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Offer good with this pass only. This is a limited offer, good for first time guests only. Must use same club for entire term. Days on pass are consecutive. Valid between the hours of 7am - 11pm Monday - Friday and 8am - 11pm on Saturday and Sunday. Local residents only. Limit one per person per year. Must be 18 years old, or 12 with parent. Not valid at the Lakeshore Towers Sporting club. No cash substitutions. Incentives may be offered for enrolling on other memberships. See club for complete rules.

DOTTED LINES FOR MEMBERSHIP SPECIAL CUT ALONG DOTTED LINES FOR MEMBERSHIP

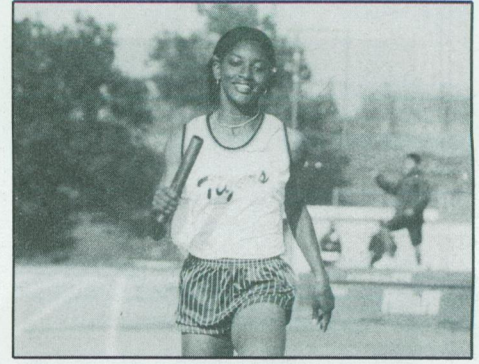
Train at 24 Hour Fitness, the best equipped clubs around. Through our TEAM SPORTS PROGRAM, qualified high school athletes can take advantage of special savings on our Summer Student Memberships. The difference between being a good athlete and a great athlete could be how you choose to spend your summer. Choose wisely.

Call 1-800-204-2400

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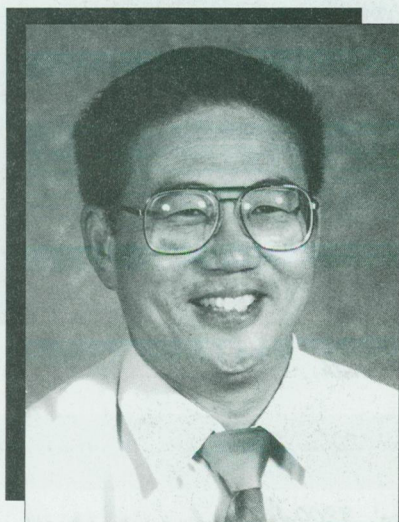


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Special Thanks

The CIF would like to extend its thanks to sponsor Herff Jones. A debt of thanks also to tournament director's Mike and Lori Larsen and to coaches and media outlets that supplied photos for the program. Finally, CIF would like to recognize the outstanding athletes who have advanced to the state championships and their coaches and parents who played a major role. Pictured above (left to right): three-time 800m champ Lindsay Hyatt of Placer Auburn High School; pole vaulter Brandon Braunstein of Newark Memorial; and Monique Henderson of Morse.

THE CALIFORNIA INTERSCHOLASTIC FEDERATION WELCOMES YOU



Dr. Steve Hirabayashi
CIF President
Principal, John O'Connell H.S.

Welcome to our CIF State Championship playoffs. From the thousands of student-athletes and hundreds of coaches that have participated in this sport, you have demonstrated through your hard work, commitment to excellence and exceptional performance the ability to compete successfully at the highest level - the State Championships. Each student-athlete is already a winner and regardless what the outcome of the playoffs, each has achieved what every student dreams of when they make the commitment to participate in interscholastic athletics and that is an opportunity to prove that they are the best. Enjoy the experience to its fullest for this will be a memorable time in your life.

To parents and other members of the school communities, you should be proud of your team and your student-athletes. They have advanced to this level of competition due in a large part to your understanding and support of their commitment to excellence. I would like to express my thanks on behalf of the entire CIF family on your contributions to your school team.

To the many volunteers who have prepared for these State Championship playoffs and to the officials, a sincere thank you for your contributions to make these playoffs the most rewarding experience for the participating teams. Over the year, half a million student-athletes, thousands of coaches, and over 1200 high schools have benefited from officials and volunteers such as yourselves. You represent that large number of individuals that make interscholastic athletics in California one of the most important parts of a student's education during high school.

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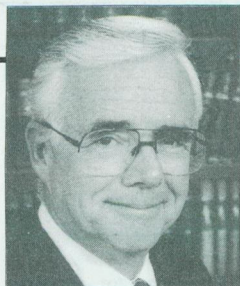
DOTTY McCREA
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LORRAINE MARTINEZ OHLSON
Athletic Director, Maria Carrillo H.S.
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Principal, International Studies Academy
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LARRY TODD, Principal, Oakland Technical H.S.
MATTIE WALKER, Principal, Raul Wallenberg H.S.
BOB WALLACE
Supt. Liaison Committee Rep.,
Supt., Escalon U.S.D.
LARRY YEGHOIAN
Assistant Superintendent, Tehachapi Unified
ANDREW PATTERSON, General Counsel

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JACK HAYES
CIF Executive
Director

WELCOME FROM THE STATE OFFICE OF THE CALIFORNIA INTERSCHOLASTIC FEDERATION

The CIF has a proud heritage in providing equitable athletic competition for 1,222 high schools in California. Since its beginnings in 1914, the CIF has grown to become the largest youth agency in the state, serving more than 600,000 young student-athletes each year who participate in the interscholastic athletic activities of California's secondary schools.

As a problem-solving organization, the CIF retains its original responsibility as a rules enforcing agency, but has expanded its duties to include much more. As the needs of students, coaches and the entire community change, the CIF will continue to meet these changing demands. In its commitment to educating youngsters for a better tomorrow, the CIF will work in partnership with the entire community to assure equity and provide the services, opportunities, and leadership necessary to establish and maintain quality high school athletic programs.

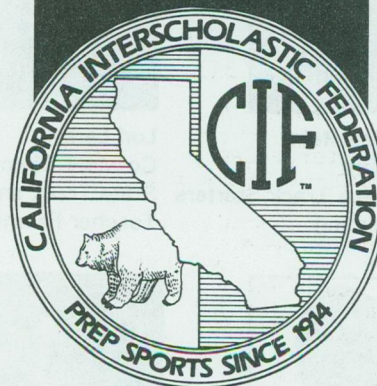
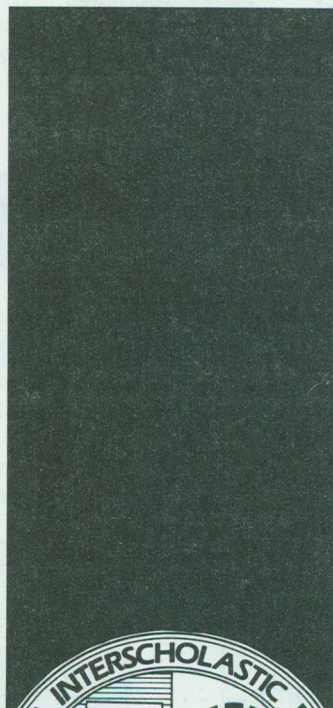
The values of athletics cannot be understated. Sportsmanship, fair play, achieving one's full potential, time management and working together as a team to reach a common goal are just some of the lessons

TODAY'S ATHLETES, TOMORROW'S LEADERS

learned on the athletic facilities of California's high schools. In addition, a myriad of studies show that athletes get higher grades than non-athletes, are more likely to graduate from high school, and are less likely to smoke and become involved in substance abuse than students not involved in athletics.

It's no wonder that California athletes have achieved at all levels. Many of the names are sports legends such as Janet Evans, Cheryl Miller, Pat Haden, Flo Hyman, Lynn Swann, Lisa Leslie, Jason Kidd, Randy Johnson, George Brett, Ann Meyers-Drysdale, Ted Williams and numerous others. Athletes from the "Golden State" have also been Rhodes Scholars, Olympians, and chief executive officers of major California and national corporations.

We are proud of the more than four million alumni from California high schools. We thank you for your attendance and urge you to continue your support of scholar-athletes by attending high school sporting events in your community.



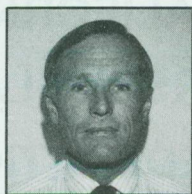
CIF =
Competition
Integrity
Fairness

www.cifstate.org

Track and Field Advisory Committee Members



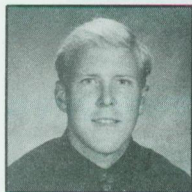
Larry Yeghoian
Chair State Track & Field/Cross Country Advisory Committee/Asst. Superintendent
Tehachapi Unified



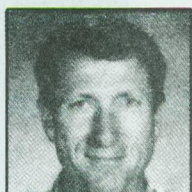
Hal Harkness
Rules Interpreter
Meet Director
State Track & Field



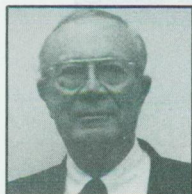
Harold Cebrum
Assistant
Commissiner CIF
Southern Section



Brian Weaver
Meet Director
CIF State
Cross Country
Buchanan HS



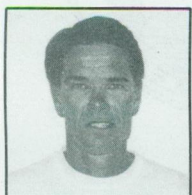
Marty Simpson
Asst. Meet Director
CIF State
Cross Country
Buchanan HS



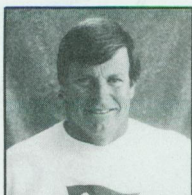
Dan Reinstein
President
California Track Starters
Association



Lori Larsen
Co-Meet Director
State Track and Field
Teacher Fairmont School



Mike Larsen
Meet Director
CIF State Track & Field
Teacher Callison School



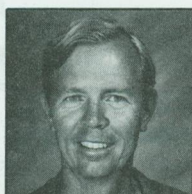
Dennis McClanahan
Coaches Alliance Rep.
Athletic Director
Mt. Carmel High School



Liz Mueller
Teacher/Coach
Escondido HS



Scott Fairley, Coach
X-Country/Track
West Valley HS



Doug Speck
Teacher
Arcadia HS

Meet Officials

Name (alpha by first), Duty

Amber Lassiter, Coaches Corner
 Andy Pomo, TJ/LJ (Girls)
 Ann Gerhardt, Marshall
 Ann Kessler, Packet Pick-Up
 Barbara Farren, Marshall
 Barry Wallace, Photographer
 Bill Edgar, Head Timer Judge
 Bill Wyrick, Inspector
 Bill Gardner, Video
 Bob Rauch, Inspector
 Bob Burns, Marshall
 Bob Osborne, Marshall
 Bob King, Marshall (head)
 Bob Baker, Meet Referee
 Bob McGuire, Packet Pick-Up
 Bob Thompson, Shot Put
 Carina Bell, Finish Line Help
 Charles Gardner, Shot Put
 Charles Williams, Timer/Judge
 Charles Murphy, TJ/LJ (Boys)
 Chet Pawlik, Video
 Chuck Buetner, Starter
 Cindy Teague, Inspector
 Claudia Wilde, Wind Gauge
 Clay Lowery, Marshall
 Colin Campbell, Starter
 Dan Davidson, Officials Check-in/
 Weights & Measures
 Dan and Bridget Ross, Inspector(s)
 Dave Soeth, Coaches Corner
 Dave Tucker, Expeditior
 Dave Gregson, High Jump
 David Unterholzner, Hurdle Chief
 David Day, TJ/LJ (Girls)
 Dennis Boyle, High Jump
 Dennis DeWitt, Jury of Appeals
 Dennis McClanahan, Jury of Appeals
 Dennis Shannon, Shot Put
 Dick Seward, Results
 Dick Kessler, Timer/Judge
 Dick Connors, Weights and
 Measures
 Don Aguiar, Pole Vault
 Doug Speck, Announcer
 Dr. Arfan Din, Doctor
 Dr. Leon Glover, Wind Gauge
 Ed Hicks, Marshall
 Ed Austin, Starter
 Elmer Haynes, Inspector
 Eural Smothers, Inspector
 Frank Lopez, High Jump
 Fred Takikawa, TJ/LJ (Boys)
 Gail Wetzork, Shot Put Head Judge
 Gary Hills, Head Timer Judge
 Gary Teague, Inspector
 Gary Preto, Marshall
 George Kleeman, Weights and
 Measures/Discus
 Gordon Hubble, Inspector
 Greg McKinstry, Expeditior
 Greg Wright, Pole Vault
 Hal Harkness, Packet Pick-Up
 James Wynn, TJ/LJ (Boys)
 Janis Kaempfer, Pole Vault
 Jim Roeber, Expeditior
 Jim Waldron, Inspector
 Jim Duel, Press Steward/program
 Joe Harper, Starter
 John Murray, Discus
 John Donch, Discus
 John Gilley, Packet Pick-Up
 John Luppess, TJ/LJ (Boys)
 Jon Kaempfer, Pole Vault Head Judge
 Keith Conning, Announcer Assist.
 Kevin Morning, Awards
 Lisa Bauduin, Stadium Manager
 Liz Muller, Awards
 Lori Larsen, Meet Director/Manager
 Margaret Martin, Marshall
 Mark Jones, Pole Vault
 Marty Growdon, TJ/LJ (Girls)
 Mary Cabral, Packet Pick-Up
 Mary Lund, Trainer
 Michael Leonard, High Jump
 Michele Buchicchio, Jury of Appeals
 Mike Miles, Head Inspector
 Mike Larsen Meet Director/Manager
 Nancy Moore, Awards
 Pam Borg, Timer/Judge
 Pat Randall, High Jump, Head Judge
 Paul Godley, Marshall
 Phil Watkins, Official Check-In
 Randy Hale, Inspector
 Rich Simms, Inspector
 Richard Cabral, Clerk
 Richard Meyer, Discus
 Richard Zulaica, Discus Throw Head
 Judge
 Rick Milam, Roving Official
 Rocky Evans, Clerk
 Rod Hunt, TJ/LJ (Girls)
 Ron Spradlin, Marshall
 Ron Ruptier, Pole Vault
 Scott Fairley, Jury of Appeals
 Sharita Reed, Finish Line Help
 Sheila Turner-Carr, Clerk Assistant
 Shirley Connors, Weights and
 Measures
 Sig Ostrom, TJ/LJ (Boys)
 Skip Seebeck, Pole Vault
 Stephanie Teague, Awards Music
 Stephen Fagundes, Results
 Steve Kester, Head Field Judge
 Steve Green, Shot Put
 Steve Villegas, TJ/LJ (Boys)
 Sue Murray, Discus
 Teddy Hayes, TJ/LJ (Girls)
 Terry Ward, Jury of Appeals
 Tim Jordan, Blocks Crew Leader
 Tim Williams, Inspector
 Tom Russow, Block/Pit/Event Ind.
 Group
 Tom Mc Guire, Marshall
 Tom Farren, Marshall
 Wes Muller, Wind Gauge
 Will Matthews, Inspector

1999 Time Schedule

FIELD EVENT QUALIFYING (FRIDAY)

EVENT	REPORTING TIME (Field Event Clerk of Course)	STARTING TIME
Boys' Pole Vault	1:00 p.m.	2:00 p.m.
Boys' Discus	2:00 p.m.	3:00 p.m.
Girls' Discus	4:30 p.m.	5:30 p.m.
Girls' Shot Put	2:00 p.m.	3:00 p.m.
Girls' Pole Vault	5:00 p.m.	6:00 p.m.
Boys' Shot Put	5:00 p.m.	6:00 p.m.
Boys' High Jump	3:00 p.m.	4:00 p.m.
Girls' High Jump	5:30 p.m.	6:30 p.m.
Girls' Long Jump	3:00 p.m.	4:00 p.m.
Girls' Triple Jump	5:30 p.m.	6:30 p.m.
Boys' Long Jump	3:00 p.m.	4:00 p.m.
Boys' Triple Jump	5:30 p.m.	6:30 p.m.

FIELD EVENT CHAMPIONSHIPS (SATURDAY)

EVENT	REPORTING TIME (Field Event Clerk of Course)	STARTING TIME
Boys' Pole Vault	3:00 p.m.	4:00 p.m.
Boys' Discus	4:00 p.m.	5:00 p.m.
Girls' Discus	6:00 p.m.	7:00 p.m.
Girls' Shot Put	4:00 p.m.	5:00 p.m.
Girls' Pole Vault	6:00 p.m.	7:00 p.m.
Boys' Shot Put	6:00 p.m.	7:00 p.m.
Boys' High Jump	4:00 p.m.	5:00 p.m.
Girls' High Jump	6:00 p.m.	7:00 p.m.
Girls' Long Jump	4:00 p.m.	5:00 p.m.
Girls' Triple Jump	6:00 p.m.	7:00 p.m.
Boys' Long Jump	4:00 p.m.	5:00 p.m.
Boys' Triple Jump	6:00 p.m.	7:00 p.m.

All field event competitors must report to the Field Event Clerk of the Course for check in prior to entering the field. Athletes will be allowed on the field one (1) hour prior to the scheduled starting time of their event, or when a facility used for an earlier event is available.

TRACK QUALIFYING (FRIDAY)

5:00	Girls' 400m Relay	(Heat #1)
5:04		(Heat #2)
5:08		(Heat #3)
5:12	Boys' 400m Relay	(Heat #1)
5:16		(Heat #2)
5:20		(Heat #3)
5:24	Girls' 1600m Run	(Heat #1)
5:31		(Heat #2)
5:38	Boys' 1600m Run	(Heat #1)
5:44		(Heat #2)
5:55	Girls' 100m HH	(Heat #1)
6:00		(Heat #2)
6:05		(Heat #3)
6:10	Boys' 110m HH	(Heat #1)
6:15		(Heat #2)
6:20		(Heat #3)

6:24	Girls' 400m Dash	(Heat #1)
6:28		(Heat #2)
6:32		(Heat #3)
6:36	Boys' 400m Dash	(Heat #1)
6:40		(Heat #2)
6:44		(Heat #3)
6:48	Girls' 100m Dash	(Heat #1)
6:52		(Heat #2)
6:56		(Heat #3)
7:00	Boys' 100m Dash	(Heat #1)
7:04		(Heat #2)
7:08		(Heat #3)
7:12	Girls' 800m Run	(Heat #1)
7:17		(Heat #2)
7:22		(Heat #3)
7:27	Boys' 800m Run	(Heat #1)
7:32		(Heat #2)
7:37		(Heat #3)
7:42	Girls' 300m LH	(Heat #1)
7:46		(Heat #2)
7:50		(Heat #3)
7:55	Boys' 300m IH	(Heat #1)
7:59		(Heat #2)
8:03		(Heat #3)
8:08	Girls' 200m Dash	(Heat #1)
8:12		(Heat #2)
8:16		(Heat #3)
8:20	Boys' 200m Dash	(Heat #1)
8:24		(Heat #2)
8:28		(Heat #3)
8:50	Girls' 1600m Relay	(Heat #1)
8:58		(Heat #2)
9:04		(Heat #3)
9:10	Boys' 1600m Relay	(Heat #1)
9:16		(Heat #2)
9:22		(Heat #3)

TRACK CHAMPIONSHIPS (SATURDAY)

6:00	Girls' 400m Relay
6:08	Boys' 400m Relay
6:17	Girls' 1600m Run
6:28	Boys' 1600m Run
6:45	Girls' 100m High Hurdles
6:55	Boys' 110m High Hurdles
7:03	Girls' 400m Dash
7:10	Boys' 400m Dash
7:17	Girls' 100m Dash
7:23	Boys' 100m Dash
7:30	Girls' 800m Run
7:37	Boys' 800m Run
7:46	Girls' 300m Low Hurdles
7:53	Boys' 300m Int. Hurdles
8:01	Girls' 200m Dash
8:08	Boys' 200m Dash
8:16	Girls' 3200m Run
8:33	Boys' 3200m Run
8:48	Girls' 1600m Relay
8:58	Boys' 1600m Relay

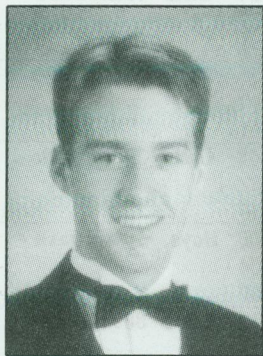
Hill, Piper Selected CIF Scholar-Athletes of the Year

Andrew Hill of Los Altos High School and Samantha Piper of Coronado High School have been selected as the 1999 CIF Scholar-Athletes of the Year. More than 480 nominations were received by the CIF from among the 1213 member schools that make up the federation.

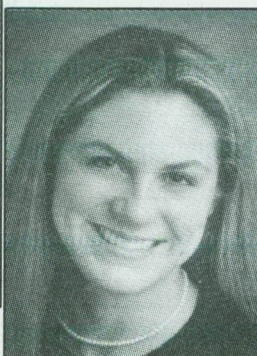
Hill and Piper will receive a \$2,000 scholarship to the college/university of their choice and an expense paid trip to the state capitol in Sacramento where they will be honored by the legislature on Thursday, June 3. In addition, both student-athletes will be awarded a plaque at a special presentation at the CIF State Track and Field Championships, held at Hughes Stadium in Sacramento, on Saturday, June 5.

"We continue to be dazzled by the quality of student-athletes nominated for this prestigious award," said Jack Hayes, CIF executive director. "Samantha Piper and Andrew Hill represent the very best scholar and athlete in the state of California.

"We admire all the student-athletes nominated and the efforts and talents required to excel in both academics and athletics."



Andrew Hill
Los Altos High School



Samantha Piper
Coronado High School

"We continue to be dazzled by the quality of student-athletes nominated for this prestigious award. Samantha Piper and Andrew Hill represent the very best scholar and athlete in the state of California. We admire all the student-athletes nominated and the efforts and talents required to excel in both academics and athletics."

Jack Hayes, CIF Executive Director.

- * 1999 National Merit Scholarship Commendation (Senior)
- * Congressional Recognition for Community Service from Congressman Bob Filner (Junior)
- * Rotary Club Youth Leadership Conference Delegate (Junior).

SAMANTHA PIPER CORONADO HIGH SCHOOL

The Harvard-bound Piper is ranked first academically in her class and compiled an SAT score of 1480. Her career goal is to be a neurosurgeon and her major at Harvard will be neurobiology. In addition to carrying a 4.0 grade point average (4.71 weighted), Piper competed in cross country, basketball and track and field at Coronado High School in San Diego.

As a freshman track and field athlete, Piper was a member of the 4X400 meter relay team which broke the Coronado school record in that event. As a sophomore, she was team captain in track and field and the team Most Valuable Player. Piper was captain of both her cross country and track and field teams as a junior and senior. She was an eighth place finisher at the state track and field championships in the 800 meters as a junior (2:14.13) and was the Harbor League champion in both the 400 and 800 meters.

Academically, Piper is a highly honored student winning numerous awards and accolades. Some of her many honors are highlighted:

- * 1998 Wendy's High School Heisman Award: State Finalist (Senior)
- * Seventeen Magazine's "Gotta Have a Dream" Scholarship Essay Contest: First Prize Winner (Senior)
- * Golden State Exam: Chemistry High Honors and Biology High Honors (Junior)

Piper is also very involved in her community and was the first high school student to work in the 1998 summer research program with Centro Ecologico Akumal, Yucatan, Mexico, where she had an internship in a sea turtle research project. She founded a sea turtle education program for Village Elementary School for third and fourth grade students.

Additionally, she was vice president of the Interact Club, was a student role model in a school drug prevention program and was involved in Hammers Across the Border, a group that built houses for the homeless in Tijuana, Mexico.

SAMANTHA PIPER ESSAY - "Catching the Spirit"

"Oftentimes, during a race, when I feel the lactic acid saturating my muscles and torment-

ing my nerves, I ask myself, "Why do I run?" But then my thoughts are interrupted by a screech of encouragement from one of my teammates. Suddenly, adrenaline rushes through my body, battling the lactic acid and conquering it, at least for the moment. I realize that my relay team is depending on me to pass that girl in front of me, and bring in the gold. I stride just a little bit faster, pump my arms just a little bit harder, and speed by my competitor just before the finish line.

The moment the race is over, she metamorphoses from an enemy back into a friend, leaving her rivalrous identity on the track. We congratulate each other between frantic gasps of air. Squeals of excitement fill my ears as my teammates encircle me. I often wonder if I would be able to gather that last bit of energy in my races without their shouts of encouragement, like capsules of energy. An enthusiastic team is what motivates a runner to keep on running.

The most important aspect of sportsmanship that I have learned in my four years of running is to put aside one's differences and work with others to reach a common goal. I was able to put this ideal into action last summer on a remote beach called Akumal, in the Yucatan jungles of Mexico. I joined a small group of scientists working fiercely to protect sea turtles from extinction. I was their first high school intern.

Akumal is one of the most important nesting grounds in the world for the Green and Loggerhead sea turtles. We worked nightly from 9 p.m. to 5 a.m., monitoring nesting females and hatching nests.

I quickly discovered that my scientific teammates spoke Spanish only. Even with my six years of Spanish in school, I still had trouble understanding all they said. My first night out, I hiked with two biologists and a group of tourists to the most remote section of Akumal. Some of the tourists were American, so I was able to explain sea turtle facts to them in English, while the Spanish biologists spoke with the Spanish-speaking tourists.

This created a much more effective method for educating all tourists about sea turtle protection. Suddenly, we heard strained snorting and the sound of sand being flung with a powerful force. I crept forward with my flashlight, peering into the darkness, until my eyes were greeted by a Green sea turtle, two meters long, digging a nest for her eggs.

Standing guard against poachers, we watched in silence as she laid 142 eggs. As she reburied the nest, I carefully measured her and checked the tag on her flipper while the other members of the team shone a flashlight on my work and marked the site. When the nest was buried, she

dragged herself back to the sea and glided away.

Later, we came across a portion of sand that was covered by thousands of tiny flipper prints. A turtle nest had just hatched, and nearly 100 baby turtles had raced to the sea. When we found the hatched nest, we began to dig, looking for trapped babies and eggshells. Working as a team, I uncovered the eggs and babies, one biologist counted the empty eggshells, and the other examined unbroken eggs to see if they had been fertilized.

Just like the pasta dinners my running team shares before the race, I ate with the scientific team nightly before we went out to save sea turtles. Our differences became stories to share. I played current American music for them and we shared jokes and stories.

Luis, the chief herpetologist, shared an endless amount of knowledge about the sea turtles and reef ecosystem of Akumal. His passion for protecting the existence of a species was contagious. Despite the fact that we were from extremely different cultures and backgrounds, we were able to come together to save the lives of many turtles. Since returning, I have initiated a sea turtle education program in our local elementary school for third and fourth graders.

Teamwork and enthusiasm are what motivates any activity. From sports teams cheering each other through pain and sweat to scientific teams encouraging each other through late nights and swarms of bloodsucking mosquitoes, it is the unification and respect for one another that wins the race or saves the species.

ANDREW HILL LOS ALTOS HIGH SCHOOL

Stanford University-bound Andrew Hill ranks first in his class academically with a near-perfect 1590 SAT score. Hill's career interests are engineering, business and law and he will major in engineering/science at Stanford. He competed in cross country and track and field at Los Altos High School and intends to compete in both at Stanford.

As a freshman, Hill demonstrated great things to come athletically as he was named cross country Most Valuable Player at Los Altos and was an all-league selection. In track and field, he set a league record in the 3200 meters as a freshman. By his sophomore year, Hill was team captain in cross country and placed second in the CIF Central Coast Section in Division II. A year later, he was CIF Central Coast Section champion in cross country in the Division I classification and, as a senior, he was third in the state meet in Division III. In track and field, Hill was a state meet qualifier as a junior and could represent Los Altos at the 1999 state meet to be held June 4-5 at Hughes Stadium in Sacramento.

Academically, Hill's accomplishments and accolades are highlighted as follows:

** Designated "Scholastic All-CIF" by the State CIF (Senior)*

** National Honor Society (Junior)*

** 1998 American High School Mathematics Examination (AHSME) Finalist (Junior)*

** USA Mathematical Talent Search Participant (Junior)*

** Junior Book Award - Brown University (Junior)*

** National Latin Exam Level III - Gold Metal, Summa Cum Laude (Junior)*

** Instrumental Music - Best of Class of 1999 (Junior)*

Hill also excels in leadership roles and has been involved in his community. He has served as a peer tutor in mathematics and was a student teacher in the summer session for Advancement Via Individual Determination (AVID), an academic development program for high potential/at-risk students funded by the Packard Foundation. In addition, he volunteered in the annual Junior Olympics Program within the Los Altos Elementary School District. He was elected treasurer for the class of 1999 and participated in Los Altos Marching Band.

ANDREW HILL ESSAY "CATCHING THE SPIRIT"

As I have grown and progressed through four years of high school, interscholastic athletics has become an increasingly important part of my life. I am a distance runner. I run cross country and track and field at Los Altos High School. There, I have been fortunate enough to win two Central Coast Section cross country championships, finish third in the Division III race at the state cross country meet this year, and qualify for the state track meet last year in the 3200 meters.

Our team has won two league titles in cross country, and two more in track. Along the way I have come to appreciate the value of sportsmanship to distance running, for it makes a lonely sport much easier.

I do sports because I love competition. I am driven by my desire to be the best; anything less is disappointing. However, it takes a tremendous amount of dedication and effort in training, and a tremendous amount of willpower, to succeed in distance running.

Desire alone is not enough; the desire must be transformed into work to have any effect. Running is different from most other sports in that an individual's or team's success or failure lies almost solely with the individual competitors.

On the track or cross country course there is nobody else to pick up the slack and nowhere to hide. Because of this peculiar aspect of the sport, running is more about dedication and mental toughness than talent.

For these reasons, sportsmanship is extremely important to the success of a distance runner. It is almost impossible to do the training necessary to get to the top without some form of emotional support. Lonely miles become interminable without motivation. This is why distance runners, as a group, tend to form very close bonds with their coaches, teammates, and even their competitors.

I have been lucky enough to have a tremen-

dous group of teammates, male and female, all throughout high school. Although we have had several coaching changes, as a group we have stayed very close-knit. We share common goals, interests, and experiences, most of them centered around running, but in other areas as well.

Training together and hanging out together helps us stay motivated. Not only do we share the burden of training, but we socialize together and look out for each other at school. Runners know that if they have a problem, be it physical, social, or academic, they can always find a teammate for help and support.

Because my teammates have elected me as team captain the last three years, I have been in a special position to help the other athletes discover the harsh joys of competitive distance running, and to help them learn about the sport so that they will enjoy it as much as I do. The bonds between team members -- an infinitely valuable form of sportsmanship -- are critical to the development and success of any athlete.

The more traditional definition of sportsmanship, that is, fair play in competition, has also affected me on a personal level. Racing, whether on the track or the cross country course, is just as much about conquering yourself as it is about conquering your competition.

For this reason, cheating, tripping, cutting the course, and the like, although they do occur, are rarely seen among runners (especially at the high school level). Running is as much about the process as it is about the end result; the bet way to win a race in June is to train hard, consistently, and intelligently in all the months leading up to the race.

The difference between competitors on race day is often simply a matter of attitude and the mental ability of an athlete to push himself beyond his previous limits. The 4:07 state champion miler crossing the finish line feels exactly the same physical pain and suffering as does the 5:00 miler running his heart out to win a dual meet, for both have spent themselves to the limit over their four circuits of the track. Each can relate to the other, and, for this reason, competitors form close bonds.

While two athletes may be warriors on the track, each the other's worst enemy, when the race is over they are friends, knowing that the physical pain and mental exertion they have shared is far greater than any personal rivalry.

Over my four years of track and field and cross country, I have greatly matured as a runner. I have come to understand and appreciate the difficult, solitary nature of my sport, and have developed an equally great understanding of and empathy for my teammates and competitors, because I have experienced what they have experienced -- I know what they go through.

That is why sportsmanship is so important to me. Even though my efforts in training are solely to help me beat my competition, by forming bonds with my teammates and competitors I help them, and myself, to improve.

Spring Awards

Schunk, Fillo Selected CIF Sportsmanship/Citizenship Award Winners for the Spring

Elizabeth Schunk of Novato High School and Jeremiah Fillo of Downieville have been selected as winners of the spring CIF Sportsmanship/Citizenship Award. Both were honored with plaques at their school and at the State CIF Federated Council dinner on May 7, 1999.

Frank Anderson, co-principal at El Molino High School and the chairman of the Sportsmanship/Citizenship Committee said: "We are very pleased to have the opportunity to recognize these student-athletes who demonstrate the ideals of sportsmanship. They are role models for all who are involved in high school athletics. Their achievements and their positive attitudes toward athletic competition reaffirm our belief that interscholastic athletics can be a positive and valuable learning experience for our students."

The CIF Sportsmanship/Citizenship Award was established this school year with the first winners selected in the fall. Nominations are made by CIF member high schools.



Elizabeth Schunk
Novato High School



Jeremiah Fillo
Downieville High School

WINNERS (SPRING 1999)

Elizabeth Schunk, Novato HS
Jeremiah Fillo, Downieville HS

Finalist (Girls)

Katie Beckenhauer, Immanuel HS

For a bio on each winner, and for more information on the program, please visit the CIF web site: www.cifstate.org.

Brianne Buehler, California HS
Alyson Blum, Newbury Park HS
Amy Michele Campbell, Chino HS
Dana Cohen, Calabasas HS
Michelle Mejia, Tri-City Christian HS
Autumn Moody, El Capitan HS
Clare Schofield, Presentation HS
Elizabeth Schunk, Novato HS
Caroline J. Sheldon, Banning HS
Kristen Tucker, Monte Vista HS
Melissa Taylor, Carlmont HS
Melisa Anne Villa, Whittier Christian HS

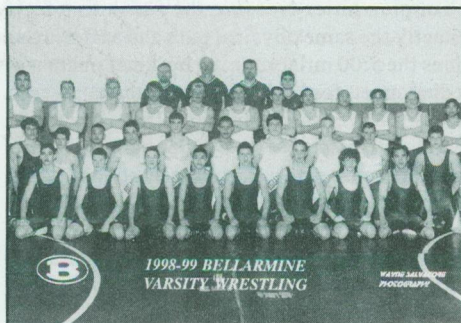
Finalists (Boys)

Tim Duerr, El Segundo HS
Ronnie Felder, Culver City HS
Jeremiah Fillo, Downieville HS
Gabriel Garcia, St. Francis (Mountain View) HS
Donald Hale, Hiram Johnson HS
Dash Martin, Tri-City Christian HS
Andy Pew, Gunderson HS
Kelly Richards, Fort Bragg HS
Jaison C. Robinson, Wilson (Long Beach) HS
Nick Schultz, Arcadia HS
Nicholas Sloey, Redondo Union HS
Sean Williams, Los Altos HS

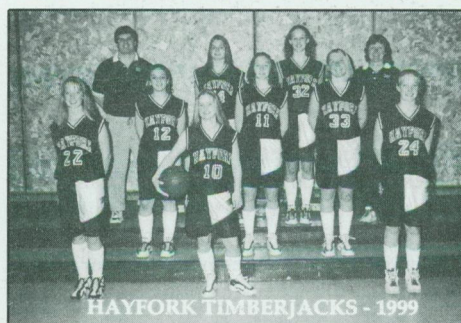
Winter Scholastic Awards

Bellarmino Prep, Hayfork and Sunny Hills High Schools Earn CIF Scholastic State Championships

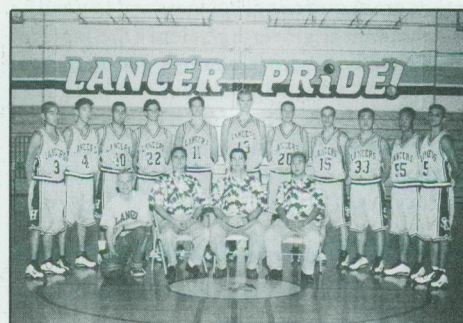
Individual All-CIF Athletes Honored



Bellarmino Prep High School
CIF Wrestling Scholastic State Champions



Hayfork High School
CIF Girls' Basketball Scholastic State Champions



Sunny Hills High School
CIF Boys' Basketball Scholastic State Champions

The CIF Scholastic State Champions in girls' and boys' basketball and in wrestling have been named. In addition, individuals achieving a 3.5 grade point average or above in these winter sports have been honored as Scholastic All-CIF Selections.

Bellarmino Prep High School in San Jose, with a cumulative team GPA of 3.44, is the CIF Scholastic State Champion in the sport of wrestling. In girls' basketball Hayfork High won the CIF Scholastic State title with an overall 3.89 GPA and Sunny Hills won the

boys' basketball scholastic award with a 3.75 GPA.

In wrestling, Big Bear (3.42) finished second and University San Diego (3.34) was third. Following Hayfork in girls' basketball were Baptist Christian (3.83) and North County Christian in Atascadero (3.82). West Shores in Salton City (3.63) was second in boys' basketball followed by Rocklin with a 3.62 team GPA. The CIF Scholastic State Champions program honors teams demonstrating the high-

est collective GPA's (on a 4.0 unweighted scale) statewide in their respective sport.

Each scholastic state champion receives a pennant suitable for display at the school. The first, second and third place team winners receive certificates for each competing team member.

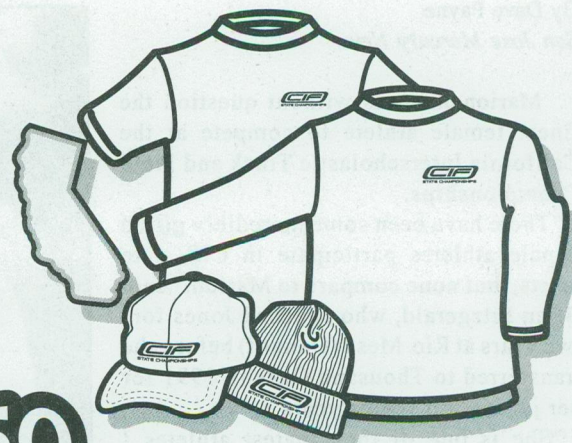
Individual student-athletes maintaining a minimum 3.5 GPA during their season of sport competition are honored as Scholastic All-CIF award winners. For a list of teams, please visit the CIF's web site (www.cifstate.org).



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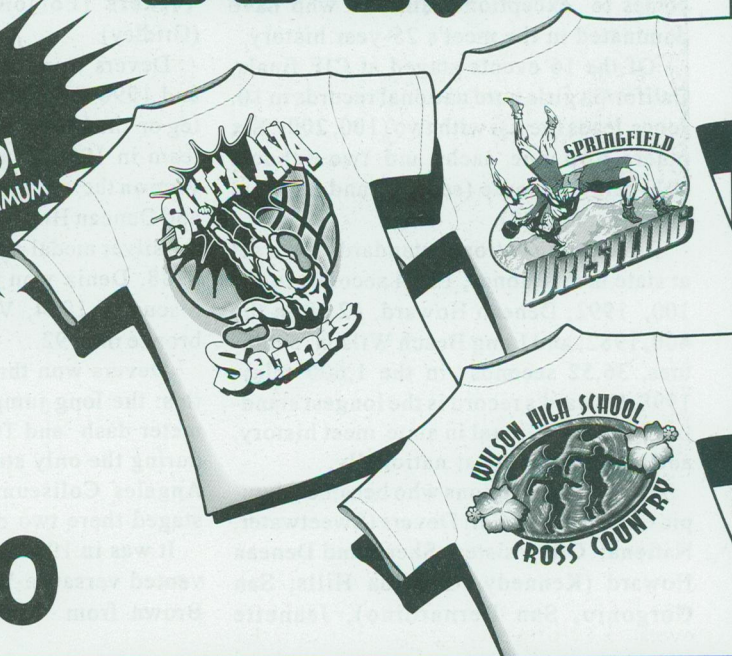
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Amazing First 25 Years of Girls' Competition

By Dave Payne
San Jose Mercury News

Marion Jones is without question the finest female athlete to compete at the California Interscholastic Track and Field Championships.

