

San Diego Section High School

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Track & Field Guide

Boys' Track Athlete of the Year, Madison's Kenan Christon.
State Gold in both 100 and 200 meters
All-Time San Diego Section best in 200 with 20.55
Equaled the SD Section and State meet best in the 100 with 10.30
He also led the section in the Long Jump with 24-0.

CIF-San Diego Section Track and Field Records

Boys

Year	Event	Name, School	Mark
1992	100 Meters	Riley Washington, Southwest	10.30
2019		Kenan Christon, Madison	10.30
2019	200	Kenan Christon, Madison	20.55
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
		(Tawaiin 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)
2019	3200	Kristin Fahy, La Costa Canyon	10:11.38
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
2019		Ashley Callahan, Rancho Bernardo	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

RECORDS AND GOLD MEDALS MARK 2019

Those who were fortunate to be a part of San Diego's 2019 track and field season will remember it as the best in section history.

All of the numbers support that premise.

There were two section records set and two more equaled en route to collecting another record—seven state gold medals just two years after securing none. And the good news is 2020 figures to be another big season.

Records tumbled to Madison's Kenan Christon, who dipped under the previous best in the 200-meter dash six times, including the new best-ever 20.55 seconds set in the section prelims. Christon went on to become the first San Diego Section state double gold medalist in the sprints since Patrick Henry's David Russell (1977) and only the third ever.

Christon equaled the section and state meet record when he clocked a 10.30 to capture the gold in the 100, matching the time run by Southwest's Riley Washington in 1992.

Another senior, Kristin Fahy of La Costa Canyon, wrapped up a sensational school year, adding the state 3200 title in section-record time—10:11.38—to match the victory she accomplished in the fall in the Division II state cross country championships.

Christon and Fahy were the San Diego Union-Tribune Athletes of the Year.

The final record came when Rancho Bernardo sophomore Ashley Callahan cleared 13-6 in the pole vault at the Mt. SAC Relays to match the section best by Westview's Kortney Ross in 2010. Callahan cleared 13-4 to take the top spot at the state championships.

Coronado senior Alysah Hickey made it two straight state winning performances by following up her gold medal in the long jump in 2018 with the top mark in the high jump at 5-8.

The reason 2020 looked promising before the Coronavirus pandemic was not only Callahan, but another sophomore, Katriina Wright of University City, returned as the defending state 400-meter dash champion after roaring to a 53.93-second time. That's the third best performer in section history.

Another three-fourths of the Scripps Ranch first place 4x100 relay team returned with only Brianna Sproles graduating from the quartet that ran 46.51—No. 6 all-time. That means the Falcons needed to find just one leg to go with Aubree Bell, Jaymie Ruskovich and Aaliyah McCormick.

There were no shortage of returning state medalists.

San Pasqual triple jumper Elise Miller placed third in 40-feet-2 after going 40-2 $\frac{3}{4}$ in the prelims and a wind-aided 40-6 earlier in the season. She also was a finalist in the long jump (18-10 $\frac{1}{2}$).

Sprinters from Madison will continue to be in the spotlight as sophomore Aysha Shaheed placed 4th in the state 100 after running a PR 11.71 in the prelims and 6th in the 200 with a 24.21 prelim time.

La Costa Canyon's Caleb Niednagel showed he was ready to assume the mantle as the section's top returning distance runner after finishing 5th in the 3200 with a 9:01.76. Sixth places went to Canyon

Crest's Carlie Dorostkar in the 3200 at 10:26.15, Poway's Katerina Adamiec in the pole vault and the Scripps Ranch 4x400 relay team.

Dorostkar, of course, was coming off a sensational cross country season, winning the state Division II title in the fastest time of the day and placing sixth in the Nike Nationals as the first Californian.

Top eight placing went to Helix junior Eric Parker who was 7th in the 400 (47.91) as well as 8th-place finishers Zach Volpe of San Marcos in the pole vault (15-9), Sage Creek junior Skyler Wallace in the 3200 (10:33.10) and Rancho Bernardo frosh sensation Jacey Farmer in the 1600 (4:53.75).

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.

2019 Boys Leaders

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

100 (Fully Electronic)

10.30	Kenan Christon, Madison	State Finals
10.54	Moray Steward, Orange Glen	State Finals
10.86	*Eric Parker, Helix	Dual
10.89	***Jalil Tucker, St. Augustine	Section Finals
10.90	**Aiden Lippert, La Costa Canyon	Dual
10.93	Rance Garner, El Camino	Escondido
10.97	*Isaiah Smith, Lincoln	City Finals
10.97	Kamon Stewart, Canyon Crest	Avo West Finals
10.98	Emmanuel Okere, Lincoln	Section Finals
11.01	George Oke, Patrick Henry	Western Finals
11.04	Reese Wiltgen, West Hills	Dual
11.05	*Ace Jones, Ramona	Dual
11.06	Hugo Soberanes, Olympian	Dual
11.07	Bradley Keel, Canyon Crest	Section Prelims
11.08	*Adrian Chavez, Brawley	Dual
11.09	**Jamauri Jackson, Madison	Elmer Runge
11.10	**Ian Lipsey, Valhalla	Section Prelims
11.11	Itenda Makanda, Hoover	Arnie Robinson
11.11	Izel Smith, Westview	Dual
11.13	Caleb Schrimpf, Carlsbad	Dual
11.13	Ty Sheridan, Helix	Dual
11.13	*Nicholas Dunn, Coronado	Dual
11.14	***Bryce Brock, Cathedral Catholic	Western Finals
11.14	Chris Erpelding, St. Augustine	Section Finals
11.15	*Bryce Beeson, Poway	Palomar Finals

11.18	Lawrence Massa, Mater Dei Catholic	Section Finals
11.18	*Richard Harris Williams, Granite Hills	Dual
11.19	**Ty Jansen, Helix	Dual
11.20	Nicholas Hammond, West Hills	Dual
11.21	*Steven Guillory-Smith, Patrick Henry	Western Finals
Wind-aided		
10.26	Kenan Christon, Madison	Section Prelims



Orange Glen's Morey Steward clocked 10.54 for the 100 and 21.45 for the 200 in 2019.

He placed 6th in the State Meet in the 200.

200		
20.55	Kenan Christon, Madison	Section Prelims
21.45	Moray Steward, Orange Glen	Section Finals
21.70	**Aiden Lippert, La Costa Canyon	Section Finals
21.73	Kafui Douet, Orange Glen	Section Finals
22.02	*Eric Parker, Helix	Grossmont Finals
22.06	*Ace Jones, Ramona	Section Prelims
22.10	Wesley Salzman, Calvin Christian	Coastal Finals
22.17	**Anthony Nathan, Oceanside	Section Prelims
22.19	Bradley Keel, Canyon Crest	Section Finals
22.20	Izel Smith, Westview	Sundevil
22.25	Ty Sheridan, Helix	Grossmont Finals
22.27	**Jamauri Jackson, Madison	Section Finals
22.29	*Adrian Chavez, Brawley	IVL Finals
22.30	Chris Erpelding, St. Augustine	Section Prelims
22.36	Rance Garner, El Camino	Jaguar
22.37	Josue Lara-Flores, El Cajon Valley	Section Prelims
22.42	Jordin Young, West Hills	Jaguar
22.44	Kiare Worthy, Valhalla	Elmer Runge
22.46	Devon Channell, Rancho Bernardo	Dual
22.49	*Mitchell Seipt, Cathedral Catholic	Western Finals
22.52	*Bryce Beeson, Poway	Section Finals
22.52	Itenda Makanda, Hoover	Section Prelims
22.52	Emmanuel Okere, Patrick Henry	Section Finals
22.55	***Jalil Tucker, St. Augustine	Eastern Finals
22.56	Ryan Lefever, Rancho Bernardo	Section Finals
22.58	Reece Wiltgen, West Hills	Elmer Runge
22.60	***Bryce Brock, Cathedral Catholic	Section Prelims

400		
47.91	*Eric Parker, Helix	State Finals
48.25	Wesley Salzman, Calvin Christian	Section Finals
48.31	**Aiden Lippert, La Costa Canyon	Section Prelims
48.81	Leyikun Solomon, Grossmont	Grossmont Finals
48.88	Ian Hackett, Sage Creek	Section Prelims
49.17	Hugo Soberanes, Olympian	Section Prelims
49.45	*Tre Apodaca, Oceanside	Section Finals
49.45	Ty Sheridan, Helix	Grossmont Finals
49.47	Jordin Young, West Hills	Section Finals
49.48	Devin Anders, Grossmont	Section Finals
49.83	Karthik Pradeep, Mt. Carmel	Avo West Finals
49.87	*Kodiak Ketcham, San Pasqual	Section Finals
50.03	**Xavier Bradford, Grossmont	Jaguar
50.04	**Caden Smith, Carlsbad	Section Finals
50.11	*Edric Picatosta, Otay Ranch	Mesa Finals
50.23	Robert Quintero, Imperial	IVL Finals
50.31	Kafui Douet, Orange Glen	Section Prelims
50.35	Joseph Castillo, Central	IVL Prelims
50.38	*Xavier Jones, Valley Center	Dual
50.41	Devon Channell, Rancho Bernardo	Palomar Finals

