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SM

2001 State Track & Field Championships

# 2001 Time Schedule

## Field Event Qualifying (Friday)

Event	Reporting Time	Starting Time
	<i>Field Event Clerk of Course</i>	
Boys' Pole Vault	12:45 p.m.	2:00 p.m.
Boys' Discus	2:00 p.m.	3:00 p.m.
Girls' Shot Put	2:00 p.m.	3:00 p.m.
Boys' High Jump	3:00 p.m.	4:00 p.m.
Girls' Long Jump	3:00 p.m.	4:00 p.m.
Boys' Long Jump	3:00 p.m.	4:00 p.m.
Girls' Discus	5:00 p.m.	6:00 p.m.
Girls' Pole Vault	5:00 p.m.	6:00 p.m.
Boys' Shot Put	5:00 p.m.	6:00 p.m.
Girls' High Jump	5:30 p.m.	6:30 p.m.
Girls' Triple Jump	5:30 p.m.	6:30 p.m.
Boys' Triple Jump	5:30 p.m.	6:30 p.m.

## Field Event Championships (Saturday)

Event	Reporting Time	Starting Time
	<i>Field Event Clerk of Course</i>	
Boys' Pole Vault	3:00 p.m.	4:00 p.m.
Boys' Discus	4:00 p.m.	5:00 p.m.
Girls' Shot Put	4:00 p.m.	5:00 p.m.
Boys' High Jump	4:00 p.m.	5:00 p.m.
Girls' Long Jump	4:00 p.m.	5:00 p.m.
Boys' Long Jump	4:00 p.m.	5:00 p.m.
Girls' Discus	6:00 p.m.	7:00 p.m.
Girls' Pole Vault	6:00 p.m.	7:00 p.m.
Boys' Shot Put	6:00 p.m.	7:00 p.m.
Girls' High Jump	6:00 p.m.	7:00 p.m.
Girls' Triple Jump	6:00 p.m.	7:00 p.m.
Boys' Triple Jump	6:00 p.m.	7:00 p.m.

## 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' 100mHH	(Heat #1)
6:00		(Heat #2)
6:05		(Heat #3)
6:10	Boys' 110mHH	(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	8:00	Boys' 300m IH
6:08	Boys' 400m Relay	8:10	Girls' 200m Dash
6:19	Girls' 1600m Run	8:17	Boys' 200m Dash
6:28	Boys' 1600m Run	8:25	Girls' 3200m Run
6:44	Girls' 100m HH	8:42	Boys' 3200m Run
6:54	Boys' 110m HH	9:00	Girls' 1600m Relay
7:04	Girls' 400m Dash	9:10	Boys' 1600m Relay
7:11	Boys' 400m Dash		
7:19	Girls' 100m Dash		
7:25	Boys' 100m Dash		
7:34	Girls' 800m Run		
7:42	Boys' 800m Run		
7:53	Girls' 300m LH		

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# Baucham is the Nation's Best in Triple Jump



*Leaps and Bounds -- Poly's Candice Baucham has the 11th best all-time and No. 4 in California history in the triple jump. photo by Kirby Lee*

By Kirby Lee

Candice Baucham will always be a sprinter at heart but it's the triple jump where the Poly High senior is gaining the greatest acclaim.

Baucham has emerged as the nation's top triple jumper after taking up the technical event last season. As a freshman and a sophomore she concentrated on the sprints.

In April, Baucham bounded 42 feet, 3 1/2 inches for the best mark in the nation this season at the Arcadia Invitational. The meet-record mark ranks Baucham as the 12th-best performer in high school history and the furthest since 1996.

In March, Baucham, who will attend UCLA, captured the National Scholastic Indoor title at 41-10 1/2. No other jumper in the state has gone further than 39-4 1/2 this season.

As a junior, the 5-3 Baucham showed immediate promise in the triple jump. The former gymnast went on to finish second in the state behind teammate Blessing Ufodiama.

"Breaking 40 feet never crossed my mind last year," Baucham said. "I was just doing it and getting the hang of it. This year, everything seems a little more polished."

Poly jumps coach Clinton Pruiet was impressed by Baucham's leaping skills during bounding exercises as a freshman and sophomore. It took some stern words,

## A Look at the State's Top Five in the Triple Jump

1. Julianna Yendork (Walnut), 1991 44-0 1/2
2. Wendy Brown (Woodside), 1984 42-10 1/2
3. Yvette Bates (Berkeley) 1984 42-5 1/2
4. Candice Baucham (POLY), 2001 42-3 1/2
5. Blessing Ufodiama (Poly), 2000 41-1 3/4

however, from Ufodiama, now a Washington State freshman, to coerce Baucham to finally abandon the sprints last season.

"I told her 'You know what Candice, I don't think you have a chance in running to make the state meet,'" Ufodiama said. "You really want to go to state, you have to do the triple jump. It may hurt, but I am telling you the truth."

This season, Baucham has added almost two feet to her best of 40-6 3/4 as a junior and surpassed Ufodiama's school record of 41-1 3/4. She also has a long jump best of 19-4.

Baucham attributes the triple jump improvement to added leg strength from weight workouts and switching from a double-arm to a single-arm technique during the hop and step phases for additional speed.

"Each phase is longer so my distance is further," Baucham said. "Before I was a little timid to do it. Now, I will try to get that extra inch."

The triple jump is considered among track's most difficult events and the long jump is often easier event to master. It's been just the opposite for Baucham, who credits her experience as a gymnast and ballet dancer as factors in her rapid rise.

Baucham competed in gymnastics for eight years with the Long Beach-based American Gymnastics Academy and finished second in the all-around competition in the Level 9 regionals, the second highest level, before giving up the sport in the seventh grade.

The diminutive Baucham said the flexibility and abdominal and hip strength from gymnastics coupled with the coordination of ballet is similar to the requirements in the triple jump.

"They go hand in hand," Baucham said. "I don't think height has much to do with it. I think it's the ability the hold phases and the coordination of your arms and legs."

Baucham took up track in the eighth grade and won the City 400 title but was lost in the shuffle with sprint-laden Jackrabbits during her first two years. This year, however, Baucham has finally earned a spot on the Jackrabbits' 400 relay on a team of freshman Chanda Picott, Jasmine Lee and Shalonda Solomon that has posted the second fastest time in the state at 45.65.

It was her triple jump prowess that attracted scholarship interest from UCLA, USC, Michigan State, Oklahoma State and George Mason. Baucham, however, chose the Bruins for the opportunity to remain in Southern California and the opportunity to train under UCLA jumps coach Al Joyner, the 1984 Olympic gold medalist in the triple jump.

Last season, Baucham went a remarkable 36-1 1/4 in her first competition in the L.A. Invitational when her main objective was to reach the pit. By the end of the year, Baucham finished ranked as the No. 4 returnee in the nation.

Baucham's goal this season was to go 42 feet but now 43 feet is becoming a reality. The national record is 44-0 1/2 set by Walnut's Julianna Yendork in 1991 but no other jumper has gone further than 42-11 3/4 in high school history.

"She is just a natural talent," Pruiet said. "It took us two years to find out but it's better late than never. This year, she has gained valuable experience and it is a matter of her being used to the competition. It is really up to her how far she wants to go."

# Galeana Much More than Just a Star in Track and Field

By Kirby Lee

Jose Galeana calls track and field his life but his family's welfare is most important for the Littlerock High senior.

Galeana, the oldest of five children, gave up football and basketball last year and sacrificed preparation for his junior track season to help support his family after his father Max Hernandez was unable to work because of a back injury.

Determining that workman's compensation and his mother Leticia Hernandez's salary as a hotel manager would not make ends meet, Galeana, who has been among the state's top 400-meter runners this spring, entered the work force as a manual laborer.

"We had lots of bills and I told myself 'I had to do this,'" Galeana said.

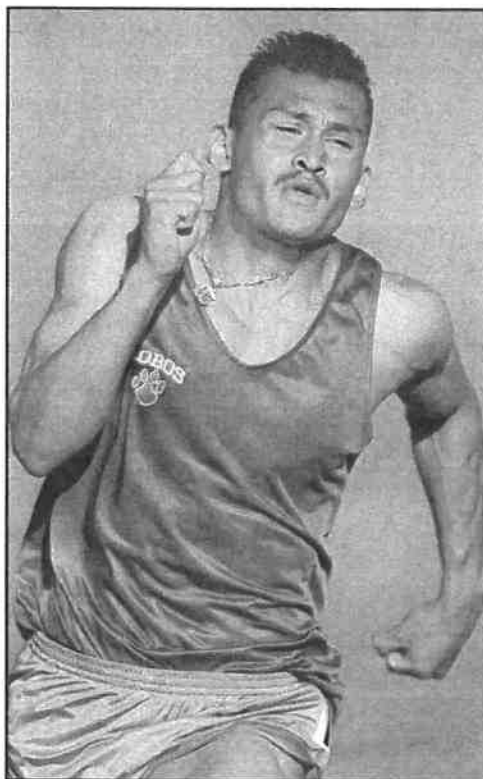
"I thought about it for a day, maybe an hour. My father told me 'You don't have to do this,' but I really felt that we needed it. It takes a lot of money to feed all of us."

Galeana took his father's place at an industrial metal heat-treating company, working five to six hours a day after school and sometimes on Saturdays. By agreement with his father's employer, Galeana, who was introduced to the trade as a child, received the same wages as his father without working full time.

"It made sense," Galeana said. "I told them nobody knows the job better than me."

Galeana headed to work every afternoon after school, toiling often until 11 p.m. under the intense heat of a furnace in the lengthy and intricate process of strengthening metals through heat treatment.

Whenever he had a free moment at



**Role Model** -- *When his father was unable to work because of a back injury, Galeana took over. It's the same drive and determination that helps him excel in track and field.*  
photo by Kirby Lee

work, Galeana, who has a 3.3 grade-point average, tried to keep up with his studies.

"I was so exhausted I didn't want to take a shower and show up the next day for school," Galeana said. "It was stressful having to worry about my homework, my athletic life and doing all these things. I was constantly thinking about it and getting headaches from it."

The 6-foot, 175-pound Galeana, a wide receiver and a free safety, was forced to abandon preseason football practice in August of 1999 when his father was injured at work. Working over the next six months, Galeana donated his entire weekly earnings to his mother.

"I surprised when he told me he wanted to work, but very proud," Leticia said. "When I asked him 'Why? He told me he wanted to help me. He was always very busy. Mentally, it was very hard for him.'"

Things didn't get any easier when his father regained his health, allowing Galeana to return to track.

A hamstring injury that ended Galeana's sophomore season in the 1999 Golden League finals flared up. Galeana, who did not compete in the 400 until late in the season, failed to improve upon his sophomore marks in the 200 and 400.

This season, Galeana played soccer in addition to football in order to help his speed in track. He has run a school-record 48.27 to win the Northridge/Aleman Relays and was victorious at the Pasadena Games. Galeana also holds the school 200 mark at 21.3.

"He was good as a freshman and his talent was unlimited," Littlerock track coach Herb Wyre said. "I don't think he has peaked yet and this is the beginning."

Galeana's performances this season have attracted scholarship interest from Arizona State in track. He is also weighing an offer from Cal Lutheran for football and track and is hopeful of admission to Harvard or Columbia.

"This is my first year where everything is going right," Galeana said. "Being healthy and not having to work has been a big load off, a big load. Trust me. If I had those three years to practice and get experience, would have been a lot better off right now. When it comes down to it all, I think I'll get better."

His family is already better off thanks to Galeana.

# Henderson Headlines Meet Packed With Individual and Team Talent

By Steve Brand  
President, CPSWA

SACRAMENTO ... What is it that California has that no other state track and field championship can claim? Virginia has Alan Webb, who last weekend in Oregon took down Jim Ryun's 36-year-old mile record, running an incredible 3:53.43. Texas has sprinters ... bunches of them.

But only California can lay claim to having a member of the United States Olympic team which competed in Sydney, Australia, last fall.

Monique Henderson of Morse High in San Diego earned a spot on the women's 4x400 relay team ... the first high school athlete to make an American Olympic team since 1980 ... and although she was not chosen to run, she gained valuable experience in the Land Down Under.

Yet, when asked what her goals would be for 2001 after setting the National High School and American Junior 400-meter record at 50.74 seconds in this meet last year, records were never considered.

"Ever since I won as a freshman, my goal has been to become the first runner to win four straight state 400-meter titles," said the UCLA-bound senior who begins the count-down to do just that this evening.

"People don't understand that the California state meet is something very special."

Indeed.

Henderson may be the headliner, but as has been the case in every one of the 82 state meets preceding this one, talent oozes in virtually every event.