"There have been some incredibly gifted female athletes participate in CIF state meets, but none compare to Marion," said Brian Fitzgerald, who coached Jones for two years at Rio Mesa (Oxnard) before she transferred to Thousand Oaks in 1991 for her junior and senior years.

"She is one of the greatest athletes I have ever seen, male or female. As a 15-year-old, she was the fastest female in history in her age group. And she could prove to be the greatest female athlete in Olympics history next summer in Australia."

Jones, who at the 2000 Sydney Games may get the chance to become the first woman to win five track and field gold medals (100, 200, long jump and 400 and 1,600 relays) in one Olympics, holds the state high school meet record with nine individual titles. And she is the meet's only four-time winner in the 100 and 200.

While she remains a state meet legend, Jones has plenty of company when it comes to exceptional athletes who have dominated in the meet's 25-year history.

Of the 16 events staged at CIF finals, California girls hold national records in 10. Jones leads the list with two (100, 200). Six others own one each, and two schools hold relay records (see CIF and national records, page 38).

Three of the national standards were set at state meets: Jones, 11.14 seconds in the 100, 1992; Denean Howard, 52.39 in the 400, 1982; and Long Beach Wilson, 3 minutes, 36.52 seconds in the 1,600 relay, 1998. Howard's record is the longest standing for an individual in state meet history, and one of the oldest nationally.

State meet champions who became Olympic medalists are Gail Devers (Sweetwater, National City), sisters Sherri and Denean Howard (Kennedy, Granada Hills; San Geronio, San Bernardino), Jeanette



Six-Time Champ - Juliana Yendork of Walnut High School was a three-time champion in the long jump and triple jump. photo by Jay Stallman, Student Sports Magazine.

Bolden (Centennial, Compton), Valerie Brisco (Locke, Los Angeles), Janeene Vickers (Pomona) and Leslie Deniz (Gridley).

Devers won the 100 meters at the 1992 and 1996 Olympics, and she ran the third leg on the United States' winning 400 relay team in 1996. Sherri Howard and Brisco were on the winning 400 relay team in 1984, and Denean Howard, Brisco and Bolden on the silver medal-winning 400 relay team in 1988. Deniz won the silver medal in the discus in 1984, Vickers the 400 hurdles bronze in 1992.

Devers won three state high school titles: the long jump in 1983, and the 100-meter dash and 100 low hurdles in 1984 during the only state meet held at the Los Angeles Coliseum (the Olympics were staged there two months later).

It was in 1984 when Devers barely prevented versatile Woodside senior Wendy Brown from becoming the only female

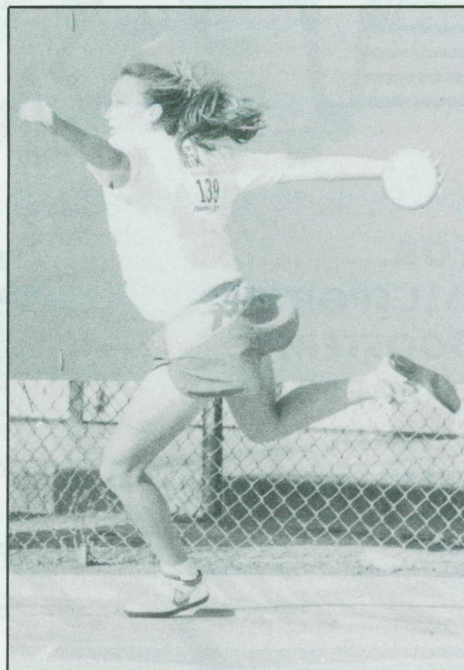
athlete to win four individual meet titles the same year, which to this day hasn't happened. Brown set state meet records in the high, long and triple jumps, and she also broke the record in the 100 hurdles. Devers, however, eclipsed the hurdles mark, finishing in 13.41 to Brown's runner-up time of 13.59. The meet record was 13.74.

Brown, who coaches at Briar Cliff College in Sioux City, Ia., won the meet for Woodside. With three firsts and a second, she accounted for all 38 of the Wildcats' points. Compton and Locke tied for second with 36 apiece.

"It looked like Compton was going to overtake us," recalled veteran Woodside coach Jim Luttrell. "They were favored in the (1,600) relay and all they had to do was finish in the top four to have enough points for the team title."

As the Woodside contingent watched in the stands with little hope, Compton dropped the baton.

"That gave us the championship, but we didn't celebrate at the time," Luttrell re-

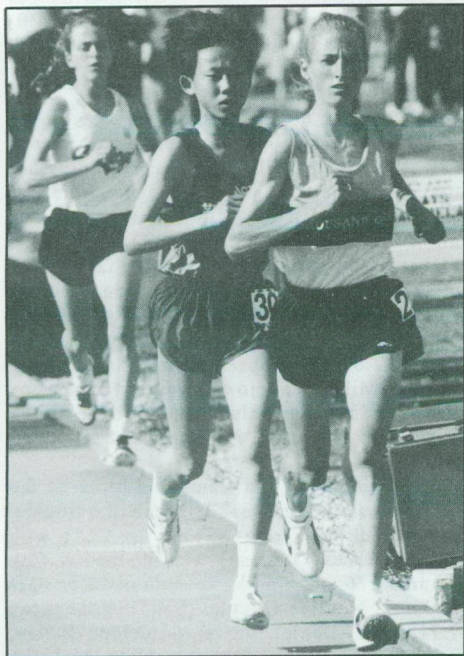


National Record Holder - Suzy Powell of Downey High School in Modesto is the national record holder in the discus (188-4). photo by Don Gosney, Fine Flicks.

called. "We were sitting right in the middle of the Compton section."

Gwen Loud is the only female athlete to win four gold medals at a state meet. She finished first in the 100- and 220-yard runs and anchored the 440 relay team to victory while helping lead Westchester to the team title in 1979, the last year the state meet running events were measured in yards.

"I'm shocked and also honored to learn I'm the only female to win in four events at a state meet," said Loud-Johnson, married to Eddie Johnson, a former professional



Leading the Way - Kim Mortensen of Thousand Oaks High School is the national record holder in the 3200 meters (9:48.59). photo by Bill Cockerham.

football and basketball player. "I would have thought that someone like Marion Jones, Wendy Brown or Gail Devers would have accomplished that.

"Having won the same events in 1979 that Marion did her senior year, I guess you might say I was the Marion Jones of my era."

Loud-Johnson, a self described full-time mom in Cerritos who coached track at UC-Irvine, Long Beach State and Fresno City College, said she admires Jones.

"I'm her biggest fan," said Loud-Johnson, who hopes to return to coaching. "I believe she'll be the first woman to exceed 25 feet (in the long jump). And it wouldn't surprise me if she wins five gold medals in 2000. She's scary."

Another amazing story in state meet history is the Howard sisters. Not only Denean and Sherri, but also Tina and Artra. In 1979, the only year they were together at

Championship Trio - Kristin Heaston, Suzy Powell and Marion Jones are pictured (left to right) above. All three were California state champions who were members of the US Junior National Team in Souel, Korea in 1992.



San Gorgonio, the four sisters combined to win the mile relay in a state meet record time of 3:44.05. They also would probably have won the 440-yard relay had they not dropped the baton.

Loud-Johnson remembers the moment well as the anchor runner for Westchester.

"We knew we would have to run the perfect race just to have a chance to beat the Howard sisters ... they were an awfully fast foursome," Loud-Johnson said. "I remember looking back and seeing our third runner, Debbie Hawes, coming at me with a big smile. I knew something had happened to the Howards and that we were going to win."

Interestingly, had San Gorgonio won the race, that would have prevented Loud from being the only four-time winner at a state meet.

Sherri Howard won the 440 and finished second to Loud in the 100 at the 1979 state meet, and Denean Howard placed third in the 440.

Artra Howard graduated in 1979, and a family move led to the other sisters transferring to Kennedy of Granada Hills the following school year. At the spring of '80 state meet, Sherri won the 200 meters and finished second in the 100, Denean won the 400, and the threesome ran on Granada Hills' winning 400 and 1,600 relay teams.

At the 1981 meet, Denean won the 200 and was second in the 100, Tina placed second in the 400, and the two remaining sisters were on winning Granada Hills 1,600 relay team.

In 1982, Sherri, the last of the Howards, nearly pulled off a difficult state meet triple within an hour. In the 100, she finished second in 11.70, a hair behind Gervaise McGraw (11.69) from Ganesha of Ponomo. In the next 48 minutes, she won the 400 and 200.

"I ran club track with the Howard sisters," Loud-Johnson said. "They were awe-

some athletes who were coached by their father, Eugene. The family was real nice."

Only two athletes are four-time winners in one event ... Jones in the 100 and 200, and Natalie Kaaiawahia (Fullerton) in the shot put from 1980-83. That exclusive club will probably be joined this weekend by Placer (Auburn) senior Lindsay Hyatt, riding a string of three consecutive 800-meter titles.

Kaaiawahia, Brown and Juliana Yendork, who won the long jump and tripl jump titles from 1989-92, each have six state meet titles, second on the all-time list to Jones.

The oldest state meet record for girls belongs to the 1981 Berkeley 400 relay team of Tanaya King, Sharon Ware, Robyne Johnson (assistant coach at Cal) and Nedrea Rodgers. Their time: 45.13.

Among other super state meet sprinters from the past are a pair of Angelas ... Burnham and Williams ... the only two female athletes to win five state meet titles. Burnham, who ran four years at Rio Mesa prior to Jones' arrival, won the 100 in '86, '88 and '89, and probably would have won it as a sophomore had she not been injured. Williams (Chino) won the 100, 200 and long jump last year as a senior, the 100 in 1997, and the 400 as a freshman.

An athlete in the running to become the first to win four straight 1,600 and 3,200 runs is Sarah Bei (Montgomery, Santa Rosa), who won both events last June as a freshman. She also is a two-time state cross country champion. Bei will be challenged by some quality runners Saturday, including late-blooming San Lorenzo Valley sophomore Alejandra Barrient in the 1,600.

The CIF state meet continues to draw the very best. What follows is a look at the best five individual performances at a state meet.

Continued on page.....46

Long Beach Poly Boys' in Hunt for Third Straight Team Title

By Doug Speck
California Track and Running News

Wow! One of the highlights of any prep sports year is the California State High School Track and Field Meet. Just look through the National Records listed in today's program. The names of the best athletes ever produced by U.S. High Schools are dominated by the Golden State.

The success and history of these stars are just a reminder of this most anticipated athletic event we are all lucky to be attending this weekend here at Hughes Stadium in Sacramento. Anyone here two years ago will never forget the St. Bernard Girls group who became U.S. prep history's first ever 400 meter relay group ever under 45 seconds with a wholesale destruction of the former high school record in the very first event of our inspirational state meet finals, with no one within a half a second of their 44.70 to this date.

Sit back, we have some great team struggles described below with a ton of great athletes in every event with these two afternoons and evenings of action certainly a highlight of anybody's sports viewing year.

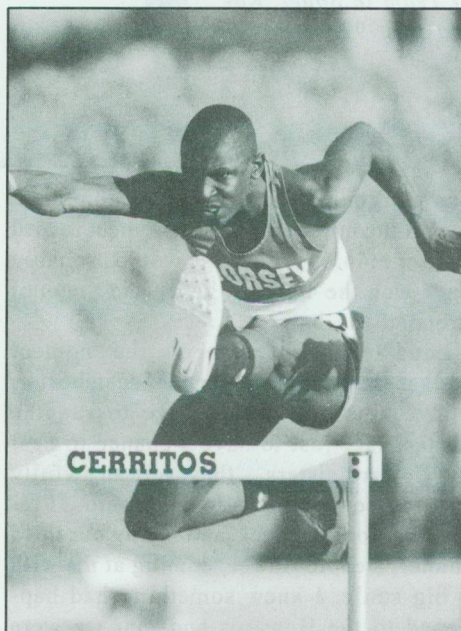
Boys' Teams/Events

The balance of team and individuals in the sport of Track and Field creates an interesting blend. Outstanding individuals compete along with those from teams in sufficient number to possibly snare the team title to give the weekend an interesting ebb and flow of individual and team fortunes that add a special backdrop to our viewing.

This year on the boys' side it appears that Coach Don Norford's Long Beach Poly (SS) team is in the driver's seat, with a squad attempting to win its third consecutive title, and give Norford a total of six team titles on the male side since 1992.

Whew, as the 1980's were the decade of Coach Kye Courtney and Hawthorne, the 90's will be remembered as the Long Beach Poly decade. However, the Jackrabbits do have to get out on the track this weekend and they will face fierce competition. Vallejo (Sac Joaquin Section) has great relay teams, and solid individuals in Rico Hatter and Giovanni Miles, with Dorsey (LA) and Chino relay teams and individual athletes in a number of events that are capable of totalling a good number of points. With Southern Section teams rarely going through meets with Qualifying one day and Finals the next, the state meet is always a particularly challenging setting for teams that need to depend on solid performances from a number of athletes to pull a win off. We will see, and it will be a lot of fun!

The name of the game in the sport is speed! Long Beach Poly is a model urban high school, hoping to book end the school year with a State Cross-Country title in the Fall and a Track and Field win here where the scoring emphasis will be a few miles short of the 5000 meters that



One Last Hurdle to Clear -- Terry Ellis of Dorsey is a top contender in the 110 and 300 hurdles. photo by Kirby Lee.

Harrier group traveled in competition in Fresno.

Kareem Kelly and Darrell Rideaux are the Jackrabbit leaders this spring. Between them they form the best 1-2 sprint punch ever at a California high school. Kelly rocketed 10.30w and 20.61w to win the Southern Section titles last week, with Rideaux 10.30w and 20.73w next. It took a microscope to separate the duo in the 100, with 40.14 (#3 All-Time Team in U.S. Prep History!) and 3:13.76 relays wins that brought in other talented Jackrabbit stars. Rideaux took the State 100 title last year and was third over 200, with Kelly setting a new state meet record 20.76 with his 200 title, so the experience is there. Heats and finals over two days are tough here, but if the act holds together at all Poly should go home with the boys' team plaque for the third year in a row.

Warren Rogers (Serra, Gardena-SS) was third to the Poly duo last week at 10.36w and 20.91w, with 10.42 and 20.88 wind legal clockings two weeks back, and a fifth here over 200 meters last year.

With their wind-legal bests, Rogers (2nd 200, 3rd 100), Rideaux (6th 100 and 10th 200), and Kelly (5th 200) sit high on the U.S. yearly national lists, with the possibilities for some great sprinting in a stadium that through the decades has seen some of history's top dash action, High School through Olympic level. Claude Melvin (Brea, Brea-Olinda-SS) 10.40w and Micheal Mitchell (Paramount-SS) 20.98 (that won over over Kelly and Rideaux over 200

meters two weeks back), can also fly.

LA City Champ Machtier Clay (Carson) was fourth in the 100 at State last June, with Atari Callen (De La Salle, Concord-NCS) seventh, and Lamont Long (University City, San Diego) ninth. James Johnson (Tulare Western-CE) looked good in a Section 21.49 200 win, with Larry Miles (Crawford, San Diego) 21.44 and Haddon Weatherbourne (Dorsey, LA) 21.45 probably in the medal hunt somewhere.

Over one lap, 400 meters, Blaine Bussey (Taft, Woodland Hills-LA) has been very hot lately, with the third place finisher from last June's State affair down to 46.3 this year, the nation's number two prep clocking. He has a number of timings under 47.0 in the last month, with a 46.97 to take the LA City title. Michael Mitchell (Paramount-SS) was 47.54 to take the Southern title, with Gus Ezell (Roosevelt, Fresno-CE) 47.67 in an upset Central Section win. Giovanni Miles (Vallejo-SJ) won out of lane one over a top field that included most all the state's top runners at Arcadia in April, and ran 47.70 last weekend.

Vallejo is one of the teams that lurks in the wings should Long Beach Poly run into trouble. Travon Walton (Chino-SS) has run 47.41, with Raheem Barnes (Gardena) winning the LA City title in 47.76 and placing seventh place at state last June. Maurice Douglas (San Diego) has run 47.71, with Daniel Mentu (Antelope Valley, Lancaster) 47.77, and Reginal Allen (McLane, Fresno-CE) 47.7 under 48.0.

In the 800 meters Chris Burns (Ontario-SS) is the top placing returnee from the State Meet, with a field-leading 1:53.72 clocking this year. Sean Ricketts (Rancho Bernardo, San Diego) 1:54.11, Jared Emmons (Vista-SD) 1:54.20, and Nick Thornton (Rancho Buena Vista, Vista-SD) 1:54.50 have toughened up racing each other in San Diego. Brandon Shaw (Rancho Verde, Moreno Valley-SS) 1:54.36, Andre Young (Marshall, LA) 1:54.52, Ben Armal (Damien, La Verne-SS) 1:54.74, and Stephen Nestinger (Santa Clara-CCS) 1:54.86 are others under 1:55.0. D.J. Ozan (Del Mar, San Jose) has run 1:55.19 and was eighth in State last year.

The 1600 and 3200 meter events are shaping up very nicely! In the four lap run, Justin Willingham (Beyer, Modesto-SJ) has patiently come back from mid-season illness difficulties to blaze 4:12.25 in the Sac Joaquin Section Meet, with Evan Fox (West Hills, Santee-SD) edging Marcus Chandler (Serra-SD), 6th last year at State, 4:13.10-4:13.50 in San Diego. Fox leads the State with one of the nation's top ten times of 4:11.68 from two weekends ago. James DeBruhl (Chino-SS) was very impressive in his solo 4:13.42 Section win, showing 48 second 400 meter speed and a wicked kick that could win it all with good positioning. Josh Roddy (Manteca-SJ), missed Cross-Country due to injury, wowed the section crowd with a 4:13.70 behind Willingham. Ryan Mack (Ukiah-NCS) was eighth in this meet last year, with Andre Young (Marshall-LA), the LA City champ

at 4:17.55, ninth.

The 3200 has become very exciting lately! Southern Section juniors Augie Escobar (Villa Park) and Josh Spiker (Ventura) battled to an amazing finish a week ago, with Escobar recording an 8:56.23-8:56.66 win for the nation's top two times! With six underclass athletes in this field under 9:15, this weekend and the next year could be very exciting in the distances! Oswaldo Pina (Lakewood-SS) is the nation's fastest soph off his 9:05.57 last week, with Jose Herrera (Loara, Anaheim-SS) the top returnee from last year in this meet, in seventh last June, with 9:10.47 in qualifying. Marcus Chandler (Serra) nipped Matt McInvale (Ramona) 9:11.40-9:13.10 in San Diego, with Ben Morales (San Benito, Hollister) 9:14.95 in winning the CCS. David Ulibarri (Sierra, Manteca-SJ) showed a dangerous kick earlier in the season in his 9:13.70 best, with Jason Finch (Granite Hills, El Cajon-SD) 9:14.03 and Fernando Cabada (Buchanan, Clovis-CE) 9:14.39 challenging the top pack.

In the 110 Meter High Hurdles defending Champ Marcell Allmond (St. Paul, Santa Fe Springs-SS), probably the nation's top all-around prep athlete, raced 13.68w to take fast-rising Christian Rhodes (Loyola, L.A. 13.77w) in his section finals. Charles Ryan (McClymonds, Oakland) has run 13.88 with a fine seasonal record. LA Dorsey stars Greg Lee (14.01 4th State 98) and Terry Ellis (14.14 98 State runner-up), and Rico Hatter (Vallejo-SJ) (14.03) have strong seasonal records. 1998 State fifth place finisher Terry Jenkins (Muir, Pasadena-SS) looked sharp in a 14.01w Section Finals run.

The 300 Meter Intermediate Hurdles feature an interesting story from Muir's Terry Jenkins. Two weeks ago he nearly went to his knees while staggering over the final hurdle in the Southern Section divisional meet, barely making the State Qualifying competition with a lane nine seed. Given a reprieve, he was off to the races last week, never seeing anyone or looking back on the way to a flawless 37.16 state leading effort. Marcell Allmond (St. Paul, Santa Fe Springs-SS) has run 37.20 with a great season in both hurdles, and Rico Hatter (Vallejo-SJ) at 37.52 have very solid credentials. Tony Golston (Point Loma-SD) surprised with his 37.40 Section Finals win, with Bruce Giron (Monte Vista, Danville-NCS) a solid season to back up his 37.72 Section finals championship.

The Relays often tell the tale of the team championships at this level. Many times a top team has come in smoking and a slight injury or dropped baton totally turning over the apple cart and sending the prognosticators back to the drawing board.

Long Beach Poly (SS) meets the competition "heads-up" here, with U.S. Prep History #3 clocking ever in the 400 relay (40.14) a week ago that took down Hawthorne's All-Time State best of 40.24 from 1989! Poly was 3:13.76 in the 1600 baton event last weekend to lead the rank list for this competition. Super sprinters Kelly and Rideaux lead Poly who obviously looked very sharp last weekend! Vallejo (SJ) raced 3:13.61 to win at Arcadia against the Poly #1 team, with Coach Mike Wilson's team spread across the board in a number of events should Poly falter a bit here as a team or in the individual events!

Vallejo is 41.16 in the short stick run, with Dorsey 41.10 to win the LA Finals, and a dangerous University City (San Diego) team 41.24 in edging San Diego 41.25 in their Section Finals run. Gardena (LA) was 3:14.08

in the 4x400 to nip Dorsey 3:14.66 in the LA City Finals. A warm Saturday evening in Sacramento (our weather prayers have started!) could lift us out of our seats with either the 400 meter stick event first on the program and/or send us home with a warm glow after the final four lap baton race!

No seven-footers thus far this year. Athletes seem to enjoy this facility, so maybe Gabe Zarate (Parlier-CE), who leads the state at 6-11.25, and won at his Section Finals at 6-10, will glide over 7-0. During a checkered career he has cleared as high as 7-02, but this is his first state meet ever. He has the ability to arch over the bar like few athletes ever so keep an eye on him.

Challengers include Jeremy Richards (Righetti, Santa Maria-SS), who improved to 6-10 to win the Southern title a week back, Preston Norman (Rancho Verde, Moreno Valley-SS), who has been over 6-10 in his first year in the sport, Kevin Weaver (McKinleyville-NCS) Section champ with a 6-10 clearance, LA City winner Fernando Lopez (Taft, Woodland Hills) with a best of 6-10, and San Diego Champion Jason Gatewood (Rancho Buena Vista, Vista-SD) is a section winner who comes in at 6-09.

In the Pole Vault the State has one 16-footer, with Sam Boswell Covina (SS) adding an inch to his seasonal best with a 16-01 Section Finals win. Boswell was third in last year's State Meet one place behind Brandon Braunstein (Newark-NCS) 15-10 and 15-06 thus far this season. Jason Lueck (St. Ignatius, San Francisco-CCS), Logan Odden (Marina, Huntington Beach-SS), and Adrian Carbajal (Mt. Pleasant, San Jose-CCS) have all cleared 15-07 and are from solid field event programs. Southern Section stars Jeff Ryan (Huntington Beach), Dustin Morrison (Alta Loma), and Troy Becker (Malibu) have all cleared 15-06 this year. Adam Giovanetti (Lemoore-CE) has a 15-01 best, with Sac Joaquin stars Eldwin Chappel (Modesto), and Tung Nguyen (Bear Creek, Stockton) adding personal best 15-0 clearances in their Section Finals.

The Boys Long and Triple Jump have showed steady development, with five 24-0 Long Jumpers and five 48-0 Triple Jumpers. Oliver Jackson (Royal, Simi Valley-SS) has topped all comers all season long with a 24-04.75



Two-Time Titlist -- Sara Bei of Montgomery Santa Rosa is the defending champion in the 1600 and 3200 meters. photo by Kirby Lee

seasonal best (#6 mark in nation), with his first loss coming last week in the Section Finals. Robert Kennedy (El Camino, Sacramento-SJ), 24-05w (23-10 wind legal) was second to Jackson in their only meeting, with his best coming last week in area qualifying. Super soph, Paul Brown (Sierra, Tollhouse-SJ), has a 24-04.75w best and strong competitive record, with Tony Allmond (St. Paul, Santa Fe Springs) 23-10.25 (24-02.5w) the Southern Section winner last week. Vince Ibia (Silver Creek, San Jose) has been out to 24-03w with another strong competitive record. Jarius Ellis (Blair, Pasadena-SS) 23-11w, Michael Mitchell (Paramount-SS) 23-09.75w, and soph Chris Morgan (Taft, Woodland Hills-LA) 23-09w were strong in Section qualifiers a week ago. Improved Foluso Akinradewo (Clovis West, Fresno-CE) helped his team win the Section title with his come-through 49-03 effort (#10 prep mark nation 1999) in the Triple Jump to lead the field. Vince Ibia (Silver Creek, San Jose) 48-05.75 (49-03w) is also very strong here, with Kyle Carano (Hoover, Fresno-CE), at 48-07 having a great season so far. Derrick Wells (University, LA) 48-05w, Tony Ortiz (Helix, La Mesa-SD) 48-01.5, Royce Jennings (Bakersfield-CE) 47-10, Rodney Woods (Littlerock-SS) 47-08.5w, and Robert Nunn (Gahr, Cerritos-SS) 47-08.5 with seasonal results indicating medal possibilities.

In the weight events it has been a super year. Luke McKay (Hughson-SJ) has thrown 62-09 in the Shot and 203-10 (#2 nationally) in the Discus. Luke and was the 1998 State runner-up in the Discus and trails only Joe Weber (Pacific, San Bernardino-SS) (63-11) on the yearly State shot list (McKay was 6th in the State Shot last year). Bernard Grady (Scripps Ranch, San Diego) has been very consistent in the Shot (61-06.5), with Josh Robb (Shasta-No) (61-02) winning over team-mate Greg Huston (61-05 seasonal best) for that treasured single spot out of the Northern Section. Sam Lightbody (Huntington Beach 60-08.25 SP and 195-11 DT #7 nationally) has had a fine spring and will be a threat in both events. 1998 State Discus placers Dam Ames (El Capitan, Lakeside-SD) 4th last year, with 192-00 99 best, and Tim Adrian (Moorpark-SS 184-00 99 best, 5th in 98, will be dangerous. Darrell Barnett (Leuzinger, Lawndale-SS) was an impressive 186-06 in his Section, with Travis Pendleton (Esperanza, Anaheim-SS 183-07), Jerome Stevens (Rio Mesa, Oxnard-SS 183-01), and junior Rusty Price (Atwater-SJ) 182-00, also solid. 1998 State Shot Put Finalists Rodney Leisle (Ridgeview, Bakersfield-CE 58-11 4th 98) and Peter Bjorkland (Los Altos-CCS 60-11 9th 98) will be competitive once again in the Shot Put. These will be two dynamite events!

Girls Teams/Events

Coach Terry Kennedy of Long Beach Wilson who tied with cross-town rival Long Beach Poly last year for the title, hopes to win his first outright title since 1996 this weekend. With a fine group of seniors, Joni Smith, Latrice Borders, and Kim Gildersleeve, on their "farewell tour," a group of athletes who have probably accounted for more national indoor and outdoor relay records than any in U.S. prep history, Coach Kennedy hopes the individual and relay blend of this group, along with super soph Lashinda Demus, can bring home a team win. Long Beach Poly (SS) has two good relay squads, with some good veteran individuals such as

Detra King (300LH) and Blessing Ufodiama (Triple Jump). JW North (Riverside) has Sprinter Tracee Thomas, Hurdlers Nichole Denby and April Holliverse, Discus Thrower Carri Soong, and two good relays. San Lorenzo (NCS) and Skyline (Oakland-OK) are prominent in a couple of areas should any of the above falter seriously.

California's group of Girl sprinters have continued to improve all spring, with a flock of young flyers emerging to press senior stars Tania Woods (Skyline, Oakland) and Latrice Borders (Wilson, Long Beach-SS). Tania (7th 100 State 98 and 3rd 200) leads the State over 100 meters at 11.56 (#3 nationally) and 23.62 (also #3 in country), with Borders (5th in State last year over 100 and 200 meters) 11.72 and 24.06, both times among the top dozen in the entire nation. However, it has become crowded at the top, as junior Sani Roseby (Monterey-CCS) and a group of ninth and tenth graders are showing no respect at all! Roseby has raced 11.71 and 23.92, ranking among the country's top ten in both events, with Latalia Goins (International Studies, San Francisco) the nation's fastest frosh (and #4 overall) at 100 meters at 11.69! Soph 400 meter star Monique Henderson (Morse, San Diego) is #5 nationally over 200 meters at 23.84 (23.38w). Soph Porchea Carroll (Rio Mesa, Oxnard) is #5 nationally over 100 meters at 11.70 (11.51w) and 23.80w over 200. Goins is not the only "super-frosh," with Tracee Thomas (North, Riverside-SS) 11.58w (11.89) and 23.20w (24.08) and late-season emergence of Angel Perkins (Gahr, Cerritos-SS) 11.69w-23.68w the top two 200 meters seeds this weekend off their wind-aided Southern Section clockings. Rometra Craig (Mitty, San Jose-CCS) was 11.76w in the Section Finals behind Roseby, with Sierra Hauser-Price (Notre Dame, Sherman Oaks-SS) 11.81 and 24.16 (24.06w), timewise among the top twenty in the nation at this point. This is a lot of good people on the track at once! There is going to be great sprint action here, the potential for more depth than ever seen at the State Meet level!!!

The 400 meter event will feature a match-up that many have waited months for. Monique Henderson (Morse, San Diego) took last year's State title and had a seasonal best of 52.93, one of the fastest frosh times ever run! Nakiya Johnson (Ayala, Chino Hills-SS) was second in State, then continued amazing improvement into the summer, where she ended up second in the World Junior (under 20) Championships in France in 52.09. The 52.09 makes her the number ten U.S. High School performer ever, with improvement from up around 57 the year before marking her as the nation's most improved prep athlete during the 1998 year. Henderson and Johnson bring slightly different tools to the table, with Henderson blazing speed, 11.71 100m and 23.84 200m bests, with a 23.38w 200 meter time run with a barely wind-aided 2.1 meter per second breeze the top high school time run in the entire nation this year. The taller Johnson exudes total power as she drives through the one lap event. Henderson has raced 52.91 this season with Johnson 53.02 to rank 1-2 nationally at this point of the season. How each approaches the final will be very interesting to observe. It should be noted that Johnson has never beaten Henderson in high school competition. Laloni Anderson (Westchester) has run 54.00 (#5 time nationally) with the LA City title, with Joni Smith (Wilson, Long Beach-SS 3rd State 98) 54.05 last week (#6 in U.S.). Improving Aisha Margain

(San Lorenzo-NCS 5th State 98) was an area winner at 54.90, with Central Coast Section titlest Maggie Vessey (Soquel) 55.32 and Quiana Webb (Morningside, Inglewood-SS) 55.43 last weekend.

A bit of State history can take place this weekend over 800 meters. Lindsay Hyatt (Placer, Auburn-SJ) leads the nation last year and this (2:06.39 and 2:07.29), with an attempt by the local star to join all-time prep greats Marion Jones (100 meters 1990-93) and Natalie Kaaiawahia (Shot Put 1980-83) in being the only California female athletes to win an event each of the four years of their high school years! With over three seconds on the field coming into this weekend a bit of history is truly possible here for the charming Sac Joaquin Section athlete. Katie Hotchkiss (Mission San Jose, Fremont-NCS) 2:10.91, Liz Morse (Corona del Mar, Newport Beach-SS) 2:11.28, Katie Scarlett (Woodland-SJ 5th '98 State) 2:11.36, Kim Gildersleeve (Wilson, Long Beach-SS 2nd State 98) 2:11.66, Spring Dawson (Vallejo-SJ) 2:11.69, Jessica Marr (Hayward-NCS) 2:11.78, and Camille Dredge (Torrey Pines, Encinitas) 2:11.79 are all seasoned two laps stars. Frosh stars Shannon Rowbury (Sacred Heart Cathedral, San Francisco-CCS) 2:13.30 and Jenny Aldridge (Maria Carrillo, Santa Rosa-NCS) 2:13.46 shocked with their Section Finals improvement, and Arlene Bledsoe (Poly, Long Beach-SS) 2:12.73 was third at State last year at 2:11.05, but get ready to celebrate Hyatt's success at the end of this event.

In the recent tradition of Julia Stamps, Kristen Gordon, and Kim Mortensen, California distance runners are the nation's tops! History will hold true here, with great groups in the 1600 and 3200! Spectacular soph, Sara Bei (Montgomery, Santa Rosa-NCS), was a double winner last year in these two events, with 4:55.58 and 10:28.75 in qualifying, but she will face some stern competition. Some wicked finishers lurk in the wings! National 1600 meter leader (4:47.94) Alejandra Barrientos (San Lorenzo Valley, Felton-CCS) amazed at the early April Arcadia Invitational, racing 65 seconds for final 400 and 31 for the final half lap, showing finishing quickness unseen lately since National Mile Record Holder Polly Plumer (University, Irvine) from the early 1980's. Lauren Fleshman (Canyon, Canyon Country-SS) went an unpressed 67 for the final 400 during her nation-leading 10:21.36 3200 at Arcadia, with a 65.6 final lap in her 10:33.58 Section winner last weekend. How the above mentioned athletes approach the tactics in their events will be very interesting to watch, with one wondering how the Bei-Montgomery camp will deal with challengers who appear quicker in the finishing sprint. There is back-up here also. Sophomore Angela Sanchez (Capuchino, San Bruno-CCS) was 4:51.97 (nation's #4 clocking of year!) and 4th here last year behind Barrientos' 4:50.05 in the CCS Meet, with Spring Dawson (Vallejo-SJ 3rd State 98 1600) 4:55.76 and Julie Komosinski (Torrey Pines, Encinitas) 4:56.43 also among the nation's top twenty over four laps. Anita Siraki (Hoover, Glendale-SS) is the country's #7 3200m runner at 10:30.81, with Katie Brizgys (Palo Alto-CCS 2nd 98 State) 10:35.44 in the top dozen. Other potential high placers are Lauren Gustafson (Mills, Millbrae-CCS) 10:40.52, Courtney Baird (Helix, La Mesa) 10:41.88, improving Alex Guerrero (Hughson-SJ) 10:45.76, and we cannot forget Miss Consistency in the big meets, Trina Cox (Santa

Rosa-NCS), third in last year's State meet and 10:46.35 last week.

The Hurdle events are dynamite in 1999! Lashinda Demus (Wilson, Long Beach-SS) put it all together in the Section Finals in the 300 Meter Lows, blasting a 40.4 clocking that is the number three High School clocking ever behind a couple you may know, Golden Staters Leslie Maxie 40.18 and Janeene Vickers 40.26, with the 40.4 a new National Soph class record. Nichole Denby (JW North, Riverside-SS) is number two nationally in the 100 Meter Hurdles (13.87), with a short career in the longer barrier event already having her down to 42.08 (#3 in the country!). Nichole was runner-up to Natasha Neal in the 100 Meter Hurdles at State last year. Demus was 13.93w in chasing the 13.54w of Denby in the Southern Section Finals, with the duo, along with April Holliverse (JW North, Riverside-SS 14.05w), North Coach Charles Leathers' latest utterly amazing tale of development in a short time, all thinking "team-team-team" as they focus on these races. Dana Bethel (Mission Viejo-SS 6th State 1998 100mH 14.11 nation's #2 soph), and quick improving Latoya Phillips (Mitty, San Jose-CC) 14.18w will press for high placings in the short Hurdles race, with Detra King (Poly, Long Beach-SS 3rd 98 300mLH) among the nation's top ten in there at 42.3. Becky Rauth (Harvard-Westlake, North Hollywood-SS) 43.49, Daneeka Torrey (Taft, Woodland Hills-LA) 43.74, and Danielle Perry (Murrieta Valley-SS) 43.94 have run below 44 seconds in the longer event.

Relays will be hot!! San Leandro (NCS) leads the nation in the 400 Meter race with their 45.95, with Long Beach Wilson (SS) narrowly missing their National Record 1600 meter record set in last year's State Meet with a 3:37.31 Section run! Long Beach Poly, #3 in the nation at 46.24, will press San Leandro in the short event. In case you are wondering what happened to Wilson (LB) here, their 46.04 squad dropped the baton in Section qualifying. JW North (Riverside-SS) 46.65, surprising Mitty (San Jose-CCS) 46.84, Skyline (Oakland-OK) 46.91 are among the nation's top twenty teams with Poly, North, and Skyline all having some mathematical chance at the team title should Long Beach Wilson self-destruct along the way. Nice to have meaning to the events! In the longer event Long Beach Poly has run 3:46.06 (nation's #4 clocking), with San Lorenzo (NCS) 3:48.41, Ayala (Chino Hills-SS) 3:48.43, Taft (Woodland Hills-LA) 3:48.64, Morningside (Inglewood-SS) 3:49.92, and Westchester (LA) 3:49.65 all among the nation's top twenty squads. Others in the field can run under 3:50, but the main team champion candidates, Wilson and Poly (Long Beach), San Lorenzo, and North (Riverside) should all be here on Saturday night! In the High Jump, great all-around star Ann-Marie Turpin (Simi Valley-SS) reached 5-10.5 last week, making her the nation's #4 prep performer for the year. A flock of jumpers will chase her. Susan Schaap (Yreka-No 5th State 98), Michelle Mahlke (Marymont, L.A. 8th 98 state), Edison (Huntington Beach-SS) freshman twins Bianca and Rachael Ziemann, Cynthia Mallory (Milpitas-CCS), Kim Stone (York, Monterey-CCS), and Spring Harris (St. Mary's, Berkeley-NCS) have all cleared 5-08 lately with good competitive seasons to match! Schquay Brignac (Cleveland, Reseda-LA) was fourth at State last June, with Aoife Keane (St. Ignatius, San Francisco-CCS) fifth, and Nikki Avery

A Rarity -- Triple Individual Event Champions in the Same State Meet

By Nelson Tennis, *Founder Cal-Hi Sports*

Last year's championships saw Angela Williams from Chino win three individual events at a state meet. Williams won the 100, 200 and long jump, matching the 1993 performance of the incomparable Marion Jones of Thousand Oaks.