50.58	Itenda Makanda, Hoover	Eastern Finals
50.64	Izel Smith, Westview	Dual
50.68	*Melvyn Aka, University City	Viking
50.71	Maxwell Brown, Bishop's	Section Prelims
50.76	**Chris Jackson, Madison	Section Prelims
51.01	*Colby Kopacz, Poway	Jaguar
51.02	*Jordan Lunderville, Serra	Eastern League
51.08	Angel Palacio, Brawley	IVL Prelims
51.08	***Daniel Gilbert, Mater Dei	South Bay Finals

800

1:52.52	Noah Tellez-Velazquez, San Pasqual	Azusa-Pacific
1:53.22	*Drake Prince, CV High Tech	State Prelims
1:54.17	Nader Ali, Crawford	Arcadia
1:56.08	Carson Sanchez, Grossmont	Grossmont Finals
1:56.15	*Andrew Sager, El Capitan	Grossmont Finals
1:56.63	**Sebastian Barclay, Torrey Pines	Avo West Finals
1:56.73	Angel Palacio, Brawley	Section Finals
1:56.99	*A.J. Castellanos, Torrey Pines	Section Prelims
1:57.01	Taylor Howard, Point Loma	Sundevil
1:57.06	Francisco Dolores, Vista	Sundevil
1:57.16	Nick Van Daelen, University City	Western Finals
1:57.20	Eddie Quintero, Holtville	Section Finals
1:57.27	Garrett Stanford, La Costa Canyon	Dual
1:57.34	Jacob Stanford, La Costa Canyon	Dual
1:57.40	Zane Golporiani, Del Norte	Section Prelims
1:57.59	Jack Clough, Ramona	Section Finals
1:57.72	Alex Wahab, Del Norte	Jaguar
1:57.75	Esteban Magana, SD Southwest	Jim Cerveny
1:57.92	**Cormac O'Brien, Torrey Pines	Avo West Finals
1:58.16	*Devin Provence, Grossmont	Section Prelims
1:58.66	**Joel Gomez, Canyon Crest	Avo West Finals
1:58.90	Tyler Cunningham, Mt. Carmel	Section Finals
1:58.90	Daniel Rubin, Sage Creek	Section Finals
1:58.93	Sean Conklin, Carlsbad	Avo West Finals
1:59.01	Isaiah Ralph, El Camino	Escondido
1:59.07	David Bonds, Escondido	Valley Finals
1:59.40	*Joe Salamy, Poway	Jaguar
1:59.41	**Justice Gross, St. Augustine	Cerveny
1:59.55	Aidan Katson, San Marcos	Dual
1:59.68	*David Hailes, Cathedral Catholic	Escondido
1:59.78	Andrew Burns, Scripps Ranch	Jim Cerveny
1:59.91	Harrison Ing, Bonita Vista	Section Finals
1:59.94	**Karsten Kluth, San Diego	Jim Cerveny
1:59.96	Joe Acosta, Vista	Avo East Finals

1600

4:12.92	Garrett Stanford, La Costa Canyon	Section Finals
4:13.00	Nader Ali, Crawford	Section Finals
4:13.12	Jacob Stanford, La Costa Canyon	Section Finals
4:13.81	*Caleb Niednagel, La Costa Canyon	Section Finals

4:17.34	Jonathan Velasco, Mission Hills	Avo West Finals
4:17.67	Esteban Magana, SD Southwest	Section Finals
4:19.17	Hunter Sweet, Point Loma	Escondido
4:21.04	Zane Golpariani, Del Norte	Section Finals
4:21.69	**Joel Gomez, Canyon Crest	Section Finals
4:22.15	Daniel Rubin, Sage Creek	Section Finals
4:22.25	**Nicholas Brown, Westview	Section Finals
4:22.40	Noah Tellez-Velazquez, San Pasqual	Jaguar
4:22.53	***Bryce Gilmore, Sage Creek	Section Prelims
4:22.65	Ryan Connors, Scripps Ranch	Escondido
4:23.30	*Nick Salz, Torrey Pines	Sundevil
4:23.91	Trevor Boaz, Rancho Bernardo	Palomar Finals
4:23.98	Sean Caster, Mission Hills	Laguna Beach
4:24.08	Derek Tingey, West Hills	Escondido
4:24.97	Franky Varela, San Pasqual	Jaguar
4:25.66	Nick Van Daelen, University City	Trabuco Hills
4:25.75	Justin Morris, Sage Creek	Trabuco Hills
4:25.97	*Josh Ligas, Poway	Palomar Finals
4:26.06	*Riley Burns, Maranatha	Escondido
4:26.11	**Aiden Davis, Patrick Henry	Section Finals
4:26.35	Mathis Woulters, San Pasqual	Jaguar
4:26.53	*Jaden Forester, Helix	Section Finals
4:26.61	Austin Chen, San Marcos	Escondido
4:26.86	Joe Acosta, Vista	Avo East Finals



La Costa Canyon's Caleb Niednagel (center) placed 5th at the State Meet in the 3200 with a time of 9:01.76.

In this shot, he's flanked by the Stanford Twins, Garrett and Jacob who, along with Crawford's Nader Ali, were the top 1600 runners in 2019. All ran under 4:14.

3200		
9:01.76	*Caleb Niednagel, La Costa Canyon	State Finals
9:07.27	Jonathan Velasco, Mission Hills	Laguna Beach
9:14.37	Ryan Connors, Scripps Ranch	State Finals
9:20.92	Nader Ali, Crawford	Arcadia
9:21.86	*Nick Salz, Torrey Pines	Section Prelims
9:23.65	Justin Mulvany, Otay Ranch	Arcadia
9:25.74	Hunter Sweet, Point Loma	Jim Cerveny
9:25.79	Mathis Wouters, San Pasqual	Section Prelims
9:26.71	Frank Varela, San Pasqual	Section Prelims
9:26.82	Justin Morris, Sage Creek	Section Finals
9:27.09	*Andrew Schulz, Canyon Crest	Section Prelims
9:27.74	**Jyden Schmid, Point Loma	Section Finals
9:27.85	Sean Caster, Mission Hills	Trabuco Hills
9:29.20	Alex Wahab, Del Norte	Section Prelims
9:31.03	Ruben Pina, Steele Canyon	Escondido
9:31.18	Joshua Bauer, Point Loma	Mt. SAC
9:31.19	*Riley Burns, Maranatha	Section Finals
9:32.29	**Sam Jones, El Camino	Section Prelims
9:34.75	Jonathan Rodriguez-Gomez, Grossmont	Mt. SAC
9:35.69	Alex Machnov, El Capitan	Sundevil
9:35.83	*Henry McClish, San Diego	Jim Cerveny
9:36.11	*Josh Ligas, Poway	Escondido
9:36.87	*Antonio Dinis, El Camino	Section Prelims
9:37.00	**Jake Richardson, Point Loma	Section Prelims
9:39.80	*Max Wilson, Cathedral Catholic	Escondido
9:39.84	*Nicholas Brown, Westview	Palomar Finals
110HH		
14.63	*Jarel Sayles, Steele Canyon	State Prelims
14.69	Leyikun Solomon, Grossmont	State Prelims
14.71	Max Pinto, University City	State Prelims
14.95	*Zion Jackson, El Camino	Falcon
15.00	Nicholas Jimenez, Calexico	Jaguar
15.03	Austin Jones, Poway	Jaguar
15.07	*Ty Janson, Helix	Section Prelims
15.08	Kaan Ulupinar, Torrey Pines	Section Prelims
15.11	Darren Redic, Mira Mesa	Western Finals
15.13	**Tyler Holl, La Costa Canyon	Sundevil
15.22	*Jayden Kennedy, El Camino	Avo East Finals
15.22	Dakota Muth, Cathedral Catholic	Western Finals
15.23	Kaylen Austin, Oceanside	Section Prelims
15.30	*Anthony Gilpin, Olympian	Mesa Finals
15.36	Temidayo Fateropa, San Diego	Aztec Invitational
15.44	*Matteo Babic, La Jolla	Section Prelims
15.52	Jordan Lee, Sage Creek	Avo East Finals
15.56	Christopher Gonzalez, Granite Hills	Bronco
15.63	*Justin Smith, Otay Ranch	Dual
15.65	Cody Butrovich, Santana	Elmer Runge
15.67	Myles Hendricks, Eastlake	Mesa Finals
15.67	Diego Martinez, Gompers	Frontier Finals