*Quite A Year -- National record holder Monique Henderson was the first high school athlete to make an American Olympic team since 1980.*  
photo by Kirby Lee

For the boys, Big Bear's Ryan Hall, the state leader in the 800, 1,600 and 3,200 as well as defending state champion at 3,200 meters, has elected to turn all of his focus to the 1,600, where he ran a blistering 4:04.24 in the Southern Section Masters meet.

On the girls side, the minefield that is the qualifying just to get to the state meet was never more evident than when Wilson's Lashinda Demus, the toast of Long Beach after becoming the first high school runner to crack the 40-

second barrier in the 300-meter hurdles after running 39.98, had trouble with her steps and was unable to finish at the Southern Section Masters meet.

With her went the hopes of watching two national record-holders.

Here is a rundown of some of the top events in what promises to be two days of torrid competition as the quest to be No. 1 in the best track state in the nation unfolds.

In the history of the California state meet, only three athletes have won four consecutive state titles, an elite club Henderson hopes to join.

Olympic sensation Marion Jones dominated the 100-meter and 200-meter dashes between 1990-93. She swept the two events her freshman and sophomore years at Oxnard Rio Mesa and didn't miss a beat after transferring to Thousand Oaks her final two years.

A decade earlier, Fullerton's Natalie Kaaiawahia became the first four-time state champ, sweeping the shot put competition, finishing off with a then-state record 52-7 1/2 in 1983.

Just two years ago Auburn Placer's Lindsay Hyatt capped a four-year run by capturing her fourth state 800-meter crown.

And now Henderson is focused on not only defending her title in the one-lap event, where she earned a standing ovation off her national record last year in Cerritos, but also adding her second straight 200-meter crown.

"Four straight state championships is even more important than going to the Olympic Games," said

improve but when it comes right down to it, time doesn't matter.

"With Angel (Cerritos Gahr's Angel Perkins) in the race, the time is certain to be fast."

Henderson and Perkins have been friendly rivals for the past three years. Perkins actually lowered the national record a week before Henderson ran 51.31 in the San Diego Section championships last year.

Although Henderson avenged her only high school loss in the quarter ...to Perkins at Arcadia last year ... the Gahr junior looked sharp in last week's Masters meet, running a state-leading 23.14 in the 200 and a 52.78 in the 400.

In drizzling, cold conditions, Henderson tripled for the second straight year in the San Diego Section meet, winning the 100 (11.89), 200 (23.69) and 400 (52.56).

She'll drop the 100 and jump onto the Morse 4x100 relay team tonight.

Henderson wouldn't have been the pick in the 100 anyway as Los Angeles Baptist sophomore Alyson Felix was pushed to a state-leading 11.53 by Long Beach Poly freshman Shalonda Soloman's 11.57 in the Masters meet.

The two will be joined by Northern Section champion Kelly Enos of Willows, (11.83) as well as last year's state runnerup, Porchea Carroll of Oxnard Rio Mesa (11.68).

What Henderson is as crowd-favorite for the girls, Hall is for the boys.

The 4:04.24 for 1,600 meters would be national headlines were it not for Webb. Hall is fully capable of making some noise himself.

The Stanford-bound Big Bear senior is looking to be the state's first sub-4 minute 1,600 meter champion. He will be taking aim on the existing national scholastic record of 4:03.22 set in 1987 by Paul Vandergrift of Pennsylvania and equally vulnerable is the state



**Taking Aim -- Big Bear's Ryan Hall could challenge the national mark in the 1600.** photo by Kirby Lee

meet record of 4:04.00 by Carmichael Jesuit's Michael Stember in 1995.

Hall's 1:51.74 half-mile speed combined with his 8:58.7 two-mile strength will make him the prohibitive favorite.

His departure leaves both the 800 and 3200 wide open. In the 800, Chino Don Lugo's Raphael Asafo-Agyel (1:51.76) hasn't been pushed since Arcadia but look for Woodland Hills El Camino Real's Chris Wells-Anders (1:52.45) and Fallbrook's Jimmy Ungricht (1:52.7) to apply the pressure.

The 3200 features super soph Yong-Sung Leal of San Lorenzo Arroyo (9:02.15), Union City James Logan's Giliat Ghebray (9:07.20) and Oak Park's Mark Nevers (9:07.38).

The girls' distance are even more intriguing, involving a cast of many.

Newport Harbor's Amber Steen showed she's ready to move up a couple notches from her 1600-meter third place finish of a year

ago when she outraced defending state 3,200-meter champ Anita Siraki of Glendale Hoover.

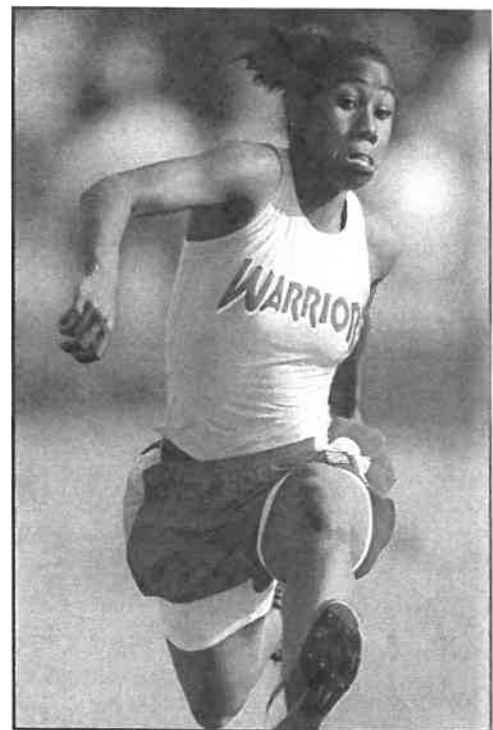
Steen's time of 4:43.75 took over as the yearly national leader as she was pushed by Siraki's 4:44.75. Waiting to take up the challenge are last year's state runnerup Sara Bei of Santa Rosa Montgomery (4:46.17) and San Lorenzo Valley's Alejandra Barrientos (4:47.88).

Later in the evening, Siraki showed why she's the defending state titlist at 3,200 meters, running 10:16.95 to leave Steen (10:26.45) well back.

But here, Bei joins in the mix and her 10:17.14 in the North Coast championships bodes well for a great race.

Speaking of great races, look for another sizzling showdown between El Cajon Granite Hills' Jeff Hunter and Riverside J.W. North's Jeff Garrison in both hurdle races ... especially the 300-meter intermediates.

North rallied to overtake Hunter in the 300s are Arcadia, clocking a



**Double Trouble -- Michelle Sanford, of Woodbridge High, looks for titles in the long jump and triple jump.** photo by Kirby Lee



**Title Hopedefuls** -- Long Beach Poly looks to unseat Riverside North, which has won two straight team titles. photo by Kirby Lee.

36.37 second time that held up as the state leader until Hunter set a section record with his 36.34 in the San Diego Section prelims.

Garrison showed he's up to the challenge with a 36.36 in the Southern Section finals.

Garrison is considered the better high hurdler but he'll have to be extra sharp against one of only three returning state boys champions, Woodland Hills Taft's Chris Morgan, whose 13.89 tops the list.

Then there's the boys sprints where Phillip Francis of Fairfax High in the Los Angeles Section (10.52 in the 100) and Seth Amoo of Palmdale Highland (20.98 in the 200) will have to fend off challenges from the likes of Stockton Frankin's Maurice Dosty (10.55) and Sonora's Rodney Landingham (21.26).

Nothing sets the stage for the meet like the 4x100 relays.

Woodland Hills Taft, the state leader all year, suffered a baton drop in the league meet but was byed through and won the Los Angeles City championship in 41.21 seconds. San Diego University City is right behind at 41.29, Berkeley St. Mary's a tick back at 41.30 and Long Beach Poly looming with a

41.2 hand time.

National girls 4x400 leader Long Beach Wilson, with a very fresh Demus, is the lopsided favorite there after running 3:37.48 in the Southern Section finals.

The Bruins' own national record of 3:36.32 set in 1998 could be threatened.

Field events, too, promise outstanding competition and it's here that the new state at-large rule

could play a role.

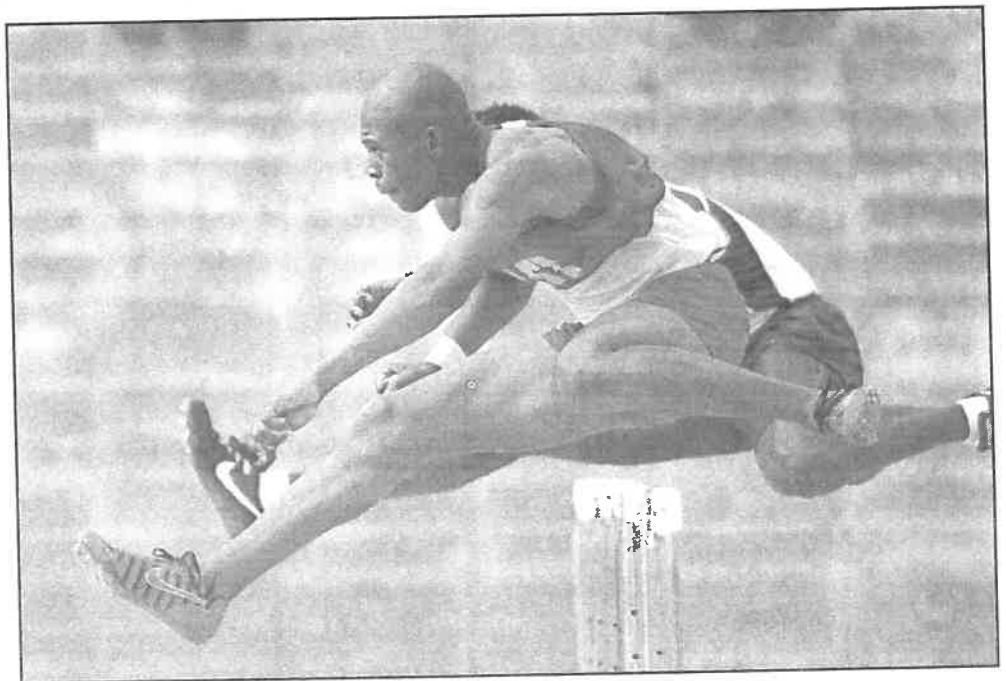
Year-long state high jump leader Alex Marbley of Tustin (6-11 1/2) finished eighth in the Southern Section championships, which normally would have meant the end of his season, but because he cleared the automatic qualifying height of 6-5 1/2, he's still alive.

Others didn't struggle nearly as much.

San Luis Obispo's Karen Freberg (53-7 1/2) is more than six feet ahead of National City Sweetwater junior Aiga Maria Taumua (46-10 1/4) in the shot.

Defending boys state triple jump champ Jamil Smith of Palmdale, the yearly leader at 50-10 3/4, qualified easily at 48-4 1/2 and Sean Shields of Arroyo Grande, who tops both the shot (64-1 1/4) and discus (209-9) lists, will be hard to beat although he did finish third in shot at the section championships.

On the girls side, consistent Shayla Balentine of Morro Bay (13-0 3/4), Long Beach Poly's Jamie Kolar (13-0) and Van Nuys Birmingham's Melissa Astete (13-0) all advanced in the pole vault.



**Defending State Champion** -- Chris Morgan of Taft is the favorite in the 110 high hurdles, an event he won at last year's state championships. photo by Kirby Lee.

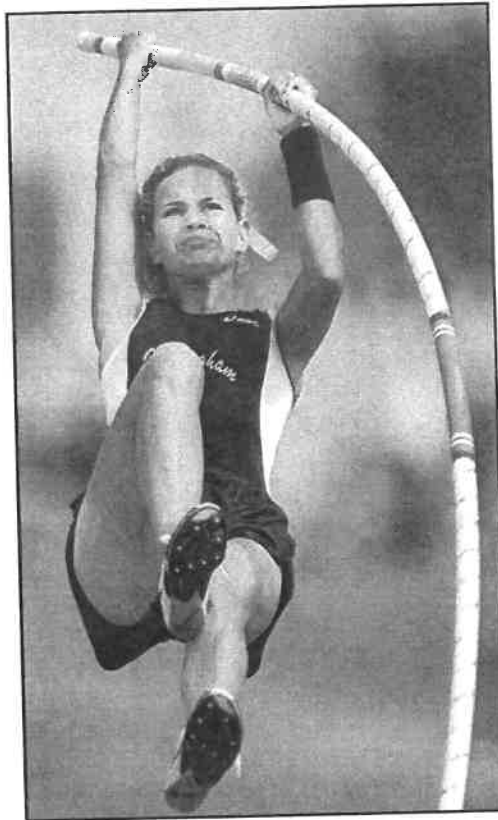
State leader Elzunia Wojcicka (20-3 1/4) of San Benito Hollister and San Jose Mt. Pleasant's Undine Becker (20-1 1/2) had a thrilling duel in the Central Coast Section championships that will be renewed tonight.