The first triple champion was Harry Lamport for Los Angeles Manual Arts way back in 1916 at the second state meet. Lamport won the low hurdles (220 yards), high hurdles (120 yards) and long jump while leading Manual Arts to the team title.

He was the sole member of this exclusive club until 1927 when Glendale junior Frank Wykoff came along. That's when Wykoff won the state meet championships at 100 yards, 220 yards and in the long jump as Glendale won the team title.

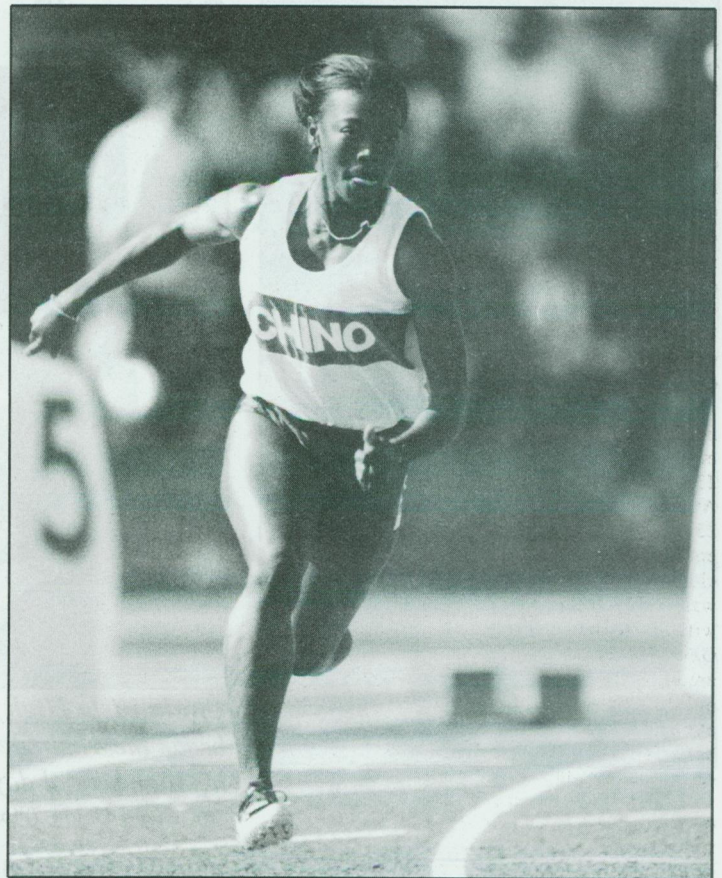
Wykoff was the best California high school sprinter up to that time and, although he only repeated as state champion in the 200, Wykoff went on to win a Gold Medal in the 400 meter relay at the 1928 Olympic Games as a 19-year-old high school senior. He also won Olympic Gold in that event in 1932 and 1936.

It wasn't until after World War II that the next triple occurred, in 1947 by and athlete from Los Angeles Washington. Football fans know him as a pro football Hall of Famer, former San Francisco 49er halfback "Hurryin" Hugh McElhenny. But, in 1947, McElhenny led Washington to the state team title while winning the low hurdles (180 yards), high hurdles (120 yards) and long jump.

He had help, though, as Washington junior Bob Cameron won the shot put. Cameron was also the quarterback on Washington's 1947 undefeated football team that featured McElhenny at fullback and which is regarded by many as having been the state's best team for that season (McElhenny was a mid-year grad so 1947 was his senior season of track).

The fourth triple was by prep phenom Jerry Proctor of Pasadena Muir in 1967. Proctor was the nation's first prep to reach 26-feet in the long jump and in the 1967 state meet, won that event, the high hurdles (120 yards) and the low hurdles (180 yards). Yes, Muir won the team title.

It was the girls' turn to shine in 1979 as Gwen Loud from Los Angeles Westchester won the 100 yard, 220



Triple Champ - Angela Williams of Chino High School was the last athlete to win three titles at one state meet. In all, eight athletes have accomplished this rare feat. photo by Kirby Lee.

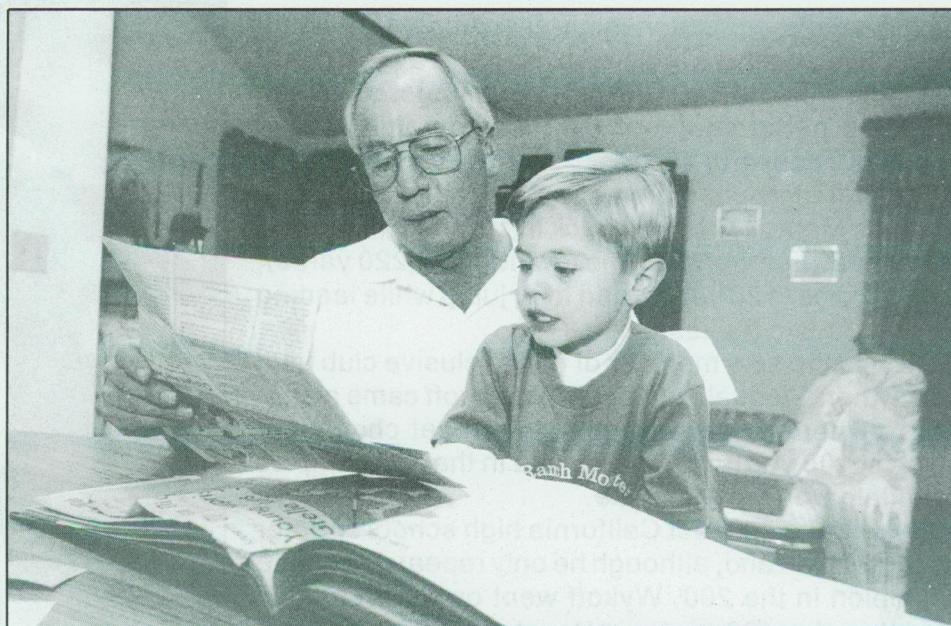
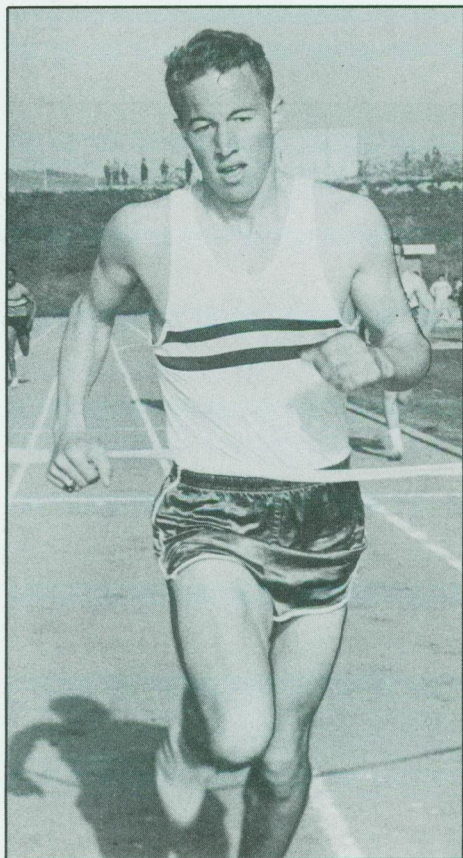
yard and long jump events at that sixth girls' state meet in leading Westchester to a team title.

The 1984 state meet not only had the next triple winner, but nearly had a quadruple winner. Woodside's Wendy Brown recorded a unique -- long jump, triple jump, high jump -- triple and also finished second in the 100 meter hurdles while scoring all of her team's 38 points. She needed all those points, too, as Woodside edged second place Compton and Los Angeles Locke by two point for the team title.

The last two triples were by the previously mentioned Marion Jones and Angela Williams. But unlike the first six, their schools didn't win the team title. They did even up the triples, though -- four for the boys and four for the girls.

The 4-Minute Mile Barrier Remembered

Jim Ryun was the First High School Athlete to the Mark, But Can You Name the Second?



Chula Vista High Standout - Jim Danielson was the second high schooler to break the 4-minute barrier running a 3:59.4 in 1966. Pictured to the left in his high school days and shown (right) today with his son. Photo courtesy of the San Diego Union Tribune. Photo with his son by Fred Greaves.

By Steve Brand
San Diego Union Tribune

Chances are very good that if you want to win a bar bet, ask the following question:

"Only three high school runners have ever broken the magical 4-minute mile barrier. Name them?"

Most sports fans will recognize Jim Ryun, the Kansas schoolboy sensation who dipped under 4 minutes five times, starting as a junior in 1964 and finishing with a 3:55.3 his senior season.

Ryun went on to set three world records, including the mile, and run in two Olympic Games, winning the silver medal in the rarified altitude of Mex-

ico City in 1968.

Most track fans can name Marty Liquori, the New Jersey flash who more than three decades ago became the final prep to crack the barrier, running 3:59.8 in 1967. He was also an Olympian.

But who was the second? Here's where you win the big bucks.

Answer: Chula Vista High's Tim Danielson, who in 1966 ran 3:59.4.

It would be hard to say Danielson was buried in obscurity. Not in 1966, he wasn't. Starting with cross country, Danielson did not lose a high school race his senior season.

Eight times he clocked a 4:08.2

or faster, including some scorching races in meaningless dual meets. He won the California state title two years in a row, setting a record 4:07.0 his senior season.

He might have captured the 2-mile title, too, except back then runners could not compete in two events over 440 yards. Possessing 1:53.2 half-mile speed, only one other runner was mentioned in the same breath as Danielson in 1966, and that was Spokane's Rick Riley.

When the two lined up side-by-side at the San Diego Invitational after graduation, they were expected to decide once and for all who would be the high school mile king.

Most everyone considered a sub-4 minute mile, however, out of the question.

"I expected to break 4 minutes," said Danielson, now 51, who for more than 25 years has quietly worked at Chemtronics in El Cajon following running careers at BYU and San Diego State.

"I'd run 4:06.2 (in the CIF-San Diego Section finals), but I never had any competition after the first few steps. You can't do it alone.

"I wasn't even sure I could get in the race. Then, you had to be sanctioned by the state CIF, and if you didn't, you'd be banned. They came through with the sanction."

Running easily and kicking so hard he nearly caught world-class runners Dave Bailey and Neill Duggan, Danielson finished fourth behind Jim Grelle's 3:55.0.

Almost immediately, officials on the field relayed the news to the announcer. His time was 3:59.4 -- the crowd went wild.

"When they read my time, I was in shock," said Danielson. "I was confident I could do it, but I was still surprised it was that fast. I felt so good I could have run another one."

The fans would not let Danielson get away that easily. Normally the top three finishers were honored at a victory stand ceremony, but this time they insisted Danielson join the group.

"I wasn't exhausted after the race. I might have been tired, but I was so happy I didn't notice it. I wanted to be the best."

As it turns out, Danielson would also be a significant part of the last prep sub-4 minute mile a year later.

At the Modesto Relays, he toed the line against a youngster named Marty Liquori. Knowing Danielson had run under 4 minutes before, Liquori stuck to the then-BYU freshman until the fi-

nal 60 yards, then inched past him.

Liquori was well back in the placings, but he ran his 3:59.8 to Danielson's 4:00.1.

A string of events finally led to Danielson leaving track behind.

As a freshman, the NCAA rules at the time prohibited him from running with the varsity, so again he had little competition except in the big invitational and relay meets.

"When they read my time, I was in shock. I was confident I could do it, but I was still surprised it was that fast. I felt so good I could have run another one.

"I wasn't exhausted after the race. I might have been tired, but I was so happy I didn't notice it. I wanted to be the best."

At that time, he met his future wife. Since he wasn't Mormon, he finally decided it would be best to return to San Diego.

Although Danielson went on to break the 4-minute barrier again, he realized he couldn't support a family running track, so, with no regrets, he left the sport behind.

He abandoned running altogether until 1978 when he entered a 10,000-meter road race just for the fun of it. He finished 14th.

Danielson does have some strong opinions as to why it has been 32 years since a high school runner has broken the 4-minute barrier.

He looks at the times of today's high school runners -- who

rarely run the mile, since it was replaced by the 1,600 in 1980 -- and feels the lack of opportunity is only one reason no one has approached the 4-minute barrier.

"We trained harder," says Danielson. "We had two-a-days and often would throw in a third. There isn't the same work ethic now as there was then. And the training techniques are different -- we did a lot of speed work, a lot of sprints.

"The world record in the mile when I ran was 3:54. We were running under 4 minutes in high school. Now the world record is 3:44.39, but no one in high school is approaching 4 minutes."

Maybe in Africa, but not in the United States.

Danielson can't fathom the reason for such a huge gap between high school and world-class milers, but at a recent event, he discovered his fame lives on.

The return of indoor track to San Diego after a 14-year absence this January was marked by the introduction of area residents who made history in their day. Athletes like Montreal Olympic long jump gold medalist Arnie Robinson (Morse High) and former world triple jump record-holder Willie Banks (Oceanview High).

Prior to the invitational mile, Danielson was introduced. He received a standing ovation.

"I was really touched by the response of the crowd," said Danielson. "Afterward, on the way home, I got choked up. My oldest son was there, and he'd never seen me run. He was very impressed."

Much as the 10,231 were impressed with Danielson 33 years earlier.

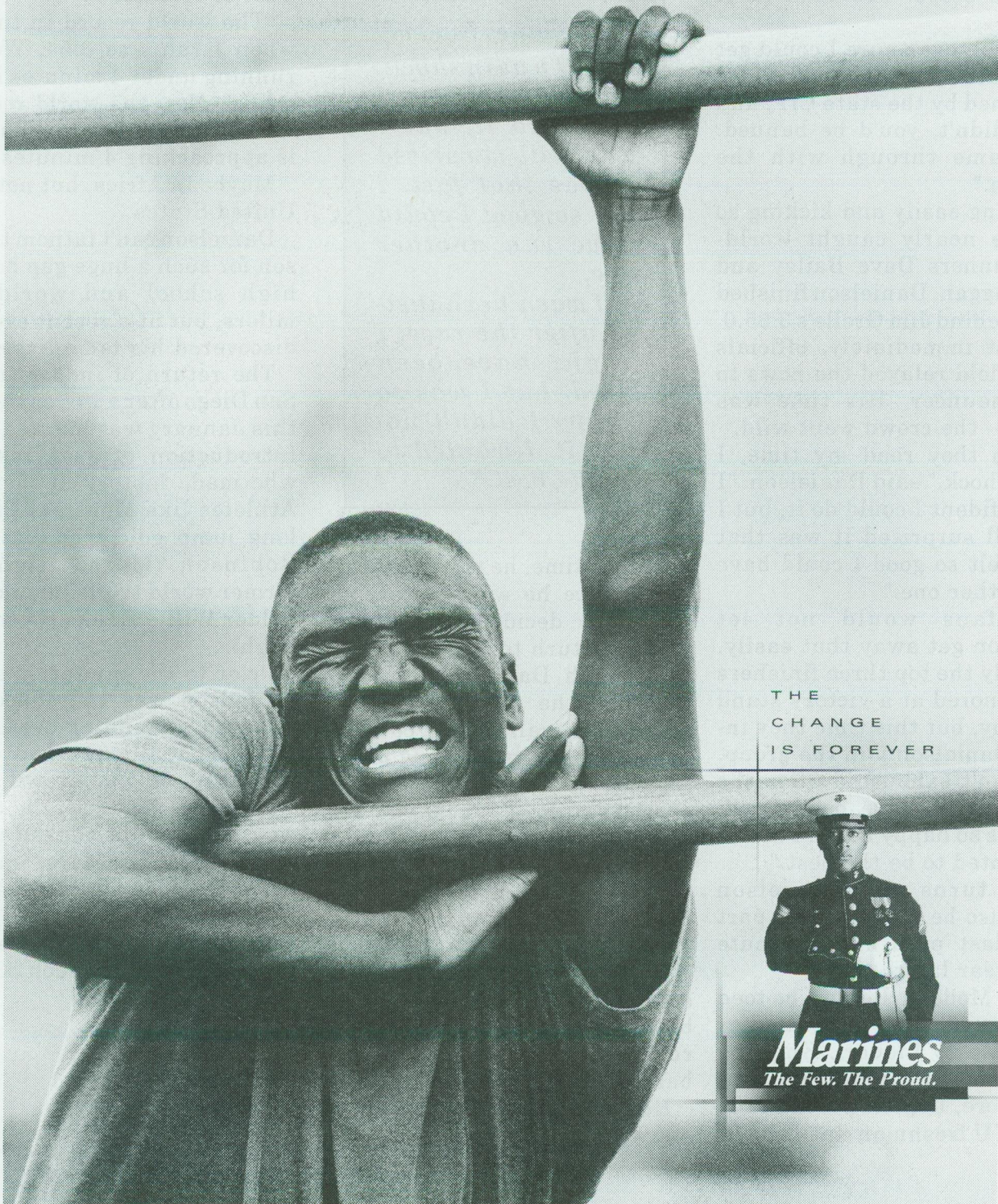


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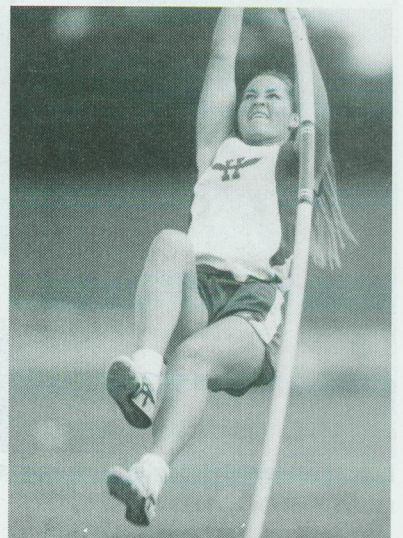
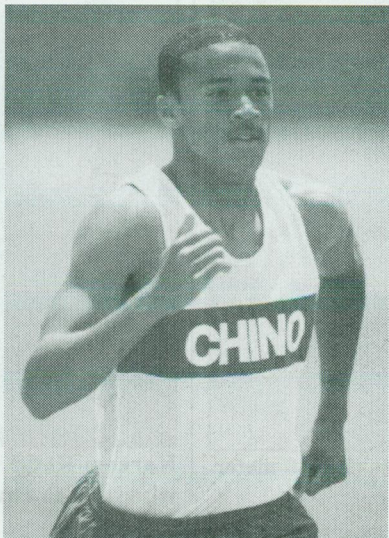
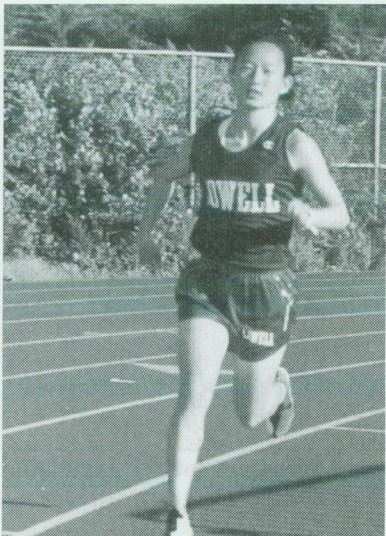
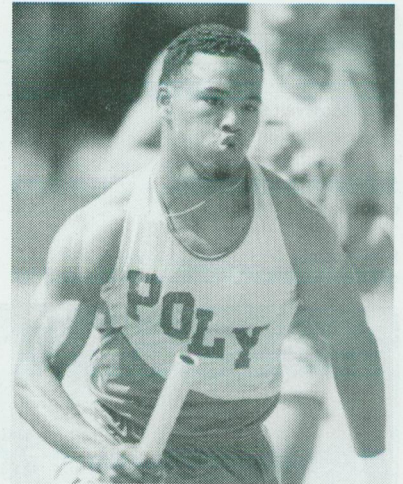
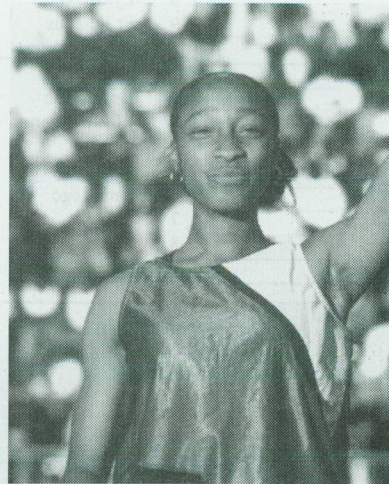
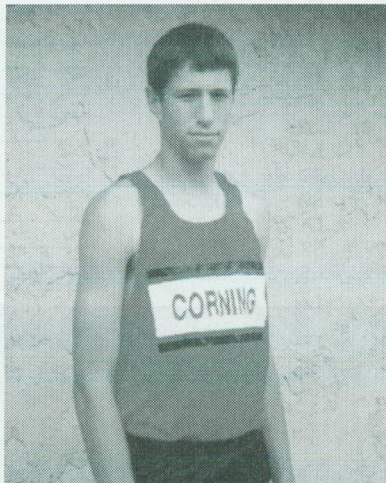
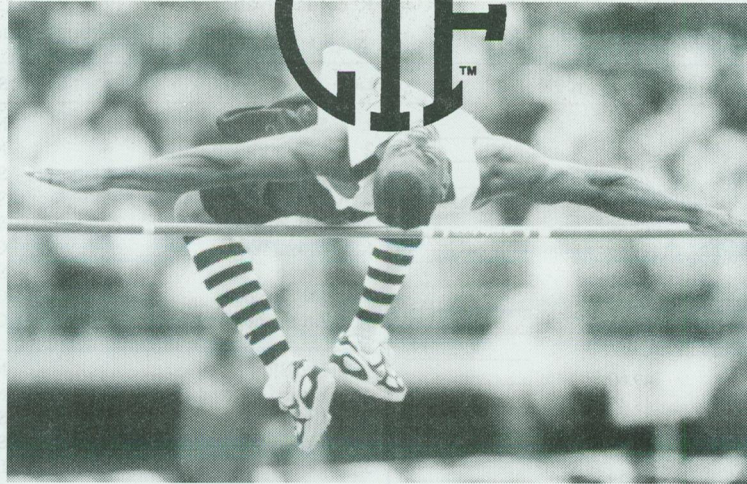
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CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 400m RELAY

Prelims: 5:00 p.m. - Fri. Final: 6:00 p.m. - Sat.

Records - National: 44.70 St. Bernard (Playa del Rey, CA) 1997
State: 44.70 St. Bernard (Playa del Rey, CA) 1997

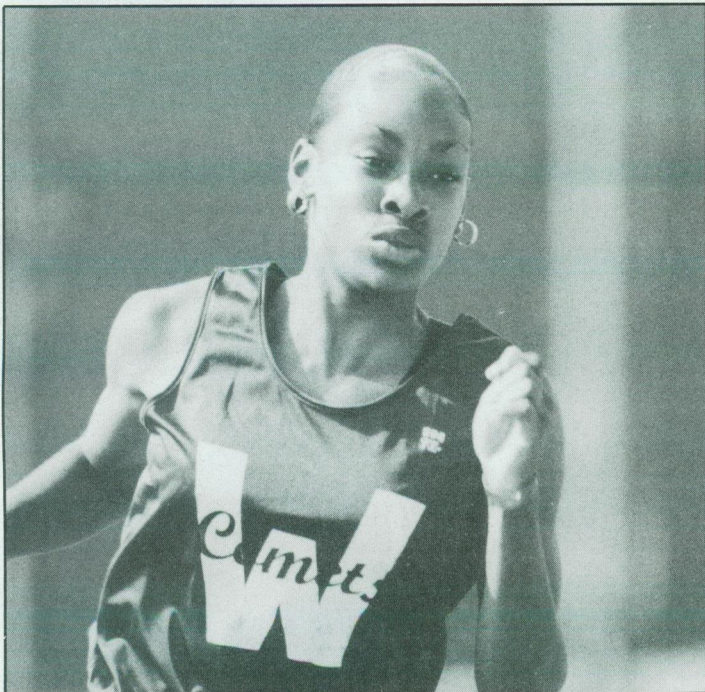
Lane	School	Sect.	Sect. Mark	Pos	Place	Mark
1	Monte Vista	SD	49.12			
2	Canyon Springs	SS	48.56			
3	EL Cerrito	NC	48.11			
4	Menlo	CC	47.38			
5	L.B. Poly	SS	46.24			
6	Bishop O'Dowd	NC	47.28			
7	Rancho Verde	SS	47.91			
8	Clovis West	CE	48.44			
9	Mt. Miguel	SD	49.12			
1	Pleasant Valley	NO	49.60			
2	Laguna Creek	SJ	48.45			
3	St. Francis	CC	48.14			
4	James Logan	NC	47.48			
5	San Lorenzo	NC	46.54			
6	J.W. North	SS	47.12			
7	Muir	SS	47.90			
8	Dorsey	LA	48.34			
9	Rancho Bernardo	SD	48.79			
1	Burton	SF	52.02			
2	Roosevelt	CE	48.61			
3	Birmingham	LA	48.17			
4	Westchester	LA	47.50			
5	Archbishop Mitty	CC	46.84			
6	Skyline	OK	46.91			
7	Vallejo	SJ	47.87			
8	Foothill	CE	48.37			
9	Kennedy	SJ	48.65			

BOYS 400m RELAY

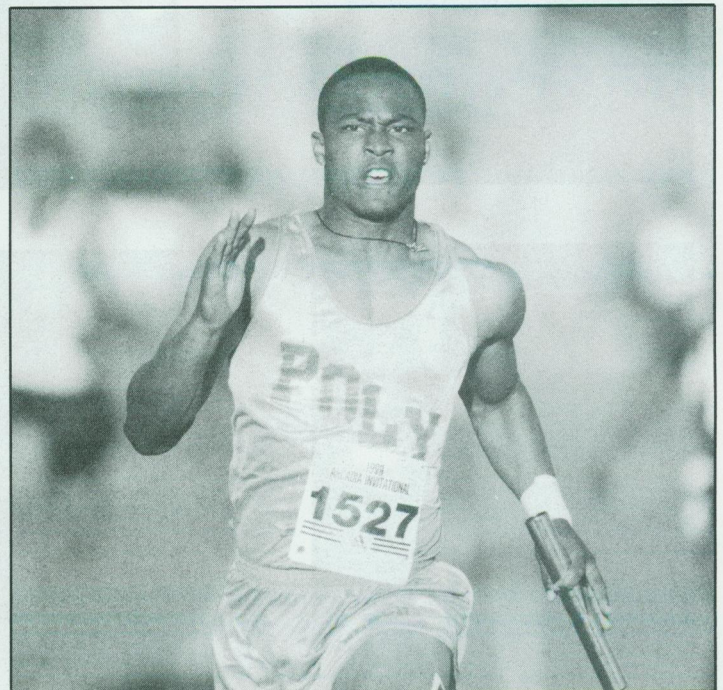
Prelims: 5:12 p.m. - Fri. Final: 6:08 p.m. - Sat.

Records - National: 39.76 Fort Worth O.D., Wyatt, TX 1998
State: 40.35 John Muir (Pasadena, CA) 1997

Lane	School	Sect.	Mark	Pos.	Place	M
1	San Leandro	NC	42.81			
2	St. Mary's	NC	42.06			
3	Kennedy	SJ	41.95			
4	Serra	SS	41.49			
5	L.B. Poly	SS	40.14			
6	Clovis West	CE	41.41			
7	Morse	SD	41.79			
8	Mc Clymonds	OK	42.02			
9	Archbishop Riordan	CC	42.65			
1	Red Bluff	NO	42.82			
2	Bishop O'Dowd	NC	42.19			
3	Laguna Creek	SJ	41.96			
4	Vallejo	SJ	41.65			
5	Dorsey	LA	41.10			
6	Edison	CE	41.35			
7	A.B. Miller	SS	41.88			
8	Lynwood	SS	42.04			
9	St. Ignatius	CC	42.59			
1	Mc Ateer	SF	44.55			
2	De LaSalle	NC	42.22			
3	Menlo Atherton	CC	41.98			
4	Taft	LA	41.69			
5	University City	SD	41.24			
6	San Diego	SD	41.25			
7	Gardena	LA	41.71			
8	Morningside	SS	42.06			
9	Tulare Union	CE	42.34			



Laloni Anderson leads Westchester's title hopes in the 400 meter relays. photo by Kirby Lee



Kareem Kelly is one of many speedsters for the Jackrabbits who look to challenge for a third straight team title. photo by

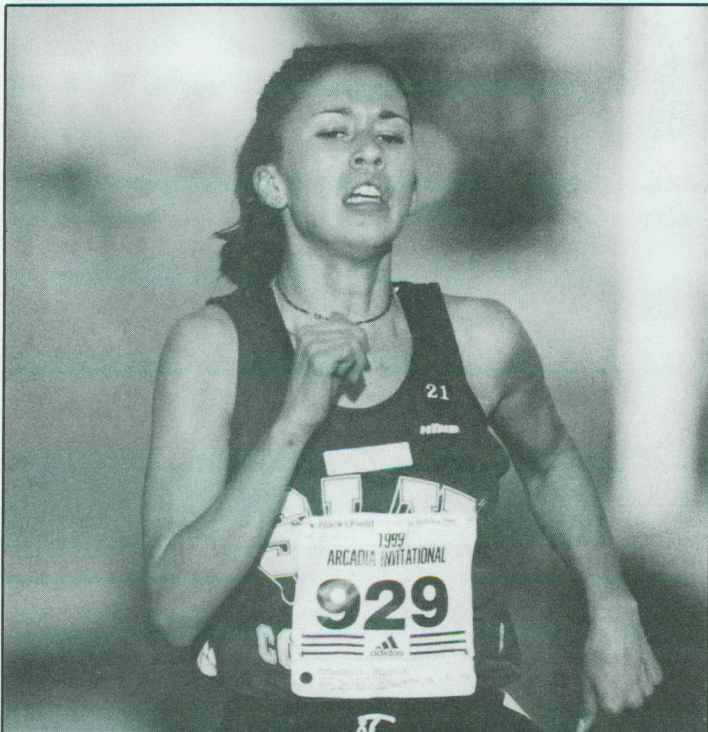
CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 1600m RUN

Prelims: 5:24 p.m. - Fri. Final: 6:17 p.m. - Sat.

Records - National: 4:39.40 Laura Matson (Bloomfield Hills, MI) 1991
State: Polly Plummer (University, Irvine) 1982

Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1	Tiffany Burgess	12 Birmghm	LA	5:06.00		
2	Desiree Davila	10 Hilltop	SD	5:04.70		
3	Cosette Smith	11 Mira Costa	SS	5:03.23		
4	Ali Nicolas	11 Lincoln Sac.	SJ	4:59.62		
5	Alejandra Barriento	10 San Lor. Valley	CC	4:50.05		
6	Spring Dawson	11 Vallejo	SJ	4:55.76		
7	Amber Steen	10 Newport Harbor	SS	5:01.83		
8	Rosanna Kirkendall	11 Lancaster	SS	5:04.62		
9	Meghan Andrade	12 Carondelet	NC	5:05.37		
10	Laurel Weil	10 El Molino	NC	5:12.27		
11	Natalie Stein	10 North Hollywood	LA	5:12.61		
12	Lindi Bedke	09 Centennial	CE	5:19.34		
13	Kelly Ortlieb	09 Foothill	NO	5:26.96		
1	Chrisie Gregory	12 Clovis	CE	5:06.97		
2	Allison Hill	09 Rancho Bernardo	SD	5:05.10		
3	Tessa Cendajas	12 Ayala	SS	5:03.75		
4	Robyn Stevens	10 Vacaville	SJ	5:00.04		
5	Angela Sanchez	10 Capuchino	CC	4:51.97		
6	Sara Bei	10 Montgomery	NC	4:55.58		
7	Valerie Flores	11 San Pedro	LA	5:01.25		
8	Julie Komosinski	10 Torrey Pines	SD	5:04.40		
9	Kristin Cohoon	9 Chadwick	SS	5:05.77		
10	Kim Nebeker	12 Milpitas	CC	5:08.49		
11	Kira Morser	12 SN Fmcs	NC	5:13.59		
12	Michi Hirakawa-Wong	10 Lowell	SF	5:18.75		
13	Corina Mendoza	11 Sangel	CE	5:28.88		
14	Karen Chan	12 Oakland	OK	6:08.14		



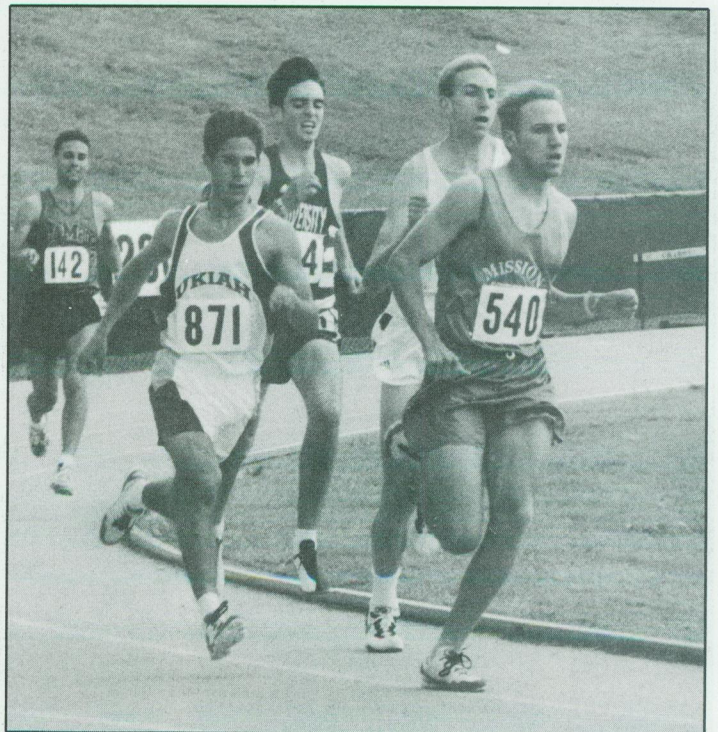
Alejandra Barriento of San Lorenzo is one of the top contenders for the 1600 meter title. She ran a 4:50.05 at the Central Coast Section finals. photo by Kirby Lee

BOYS 1600m RUN

Prelims: 5:38 p.m. - Fri. Final: 6:28 p.m. - Sat.

Records - National: 3:58.30 Paul Vandergrift, Conshohocken Archbishop Kennedy, PA 1987
State: 4:04.00 Michael Stember (Jesuit, Carmichael) 1995

Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1	Luis Moreno	12 Santa Maria	SS	4:20.78		
2	Bruce Hancock	12 Costa Mesa	SS	4:20.50		
3	Andre Young	12 Marshall	LA	4:17.55		
4	Josh Roddy	12 Manteca	SJ	4:13.71		
5	Justin Willingham	12 Beyer	SJ	4:12.25		
6	Marcus Chandler	12 Serra	SD	4:13.50		
7	Ryan Mack	12 Ukiah	NC	4:15.48		
8	Zach Zrdell-Smith	11 San Leandro	NC	4:20.41		
9	Richard Silva	11 Bell Garden	SS	4:20.77		
10	Jeff Wilson	12 Bellarmine	CC	4:21.46		
11	Jorge Banuelos	12 Venice	LA	4:21.66		
12	John Petersen	10 Bakersfield	CE	4:25.38		
13	Jin Daikoku	10 Lowell	SF	4:26.87		
1	Josh Campbell	11 North Monterey	CC	4:21.39		
2	Ryan Bousquet	11 Esperanza	SS	4:20.57		
3	Sergio Campos	11 Marshall	LA	4:19.07		
4	Justin Neuroth	11 Vista	SD	4:15.40		
5	Evan Fox	11 West Hills	SD	4:13.10		
6	James Debruhl	12 Chino	SS	4:13.42		
7	Chris Lanese	11 Moreau Catholic	NC	4:15.45		
8	Donovan Jones	12 Livermore	NC	4:19.88		
9	Salvador Garcia	12 Los Banos	SJ	4:20.58		
10	Ben Morales	11 San Benito	CC	4:21.44		
11	David Avila	12 Anderson	NO	4:22.26		
12	Daniel Avila	11 Reedley	CE	4:25.18		
13	Moses Avila	12 Reedley	CE	4:28.54		



Ryan Mack of Ukiah ran a 4:15.48 at the North Coast Section finals.

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 100m HH

Prelims: 5:55 p.m. - Fri. Final: 6:45 p.m. - Sat.
 Records - National: 13.23 Dominique Calloway (Lake'wood, CO) 1996
 State: 13.23 Nicole Hoxie (JW North, Riverside) 1997

Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1	Michelle Cook	11 San Ramon	NC	15.98		
2	Spring Harris	12 St. Mary's	NC	15.46		
3	Tiara Anderson	12 West Valley	NO	14.92		
4	Rita Forte	12 Webb	SS	14.28		
5	Nichole Denby	11 JW North	SS	13.54		
6	Undine Becker	10 Mt. Pleasant	CC	14.23		
7	Dee Scott	12 South	CE	14.91		
8	Ashanti Ellis	09 Skyline	OK	15.37		
9	Stephanie Cowling	11 Benicia	NC	15.95		
1	Chandellera Whitlo	10 Westchester	LA	16.33		
2	Candace Clark	10 Lincoln Stockton	SJ	15.50		
3	Lacy Turner	11 Dos Palos	CE	15.12		
4	Tamara Gulley	11 Oak Grove	CC	14.36		
5	Lashinda Demus	10 LB Wilson	SS	13.93		
6	Dana Bethel	10 Mission Viejo	SS	14.19		
7	Simone Brooks	12 Berkeley	NC	14.82		
8	Maggi Escudero	12 El Capitan	SD	15.35		
9	Porsche Kelly	12 Mt. Miguel	SD	15.89		
1	Roshena Duree	09 Burton	SF	16.51		
2	Brynne Steward	09 Cleveland	LA	15.50		
3	Beyonka McDowell	11 Vallejo	SJ	15.16		
4	Mandi Ruziecki	12 Tehachapi	CE	14.74		
5	April Holliverse	12 JW North	SS	14.05		
6	Latoya Phillips	11 Archbishop Mitty	CC	14.18		
7	Deneeka Torrey	11 Taft	LA	14.82		
8	Melissa Ferguson	12 Dixon	SJ	15.30		
9	Catie Coin	11 Rancho Bernardo	SD	15.85		



Lashinda Demus leads Long Beach Wilson's title hopes. Demus figures to be challenged by the likes of Nichole Denby (JW North) in this event. photo by Kirby Lee

BOYS 110m HH

Prelims: 6:10 p.m. - Fri. Final: 6:55 p.m. - Sat.
 Records: - National: 13.1 Dennis Brantley, Houston Worthing, TX 1980
 State: 13.41 Steve Kerbo (Mission Viejo) 1982

Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1	Jeffrey Hunter	10 Granite Hills	SD	15.10		
2	Bobby Salimi	11 Rancho Bernardo	SD	14.72		
3	Chris Morgan	10 Taft	LA	14.52		
4	Marcus Taylor	12 Ganesha	SS	14.18		
5	Marcell Allmond	12 St. Paul	SS	13.68		
6	Terry Ellis	12 Dorsey	LA	14.14		
7	Greg Lee	12 Dorsey	LA	14.50		
8	Jesse White	12 Fresno	CE	14.71		
9	Daveed Diggs	11 Berkeley	NC	14.94		
1	None					
2	Quaintis Cann	12 St. Mary's	NC	14.77		
3	Ronnie Grant	11 Mt. Pleasant	CC	14.55		
4	Ben Clark	12 Lincoln Stockton	SJ	14.22		
5	Christian Rhodes	12 Loyola	SS	13.77		
6	Rico Hatter	12 Vallejo	SJ	14.13		
7	Joe Mealy	12 Selma	CE	14.47		
8	Sylvester Okeke	12 West	CE	14.64		
9	Bruce Giron	12 Monte Vista	NC	14.91		
1	Erik Allen	11 Mission San Jose	NC	15.38		
2	Jeff Lewis	12 Anderson	NO	14.84		
3	Alex Ware	12 Los Altos	CC	14.58		
4	Ahmad Wright	12 Kennedy	SS	14.29		
5	Charles Ryan	12 McClymond	OK	14.01		
6	Terry Jenkins	12 Muir	SS	14.03		
7	Tony Golston	11 Point Loma	SD	14.31		
8	Greg Ross	11 Sheldon	SJ	14.60		
9	Justin Scott	11 Independence	CC	14.90		



Marcell Allmond is the favorite in this event after a sizzling 13.68 at the Southern Section finals. photo by Kirby Lee

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 400m DASH

Prelims: 6:24 p.m. - Fri. Final: 7:03 p.m. - Sat.