15.72	*Gavin Stewart, Valley Center	Dual
15.78	Luis Vega, Rancho Bernardo	Dual
15.89	*Dayon Joyce, Westview	Palomar Finals
15.90	*Parker Harvey, San Diego	Aztec Invitational
15.92	Albert Nguyen, Otay Ranch	Section Prelims
15.93	Casey Leonard, Cathedral Catholic	Section Prelims
15.94	**Sumukh Gowda, Del Norte	Dual
15.96	*Nathan Mestre, Otay Ranch	Dual
300IH		
37.88	Leyikun Solomon, Grossmont	State Prelims
38.87	Kamon Stewart, Canyon Crest	Section Finals
39.28	*Levi Knobloch, Granite Hills	Section Finals
39.47	*Jarel Sayles, Steele Canyon	Escondido
39.59	*Zion Jackson, El Camino	Section Finals
39.73	*Matteo Babic, La Jolla	Section Finals
39.83	Isaac Brown, Point Loma	Section Prelims
39.91	Kaylen Austin, Oceanside	Section Prelims
40.11	**Tyler Holl, La Costa Canyon	Section Prelims
40.31	*Nathan Mestre, Otay Ranch	Mesa Finals
40.36	Dakota Muth, Cathedral Catholic	Dual
40.39	*Anthony Gilpin, Olympian	Escondido
40.50	Luis Vega, Rancho Bernardo	Bronco
40.51	Kaan Ulupinar, Torrey Pines	Section Prelims
40.62	Max Pinto, University City	Jim Cerveny
40.88	***Jonathan Nelson, Ramona	Valley Finals
40.94	*Justus Whitaker, San Pasqual	Valley Finals
41.04	**Maxwell Jefferson, Poway	Section Prelims
41.34	Logan Thralls, San Dieguito	University City
41.38	Christopher Gonzalez, Granite Hills	Bronco
41.41	*Jayden Kennedy, El Camino	Avo East Finals
41.45	Albert Nguyen, Otay Ranch	Dual
41.50	Casey Leonard, Cathedral Catholic	Jaguar
41.53	Colton Snipes, Santana	Dual
41.64	*Randy Bach, Mt. Carmel	Section Prelims
41.65	Joseph Taranga, Central	Dual
41.66	Joshua Roe, Santana	Section Prelims
41.79	Darren Redic, Mira Mesa	Western Finals
41.81	Micah Kneeshaw, Valhalla	Dual
400 Relay		
41.88	Madison	Section Finals
42.79	Cathedral Catholic	Section Finals
42.85	Canyon Crest	Section Finals
42.86	Valhalla	Section Finals
42.86	Helix	Mt. SAC
42.87	Hoover	Eastern Finals
42.90	West Hills	Dual
43.03	Orange Glen	Section Finals
43.05	St. Augustine	Jim Cerveny

43.10	Otay Ranch	Metro Mesa
43.13	Lincoln	City Finals
43.18	Rancho Bernardo	Section Finals
43.35	La Costa Canyon	Section Finals
43.37	University City	Section Prelims
43.37	Point Loma	Western Finals
43.38	Sage Creek	Avo West Finals
43.42	El Cajon Valley	Section Finals
43.44	Central Union	IVL Finals
43.57	Ramona	Section Finals
43.58	San Pasqual	Section Finals
43.64	Olympian	Metro Mesa
43.64	El Camino	Dual
43.68	San Marcos	Escondido
43.73	Steele Canyon	Grossmont Hills
43.74	Poway	Jaguar
43.90	Mt. Carmel	Palomar Finals
43.93	Eastlake	Dual
43.97	Patrick Henry	Western Finals
43.98	Oceanside	Section Prelims

1600 Relay

3:19.19	Grossmont	Section Finals
3:22.11	Helix	State Prelims
3:22.36	Sage Creek	Section Prelims
3:22.77	San Pasqual	Section Prelims
3:24.19	Mt. Carmel	Section Finals
3:25.03	Scripps Ranch	Section Finals
3:25.71	Poway	Section Finals
3:26.76	Torrey Pines	Section Finals
3:26.83	Oceanside	Section Finals
3:26.86	La Jolla	Section Finals
3:26.89	Rancho Bernardo	Section Prelims
3:27.09	Central Union	Section Prelims
3:27.47	Ramona	Section Finals
3:27.49	Cathedral Catholic	Western Finals
3:27.87	Carlsbad	Section Finals
3:28.67	St. Augustine	Section Finals
3:29.38	Imperial	IVL Finals
3:29.47	Eastlake	Section Prelims
3:29.49	West Hills	Hill Finals
3:29.52	Olympian	Mesa Finals
3:29.88	Brawley	IVL Finals
3:29.89	University City	Western Finals
3:30.13	Otay Ranch	Sundevil
3:30.32	La Costa Canyon	Avo West Finals
3:30.45	Valhalla	Jaguar
3:30.46	El Capitan	Section Prelims
3:30.49	Granite Hills	Section Prelims
3:30.50	San Marcos	Section Prelims

High Jump		
6-8	Kyle Brownell, San Dieguito	Section Finals
6-6 ½	Andrew Lugo, Canyon Crest	Dual
6-4	Travis Kulhanek, Monte Vista	Section Finals
6-4	Altan Mitchell, Point Loma	Section Finals
6-4	*Nicholas Slight, Torrey Pines	Avo West Finals
6-4	Steven Marquez, Central	IVL Finals
6-4	Drew Cisse, Rancho Bernardo	Bronco
6-4	*Travis Lewis, Point Loma	Mustang
6-4	*Elijah Johnson, Otay Ranch	Mustang
6-4	Trevor Johnson, Westview	Jaguar
6-4	*Creed Picar, Point Loma	Dual
6-3	**Ty Stanislas, Vista	Winter Games
6-2	Rajit Agarwal, Canyon Crest	Section Finals
6-2	*Jahari Hill, Helix	Bronco
6-2	Daniel Harris, Rock	Arnie Robinson
6-2	Caiden Metts, Fallbrook	Dual
6-2	Lance Qui, Carlsbad	Dual
6-2	**Ben Kaplan, Sage Creek	Dual
6-0	Lukas Stritzker, La Jolla	Section Finals
6-0	Tyson Gangsted, Madison	Section Finals
6-0	*Kyle Sarkela, El Capitan	University City
6-0	*Jazay Harris, El Capitan	University City
6-0	**Eric Moreno, Central	Desert Relays
6-0	*Michael Sullivan, Central	Mustang
6-0	Zion Bakari-Scott, Bonita Vista	Dual
6-0	Michael Martin, Eastlake	Dual
6-0	*Calvin Taylor, Otay Ranch	Dual
6-0	Ethan Woll, Calvin	Dual
6-0	Caleb Johnson, Santa Fe Christian	Dual
6-0	*Zachery Alligood, LJCD	Dual
6-0	*Luca Queiroz, Point Loma	Dual
6-0	Daevon Lanier, Bishop's	Dual
6-0	*Alec Pletogher, Mission Bay	Dual
6-0	Evan Brown, La Jolla	Dual
6-0	**Ahmed Hageb, Mt. Carmel	Dual
6-0	Jackson Carpenter, Rancho Bernardo	Dual



Rancho Bernardo's Jacob Rice place second in the Pole Vault at the State Meet with 16-5, good for the 5th All-Time mark in San Diego County.

Pole Vault

16-5	Jacob Rice, Rancho Bernardo	State Finals
16-0	**Garrett Brown, La Costa Canyon	Frosh-Soph
15-9	*Zach Volpe, San Marcos	Section Finals
15-3	Vince Elamparo, Rancho Bernardo	Section Finals
15-3	Jachin Clarke, El Camino	State Prelims
15-3	Jacob Jurisoo, Mt. Carmel	Palomar Finals
15-1	Bryan Sperry, Rancho Bernardo	Bronco
14-10	*Evan Dudley, Poway	Dual
14-6	Jake Locken, Santa Fe Christian	Elmer Runge
14-6	Jackson Scherrer, La Jolla	Dual
14-6	Cameron Zamora, San Dieguito	Dual
14-3	**Luke Journey, Tri-City Christian	Section Finals
14-3	*William Quinn, Westview	Section Prelims
14-3	Michael Sacker, Canyon Crest	Section Prelims
14-3	*Christopher Lee, Del Norte	Jaguar
14-3	*Jaron Manikan, Rancho Bernardo	Dual
14-1	*Alexander Patton, Canyon Crest	Falcon
14-0	*John Gibbs, Oceanside	Dual
14-0	Amadeo Gonzalez, San Pasqual	Dual
13-9	Luke Rodley, Scripps Ranch	Western Finals
13-9	*Janek Myslinski, University City	Willie Banks
13-9	Dakota Muth, Cathedral Catholic	Dual
13-9	Andrew Vu, Canyon Crest	Dual
13-7	*Andrew Raleigh, La Jolla	Viking
13-6	Garrett Rice, Mt. Carmel	Falcon
13-6	*Louis Gantus, San Dieguito	Dual

Long Jump

24-0	Kenan Christon, Madison	Dual
23-5	Altan Mitchell, Point Loma	Western Finals
23-1 ½	*Richard Harris-Williams, Granite Hills	Gr. Valley Finals
22-11	*Ramahn Yokley, El Capitan	Viking
22-10 ¾	*Deandre Smith, Central	Section Prelims
22-10 ½	*Jalen Bainer, San Marcos	Section Prelims
22-6 ½	Connor Luck, Mission Vista	Viking
22-6	*Chris Carter, Steele Canyon	Jaguar
22-3 ½	Evan Brown, La Jolla	Viking
22-3	*Ethan Hughes, Cathedral Catholic	Jaguar
22-1 ¾	Nicolas Barrera, La Jolla Country Day	Coastal Finals
22-1 ½	*Ethan Zazueta, Eastlake	Section Finals
22-1	**Clarence Johnson, El Cajon Valley	Section Prelims
22-0	Donovan Jennings, Patrick Henry	Western Finals
21-11 ¼	Ethan Simley, Cathedral Catholic	Section Finals
21-11	**Rogelio Flores, Otay Ranch	Section Prelims
21-10	Destine Brown, El Cajon Valley	Gr. Valley Finals
21-8	Zion Bakari-Scott, Bonita Vista	Mesa Finals
21-7 ¾	*Jahari Hill, Helix	Bronco
21-7 ¼	Nate Godinez, Brawley	Jaguar

21-7	Angelo Duckworth, Rancho Bernardo	Sundevil
21-6 $\frac{3}{4}$	*Shamar Martin, Rancho Bernardo	Dual
21-6	Caleb Cook, Steele Canyon	Dual
21-5 $\frac{1}{2}$	Caiden Metts, Fallbrook	Valley Finals
21-4	*Joseph Little, Carlsbad	Willie Banks
21-3 $\frac{1}{2}$	**Elon Osinowo, Oceanside	Long Beach
21-3 $\frac{1}{4}$	Alex Mifune, San Marcos	Falcon
21-2 $\frac{1}{4}$	Luis Vega, Rancho Bernardo	Dual
21-2	**Chris Jackson, Madison	Frosh-Soph
21-1 $\frac{1}{2}$	*Alex Kohlenberg, University City	Dual
21-1	Jackson Scherrer, La Jolla	Dual
21-0 $\frac{1}{2}$	Caleb Schrimpf, Carlsbad	Willie Banks



Point Loma's Altan Mitchell was named the San Diego Section boys' Field Athlete of the year on the weight of his 23-5 mark in the long jump and 48-6 performance in the triple jump.

