn Haydel, El Camino	Dual
17-1	***Aysha Shaheed, Madison	City Finals
17-1	**Simone James, Christian	Dual
17-0	Alexis Meeks, Olympian	Viking
17-0	Sydney Pollard, San Pasqual	Escondido
16-11	***Emma Desany, Clairemont	Jim Cerveny
16-11	*Kimberly Weiss, University City	Dual
16-10 ½	Cimone Manson, Eastlake	Jaguar
16-10 ½	Alexis Meeks, Olympian	Dual
16-10 ¼	*Olivia Zeldin, Serra	Dual
16-10 ¼	*Abby Phillips, Santa Fe Christian	Coastal Finals
16-10	**Kamalle Signo-Hawkins, Olympian	Escondido
16-10	***Riley Millard, Carlsbad	Dual
16-9	***Brooklyn Moltke, Valhalla	Dual
16-8	*Jasmyn White, Del Norte	Dual
16-7	*Alina Cabrera, Mt. Carmel	Palomar Finals
16-7	***Jaelyn Logee, RBV	Dual
16-7	**Jessica Filak, West Hills	Dual

Jazmine Scott (right) returns as the section's top girl Triple Jumper from last season.

Triple Jump

39-4	*Jazmine Scott, Gompers	J.O. Nationals
37-5	Alani Johnson, Otay Ranch	Section Finals
37-5	**Sadie Heckman, Point Loma	Mt. SAC
37-2	Jade Cany, Torrey Pines	Section Finals
37-2	Dejanae Thompson, Morse	Section Prelims
37-1	**Kalani Hardyway, Oceanside	Section Prelims
36-10	Elena Andree, University City	Dual
36-7 ½	*Liliana Morales, OLP	Dual
36-5 ½	Maisie Whitsett, Point Loma	Section Prelims
36-4 ¾	**Anna-Kaye Powell, El Camino	Section Finals
36-4	*Paola Nenninger, Mater Dei	Dual
36-2 ½	*Antoinette Spielberger, Valley Center	Section Finals
35-10 ½	*Genevieve Chao, Point Loma	Section Prelims
35-9 ¾	Maya Cross, Steele Canyon	Section Prelims
35-6	**Simone James, Christian	Dual
35-4 ½	**A'Sontee Jackson, Castle Park	Elmer Runge
35-2 ¼	Joie Lynn Haydel, El Camino	Section Finals
35-0 ¼	Desiree Fitch, The Rock	Dual
34-9 ½	**Katerina Adamiec, Poway	Section Prelims
34-7	***Jaelyn Logee, RBV	Dual
34-7	*Olivia Zeldin, Steele Canyon	Dual



34-5 ½	***Lilly Grunski, La Jolla	Dual
34-5 ½	**Vittoria Byrne, La Jolla	Dual
34-4 ½	Cimone Manson, Eastlake	Section Prelims
34-10	Jamie Sanford, Westview	Dual
34-4	Cierra Steward, Helix	Dual
34-3	***Emma Desany, Clairemont	Dual
34-1 ¾	***Kayla Reyante, Bonita Vista	Section Prelims
34-1	Kelly Marsh, Rancho Bernardo	Section Prelims

Shot Put

44-5	Nu'u Tuilefano, El Camino	Dual
40-7	***Brandy Atuatasi, West Hills	Grossmont Finals
40-6 ½	Jillian Coronado, University City	Dual
40-3	*Angel Srioudom, University City	Dual
39-3 ½	Miracle Museli, Mt. Miguel	Sundevil
37-9 ¾	**Kyrasanni Mitchell, RBV	Region 15 JOs
37-5	Jolene Gommel, Mission Hills	Section Finals
37-2	*Ashley Allums, Poway	Section Finals
36-10 ¼	*Tau Laban, RBV	Willie Banks
36-7	***Kaylah McNarry, San Diego	Section Finals
36-5	Katie Huggins, Julian	Citrus Finals
36-5	Haidee Wesala, Hilltop	Arnie Robinson
36-4	Briana Atuatasi, West Hills	Dual
35-11 ½	***Noelle Elkinton, Poway	Dual
35-10	**Natalia Hiatt, RBV	Section Prelims
35-10	*Payton White, Ramona	Dual
35-7	Branca Encio, University City	Western Finals
35-2	Devyn Sampson, West Hills	Dual
35-0 ½	*Kaylee Stiffler, Cathedral Catholic	Section Prelims
35-0	***Savannah Mbamo, Rancho Bernardo	Section Prelims
35-0	Ngefor Ndifor, Mt. Carmel	Dual
34-10	**Alondra Cardona, El Camino	Dual
34-7	*Victoria Perez, Coronado	Western Finals
34-6 ½	*Natoya Davis, Castle Park	South Bay Finals
34-5	*Michaela Sterling, Clairemont	Jim Cerveny
34-4 ½	*Charlize Delmage, Mt. Carmel	Escondido
34-4	Ajahnei West, Chula Vista	Section Prelims
34-2 ½	**Colby Neal, Poway	Palomar Finals
34-0	Rheanna Bernal, Oceanside	Triton

Discus

151-2	Nu'u Tuilefano, El Camino	Dual
136-0	Lindy Cornwall, Poway	Dual
135-2	***Brandy Atuatasi, West Hills	Escondido
131-8	*Kiera Cruz, Mission Hills	Section Finals
125-5	Miracle Museli, Mt. Miguel	Dual
123-10	Devyn Samson, West Hills	Dual
123-7	*Paige McDonough, Poway	Elmer Runge

122-10	*Ashley Allums, Poway	Section Finals
122-3	***Lelitia Booker, Cathedral Catholic	Section Prelims
119-2	*Victoria Perez, Coronado	Dual
119-1	*Jillian Coronado, University City	Dual
117-2	**Kyrasani Mitchell, San Diego	Region 15 JOs
116-1	Rheanna Bernal, Oceanside	Dual
115-11	Briana Atuatasi, West Hills	Dual
115-8	*Ozge Terzioglu, Del Norte	Dual
115-3	Jolene Gommel, Mission Hills	Section Prelims
114-11	***Kaylah McNairy, San Diego	Jaguar
114-9	*Angel Srioudom, University City	Dual
113-11	*Karri Gordon, Mt. Miguel	Section Finals
113-0	***Jordyn Wyatt, Patrick Henry	Dual
112-6	**Natalia Hiatt, RBV	Frosh-Soph
111-9	***Savannah Mbamo, Rancho Bernardo	Escondido
111-3	Eleanor Brandt, Steele Canyon	Dual
110-10	*Christine Montler, Valhalla	Dual
110-5	*Ryisha Hill, RBV	Dual
110-5	Melat Ezana, Helix	Dual

Since we're now keeping the All-Time Best Marks online at San Diego Track Magazine, they're no longer included in the yearly Track Book. You can find them at SDtrackmag.com in PDF format for downloading and printing.



Boys Track Athlete of the Year, Jaden Rosenthal, from San Diego High Tech High produced a big PR when it counted, 4:09.63 in the 1600 for second place at the State Meet.