Records - National: 52.39 Denean Howard (Kennedy, Gran. Hills, CA) '82
State: 52.39 Denean Howard (Kennedy, Gran. Hills, CA) 1982

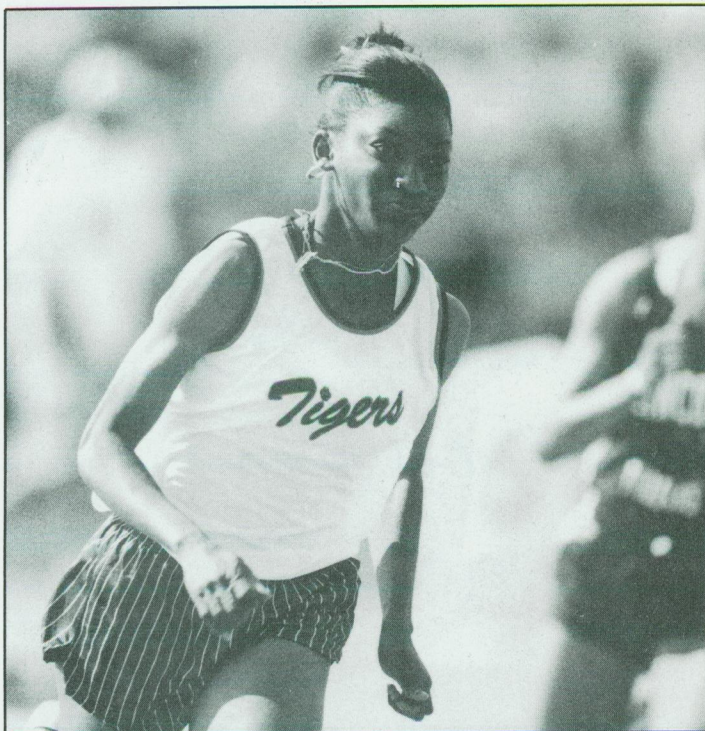
Pos.	Name	Gr.	School	Sect.	Sect. Mark	Place	Mark
1	Laura Landry	09	Rancho Bernardo	SD	57.98		
2	Denniece Cuthbert	12	Newark Mem.	NC	57.25		
3	Amber Taylor	12	North Monterey	CC	56.57		
4	Quiana Webb	11	Morningside	SS	55.43		
5	Monique Henderson	10	Morse	SD	53.07		
6	Maggie Vessey	11	Soquel	CC	55.32		
7	Heather Murtaugh	12	San Ramon	NC	56.50		
8	Kori Hamilton	11	St Lucy's	SS	57.21		
9	Tiffany Smith	12	Taft	LA	57.51		
1	Gigi Mendola	11	Birmingham	LA	58.02		
2	Amber Newsome	12	Stockdale	CE	57.43		
3	Ocie Parks	10	Fremont	OK	56.61		
4	T'Carra Penick	10	San Lorenzo	NC	55.69		
5	Nakiya Johnson	12	Ayala	SS	53.68		
6	Aisha Margain	11	San Lorenzo	NC	54.90		
7	Jasmine Washington	12	St. Igantius	CC	56.34		
8	Shante Winters	10	Woodcreek	SJ	57.02		
9	Luci Downey	12	Orange Glenn	SD	57.56		
1	Molly Sinson	10	Red Bluff	NO	58.79		
2	Jini Hogg	12	ISA	SF	57.50		
3	Tiffany Brown	09	Ridgeview	CE	56.65		
4	Chloe Jarvis	11	St. Francis	SJ	55.96		
5	Joni Smith	12	LB Wilson	SS	54.05		
6	Laloni Anderson	10	Westchester	LA	54.80		
7	Sheena Goss	11	Laguna Creek	SJ	56.18		
8	Terrylah Woods	11	Edison	CE	57.01		
9	Raven Hebert	12	Santa Ana Valley	SS	57.59		

BOYS 400m DASH

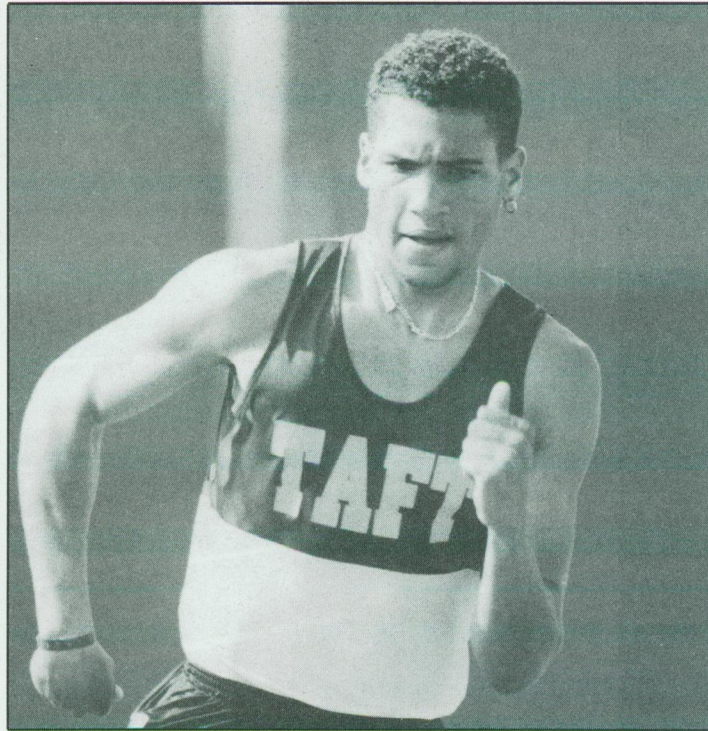
Prelims: 6:36 p.m. - Fri. Final: 7:10 p.m. - Sat.

Records - National: 45.25 Calvin Harrison (North, Salinas, CA) 1993
State: 45.25 Calvin Harrison (North, Salinas, CA) 1993

Pos.	Name	Gr.	School	Sect.	Sect. Mark	Place	Mark
1	Brandon Kyse	12	Cardinal Newman	NC	49.67		
2	Denye Versher	11	St. Mary's	NC	48.93		
3	Daniel Mentu	12	Antelope Valley	SS	48.33		
4	Reginald Allen	11	McLane	CE	47.91		
5	Blaine Bussey	12	Taft	LA	46.97		
6	Raheem Barnes	12	Gardena	LA	47.76		
7	Anthony Davis	11	Los Banos	SJ	48.13		
8	Brian Vernon	12	Gardena	LA	48.76		
9	Matt Beckstead	11	Rancho Bernardo	SD	49.59		
1	Joe Ernst	12	Red Bluff	NO	49.86		
2	Benyam Mulugeta	12	Palo Alto	CC	49.02		
3	Maurice Washington	12	McClymond	OK	48.25		
4	Brandon Matlock	11	Stockdale	CE	48.07		
5	Michael Mitchell	12	Paramount	SS	47.54		
6	Travon Walton	11	Chino	SS	47.74		
7	Jesse Carney	11	El Camino	SJ	48.12		
8	Kimani Lovan	12	St. Mary's	NC	48.64		
9	Juan Cruz	11	Palma	CC	49.51		
1	Daryl Terrell	10	Mc Ateer	SF	50.40		
2	Nick Affleck	12	Soquel	CC	49.10		
3	Jay Hackett	12	Morse	SD	48.41		
4	Derek Johnson	11	Ndm Riv	SS	48.01		
5	Gus Ezell	12	Roosevelt	CE	47.67		
6	Giovanni Miles	12	Vallejo	SJ	47.70		
7	Maurice Douglas	12	San Diego	SD	48.07		
8	Chris Massey	12	Valley VW	SS	48.44		
9	Quentin Acosta	11	Amador VA	SS	49.38		



Monique Henderson of Morse High School in San Diego is the favorite in the 400 meter dash. photo by Kirby Lee



Blaine Bussey ran a 46.97 in the LA finals. He will also be a main cog for Taft's relay teams. photo by Kirby Lee

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 100m DASH

Prelims: 6:48 p.m. - Fri. Final: 7:17 p.m. - Sat.

Records - National: 11:14 Marion Jones (Thousand Oaks, CA) 1991

State: 11:14 Marion Jones (Thousand Oaks, CA) 1991

Pos.	Name	Gr.	School	Sect.	Mark	Place	Mark
1	Autumn Wright	11	El Capitan	SD	12.47		
2	Latalia Goins	09	ISA	SF	12.20		
3	Jamara Smith	12	James Logan	NC	12.05		
4	Sierra Hauser-Price	10	Notre Dame	SS	11.84		
5	Sani Roseby	11	Monterey	CC	11.50		
6	Rometra Craig	11	Archbishop Mitty	CC	11.76		
7	Tiffany Bennett	11	Centennial	CE	12.02		
8	Adrena Williams	11	James Logan	NC	12.20		
9	Erin Reed	11	Taft	LA	12.45		
1	Decola Groce	12	Morse	SD	12.49		
2	Deneeka Torrey	11	Taft	LA	12.34		
3	Erin Dangerfield	12	Bishop O'Dowd	NC	12.07		
4	Halima Decree	11	Foothill	CE	11.87		
5	Porchea Carroll	10	Rio Mesa	SS	11.51		
6	Latrice Borders	12	LB Wilson	SS	11.70		
7	Tori Respass-Parson	11	Menlo	CC	11.96		
8	Alexis Weatherspoon	10	Grant	LA	12.16		
9	Ordenda Talton	12	Vallejo	SJ	12.42		
1	Kameelah Allen	11	Mt. Miguel	SD	12.60		
2	Niki Avery	11	Lemoore	CE	12.36		
3	Reshundra Smiley	10	Ceres	SJ	12.07		
4	Tania Woods	12	Skyline	OK	11.92		
5	Tracee Thomas	09	JW North	SS	11.58		
6	Angel Perkins	09	Gahr	SS	11.69		
7	Anita McCallum	12	San Lorenzo	NC	11.96		
8	Melinda Smedley	12	Lincoln Stockton	SJ	12.08		
9	Kelli Enos	10	Willows	NO	12.39		



Sani Roseby of Monterey figures to get stiff competition in this event from the likes of Porchea Carroll and Latrice Borders.

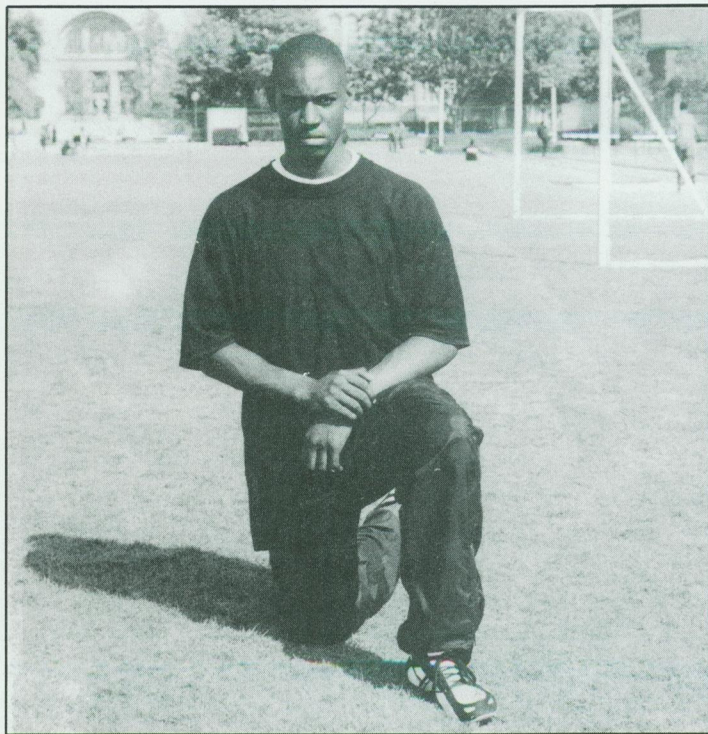
BOYS 100m DASH

Prelims: 7:00 p.m. - Fri. Final: 7:23 p.m. - Sat.

Records - National: 9.9h Henry Neal (Greenville, TX) 1990

State: 10.30 Riley Washington (Southwest, San Diego) 1992

Pos.	Name	Gr.	School	Sect.	Mark	Place	Mark
1	Jon Davis	12	Bishop O'Dowd	NC	11.08		
2	Chad Seiler	11	Clovis West	CE	10.99		
3	Burnell Jordan	12	Locke	LA	10.93		
4	Stephen Hayes	11	University City	SD	10.85		
5	Kareem Kelly	12	L.B. Poly	SS	10.30		
6	James Johnson	12	Tulare Wt	CE	10.82		
7	Khari Jones	11	Gunn	CC	10.92		
8	Lamont Long	11	University City	SD	10.97		
9	Luiz Mello	12	Redwood	NC	11.06		
1	D.J. Williams	11	De LaSalle	NC	11.08		
2	Hashim Cooper	11	Herlong	NO	11.02		
3	Lamont Walker	12	Lincoln Stockton	SJ	10.94		
4	Derrick Burks	11	Kennedy	SJ	10.86		
5	Darrell Rideaux	12	L.B. Poly	SS	10.30		
6	Marshall Johnson	12	Ndm Riv	SS	10.44		
7	Louie Garrett	12	Edison	CE	10.92		
8	Hung Nguyen	12	Silver Creek	CC	10.95		
9	Rashad Allen	12	McClymond	OK	11.05		
1	Steven Tate	09	Lincoln	SF	11.32		
2	Atari Callen	12	De La Salle	NC	11.03		
3	Julian Foster	12	Wood	SJ	10.94		
4	Machtier Clay	12	Carson	LA	10.90		
5	Roger Warren	11	Serra	SS	10.36		
6	Claude Melvin	11	Brea	SS	10.40		
7	Jason McMillan	11	Fremont	LA	10.90		
8	R.J. Oliver	11	Escondido	SD	10.95		
9	Vince Barrientos	11	Palma	CC	11.04		



Machtier Clay ran 10.90 at the LA finals and could challenge Kareem Kelly and Darrell Rideaux for the title here.

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 800m RUN

BOYS 800m RUN

Prelims: 7:12 p.m. - Fri. Final: 7:30 p.m. - Sat.

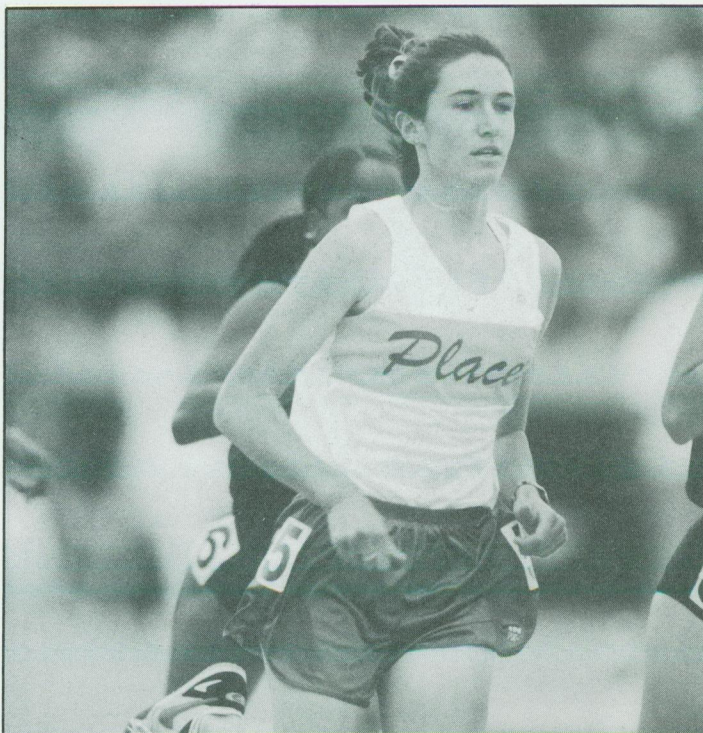
Records - National: 2:04.50 Joetta Clark (Maplewood, Columbia, NJ) '80
State: 2:04.91 Trena Hull (Compton) 1984

Pos.	Name	Gr.	School	Sect.	Mark	Place	Mark
1	Jamie Newman	12	El Camino	LA	2:19.34		
2	Maureen Marquess	11	St. Francis	CC	2:17.21		
3	Desiree Davila	10	Hilltop	SD	2:14.50		
4	Shannon Rowbury	09	Sacred Heart	CC	2:13.30		
5	Lindsay Hyatt	12	Placer	SJ	2:07.29		
6	Arlene Bledsoe	12	L.B. Poly	SS	2:12.73		
7	Maribeth Buche	10	Esperanza	SS	2:14.29		
8	Natalie Garcia	10	Buchanan	CE	2:16.98		
9	Jennifer Tyler	10	Westchester	LA	2:19.11		
1	Maya Ruznic	10	ISA	SF	2:25.22		
2	Tiffany Burgess	12	Birmingham	LA	2:18.30		
3	Summer Owens	09	Santa Margarita	SS	2:14.55		
4	Katie Scarlett	11	Woodland	SJ	2:13.35		
5	Katie Hotchkiss	12	Mission San Jose	NC	2:10.93		
6	Jessica Marr	12	Hayward	NC	2:11.78		
7	Camille Dredge	12	Torrey Pines	SD	2:13.60		
8	Samantha Piper	12	Coronado	SD	2:16.30		
9	Marilyn Smith	11	Clovis West	CE	2:18.95		
1	Ebony Kirton	12	McClymond	OK	2:27.95		
2	Jenna Keith	11	Centennial	CE	2:18.63		
3	Heather Hennessy	10	Los Gatos	CC	2:14.96		
4	Jenny Aldridge	09	Maria Carrillo	NC	2:13.46		
5	Liz Morse	11	Corona del Mar	SS	2:11.28		
6	Spring Dawson	11	Vallejo	SJ	2:11.69		
7	Bahati Bodden	10	James Logan	NC	2:13.57		
8	Kim Gildersleeve	12	LB Wilson	SS	2:15.61		
9	Erinn Gulbrandsen	12	Pleasant Valley	NO	2:18.94		

Prelims: 7:27 p.m. - Fri. Final: 7:37 p.m. - Sat.

Records - National: 1:46.45 Michael Granville (Bell Gardens, CA) 1996
State: 1:46.45 Michael Granville (Bell Gardens, CA) 1996

Pos.	Name	Gr.	School	Sect.	Mark	Place	Mark
1	Robert McNeal	10	Sutter	NO	1:59.91		
2	Francisco Terrones	12	Roosevelt	CE	1:57.47		
3	Brandon Collins	10	Jesuit	SJ	1:56.41		
4	Stephen Nestinger	12	Santa Clara	CC	1:54.86		
5	Chris Burns	12	Ontario	SS	1:54.04		
6	Ben Armel	11	Damien	SS	1:54.74		
7	Martell Munguia	10	Woodcreek	SJ	1:55.70		
8	Justin Temple	11	Dorsey	LA	1:57.39		
9	Alex Barrios	12	Santa Rosa	NC	1:58.30		
1	Jin Daikoku	10	Lowell	SF	2:02.42		
2	Alex Mason	12	St. Joseph ND	NC	1:57.51		
3	Andre Young	12	Marshall	LA	1:56.47		
4	Chris Puga	12	Mills	CC	1:55.31		
5	Jared Emmons	11	Vista	SD	1:54.20		
6	Brandon Shaw	12	Rancho Verde	SS	1:54.57		
7	Chris Canchola	12	Indio	SS	1:55.81		
8	Landis Rush	11	Valley	SJ	1:57.16		
9	Brett Foreman	12	Foothill	NC	1:57.92		
1	Leland Lemmons	12	McClymond	OK	2:04.95		
2	Jeremiah LeRay	11	Clovis	CE	1:57.56		
3	Michael Herring	12	Hanford	CE	1:56.99		
4	D.J. Ozon	12	Del Mar	CC	1:55.35		
5	Nick Thornton	11	Rancho Buena	SD	1:54.40		
6	Sean Ricketts	11	Rancho Bernardo	SD	1:54.50		
7	Antonio Lozano	11	Katella	SS	1:55.87		
8	Chris Wells-Andres	10	El Camino	LA	1:57.03		
9	Ingo Depina	11	San Lorenzo	NC	1:57.88		



Lindsay Hyatt of Placer looks for a fourth straight title in the 800 meters. photo by Kirby Lee



Katie Hotchkiss figures to be one of the top finishers in the girls' 800 meters.

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 300m LH

Prelims: 7:42 p.m. - Fri. Final: 7:46 p.m. - Sat.

Records - National: 40.18 Leslie Maxie, Millbrae (Mills, CA) 1984
State: 40.26 Janeene Vickers (Pomona) 1987

Pos.	Name	Gr. School	Sect.	Mark	Place	Mark
1	Erin Stewart	12 Stockdale	CE	46.96		
2	Monique Anderson	12 Gardena	LA	45.78		
3	Amy Taylor	12 Rancho Bernardo	SD	45.12		
4	Undine Becker	10 Mt. Pleasant	CC	44.47		
5	Lashinda Demus	10 LB Wilson	SS	40.64		
6	Deneeka Torrey	11 Taft	LA	43.98		
7	Melissa Ferguson	12 Dixon	SJ	45.03		
8	Candace Clark	10 Lincoln Stockton	SJ	45.62		
9	Kati Walker	11 Templeton	CE	46.72		
1	Darci Burton	11 Coming	NO	47.20		
2	Dwan Dansby	12 Yuba City	SJ	45.69		
3	Tenia Green	10 Wilcox	CC	45.20		
4	April Russell	11 De Anza	NC	44.57		
5	Nichole Denby	11 JW North	SS	42.64		
6	Danielle Perry	12 Murieta Valley	SS	43.94		
7	Erin Dehahn	12 Hilltop	SD	44.95		
8	Nicole Manko	12 Clayton Valley	NC	45.46		
9	Lindsay Hall	12 Clovis West	CE	46.35		
1	Camille Hearst	11 Lowell	SF	48.95		
2	Shalonda Reynolds	12 EL Cerrito	NC	46.17		
3	Brynne Steward	09 Cleveland	LA	45.21		
4	Lisa O'Conner	12 Mission San Jose	NC	44.75		
5	Detra King	12 L.B. Poly	SS	43.64		
6	Becky Rauth	12 Harvard Westlake	SS	43.84		
7	Starr Rogers	11 Salinas	CC	44.81		
8	Bryeanna Barmer	09 Helix	SD	45.33		
9	Gaynell Troy	11 Fremont	OK	46.20		

BOYS 300m LH

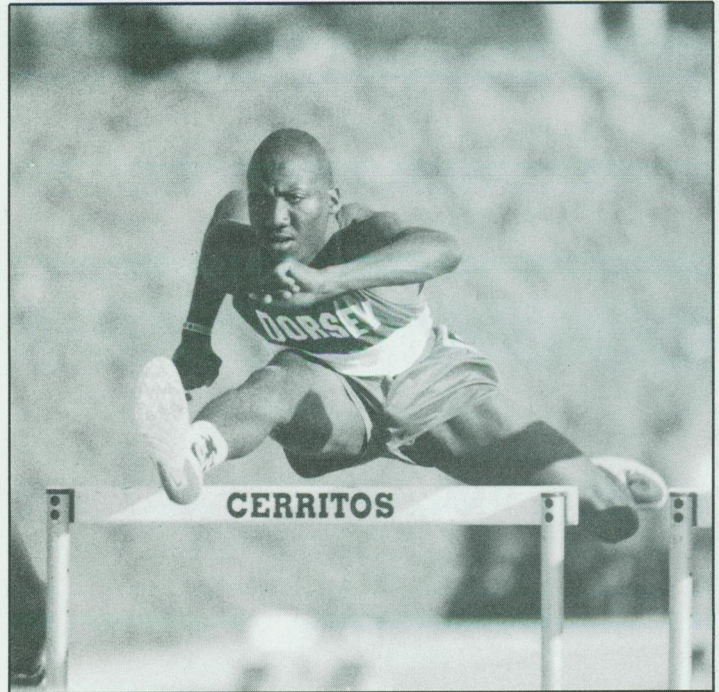
Prelims: 7:55 p.m. - Fri. Final: 7:53 p.m. - Sat.

Records - National: 35.32 George Porter (Cabrillo, Lompoc, CA) 1985
State: 35.50 George Porter (Cabrillo, Lompoc, CA) 1985

Pos.	Name	Gr. School	Sect.	Mark	Place	Mark
1	Sylvester Okeke	12 West	CE	39.98		
2	Robert Garcia	12 South Gate	LA	38.93		
3	Ronnie Grant	11 Mt Pleasant	CC	38.57		
4	Bobby Salimi	11 Rancho Bernardo	SD	37.78		
5	Terry Jenkins	12 Muir	SS	37.16		
6	Jeremy Johnson	12 L.B. Poly	SS	37.76		
7	Jordan Lewis	12 Shafter	CE	38.56		
8	Sean Leonard	12 Piner	NC	38.89		
9	Aaron Hathaway	12 Foothill	NO	39.29		
1	Ricky Grealish	12 Centennial	CE	40.04		
2	Quaintis Cann	12 St. Mary's	NC	38.94		
3	Charles Ryan	12 Mc Clymond	OK	38.58		
4	Rico Hatter	12 Vallejo	SJ	37.84		
5	Tony Golston	11 Point Loma	SD	37.44		
6	Trevor Jones	11 Newport Harbor	SS	37.75		
7	Ricky Green	12 Florin	SJ	38.38		
8	Jeffrey Hunter	10 Granite Hills	SD	38.80		
9	Erik Allen	11 Mission San Jose	NC	39.20		
1	Roland Lee	12 Lowell	SF	42.27		
2	Nick Pardo	12 Seaside	CC	39.00		
3	Greg Lee	12 Dorsey	LA	38.61		
4	Ahmad Wright	12 Kennedy	SS	37.98		
5	Marcell Allmond	12 St. Paul	SS	37.58		
6	Bruce Giron	12 Monte Vista	NC	37.72		
7	Ben Clark	12 Lincoln Stockton	SJ	38.31		
8	Terry Ellis	12 Dorsey	LA	38.65		
9	Joseph Augustin	12 Independence	CC	39.15		



Nicole Denby gives JW North a chance at a what figures to be a hotly contested team title race. photo by Kirby Lee



Greg Lee of Dorsey ran a 38.61 at the CIF LA Section finals. photo by Kirby Lee

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 200m DASH

Prelims: 8:08 p.m. - Fri. Final: 8:01 p.m. - Sat.

Records - National: 22.67 Marion Jones (Thous. Oaks, CA) 1992
State: 22.83 Marion Jones (Thous. Oaks) 1992

Pos.	Name	Gr.	School	Sect.	Mark	Place	Mark
1	Gigi Mendola	11	Birmingham	LA	25.76		
2	Latalia Goins	09	ISA	SF	25.20		
3	Reshundra Smiley	10	Ceres	SJ	24.88		
4	Sierra Hauser-Price	10	Notre Dame	SS	24.06		
5	Tracee Thomas	09	JW North	SS	23.20		
6	Sani Roseby	11	Monterey	CC	23.92		
7	Tori Respass-Parson	11	Menlo	CC	24.78		
8	Michelle Jones	10	San Lorenzo	NC	25.11		
9	Nastassaja Hall	09	Rancho Buena	SD	25.54		
1	Keli Walker	10	Holy Names	NC	25.79		
2	Shante Winters	10	Woodcreek	SJ	25.20		
3	Erin Reed	11	Taft	LA	24.89		
4	Monique Henderson	10	Morse	SD	24.00		
5	Angel Perkins	09	Gahr	SS	23.68		
6	Porchea Carroll	10	Rio Mesa	SS	23.81		
7	Rometra Craig	11	Archbishop Mitty	CC	24.61		
8	Tiffany Brown	09	Ridgeview	CE	25.02		
9	Adrena Williams	11	James Logan	NC	25.51		
1	Decola Groce	12	Morse	SD	25.88		
2	Kelli Enos	10	Willows	NO	25.31		
3	Tiffany Bennett	11	Centennial	CE	24.90		
4	Alexis Weatherspoon	10	Grant	LA	24.48		
5	Tania Woods	12	Skyline	OK	23.76		
6	Latrice Borders	12	LB Wilson	SS	23.81		
7	Melinda Smedley	12	Lincoln Stockton	SJ	24.51		
8	Aisha Margain	11	San Lorenzo	NC	24.96		
9	Jeanine Banner	12	Foothill	CE	25.47		

BOYS 200m DASH

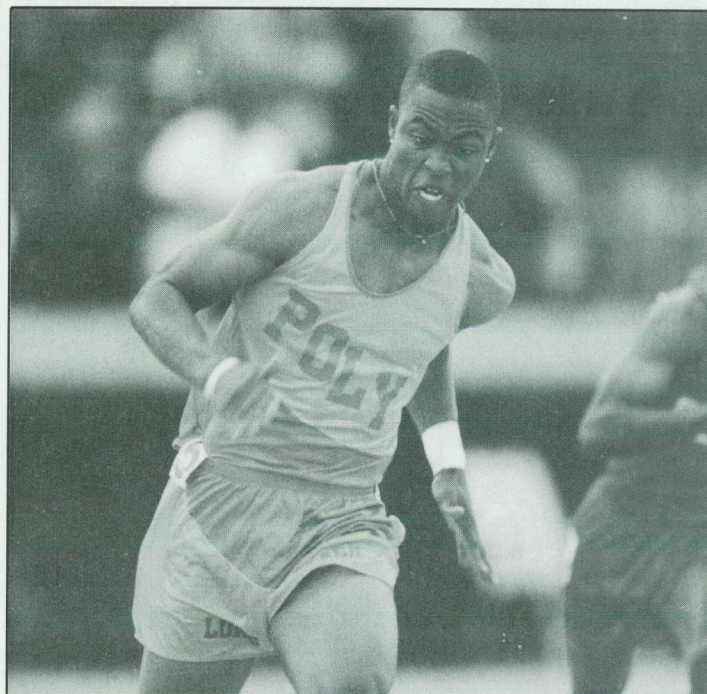
Prelims: 8:20 p.m. - Fri. Final: 8:08 p.m. - Sat.

Records - National: 20.0h Roy Martin (Roosevelt, Dallas TX) 1985
State: 20.77 Henry Thomas (Hawthorne) 1984

Pos.	Name	Gr.	School	Sect.	Mark	Place	Mark
1	Rashad Allen	12	Mc Clymond	OK	22.38		
2	Hung Nguyen	12	Silver Creek	CC	22.03		
3	Jason McMillan	11	Fremont	LA	21.80		
4	Haddow Weatherborne	12	Dorsey	LA	21.52		
5	Kareem Kelly	12	L.B. Poly	SS	20.61		
6	James Johnson	12	Tulare Wt	CE	21.49		
7	Louie Garrett	12	Edison	CE	21.80		
8	Julian Foster	12	Wood	SJ	21.93		
9	Harwell Lang	12	De Anza	NC	22.23		
1	Daryl Terrell	10	Mc Ateer	SF	22.52		
2	Nick Affleck	12	Soquel	CC	22.04		
3	Luiz Mello	12	Redwood	NC	21.80		
4	Blaine Bussey	12	Taft	LA	21.60		
5	Darrell Rideaux	12	L.B. Poly	SS	20.73		
6	Marshall Johnson	12	Ndm Riv	SS	21.13		
7	Josh Norman	12	Edison	CE	21.77		
8	R.J. Oliver	11	Escondido	SD	21.93		
9	Kelvin Jenkins	12	Highlands	SJ	22.18		
1	Rodney Landingham	10	Sonora	SJ	22.62		
2	Robin Watkins	12	Deer Valley	NC	22.07		
3	Stephen Hayes	11	University City	SD	21.81		
4	Larry Miles	11	Crawford	SD	21.74		
5	Warren Rogers	11	Serra	SS	20.91		
6	Michael Mitchell	12	Paramount	SS	20.98		
7	Robert Butler	12	Deer Valley	NC	21.76		
8	Willie Johnson	12	Red Bluff	NO	21.82		
9	Dingane Jackson	12	Aragon	CC	22.15		



Porchea Carroll follows in the footsteps of some great Rio Mesa sprinters -- namely Marion Jones and Angela Burnham. photo by Kirby Lee



Kareem Kelly of Long Beach Poly could challenge the state record in the 200 meter dash. photo by Kirby Lee

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 3200m RUN

Final: 8:16 p.m. - Sat.

Records - National: 9:48.59 Kim Mortensen (Thousand Oaks, CA) 1996
State: 9:52.80 Kim Mortensen (Thousand Oaks, CA) 1996

Pos.	Name	Gr.	School	Sect.	Mark	Place	Mark
1	Janie Nolan	09	Antioch	NC	10:51.62		
2	Trina Cox	12	Santa Rosa	NC	10:46.35		
3	Katie Brizgys	12	Palo Alto	CC	10:40.85		
4	Anita Siraki	10	Hoover	SS	10:38.92		
5	Sara Bei	10	Montgomery	NC	10:28.75		
6	Lauren Fleshman	12	Canyon/CC	SS	10:33.58		
7	Lauren Gustafson	11	Mills	CC	10:40.52		
8	Alex Guerrero	11	Hughson	SJ	10:45.76		
9	Courtney Baird	12	Helix	SD	10:47.40		
10	Katie Martin	12	Irvington	NC	10:52.03		
11	Julia Allen	09	Fountain Valley	SS	10:52.14		
12	Robyn Stevens	10	Vacaville	SJ	10:56.97		
13	Anne Ricketts	12	Saratoga	CC	10:58.65		
14	Amber Steen	10	Newport Harbor	SS	11:00.32		
15	Latesha Jones	11	Rialto	SS	11:00.83		
16	Julie Manson	11	Rancho Bernardo	SD	11:05.00		
17	Lanele Cox	12	Escondido	SD	11:05.10		
18	Melinda Fuller	12	Placer	SJ	11:05.70		
19	Kim Smith	10	Clovis West	CE	11:12.99		
20	Chrisie Gregory	12	Clovis	CE	11:17.11		
21	Jennifer Toler	12	Clovis West	CE	11:17.73		
22	Valerie Flores	11	San Pedro	LA	11:17.79		
23	Natalie Stein	10	North Hollywood	LA	11:27.21		
24	Sopagna Eap	12	Lowell	SF	11:36.16		
25	Annette Corey	12	Foothill	NO	11:45.45		
26	Julia Gray	11	San Pedro	LA	11:47.24		
27	Sherry Duong	10	Oakland	OK	13:35.00		

BOYS 3200m RUN

Final: 8:33 p.m. - Sat.

Records - National: 8:44.95 Eric Mastalir, Jesuit Carmichael, CA 1986
State: 8:44.95 Eric Mastalir, Jesuit Carmichael, CA 1986

Pos.	Name	Gr.	School	Sect.	Mark	Place	Mark
1	Curt Herbets	12	Newport Harbor	SS	9:16.04		
2	Ben Morales	11	San Benito	CC	9:14.95		
3	Marcus Chandler	12	Serra	SD	9:11.40		
4	Oswaldo Pina	10	Lakewood	SS	9:05.57		
5	Augie Escobar	11	Villa Park	SS	8:56.23		
6	Josh Spiker	11	Ventura	SS	8:56.66		
7	Jose Herrera	12	Loara	SS	9:10.47		
8	Matt Macinvale	11	Ramona	SD	9:13.10		
9	Jason Finch	12	Granite Hills	SD	9:15.80		
10	Steve Laurie	12	Maria Carrillo	NC	9:16.31		
11	Andrew Hill	12	Los Altos	CC	9:16.39		
12	David Ulibarri	12	Sierra	SJ	9:22.01		
13	Victor Moreno	11	Escalon	SJ	9:22.15		
14	Neil Davis	10	Bellarmine	CC	9:23.16		
15	Edgar Flores	12	Garfield	LA	9:23.64		
16	Celedonio Rodriguez	12	Ellsie Allen	NC	9:23.90		
17	Mike Gregg	12	Nevada Union	SJ	9:23.96		
18	Chris Lanese	11	Moreau Catholic	NC	9:25.37		
19	Ryan Mack	12	Ukiah	NC	9:26.75		
20	Fernando Cabada	11	Buchanan	CE	9:30.74		
21	Humberto Vargas	11	Belmont	LA	9:34.32		
22	J.J. Duke	10	Clovis	CE	9:34.69		
23	Robert Vaca	12	Sanger	CE	9:35.02		
24	Sergio Campos	11	Marshall	LA	9:39.36		
25	Bryce Lighthall	12	Enterprise	NO	9:45.79		
26	Robert Eap	11	Lincoln	SF	10:08.58		



Sara Bei, a sophomore from Montgomery High School, is the defending state champion in the 1600 and 3200 meters. photo by Kirby Lee



Anita Siraki of Hoover looks to challenge Sara Bei in the 3200 meters. photo by Kirby Lee

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 1600m RELAYS

Prelims: 8:50 p.m. - Fri. Final: 8:48 p.m. - Sat.