Triple Jump

48-6	Altan Mitchell, Point Loma	Dual
47-4 $\frac{3}{4}$	*John Gibbs, Oceanside	Section Finals
46-5 $\frac{1}{4}$	David Cynkin, Torrey Pines	Falcon
46-4 $\frac{1}{4}$	*Richard Harris-Williams, Granite Hills	Section Finals
46-0 $\frac{1}{2}$	Evan Brown, La Jolla	Viking
44-11 $\frac{3}{4}$	*Ramahn Yokley, El Capitan	Section Prelims
44-10 $\frac{1}{2}$	*Ethan Hughes, Cathedral Catholic	Jaguar
44-5 $\frac{1}{2}$	Destine Brown, El Cajon Valley	Elmer Runge
44-3 $\frac{1}{4}$	*Creed Picar, Point Loma	Escondido
44-0 $\frac{3}{4}$	Nicolas Barrera, La Jolla Country Day	Dual
43-11 $\frac{3}{4}$	*Justin Boissy, Escondido Charter	Section Finals
43-9 $\frac{3}{4}$	Nick Archer, Mission Bay	Eastern Finals
43-7	**Quinn Carter, San Pasqual	Section Prelims
43-7	Tyson Edgington, Poway	Dual
43-4	**Marcus Austin, Grossmont	Sundevil
43-3 $\frac{3}{4}$	***Brandon Buu, Eastlake	Section Prelims
43-1	Keiki Phillips, Olympian	Escondido
43-1	*Lamont Taylor, Granite Hills	Dual
43-0 $\frac{3}{4}$	**Xavier Molina, Oceanside	Willie Banks
42-10	**Michael Martin, Eastlake	Dual
42-9 $\frac{1}{2}$	*Jalen Bainer, San Marcos	Bronco
42-7	Jeffrey Hill, Helix	Dual
42-6 $\frac{3}{4}$	**Elon Osinowo, Oceanside	Section Finals
42-5 $\frac{1}{2}$	Will Barba, Point Loma	Dual
42-3	*Keyshawn Higgs, Sage Creek	Avo East Finals
42-2 $\frac{3}{4}$	**Elisha Phillips, Morse	Frosh-Soph
42-2	*Kyle Wu, Canyon Crest	Section Prelims
42-2	*Ty Virgin, Mt. Carmel	Jaguar
42-2	Jayden Bennett, Classical	Bronco
42-1 $\frac{1}{2}$	Airren Smith, Castle Park	Viking
42-0	*Cameron LaRiccia, Santana	Dual
42-0	*Alec Pletogher, Mission Bay	Dual

Shot Put

54-0	*Joshua Boamah, Scripps Ranch	Dual
53-5	Darius Watson, Fallbrook	Dual
53-3 $\frac{3}{4}$	Matthew Amankonah, Canyon Crest	Section Finals
53-2 $\frac{1}{2}$	*Jonathan Tuitasi, El Camino	Avo East Finals
53-0	Tamir Rokach, Mt. Carmel	Palomar Finals
51-4	Gabe West, Torrey Pines	Section Finals
50-2	Damian Hidalgo, Granite Hills	Dual
49-9	Joel Forman, Torrey Pines	Escondido
49-2 $\frac{1}{2}$	Isaac Anderson, Mission Hills	Dual
49-2	*Chris Hunter, Oceanside	Section Finals
48-1	Hayden Ray, Brawley	Section Finals
48-0	*Holden Brosnan, Cathedral Catholic	Section Prelims
47-11 $\frac{1}{2}$	Aydin Wood, El Camino	Dual
47-11	*Chris White, Horizon Prep	Dual
47-7 $\frac{1}{2}$	Sovial Sonzeu, Mater Dei Catholic	Section Finals

47-6	*Owen Lenz, Del Norte	Palomar Finals
47-3 ½	Vincent Santos, Eastlake	Dual
47-2 ¼	Gianni Grimm, West Hills	Section Prelims
47-1 ½	*Daniel Harrell, Pacific Ridge	Coastal Finals
47-1 ½	Yaphet Yokley, El Capitan	Gr. Valley Finals
46-10 ½	*Roberto Yano, Eastlake	Dual
46-10	*Zachary McTar, Otay Ranch	Desert Relays
46-9 ½	Hunter Gauthier, West Hills	Gr. Valley Finals
46-9	Cain Quinones, Helix	Dual
46-7	*Trevor Engstrand, Rancho Bernardo	Dual
46-6 ½	*Jayden Zavala, RBV	Avo East Finals
46-2 ¾	*Noah Watson, Vista	Avo East Finals
46-2 ½	*Thaddeus Tanner, Serra	Eastern Finals
46-2	***Guillermo Lopez, EC Southwest	Dual
46-1	Austin Peterson, Rancho Bernardo	Escondido
46-1	Joshua Cabarle, Escondido	Dual

Discus

162-1	*Joshua Boamah, Scripps Ranch	Section Finals
160-3	Austin Peterson, Rancho Bernardo	Dual
159-5	Joel Forman, Torrey Pines	Section Prelims
158-1	Hunter Gauthier, West Hills	Dual
157-8	*Cesar Salazar, Sweetwater	Section Finals
157-2	T'Ray Kirkland, Lincoln	Section Prelims
157-1	Robert Graham, RBV	Section Prelims
154-0	*Chris Hunter, Oceanside	Dual
153-1	Sala Lologo, Oceanside	Dual
152-4	*Jonathan Tuitasi, El Camino	Dual
151-8	Matthew Amankonah, Canyon Crest	Section Finals
150-9	Morgan Wilson, Santana	Section Finals
149-3	Yaphet Yokley, El Capitan	Section Finals
148-4	*Carson Lively, Eastlake	Dual
148-1	**Deven Martin, Rancho Bernardo	Section Prelims
147-9	**Courvosiea Irby, Morse	Dual
147-7	*Roberto Yano, Eastlake	Mesa Finals
146-10	Aydin Wood, El Camino	Dual
145-6	*Chris White, Horizon Prep	Section Finals
143-6	Gabe West, Torrey Pines	Sundevil
141-5	***Guillermo Lopez, EC Southwest	Jaguar
141-0	Gianni Grimm, West Hills	Dual
140-2	*Holden Brosnan, Cathedral Catholic	Western Finals
139-9	Joshua Cabarle, Escondido	Dual
138-2	*Jamie Antoun, Mt. Carmel	Sundevil
138-0	Andrew Bayat, University City	Western Finals



Sophomore Aysha Shaeed posted the best sprint marks in the section with 11.71 for the 100 and 24.16 for the 200. She placed fourth in the 200 at the State Meet

2019 Girls Leaders

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

100

11.71	**Aysha Shaheed, Madison	State Prelims
11.92	Alysa Hickey, Coronado	City Finals
11.98	**Jaymie Ruskovich, Scripps Ranch	Frosh-Soph
11.98	**Natalia Dougan, Mt. Carmel	Frosh-Soph
12.02	*Kalah Bateman, Eastlake	Summer Nights
12.25	***Elizabeth Hatton, Sage Creek	Avo East Finals
12.25	**Lauren Despres, Canyon Crest	Frosh-Soph
12.29	Darriale Yarbrough, Fallbrook	Jaguar
12.29	**Katriina Wright, University City	Dual
12.29	*Aubree Bell, Scripps Ranch	Dual
12.35	*Madison Thomas, Mission Hills	Avo West Finals
12.36	Brianna Sproles, Scripps Ranch	Dual
12.38	Jasmyn Crawford, Christian	City Finals
12.40	*Neleh Coleman, El Camino	Jaguar
12.41	Sidney O'Donnell, Mission Hills	Avo West Finals
12.41	***Alyssa Bean, Poway	Dual
12.41	**Summer Sargeant, Vista	Dual
12.42	***Daniella Smith, Patrick Henry	Western Finals
12.47	***Kendall Herren, Monte Vista	Gr. Valley Finals
12.48	Sofia Paliano, Canyon Crest	Avo West Finals
12.48	Sonia Redon, San Diego	Eastern Finals
12.49	*Jillian Hewitt, Maranatha	Small Schools
12.50	*Alexys Davis, Lincoln	Elmer Runge
12.53	Gloria Kalt, Torrey Pines	Escondido
12.54	Makell Edwards, San Pasqual	Jaguar
12.54	*Zoe Nolte, Carlsbad	Dual
12.55	***Ceana Thomas, Cathedral Catholic	Western Finals
12.55	Jordan Duggie, El Capitan	Dual
12.57	*Ciara May-Horn, Granite Hills	Dual
12.59	*Cassandra Wright, Escondido	Dual
12.61	Adaeze Noble, Olympian	Jim Cerveny
12.62	*Amara Muhammad, San Diego	Aztec
12.63	*Emelliah Vaught, Steele Canyon	Escondido
12.67	***Aaliyah McCormick, Scripps Ranch	Dual