Likewise, Long Beach Poly triple jump sensation Candice Baucham (42-3 1/2) was pressured by Woodbridge soph Michelle Sanford (41-1 1/2) in the Southern Section championships. Next up round two.

Only 12 inches separate new yearly discus leader Gennessa Guzman of Charter Oak (163-3), Arroyo Grande's Michelle Pequignot (162-10) and Woodland's Katie McKeever (162-3).

Close ... you bet. It's part of what makes the California State Championships special. Just ask Monique Henderson.

(Steve Brand is the president of the California Prep Sports Writers Association as well as a sports writer with the San Diego Union-Tribune.)



**2000 Runnerup --** Melissa Astete of Birmingham High School was a state runnerup in the pole vault last season. photo by Kirby Lee.



**National Flyer --** David Moore of Miramonte High School. photo by Eileen Illia.

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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	Skyline /ok	OK	49.88			
2	Vallejo/sj	SJ	48.60			
3	Birmingham/la	LA	48.07			
4	Berkeley/nc	NC	47.72			
5	Wilson/Long Beach/ss	SS	45.56			
6	Cleveland/la	LA	47.65			
7	Bellflower/ss	SS	48.02			
8	Los Gatos/cc	CC	48.59			
9	Tulare Union/ce	CE	49.73			
<hr/>						
1	West Valley/no	NO	50.29			
2	Serra/sd	SD	48.63			
3	Centennial/ce	CE	48.15			
4	Gahr/ss	SS	47.70			
5	James Logan/nc	NC	46.63			
6	Rio Mesa/ss	SS	47.15			
7	St. Mary's/nc	NC	47.92			
8	Morse /sd	SD	48.43			
9	Monterey /cc	CC	49.28			
<hr/>						
1	Intr Studies Academy/sf	SF	50.92			
2	Woodcreek/sj	SJ	48.79			
3	Muir /ss	SS	48.26			
4	Stockdale/ce	CE	47.74			
5	Dorsey/la	LA	46.99			
6	Holy Names/nc	NC	47.10			
7	El Camino/sd	SD	47.91			
8	Ceres /sj	SJ	48.42			
9	Hollister /cc	CC	49.21			

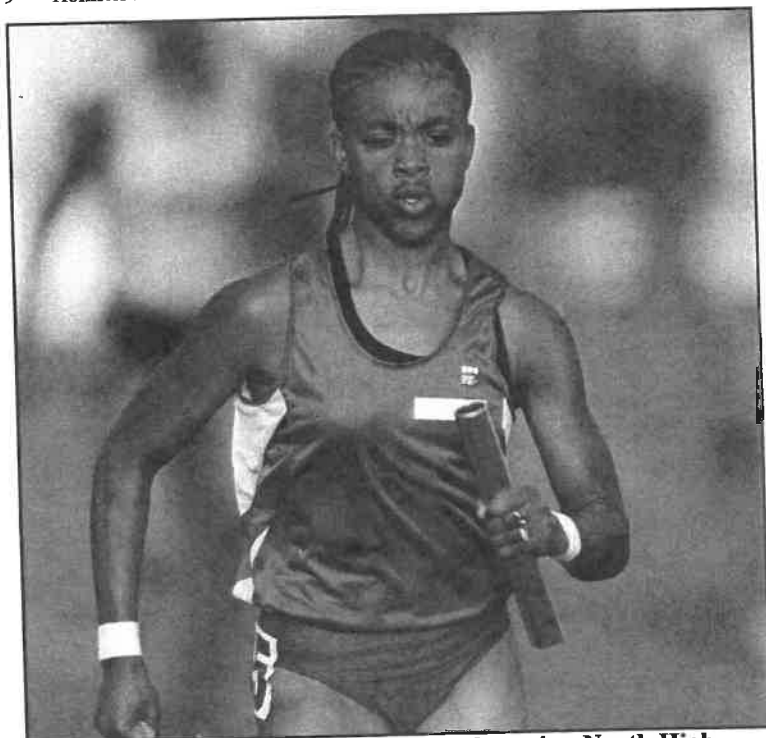
## BOYS 400m RELAY

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	Clovis /ce	CE	42.79			
2	Mc Clymonds /ok	OK	42.45			
3	Muir /ss	SS	42.16			
4	Birmingham /la	LA	41.66			
5	Taft /la	LA	41.21			
6	Granite Hills /sd	SD	41.55			
7	Loyola /ss	SS	42.16			
8	Fairfield /sj	SJ	42.35			
9	Fortuna /nc	NC	43.05			
<hr/>						
1	Seaside /cc	CC	43.08			
2	Archbishop Riordan /cc	CC	42.49			
3	Bakersfield /ce	CE	42.28			
4	Serra /sd	SD	41.90			
5	University City /sd	SD	41.29			
6	Carson /la	LA	41.57			
7	Norte Vista /ss	SS	42.15			
8	Tulare Union /ce	CE	42.32			
9	Nevada Union /sj	SJ	42.93			
<hr/>						
1	Red Bluff /no	NO	43.47			
2	California /nc	NC	42.58			
3	Santa Monica /ss	SS	42.28			
4	Leigh /cc	CC	41.97			
5	Helix /sd	SD	41.47			
6	L.B. Poly /ss	SS	41.50			
7	St. Mary's/nc	NC	41.99			
8	Sonora /sj	SJ	42.28			
9	Deer Valley/nc	NC	42.69			



Bridgette Williams of defending state champion North High School in Riverside. Photo by Kirby Lee



Vendell Lewis leads Long Beach Poly's hopes in the 400m relays. Photo by Kirby Lee

# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS 1600m RUN

**Prelims: 5:24 p.m. - Fri. Final: 6:19 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	Jaclyn Pedersen	12 Royal /ss		5:01.62		
2	Michelle Gallagher	10 Mercy-Burlingame		5:00.74		
3	Lauren Christman	11 Harbor/cc		5:00.21		
4	Breanne Sandberg	12 Peninsula/ss		4:55.10		
5	Amber Steen	12 Newport Harbor/ss		4:43.75		
6	Bridget Duffy	11 St. Mary's/nc		4:51.96		
7	Diana Hossfeld	12 Corona Del Mar/ss		4:58.26		
8	Lindsey Maclise	12 Davis /sj		5:00.70		
9	Sarah West	11 Davis /sj		5:01.13		
10	Deanna Sick	11 Mt. Carmel/sd		5:06.16		
11	Jenn Saura	10 Miramonte/nc		5:06.89		
12	Valeria Delgado	10 Buchanan/ce		5:10.89		
13	Betsy Oppezzo	11 Shasta /no		5:15.64		
14	Alicia Veiss	10 Mc Farland/ce		5:19.90		
15	Amy Jones	12 Cleveland /la		5:21.50		
1	Vanessa Kelly	12 Marina /ss		5:02.22		
2	Seanna Martin	11 Bret Harte/sj		5:00.83		
3	Danielle Schuster	09 Torrey Pines/sd		4:59.95		
4	Lynn Dixon	10 Mira Costa /ss		4:56.45		
5	Sara Bei	12 Montgomery/nc		4:46.17		
6	Alejandra Barrientos	12 San Lorenzo Valley		4:51.20		
7	Meaghan Leon	12 Pacific/ss		4:58.17		
8	Casey Nevitt	10 Aptos/cc		5:00.29		
9	Robyn Stevens	12 Vacaville/sj		5:01.09		
10	Jenny Esser	11 Foothill /nc		5:02.49		
11	Katie Matlack	11 Fallbrook/sd		5:07.47		
12	Maria Blazquez	11 Roosevelt/la		5:08.23		
13	Kristy Barrus	11 Clovis /ce		5:16.38		
14	Kersta Caliz	11 University /la		5:18.62		

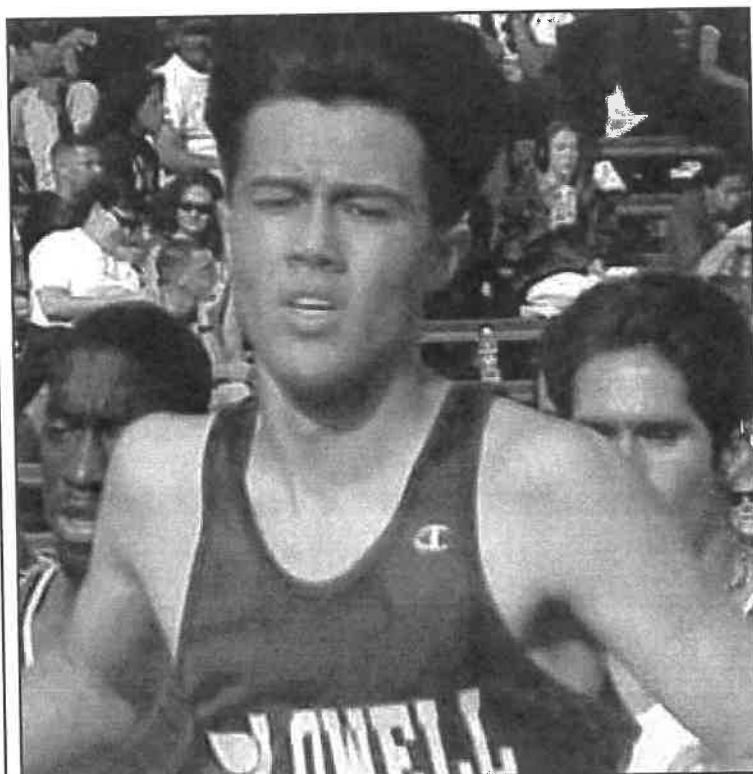


Amber Steen of Newport Harbor High School. Photo by Kirby Lee

## 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	Lucas Crowley	12 Arch. Mitty/ccs		4:19.35		
2	Arturo Garcia	12 Don Lugo/ss		4:17.25		
3	Brandon Collins	12 Jesuit/sj		4:16.01		
4	Chris McMillan	12 Newport Harbor/ss		4:15.42		
5	Ryan Hall	12 Big Bear/ss		4:04.24		
6	Tom Phelps	12 Piedmont/nc		4:14.92		
7	Chris Wondolowski	12 De LaSalle/nc		4:15.99		
8	Russ Martin	12 Los Gatos/cc		4:17.01		
9	Sean Marzolf	12 Lodi/sj		4:18.39		
10	Ryan Anderson	12 Buchanan/ce		4:21.50		
11	Trevor Uyemura	11 Sanger/ce		4:21.70		
12	Damian Rinaldi	10 Birmingham/la		4:27.08		
13	Damian Mendoza	12 Cleveland/la		4:27.28		
1	Devin Lyons-Quirk	12 Poway/sd		4:20.05		
2	Stuart Eastman	12 Placer/sj		4:17.06		
3	Tony Ahr	12 Burroughs/Burbank		4:16.76		
4	Sean Drake	12 University-SF/nc		4:15.22		
5	Josh Yelsey	12 Corona Del Mar/ss		4:14.62		
6	Andres Gomez	12 Mc Farland/ce		4:14.91		
7	Ben Aragon	12 West Hills/sd		4:15.52		
8	Jordan Kinley	11 Maria Carillo/nc		4:16.78		
9	David Blue	12 Valley/sj		4:18.03		
10	Chris Ferrier	11 La Jolla /sd		4:20.84		
11	Wayne Hopp	11 Bellarmine /cc		4:23.75		
12	Mike Weber	12 Pleasant Valley/n		4:26.34		
13	Isaiah Allen	12 Cleveland/la		4:28.65		



Jin Daikoku of Lowell High School in San Francisco.

# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS 100m HH

**Prelims: 5:55 p.m. - Fri. Final: 6:44 p.m. - Sat.**

Records - National: 13.20 Nicole Denby (JW North, Riverside) 2000  
State: 13.20 Nicole Denby (JW North, Riverside) 2000

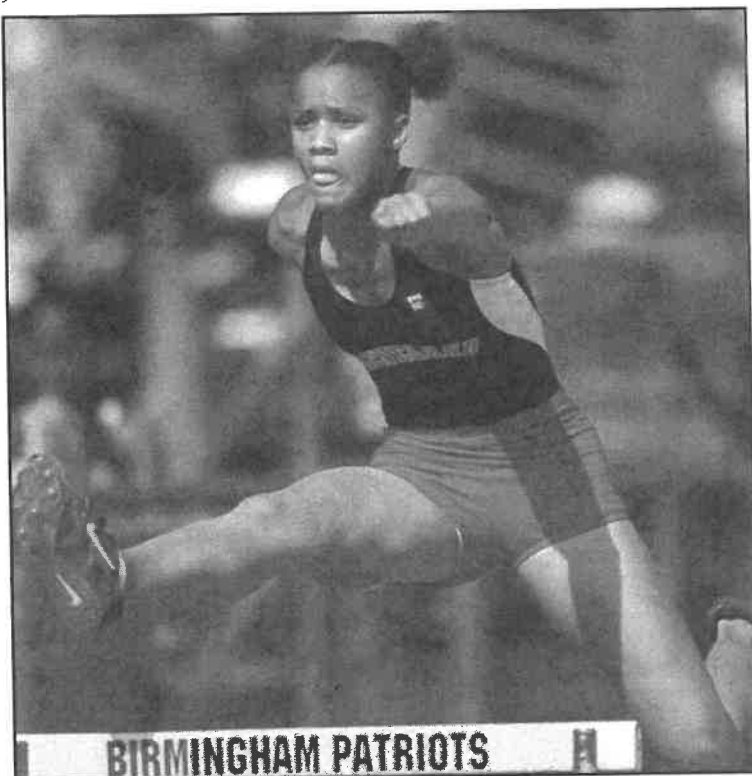
Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
2	Breanna White	09 Rancho Bernardo/ss		15.53		
3	Openelle McDowell	12 Vallejo /sj		15.01		
4	Talia Stewart	09 James Logan /nc		14.48		
5	Undine Becker	12 Mt. Pleasant /cc		13.74		
6	Miesha McClendon	12 Muir /ss		14.48		
7	Candace Clark	12 Lincoln/sj		14.95		
8	Dana Rattler	10 Cleveland /la		15.45		
2	Tanya White	12 Clear Lake/nc		15.67		
3	Kira Costa	10 Lemoore/cc		15.16		
4	Danielle Stokes	11 St. Mary's/nc		14.50		
5	Lashinda Demus	12 Wilson/LB		13.93		
6	Tunisia Johnson	11 L.B. Poly/ss		14.40		
7	Brynn Steward	11 Cleveland /la		14.94		
8	Emily Azevedo	12 Chico /no		15.42		
2	Najma Nurriden	11 Stockdale /cc		15.82		
3	Roshena Duree	11 Burton/sf		15.14		
4	Mary Meyman	11 Carlmont/cc		14.56		
5	Osarheimen Omwangh	11 Buchanan /cc		14.06		
6	Elzunia Wojcicka	12 Hollister/cc		14.25		
7	Dominique Manning	09 J.W. North/ss		14.64		
8	Jessica Eggleston	10 El Camino/sd		15.34		
2	Alexis Johnson	11 Gardena/la		16.05		
3	Ashanti Ellis	12 Skyline/ok		15.26		
4	Brooklyne Hann	12 Luther Burbank/ss		14.57		
5	Dana Bethel	12 Mission Viejo /ss		14.10		
6	Ashley Lodree	10 El Cerrito /nc		14.27		
7	Chelsea Johnson	11 Atascadero /ss		14.59		
8	Meggie Afenir	10 Escondido /sd		15.31		
9						

## BOYS 110m HH

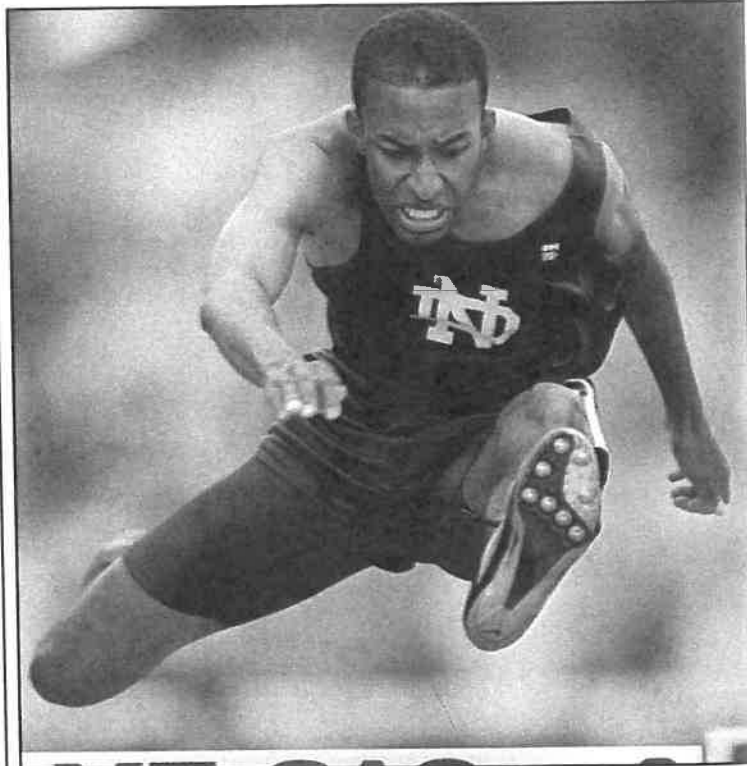
**Prelims: 6:10 p.m. - Fri. Final: 6:54 p.m. - Sat.**

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	Nicholas Kopec	12 Mc Clymonds/ok		15.26		
2	Jack Val Rey	12 Dos Palos/cc		14.73		
3	Halihi Guy	12 St. Mary's/nc		14.55		
4	Denny Flanagan	11 Edison-HB/ss		14.29		
5	Christopher Morgan	12 Taft/la		13.89		
6	Scott Jarvis	12 Covina/ss		14.19		
7	Jon Williams	12 Notre Dame-S.O./ss		14.49		
8	Timi Wusu	12 Palo Alto/cc		14.72		
9	Gabe Velasquez	12 Pleasant Valley/n		15.13		
1	Jason Bolden-Ander	10 St. Mary's/nc		15.30		
2	Chris Thompson	12 Selma/cc		14.75		
3	Thomas Mack	10 Bakersfield/cc		14.58		
4	Darnell Talbert	12 Mt. Carmel/sd		14.38		
5	Jeff Garrison	12 J.W. North/ss		13.92		
6	Kenneth Thomas	12 Gardena/la		14.23		
7	Jose Beaton	12 Alta Loma/ss		14.46		
8	Trevell Quinley	12 Merrill West/sj		14.71		
9	Jeremy Leibs	11 Aragon/cc		14.96		
1	Aaron Garrett	10 Alameda/nc		15.31		
2	Nick Lewis	12 Monte Vista/sd		14.80		
3	Nate Robinson	11 James Logan/nc		14.64		
4	Andre Wright	12 Fairfield/sj		14.41		
5	Chris Foster	12 Ventura/ss		13.98		
6	Jeffrey Hunter	12 Granite Hills/sd		13.98		
7	John Walker	12 Birmingham/la		14.44		
8	Ian Kenworthy	12 St. Francis/cc		14.68		
9	Chris Santana	12 Benicia/sj		14.92		



Brynne Steward of Cleveland High School. Photo by Kirby Lee



Notre Dame High's John Williams. Photo by Kirby Lee

# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS 400m DASH

## BOYS 400m DASH

**Prelims: 6:24 p.m. - Fri. Final: 7:04 p.m. - Sat.**

Records - National: 50.74 Monique Henderson (Morse, San Diego) 2000  
State: 50.74 Monique Henderson (Morse, San Diego) 2000

Pos.	Name	Gr. School	Sect. Sect. Mark	Place	Mark
1	Renee Winston	09 Birmingham/la	58.57		
2	Destany Cearley	11 Fall River/no	57.48		
3	Adriana Windham	11 Hollister/cc	56.41		
4	Cameron Washington	10 Marlborough/ss	55.81		
5	Monique Henderson	12 Morse/sd	52.56		
6	Newton Tijahni	09 Rancho Cucamonga/ss	55.26		
7	Keisha Gaines	10 Stockdale/ce	56.14		
8	Erica Porter	11 Deer Valley/nc	56.87		
9	Tauheedah Gaines	12 Chowchilla/ce	58.19		
1	Brenda Austin	11 Dorsey/la	58.94		
2	Shameka Savage	12 St. Mary's/nc	57.61		
3	Nicole Carmier	11 Laguna Creek/sj	56.44		
4	Whitney Schmucker	11 La Jolla/sd	55.75		
5	Angel Perkins	11 Gahr/ss	52.78		
6	Angel Tate	12 Wilson/LB	54.89		
7	Larnie Boyd	11 Vallejo/sj	56.02		
8	Nastassja Hall	11 Rancho Buena Vista	56.78		
9	Vincetta Mendola	10 Birmingham/la	57.83		
1	Raqueta Margain	12 Berkeley/nc	57.67		
3	Brittani Dudley	9 James Logan/nc	56.47		
4	Deonna Lawrence	09 Sheldon/sj	55.59		
5	Julia Pitts	11 North Torrance/ss	54.66		
6	Bridgette Williams	10 J.W. North/ss	54.72		
7	Christine Hardeman	11 Wilcox/cc	55.86		
8	Shante Smith	12 Silver Creek/cc	56.58		
9	Lacey Gooch	11 Edison /ce	57.68		

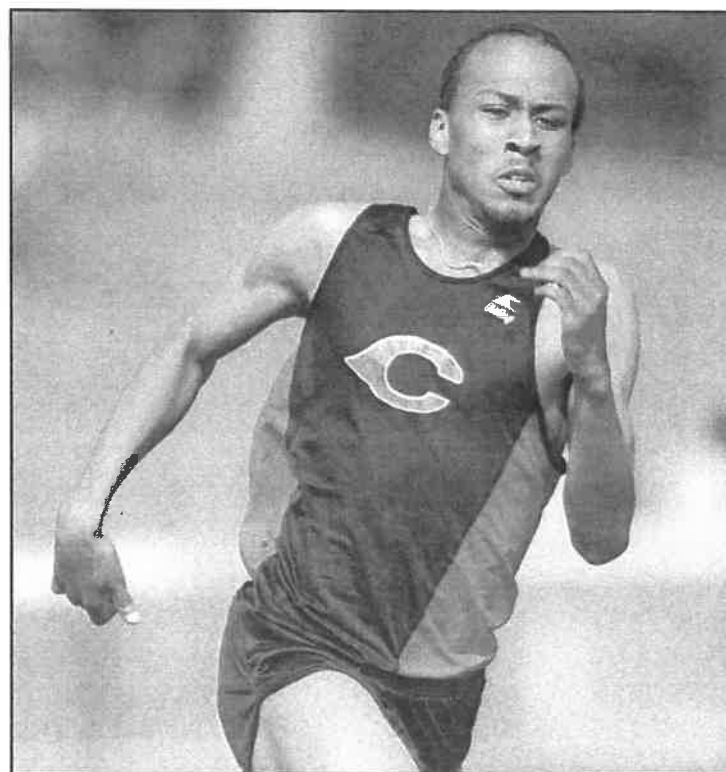
**Prelims: 6:36 p.m. - Fri. Final: 7:11 p.m. - Sat.**

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	Ben Marianacci	11 Terra Nova/cc	49.76		
2	Robert Lee	11 Madera/cc	49.44		
3	Dijon Walton	12 L.B. Poly/ss	48.33		
4	Obi Osuji	12 Red Bluff/no	48.04		
5	Mario Bassani	12 Irvine/ss	47.01		
6	Damaine Reed	12 Carson/la	47.99		
7	Brady Douglas	11 Mt. Miguel/sd	48.32		
8	Stephan Brooks	10 Berkeley/nc	49.33		
9	Joshua McBride	11 Mc Clymonds/ok	49.65		
1	Jeremy Bouquet	11 Fortuna/nc	49.79		
2	Everett Savoy	11 Deer Valley/nc	49.48		
3	Darren Brock	12 Rialto/ss	48.48		
4	David Hill	12 L.B. Poly/ss	48.03		
5	Jason Lovell	12 Cleveland/la	47.03		
6	Blake Mackey	11 Bakersfield/ce	47.94		
7	Randolph Bundy	11 Cleveland/la	48.28		
8	Jefferson Heidelbe	12 Nevada Union/sj	48.98		
9	Chris Boykin	11 Bellarmine/cc	49.58		
1	Matt Velo	12 Wilcox/cc	49.50		
3	Dennis Bishop	12 Fairfield/sj	48.58		
4	Cesar Gonzalez	12 Shafter/ce	48.17		
5	Deun White	10 Rancho Bernardo/ss	47.36		
6	Jose Galena	12 Littlerock/ss	47.96		
7	D.J. Contreras	11 Valley Center/sd	48.17		
8	Randy Fair	12 Folsom/sj	48.92		
9	Wiley Montgomery	10 Newark Mem./ncs	49.56		



**National record holder Monique Henderson of Morse High School in San Diego. Photo by Greg Smotherman, Smotherman Photography**



**Cleveland High's Jason Lovell. Photo by Kirby Lee**

# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS 100m DASH

Prelims: 6:48 p.m. - Fri. Final: 7:19 p.m. - Sat.