Records - National: 3:36.32 Long Beach Wilson (Long Beach, CA) 1998
State: 3:36.32 Long Beach Wilson (Long Beach) 1998

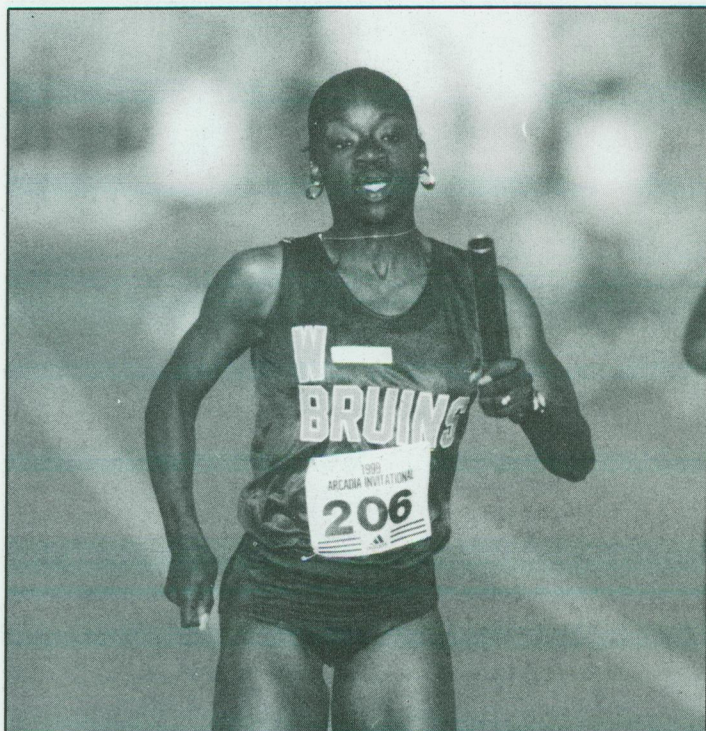
Pos.	School	Sect.	Sect. Mark	Place	Mark
1	Salinas	CC	4:02.62		
2	San Ramon Valley	NC	3:57.76		
3	Clovis West	CE	3:53.35		
4	Westchester	LA	3:49.65		
5	L.B. Wilson	SS	3:37.31		
6	Morningside	SS	3:48.92		
7	Morse	SD	3:51.38		
8	Lincoln Stockton	SJ	3:57.55		
9	Pleasant Valley	NO	4:02.24		
1	Edison	CE	4:02.65		
2	Hilltop	SD	3:58.14		
3	El Cerrito	NC	3:56.62		
4	J.W. North	SS	3:50.36		
5	L.B. Poly	SS	3:46.27		
6	Taft	LA	3:48.64		
7	Laguna Creek	SJ	3:51.36		
8	Rancho Bernardo	SD	3:57.43		
9	Fremont	OK	4:00.83		
1	Lowell	SF	4:18.38		
2	Soquel	CC	3:58.70		
3	St. Ignatius	CC	3:57.40		
4	Birmingham	LA	3:50.99		
5	San Lorenzo	NC	3:48.41		
6	Ayala	SS	3:48.43		
7	Vallejo	SJ	3:51.07		
8	Buchanan	CE	3:57.43		
9	De Anza	NC	3:58.79		

BOYS 1600m RELAYS

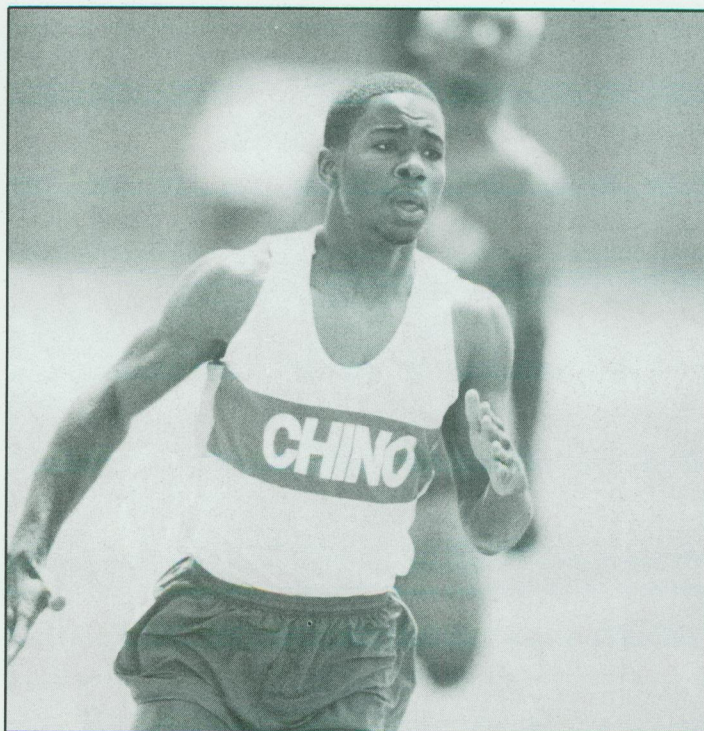
Prelims: 9:10 p.m. - Fri. Final: 8:58 p.m. - Sat.

Records - National: 3:07.40 Hawthorne (Hawthorne, CA) 1985
State: 3:08.66 Muir (Pasadena) 1996

Pos.	School	Gr. School	Sect.	Sect. Mark	Place	Mark
1	Red Bluff		NO	3:23.65		
2	West Hills		SD	3:21.32		
3	Servite		SS	3:20.13		
4	Taft		LA	3:18.52		
5	L.B. Poly		SS	3:13.76		
6	Morse		SD	3:17.17		
7	St. Mary's		NC	3:19.82		
8	Rancho Buena Vista		SD	3:21.10		
9	Northgate		NC	3:23.58		
1	Bellarmine		CC	3:24.54		
2	Foothill		NC	3:21.84		
3	Stockdale		CE	3:20.58		
4	Lincoln Stockton		SJ	3:18.68		
5	Gardena		LA	3:14.08		
6	Chino		SS	3:16.71		
7	Fairfield		SJ	3:19.48		
8	Monte Vista		NC	3:21.01		
9	Palma		CC	3:23.58		
1	Mc Ateer		SF	3:28.10		
2	Milpitas		CC	3:22.53		
3	Ventura		SS	3:20.21		
4	Clovis West		CE	3:18.90		
5	Vallejo		SJ	3:14.09		
6	Dorsey		LA	3:14.66		
7	Edison		CE	3:19.27		
8	Dominguez		SS	3:20.76		
9	Mc Clymonds		OK	3:23.46		



Latrice Borders is one member of the National Record-holding Long Beach Wilson relay team. photo by Kirby Lee



Travon Walton leads Chino's troops in the relays. photo by Kirby Lee

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS HIGH JUMP

Prelims: 4:00 p.m. - Fri. Final: 5:00 p.m. - Sat.

Records - National: 7-05.25 Dothel Edwards, Athens, GA 1984
State: 7-03.25 Lee Balkin, Glendale 1979

Pos.	Name	Gr.	School	Sect.	Mark	Place	Mark
1	Edwin Shew	10	Lowell	SF	5'08.00"		
2	Deshon Harris	11	Gardena	LA	6'02.00"		
3	Darren Williams	12	Andrew Hill	CC	6'04.00"		
4	Ty Edwards	12	San Benito	CC	6'04.00"		
5	Brandon Hazelett	11	Granite Bay	SJ	6'04.00"		
6	David Glasgow	11	Golden Valley	SJ	6'04.00"		
7	Jason Romero	11	Ganessa	SS	6'04.00"		
8	Vincent Boatwright	12	Hayward	NC	6'04.00"		
9	Lonnell Penman	11	L.B. Poly	SS	6'04.00"		
10	Justin Nakano	12	Glendora	SS	6'04.00"		
11	Michael Parker	12	American	NC	6'05.00"		
12	Felix DeSaracho	12	Bonita Vista	SD	6'05.00"		
13	Jason Wallace	12	Nevada Union	SJ	6'06.00"		
14	Ruben Mastin	11	Del Mar	CC	6'06.00"		
15	Ebon Glenn	11	St/ Mary's	NC	6'06.00"		
16	Justin May	12	Corning	NO	6'06.00"		
17	Norman Preston	12	Rancho Verde	SS	6'06.00"		
18	William Halford	11	Edison	CE	6'06.00"		
19	Ernie Viramontes	12	Huntington Park	LA	6'06.00"		
20	Stan Wright	12	Ridgeview	CE	6'06.00"		
21	Chris Staton	11	Patrick Henry	SD	6'07.00"		
22	Kevin Weaver	12	McKinleyville	NC	6'07.00"		
23	Jason Gatewood	12	Rancho Buena	SD	6'07.00"		
24	Fernando Lopez	11	Taft	LA	6'08.00"		
25	Jeremy Richards	12	Righetti	SS	6'10.00"		
26	Gabe Zarate	12	Parlier	CE	6'10.00"		

BOYS POLE VAULT

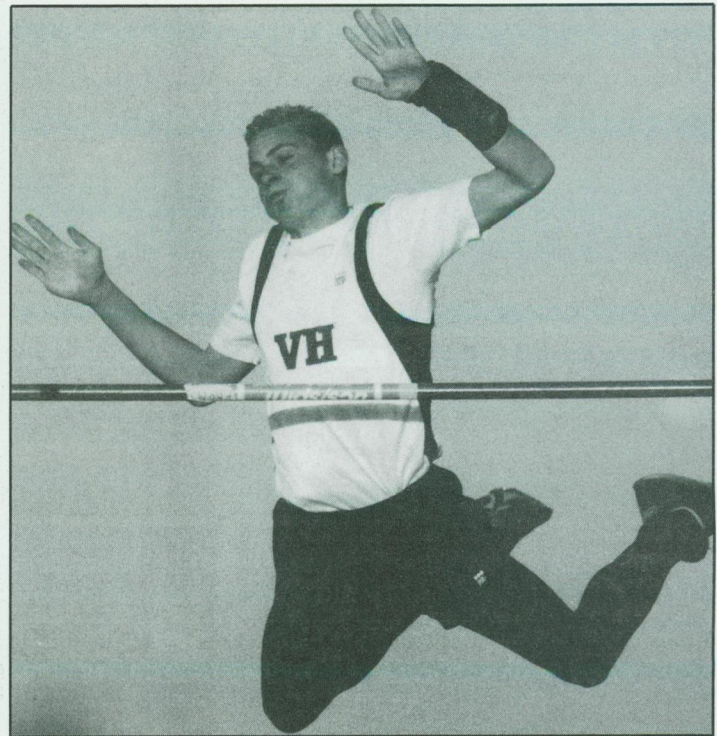
Prelims: 2:00 p.m. - Fri. Final: 4:00 p.m. - Sat.

Records - National: 17-9.05 Joe Dial Marlow, OK 1981
State: 17-00.5 Anthony Curran, Crespi 1978

Pos.	Name	Gr.	School	Sect.	Mark	Place	Mark
1	Edward Green	11	Mc Ateer	SF	11'06.00"		
2	Erik Blombery	12	McKinleyville	NC	13'00.00"		
3	George Bowen	12	Foothill	NC	13'06.00"		
4	Brody Wilgenberg	12	Santa Rosa	NC	13'06.00"		
5	Nicholas Demetrio	12	Monroe	LA	14'00.00"		
6	John Pinson	11	Kennedy	LA	14'00.00"		
7	Brandon Braunstein	12	Newark Mem.	NC	14'00.00"		
8	Scott Weighall	09	Highland	CE	14'00.00"		
9	Chris McGuire	11	Golden West	CE	14'00.00"		
10	Garrett Jones	12	Del Mar	CC	14'06.00"		
11	Adrian Carbajal	11	Mt. Pleasant	CC	14'06.00"		
12	Tyler Gray	11	West Valley	NO	14'06.00"		
13	Shane Hackett	11	Verdugo Hills	LA	14'06.00"		
14	Kevin Laskowski	12	Del Oro	SJ	14'06.00"		
15	Troy Becker	12	Malibu	SS	14'06.00"		
16	Sean Daley	10	Vista	SD	14'08.00"		
17	Jamie Zolnierok	12	Rancho Buena	SD	14'08.00"		
18	Travis Offner	11	Mt. Carmel	SD	14'08.00"		
19	Tung Nguyen	12	Bear Creek	SJ	15'00.00"		
20	Eldwin Chappell	12	Modesto	SJ	15'00.00"		
21	Jeff Ryan	12	Huntington Beach	SS	15'00.00"		
22	Jason Lueck	12	St. Ignatius	CC	15'00.00"		
23	Dustin Morrison	11	Alta Loma	SS	15'00.00"		
24	Adam Giovanetti	12	Lemoore	CE	15'01.00"		
25	Logan Odden	11	Marina	SS	15'06.00"		
26	Sam Boswell	12	Covina	SS	16'01.00"		



Up and Over -- Jason Gateway of Rancho Buena is one of the leaders in the high jump.



Shane Hackett of Verdugo Hills needs a personal best to challenge the leaders here. photo by Kirby Lee

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS LONG JUMP

Prelims: 4:00 p.m. - Fri. Final: 5:00 p.m. - Sat.

Records - National: 26-04.75 James Stallworth, Tulare, CA 1989
State: 26-04.75 James Stallworth, Tulare, CA 1989

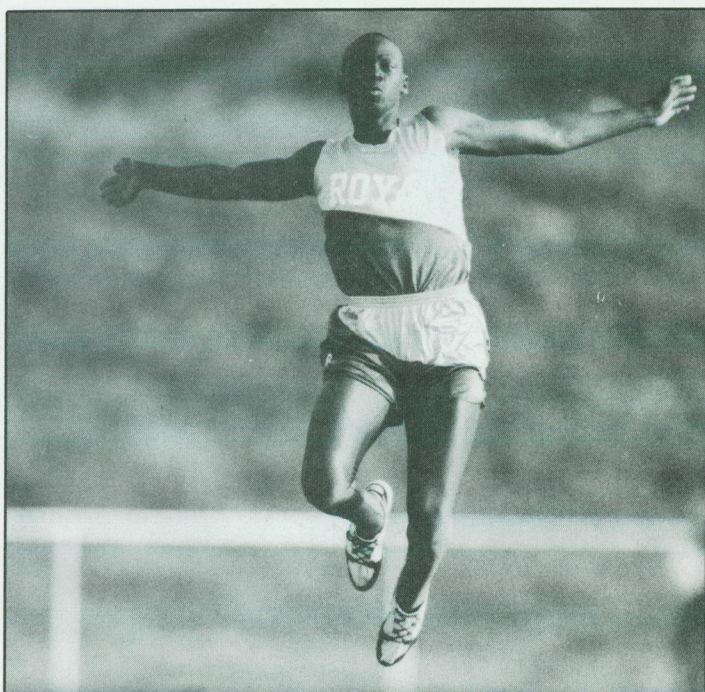
Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1	Ilario Vital	09 Fremont	OK	18'04.25"		
2	Brooks Fletcher	12 Upper Lake	NC	21'00.50"		
3	Aaron Delores	12 Tamalpais	NC	21'04.25"		
4	Foluso Akinradewo	12 Clovis West	CE	21'07.00"		
5	Gemall Alexander	10 Bakersfield	CE	21'07.50"		
6	Rashard Holmes	10 Rancho Bernardo	SD	21'08.50"		
7	Jonathan Lott	11 Kings Chr.	CE	21'08.50"		
8	Rob Walton	12 Bishop O'Dowd	NC	21'09.00"		
9	Ron Beaty	12 Granada	NC	21'09.75"		
10	Jon Reynolds	12 Serra	SD	21'10.75"		
11	Daniel Lehman	12 Eagle Rock	LA	22'07.25"		
12	Jordan Adams	11 Patrick Henry	SD	22'09.25"		
13	Deangelo Nedd	12 El Camino	LA	22'11.00"		
14	Kyle Mao	11 Galileo	SF	23'00.00"		
15	Jeff Billing	11 West Valley	NO	23'00.00"		
16	Brandon Williams	11 Mt. Pleasant	CC	23'01.50"		
17	Juanne Armon	11 Archbishop Mitty	CC	23'03.50"		
18	Paul Brown	10 Sierra	SJ	23'04.00"		
19	Brandon Parker	11 Lincoln Stockton	SJ	23'04.50"		
20	Richard Polodore	12 Chino	SS	23'05.00"		
21	Oliver Jackson	11 Royal	SS	23'06.00"		
22	Vincent Ibia	12 Silver Creek	CC	23'07.75"		
23	Chris Morgan	10 Taft	LA	23'09.00"		
24	Michael Mitchell	12 Paramount	SS	23'09.75"		
25	Jairus Ellis	12 Blair	SS	23'11.00"		
26	Tony Allmond	11 St. Paul	SS	24'02.50"		
27	Robert Kennedy	12 El Camino	SJ	24'05.00"		

BOYS TRIPLE JUMP

Prelims: 6:30 p.m. - Fri. Final: 7:00 p.m. - Sat.

Records: - National: 52-10.5 Charles Mayfield, Muir (Pasadena) 1980
State: 52-04.75 Ken Frazier, Mission (San Francisco) 1981

Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1	Michael Voong	11 Galileo	SF	41'08.00"		
2	Jared Hathaway	12 Foothill	NO	44'01.50"		
3	ReShawn Green	12 Serra	SD	44'04.50"		
4	Jamaal Crawford	11 Taft	LA	45'01.00"		
5	Michael Johnson	11 Mission San Jose	NC	45'02.25"		
6	Eric Miller	12 Elk Grove	SJ	45'03.00"		
7	Johnny Williamson	11 Foothill	SJ	45'03.50"		
8	Deangelo Nedd	12 El Camino	LA	45'03.50"		
9	Makenl Jean-Giles	12 Hoover	SD	45'04.25"		
10	Nick Penna	12 Menlo Atherton	CC	45'09.25"		
11	Ronnie Grant	11 Mt. Pleasant	CC	45'10.75"		
12	Tony Ortiz	11 Helix	SD	45'11.50"		
13	Soloman Welch	09 St. Mary's	NC	46'00.50"		
14	Jamal Watson	12 Santa Monica	SS	46'04.00"		
15	Derrick Wells	12 University	LA	46'04.00"		
16	Joe Thomas	12 Buena Park	SS	46'06.75"		
17	Bruce Giron	12 Monte Vista	NC	46'09.25"		
18	Asokah Muhammed	10 St. Mary's	NC	46'09.50"		
19	Roger Nunn	11 Gahr	SS	47'00.50"		
20	Robert Nunn	11 Gahr	SS	47'03.00"		
21	Robert Kennedy	12 El Camino	SJ	47'04.25"		
22	Rodney Woods	11 Littlerock	SS	47'08.50"		
23	Royce Jennings	12 Bakersfield	CE	47'10.00"		
24	Kyle Carano	12 Hoover	CE	48'00.00"		
25	Vincent Ibia	12 Silver Creek	CC	48'05.75"		
26	Foluso Akinradewo	12 Clovis West	CE	49'03.00"		



Oliver Jackson of Royal is one of the favorites. photo by Kirby Lee



Vince Ibia of Silver Creek High School is one to watch in the triple jump. He had a mark of 48-05.75 at the CIF Central Coast Section finals.

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS SHOT PUT

Prelims: 6:00 p.m. - Fri. Final: 7:00 p.m. - Sat.

Records - National: 77-00.0 Michael Carter, Dallas TX (Jefferson) 1979
State: 74-04.75 Brent Noon (Fallbrook) 1990

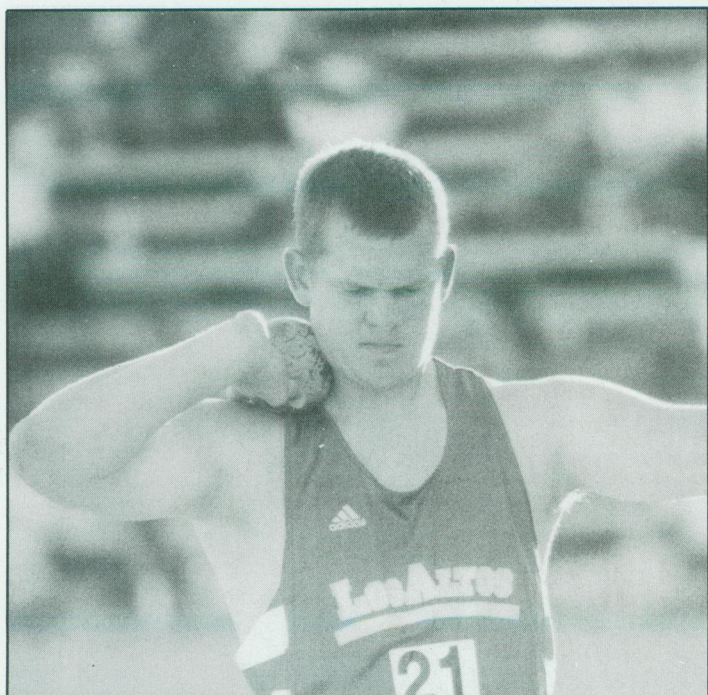
Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1	Jomar Roberts	09 Oakland	OK	38'04.00"		
2	Leonard Mitchell	12 Washington	SF	40'02.50"		
3	Blane Kezirian	12 El Camino	LA	50'02.50"		
4	Skyler McKnight	12 Reseda	LA	51'02.00"		
5	Ryan Lockner	11 California	NC	51'05.50"		
6	Denver Guillory	12 Piner	NC	51'06.00"		
7	Corey Hardin	11 Acalanes	NC	52'11.25"		
8	Joe Vasquez	12 Selma	CE	53'05.00"		
9	Lamons Walker	12 Concord	NC	53'07.75"		
10	Tommy Howland	12 Fairfield	SJ	56'01.50"		
11	Amin Nikfar	12 Wilcox	CC	56'02.00"		
12	Wayne Hassey	12 El Capitan	SD	56'06.25"		
13	Isaiah Ross	12 Laguna Creek	SJ	56'08.00"		
14	Rovann Cleveland	12 Canyon Springs	SS	56'08.00"		
15	Hank Behrens	12 Yucca Valley	SS	57'02.50"		
16	Wade Green	12 La Jolla	SD	57'04.25"		
17	Travis Johnson	11 Notre Dame	SS	58'01.00"		
18	Luke Mackay	12 Hughson	SJ	58'08.00"		
19	Derek Martinez	12 Bellarmine	CC	58'09.00"		
20	Rodney Leslie	12 Ridgeview	CE	58'09.00"		
21	Pete Bjorkland	12 Los Altos	CC	59'00.00"		
22	Sam Lightbody	12 Huntington Beach	SS	59'01.25"		
23	Joe Weber	12 Pacific	SS	59'09.00"		
24	Josh Robb	12 Shasta	NO	60'01.25"		
25	David Adamo	11 Clovis West	CE	60'02.00"		
26	Rhuben Williams	11 Eagle Rock	LA	60'09.25"		
27	Bernard Grady	12 Scripps Ranch	SD	61'04.25"		

BOYS DISCUS

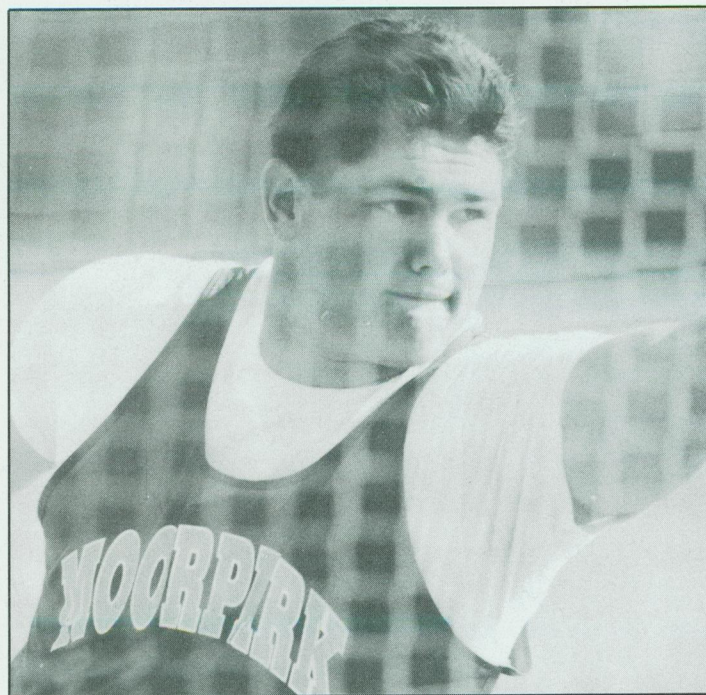
Prelims: 3:00 p.m. - Fri. Final: 5:00 p.m. - Sat.

Records - National: 224-03.0 Kamy Keshmiri, Reno, NV 1987
State: 203-04.0 Blutreich, Capo Valley; Powell, Redwood '85/90

Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1	Jamal Jones	11 Skyline	OK	132'00.00"		
2	Leonard Mitchell	12 Washington	SF	135'07.00"		
3	Tony Arieta	11 De La Salle	NC	146'03.00"		
4	Chris Manning	10 Castro Valley	NC	153'10.00"		
5	Micah Goins	12 Los Altos	CC	158'00.00"		
6	Randy Rondi	12 Newark Memorial	NC	160'05.00"		
7	Phil Hughes	11 Gridley	NO	161'02.00"		
8	Chris Schwalofer	11 Gilroy	CC	163'11.00"		
9	Bryan Harris	12 Tokay	SJ	164'10.00"		
10	Jeff Engstrom	12 Golden West	CE	165'01.00"		
11	Bernard Grady	12 Scripps Ranch	SD	165'07.00"		
12	Rhuben Williams	11 Eagle Rock	LA	165'08.00"		
13	Rusty Price	11 Atwater	SJ	168'11.00"		
14	Lamons Walker	12 Condord	NC	169'05.00"		
15	Joe Vasquez	12 Selma	CE	171'07.00"		
16	Sam Lightbody	12 Huntington Beach	SS	171'11.00"		
17	Pete Bjorkland	12 Los Altos	CC	172'11.00"		
18	Jerome Stevens	12 Rio Mesa	SS	174'05.00"		
19	Travis Jones	11 Mira Mesa	SD	174'10.00"		
20	Tim Adrian	12 Moorpark	SS	177'04.00"		
21	Rodney Leslie	12 Ridgeview	CE	178'06.00"		
22	Travis Pendleton	11 Esperanza	SS	178'09.00"		
23	Darrell Barnett	11 Leuzinger	SS	186'06.00"		
24	Dan Arnes	12 El Capitan	SD	191'07.00"		
25	Luke Mackay	12 Hughson	SJ	192'03.00"		



Pete Bjorkland of Los Altos tossed the shot 59-0 at the Central Coast Section finals.



Tim Adrian of Moorpark has the sixth best section mark coming into the state meet. photo by Kirby Lee

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS HIGH JUMP

Prelims: 6:30 p.m. - Fri. Final: 7:00 p.m. - Sat.

Records - National: 6-03.0 Amy Acuff, Corpus Cristi, TX (Calallen) 1992
State: 6-02.0 Latrese Johnson, Clovis 1985

Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1	Georaya Ferguson	09 Burton	SF	4'10.00"		
2	Carrie Ruff	11 Ponderosa	SJ	5'00.00"		
3	Nicole Carmier	09 Laguna Creek	SJ	5'00.00"		
4	Rasheeda Gray-Hasan	11 Monroe	LA	5'00.00"		
5	Trisha Bratford	11 Taft	LA	5'00.00"		
6	Felisha Horan	09 Wood	SJ	5'02.00"		
7	Lauren Jones	10 Torrey Pines	SD	5'03.00"		
8	Aubrey Preston	12 Vista	SD	5'03.00"		
9	Bridget Files	11 Ramona	SD	5'03.00"		
10	Joanna Parker	11 Northgate	NC	5'03.00"		
11	Amber Nixon	11 Amador Valley	NC	5'03.00"		
12	Laura Winnacker	11 Berkeley	NC	5'03.00"		
13	Jenna Lazzerini	11 Garces	CE	5'04.00"		
14	Aoife Keane	10 St. Ignatius	CC	5'04.00"		
15	Schquay Brignac	10 Cleveland	LA	5'04.00"		
16	Susan Schaap	12 Yreka	NO	5'04.00"		
17	Cynthia Mallory	12 Milpitas	CC	5'06.00"		
18	Spring Harris	12 St. Mary's	NC	5'06.00"		
19	Kim Stone	12 York	CC	5'06.00"		
20	Brittany Roberts	12 Bullard	CE	5'06.00"		
21	Lisa Wygant	11 Camarillo	SS	5'06.00"		
22	Niki Avery	11 Lemoore	CE	5'06.00"		
23	Bianca Ziemann	09 Edison HB	SS	5'08.00"		
24	Rachael Ziemann	09 Edison HB	SS	5'08.00"		
25	Michelle Mahlke	12 Marymount	SS	5'08.00"		
26	Ann-Marie Turpin	12 Simi Valley	SS	5'10.50"		

GIRLS POLE VAULT

Prelims: 6:00 p.m. - Fri. Final: 7:00 p.m. - Sat.

Records - National: 13-0 Shannon Agee, Helena, MT 1998
State: 12-8 Tracy O'Hara, Rancho Bernardo 1998

Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1	Megan White	09 Lowell	SF	8'06.00"		
2	Michelle Rivera	09 Birmingham	LA	9'00.00"		
3	Nicki Kohlieber	11 Birmingham	LA	9'06.00"		
4	Sarah Merino	11 Hayward	NC	10'00.00"		
5	Kelly Dahl	10 Kingsburg	CE	10'00.00"		
6	Brooke Miller	12 Las Lomas	NC	10'03.00"		
7	Autumn Bell	12 East Union	SJ	10'06.00"		
8	Andrea Koplín	12 Los Banos	SJ	10'06.00"		
9	Buffie Ryan	11 Soquel	CC	10'06.00"		
10	Lindsey Manka	12 McKinleyville	NC	10'06.00"		
11	Holly Caprio	12 North	CE	10'06.00"		
12	Janna Smith	12 Carlsbad	SD	10'08.00"		
13	Veronica Garcia	10 Newark Memorial	NC	10'09.00"		
14	Christie Chatterley	12 Granite Bay	SJ	10'11.75"		
15	Chelsea Connolly	10 Soquel	CC	11'00.00"		
16	Iran Serrano	12 Gonzales	CC	11'00.00"		
17	Karen Bewley	12 Atascadero	SS	11'00.00"		
18	Lexine Lesser	11 Hanford	CE	11'00.00"		
19	Tracy Garman	12 Yreka	NO	11'00.00"		
20	Paige Roberts	10 Atascadero	SS	11'00.00"		
21	Melissa Astete	10 Birmingham	LA	11'01.00"		
22	Debbie Samson	12 Mayfair	SS	11'06.00"		
23	Natalie Dennison	09 Rancho Bernardo	SD	11'08.00"		
24	Kathleen Donoghue	12 Rancho Bernardo	SD	12'00.00"		
25	Laura Chen	10 Temple City	SS	12'00.00"		
26	Leona Ward	12 Peninsula	SS	12'00.00"		



Ann-Marie Turpin is the state leader in the girls' high jump coming into the meet. photo by Kirby Lee



Olympic Advice -- Former national record-holder Melissa Price receives some advice from Olympic Gold Medalist Bob Seagren. photo by Kirby Lee

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS LONG JUMP

Prelims: 4:00 p.m. - Fri. Final: 5:00 p.m. - Sat.

Records - National: 20-01.75 Kathy McMillian, Raeford, NC 1976

State: 20-00.5 Marion Jones, Thousand Oaks 1993

Pos.	Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
1	Mandi Ruziecki	12 Tehachapi	CE	16'05.00"			
2	Tanisha Cole	12 Banning	LA	16'07.50"			
3	Keisha Mierez	12 Birmingham	LA	16'08.00"			
4	Diana Hayden	12 Redwood	NC	16'10.00"			
5	Anita McCallum	12 San Lorenzo	NC	17'02.00"			
6	Jessica Thomas	09 El Camino	SD	17'03.25"			
7	Kennesha Phillips	10 Roosevelt	CE	17'04.00"			
8	Roshena Duree	09 Burton	SF	17'06.50"			
9	Jamara Smith	12 James Logan	NC	17'09.00"			
10	Shajuana Edwards	12 Fremont	LA	17'09.50"			
11	Nastassaja Hall	09 Rancho Buena	SD	17'10.00"			
12	Shanita Bryant	11 Ygnacio Valley	NC	18'01.00"			
13	Dee Scott	12 South	CE	18'01.00"			
14	Adrienne Farrington	12 Rancho Bernardo	SD	18'02.75"			
15	Lakiste Barkus	11 Cerritos	SS	18'03.25"			
16	Sarah Iceman	11 Central Valley	NO	18'03.50"			
17	Elzunia Lamb	10 Sa Benito	CC	18'03.75"			
18	Naonka Mixon	10 L.B. Poly	SS	18'06.25"			
19	Porchea Carroll	10 Rio Mesa	SS	18'06.75"			
20	Trinity White	10 Marysville	SJ	18'07.00"			
21	Corri Allen	11 Laguna Creek	SJ	18'09.25"			
22	Tinishia Johnson	10 Archbishop Mitty	CC	18'09.25"			
23	Tiffany Jones	10 Eisenhower	SS	18'10.50"			
24	Jimia White	10 Casa Roble	SJ	18'11.50"			
25	Dana Bethel	10 Mission Viejo	SS	19'01.50"			
26	Sani Roseby	11 Monterey	CC	19'05.75"			

GIRLS TRIPLE JUMP

Prelims: 6:30 p.m. - Fri. Final: 7:00 p.m. - Sat.

Records - National: 44-05.5 Juliana Yendork, Walnut, CA 1991

State: 44-05.5 Juliana Yendork, Walnut, CA 1991

Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1	Jenn Bass	12 Clovis West	CE	35'11.00"		
2	Nina Ropes	11 Fallbrook	SD	36'00.25"		
3	Roshena Duree	09 Burton	SF	36'01.50"		
4	Patrice Edwards	10 Banning	LA	36'06.50"		
5	Jasmine Tolbert	10 Silver Creek	CC	36'08.25"		
6	Sraeya George	11 Valhalla	SD	36'09.50"		
7	Kamisha Bowens	10 Bakersfield	CE	36'11.00"		
8	Tiffany Smith	12 Taft	LA	37'03.00"		
9	Andrea Kincaid	12 Skyline	OK	37'04.00"		
10	Pascale Delaunay	11 Claremont	SS	37'06.00"		
11	Tamilya Brown	11 San Lorenzo	NC	37'07.25"		
12	Denisha Bartholomew	12 James Logan	NC	37'08.75"		
13	Cortney Stafford	10 Katella	SS	37'09.00"		
14	Teyanna Simpson	12 Mission San Jose	NC	37'09.25"		
15	Stacy Goff	12 Crenshaw	LA	37'09.50"		
16	Adrienne Farrington	12 Rancho Bernardo	SD	37'10.00"		
17	Jamara Smith	12 James Logan	NC	37'10.25"		
18	Liza Negriff	10 Granite Bay	SJ	38'00.00"		
19	Aryn Murray	11 Live Oak	CC	38'02.00"		
20	Brittany Roberts	12 Bullard	CE	38'03.00"		
21	Crystal Simmons	12 Barstow	SS	38'03.50"		
22	Tynisia Edwards	12 Foothill	SS	38'03.75"		
23	Heather Contreras	12 Sutter	NO	38'09.50"		
24	Blessing Ufodiana	11 L.B. Poly	SS	39'00.25"		
25	Trinity White	10 Marysville	SJ	39'00.50"		
26	Lauren Chesnut	11 Laguna Creek	SJ	39'04.50"		
27	Tinishia Johnson	10 Archbishop Mitty	CC	39'07.75"		



Naonka Mixon of Long Beach Poly figures to be one of the placers in this event. photo by Denise Smotherman, Gregs Sports Photography



Tiffany Smith of Taft High School had a section mark of 37-03. photo by Kirby Lee

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS SHOT PUT

Prelims: 3:00 p.m. - Fri. Final: 5:00 p.m. - Sat.

Records - National: 53-07.75 Natalie Kaaiawahia, Fullerton, CA 1983
State: 52-11.50 Kristin Heaston, Ygnacio Valley 1993

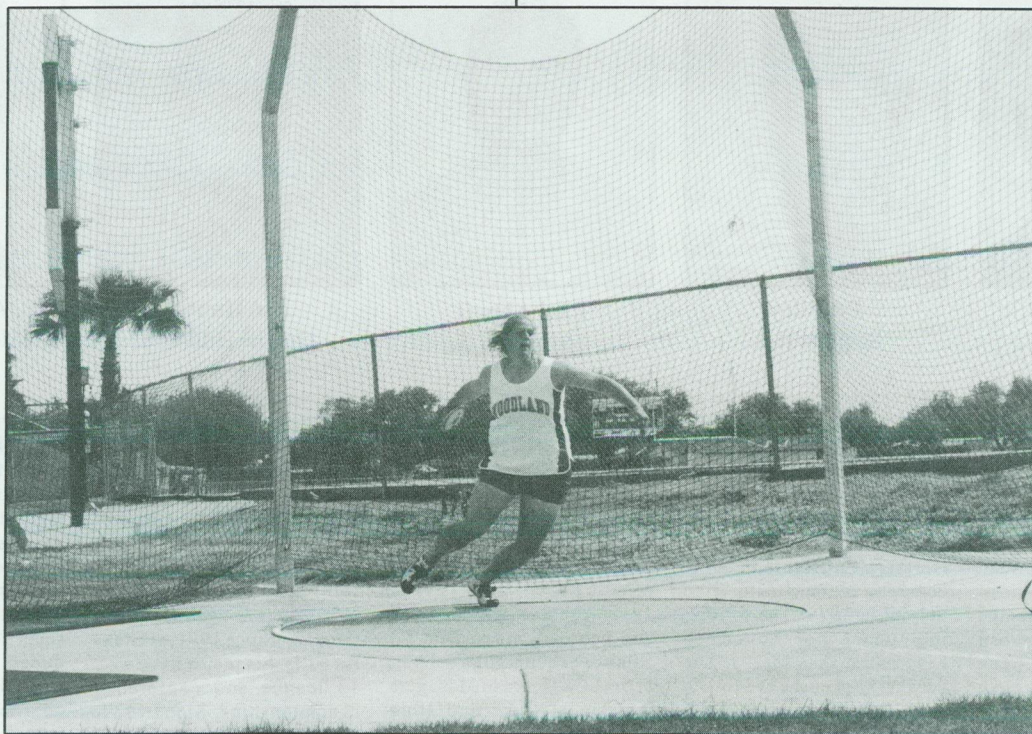
Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1	Noni Nzerem	12 Lowell	SF	35'01.00"		
2	Angel Johnson	11 Oakland	OK	35'01.50"		
3	Ceret Daramola	12 Crenshaw	LA	35'06.00"		
4	Kendra Rhea	12 El Capitan	SD	36'10.75"		
5	Rhiannon Henry	11 Rancho Buena	SD	37'04.50"		
6	Rosie Aikens	12 St. Mary's	NC	38'05.25"		
7	Angelina Ray	11 Laguna Creek	SJ	38'09.50"		
8	Monica Crawford	12 Butte Valley	NO	39'00.25"		
9	Rachel Varner	09 Bakersfield	CE	39'05.50"		
10	Laura Sauao	11 WC Overfelt	CC	39'08.00"		
11	Krissy Schelir	11 Sierra	CE	40'01.50"		
12	Sulu Reupenny	11 Sequoia	CC	40'04.50"		
13	Amanda Garcia	11 Carondelet	NC	40'06.00"		
14	Jenna Johnson	11 St. Joseph	SS	40'07.50"		
15	Katie McKeever	10 Woodland	SJ	40'10.00"		
16	Laura Tave	12 Rosemead	SS	41'00.75"		
17	Michelle Daggs	11 Bishop O'Dowd	NC	41'03.50"		
18	April Burton	12 Bakersfield	CE	41'04.00"		
19	Kmaya Warren	09 St. Mary's	NC	41'06.50"		
20	Serena Boykin	11 Dorsey	LA	41'08.00"		
21	Sabrina Kirkwood	10 Mercy SF	CC	41'11.75"		
22	Sheni Russell	12 Ramona	SS	41'11.75"		
23	Candace Hill	11 Hoover	SS	42'04.75"		
24	Jessica Cosby	11 Cleveland	LA	45'06.50"		
25	L'Orangerie Crawford	12 Santa Monica	SS	45'07.75"		
26	Jill Camarena	11 Woodland	SJ	46'01.50"		
27	Karen Freberg	10 Arroyo Grande	SS	48'00.50"		

GIRLS DISCUS

Prelims: 5:30 p.m. - Fri. Final: 7:00 p.m. - Sat.