200

24.16	**Aysha Shaheed, Madison	Section Finals
24.30	**Jaymie Ruskovich, Scripps Ranch	Section Finals
24.44	**Katriina Wright, University City	Frosh-Soph
24.74	***Elizabeth Hattan, Sage Creek	Section Finals
24.78	**Natalia Dougan, Mt. Carmel	Frosh-Soph
24.88	*Kalah Bateman, Eastlake	Junior Olympics
24.92	Brianna Sproles, Scripps Ranch	Section Finals
25.14	**Jane Scates, Escondido Charter	Dual
25.21	***Alyssa Bean, Poway	Jaguar
25.23	Jasmyn Crawford, Christian	Sundevil
25.38	***Madeline Cramer, Bishop's	Section Finals

25.41	*Jillian Hewett, Maranatha	Coastal Finals
25.46	***Kendall Herren, Monte Vista	Gr. Valley Finals
25.47	Adaeze Noble, Olympian	Mesa Finals
25.48	*Toren Dunbar, Steele Canyon	Sundevil
25.48	*Aubree Bell, Scripps Ranch	Dual
25.52	*Neleh Coleman, El Camino	Jaguar
25.52	**Summer Sargeant, Vista	Dual
25.56	*Madison Thomas, Mission Hills	Avo West Finals
25.59	*Sarah Mosteller, San Marcos	Section Prelims
25.60	Destiny Moedano, El Camino	Dual
25.61	**Sophia Aragon, Cathedral Catholic	Frosh-Soph
25.74	**Kate Novak, Serra	Section Prelims
25.74	*Maya Preece, Rancho Bernardo	Jaguar
25.75	***Josephine Scales, Madison	Section Prelims
25.87	***Daniella Smith, Patrick Henry	Section Prelims
25.94	Gloria Kalt, Torrey Pines	Dual
25.95	Sonia Redon, San Diego	SDSU
25.95	**Lauren Despres, Canyon Crest	Frosh-Soph

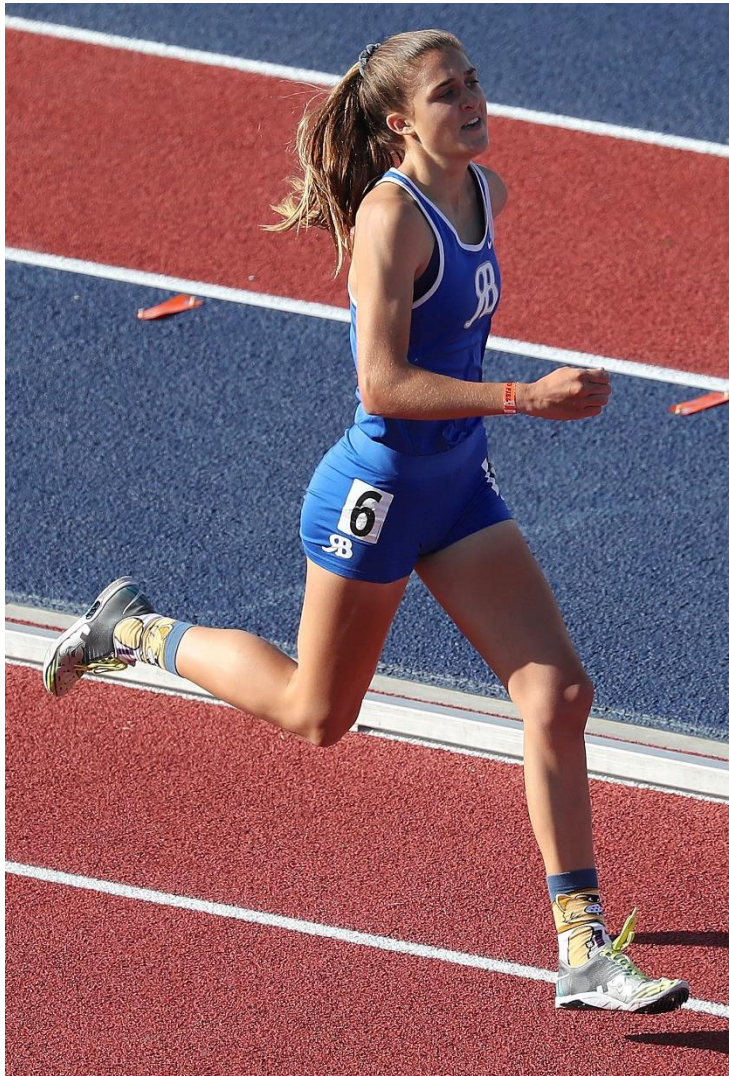


Sophomore Katriina White from University City won the 400-meter dash at the State Meet. Her time of 53.93 ranks her third All-Time in San Diego County.

400		
53.93	**Katriina Wright, University City	State Finals
55.50	***Madeline Cramer, Bishop's	Section Finals
56.15	***Alyssa Bean, Poway	Section Finals
56.26	Sierra Roberson, La Jolla	Section Finals
56.28	Brianna Sproles, Scripps Ranch	Section Finals
56.50	Adaeze Noble, Olympian	Escondido
56.58	*Erin Murray, Fallbrook	Escondido
57.01	**Kate Novak, Serra	Section Finals
57.36	Ana Mercado, Eastlake	Section Prelims
57.66	*Madelynn Worley, Christian	Section Finals
57.96	*Jillian Hewett, Maranatha	Escondido
58.02	Jade Babcock-Chi, Torrey Pines	Section Prelims
58.20	*Sarah Mosteller, San Marcos	Section Finals
58.22	Julia Morales, Scripps Ranch	Dual
58.32	*Toren Dunbar, Helix	Gr. Hills Finals
58.47	*Isabel Ortiz, El Camino	Jaguar
58.52	Destiny Moedano, El Camino	Section Prelims
58.68	*Jordan Norman, Mater Dei Catholic	Section Finals
58.76	**Saniyah Starks, Crawford	Section Finals
58.84	***Kailani Polite, Monte Vista	Section Finals
58.85	*Mia Marquez, Helix	Section Finals
59.07	**Sophia Aragon, Cathedral Catholic	Section Prelims
59.15	*Maya Preece, Rancho Bernardo	Section Prelims
59.15	*Mickaela Segbefia, Cathedral Catholic	Western Finals
59.17	***Sidney Garcia, EC Southwest	Section Finals
59.39	*Elizabeth Houk, Cathedral Catholic	Falcon
59.42	Gloria Kalt, Torrey Pines	Dual
59.65	Shjayla Harris, Patrick Henry	Western Finals
59.75	**Madilyn Mayo, Grossmont	Jim Cerveny
59.80	***Trinity Dixon, San Marcos	Dual
59.86	**Adelka Hancova, Point Loma	Section Prelims
59.90	***Arionn Livingston, Steele Canyon	Dual
59.95	**Allison Kremer, La Costa Canyon	Avo West Finals
59.98	**Samantha Effner, Valhalla	Dual

800		
2:11.37	Jessica Riedman, La Costa Canyon	Mt. SAC
2:13.15	***Jacey Farmer, Rancho Bernardo	Section Finals
2:13.71	Teresa Perez, Coronado	Section Finals
2:13.87	Julia Morales, Scripps Ranch	Mt. SAC
2:15.00	**Alaina Zamorano, Christian	Section Finals
2:15.64	Kristin Fahy, La Costa Canyon	Escondido
2:16.35	*Elizabeth Houk, Cathedral Catholic	Mt. SAC
2:16.77	***Trinity Dixon, San Marcos	Section Finals
2:16.78	Luz Mercado, Eastlake	Jaguar
2:18.10	*Katherine Taylor, Point Loma	Section Prelims
2:18.18	*Julia Kiersnowski, Scripps Ranch	Escondido
2:18.31	Karlie Hayes, Del Norte	Section Prelims
2:18.48	***Arionn Livingston, Steele Canyon	Gr. Hills Finals
2:18.52	*Carolin Calvert, El Capitan	Arcadia

2:18.69	Isabella Shepherd, University City	Viking
2:19.24	**Sydney Weaber, La Costa Canyon	Dual
2:19.85	**Sophia Van Arsdale, Coronado	Arnie Robinson
2:20.00	Adaeze Noble, Olympian	Willie Banks
2:21.03	***MaClaryn Bell, Classical	Section Finals
2:21.31	***Lake Merrifield, Eastlake	Mesa Finals
2:21.67	**Madeline Minutelli, Grossmont	Jim Cerveny
2:21.68	**Inela Diaz, Steele Canyon	Section Prelims
2:21.93	*Isabella Duldulao, Mira Mesa	Viking
2:22.18	***Mackenzie Kozina, El Camino	Section Prelims
2:22.24	**Bella Longo, Mission Vista	Dual
2:22.25	*Jaiden Shiring, Oceanside	Section Prelims
2:22.29	***Brooke Moore, Westview	Section Prelims
2:22.39	**Gloria Ternasky, Clairemont	City Finals
2:22.42	*Elly Schram, El Capitan	Gr. Valley Finals



Freshman Jacey Farmer from Rancho Bernardo won the Section Finals in the 800 and ran 4:53.75 for the 1600.