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

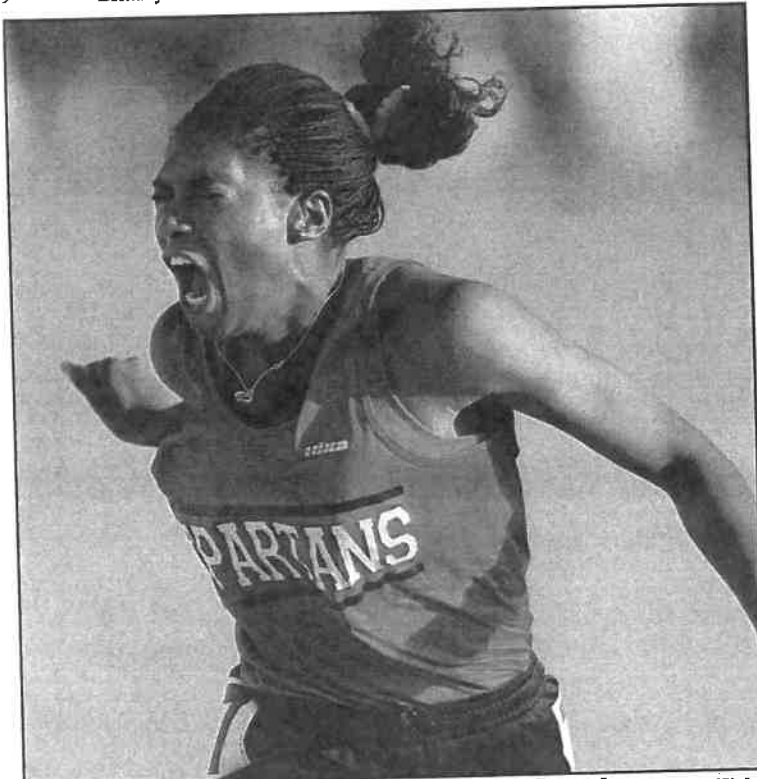
Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
2	Charlene Deardorff	12 Mt. Pleasant/cc		12.36		
3	Deanna Goodwin	10 Intr. Studies Acada		12.15		
4	Zikarra Beverly	12 Univ. of San Diego		11.99		
5	Alyson Felix	10 LA Baptist		11.53		
6	Tishira Thomas	09 A.B. Miller/ss		11.98		
7	Kelli Enos	12 Willows/no		12.13		
8	Vonnie Fulford	10 Birmingham/la		12.34		
2	Courtney Shires	11 Bret Harte/sj		12.39		
3	Monica Greene	11 Bishop O'Dowd/nc		12.15		
4	Maxine Marlow	11 Centennial/ce		12.04		
5	Shalonda Solomon	09 L.B. Poly/ss		11.57		
6	Ashlee Brown	12 J.W. North/ss		11.79		
7	Marcia Fenton	12 Dorsey/la		12.09		
8	Rasheina Sutton	12 Mt. Pleasant/cc		12.29		
2	Kristan Matison	9 Mt. Carmel/sd		12.34		
3	Raynisha Bragg	12 Edison/sj		12.24		
4	Cheri Craddock	10 James Logan/nc		12.05		
5	Porchea Carroll	12 Rio Mesa/ss		11.73		
6	Jasmine Lee	09 L.B. Poly/ss		11.79		
7	Christen Tucker	11 Bishop O'Dowd/nc		12.08		
8	Michelle Stinnette	11 Cleveland/la		12.27		
9	Shaina Wright	09 Stockdale/ce		12.53		
2	Delores Vaughn	11 Stag/sj		12.43		
3	Ocie Parks	12 Fremont/ok		12.26		
4	Jolanda Diego	09 El Camino/sd		12.06		
5	Sierra Houser-Pric	12 Notre Dame-S.O/ss		11.75		
6	Tracee Thomas	11 J.W. North/ss		11.79		
7	Monique Coleman	10 El Cerrito/nc		12.06		
8	Erin Curtis	12 Arch. Mitty/ccs		12.26		
9	Brittany Bennett	09 Centennial/ce		12.47		

## BOYS 100m DASH

Prelims: 7:00 p.m. - Fri. Final: 7:25 p.m. - Sat.

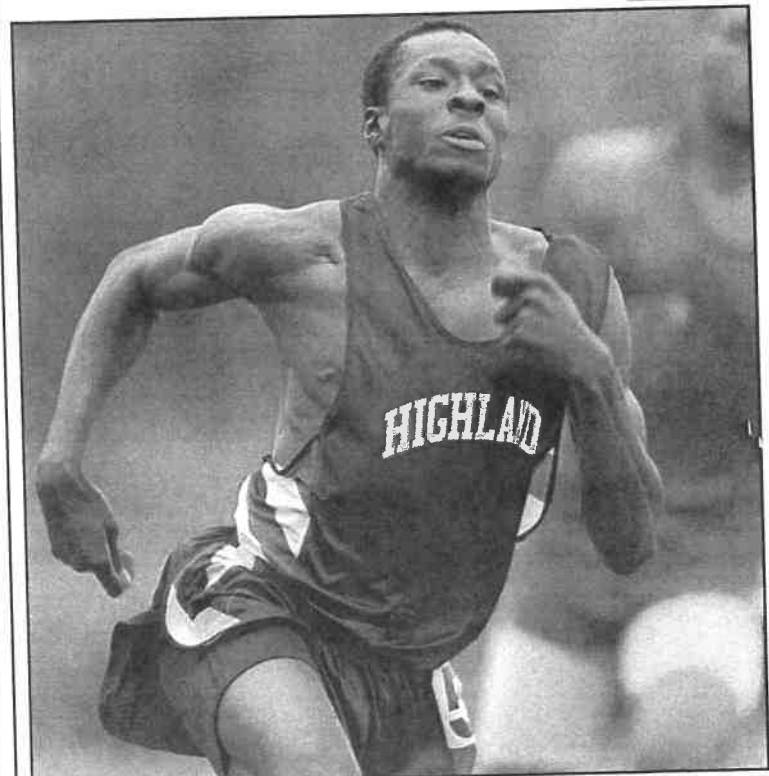
Records - National: 9.9h Henry Neal (Greenville, TX) 1990  
State: 10.30 Riley Washington (Southwest, San Diego) 1992

Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
2	Jed Falkowski	12 Lassen/no		10.97		
3	Garry Jones	11 Skyline/ok		10.87		
4	Denny Casupanan	11 Tustin/ss		10.76		
5	Phillip Francis	12 Fairfax/la		10.58		
6	Blake Frazier	11 University City/sds		10.69		
7	Maurice Dosty	12 Franklin/sj		10.86		
8	Jerrone Garrett	11 Clovis West/ce		10.97		
2	Darrell Jones	12 Novato/nc		11.05		
3	Rodney Landingham	12 Sonora/sj		10.89		
4	Wes Felix	12 Valencia-V/ss		10.77		
5	Matt Burno	11 Trabuco Hills/ss		10.61		
6	Reggie Bush	10 Helix/sd		10.67		
7	Alex Jones	12 Buchanan/ce		10.83		
8	Christopher Morgan	12 Taft/la		10.94		
2	D.J. Smith	10 Foothill/nc		11.06		
3	Derek Jones	12 Everett Alvarez/c		10.90		
4	Chreston Anderson	11 L.B. Poly /ss		10.77		
5	Antwon Guidry	12 Leigh/cc		10.61		
6	Carlos Moore	12 Morningside/ss		10.68		
7	Noah Smith	10 Taft/la		10.85		
8	Blake Braboy	11 Cordova/sj		10.92		
2	Khaek Khongsaengda	12 Eureka/nc		11.08		
3	Ronnie Drummer	09 North Salinas/cc		10.90		
4	Ismael Arrenaviz	12 Foothill/ce		10.79		
5	Seth Amoo	12 Highland/ss		10.62		
6	Ronald Hill	11 Walnut/ss		10.69		
7	Mike Matison	10 Mt. Carmel/sd		10.80		
8	Chris Costa	12 California/nc		10.91		
9	Bradley Thomas	11 Lincoln/sf		11.44		



Porchea Carroll of Rio Mesa Oxnard High School. Photo by Kirby

Lee



Seth Amoo of Highland High School. Photo by Kirby Lee

# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS 800m RUN

Prelims: 7:12 p.m. - Fri. Final: 7:34 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.	Sect. Mark	Place	Mark
1	Lindi Bedke	11 Centennial/cc		2:19.92		
2	Allison Hall	11 Rancho Bernardo/ss		2:17.12		
3	Amanda Medrano	12 Castro Valley/nc		2:13.61		
4	Jamillah Titus	11 Vintage/sj		2:11.58		
5	Shannon Rowbury	11 Sacred Hrt Cathl/		2:08.78		
6	Treani Swain	10 Oakwood/ss		2:10.96		
7	Morgan Banks	11 Drake/nc		2:13.42		
8	Shantae McKinney	10 Westchester/la		2:16.78		
9	Cindy Dawson	12 Yreka/no		2:19.81		
1	Maja Ruznic	12 Intr Studies Acada		2:25.50		
2	Karis Wilson	10 Buchanan/ce		2:17.70		
3	Alexis Bartschi	10 Merrill West/sj		2:14.11		
4	Amonica Phipps	12 Morse/sd		2:12.48		
5	Jenna Timinsky	11 San Dieguito Acad.		2:09.12		
6	Ashley Freeman	10 Wilson/LB/ss		2:10.92		
7	Maribeth Buche	12 Esperanza/ss		2:13.33		
8	Talita Wells	11 Clayton Valley/nc		2:14.97		
9	Natalie Garcia	12 Buchanan/ce		2:18.98		
2	Jennifer Tyler	12 Westchester/la		2:18.01		
3	Nikki Hodgson	12 Bear River/sj		2:14.40		
4	Yfa Kretschmar	11 University-SF/nc		2:12.57		
5	Ashley Caldwell	11 Los Gatos/cc		2:10.27		
6	Alysia Johnson	09 Canyon-CC/ss		2:10.63		
7	Mary Maleta	10 Soquel/cc		2:13.24		
8	Carolyn Brown	10 Burroughs/Burbank		2:14.63		
9	Rayshonda Williams	11 Dorsey/la		2:18.14		



Sir Francis Drake High standout Morgan Banks.

## BOYS 800m RUN

Prelims: 7:27 p.m. - Fri. Final: 7:42 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.	Sect. Mark	Place	Mark
1	Damian Rinaldi	10 Birmingham/la		1:57.82		
2	Dione Cason	12 L.B. Poly/ss		1:55.36		
3	Jesse Alejandro	12 Saratoga/cc		1:55.26		
4	Tykie Harris	12 San Geronio/ss		1:54.17		
5	Matt Bates	12 Los Gatos/cc		1:52.35		
6	Jimmy Ungricht	12 Fallbrook/sd		1:54.01		
7	Andrew Dawson	10 Vallejo/sj		1:54.42		
8	Kenny Frank	10 Enterprise/no		1:55.57		
9	Chris Espinosa	12 College Park/nc		1:56.72		
1	Amit Misra	12 Van Nuys/la		1:57.97		
2	Jim Doran	12 Arch. Mitty/ccs		1:55.77		
3	Adam Foote	12 Arcata/nc		1:55.29		
4	Doug Westphal	12 Torrance/ss		1:54.17		
5	Raphael Asafo-Agye	11 Don Lugo/ss		1:52.52		
6	Kevin Woodhouse	11 Laguna Creek/sj		1:53.98		
7	Bobby McNeil	12 Sutter/no		1:55.12		
8	Eric Gifford	11 Exeter/ce		1:55.55		
9	Matt See	11 Amador Valley/nc		1:56.61		
1	Jin Daikoku	12 Lowell/sf		2:00.15		
2	Keith Hankins	12 Centennial/ce		1:56.02		
3	Alec Brozell	12 Vintage/sj		1:55.36		
4	Mario Cobian	10 Rosemead/ss		1:54.22		
5	Martell Munguia	12 Woodcreek/sj		1:53.14		
6	Christopher Wells-Anders	12 El Camino Real/la		1:53.55		
7	Jim Shimp	12 Leland/cc		1:55.21		
8	Barry Carmody	12 Jesuit/sj		1:55.51		
9	Kerger Trusdell	11 St. Ignatius/cc		1:56.12		
2	Malik Muhammad	10 L.B. Poly/ss		1:56.08		
3	Matt Cooley	12 Clovis/ce		1:55.66		
4	Nico Cueva	12 Escondido/sd		1:54.27		
5	Tony Martinelli	12 Junipero Serra /c		1:53.23		
6	Alonso Smith	12 Tustin/ss		1:53.41		
7	Jeff Squires	12 Mission San Jose/		1:54.36		
8	Cooper Bachman	11 Valley Center/sd		1:55.41		
9	David La	11 Saratoga/cc		1:56.11		