Records - National: 188-4 Suzy Powell, Modesto, CA (Downey) 1994
State: 181-3 Stephanie Brown, Arroyo Grande 1998

Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1	Dorothy Tam	12 Lowell	SF	80'05.00"		
2	Noni Nzerem	12 Lowell	SF	80'05.00"		
3	Angel Johnson	11 Oakland	OK	85'02.00"		
4	Amanda Poniktera	12 Escondido	SD	116'09.00"		
5	Serena Boykins	11 Dorsey	LA	125'00.00"		
6	Angelina Ray	11 Laguna Creek	SJ	126'01.00"		
7	Dustie Borchard	12 Red Bluff	NO	127'09.00"		
8	Kendra Rhea	12 El Capitan	SD	128'04.00"		
9	Amber Lund	11 Del Norte	NC	129'05.00"		
10	Rosie Figueroa	12 Salinas	CC	129'09.00"		
11	Amanda Garcia	11 Carondelet	NC	129'10.00"		
12	Kristen Thompson	11 Esperanza	SS	132'03.00"		
13	Sabrina Kirkwood	10 Mercy SF	CC	132'04.00"		
14	Samantha Meredith	11 El Modena	SS	133'05.00"		
15	Katie McKeever	10 Woodland	SJ	134'06.00"		
16	Tia Desoto	12 Montgomery	NC	134'08.00"		
17	Jamie Farley	12 Buchanan	CE	136'07.00"		
18	Rose Faavesi	11 Monterey	CC	137'07.00"		
19	Michelle Daggs	11 Bishop O'Dowd	NC	138'00.00"		
20	Amanda Andrews	12 Arroyo Grande	SS	140'01.00"		
21	Candace Hill	11 Hoover	SS	140'09.00"		
22	Krissy Schelir	11 Sierra	CE	140'11.00"		
23	Sheni Russell	12 Ramona	SS	141'03.00"		
24	Cari Soong	12 JW North	SS	148'07.00"		
25	April Burton	12 Bakersfield	CE	148'09.00"		
26	Jill Camarena	11 Woodland	SJ	155'04.00"		



Jill Camarena of Woodland could double in the shot and discus.

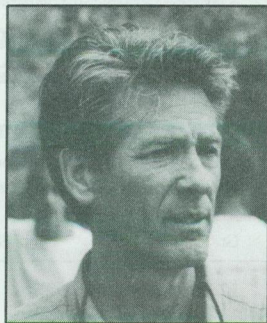
1999 CIF State Track and Field Honor Coaches

Honor Coaches are selected by the Track and Field Coaches Alliance, and are honored for their contributions to the sport.



Liz Mueller
Escondido H.S.

A member of the CIF State Track and Field Advisory Committee, Mueller has coached for 12 years, including 10 at the high school level. An elite athlete herself, Mueller was a two-time Olympic trialist in the javelin throw (1984 and 1988) and, in 1987, was a National Team Member in track and field. She has coached two section individual champions and state meet qualifiers in 1987, 1991-92 and 1997. In addition, she has coached 11 individual league champions at Escondido High School. At the collegiate level, she coached a state champion in the shot put event.



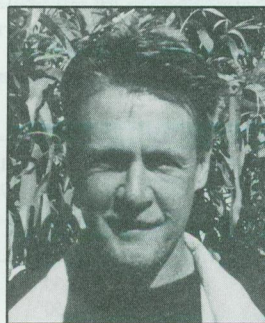
Greg Switzer
Hoover Glendale H.S.

Switzer has coached track and field for 26 years, including the last 13 at Hoover High School in Glendale. Before that, he coached at Burrough High School in Burbank from 1972-84. His Burrough's teams won league titles in 1978-79 and 1981-83. In nine of his seasons, he has coached at least one state meet qualifier in a variety of events. "Year after year, watching kids filled with self-doubt overcome their fears and inadequacies through sport -- that is my biggest highlight," said Switzer.



Jennifer Gonzalez
Malibu H.S.

Gonzalez started two track and field teams at new high schools and is a clinic instructor in the AAF-CIF Track and Field and Cross Country clinics. She has coached track and field since 1989 when she guided the Laguna Hills program. Since then, Gonzalez has coached at Aliso Niguel (1993-95) and, since 1995, at Malibu High School. While at Laguna Hills, her girls' cross country teams were state runner-ups in 1991 and 1992. In track and field, her teams have won three league titles (1992-93 and 1998) and have a 31-13 dual meet record. She has also coached boys' track and field.



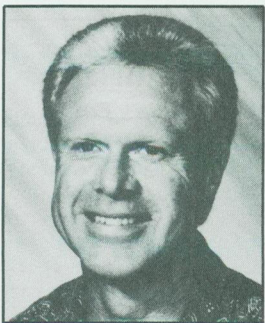
David Lonsinger
Stockdale H.S.

Lonsinger is in his sixth year as the head boys' and girls' track coach at Stockdale High School in Bakersfield. His 16 years as a coach also includes stops at Bakersfield College and his alma mater, Occidental College. His boys' and girls' teams have garnered six league championships and the Lady Mustangs were CIF Central Section runner-ups during the 1997 and 1998 seasons and took their first section crown this year. Lonsinger has coached numerous state medalists including David Larsen (HJ), Chad Salisbury (PV), and Tracy and Kelly Cohn (800-1600-3200 meters).



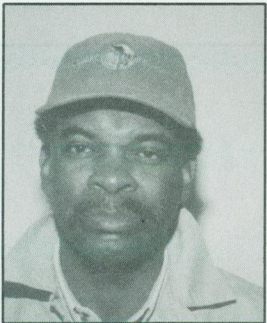
Darren Marshall
Chico H.S.

Marshall ran on the league and section championship team at Chico High School. "The one thing that made our team unusual was that we didn't have an individual champion, but we won both of the team titles," Marshall said. "So much of my approach to coaching has been borrowed from others. From Chuck Sheley, I learned work ethic and organization. Bob Noe taught me the importance of team building and keeping things fun. And, finally, from my dad I learned that from working together, we all win more often than we lose."



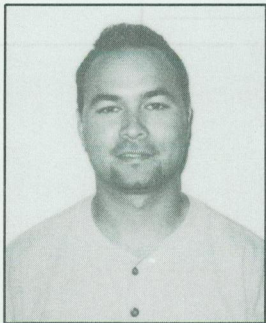
Dale R. Leick
Paradise H.S.

A teacher and coach at Paradise High School, Leick has coached track and field for 25 years at the high school, club and collegiate levels. While completing his teaching credential program, Leick was the head track coach at Durham High School. He has guided the Paradise track team since 1990. "We have never had huge numbers on our track teams, but we always have athletes that love to compete and that is something I am very proud of. I admire the strength, speed, beauty and grace of all track athletes."



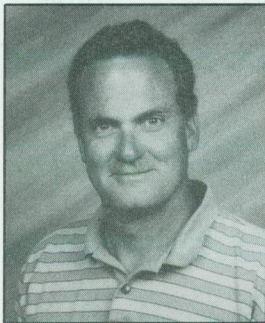
Ed Riley
Sequoia H.S.

After spending a number of years coaching track and field in a variety of locations and at several different levels, ranging from San Joaquin Valley to the Air Force to Southern California, Riley moved to Northern California to begin coaching at Palo Alto High School in 1979. The following year, he moved to Livermore, then in 1993, he became head coach at Sequoia High School. Riley is quite recognizable in the Redwood City community and has been widely honored for his numerous accomplishments.



Paul Abbott
Milpitas H.S.

In 1991, Abbott became the head track and field coach at Milpitas High School, and he continues in that role to the present day. Prior to coming to Milpitas, Abbott coached track and field at Lincoln High School in 1985, then at Ocala Middle School from 1988 to 1990. Abbott was recognized and honored, along with Ed Riley of Sequoia High School, at the CCS Board of Managers meeting at Cupertino High School on April 29.



Jim Hunter
Granite Hills H.S.

A veteran of 32 years in coaching, Hunter has been at Granite Hills High School since 1991. Prior to that, he coached at Ramona High School from 1973-86. Hunter has been awarded with numerous Coach of the Year honors including four times as Grossmont League Coach of the Year. Since 1991, at Granite Hills, his teams have won 13 league and conference championships. Since 1984, Hunter has coached 25 athletes who have advanced to the state meet.

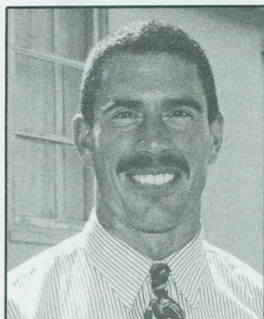


Alonzo Carter
McClymonds H.S.

A former graduate of McClymonds High School, Carter has been the head track coach there for seven years. His teams have won five Oakland Athletic League championships, including the last four in a row, and two section crowns. Carter has coached 25 state meet qualifiers and several finalists. He has produced an impressive 30-5 overall dual meet record. In addition, Carter has coached cross country for the past four years and football for five years.

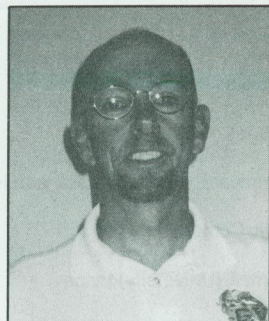
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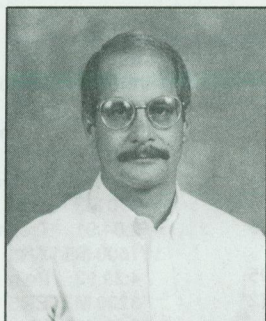
James Lawson
St. Mary's H.S.

Two of his recent relay teams have exemplified exactly what James Lawson seeks from the athletes he coaches: teamwork, even in track, and pushing themselves beyond their own expectations. In the Meet of Champions in 1995, the Panthers' 1600-meter relay team outran favored Berkeley to win the final. They did the same the following year against De La Salle. "Both years we were three to four second underdogs and we raised our level of competition," Lawson said. St. Mary's won nine straight league titles and five NCS championships between 1988 and 1997.



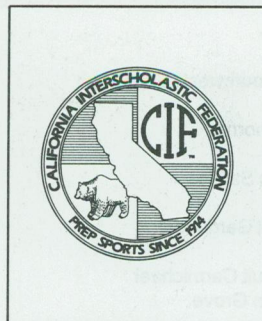
Bill Hurst
Golden Valley H.S.

The 1997, Sacramento Valley Track Association Coach of the Year, Hurst's track and field team won the CIF Sac-Joaquin Section championship in 1997. Since 1995, Hurst's teams have won four conference championships with numerous competitors at the state meet including Eddie and James Levine who were individual titlists in the 400 meters and 800 meters respectively. "My accomplishments would be starting a new school's program from scratch and developing a winning tradition with athletes that demonstrate superior sportsmanship," Hurst said.



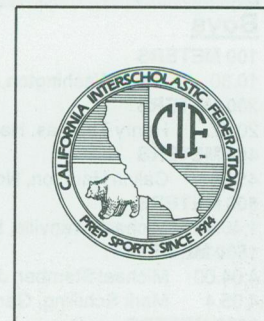
Vince Fanucchi
Garces Memorial H.S.

A graduate of Garces Memorial High School in Bakersfield, Fanucchi returned to his alma mater to coach boys' and girls' track and field in 1978. Since then, the parochial school with only 750 students, has consistently produced some of the top performers in the Central Section. His athletes have won 13 league championships and have qualified 10 times to the state meet in a variety of events. As Garces' athletic director, Fanucchi founded and directs the nation's largest prep soccer tournament. He is a 1972 graduate of CSU Fresno.



Van Latham
Carpinteria H.S.

A Tri-Valley League Coach of the Year honoree, Latham's boys' track team won the CIF Southern Section Division IV Championship this year -- its first section title. In all, Latham's boys' team have won eight league titles, while his girls' teams have garnered seven league championships in his 17 years of coaching. His boys' and girls' teams have also consistently placed in the top five in the section finals. Latham has coached 24 individual section champions, an Olympic Trials athlete (Andy Sheaffer in the hammer), and an NCAA champion in the hammer (Latrusa Godkin).



Paul Knox
Dorsey H.S.

A fixture at Dorsey High School, Knox has earned Los Angeles Coach of the Year honors four times (1992, 1995-97). Knox coached three-time state champion, Angela Rolf, and the 4X400 relay team from Dorsey that took a state title in 1983. In his 17 years of coaching girls' track and field, Knox's teams have an impressive 116-20 dual meet record and have won 11 league and four section titles (1992, 1995-97). He has coached individual qualifiers to the state meet in all by two seasons.



Kevin Magula
Marina H.S.

An eight year coaching veteran, Magula has been the pole vault coach at Marina since 1992. He has had tremendous success in teaching the vault as the achievements of his athletes can attest. Currently, Caroline Rebello is a league pole vault champ from Marina. Others include Jenny Candipan, who is vaulting at USC, Stephanie Heyp, now at San Diego State, Katie Rurem, currently at the University of Purdue, Natalie Hallett (Univ. of Notre Dame) and Michelle McCasline.

from page 14.....

(Lemoore-CE) ninth from last year's state competition. This will be a good field!

The Pole Vault has really arrived! The State has a flock of 12-foot and better Vaulters who will make up the best group gathered anywhere in the nation this season. Kathleen Donoghue (Rancho Bernardo, San Diego) was third in this competition last year behind State Record setter, teammate Tracy O'Hara (12-08), with Kathleen matching that record with her nation-leading mark from this spring. Leora Ward (Peninsula, Rolling Hills-SS 6th State 98) 12-01, will battle 12-0 stars Laura Chen (Temple City-SS), Natalie Dennison (Rancho Bernardo, SD), and Debbie Samson (Mayfair, Lakewood-SS) for the top placings.

The horizontal (Long and Triple) jumps have fine groups. Sani Roseby (Monterey-CCS) leads the rank sheet for this weekend in the Long Jump at 19-05.75w, with a good chance for sprint wins and a victory here for the talented junior. Porchea Carroll (Rio Mesa, Oxnard-SS) 19-02 (19-03.5w), Dana Bethel (Mission Viejo-SS) 19-02w, improved Jimia White (Casa Roble, Orangevale-SJ) 18- 11.5w, Tiffany Jones (Eisenhower, Rialto-SS 5th State 98) 18- 10.5w (18-06.5), and Jamara Smith (Logan, Union City-NCS) 18- 10.25 (18-11.25w) have solid seasonal records. Dee Scott (South, Bakersfield-CE) was fourth in last year's State competition with an 18-06 99 best. Blessing Ufodiama (Poly, Long Beach-SS), state runner-up last June, has the sixth farthest jump in the nation in the Triple Jump with her 40-05.25 this season. Tinishia Johnson (Mitty, San Jose-CCS), fifth last June at State,

is improving quickly after a successful basketball season, out to 39-07.75 last weekend in Section action. Lauren Chesnut (Laguna Creek, Elk Grove-SJ) has a good seasonal record with a 40-02.5w seasonal best, one of the top twenty marks in the country under any conditions. Soph Trinety White (Marysville-SJ) was 39-00.5 at the Section Finals competition. Brittny Roberts (Bullard, Fresno) has jumped 40-07.5w (38-11.75) with the Central Section title this spring, and Heater Contreras (Sutter-No) out to 40-06w and a 38-09.5 to win her area championship.

The Girls weight events will be some great competition by a super crew! Jill Camarena (Woodland-SJ) is the nation's top junior Shot Putter (49-08 #3 overall) and among the nation's top ten in the Discus at 158-05. She is certainly not home free, however, as competition abounds! Karen Freberg (Arroyo Grande- SS), latest star out of Coach Robert Budke's powerful Central Coast program, has thrown 48-05 in the Shot (nation's top soph while we are on the "class" thing), with April Burton (Bakersfield-CE), last year's State Discus runner-up, with a 161-01 best (nation's #6 thrower) is finishing out a great prep weight career here this weekend. Carri Soong (North, Riverside- SS) is also among the nation's top ten Discus throwers at 160- 09, and hopes to help her team's title hopes with a big effort. L'Orangerie Crawford (Santa Monica-SS) is among the nation's top dozen Shot Putters (46-10.5), with 98 State fifth placer Jessica Cosby (Cleveland, Reseda-LA), who has quickly recovered from knee surgery and won the LA City Finals at 45-06.5.

CIF STATE TRACK AND FIELD CHAMPIONSHIP RECORDS

Boys

100 METERS		
10.30	Riley Washington, (Southwest) San Diego	1992
200 METERS		
20.77	Henry Thomas, Hawthorne	1984
400 METERS		
45.25	Calvin Harrison, North Salinas	1993
800 METERS		
1:46.45	Michael Granville, Bell Gardens	1996
1600 METERS		
4:04.00	Michael Stember, Jesuit Carmichael	1995
4:05.4	Mark Schilling, Garden Grove	1972*
3200 METERS		
8:44.95	Eric Mastalir, Jesuit Carmichael	1986
110 METER HIGH HURDLES		
13.41	Steve Kerho, Mission Viejo	1982
300 METER INTERMEDIATE HURDLES		
35.50	George Porter, (Cabrillo) Lompoc	1985
400 METER RELAY		
40.35	John Muir, Pasadena	1997
1600 METER RELAY		
3:08.66	John Muir, Pasadena	1996
HIGH JUMP		
7'3 1/4"	Lee Balkin, Glendale	1979
LONG JUMP		
26'4 3/4"	James Stallworth, Tulare	1989
POLE VAULT		
17'1/2"	Anthony Curran, (Crespi) Encino	1978
TRIPLE JUMP		
52'4 3/4"	Ken Frazier (Mission) San Francisco	1981
SHOT PUT		
74'4 3/4"	Brent Noon, Fallbrook	1990
DISCUS THROW		
203'4"	Brian Blutreich, (Cap. Valley) Mission Viejo	1985
	Rob Powell, Redwood	1990

Girls

100 METERS		
11.14	Marion Jones, Thousand Oaks	1992
200 METERS		
22.83	Marion Jones, Thousand Oaks	1992
400 METERS		
52.39	Denean Howard, (Kennedy) Granada Hills	1982
800 METERS		
2:04.91	Trena Hull, Compton	1984
1600 METERS		
4:39.92	Polly Plumer, (University) Irvine	1982
3200 METERS		
9:52.80	Kim Mortensen, Thousand Oaks	1996
100 METER LOW HURDLES		
13.34	Janeene Vickers, Pomona	1987**
100 METER HIGH HURDLES		
13:35	Nicole Hoxie, North Riverside	1997
300 METER LOW HURDLES		
40.26	Janeene Vickers, Pomona	1987
400 METER RELAY		
45.13	Berkeley	1981
1600 METER RELAY		
3:36.32	Long Beach Wilson	1998
HIGH JUMP		
6'2"	Latrese Johnson, Clovis	1985
LONG JUMP		
22'0 1/2"	Marion Jones, Thousand Oaks	1993
POLE VAULT		
12-8	Tracy O'Hara, Rancho Bernardo	1998
TRIPLE JUMP		
43'11 1/2	Juliana Yendork, Walnut	1991
SHOT PUT		
52'11 1/2"	Kristin Heaston, Ygnacio Valley	1993
DISCUS THROW		
181-3	Stephanie Brown, Arroyo Grande	1998

*mile record -- Note: Eric Hulst's 8:44.9 in the 3200 was hand timed.

**discontinued after 1993 season

U.S. NATIONAL HIGH SCHOOL RECORDS

Boys

100 METERS		
9.9	Henry Neal, Greenville, TX	1990
200 METERS		
20.0	Roy Martin, Dallas, TX, Roosevelt	1985
400 METERS		
45.25	Calvin Harrison, North Salinas, CA	1993
800 METERS		
1:46.45	Michael Granville, Bell Gardens, CA	1996
1600 METERS		
3:58.30	Paul Vandergrift, Conshohocken Archbishop Kennedy, PA	1987
3200 METERS		
8:44.95	Eric Mastalir, Jesuit Carmichael, CA	1986
110 METER HIGH HURDLES		
13.1	Dennis Brantley, Houston Worthing, TX	1980
300 METER INTERMEDIATE HURDLES		
35.32	George Porter, Lompoc, CA, Cabrillo	1985
400 METER RELAY		
39.76	Fort Worth O.D., Wyatt, TX	1998
1600 METER RELAY		
3:07.40	Hawthorne, CA	1985
HIGH JUMP		
7'5 1/4"	Dothel Edwards, Athens, GA, Cedar Shoals	1984
LONG JUMP		
26'4 3/4	James Stallworth, Tulare	1989
POLE VAULT		
17'9 1/2"	Joe Dial, Narlow, OK	1981
TRIPLE JUMP		
52'10 1/2"	Charles Mayfield, Pasadena, CA, John Muir	1980
SHOT PUT		
77' 0"	Michael Carter, Dallas, TX, Jefferson	1979
DISCUS THROW		
224' 3"	Kamy Keshmiri, Reno, NV	1987

Girls

100 METERS		
11.14	Marion Jones, Thousand Oaks, CA	1992
200 METERS		
22.67	Marion Jones, Thouand Oaks, CA	1992
400 METERS		
52.39	Denean Howard, Granda Hills, CA, Kennedy	1982
800 METERS		
2:04.5	Joletta Clark, Maplewood, NJ, Columbia	1980
1600 METERS		
4:39.4	Laura Matson, Andover, Bloomfield Hills, MI	1985
3200 METERS		
9:48.59	Kim Mortensen, Thousand Oaks, CA	1996
100 METER HIGH HURDLES		
13.23	Dominique Calloway, Denver South, CO	1996
300 METER LOW HURDLES		
40.18	Leslie Maxie, Millbrae, CA, Mills	1984
400 METER RELAY		
44.70	St. Bernard Playa del Rey, CA	1997
1600 METER RELAY		
3:36.32	Long Beach Wilson, CA	1998
HIGH JUMP		
6'3	Amy Acuff, Corpus Christi, Calallen TX	1992
LONG JUMP		
22' 1 3/4"	Kathy McMillian, Raeford, NC, Hoke County	1976
POLE VAULT		
13-0	Shannon Agee, Helena, MT	1998
TRIPLE JUMP		
44-0 1/2	Juliana Yendork, Walnut, CA	1991
SHOT PUT		
53'7 3/4"	Natalie Kaaiawahia, Fullerton, CA	1983
DISCUS THROW		
188'4"	Suzy Powell, Downey Modesto, CA	1994

PAST CIF STATE TRACK AND FIELD TEAM CHAMPIONS

BOYS

School	Points	Coach	Location	Dates
Manual Arts, Los Angeles	25	Otto Fritsch	Fresno High	4/3/1915
Manual Arts, Los Angeles	37 1/2	Otto Fritsch	YMCA Field, Los Angeles	4/8/1916
Coalinga	25	Charles Geer	Berkeley	4/28/1917
Pasadena	25	George Main	Sacramento Fair	4/27/1918
Manual Arts, Los Angeles	21	Sid Foster	San Bernardino High	4/26/1919
Los Angeles	18	Glenn Whittle	Bakersfield Fair	4/24/1920
Lincoln, Los Angeles	17	Tommy Davis	Berkeley	4/30/1921
Huntington Beach	16	Ray Walker	Stockton Fair	5/6/1922
Hollywood	17 1/2	William Paige	Occidental College, Los Angeles	5/12/1923
Manual Arts, Los Angeles	26	Sid Foster	Taft High	5/10/1924
Manual Arts, Los Angeles	16	Sid Foster	Stanford Stadium	5/9/1925
Polytechnic, Los Angeles	17	Edward Leahy	Los Angeles Coliseum	5/8/1926
Glendale	35	Norman Hayhurst	Modesto High	5/7/1927
Polytechnic, Long Beach	21	Norman Baker	Selma High	5/5/1928
San Diego	22 3/4	Glenn Broderick	Los Angeles Coliseum	5/11/1929
Sacramento (tie)	11	Lawrence Janssen	Berkeley	5/10/1930
San Diego (tie)	11	Glenn Broderick		
Santa Ana (tie)	11	G.A. "Tex" Oliver		
Polytechnic, Los Angeles	19 1/2	Edward Leahy	Visalia	5/23/1931
Polytechnic, Long Beach	22 1/2	Norman Baker	Modesto Junior College	5/2/1932
Central, El Centro	18	J.H. Armstrong	Los Angeles Coliseum	5/20/1933
Muir, Pasadena	15 1/2	Albion Walton	Edwards Stadium, Berkeley	5/26/1934
Fullerton	14	Harold Lang	Ratcliffe Stadium, Fresno	5/25/1935
Muir, Pasadena	18	Albion Walton	Gridley High	5/23/1936
Jefferson, Los Angeles	23 1/2	Harold Edelson	Wilson High, Long Beach	5/22/1937
San Diego	18 1/2	Glenn Broderick	San Benito High, Hollister	5/28/1938
Bakersfield	16	"Cap" Haralson	Los Angeles Coliseum	5/27/1939
Bakersfield	18 1/2	"Cap" Haralson	Visalia High	5/25/1940
Edison, Fresno	22	Harold Bicknell	Spartan Stadium, San Jose	5/24/1941
Redondo	21	Harold Grant	Compton College	5/25/1946*
Washington, Los Angeles	24	Gail Wyatt	Visalia High	5/31/1947
Jordan, Los Angeles	22	Bill Zazueta	Edwards Stadium, Berkeley	5/29/1948
Jefferson, Los Angeles	28 1/2	Estel Johnson	Los Angeles Coliseum	5/28/1949
Jefferson, Los Angeles	40	Estel Johnson	Hughes Stadium, Sacramento	5/27/1950
Jefferson, Los Angeles	16 1/2	Estel Johnson	Edwards Stadium, Berkeley	5/26/1951
Jefferson, Los Angeles	30 1/2	Estel Johnson	Los Angeles Coliseum	5/24/1952
Manual Arts, Los Angeles	16 3/5	Charles Toney	Ratcliffe Stadium, Fresno	5/29/1953
Alameda	19	Lewis Jolley	Edwards Stadium, Berkeley	5/29/1954
Centennial, Compton	29	Bill Gill	Los Angeles Coliseum	5/28/1955
Jefferson, Los Angeles	24 2/3	Estel Johnson	Chico State College	6/2/1956
Berkeley	23	Rich Hacker	Edwards Stadium, Berkeley	6/1/1957
Compton (tie)	11	Ernest Hartman	Veterans Stadium, Long Beach	5/31/1958
Manual Arts, Los Angeles (tie)	11	Charles Toney		
Polytechnic, Long Beach	14	Leon Forman	Memorial Stadium, Bakersfield	5/29/1959
Jordan, Los Angeles	15	Jesse Flores	Stanford Stadium	6/4/1960
Centennial, Compton	11	Bill Gill	East Los Angeles College	6/3/1961
Jefferson, Los Angeles	14	John Childress	Modesto Junior College	6/2/1962
Edison, Fresno	15	Frank Fletcher	Edwards Stadium, Berkeley	5/31-6/1/1963
Jefferson, Los Angeles (tie)	13	Andy Bakjian	Los Angeles Coliseum	6/5-6/1964
Polytechnic, Long Beach (tie)	13	Leon Forman		
Polytechnic, Long Beach	19	Leon Forman	Memorial Stadium, Bakersfield	6/4-5/1965
Dorsey, Los Angeles	22	Rod Richard	Edwards Stadium, Berkeley	6/3-4/1966
Muir, Pasadena	26	Walter Opp	Balboa Stadium, San Diego	6/2-3/1967
Centennial, Compton	26	Bill Gill	Edwards Stadium, Berkeley	5/31-6/1/1968
Los Angeles	22	E. Bravo	UCLA	6/6-7/1969
Los Altos	29	Leo Long	Edwards Stadium, Berkeley	6/5-6/1970
Lompoc	13	Frank Hiatt	UCLA	6/4-5/1971
Sacramento	18**	Scotty Bingham	Oroville High	6/1-2/1972
Wilson, San Francisco	20	Adam Banks	Woodland High	6/1-2/1973
Muir, Pasadena	23**	Walter Opp	Memorial Stadium, Bakersfield	5/31-6/1/1974
Harry Elis, Richmond	22	Silvester Greenwood	San Diego	6/6-7/1975
Hamilton, Los Angeles (tie)	12	Gene Broadwater	U.C. Berkeley	6/4-5/1976
San Fernando, Los Angeles (tie)	12	John Wachtler		
Pasadena	26	Bob Pruitt	UCLA	6/3-4/1977
El Camino, Oceanside	16	Nil Kovacevich	Memorial Stadium, Bakersfield	6/2-3/1978
Pasadena	16	Art Large	Hughes Stadium, Sacramento	6/1-2/1979
Berkeley	41	Willie White	Edwards Stadium, Berkeley	6/6-7/1980
Berkeley	58	Willie White	Cerritos College, Norwalk	6/5-6/1981
Crenshaw, Los Angeles (Tie)	20	Bob Volles	Hughes Stadium, Sacramento	6/4-5/1982
Mission Viejo (Tie)	20	Gene Gurule		

PAST CIF STATE TRACK & FIELD TEAM CHAMPIONS

BOYS (cont.)

School	Points	Coach	Location	Dates
Hawthorne	40**	Kye Courtney	Memorial Stadium, Bakersfield	6/4/1983
Hawthorne	52	Kye Courtney	Los Angeles Coliseum	6/2/1984
Hawthorne	29	Kye Courtney	Sacramento	5/31/1985
Taft, Woodland Hills	26	Tom Stevenson	Cerritos College, Norwalk	6/6/1986
Hawthorne	34	Kye Courtney	Sacramento	6/5/1987
Hawthorne	34	Kye Courtney	Cerritos College, Norwalk	6/3/1988
Hawthorne	40	Kye Courtney	Cerritos College, Norwalk	6/2-3/1989
Muir	24	Clyde Turner	Cerritos College, Norwalk	6/1-2/1990
Compton	30	Alonzo Simmons	Cerritos College, Norwalk	5-31-6-1/1991
Bakersfield	25	Art Dalzell	Cerritos College, Norwalk	6/5-6/1992
Merced (tie)	36	Greg McKinstry	Cerritos College, Norwalk	6-19/1993***
North Salinas (tie)	36	Ed Barber		
Muir Pasadena	36	Clyde Turner	Cerritos College, Norwalk	6/3-4/1994
Muir Pasadena	38	Cyde Turner	Cerritos College, Norwalk	6/2-3/1995
Muir Pasadena	57	Clyde Turner	Cerritos College, Norwalk	5-31/6-1/1996
Long Beach Poly	39	Don Norford	Hughes Stadium, Sacramento	6/6-7/1997
Long Beach Poly	42	Don Norford	Cerritos College, Norwalk	6/5-6/1998

* No meets held during the World War II period (1941-45)

** Reported figures for finals. Scoring system was 5-3-2-1 from 1915 to 1928; 5-3-2-1 1/2 from 1929 to 1965; 6-4-3-2-1 from 1966 to 1979; and 10-8-6-5-4-3 since 1980

*** Meet rescheduled due to rain

GIRLS

School	Points	Coach	Location	Dates
Berkeley	13	Willie White	Memorial Stadium, Bakersfield	5/31-6/1/1974
Washington, Los Angeles	22	Arnice Reddick	San Diego	6/6-7/1975
Berkeley	20	Willie White	U.C. Berkeley	6/4-5/1976
Locke, Los Angeles	14	Cherie Muller-Williams	UCLA	6/3-4/1977
Hill, San Jose	16	John Johnigan	Memorial Stadium, Bakersfield	6/2-3/1978
Westchester	24	Pat Nordell	Hughes Stadium, Sacramento	6/1-2/1979
Kennedy, Granada Hills	48	Dixie Griffen	Edwards Stadium, Berkeley	6/6-7/1980
Berkeley	64	Willie White	Cerritos College, Norwalk	6/5-6/1981
Berkeley	48	Willie White	Hughes Stadium, Sacramento	6/4-5/1982
Berkeley	29	Willie White	Memorial Stadium, Bakersfield	6/4/1983
Woodside	38	Susie Wilson	Los Angeles Coliseum	6/2/1984
Muir, Pasadena	55	Jim Brownfield	Sacramento	5/31/1985
Hawthorne	40	Kye Courtney	Cerritos College, Norwalk	6/6/1986
Pomona	30	Isaiah Sanders	Sacramento	6/5/1987
Bakersfield (tie)	28	Scott Semar	Cerritos College, Norwalk	6/3/1988
Rio Mesa (tie)	28	Brian Fitzgerald/Rick Torres		
Muir, Pasadena	36	Jim Brownfield	Cerritos College, Norwalk	6/2-3/1989
Bakersfield	61	Scott Semar	Cerritos College, Norwalk	6/1-2/1990
Morningside	28	Ron Tatum	Cerritos College, Norwalk	5-31-6-1/1991
Long Beach Poly	39	Don Norford	Cerritos College, Norwalk	6/5-6/1992
Long Beach Poly	56	Don Norford	Cerritos College, Norwalk	6-19/1993***
Skyline Oakland	36	Darrell Hampton	Cerritos College, Norwalk	6/3-4/1994
Long Beach Poly	52	Don Norford	Cerritos College, Norwalk	6/2-3/1995
Long Beach Wilson	43	Terry Kennedy	Cerritos College, Norwalk	5-31/6-1/1996
Long Beach Poly	49	Don Norford	Hughes Stadium, Sacramento	6/6-7/1997
Long Beach Wilson	42	Terry Kennedy	Cerritos College, Norwalk	6/5-6/1998
Long Beach Poly	42	Don Norford		

Scoring system used were 5-3-1 in 1974; 5-4-3-2-1 from 1976 to 1979; and 10-8-6-4-2-1 since 1980.

*** Meet rescheduled due to rain

CIF STATE TRACK AND FIELD TEAM RECORDS

BOYS

Most State Championships

- 8 - Jefferson, Los Angeles (1938, 49-52, 56, 62, 64)
- 8 - Muir, Pasadena (1934, 36, 67, 74, 90, 94-96)
- 7 - Polytechnic, Long Beach (1928, 32, 59, 64-65, 1997-98)
- 7 - Manual Arts, Los Angeles (1915, 16, 19, 24, 25, 53, 58)
- 6 - Hawthorne (1983-85, 1987-89)

Most Consecutive State Championships

- 4 - Jefferson, Los Angeles (1949-52)
- 3 - Hawthorne (twice; 1983-85, 1987-89)
- 3 - Muir, Pasadena (1994-96)

Note: Boys CIF State Track and Field Championships began in 1915 and have been held annually since - excluding the World War II years (1941-45); The girls' championships were initiated in 1974 and have been held annually since.