1600

4:48.34	Kristin Fahy, La Costa Canyon	Azusa-Pacific
4:53.28	Jessica Riedman, La Costa Canyon	Avo West Finals
4:53.75	***Jacey Farmer, Rancho Bernardo	State Prelims
4:55.94	**Bella Longo, Mission Vista	Section Finals
4:57.12	Luz Mercado, Eastlake	Section Finals
4:58.01	*Carlie Dorostkar, Canyon Crest	Avo West Finals
5:00.50	**Sydney Weaber, La Costa Canyon	Section Finals
5:00.51	***Annika Salz, Torrey Pines	Section Finals
5:03.53	***Rebekah Niednagel, La Costa Canyon	Section Finals
5:03.74	**Alaina Zamorano, Christian	Dual
5:04.30	***Kiara Bourgeois, Torrey Pines	Section Prelims
5:04.64	*Skyler Wallace, Sage Creek	Escondido
5:06.88	**Ashley Learn, Rancho Bernardo	Palomar Finals
5:08.47	**Jordyn Duby, Point Loma	Frosh-Soph
5:09.09	*Carolin Calvert, El Capitan	Viking
5:10.21	Teresa Perez, Coronado	Sundevil
5:12.61	***Sydney Paul, Mt. Carmel	Palomar Finals
5:13.09	***Sophia Chittle, Poway	Palomar Finals
5:13.18	**Madeline Minutelli, Grossmont	Frosh-Soph
5:13.20	**Trang Woolridge, Westview	Jaguar
5:13.40	**Rachel White, Escondido Charter	Section Finals
5:14.19	*Katie Downs, Poway	Section Prelims
5:14.25	Madden Hundley, Coronado	Escondido
5:14.64	*Alyssa Ruiz, Serra	Viking
5:15.08	Megan Hill, Scripps Ranch	Jim Cerveny
5:15.12	***Kyra Compton, La Costa Canyon	Frosh-Soph
5:15.88	**Gina Queeck, Mission Bay	Section Finals

3200

10:11.38	Kristin Fahy, La Costa Canyon	State Finals
10:26.15	*Carlie Dorostkar, Canyon Crest	State Finals
10:33.10	*Skyler Wallace, Sage Creek	State Finals
10:49.73	**Bella Longo, Mission Vista	Arcadia
10:56.61	***Annika Salz, Torrey Pines	Arcadia
10:58.60	**Ashley Learn, Rancho Bernardo	Arcadia
11:02.29	Megan Hill, Scripps Ranch	Arcadia
11:07.76	Jessica Riedman, La Costa Canyon	Dual
11:08.19	**Ariella Pacheco, Cathedral Catholic	Dual
11:09.54	*Amy Brown, Ramona	Escondido
11:10.16	Tiffany Pham, Patrick Henry	Dual
11:10.91	***Kyra Compton, La Costa Canyon	Dual
11:12.68	***Stormy Wallace, Sage Creek	Trabuco Hills
11:14.22	***Jacey Farmer, Rancho Bernardo	Dual
11:15.55	**Trang Woolridge, Westview	Arcadia
11:16.14	**Madeline Minutelli, Grossmont	Section Finals
11:16.35	**Jordyn Duby, Point Loma	Jim Cerveny
11:18.36	Luz Mercado, Eastlake	Dual
11:20.06	*Lavanya Pandy, Sage Creek	Sundevil

11:20.82	Giovanna DaSilva, Scripps Ranch	Sundevil
11:21.03	*Eve Rethmeier, Poway	Sundevil
11:21.44	***Sophia Chittle, Poway	Sundevil
11:22.95	**Sydney Weaber, La Costa Canyon	Dual
11:22.99	**Brenna French, Point Loma	Section Finals
11:23.39	**Olivia Anderson, Escondido	Dual
11:24.16	***Sydney Paul, Mt. Carmel	Section Prelims
11:26.44	Marianna Beltran-Picos, Olympian	Jim Cerveny
11:27.37	Ella Ruff, University City	Western Finals
11:28.26	Teresa Perez, Coronado	Sundevil
11:29.74	***Eloise Martinson, Santa Fe Christian	Section Finals

100 Hurdles

14.28	Sonia Redon, San Diego	Escondido
14.74	***Aaliyah McCormick, Scripps Ranch	Junior Olympics
14.81	***Charlize James, San Diego	State Prelims
14.94	**Elise Miller, San Pasqual	Jaguar
14.97	*Emelliah Vought, Steele Canyon	Escondido
15.05	*Zoe Nolte, Carlsbad	Section Prelims
15.17	*Alexys Davis, Lincoln	City Finals
15.17	Emily Green, Liberty	Elmer Runge
15.19	Emily Ruff, El Capitan	Section Finals
15.23	Maya Occiano, Mission Hills	Jaguar
15.25	Brigitte Bonebreak, Torrey Pines	Section Finals
15.32	**Kilee Horner, University City	Section Finals
15.32	*Alexi Allen, San Marcos	Section Prelims
15.44	*Simone James, Christian	Sundevil
15.45	Nyha Kidd, Eastlake	Section Finals
15.55	Ruthie Grant-Williams, Coronado	University City
15.57	**Madelyn Mayo, Grossmont	Section Finals
15.70	Yazmin Castaneda, Valley Center	Section Finals
15.94	Arianna Ravelo, Granite Hills	Escondido
16.04	**Sierra Courchesne, Point Loma	Western Finals
16.07	*Lillian Locken, West Hills	Section Prelims
16.14	*Anna-Kaye Powell, El Camino	Escondido
16.15	Kimmy McPherson, Mt. Carmel	Falcon
16.17	**Vivienna Campbell, Oceanside	Section Finals
16.17	*Lindsay Zientek, La Costa Canyon	Section Prelims
16.20	Gloria Kalt, Torrey Pines	Dual
16.26	*Christina Roberds, Mission Hills	Dual
16.31	***Madeline Cramer, Bishop's	Arnie Robinson
16.43	**Audrey Kull, Helix	Sundevil

300LH

43.95	Makell Edwards, San Pasqual	Section Finals
44.32	**Madilyn Mayo, Grossmont	Section Finals
44.34	Maya Occiano, Mission Hills	Section Finals
44.66	Sonia Redon, San Diego	Escondido
44.67	*Alexi Allen, San Marcos	Section Prelims
44.71	*Simone James, Christian	Arcadia

45.02	**Kilee Horner, University City	Section Finals
45.06	Gloria Kalt, Torrey Pines	Section Prelims
45.09	Emily Ruff, El Capitan	Dual
45.42	***Aaliyah McCormick, Scripps Ranch	Sundevil
45.61	***Charlize James, San Diego	Section Finals
45.65	**Elise Miller, San Pasqual	Frosh-Soph
45.81	**Sophia Caldwell, Point Loma	Frosh-Soph
45.90	Madison Cirillo, Ramona	Section Finals
46.29	*Zoe Nolte, Carlsbad	Section Prelims
46.47	***Olivia Lewis, Carlsbad	Section Prelims
46.60	*Francesca Feidelberg, Del Norte	Section Prelims
46.63	Arianna Ravelo, Granite Hills	Sundevil
46.63	Nyha Kidd, Eastlake	Jaguar
46.94	***Lauren Medley, Del Norte	Jaguar
46.96	Emily Green, Liberty	Section Finals
47.10	*Nicki Gutschow, Rancho Bernardo	Palomar Finals
47.11	**Audrey Kell, Helix	Sundevil
47.20	***Melanie Ceballos, El Camino	Frosh-Soph
47.32	***Madeline Cramer, Bishop's	Dual
47.35	**Taryn Tarquin, Carlsbad	Section Prelims
47.44	*Katarina Maric, Pacific Ridge	Coastal Finals
47.50	Brigitte Bonebrake, Torrey Pines	Avo West Finals
47.53	Jean Castaneda, Valley Center	Jaguar
47.57	**Reece Leichtfuss, Rancho Bernardo	Frosh-Soph
47.58	*Lindsay Zientek, La Costa Canyon	Avo West Finals
47.74	**Margaret Barron, El Camino	Frosh-Soph



The Scripps Ranch quartet of Jaymie Ruskovich, Aubree Bell (Left and Right at the top), Brianna Sproles, and Aaliyah McCormick (Left and Right at the bottom) won the state 4x100 relay.

Their time of 46.51 ranks as the sixth-best in San Diego Section history.