Chris Wells-Anders of El Camino Real High School. Photo by Kirby Lee

# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS 300m LH

**Prelims: 7:42 p.m. - Fri. Final: 7:53 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	Kala Stotts	12	Reseda/la		50.19		
2	Kristine Schroeder	12	Rancho Bernardo/s		45.65		
3	Bryeanna Barmer	11	Helix/sd		45.15		
4	Chelsea Johnson	11	Atascadero/ss		43.70		
5	Tunisia Johnson	11	L.B. Poly/ss		42.32		
6	Osarheimen Omwangh	11	Buchanan/cc		43.59		
7	Danielle Povio	10	Milpitas/cc		44.72		
8	Ashley Muskrat	11	North/cc		45.64		
9	Dana Rattler	10	Cleveland/la		47.76		
2	Raqueta Margain	12	Berkeley/nc		45.76		
3	Ahimsa Hodari	12	Sacred Hrt Cath.		45.20		
4	Ashley Lodree	10	El Cerrito/nc		43.74		
5	Tiffany Brown	11	Stockdale/cc		42.73		
6	Undine Becker	12	Mt. Pleasant/cc		43.63		
7	Janeshia Adams	12	Gahr/ss		44.11		
8	Antonia Bethel	09	Turlock/sj		45.53		
9	Emily Azevedo	12	Chico/no		46.06		
2	Lauren Barbieri	12	Piedmont/nc		45.79		
3	Brynne Steward	11	Cleveland/la		45.25		
4	Talia Stewart	09	James Logan/nc		44.28		
5	Ashlee Brown	12	J.W. North/ss		43.09		
6	Julie Handy	11	Esperanza/ss		43.45		
7	Brooklyne Hann	12	Luther Burbank/ss		44.25		
8	Audrey Pound	12	Poway/sd		45.31		
9	Christina Weubbe	10	St. Francis/sj		46.04		

## BOYS 300m LH

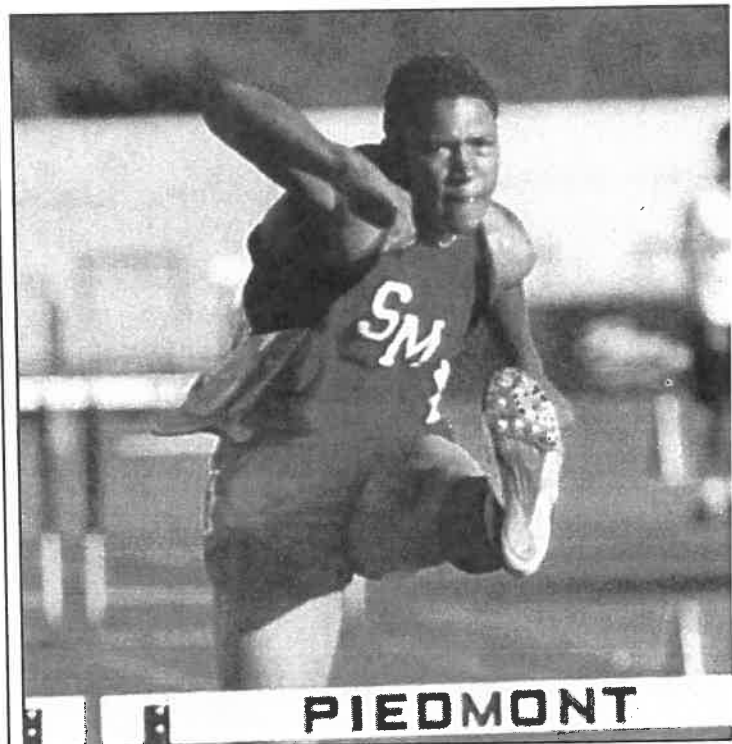
**Prelims: 7:55 p.m. - Fri. Final: 8:00 p.m. - Sat.**

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	Ryan Zimmerman	12	Paradise/no		39.61		
2	Jermaine Rolison	11	Dorsey/la		39.31		
3	Erik Michon	11	Carlmont/cc		38.81		
4	Trevell Quinley	12	Merrill West/sj		38.14		
5	Jeff Garrison	12	J.W. North/ss		36.36		
6	Scott Jarvis	12	Covina/ss		37.99		
7	Timi Wusu	12	Palo Alto/cc		38.39		
8	Mike Cunningham	11	West Hills/sd		39.23		
9	Steve McKeown	12	Clayton Valley/nc		39.51		
1	Nicholas Kopec	12	Mc Clymonds/ok		39.95		
2	John Walker	12	Birmingham/la		39.35		
3	Thomas Mack	10	Bakersfield/cc		38.88		
4	Chris Foster	12	Ventura/ss		38.27		
5	Jeffrey Hunter	12	Granite Hills/sd		36.53		
6	Trae Gaulman	12	Sheldon/sj		37.82		
7	Darnell Talbert	12	Mt. Carmel/sd		38.39		
8	Tom Champion	12	Golden West/cc		39.14		
9	Nate Robinson	11	James Logan/nc		39.43		
1	John Lee	10	Lowell/sf		41.52		
2	Ryan Canotal	12	Salesian/nc		39.39		
3	Jeff Santana	12	Benicia/sj		39.02		
4	Jim Chambless	12	South Hills/ss		38.30		
5	Jon Williams	12	Notre Dame-S.O/ss		37.42		
6	Halihl Guy	12	St. Mary's/nc		37.79		
7	Kenneth Thomas	12	Gardena/la		38.36		
8	Ben Vestergen	11	Homestead/cc		39.09		
9	Chris Thompson	12	Selma/cc		39.42		



Lashinda Demus of Long Beach Wilson High School. Photo by Kirby Lee



Halihl Guy of St. Mary's High School in Berkeley.

# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS 200m DASH

**Prelims: 8:08 p.m. - Fri. Final: 8:10 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. Sect. Mark	Place	Mark
2	Natalie Beck	11 Monterey/cc	25.58		
3	Raynisha Bragg	12 Edison/sj	24.96		
4	Deborah Bowser	11 Carson/la	24.70		
5	Angel Perkins	11 Gahr/ss	23.14		
6	Zikarra Beverly	12 Univ. of San Diego	24.64		
7	Christina Harrison	10 Deer Valley/nc	24.92		
8	Shaina Wright	09 Stockdale/ce	25.47		
2	Tauheedah Gaines	12 Chowchilla/ce	25.59		
3	Marjorie Jackson	12 Deer Valley/nc	24.96		
4	Maxine Marlow	11 Centennial/ce	24.73		
5	Alyson Felix	10 LA Baptist	23.40		
6	Sierra Houser-Price	12 Notre Dame-S.O/ss	24.20		
7	Deonna Lawrence	09 Sheldon/sj	24.88		
8	Ocie Parks	12 Fremont/ok	25.25		
2	Cortnee Bell	12 Silver Creek/cc	25.85		
3	Monique Coleman	10 El Cerrito/nc	25.06		
4	Cheri Craddock	10 James Logan/nc	24.73		
5	Shalonda Solomon	09 L.B. Poly/ss	23.69		
6	Jasmine Lee	09 L.B. Poly/ss	23.94		
7	Nastassja Hall	11 Rancho Buena Vista	24.86		
8	Dashonna Tripp	10 Dorsey/la	25.19		

## BOYS 200m DASH

**Prelims: 8:20 p.m. - Fri. Final: 8:17 p.m. - Sat.**

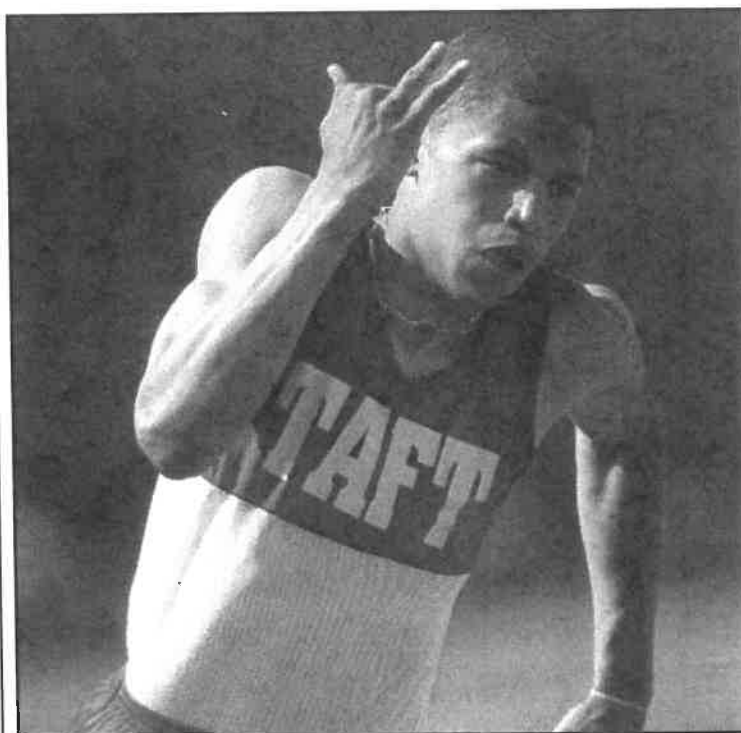
Records - National: 20.0h Roy Martin (Roosevelt, Dallas TX) 1985

State: 20.76 Kareem Kelly (Long Beach Poly) 1998

Pos.	Name	Gr. School	Sect. Sect. Mark	Place	Mark
1	Khack Khongsaengda	12 Eureka/nc	22.43		
2	Derek Jones	12 Everett Alvarez/c	22.08		
3	Chris Costa	12 California/nc	21.67		
4	Noah Smith	10 Taft/la	21.47		
5	Seth Amoo	12 Highland/ss	21.00		
6	Reggie Bush	10 Helix/sd	21.42		
7	Ismael Arrenaviz	12 Foothill/ce	21.66		
8	Maurice Dosty	12 Franklin/sj	22.08		
9	Jerrone Garrett	11 Clovis West/ce	22.40		
1	D.J. Smith	10 Foothill/nc	22.58		
2	Rashaad Allen	12 Mc Clymonds/ok	22.10		
3	Chauncey Smith	11 University City/s	21.70		
4	Darryl Poston	12 Edison-HB/ss	21.48		
5	Deun White	10 Rancho Bernardo/s	21.17		
6	Carlos Moore	12 Morningside/ss	21.40		
7	Travon Jackson	11 Jefferson/la	21.61		
8	Rubin Williams	11 Valley Christian	21.83		
9	Fred Worstein	09 Yosemite/ce	22.32		
1	Bradley Thomas	11 Lincoln/sf	22.94		
2	Blake Braboy	11 Cordova/sj	22.14		
3	Obi Osuji	12 Red Bluff/no	21.73		
4	Wes Felix	12 Valencia-V/ss	21.52		
5	Phillip Francis	12 Fairfax/la	21.38		
6	Antwon Guidry	12 Leigh/cc	21.39		
7	Mario Bassani	12 Irvine/ss	21.55		
8	Rodney Landingham	12 Sonora/sj	21.80		
9	Sam Dena	10 Monte Vista/nc	22.31		