GIRLS

Most State Championships

- 5 - Berkeley (1974, 76, 1981-83)
- 5 - Long Beach Poly (1991-92, 94, 1997-98)
- 2 - Muir, Pasadena (1985, 1989)
- 2 - Bakersfield (1988, 1990)
- 2 - Long Beach Wilson (1996, 1998)

Most Consecutive State Championships

- 3 - Berkeley (1981-83)
- 2 - Long Beach Poly (twice; 1991-92, 1997-98)

CIF STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS (Boys)

100-Meter Dash

1957 - Preston Griffin (Centennial, Compton)	9.6
1958 - Hubie Watson (Jordan, L.A.)	9.6
1959 - Bill Cowings (Fowler)	9.7
1960 - Bill Cowings (Fowler)	9.7
1961 - Forrest Beaty (Hoover, Glendale)	9.5
1962 - Forrest Beaty (Hoover)	9.5
1963 - Alvin Mann (Edison, Fresno)	9.6
1964 - Jim Hines (McClymonds, Oak.)	9.7
1965 - Harold Busby (Muir, Pasadena)	9.5
1966 - Phil Underwood (Dorsey, L.A.)	9.6
1967 - Mel Gray (Montgomery, Santa Rosa)	9.4
1968 - Bob Ballard (Bellflower)	9.6
1969 - Willie Robinson (Central, El Centro)	9.6
1970 - Alle Carter (Bonita, La Verne)	9.8
1971 - George Reddick (Hamilton, L.A.)	9.6
1972 - Carl McCullough (Sacramento)	9.5
1973 - Elijah Jefferson (Crawford, S.D.)	9.6w
1974 - Elijah Jefferson (Crawford, S.D.)	9.8
1975 - Kevin Williams (San Fernando)	9.4
1976 - Billy Mullins (Hamilton, L.A.)	10.4
1977 - David Russell (Henry, S.D.)	9.61
1978 - Michael Sanford (Pasadena)	9.85
1979 - Bill Green (Cubberley, Palo Alto)	9.59
1980 - Howard Hawkins (Warren, Downey)	10.55
1981 - Ken Robinson (Berkeley)	10.60
1982 - Lew Dunn (North, Riverside)	10.53
1983 - Steve Jones (Burbank, Sacramento)	10.64
1984 - Henry Thomas (Hawthorne)	10.44
1985 - Ron McCree (Madera)	10.49
1986 - Ron McCree (Madera)	10.57
1987 - Quincy Watts (Taft)	10.49
1988 - Darren Stringer (Vacaville)	10.78
1989 - Curtis Conway (Hawthorne)	10.42
1990 - Napoleon Kaufman (Lompoc)	10.57
1991 - Ricky Carrigan (Compton)	10.33w
1992 - Riley Washington (Southwest)	10.30
1993 - Bryan Howard (Canyon Springs)	10.43
1994 - Pat Johnson (Redlands)	10.43
1995 - Marques Holiwell (West Bakersfield)	10.43w
1996 - Jim McGee (Sacramento)	10.52
1997 - Justin Fargas (Notre Dame Sher. Oaks)	10.52
1998 - Darrell Rideaux (Long Beach Poly)	10.43

200-Meter Dash

1957 - Preston Griffin (Centennial, Compton)	21.3
1958 - Mel Clipper (Muir, Pasadena)	20.7
1959 - Hubie Watson (Jordan, L.A.)	21.6
1960 - Bill Cowings (Fowler)	21.0
1961 - Forest Beaty (Hoover, Glendale)	21.5
1962 - Richard Stebbins (Fremont, L.A.)	20.9
1963 - John House (Muir, Pasadena)	21.3
1964 - Jim Hines (McClymonds, Oak.)	21.5**
1965 - Harold Busby (Muir, Pasadena)	21.0
1966 - Phil Underwood (Dorsey, L.A.)	21.2
1967 - Mel Gray (Montgomery, Santa Rosa)	20.7**
1968 - Willie Deckard (Dorsey, L.A.)	21.7
1969 - Willie Robinson (Central, El Centro)	21.7
1970 - Jackie White (Santa Ana)	21.5
1971 - Chuck Bommarito (Crestmoor, San Bruno)	21.2
1972 - Mike Shavers (Albany)	21.0
1973 - Clancy Edwards (Santa Ana)	21.2
1974 - Millard Hampton (Silver Creek, San Jose)	21.1
1975 - Billy Mullins (Hamilton, L.A.)	21.2
1976 - Billy Mullins (Hamilton, L.A.)	21.6
1977 - David Russell (Henry, S.D.)	20.97
1978 - Michael Sanford (Pasadena)	21.42
1979 - Michael Sanford (Pasadena)	21.00
1980 - Ken Robinson (Berkeley)	21.21
1981 - Kevin Wilhite (Cordova)	20.81
1982 - Antonio Manning (Hamilton)	21.05
1983 - Henry Thomas (Hawthorne)	21.02
1984 - Henry Thomas (Hawthorne)	20.77
1985 - Michael March (Hawthorne)	20.83
1986 - Quincy Watts (Taft, Woodland Hills)	21.03
1987 - Quincy Watts (Taft)	20.99
1988 - Bryan Bridgewater (Washington)	21.00
1989 - Barry Smith (Mission)	20.82
1990 - Napoleon Kaufman (Lompoc)	21.15
1991 - Ricky Carrigan (Compton)	20.84w
1992 - Gentry Bradley (Piux X)	20.97
1993 - Calvin Harrison (North Salinas)	21.12

1994 - Pat Johnson (Redlands)	21.01
1995 - Bryan Harrison (Dana Hills)	20.82w
1996 - Obea Moore (Muir Pasadena)	20.91
1997 - Andrea Ammons (Skyline Oakland)	20.91
1998 - Kareem Kelly (Long Beach Poly)	20.76

** Turn (Since 1967, te 220 and then 200 meters were run exclusively around one turn.)

400-Meter Dash

1958 - Dixon Farmer (Miramonte, Orinda)	48.6
1959 - Dixon Farmer (Miramonte)	48.6
1960 - Ulis Williams (Compton)	47.2
1961 - Ulis Williams (Compton)	47.8
1962 - Manual Diaz (Keppel, Alhambra)	47.8
1963 - Tommie Smith (Lemoore)	47.3
1964 - Fred Banks (Jefferson, L.A.)	47.5
1965 - Randy Julian (Bolsa Grande, Garden Grove)	47.4
1966 - Mike Newton (Whittier)	47.2
1967 - Mike Newton (Whittier)	47.2
1968 - Edesel Garrison (Centennial, Compton)	46.7
1969 - Larance Jons (Lemoore)	46.8
1970 - Rick Brown (Los Altos)	47.8
1971 - Tony Kryosiak (Garden Grove)	46.7
1972 - Robert Harrell (Santa Ana)	47.4
1973 - Ron Whitaker (Wilson, S.F.)	47.0
1974 - Rod Connors (Cordova)	47.7
1975 - John Ware (Sacramento)	47.2
1976 - Darold Harris (Pittsburg)	47.6
1977 - James Sanford (Pasadena)	46.60
1978 - Bill Green (Cubberley, Palo Alto)	46.77
1979 - Tony Banks (Morse, San Diego)	47.28
1980 - Mike Turner (Centennial, Compton)	47.51
1981 - David Timmons (Oakland)	47.09
1982 - Fabian Cooper (Washington)	46.38
1983 - Larry Walker (Edison, Fresno)	47.03
1984 - Chip Rish (Marina)	46.82
1985 - Chip Rish (Marina)	45.7
1986 - Steve Lewis (American, Fremont)	46.59
1987 - Steve Lewis (American, Fremont)	46.7
1988 - Travis Hannah (Hawthorne)	47.02
1989 - Beno Bryant (Dorsey)	47.52
1990 - Mike Sulcer (Muir)	47.54
1991 - Richard Dupree (Roosevelt)	47.21
1992 - Derek Shephard (Lincoln)	46.95
1993 - Calvin Harrison (North Salinas)	45.25
1994 - James Davis (Wood Vacaville)	46.96
1995 - Obea Moore (Muir Pasadena)	46.08
1996 - Obea Moore (Muir Pasadena)	45.81
1997 - Eddie Levine (Golden Valley)	46.77
1998 - Mike Ryan (Beverly Hills)	47.62

800-Meter Run

1957 - Jim Cerveny (Mission Bay, S.D.)	1:52.7
1958 - Alfred Gentry (Fremont, L.A.)	1:55.4
1959 - Dave Dunbar (Westmoor, Daly City)	1:53.2
1960 - Ray VanAsten (Bonita, La Verne)	1:51.9
1961 - Mike Gibeau (Lincoln, S.F.)	1:53.1
1962 - Doug Parker (Chico)	1:52.2
1963 - Dennis Carr (Lowell, Whittier)	1:50.9
1964 - Bob Hose (Madison, S.D.)	1:57.7
1965 - Richard Joyce (Sierra, Whittier)	1:48.8
1966 - Terry Rogers (Hilltop, Chula Vista)	1:51.5
1967 - Lawrence Banks (Dorsey, L.A.)	1:51.2
1968 - George Alfaro (Pittsburg)	1:52.3
1969 - Ricco Sanchez (Canoga Park)	1:51.6
1970 - Rick Brown (Los Altos)	1:50.6
1971 - Percell Keeling (Morningside, Inglewood)	1:51.9
1972 - Dale Scott (El Cerrito)	1:49.7
1973 - Randy Lopez (Alhambra)	1:52.4
1974 - John Musich (Burbank)	1:51.0
1975 - Conrad Suhr (Leigh, San Jose)	1:51.0
1976 - Wyatt Bishop (Carlmont, Belmont)	1:54.4
1977 - Jim Walters (Estancia, Costa Mesa)	1:49.4
1978 - David Mack (Locke, L.A.)	1:53.83
1979 - David Mack (Locke)	1:50.17
1980 - Peter Quinonez (Tulare)	1:50.11
1981 - Pete Richardson (Berkeley)	1:47.31
1982 - John Phillips (Los Altos)	1:49.99
1983 - Kimmie James (Richmond)	1:50.63
1984 - Eric Schemerhorn (Woodbridge)	1:49.61
1985 - Sean Langer (Bakersfield)	1:51.75
1986 - Vincent Thompson (Locke, L. A.)	1:50.25

1987 - Don Gabor (Amador Valley)	1:52.3
1988 - Mark Senior (Mt. Miguel)	1:51.37
1989 - Gordon Johnson (Piedmont)	1:51.88
1990 - Craig Magress (Santa Teresa)	1:51.66
1991 - Mike Terry (El Modena)	1:53.99
1992 - Mike Katri (Fortuna)	1:49.56
1993 - Vondre Armour (Bakersfield)	1:50.13
1994 - Michael Granville (Bell Gardens)	1:49.82
1995 - Aaron Richberg (James Logan)	1:48.40
1996 - Michael Granville (Bell Gardens)	1:50.68
1997 - James Levine (Golden Valley)	1:50.62
1998 - Jon Stevens (Mission San Jose)	1:52.07

1600-Meter Run

1957 - Tim Roelen (San Fernando)	4:20.2
1958 - Woody Covington (Compton)	4:23.7
1959 - Dale Story (Orange)	4:11.0
1960 - Ben Tucker (Polytechnic, S.F.)	4:14.3
1961 - Bruce Bess (La Habra)	4:18.8
1962 - Dennis Carr (Lowell, Whittier)	4:08.7
1963 - Tracy Smith (Arcadia)	4:14.4
1964 - Mike Ryan (Wilcox, Santa Clara)	4:11.2
1965 - Tim Danielson (Chula Vista)	4:08.4
1966 - Tim Danielson (Chula Vista)	4:07.0
1967 - Mike Solomon (Westminster)	4:11.4
1968 - Clifton West (Kennedy, Sacramento)	4:09.0
1969 - Decker Underwood (South, Torrance)	4:12.1
1970 - Brent Tubb (Cleveland, Reseda)	4:12.9
1971 - Brent Tubb (Cleveland)	4:09.6
1972 - Mark Schilling (Garden Grove)	4:05.4
1973 - Alvin Gilmore (Lompoc)	4:11.4
1974 - Rick Kimball (De La Salle, Concord)	4:06.6
1975 - John Johnson (Skyline, Oakland)	4:09.5
1976 - Jim Arriola (Gahr, Cerritos)	4:14.6
1977 - Mark Stillman (Willow Glen, San Jose)	4:06.9
1978 - Paul Medvin (University, L.A.)	4:08.91
1979 - Paul Medvin (University)	4:12.82
1980 - Larry Guinne (Castro Valley)	4:06.18
1981 - Jeff Scott (El Camino, Sacramento)	4:10.06
1982 - Tome Grewe (Carpinteria)	4:08.05
1983 - Jim Frey (Yreka)	4:08.82
1984 - Roman Gomez (Belmont)	4:09.05
1985 - Roman Gomez (Belmont)	4:15.93
1986 - Mark Mastilil (Jesuit, Carmichael)	4:07.81
1987 - Scott Robinson (Bellarmine)	4:07.95
1988 - Reggie Williams (River City)	4:08.78
1989 - Francis O'Neil (San Pasqual)	4:08.67
1990 - Coley Candaele (Carpinteria)	4:06.26
1991 - Daniel DasNeves (Helix)	4:12.22
1992 - Daniel DasNeves (Helix)	4:09.54
1993 - Brian Wilkinson (Merced)	4:08.13
1994 - Mebrahton Keflezighi (San Diego)	4:07.67
1995 - Michael Stember (Jesuit, Carmichael)	4:04.00
1996 - Michael Stember (Jesuit, Carmichael)	4:06.72
1997 - John Stevens (Mission, San Jose)	4:10.08
1998 - John Stevens (Mission, San Jose)	4:12.58

3200-Meter Run

1965 - Ralph Gamez (Berkeley)	9:12.9
1966 - Ralph Gamez (Berkeley)	9:01.6
1967 - Pete Romero (Reedley)	9:00.5
1968 - Ruben Chappins (Excelsior, Norwalk)	9:05.7
1969 - Ruben Chappins (Excelsior)	8:57.0
1970 - Ron Johnson (West, Torrance)	8:55.6
1971 - Dale Fleet (Claremont, S.D.)	8:53.8
1972 - Curtis Beck (Santa Monica)	8:52.3
1973 - Terry Williams (Lompoc)	8:54.8
1974 - Rick Kimball (De La Salle, Concord)	8:46.5
1975 - Eric Hulst (Laguna Beach)	8:44.9
1976 - Eric Hulst (Laguna Beach)	8:57.3
1977 - Frank Assumma (Eisenhower, Rialto)	8:52.9
1978 - Jeff Nelson (Burbank)	8:59.28
1979 - Jeff Nelson (Burbank)	8:47.35
1980 - Andy Diconti (La Canada)	8:55.79
1981 - Jon Butler (Edison, Huntington Beach)	8:46.78
1982 - Harold Kuphaldt (Bella Vista)	8:51.99
1983 - Eric Reynolds (Camarillo)	8:54.75
1984 - Roman Gomez (Belmont)	8:58.91
1985 - Roman Gomez (Belmont)	9:03.05
1986 - Eric Mastilil (Jesuit, Carmichael)	8:44.95
1987 - Paul Thomas (Jesuit, Carmichael)	9:02.82
1988 - Reggie Williams (River City)	8:59.61

CIF STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS (Boys)

1989 - David Welsh (Jesuit)	8:58.08
1990 - Bryan Dameworth (Agoura)	8:53.26
1991 - Dave Hartman (Canyon Country)	8:58.38
1992 - Angel Martinez (San Gabriel)	8:56.34
1993 - Matt Farley (Jesuit Carmichael)	9:04.39
1994 - Mebrahnton Keflezighi (San Diego)	8:58.11
1995 - Jason Balkman (Lynbrook San Jose)	9:05.31
1996 - Aaron Gillen (Yreka)	9:03.96
1997 - Isaiah Festa (Morro Bay)	9:06.06
1998 - Gary Passanisi (Aptos)	9:05.74

110-Meter High Hurdles

1957 - Ken Overholser (Glendale)	14.3
1958 - Floyd James (Centennial, Compton)	14.1
1959 - Bob Pierce (Burbank)	14.3
1960 - Robert Bonds (Polytechnic, Riverside)	13.9
1961 - Abe Johnson (McClymonds, Oak.)	14.2w
1962 - Ron White (Dorsey, L.A.)	14.0
1963 - Carl Davis (Compton)	13.9
1964 - Earl McCulloch (Polytechnic, Long Beach)	14.1
1965 - Bill Persons (San Francisco)	13.8
Rich Miller (Monrovia)	13.8
1966 - Donald Parish (Dorsey, L.A.)	13.9
1967 - Jerry Proctor (Muir, Pasadena)	13.7
1968 - Kerry Hampton (Polytechnic, S.F.)	14.0
1969 - Jerry Wilson (Roosevelt, Fresno)	13.7
1970 - Alfonso Hall (Morningside, Inglewood)	13.9
1971 - Charles Jackson (Lompoc)	13.6w
1972 - Daniel Jones (Palo Verde, Blythe)	13.6
1973 - Mike Johnson (Pasadena)	13.6w
1974 - Fred Shaw (Muir, Pasadena)	13.7
1975 - Robert Gains (Kennedy, Richmond)	13.3
1976 - Lloyd Jones (Ganesha, Pomona)	14.5
1977 - Phillip Johnson (Gardena)	13.66
1978 - Millan Stewart (West Covina)	13.97
1979 - Jim Scannella (San Ramon, Danville)	13.87
1980 - Don Ward (St. Mary's, Berkeley)	13.73
1981 - David Ashford (West Covina)	13.67
1982 - Steve Kerho (Mission Viejo)	13.41
1983 - Mark Boyd (St. Mary's, Berkeley)	13.93
1984 - Raymond Young (Hawthorne)	14.32
1985 - Robert Reading (St. Mary's, Berk.)	13.88
1986 - Terry Johnson (Katella, Anaheim)	13.88
1987 - Dana Hall (Ganesha)	13.98
1988 - Darrell Thompson (Cerritos)	14.25
1989 - William Henry (Arroyo Grande)	14:05
1990 - Curtis Hawkins (Carson)	14.41
1991 - Issac Carson (Jefferson)	13.67
1992 - Charlie Davidson (Saddleback)	13.94
1993 - Drue Powell (Reseda)	13.87
1994 - Gerimi Burleigh (Upland)	13.93
1995 - Joe Naivalu (Fremont San Jose)	14.33
1996 - Joe Naivalu (Fremont San Jose)	13.68
1997 - Dominique DeGrammont (Tustin)	13.48
1998 - Marcel Allmond (St. Paul)	13.83

300-Meter Intermediate Hurdles

1957 - Jesse Bradford (Shafter)	19.0
1958 - David Douglas (East Bakersfield)	19.0
1959 - Dixon Farmer (Miramonte, Orinda)	19.2
1960 - Robert Bonds (Polytechnic, Riverside)	18.8
1961 - Bill Mackey (East Bakersfield)	19.1
1962 - Ed Moody (McClymonds, Oakland)	18.3
1963 - Alvin Mann (Edison, Fresno)	18.9
1964 - Earl McCulloch (Polytechnic, Long Beach)	18.4
1965 - Manuel Murrell (Polytechnic, Long Beach)	18.2*
1966 - George Farmer (Puente, La Puente)	18.7
1967 - Jerry Proctor (Muir, Pasadena)	18.7**
1968 - Roy Hamley (Lowell, Whittier)	18.8
1969 - Jerry Wilson (Roosevelt, Fresno)	18.3
1970 - Milt Turner (Castlemont, Oakland)	18.6
1971 - Charles Jackson (Lompoc)	18.5
1972 - Daniel Jones (Palo Verde, Blythe)	18.7
1973 - Randall Jeffrey (Los Angeles)	18.7
1974 - Fred Shaw (Muir, Pasadena)	18.9**
1975 - Dedy Cooper (Ellis, Richmond)	36.5
1976 - Charles White (San Francisco)	36.7
1977 - Andre Phillips (Silver Creek, San Jose)	36.43
1978 - Gary Lee (Polytechnic, Long Beach)	36.58
1979 - Gary Lee (Polytechnic, Long Beach)	36.22

1980 - Don Ward (St. Mary's, Berkeley)	36.57
1981 - Walter Murray (Berkeley)	36.26
1982 - Steve Kerho (Mission Viejo)	35.85
1983 - Danny Harris (Perris)	35.52
1984 - George Porter (Cabrillo)	36.10
1985 - George Porter (Cabrillo)	35.50
1986 - Rodney Bradshaw (Saugus)	37.30
1987 - Yki Vallery (Hawthorne)	37.14
1988 - John Montgomery (Independence)	36.43
1989 - John Prudenti (Siena)	37.28
1990 - Rocky Morris (Andrew Hill)	37.46
1991 - Keith Williams (Escondido)	37.28
1992 - Demond Smith (Hawthorne)	37.34
1993 - Kenny Haslip (Muir Pasadena)	37.80
1994 - Kenny Haslip (Muir Pasadena)	37.14
1995 - Mickey Grimes (Canyon Springs)	36.83
1996 - Makio Haywood (Muir Pasadena)	36.18
1997 - Kenyon Rambo (Long Beach Poly)	36.57
1998 - Al Williams (Irvine)	37.17

400-Meter Relay

1968 - Centennial, Compton	
1969 - Castlemont, Oakland	
1970 - Santa Ana	
1971 - El Cerrito	
1972 - Wilson, San Francisco	
1973 - Wilson, San Francisco	
1974 - Kennedy, Richmond	
1975 - Ellis, Richmond	
1976 - Kennedy, Barstow	
1977 - Pasadena	
1978 - El Cerrito	40.83
1979 - Pasadena	41.32
1980 - Washington, Los Angeles	41.30
1981 - Berkeley	40.78
1982 - Oakland	41.33
1983 - Edison, Fresno	41.82
1984 - Berkeley	41.05
1985 - Muir, Pasadena	41.68
1986 - Johnson, Sacramento	42.04
1987 - Muir, Pasadena	41.42
1988 - Oakland	41.16
1989 - Long Beach Poly	40.78
1990 - San Bernardino	40.63
1991 - Compton	40.35
1992 - Morningside	40.45
1993 - Merced	
1994 - El Camino San Diego	
1995 - Skyline	
1996 - Serra	
1997 - John Muir Pasadena	
1998 - Long Beach Poly	

1600-Meter Relay

1968 - Centennial, Compton	3:14.3
1969 - Los Angeles	3:15.2
1970 - Los Altos	3:15.6
1971 - Castlemont, Oakland	3:13.2
1972 - El Cerrito	3:17.6
1973 - Cordova, Rancho Cordova	3:17.4
1974 - Muir, Pasadena	3:13.8
1975 - Ellis, Richmond	3:15.7
1976 - Pasadena	3:18.2
1977 - Pasadena	3:13.7
1978 - Banning, Wilmington	3:11.57
1979 - Locke, Los Angeles	3:14.04
1980 - Centennial, Compton	3:10.37
1981 - Berkeley	3:08.94
1982 - Compton	3:14.45
1983 - Hawthorne	3:10.11
1984 - Hawthorne	3:09.45
1985 - Hawthorne	3:14.13
1986 - Hawthorne	3:14.79
1987 - Hawthorne	3:11.77
1988 - Hawthorne	3:10.46
1989 - Dorsey	3:12.21
1990 - Muir Pasadena	3:14.00
1991 - Morningside	3:15.01
1992 - Morningside	3:15.37
1993 - North Salinas	3:14.19
1994 - Muir Pasadena	3:12.54

1995 - Muir Pasadena	3:13.08
1996 - Muir Pasadena	3:08.66
1997 - Dominguez Compton	3:12.51
1998 - Dominguez Compton	3:12.64

High Jump

1957 - Robert Avant (Hart, Newhall)	6-8
1958 - Ray Nickleberry (Oxnard)	6-8
Paul Stuber (Bellflower)	6-8
1959 - Paul Stuber (Bellflower)	6-7 1/4
1960 - Archie Green (Oakland)	6-6 1/4
Roger Olsen (Willow Glen, San Jose)	6-6 1/4
1961 - Richard Jones (Bakersfield)	6-8 1/4
1962 - Richard Jones (Bakersfield)	6-7 1/2
Otis Burrell (Jefferson, L.A.)	6-7 1/2
Bob Channell (McLane, Fresno)	6-7 1/2
1963 - Ed Caruthers (Valley, Santa Ana)	6-8
1964 - Gregg Heet (Lowell, Whittier)	6-7 3/4
1965 - Ken Brown (Castlemont, Oakland)	6-8 1/2
1966 - Tom Clyburn (Balboa, S.F.)	6-10
1967 - Reynaldo Brown (Compton)	6-9 1/4
1968 - Reynaldo Brown (Compton)	7-0
1969 - Reynaldo Brown (Compton)	7-0
1970 - Jerry Culp (Oceanside)	7-0 1/4
1971 - Dwight Stones (Glendale)	7-1 1/2
1972 - Carl Miles (Polytechnic, Long Beach)	6-10
1973 - Randy Turner (Wilson, S.F.)	6-6
1974 - Charles Hatch (Wilson, S.F.)	7-0
1975 - Johnny Washington (Fremont, L.A.)	7-0
1976 - John Lane (American, Fremont)	6-11
1977 - Dennis Smith (Santa Monica)	7-2
1978 - Brad Harris (Los Alamitos)	6-11
1979 - Lee Balkin (Glendale)	7-3 1/4
1980 - Greg Denby (Crenshaw, L.A.)	6-10
1981 - Anthony Caire (Pius X, Downey)	7-1
1982 - Maurice Crumby (Balboa, S.F.)	7-2
1983 - Kenny Burke (Westlake)	7-0
1984 - Kenny Burke (Westlake)	7-0
1985 - Mark Webster (Homestead, Cupertino)	6-9
1986 - Derrick Moore (Millikan, Long Beach)	6-10
1987 - Luis F. Juico (Piedmont Hills)	7-1
1988 - Reggie Bettor (antelope Valley)	7-0
1989 - Mark Wilson (Charter Oak)	7-0
1990 - Kevin Carlson (Katella)	7-0
1991 - Avery Anderson (North, Riv.)	7-2
1992 - Griffin Childers (Woodland)	6-11
1993 - Jeff Nadeau (Monroe LA)	7-2
1994 - Jeremy Fischer (Camarillo)	7-0
1995 - Michael Wilkins (Red Bluff)	7-0
1996 - Elliott Parks (El Toro)	6-10
1997 - Jason Howard (Ridgeview)	7-1
1998 - Darren Marble (Los Altos)	6-8

Long Jump

1957 - Luther Hayes (Lincoln, S.D.)	23-8 1/2
1958 - Steve Rogers (Brawley)	24-6
1959 - Effen Jones (Delano)	23-5 3/4
1960 - Walt Roberts (Compton)	24-7 1/4
1961 - Robert McKeever (Fremont, L.A.)	24-3
1962 - James Kennedy (Lincoln, S.D.)	24-5 3/4
1963 - Jerry Williams (Berkeley)	24-3 1/2
1964 - Bobby Bonds (Polytechnic, Riverside)	25-3
1965 - Manuel Murrell (Polytechnic, L.B.)	24-9 3/4
1966 - Doyle Steel (San Diego)	25-3 1/4
1967 - Jerry Proctor (Muir, Pasadena)	25-4 1/2
1968 - Heulon Hewitt (Merced)	24-7
1969 - Lynn Swann (Serra, San Mateo)	24-2 3/4
1970 - Lynn Swann (Serra, San Mateo)	24-2 3/4
1971 - Randy Williams (Edison, Fresno)	26-3 1/4
1972 - Carl McCulloch (Sacramento)	24-7
1973 - Jerry Herndon (Cajon, San Bernardino)	25-4 1/2
1974 - James Lofton (Washington, L.A.)	24-3 1/2
1975 - Paul Wilson (Fontana)	24-8 1/2
1976 - Larry Doubly (Manual Arts, L.A.)	25-3 3/4
1977 - Kurt Durham (Oakland)	25-0 3/4
1978 - Dokie Williams (El Camino, Oceanside)	25-1 1/4
1979 - George Gaffney (Lemoore)	24-1 3/4
1980 - Charles Mayfield (Muir, Pasadena)	23-4 3/4
1981 - Ed Tave (Muir, Pasadena)	25-0 1/2
1982 - Eornell Archie (Norte Del Rio)	24-4 3/4
1983 - Johnny Cleveland (Soquel)	24-6 1/2

CIF STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS (Boys/Girls)

1984 - Joe Richardson (Pasadena)	24-11
1985 - Larry Nelson (Simi Valley)	24-3 1/4
1986 - Curtis Rodgers (Johnson, Sacramento)	23-10
1987 - Percy Knox (Antelope Valley)	24-6 1/2
1988 - Diatry Gildersleev (Grant)	24-5 1/2
1989 - James Stallworth (Tulare)	26-4 3/4
1990 - Jerome Price (University City, S.D.)	25-3 1/4
1991 - Steve Stanley (Gardena)	25-1 1/4
1992 - Eugene Dreher (Antelop Valley)	24-1 1/2
1993 - LeAndrew Childs (Inglewood)	24-0
1994 - Tyree Washington (La Sierra)	23-9 1/4
1995 - Clarence Scott (Fremont)	24-7 3/4
1996 - Gerald Williams (Lynwood)	24-101/2
1997 - Marvin Brown (Will C. Wood Vac.)	24-051/4
1998 - BB Malone (Redwood)	24-1

Pole Vault

1957 - Voyce Hendrix (Riverside)	13-6
1958 - John Rose (Hoover, Glendale)	14-1
1959 - Bob Looney (Santa Barbara)	13-8 3/4
1960 - Mike Flanagan (Ganesh, Pomona)	13-3
Gary Down (Anaheim)	13-3
1961 - Mike Graves (El Cajon)	14- 2 1/4
1962 - Eric Berge (Costa Mesa)	14-3
Bob Richardson (Ganesh, Pomona)	
1963 - Bill Fosdick (Hill, San Jose)	14-8 3/4
1964 - Paul Wilson (Warren, Downey)	14-4 1/4
1965 - Paul Wilson (Warren)	15-6 1/2
1966 - Wayne Meyers (Foothill, Sacramento)	15-0 3/4
1967 - Tom Reynolds (Morningside)	14-10
1968 - Steve Smith (South, Torrance)	15-3 1/2
1969 - Steve Smith (South)	16-0
1970 - Tom Lindsay (LaSierra, Carmichael)	14-101/2
1971 - Tim Quinn (Monroe, Sepulveda)	15-2
1972 - Hubert Black	15-2
1973 - Tim Curran (Crespi, Encino)	16-2 3/4
1974 - Jim Knaub (Lakewood)	16-6
1975 - Keith Schimmel (Villa Park)	15-6
1976 - Tim Hintnaus (Aviation, Redondo Bch)	15-2
1977 - Anthony Curran (Crespi, Encino)	16-0
1978 - Anthony Curran (Crespi)	17-0 1/4
1979 - Clark Eliot (Bellflower)	15-6
1980 - Greg Stull (Troy, Fullerton)	15-10
1981 - Doug Wicks (South, Bakersfield)	15-2
1982 - Scott Christensen (Acalances)	15-6
1983 - Mike Kibort (Saratoga)	15-6
1984 - Moen Ivar (Los Gatos)	16-2
1985 - Brent Burns (Acalanes, Lafayette)	16-2
1986 - Steve Toney (Menlo-Atherton, Ath.)	16-2
1987 - Steve Slocum (Foothill, Santa Ana)	15-6
1988 - Tom Richards (San Marcos)	16-0
1989 - Jim Lawrence (Del Mar)	15-6
1990 - Ed Lasquette (Mt. Pleasant)	15-10
1991 - David Cox (Hoover)	16-6
1992 - Clarence Phelps (Christian Brothers)	16-0
1993 - Scott Slover (Leland San Jose)	16-2
1994 - Scott Slover (Leland San Jose)	16-10
1995 - Mike Brown (Torrey Pines)	16-4
1996 - Steve Michels (Brethren)	16-2
1997 - David Gritz (Bear Creek)	16-7
1998 - Mark Unzueta (Lemoore)	16-2

Triple Jump

1939 - Jack Laughner (Wilson, Long Beach)	44-8 1/2
1973 - Willie Banks (Oceanside)	49-7 1/4
1974 - Willie Banks (Oceanside)	50-9
1975 - Mike Dobbins (Merced)	49-3
1976 - Greg Caldwell (Fremont, Los Angeles)	51-812w
1977 - Dokie Williams (El Camino, Oceanside)	51-0 1/2
1978 - Dokie Williams (El Camino)	50-4 1/4
1979 - Henry Ellard (Hoover, Fresno)	48-2 1/2
1980 - Freeman Miller (Fremont, Los Angeles)	50-8
1981 - Ken Frazier (Mission, S.F.)	50-10 3/4
1982 - Archie Cornell (Fresno)	50-3 1/4
1983 - Torrey Barr (McLane, Fresno)	50-2 1/2
1984 - Joe Richardson (Pasadena)	51-8 1/4
1985 - Terrence Strong (Bakersfield)	51-912w
1986 - Marcus Hooks (Lakewood)	51-4 1/4
1987 - Joel Smith (Cordova)	50-10
1988 - Tyrone Scott (Mesa Verde)	50-6
1989 - Lenny McGill (Orange Glen)	51-1 1/4

1990 - Pouphe Singbandith (Magnolia)	51-7 3/4
1991 - Offord Rollins (Wasco)	51-4 3/4
1992 - Tony Parrish (Marina)	49-1
1993 - Tony Parrish (Marina)	50-113/4
1994 - Von Ware (Rancho Buena Vista-SD)	50-6
1995 - Michael Turner (Morningside)	49-2
1996 - Tye Anderson (Long Beach Poly)	49-113/4
1997 - Anthony Colson (Center)	49-111/4
1998 - Benson Jones (Clayton Valley)	51-1 1/2

Shot Put (Boys)

1957 - Clark Branson (Pasadena)	64-0 3/4
1958 - Jack Slocombe (Millikan, Long Beach)	61-4 1/2
1959 - Mike Parker (Turlock)	57-8
1960 - Matthew Baggett (Berkeley)	60-7
1961 - Bill Pace (El Rancho, Pico Rivera)	64-3 1/2
1962 - Jim O'Brien (DeAnza, Richmond)	62-2 1/4
1963 - Bruce Wilsheim (Fremont, Sunnyvale)	63-4 3/4
1964 - Bob Brannan (Los Gatos)	62-7 1/4
1965 - Steve Marcus (Pacific Palisades)	63-111/4
1966 - John Hubbell (Polytechnic, Long Bch)	66-11
1967 - John Buehler (Whittier)	65-3 1/4
1968 - Pete Schmonck (San Dieguito, Encinitas)	63-11
1969 - Sam Cunningham (Santa Barbara)	61-2
1970 - Randy Withrow (Pasadena)	63-8 3/4
1971 - Mark Stevens (Newport Harbor)	67-2 1/4
1972 - Randy Cross (Crespi, Encino)	65-7 1/4
1973 - Jim Niedhart (Newport Harbor)	67-2 1/4
1974 - Dave Kurrasch (Santa Ana)	63-101/2
1975 - Dave Kurrasch (Santa Ana)	65-9 1/2
1976 - Steve Montgomery (Lassen, Susanville)	68-0
1977 - Craig Polley (Sunny Hills, Fullerton)	62-4 1/4
1978 - Dave Porath (Atwater)	65-103/4
1979 - Don Mosebar (Mt. Whitney, Visalia)	62-6 3/4
1980 - Scott Garnett (Muir, Pasadena)	64-4 1/4
1981 - John Frazier (Antelope Valley, Lancaster)	63-83/4
1982 - Pat Kyle (Buena Park)	60-4
1983 - Curt Siscal (Vacaville)	63-9 1/2
1984 - Brian Bluetreich (Capistrano Valley)	64-7 1/4
1985 - Brian Bluetreich (Capistrano Valley)	68-4
1986 - Brian Boggess (El Capitan, Lakeside)	61-4
1987 - Dave Bultman (Royal, Simi Valley)	67-0
1988 - Kaleaph Carter (Edison, Hunt. Beach)	64-0 1/4
1989 - Brent Noon (Fallbrook)	66-1 1/2
1990 - Brent Noon (Fallbrook)	74-4 3/4
1991 - Mark Parlin (Esperanza)	61-5 1/2
1992 - Pete Swanson (San Benito)	61-3 1/4
1993 - Tyson Lingenfelter (Upland)	60-9 1/2
1994 - Chris DeMartine (St. Ignatius)	58-111/2
1995 - Matt Pentecost (Loyola)	62-3 3/4
1996 - Jason Hammond (Fowler)	64-4
1997 - Van Mounts (Bakersfield)	67-0 3/4
1998 - Van Mounts (Bakersfield)	66-7

Discus Throw (Boys)

1959 - Ron Sindow (San Rafael)	176-1
1960 - Alex Darnes (Polytechnic, S.F.)	178-8
1961 - Bob Stoecker (Los Altos)	188-61/2
1962 - Bob Stoecker (Los Altos)	185-11 1/2
1963 - Stan McDonald (Edison, Fresno)	178-1
1964 - Bill Staley (Las Lomas, Walnut Creek)	181-2
1965 - Bruce Naglee (Baltimore, San Jose)	172-31/2
1966 - Jim Peters (Piedmont)	189-1
1967 - Fred DeBernardi (Hart, Newhall)	178-2
1968 - Rory Kenward (San Marcos, Santa Barb.)	183-11
1969 - Chris Adams (Los Altos)	188-0
1970 - Chris Adams (Los Altos)	201-3
1971 - Bob Otto (Porterville)	184-9
1972 - Scott Overton (Los Altos)	185-10
1973 - Lonnie Shelton (Foothill, Bakersfield)	195-5
1974 - Ray Burton (Vacaville)	193-0
1975 - Mike Alberg (Lodi)	171-11
1976 - Scott Endler (Hoover, Fresno)	192-10
1977 - David Thompson (Santa Ynez)	190-0
1978 - David Porath (Atwater)	199-5
1979 - Hand Kraychir (San Jacinto)	192-9
1980 - Paul Dender (Shafter)	192-9
1981 - Antonio Dobbins (Burroughs, Ridge.)	180-10
1982 - Antonio Dobbins (Burroughs)	191-1
1983 - Barry Estes (Clovis)	183-4
1984 - Tambi Weni (Fountain Valley)	185-11

1985 - Brian Bluetreich (Capistrano Valley, Mission Viejo)	203-4
1986 - Jeff Hooper (Del Campo, Fair Oaks)	187-4
1987 - Dave Bultman (Royal, Simi Valley)	193-6
1988 - John Wirtz (Leland)	192-10
1989 - Derrick Stevens (Bakersfield)	188-2
1990 - Rob Powell (Redwood)	203-4
1991 - Jeff Buckley (Bakersfield)	182-5
1992 - Jeff Buckley (Bakersfield)	186-10
1993 - Chad Peare (Trabuco Hills)	182-2
1994 - Jeremy Staat (Bakersfield)	183-8
1995 - Chad Jones (Arroyo Grande)	183-9
1996 - Scott Moser (Huntington Beach)	185-7
1997 - Scott Moser (Huntington Beach)	203-2
1998 - Reedus Thurman (Serra)	202-1

Girls Champions

100-Meter Dash (Girls)

1974 - Janice Wiser (La Jolla)	10.8
1975 - Sanda Howard (Manual Arts, L.A.)	10.7
1976 - Pam Waters (Bell)	11.0
1977 - Jeanette Bolden (Centennial, Compton)	10.48w
1978 - Kella Bolton (Hill, San Jose)	10.92
1979 - Gwen Loud (Westchester)	10.62
1980 - Sharon Ware (Berkeley)	11.42
1981 - Sharon Ware (Berkeley)	11.66
1982 - Gervaise McGraw (Ganesh, Pomona)	11.69
1983 - Lisa Winston (Jordan, Long Beach)	11.73
1984 - Gail Devers (Sweetwater)	11.51
1985 - Tesha Giddens (Locke, L.A.)	11.58
1986 - Angela Burnham (Rio Mesa, Oxnard)	11.78
1987 - Janeene Vickers (Pomona)	11.76
1988 - Angela Burnham (Rio Mesa, Oxnard)	11.52
1989 - Angela Burnham (Rio Mesa, Oxnard)	11.31
1990 - Marion Jones (Rio Mesa, Oxnard)	11.67w
1991 - Marion Jones (Rio Mesa, Oxnard)	11.17
1992 - Marion Jones (Thousand Oaks)	11.14
1993 - Marion Jones (Thousand Oaks)	11.61
1994 - Heather Sumpter (Muir Pasadena)	11.69
1995 - Lakeisha Backus (Wilson Long Beach)	11.39
1996 - Malika Edmonson (St. Bernard)	11.82
1997 - Angela Williams (Chino)	11.15
1998 - Angela Williams (Chino)	11.10w