400 Relay

46.51	Scripps Ranch	State Finals
47.80	Canyon Crest	Section Finals
47.81	Mission Hills	Section Finals
48.47	Madison	Section Finals
48.51	Steele Canyon	Section Finals
48.74	Fallbrook	Valley Finals
48.79	San Diego	Eastern Finals
49.02	Christian	Section Final
49.02	Cathedral Catholic	Western Finals
49.04	Eastlake	CIF Prelims
49.10	San Marcos	Section Finals
49.31	El Camino	Arcadia
49.33	Rancho Bernardo	Jaguar
49.34	Monte Vista	Gr. Valley Finals
49.37	Sage Creek	Palomar Finals
49.55	La Costa Canyon	Avo West Finals
49.66	University City	Section Finals
49.68	Point Loma	Arcadia
49.80	Mt. Carmel	Dual
49.88	Morse	Eastern Finals
49.94	Serra	Section Finals
49.96	La Jolla	Eastern Finals
50.01	San Pasqual	Jaguar
50.21	Torrey Pines	Escondido
50.42	Mt. Miguel	Gr. Hills Finals
50.46	Bishop's	Section Finals
50.55	Poway	Palomar Finals
50.57	Helix	Gr. Hills Finals
50.75	Granite Hills	Dual

1600 Relay

3:50.63	Scripps Ranch	State Finals
3:54.92	Eastlake	State Prelims
3:55.91	University City	Western Finals
3:56.23	Olympian	Dual
3:56.37	Christian	Viking
3:58.50	Cathedral Catholic	Section Finals
3:59.39	San Marcos	Section Prelims
3:59.68	Helix	Section Prelims
4:00.73	San Pasqual	Section Prelims
4:01.62	Rancho Bernardo	Section Finals
4:03.67	La Costa Canyon	Section Finals
4:03.69	Steele Canyon	Sundevil
4:03.96	La Jolla	Section Finals

4:04.18	El Capitan	Section Finals
4:04.34	Serra	Section Finals
4:05.45	Mission Hills	Avo West Finals
4:05.48	Patrick Henry	Section Finals
4:06.16	Mt. Carmel	Jaguar
4:06.89	Torrey Pines	Dual
4:07.49	Bishop's	Section Finals
4:08.42	El Camino	Sundevil
4:09.02	Sage Creek	Avo East Finals
4:09.48	Del Norte	Sundevil
4:10.60	Point Loma	Western Finals
4:11.05	Valley Center	Valley Finals
4:11.30	Coronado	Section Prelims



Coronado's Alysah Hickey repeated as San Diego's Girls Field Athlete of the Year. She also repeated as State Champion, but in a different event. In 2018 Alysah won the State Long Jump and placed fourth in the High Jump. In 2019 she won the State High jump and placed third in the Long Jump.

High Jump

5-10 ½	Alysah Hickey, Coronado	University City
5-6	***Cheyenne Roberts, Westview	Palomar Finals
5-6	***Josephine Scales, Madison	Dual
5-4	*Lilly Vaal, Imperial	Section Finals
5-4	*Cailey Beaudoin, Westview	Section Finals
5-4	Ruthie Grant-Williams, Coronado	Bronco
5-4	Kimberly Weiss, University City	Arnie Robinson
5-3	Hannah Hawkins, El Camino	Avo East Finals
5-3	**Angelica Hanna, Rancho Bernardo	Dual
5-2	Kimmy McPherson, Mt. Carmel	Section Finals
5-2	Ana Mercado, Eastlake	Mesa Finals
5-2	**Julianna Holm, Maranatha	Bronco
5-2	Ariana Jansma, Calvin	Cluster
5-2	*Mazzie Harris, Cathedral Catholic	Dual
5-1	*Jessica Vance, San Dieguito	Dual
5-1	*Francesca Feidelberg, Del Norte	Cal Winter Games
5-1	*Emma Gardner, San Marcos	Dual
5-0	*Emma Curtis, Point Loma	Section Finals
5-0	*Caitlin Nesbit, Scripps Ranch	Section Prelims
5-0	***Jenniece Pingley, El Camino	Avo East Finals
5-0	*Loretta Karpinski, Point Loma	Western Finals
5-0	*Jocelyn Flores, Sweetwater	Mesa Finals
5-0	**Noelle Elkinton, Del Norte	Jaguar
5-0	**Marissa Arnold, Rancho Bernardo	Arnie Robinson
5-0	**Angelica McBride, Serra	Viking
5-0	***Macaria Moore-Bastide, Eastlake	Mustang
5-0	*Makenna Karas, Point Loma	Mustang
5-0	**Kilee Horner, University City	Dual
5-0	*Anna-Kaye Powell, El Camino	Dual
5-0	*Isabel Willis, La Jolla	Dual
5-0	*Veronica Rodriguez, Mt. Carmel	Dual
5-0	**Sydney Taylor, Torrey Pines	Dual



State Champ in the Pole Vault, Ashley Callahan (center) from Rancho Bernardo matched the County’s best with a vault of 13-6. The Poway and RB girls dominated the pole vault in 2019. In this shot of the CIF Division I Podium awards, the second-place finisher is Camryn Thompson, whose season best was 13-3. Third place went to Mia Cervantes with a season best of 13-0. Fourth place went to Katerina Adameic also with a season best of 13-0. Fifth place went to Mikayla Ray with a season best of 12-0.

Pole Vault

13-6	**Ashley Callahan, Rancho Bernardo	Mt. SAC
13-3	Camryn Thompson, Poway	Dual
13-0	Mia Cervantes, Poway	Section Finals
13-0	*Katerina Adameic, Poway	Dual
12-6	**Maya Grudman, Sage Creek	Section Prelims

12-0	Mikayla Ray, Rancho Bernardo	Dual
11-6 ¼	***Nicole Loy, Del Norte	Junior Olympics
11-6	Alyssa Fisher, San Dieguito	Dual
11-3	***Allison Leigh, Del Norte	Dual
11-0	***Melodie Quiroz, Rancho Bernardo	Section Finals
11-0	Kimika Best, Torrey Pines	Section Finals
11-0	Camila Sanudo-Thomas, San Pasqual	Jaguar
11-0	Renna Cozza, Eastlake	Jaguar
10-7	*Abrianna Sebastiani, University City	University City
10-6	**Delaney Burke, University City	Section Prelims
10-6	***Charlotte O'Conner, Rancho Bernardo	Palomar Finals
10-6	*Faith Heffron, Scripps Ranch	Western Finals
10-6	***Makena Bailey, Rancho Bernardo	Palomar Finals
10-6	Lilliana McGraw, El Camino	Avo East Finals
10-6	Zandile Makatini, Del Norte	Jaguar
10-6	*Alyssa McKeever, Valley Center	Jaguar
10-6	**Ellen Saunders, Rancho Bernardo	Dual
10-6	Jada Manikan, Rancho Bernardo	Dual
10-6	**Madeline Bittner, Poway	Dual
10-0	Rebecca Cummings, Valley Center	Section Finals
10-0	***Dylan Ferrer, Rancho Bernardo	Section Finals
10-0	**Samantha McAndrew, Patrick Henry	Section Finals
10-0	*Jamie Santosa, Rancho Bernardo	Dual
10-0	Natalie Cortes, Eastlake	Dual

Long Jump

20-2	Alysa Hickey, Coronado	University City
19-0 ¾	*Kalani Hardyway, Oceanside	University City
19-0 ½	Jazmine Scott, Gompers Prep	Viking
18-10 ½	**Elise Miller, San Pasqual	Valley Finals
18-10	**Aysa Shaheed, Madison	Dual
18-3	Liliana Morales, OLP	Section Finals
18-2	Darriale Yarbrough, Fallbrook	Section Finals
18-1 ¾	***Josephine Scales, Madison	City Finals
18-1 ½	Gloria Kalt, Torrey Pines	Escondido
17-10 ½	Roxanne Foltz, Patrick Henry	Western Finals
17-9 ¾	*Mazzie Harris, Cathedral Catholic	Western Finals
17-9	*Sofia Rodgers, Canyon Crest	Section Finals
17-7	***Kendall Herron, Monte Vista	Dual
17-6 ½	*Alexxis Brown, Westview	Section Finals
17-4 ½	**Riley Millard, Carlsbad	Frosh-Soph
17-3	**Emma Desany, Clairemont	University City
17-2 ½	*Caitlin Nesbit, Serra	Western Finals
17-2 ½	Paola Nenninger, Mater Dei	Sundevil
17-2	Ruth Grant-Williams, Coronado	University City
17-2	*Sadie Heckman, Point Loma	Section Prelims
17-1 ½	**Corinna DeLost, Point Loma	Western Finals
17-1 ½	Genevieve Chao, Point Loma	Western Finals
17-1	*Francesca Feidelberg, Del Norte	Section Finals
17-0 ½	*Jasmine Rolland, Cathedral Catholic	Jaguar
17-0	Hannah Hawkins, El Camino	Dual

16-11 $\frac{3}{4}$	*Michaela Segbefia, Cathedral Catholic	Dual
16-11	Emily Ruff, El Capitan	Dual
16-10	Olivia Tucci, San Diego	Jim Cerveny
16-10	*A'sontee Jackson, Castle Park	Jaguar
16-10	*Kiya Woods, Steele Canyon	Escondido
16-10	**Brianna Gibson, NC High Tech	Frosh-Soph