Gahr High's Angel Perkins. Photo by Greg Smotherman, Smotherman Photography



Noah Smith of Taft. Photo by Kirby Lee



# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS 3200m RUN

**Final: 8:25 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.	Sect. Mark	Place	Mark
1	Ruth Graham	10 Gunn /cc		10:50.89		
2	Clara Horowitz	11 Head Royce/nc		10:49.52		
3	Emily Vince	11 Peninsula/ss		10:45.81		
4	Amber Steen	12 Newport Harbor/ss		10:26.45		
5	Anita Siraki	12 Hoover/ss		10:16.95		
6	Sara Bei	12 Montgomery/nc		10:17.14		
7	Laura Jakowsky	12 Agoura/ss		10:42.77		
8	Desiree Davila	12 Hilltop/sd		10:46.59		
9	Julie Allen	11 Corona Del Mar/ss		10:50.07		
10	Loretta Kilmer	12 Ramona/sd		10:52.16		
11	Jenny Wilson	12 Notre Dame-San Jose		10:55.11		
12	Ashleigh Nebeker	12 Milpitas/cc		10:56.96		
13	Sarah West	11 Davis/sj		10:57.76		
14	Susan Chan	12 Monte Vista/nc		10:58.16		
15	Michelle Solone	11 Folsom/sj		11:00.57		
16	Laura Muller	11 Woodland/sj		11:03.07		
17	Laura Melendez	12 Granada/nc		11:03.86		
18	Kelli Vanderburg	12 Buchanan/ce		11:06.59		
19	Kimberly Smith	12 Clovis West/ce		11:08.01		
20	Stephanie Baird	11 Helix/sd		11:09.26		
21	Heather Hansen	11 Madera/ce		11:09.36		
22	Liz Camy	12 Chico/no		11:21.28		
23	Natalie Stein	12 North Hollywood/		11:25.78		
24	Maria Blazquez	11 Roosevelt/la		11:37.99		
25	Marissa Madsen	12 Palisades/la		11:53.88		
26	Michi Hirakawa-Won	12 Lowell/sf		11:55.34		

## BOYS 3200m RUN

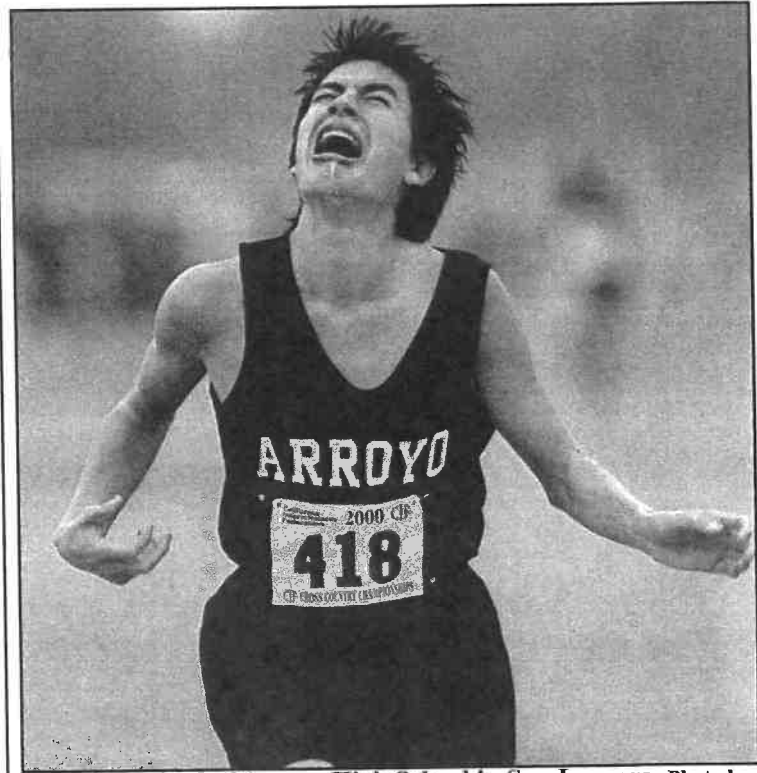
**Final: 8:42 p.m. - Sat.**

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.	Sect. Mark	Place	Mark
1	Jordan Horn	10 Alta Loma/ss		9:13.19		
2	Carl Dambkowski	11 Granada /nc		9:10.74		
3	Henry Hagenbuch	11 Cate/ss		9:09.98		
4	Mark Nevers	12 Oak Park/ss		9:07.38		
5	Yong-Sung Leal	10 Arroyo/nc		9:02.32		
6	Giliat Ghebray	11 James Logan/nc		9:07.20		
7	Luke Llamas	11 Canyon-CC/ss		9:09.73		
8	Arturo Diaz	12 Fontana/ss		9:10.05		
9	Robert Kubler	12 Crespi/ss		9:12.57		
10	Joel Martinez	11 Paso Robles/ss		9:13.25		
11	Jameson Mora	11 Canyon-CC/ss		9:14.29		
12	Rene Reyes	12 Millikan/ss		9:14.48		
13	Brett Gotcher	11 Aptos/cc		9:15.27		
14	Scott McConville	12 Aptos/cc		9:15.77		
15	Robbie Boyle	12 Granada/nc		9:16.33		
16	Kevin Davis	11 Clovis West/ce		9:16.74		
17	Tim Nelson	10 Liberty Christian		9:18.14		
18	Neil Davis	12 Bellarmine/cc		9:19.12		
19	J.J. Duke	12 Clovis/ce		9:19.92		
20	Stuart Eastman	12 Placer/sj		9:20.06		
21	Abadir Barre	11 Mt. Carmel/sd		9:20.11		
22	Nick DeFelice	11 Jesuit/sj		9:21.84		
23	Patrick Boivan	12 Rocklin/sj		9:23.91		
24	Casey Burchill	11 Buchanan/ce		9:24.36		
25	Benny Gandolfo	10 El Capitan/sd		9:28.52		
26	Brandon Zalones	11 Mira Mesa/sd		9:29.11		
27	Manuel Ruiz	09 Monroe/la		9:31.85		
28	Raymundo Castillo	12 Belmont/la		9:32.74		
29	Oscar Sanchez	12 Eagle Rock/la		9:36.55		
30	James Fortune	12 Oakland/ok		9:53.40		
31	Oscar Avila	12 Mc Ateer/sf		10:19.27		



Sara Bei, of Montgomery High School in Santa Rosa, is the CIF Scholar-Athlete of the Year. Photo by Kirby Lee



Yong-Sung Leal of Arroyo High School in San Lorenzo. Photo by Kirby Lee

# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS 1600m RELAYS

Prelims: 8:50 p.m. - Fri. Final: 9:00 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.	Mark	Place	Mark
3	Edison/ce	CE	3:54.35		
4	Esperanza/ss	SS	3:52.68		
5	Wilson/Long Beach/ss	SS	3:37.48		
6	Deer Valley/nc	NC	3:51.93		
7	St. Mary's/nc	NC	3:54.30		
8	Woodcreek/sj	SJ	4:00.50		
2	Fallbrook/sd	SD	4:01.70		
3	Berkeley/nc	NC	3:55.63		
4	Canyon-CC/ss	SS	3:53.25		
5	L.B. Poly/ss	SS	3:41.13		
6	Stockdale/ce	CE	3:51.96		
7	Merrill West/sj	SJ	3:54.14		
8	Dorsey/la	LA	3:57.41		
2	Yreka/no	NO	4:04.64		
3	Rancho Bernardo/sd	SD	3:56.45		
4	Buchanan/ce	CE	3:53.36		
5	J.W. North/ss	SS	3:43.74		
6	Rancho Cucamonga /ss	SS	3:50.24		
7	Westchester/la	LA	3:54.07		
8	Silver Creek/cc	CC	3:59.67		
2	Sheldon/sj	SJ	4:10.98		
3	Los Gatos /cc	CC	3:56.73		
4	Notre Dame-S.O. /ss	SS	3:53.70		
5	Gahr /ss	SS	3:47.81		
6	James Logan /nc	NC	3:50.03		
7	Birmingham /la	LA	3:53.87		
8	San Lorenzo Valley /cc	CC	3:57.23		
9	Lowell /sf	SF	4:14.44		

## BOYS 1600m RELAYS

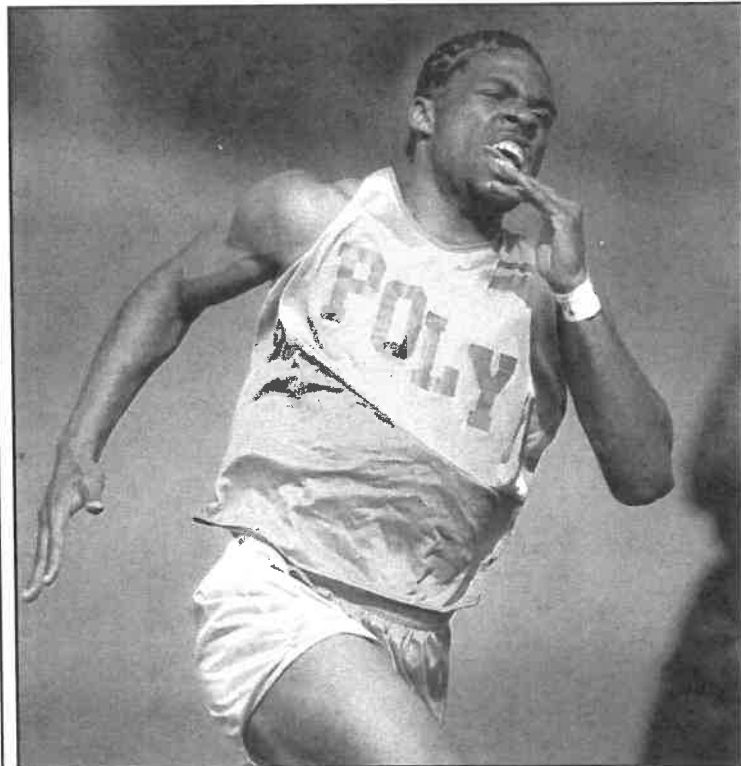
Prelims: 9:10 p.m. - Fri. Final: 9:10 p.m. - Sat.

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

Pos.	School	Sect.	Mark	Place	Mark
1	James Logan/nc	NC	3:23.67		
2	Clovis/ce	CE	3:21.98		
3	Vista/sd	SD	3:19.90		
4	Dominguez/ss	SS	3:16.98		
5	L.B. Poly/ss	SS	3:14.63		
6	Carson/la	LA	3:16.69		
7	Nevada Union/sj	SJ	3:19.04		
8	Junipero Serra /cc	CC	3:21.48		
9	Leland /cc	CC	3:23.61		
1	Anderson/no	NO	3:24.43		
2	De LaSalle/nc	NC	3:22.14		
3	St. Mary's/nc	NC	3:19.65		
4	Granite Hills/sd	SD	3:17.15		
5	Cleveland/la	LA	3:15.10		
6	Gahr/ss	SS	3:16.59		
7	Bakersfield/ce	CE	3:18.14		
8	Woodcreek/sj	SJ	3:20.72		
9	California/nc	NC	3:23.48		
1	Lowell /sf	SF	3:34.28		
2	Shafter/ce	CE	3:22.26		
3	Fairfield/sj	SJ	3:20.16		
4	Wilson/Long Beach/ss	SS	3:17.41		
5	Santa Margarita/ss	SS	3:15.70		
6	Taft/la	LA	3:16.53		
7	Eisenhower/ss	SS	3:18.06		
8	Mt. Carmel/sd	SD	3:20.20		
9	Bellarmine/cc	CC	3:22.67		



Long Beach Poly's 1600 meter relay team (L-R): Chanda Picutt, Shalondra Solomon, Dashanta Harris and Jasmine Lee. Photo by Kirby Lee



David Hill leads Long Beach Poly in this event. 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.	Sect. Mark	Place	Mark
1	Ross Foster	11 Redwood/nc	6'02.00"		
2	Herbert Ip	12 Berean Christian/6	02.00"		
3	James Gray	12 San Rafael/nc	6'02.00"		
4	Dewan Herron	12 Los Angeles/la	6'02.00"		
5	Ken Hansen	12 Bella Vista/sj	6'04.00"		
6	Joel Bosserman	11 Del Oro/sj	6'04.00"		
7	Daudi White	12 Antioch/nc	6'04.00"		
8	Tyrone Melton	11 Taft/la	6'04.00"		
9	Wade Curry	12 Eastlake/sd	6'04.00"		
10	Rudy Diez	10 Central/ce	6'04.00"		
11	Jihad Beauchman	11 Bellarmine/cc	6'05.50"		
12	Eugene Hutchinson	11 Desert/ss	6'05.50"		
13	Kent Centers	11 Bellarmine/cc	6'05.50"		
14	Alex Sevastopoulos	12 Saratoga/cc	6'05.50"		
15	Hunter Orahood	12 San Clemente/ss	6'05.50"		
16	Dornior Flay	11 Etiwanda/ss	6'05.50"		
17	Justin Nelson	11 Murrieta Valley/ss	6'05.50"		
18	Tunde Alonge	12 Rio Mesa/ss	6'05.50"		
19	Alex Marbley	12 Tustin/ss	6'05.50"		
20	Lieutenant Coopwo	12 Center/sj	6'06.00"		
21	Keno White	11 Rancho Bernardo/sds	6'06.00"		
22	Pat McDonough	11 La Costa Canyon/sds	6'06.00"		
23	Kenton Paulino	12 Fremont/la	6'06.00"		
24	Teak Wilburn	11 Chico/no	6'06.00"		
25	Cole Herron	10 Sanger/ce	6'06.00"		
26	Tony Roberts	12 Artesia/ss	6'08.00"		
27	David Sutton	11 L.B. Poly/ss	6'08.00"		
28	Mark Brummit	11 Mt. Whitney/ce	6'10.00"		