200-Meter Dash (Girls)

1974 - Janice Wiser (La Jolla)	24.2
1975 - Pam Waters (Bell)	24.4
1976 - Pam Waters (Bell)	24.8
1977 - Kim Robinson (Westchester)	23.97
1978 - Kella Bolton (Hill, San Jose)	23.53
1979 - Gwen Loud (Westchester)	23.535
1980 - Sheri Howard (Kennedy, Granada Hills)	23.19
1981 - Denean Howard (Kennedy, Gran. Hills)	23.73
1982 - Denean Howard (Kennedy)	23.53
1983 - Lisa Winston (Jordan, L.B.)	23.83
1984 - Paulette Blalock (Compton)	23.59
1985 - Tami Stiles (Hawthorne)	23.45
1986 - Tami Stiles (Hawthorne)	24.02
1987 - Hadette Smith (Quartz Hill)	24.12
1988 - Angela Burnham (Rio Mesa)	23.45
1989 - Angela Burnham (Rio Mesa)	23.56
1990 - Marion Jones (Rio Mesa)	23.71
1991 - Marion Jones (Rio Mesa)	22.91w
1992 - Marion Jones (Thousand Oaks)	22.83
1993 - Marion Jones (Thousand Oaks)	23.14
1994 - Lakeisha Backus (Wilson Long Beach)	23.21
1995 - Lakeisha Backus (Wilson Long Beach)	23.01
1996 - Malika Edmonson (St. Bernard)	23.47
1997 - Kinhasa Davis (Wilson Long Beach)	22.90
1998 - Angela Williams (Chino)	23.02

400-Meter Dash (Girls)

1974 - Vernoica Venezis (Terra Linda, San Rafael)	56.4
1975 - Jodi Anderson (Washington, L.A.)	55.3
1976 - Marquite Belk (Silver Creek, San Jose)	55.2
1977 - Valerie Brisco (Locke, L.A.)	55.14
1978 - Arlise Emerson (Westminster)	54.3

CIF STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS (Girls)

1979 - Sherri Howard (San Geronio, San Bernardino)	53.65
1980 - Denean Howard (Kennedy, Gran. Hills)	53.04
1981 - Gervaise McGraw (Ganessa, Pomona)	54.15
1982 - Denean Howard (Kennedy, Gran. Hills)	52.39
1983 - Leslie Maxie (Mills, Millbrae)	53.19
1984 - Choo Choo Knighten (Locke, L.A.)	52.67
1985 - Choo Choo Knighten (Locke)	52.78
1986 - Princess Bennett (Compton)	53.56
1987 - Angela Rolfe (Dorsey)	53.55
1988 - Angela Rolfe (Dorsey)	54.26
1989 - Angela Rolfe (Dorsey)	53.97
1990 - Janice Nichols (Bakersfield)	53.89
1991 - Janice Nichols (Bakersfield)	54.19
1992 - Janice Nichols (Bakersfield)	54.46
1993 - Asha Jaysinghe (Arcadia)	55.45
1994 - Latasha Gilliam (Pittsburg)	53.93
1995 - Angela Williams (Chino)	53.40
1996 - Kinshasa Davis (Wilson Long Beach)	52.67
1997 - Kinshasa Davis (Wilson Long Beach)	52.66
1998 - Monique Henderson (Morse)	53.41

800-Meter Run (Girls)

1974 - Kathy Costello (Pleasant Hill)	2:10.4
1975 - Kathy Costello (Pleasant Hill)	2:09.2
1976 - Alice Trumbley (Coalinga)	2:13.3
1977 - Ann Regan (Camden, San Jose)	2:08.0
1978 - Ann Regan (Camden)	2:07.93
1979 - Ann Regan (Camden)	2:10.21
1980 - Marilyn Davis (Miramonte, Orinda)	2:09.73
1981 - Donna Curtis (Culver City)	2:06.08
1982 - Rennie Durand (Laguna Beach)	2:06.36
1983 - Kerri Zaleski (Millikan, L.B.)	2:06.41
1984 - Trenea Hull (Compton)	2:04.91
1985 - Kristen Dowell (Santa Teresa, San Jose)	2:10.07
1986 - Laura Chapel (University City, S.D.)	2:08.66
1987 - Kimberly McAllister (Locke, L.A.)	2:12.92
1988 - Kathy Roldan (Mt. Whitney)	2:12.11
1989 - Kim Toney (Atascadero)	2:09.33
1990 - Kim Toney (Atascadero)	2:06.13
1991 - Nicole Teter (West Valley)	2:08.14
1992 - Miesha Marzell (Bishop O'Dowd)	2:10.29
1993 - Miesha Marzell (Bishop O'Dowd)	2:09.13
1994 - Kristie Johnston (Central)	2:09.98
1995 - Kristie Johnston (Central)	2:08.68
1996 - Lindsay Hyatt (Placer Auburn)	2:11.24
1997 - Lindsay Hyatt (Placer Auburn)	2:09.16
1998 - Lindsay Hyatt (Placer Auburn)	2:07.90

1600-Meter Run (Girls)

1974 - Jill Caldwell (Westminster)	5:02.2
1975 - Kathy Costello (Pleasant Hill)	4:53.5
1976 - Linda Broderick (Tamalpais, Mill Valley)	4:56.8
1977 - Linda Goen (North, Bakersfield)	4:47.8
1978 - Cheri Williams (Livermore)	4:44.95
1979 - Linda Goen (North, Bakersfield)	4:51.08
1980 - Polly Plumer (University, Irvine)	4:46.71
1981 - Polly Plumer (University)	4:42.43
1982 - Polly Plumer (University)	4:44.93
1983 - Cory Schubert (DI Mar, San Jose)	4:44.93
1984 - Shannon Clark (Mt. View)	4:47.52
1985 - Shannon Clark (Mt. View)	4:49.14
1986 - Darcy Arreola (Grossmont, Le Mesa)	4:45.13
1987 - Kira Jorgensen (Vista)	4:45.98
1988 - Kira Jorgensen (Vista)	4:49.54
1989 - Kira Jorgensen (Vista)	4:49.55
1990 - Becky Spies (Livermore)	4:48.74
1991 - Becky Spies (Livermore)	4:45.11
1992 - Shelley Taylor (Edison, Hunt. Bch.)	4:48.52
1993 - Milena Glusac (Fallbrook)	4:50.83
1994 - Elissa Riedy (Mission San Jose)	4:54.28
1995 - Elissa Riedy (Mission San Jose)	4:45.35
1996 - Annie Ebner (St. Lucy's Prep)	4:48.72
1997 - Julia Stamps (Santa Rosa)	4:44.78
1998 - Sara Bei (Montgomery Santa Rosa)	4:49.21

3200-Meter Run (Girls)

1977 - Roxanne Bier (Independence, San Jose)	10:39.7
1978 - Cheri Williams (Livermore)	10:17.71
1979 - Lisa Scaduto (Santa Monica)	10:35.0
1980 - Vicki Cook (Alemany, Mission Hills)	10:14.78

1981 - Vicki Cook (Alemany)	10:12.31
1982 - Vicki Cook (Alemany)	10:16.27
1983 - Cory Shubert (Del Mar, San Jose)	10:08.14
1984 - Kristen O'Hara (Palos Verde)	10:11.82
1985 - Rebecca Chamberlain (Leigh, S. Jose)	10:23.85
1986 - Laurie Chapman (Gunderson, S. Jose)	10:12.86
1987 - Mary Mendoza (Presentation)	10:33.04
1988 - Karen Hecox (South Hills)	10:16.14
1989 - Rayna Cervantes (Montebello)	10:32.95
1990 - Deena Drossin (Agoura)	10:29.60
1991 - Deena Drossin (Agoura)	10:30.71
1992 - Milena Glusac (Fallbrook)	10:28.62
1993 - Milena Glusac (Fallbrook)	10:42.68
1994 - Julia Stamps (Rincon Valley Jr.)	10:26.51
1995 - Julia Stamps (Santa Rosa)	10:15.27
1996 - Kim Mortensen (Thousand Oaks)	9:52.80
1997 - Julia Stamps (Santa Rosa)	10:15.17
1998 - Sara Bei (Montgomery Santa Rosa)	10:31.06

100-Meter Low Hurdles (Girls)

1974 - Yvonne Boone (Fremont, Oakland)	11.1
1975 - Yvonne Boone (Fremont)	10.1
1976 - Tuti Lee (Merced)	10.7
1977 - Kris Costello (Lynbrook, San Jose)	13.97
1978 - Kris Costello (Lynbrook)	13.83
1979 - Janet Yarborough (Clovis)	14.01
1980 - Judy Young (Berkeley)	13.52w
1981 - Sherifa Sanders (Berkeley)	13.74
1982 - Natalie Spinks (Skyline)	13.88
1983 - Chewaukii Knighten (Locke, L.A.)	13.88
1984 - Gail Devers (Sweetwater)	13.41
1985 - Lana Cantrell (Muir, Pasadena)	13.57
1986 - Janeene Vickers (Pomona)	13.74
1987 - Janeene Vickers (Pomona)	13.34
1988 - Michelle Decoux (Bishop O'Dowd)	13.91
1989 - Felice Lipscomb (Santa Monica)	13.69
1990 - Felice Lipscomb (Santa Monica)	13.58
1991 - Pheima Woods (Duarte)	14.08
1992 - Twila Sims (Lompoc)	13.83
1993 - Bisa Grant (Bishop O'Dowd)	14.11

100-Meter High Hurdles (Girls)

1994 - Davetta Shepard (JF Kennedy)	13.73
1995 - Joanna Hayes (North Riverside)	13.45
1996 - Nicole Hoxie (North Riverside)	13.87
1997 - Nicole Hoxie (North Riverside)	13.35
1998 - Natasha Neal (James Logan)	13.57

300-Meter Low Hurdles (Girls)

1981 - Audrey Williams (Saugus)	42.26
1982 - Gayle Kellon (Walnut)	41.09
1983 - Gayle Kellon (Walnut)	41.71
1984 - Leslie Maxie (Mills)	40.90
1985 - Leslie Maxie (Mills, Millbrae)	41.80
1986 - Janeene Vickers (Pomona)	41.32
1987 - Janeene Vickers (Pomona)	40.96
1988 - Michelle Decoux (Bishop O'Dowd)	42.16
1989 - Twila Sims (Lompoc)	42.54
1990 - Felice Lipscomb (Santa Monica)	41.69
1991 - Erin Blunt (San Pasqual)	43.02
1992 - Twila Sims (Lompoc)	42.75
1993 - Angela Harris (Skyline Oak.)	42.78
1994 - Angela Harris (Skyline Oak.)	42.78
1995 - Joanna Hayes (North Riverside)	41.20
1996 - Tisha Ponder (Del Mar San Jose)	42.22
1997 - Ryan Peters (Skyline Oak.)	41.47
1998 - Natasha Neal (James Logan)	40.86

400-Meter Relay (Girls)

1974 - Berkeley	
1975 - Muir, Pasadena	
1976 - Muir, Pasadena	
1977 - Crawford, San Diego	
1978 - Jordan, Los Angeles	
1979 - Westchester	
1980 - Kennedy, Granada Hills	
1981 - Berkeley	
1982 - Dorsey, Los Angeles	
1983 - Hawthorne	46.56
1984 - Hawthorne	45.99
1985 - Hawthorne	45.95

1986 - Hawthorne	45.54
1987 - St. Francis, Mountain View	45.95
1988 - Hawthorne	47.10
1989 - Muir, Pasadena	46.46
1990 - Bakersfield	46.49
1991 - Morningside	46.38
1992 - Morningside	46.34
1993 - Long Beach Poly	45.74
1994 - Wilson Long Beach	46.17
1995 - Long Beach Poly	45.1
1996 - James Logan	45.20
1997 - St. Bernard Playa del Rey	44.70
1998 - St. Bernard Playa del Rey	46.00

1600-Meter Relay (Girls)

1974 - Berkeley	3:46.4
1975 - Washington, Los Angeles	3:44.5
1976 - Fremont, Los Angeles	3:55.9
1977 - Locke, Los Angeles	3:52.1
1978 - Fremont, Los Angeles	3:51.93
1979 - San Geronio, San Bernardino	3:44.05
1980 - Kennedy, Granada Hills	3:37.98
1981 - Kenndey, Granada Hills	3:37.17
1982 - Dorsey, Los Angeles	3:41.72
1983 - Dorsey, Los Angeles	3:46.24
1984 - Locke, Los Angeles	3:38.65
1985 - Muir, Pasadena	3:43.30
1986 - Compton	3:42.31
1987 - Long Beach Poly	3:45.20
1988 - Hawthorne	3:47.32
1989 - Hawthorne	3:46.59
1990 - Morningside, Inglewood	3:44.16
1991 - Long Beach Poly	3:48.85
1992 - Long Beach Poly	3:45.91
1993 - Long Beach Poly	3:42.75
1994 - Skyline Oakland	3:41.90
1995 - Long Beach Poly	3:39.53
1996 - Wilson Long Beach	3:38.50
1997 - St. Bernard Playa del Rey	3:39.43
1998 - Wilson Long Beach	3:36.32

High Jump

1974 - Pam Blackburn (Bubberley, Palo Alto)	5-8
1975 - Kim Maddox (Los Angeles)	5-8
1976 - Kari Gosswiller (Upland)	5-10
1977 - Kari Gosswiller (Upland)	5-9
1978 - Sue McNeal (Carlsbad)	5-10 1/4
1979 - Tonya Alston (Chico)	5-9
1980 - Karen Lysaght (St. Francis, Sac.)	6-0
1981 - Katrina Johnson (Marshall, Pasadena)	5-10
1982 - Katrina Johnson (Marshall, Pasadena)	5-11
1983 - Tonya Mendonca (Mt. Whitney, Visalia)	6-1
1984 - Wendy Brown (Woodside)	6-1 1/4
1985 - Latrese Johnson (Clovis)	6-2
1986 - Yleana Carrasco (Anaheim)	5-10
1987 - Lynn Patrick (Serra, San Diego)	5-10
1988 - Crissy Mills (Campbell Hall)	5-10
1989 - Crissy Mills (Campbell Hall)	6-0
1990 - Chi Johnson (Menlo-Atherton)	5-8
1991 - Tanya Smith (Cordova)	5-11
1992 - Kristy Kieruff (Esperanza)	5-10
1993 - Tracye Lawyer (Cate Carpinteria)	5-10
1994 - Kristy Kieruff (Esperanza Anaheim)	5-10
1995 - Tara Flaming (Immanuel Reedley)	6-0
1996 - Liz Giltner (Chaminade)	5-10
1997 - Tayyiba Haneef (Laguna Hills)	5-9
1998 - Tia Hanson (El Cajon)	5-8

Long Jump

1974 - Jodi Anderson (Washington, L.A.)	19-7
1975 - Jodi Anderson (Washington)	19-6 1/2
1976 - Jodi Anderson (Washington)	20-0 1/4
1977 - Lisa Gouridine (El Toro)	19-1
1978 - Kathy Hayes (Madera)	19-3
1979 - Gwen Loud (Westchester)	20-4 1/2
1980 - Marlene Harmon (Thousand Oaks)	20-8 3/4
1981 - Chris Mose (El Cajon)	18-10 1/4
1982 - Wendy Brown (Woodside)	19-10 1/2
1983 - Gail Devers (Sweetwater)	19-6
1984 - Wendy Brown (Woodside)	20-9 3/4
1985 - Yvette Roberts (Washington UnionEaston)	19-1
1986 - Madette Smith (Quartz Hills)	20-4 3/4

CIF STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS (Girls)

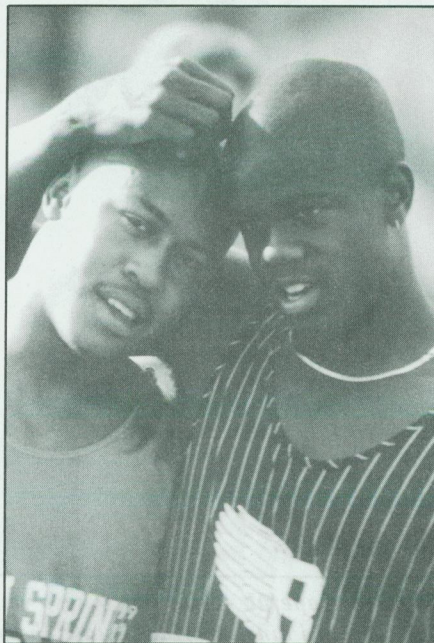
1987 - Karen Lawson (St. Francis, Mt. View)	19-1 1/2
1988 - Tonya Conner (Barstow)	19-5 3/4
1989 - Juliana Yendork (Walnut)	20-2 1/2
1990 - Juliana Yendork (Walnut)	20-1 1/2
1991 - Juliana Yendork (Walnut)	20-7 1/2
1992 - Kam Warner (West, Bakersfield)	20-6 1/4
1993 - Marion Jones (Thousand Oaks)	22-0 1/2
1994 - Tara Dettinger (Foothill, Sac.)	19-7 1/2
1995 - Jernae Wright (James Logan)	20-8
1996 - Jernae Wright (James Logan)	20-3
1997 - April Horne (Clovis West)	17-061/4
1998 - Angela Williams (Chino)	19-7 3/4

Triple Jump

1982 - Wendy Brown (Woodside)	40-3
1983 - Wendy Brown (Woodside)	40-3
1984 - Wendy Brown (Woodside)	42-10 1/2
1985 - Sheila Hudson (Rio Linda)	41-10w
1986 - Felicia Harris (San Lorenzo)	40-2
1987 - Kim Lassair (Northgate)	39-6 1/4
1988 - Stacy Thompson (Morse)	39-1
1989 - Juliana Yendork (Walnut)	41-10
1990 - Juliana Yendork (Walnut)	42-0 1/4
1991 - Juliana Yendork (Walnut)	43-6 1/2
1992 - Kayla Montgomery (Clovis West)	39-11 1/4
1993 - Cheeza Figueroa (Quartz Hill)	40-1 1/4
1994 - Tamiaka Porter (Orange Glen)	38-111/2
1995 - Kelly O'Conner (Esperanza)	40-6 1/2
1996 - Kelly O'Conner (Esperanza)	40-2 1/2
1997 - Andrea Booker (El Camino)	40-0
1998 - Andrea Booker (El Camino)	40-0 1/4

Shot Put

1974 - Kathy Devine (Mission Bay, San Diego)	47-4 1/2
1975 - Kathy Devine (Mission Bay)	42-3 3/4
1976 - Becky Daniel (Newport Harbor)	42-9 3/4
1977 - Debra Thorntana (Sacramento)	43-9
1978 - Kerry Zwart (Crescenta Valley)	45-11 1/2
1979 - Susie Ray (Villa Park)	48-4 1/2
1980 - Natalie Kaaiawahia (Fullerton)	48-4 1/2
1981 - Natalie Kaaiawahia (Fullerton)	51-8 1/2
1982 - Natalie Kaaiawahia (Fullerton)	50-3
1983 - Natalie Kaaiawahia (Fullerton)	52-7 1/2
1984 - Pam Alexander (Arlington)	46-3 1/2
1985 - Elaina Oden (Irvine)	46-11 3/4



Friends and Champions - Bryan Howard (left) of Canyon Springs High School and Pat Johnson of Redlands High School were fierce competitors on the track and friends off it. Howard was a state champion in the 100 meters in 1993. Johnson doubled as a winner in the 100 and 200 meters in 1994. photo by Bill Cockerham.

1986 - Brandi Gail (Rowland, Hac. Heights)	45-2 1/2
1987 - Jenny Wheelchel (Agoura)	43-9 1/2
1988 - Dawn Dumble (Bakersfield)	48-2 1/2
1989 - Melisa Weis (Bakersfield)	44-1
1990 - Dawn Dumble (Bakersfield)	49-3 1/2
1991 - Mika Hilaire (Pittsburg)	45-4 1/4
1992 - Kristin Heaston (Ygnacio Valley)	45-3 1/2
1993 - Kristin Heaston (Ygnacio Valley)	52-111/2
1994 - Delores Tuimolou (Channel Island)	46-10
1995 - Rebecca Morrison (Presentation)	47-6 3/4
1996 - Stephanie Brown (Arroyo Grande)	43-0 1/4
1997 - Cynthia Ademiluyi (Long Beach Poly)	47-051/4
1998 - Stephanie Brown (Arroyo Grande)	48-103/4

Discus Throw

1976 - Kathy Middleton (Poway)	134-5
1977 - Karen Stampfil (Lassen, Susanville)	137-8
1978 - Christi Pyle (Hoover, Glendale)	149-3
1979 - Leslie Deniz (Gridley)	167-1
1980 - Leslie Deniz (Gridley)	172-11
1981 - Natalie Kaaiawahia (Fullerton)	162-10
1982 - Jacque Norton (Mission Viejo)	160-2
1983 - Natalie Kaaiawahia (Fullerton)	170-1
1984 - Stacy Hom (Cordova)	159-1
1985 - Lill Lii (Nogales, La Puente)	162-2
1986 - Tracy Crawford (South East, S.D.)	156-2
1987 - Dawn Dumble (Bakersfield)	144-10
1988 - Melisa Weis (Bakersfield)	159-7
1989 - Melisa Weis (Bakersfield)	168-0
1990 - Melisa Weis (Bakersfield)	169-11
1991 - Celeste Mc Vey (Redlands)	160-11
1992 - Suzy Powell (Downey Modesto)	169-8
1993 - Suzy Powell (Downey Modesto)	168-11
1994 - Suzy Powell (Downey Modesto)	174-2
1995 - Nadia Lopez (Arroyo Grande)	152-6
1996 - Chaniqua Ross (Laguna Creek)	158-4
1997 - Chaniqua Ross (Laguna Creek)	177-01
1998 - Stephanie Brown (Arroyo Grande)	181-03

Pole Vault

1995 - Melissa Price (Kingsburg)	12-6
1996 - Alexa Harz (Peninsula)	12-1 1/4
1997 - Bridget Pearson (Hoover Glendale)	12-0
1998 - Tracy O'Hara (Rancho Bernardo)	12-8

MOST INDIVIDUAL TITLES (GIRLS)

- 9 - Marion Jones, Rio Mesa Oxnard (1990-91), Thousand Oaks (1992-93) 100m (1990-93) 200m (1990-93) LJ (1993)
- 6 - Wendy Brown, Woodside HJ (1984) TJ (1982-84) LJ ('82-84)
- 6 - Juliana Yendork, Walnut LJ (1989-91) TJ (1989-91)
- 6 - Natalie Kaaiawahia, Fullerton, Shot ('80-83) Discus ('81 & '83)
- 5 - Angela Williams, Chino 100m (1997-98), 200m (1998), 400m (1995), LJ (1998)
- 5 - Angela Burnham, Rio Mesa Oxnard 100m (1986, 1988-89) 200m (1988-89)
- 4 - Julia Stamps, Santa Rosa 3200 (1994-95, 1997) 1600 (1997)
- 4 - Denean Howard, Kennedy Granada Hills 200m (1981-82) 400m (1980 & 1982)
- 4 - Janeene Vickers, Pomona 300LH ('86-87) 100MLH ('86-87)
- 4 - Melisa Weis, Bakersfield Discus (1988-90) Shot (1989)
- 3 - Pam Waters, Bell 200m (1975-76) 100m (1976)
- 3 - Angela Rolfe, Dorsey LA 400m (1987-89)
- 3 - Janice Nichols, Bakersfield 300m (1990-92)
- 3 - Kathy Costello, Pleasant Hill 1600m (1975) 800m (1974-75)
- 3 - Ann Reagan, Camden San Jose 800m (1977-79)
- 3 - Polly Plumer, University Irvine 1600m (1980-82)
- 3 - Kira Jorgensen, Vista 1600m (1987-89)
- 3 - Vicki Cook, Alemany Mission Hills 3200m (1980-82)
- 3 - Milena Glusac, Fallbrook 3200m (1992-93) 1600m (1993)
- 3 - Felice Lipscomb, Santa Monica 100MLH (1989-90) 300MLH (1990)
- 3 - Twila Sims, Lompoc 300LH (1989, 1992) 100LH (1992)
- 3 - Jodi Anderson, Washington LA, LJ (1974-76)
- 3 - Dawn Dumble, Bakersfield, Discus (1988-90) Shot (1989)

- 3 - Suzy Powell, Downey Modesto, Shot (1992-94)
- 3 - Lakeisha Backus, Long Beach Wilson 100m (95) 200m (94-95)
- 3 - Lindsay Hyatt, Placer Auburn 800m (1996-98)
- 3 - Stephanie Brown, Arroyo Grande DT (1998, SP (1996, 1998)

MOST INDIVIDUAL TITLES (BOYS)

- 6 - Bud Houser, Oxnard SP (1920-22), DT (1920-22)
- 5 - Charley Paddock, Pasadena 100yards (1916, 1918), 220 yards (1916-18)
- 4 - Frank Wykoff, Glendale 100yards (1927), 220 yards (1927-28), LJ (1927)
- 4 - Eddie Morris, Huntington Beach 100 yards (1940), 220 yards (1938-40)
- 4 - Roman Gomez, Belmont 1600m (1984-85) 3200m (1984-85)
- 3 - Obea Moore, Muir Pasadena 200m (1995-96) 200m (1996)
- 3 - Bill Cowings, Fowler 200m (1960) 100m (1959-60)
- 3 - Forrest Beaty, Hoover Glendale 100m (1961-62) 200m ('61)
- 3 - Billy Mullins, Hamilton LA 100m (1976) 200m (1975-76)
- 3 - Quincy Watts, Taft 100m (1987) 200m (1986-87)
- 3 - Jerry Proctor, Muir Pas. 110HH ('67) 300IH ('67) LJ ('67)
- 3 - Reynaldo Brown, Compton HJ (1967-69)
- 3 - Brian Bluetreich, Capistrano Valley - Shot (84-85) Discus (85)

1. Marion Jones, Thousand Oaks - 1993 at Cerritos College

In a meet rescheduled for June 19 after being postponed two weeks earlier by wet grounds caused by an unseasonable overnight cloudburst, Jones won the 100- and 200-meter sprints and set a state meet long jump record that still stands with a distance of 22 feet, 1/2 inch. She also capped a brilliant four-year state meet career with a record nine titles. She is the only athlete to win the 100 and 200 all four years. Jones also holds the national high school 100 (11.14) and 200 (22.67) records, set her junior year prior to the state meet.

2. Wendy Brown, Woodside - 1984 at Los Angeles Coliseum

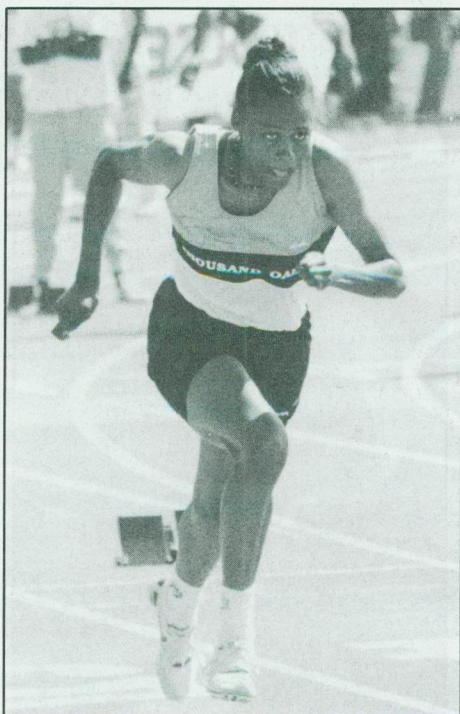
Brown set state meet records at the time while winning the high jump (6-1'), long jump (20-9*) and triple jump (42-10"), and she finished second to Gail Devers (Sweetwater) in the 100-meter low hurdles. Devers (13.41) and Brown (13.59) both surpassed the previous state meet record of 13.74. Woodside won the meet with 38 points, all scored by Brown.

3. Gwen Loud, Westchester - 1979 at Hughes Stadium, Sacramento

Loud is the only female athlete to emerge from a state meet with four gold medals. She won the 100- and 200-yard sprints in 10.62 and 23.535, the long jump at 20-4" and anchored the 440-yard relay team to a win while leading Westchester to the state team title. She set meet records at the time in the 100 and long jump (the state meet was changed to the metric system in 1980). Of the team's 24 points, Loud amassed 18 with her three individual wins, and contributed to the six earned by the relay team.

4. Denean Howard, Kennedy Granada Hills - 1982 at Hughes Stadium

Howard, one of four sisters to excel from 1979-82 at state meets, won the 400-meter run in 52.39 seconds, which 17 years later remains as a national high school record. She also won the 200 meters 23.53, and placed second in the 100 (11.70), barely losing to Gervaise McGraw (11.69) from Ganesha of Pomona. Had she won the 100,



Olympic Hopeful - Marion Jones, who won a record nine individual state championships, will next be gunning for Olympic glory. photo by Denise Smotherman, Gregs Sports Photography.

she would have been the only athlete to triple in the 100, 200 and 400 at a state meet. All three events were scheduled within an hour, the 100 at 8:25 p.m., the 400 at 8:59 and 200 at 9:13.

5. Janeene Vickers, Pomona - 1987 at Hughes Stadium

Vickers set two state hurdles marks that still stand, winning the 300-meter lows in 40.26 and 100 lows in 13.34. The 100 low hurdles event was changed to the 100 highs in 1994. Vickers also won the 100-meter dash in 11.76, making her the only athlete in state meet history to win the 100 and both hurdles titles.

All-CIF Girls State Meet Team - by Event (1974-78)

100 meters:

Marion Jones,* Thousand Oaks, four-time champion, 1990-93.

200 meters:

Marion Jones,* Thousand Oaks, four-time champion, 1990-93.

400 meters:

Denean Howard,* Kennedy (Granada Hills), two-time champion, 1980, '82.

800 meters:

Trena Hull,* Compton, 1984 champion.

1,600 meters:

Polly Plummer,* University (Irvine), three-time champion, 1980-82.

3,200 meters:

Kim Mortensen,* Thousand Oaks, 1996 champion.

100-meter (low, high) hurdles:

Janeene Vickers,* Pomona, 1986, '87 champion.

300-meter low hurdles:

Janeene Vickers, Pomona,* 1986, '87 champion.

400-meter relay (tie):

Hawthorne, five-time champion, 1983-86, '88; Berkeley,* two-time champion '74, '81.

1,600-meter relay (tie):

Long Beach Poly, five-time champion, 1987, '91-93, '95; Long Beach Wilson,* 1998 champion (set national record).

High jump:

Latrese Johnson, Clovis,* 1985 champion.

Long jump:

Marion Jones,* Thousand Oaks, 1993 champion

Triple jump:

Juliana Yendork,* Walnut, three-time champion, 1989-91.

Shot put (tie):

Natalie Kaaiawahia, Fullerton, four-time champion, 1980-83; Kristin Heaston,* Ygnacio Valley (Concord), two-time champion, '92-93.

Discus:

Suzy Powell, Downey (Modesto), three-time champion, 1992-94; Chaniqua Ross,* Laguna Creek, two-time champion, 1996-97.

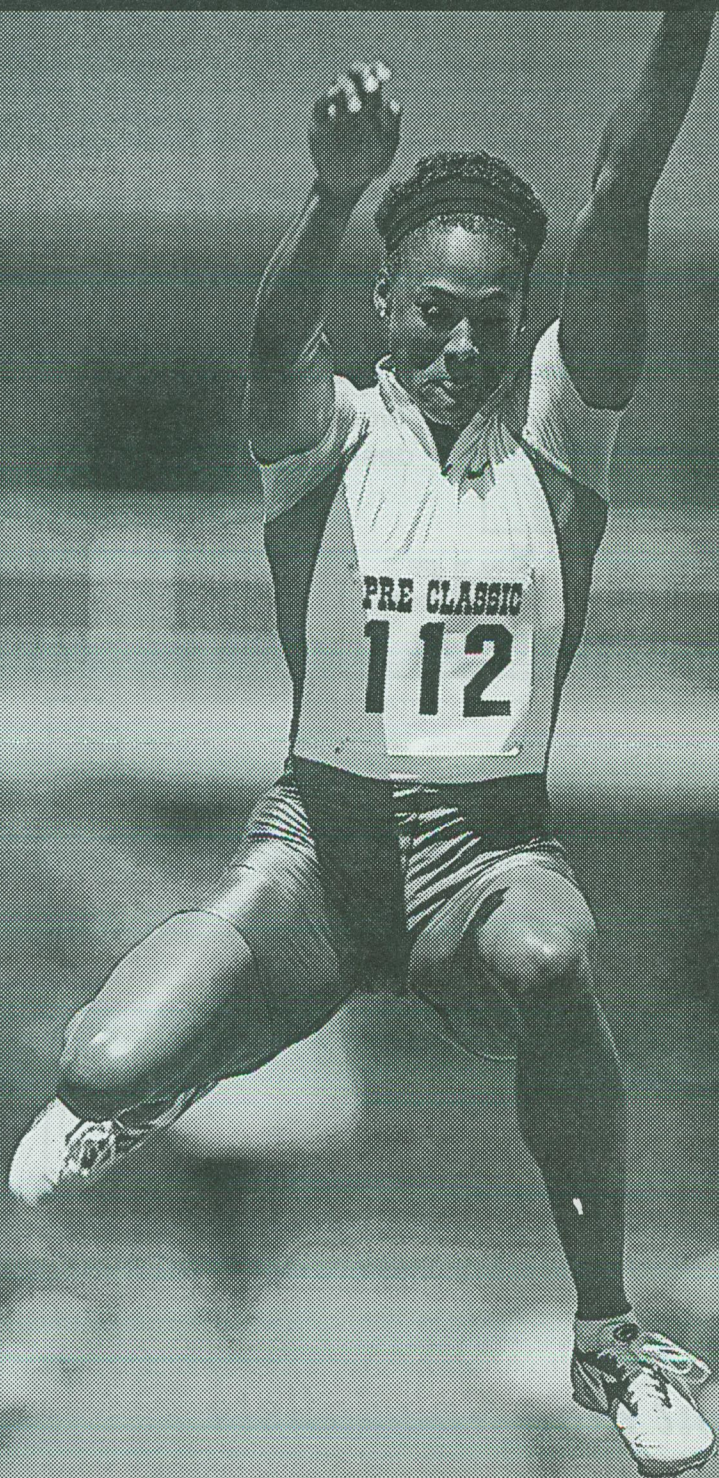
Pole vault:

Tracy O'Hare,* Rancho Bernardo, 1998 champion.

* Meet record-holder (see page 38 for record marks).



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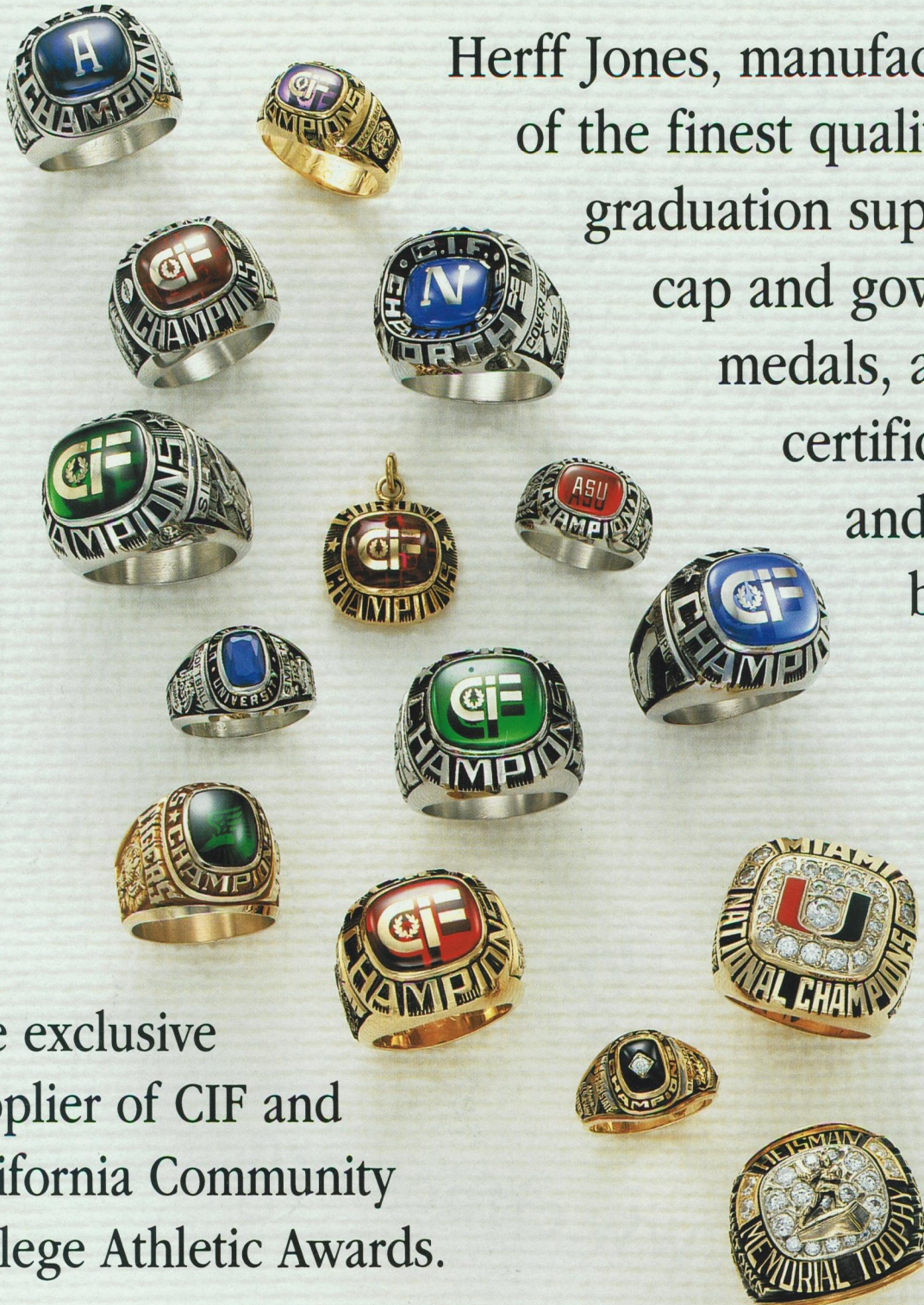
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