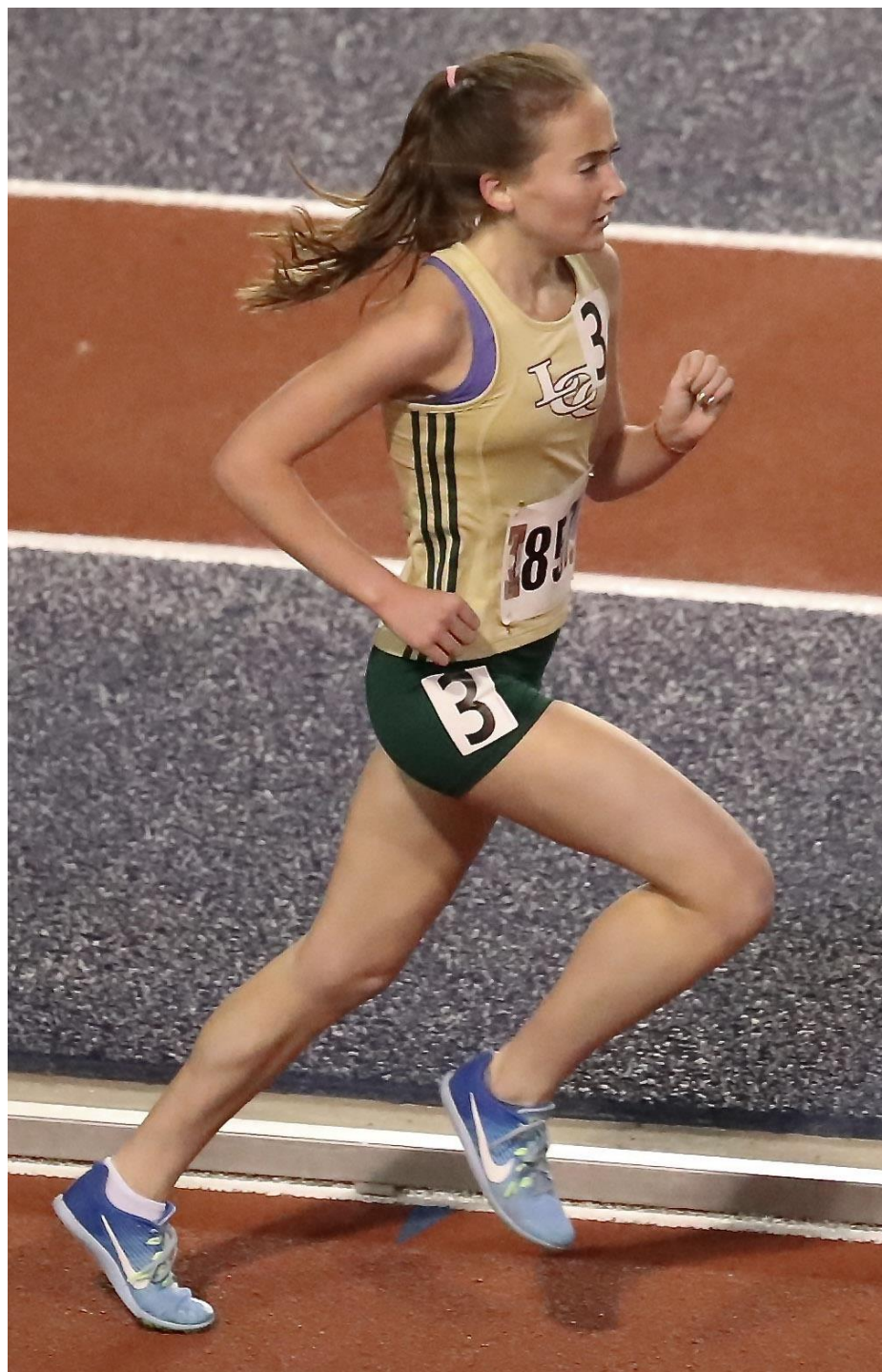
At State, San Pasqual triple jumper Elise Miller placed third in 40-foot-2 after going 40-2 $\frac{3}{4}$ in the prelims and a wind-aided 40-6 earlier in the season. She also was a finalist in the long jump (18-10 $\frac{1}{2}$).

Triple Jump

40-2 $\frac{3}{4}$	**Elise Miller, San Pasqual	State Prelims
39-10	Jazmine Scott, Gompers Prep	Cal State Games
39-0 $\frac{1}{2}$	*Kalani Hardyway, Oceanside	Section Finals
38-1 $\frac{1}{4}$	**Brianna Gibson, NC High Tech	Viking
37-9	*Alexys Davis, Lincoln	City Finals
37-4 $\frac{3}{4}$	*Anna-Kaye Powell, El Camino	Section Finals
37-1	*Sadie Heckman, Point Loma	Dual
36-9 $\frac{3}{4}$	*Simone James, Christian	Willie Banks
36-7 $\frac{1}{2}$	Liliana Morales, OLP	Sundevil
36-6 $\frac{1}{2}$	***Jenniece Pingley, El Camino	Section Finals
36-4 $\frac{3}{4}$	***Mikaela Miles, Point Loma	Section Finals

36-2 ½	Kimberly Weiss, University City	Jim Cerveny
35-7	Paola Nenninger, Mater Dei	Sundevil
35-5 ¾	*Katerina Adamiec, Poway	Section Finals
35-5 ½	**Kayla Reyante, Bonita Vista	Section Prelims
35-4 ½	**Cassandra Manriquez, OLP	Willie Banks
35-3 ¾	Ellason Peter, Point Loma	Western Finals
35-3	*Vittoria Byrne, La Jolla	Section Prelims
35-2 ½	Kaya Neiner, Point Loma	Section Finals
35-1	***Katie Carpenter, Poway	Dual
35-1	*Lindsay Drew, Point Loma	Dual
35-0	**Jaelyn Logee, RBV	Dual
34-11 ½	**Isana Hampton, Oceanside	Dual
34-11	**Corinna DeLost, Point Loma	Western Finals
34-10 ¾	***Allison Slater, Valhalla	Section Finals
34-8	Britney Buu, Eastlake	Section Prelims
34-6 ¼	Genevieve Chao, Point Loma	Section Prelims
34-5	**Carly Overton, Rancho Bernardo	Palomar Finals
34-5	Makayla Lewis, Lincoln	Dual
34-2	*Rachel Greenbaum, Del Norte	Jaguar
34-2	Emani Simien, San Marcos	Dual
34-1 ½	*Emma Curtis, Point Loma	Dual
Shot Put		
45-1 ½	**Brandy Atuatasi, West Hills	Frosh-Soph
42-0	Lily Lagoy, Rancho Bernardo	Palomar Finals
41-9 ½	**Kayla McNairy, San Diego	Section Finals
41-0 ½	*Alondra Cardona, El Camino	Section Finals
40-10 ½	**Noelle Elkinton, Del Norte	Jaguar
40-7	**Colby Neal, Poway	Section Finals
39-3 ½	Angel Srioudom, University City	Jim Cerveny
38-7	*Kyrasani Mitchell, San Diego	Dual
37-9	**Miranda Nichols, Christian	City Finals
37-5	Kaylee Stiffler, Cathedral Catholic	Dual
37-2	Tau Laban, RBV	Section Finals
36-3 ¾	**Savannah Mbamo, Rancho Bernardo	Dual
36-2	Christine Montler, Valhalla	Dual
36-2	Victoria Perez, Coronado	Dual
36-1 ½	Ashley Allums, Poway	Dual
36-1	*Natalia Hiatt, RBV	Dual
36-1	Peyton White, Ramona	Escondido
36-0 ¼	*Juliana Vinlaun, Mt. Carmel	Dual
35-11 ½	**Jordan Roche, Valley Center	Section Prelims
35-7 ½	**Lizbeth Mata, Vista	Dual
35-7	Tyler Wade, San Marcos	Avo West Finals
35-6	Natoya Davis, Castle Park	Jaguar
35-0 ½	Kerri Gordon, Mt. Miguel	Gr. Valley Finals
34-8 ½	Elise Range, Valhalla	Dual
34-8	*Brittney Glor, Mt. Carmel	Palomar Finals
34-5 ¼	Kiera Cruz, Mission Hills	Dual
34-5	Kaylee Hewat-Lanier, Otay Ranch	Mustang

34-4 ½	Andraya Wilson, Mt. Miguel	Section Prelims
34-3	Kristen Bitter, Torrey Pines	Dual
34-1	***Kennedy Clarke, Cathedral Catholic	Section Finals
34-1	Charlotte Maher, Canyon Crest	Dual
34-0 ½	*Mahari Toia, El Camino	Dual
Discus		
139-3	Kiera Cruz, Mission Hills	Willie Banks
138-0	**Brady Atuatasi, West Hills	Gr. Hills Finals
130-4	**Miranda Nichols, Christian	Section Finals
129-1	*Kyrasani Mitchell, San Diego	SD-Imperial JOs
127-8	Ashlee Allums, Poway	Jaguar
127-5	**Savannah Mbamo, Rancho Bernardo	Dual
126-7	*Natalia Hiatt, RBV	Section Finals
125-5	Victoria Perez, Coronado	Escondido
125-3	Kaylee Stiffler, Cathedral Catholic	Jaguar
124-8	**Kaylah McNairy, San Diego	Dual
121-2	Tyisha Hill, RBV	Escondido
120-5	Christine Montler, Valhalla	Hills Finals
119-4	**Noelle Elkinton, Del Norte	Section Finals
118-10	*Juliana Vinlaun, Mt. Carmel	Sundevil
118-6	Jillian Coronado, University City	Western Finals
117-7	**Jordyn Wyatt, Patrick Henry	Dual
117-5	Angel Srioudom, University City	Dual
116-7	Lili Lagoy, Rancho Bernardo	Dual
116-4	Madison Simmons, Patrick Henry	Dual
111-6	Judi Marie Pangelman, Morse	Section Prelims
111-4	Michaela Sterling, Clairemont	University City
109-4	**Jordan Roche, Valley Center	Section Finals
108-11	Peyton White, Ramona	Dual
108-9	Kate Baker, Rancho Bernardo	Dual
107-6	Aaliyah Stone, Santana	Dual
107-3	*Kyra Ellison, El Camino	Dual
107-0	***Madeline Seabolt, Mt. Carmel	Jaguar
106-3	*Jada Hughes, Lincoln	City Finals
105-0	Amy Dobbins, Morse	Dual



Kristin Fahy was the 2019 State Champ in the 3200 and repeated as the CIF girls' track athlete of the year with a time of 10:11.38, a new All-Time San Diego Section Record.