## BOYS POLE VAULT

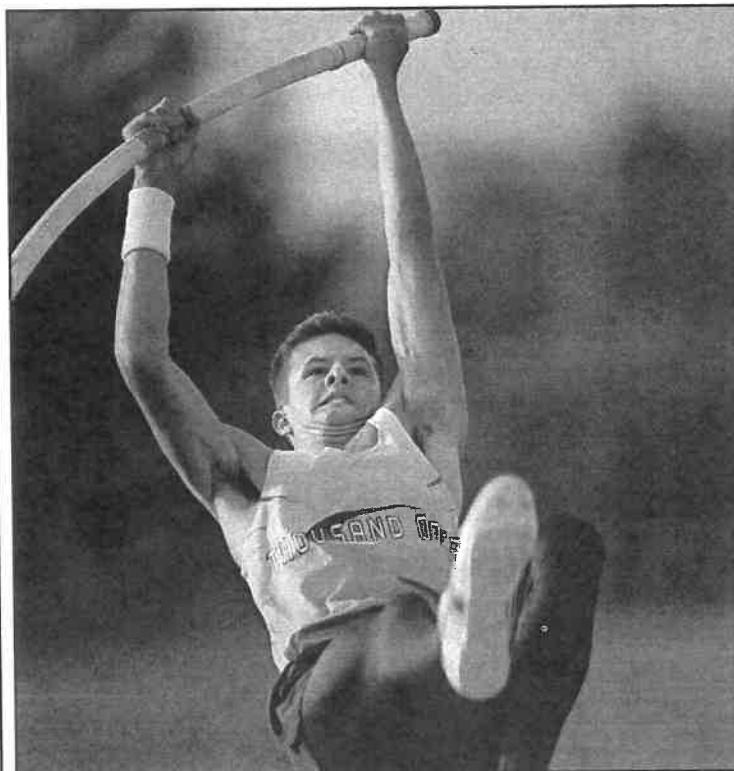
Prelims: 2:00 p.m. - Fri. Final: 4:00 p.m. - Sat.

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

Pos.	Name	Gr. School Sect.	Sect. Mark	Place	Mark
1	Dima Ciolache	11 Reseda /la	12'06.00"		
2	Joseph Bosco	12 Verdugo Hills/la	12'06.00"		
3	Daniel Imlach	10 West Valley/no	13'06.00"		
4	Adam Goldberg	12 Birmingham/la	13'06.00"		
5	Josh Ward	12 Acalanes/nc	14'00.00"		
6	Sean Jones	12 Mission San Jose	14'00.00"		
7	Scott Bachman	11 Modesto/sj	14'00.00"		
8	Peter Lennon	12 Acalanes/nc	14'00.00"		
9	Adrian Ruark	11 Point Loma/sd	14'01.00"		
10	Anthony Mattei	12 Archbishop Riordan	14'04.00"		
11	Clayton Marshall	12 West Hills/sd	14'04.00"		
12	Leon Klee	12 Turlock/sj	14'06.00"		
13	Mike Landers	11 Golden Valley/sj	14'06.00"		
14	Tom Champion	12 Golden West/ce	14'06.00"		
15	Paul Lim	12 Archbishop Riordan	14'08.50"		
16	Mike Hill	12 Rancho Bernardo/s	14'08.50"		
17	Aaron Corbett	12 Edison-HB/ss	14'08.50"		
18	David Giang	11 Katella/ss	14'08.50"		
19	David Covington	12 Arroyo Grande/ss	14'08.50"		
20	David Moore	11 Miramonte/nc	14'09.00"		
21	Kyle Williams	12 St. Francis/cc	15'00.00"		
22	Scott Sobieralski	12 Golden West/ce	15'00.00"		
23	Russell Weaver	12 Clovis/ce	15'00.00"		
24	B.J. Vandrovek	12 Fountain Valley/ss	15'03.00"		
25	Makisi Haleck	12 Thousand Oaks/ss	15'03.00"		
26	Levi Walker	12 Hemet/ss	15'07.50"		



Herbert Ip of Berean Christian. Photo by Eileen Illia



Makisi Haleck of Thousand Oaks High School. 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	Marcel Love	11 Galileo/sf	20'07.00"		
2	Logan McDowell	12 Gridley/no	21'06.00"		
3	David Long	11 Deer Valley/nc	21'11.00"		
4	Paul Jones	12 Deer Valley/nc	21'11.25"		
5	Vonshae McKnight	12 Tennyson/nc	22'02.00"		
6	Keno White	11 Rancho Bernardo/s	22'02.00"		
7	Alex Green	12 Polytechnic/la	22'03.00"		
8	Isaac Herrera	12 Justin Siena/nc	22'03.50"		
9	Christopher Morgan	12 Taft/la	22'04.00"		
10	Demetrius Ragland	10 Tulare Western/cc	22'04.50"		
11	Trendon Harvey	12 Sweetwater/sd	22'06.00"		
12	Brandon Goodwin	10 Stagg/sj	22'06.50"		
13	Breezon Ware	12 McClatchy/sj	22'07.25"		
14	Veron Covington	11 Covina/ss	22'08.00"		
15	Alex Jones	12 Buchanan/ce	22'09.50"		
16	Shannon Nowden	12 Mission Bay/sd	22'09.75"		
17	Jovan Lewis	12 Dorsey/la	22'10.00"		
18	Ethan Clarke	11 Bellarmine/cc	23'00.50"		
19	Chaka Cofie	12 Bellarmine/cc	23'03.00"		
20	Derek Jones	12 Everett Alvarez/c	23'04.00"		
21	Jamil Smith	12 Palmdale/ss	23'08.00"		
22	Tyson Jameson	12 Eisenhower/ss	23'09.00"		
23	Trevell Quinley	12 Merrill West/sj	23'09.75"		
24	Ronald Hill	11 Walnut/ss	24'00.00"		
25	Gemayel Alexander	12 Bakersfield/ce	24'01.50"		
26	Aaron Williams	12 Diamond Ranch/ss	24'03.50"		

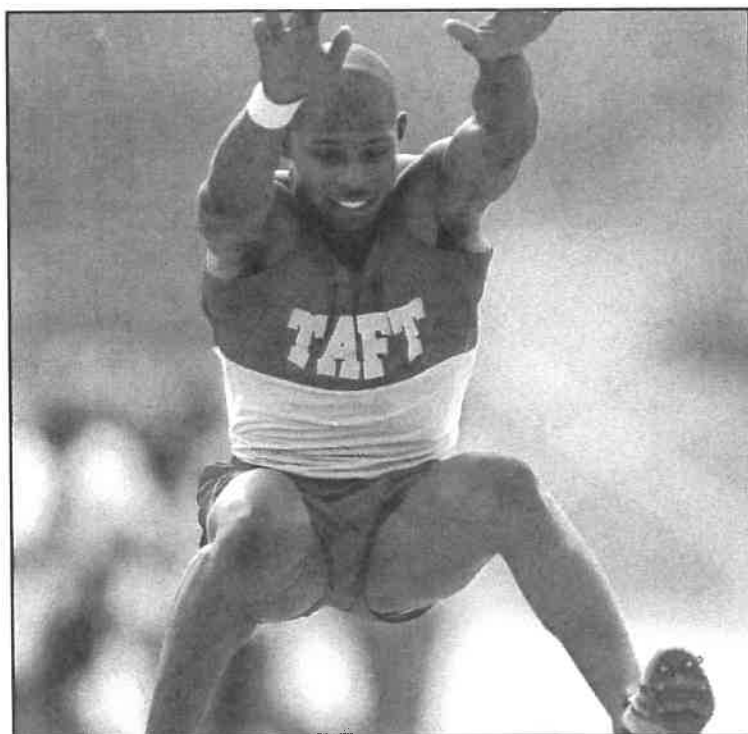
## BOYS TRIPLE JUMP

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

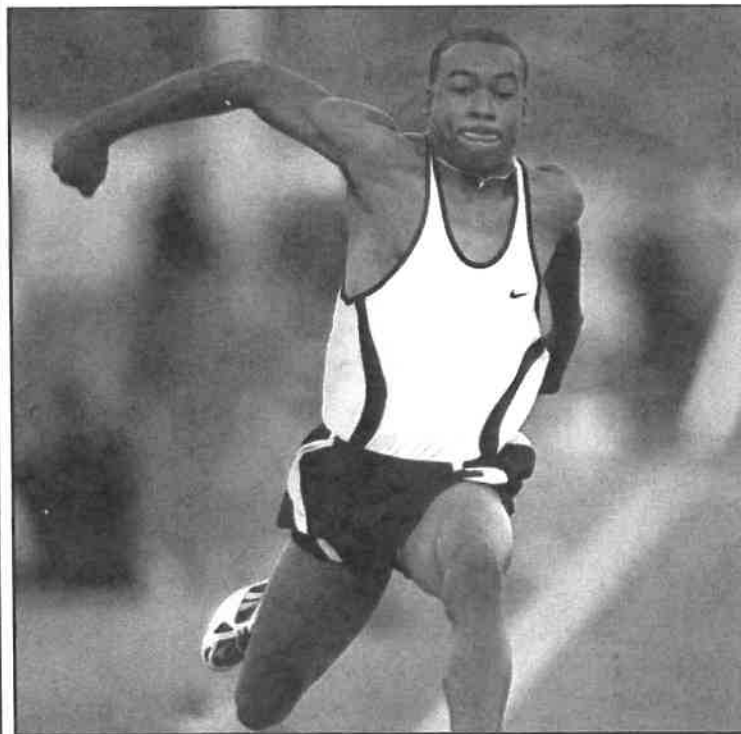
Records - National: 52-10.5 Charles Mayfield, Muir (Pasadena) 1980

State: 52-04.75 Ken Frazier, Mission (San Francisco) 1981

Pos.	Name	Gr. School	Sect. Sect. Mark	Place	Mark
1	Daniel Pride	10 Willows/no	43'11.00"		
2	Ken Hansen	12 Bella Vista/sj	44'02.00"		
3	Cannon Woods	12 Elk Grove /sj	44'09.75"		
4	Mike Davies	11 Nevada Union/sj	44'11.50"		
5	Austin Neudecker	12 Bonita Vista/sd	45'01.50"		
6	Peter Francis	12 De LaSalle/nc	45'05.00"		
7	Jihad Beauchman	11 Bellarmine/cc	45'08.50"		
8	Eric Garthoffer	12 West/ce	45'11.00"		
9	Steve Smith	10 Taft/la	46'02.00"		
10	Robert Ice	12 McLane/ce	46'05.00"		
11	D'Andre Laurie	12 Diamond Ranch/ss	46'06.75"		
12	Martin Boston	11 James Logan/nc	46'08.00"		
13	Jason Weatherall	11 Banning/la	46'09.00"		
14	Asokah Muhammad	12 St. Mary's/nc	46'10.75"		
15	Donald Wilson	11 Dorsey/la	46'11.00"		
16	Trendon Harvey	12 Sweetwater/sd	46'11.50"		
17	Nathan Adkins	11 Cerritos/ss	47'01.75"		
18	Ryan Zimmerman	12 Arroyo Grande/ss	47'02.25"		
19	Patrick Grogan	12 Piedmont Hills/cc	47'05.50"		
20	Ken Myers	12 Rio Mesa /ss	47'05.75"		
21	Derek Jones	12 Everett Alvarez/c	47'08.50"		
22	Keno White	11 Rancho Bernardo/s	47'08.50"		
23	Solomon Welch	11 St. Mary's/nc	47'09.50"		
24	Demetrius Ragland	10 Tulare Western/cc	48'00.00"		
25	Jamil Smith	12 Palmdale/ss	48'04.50"		



Taft's Chris Morgan. Photo by Kirby Lee



Jamil Smith of Palmdale High School. Photo by Kirby Lee

# 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	Lothell Holloway	12 Balboa/sf		41'02.00"		
2	Minas Kushnatzian	11 Birmingham/la		50'04.25"		
3	Eduardo Gonzalez	12 South Gate/la		53'02.00"		
4	Mario Luka	12 De LaSalle/nc		54'00.00"		
5	Ryan O'Callaghan	12 Enterprise/no		54'02.75"		
6	Dave Shortenhaus	11 Las Lomas/nc		54'06.50"		
7	Ty Morrell	12 South/ce		54'07.50"		
8	Julian Gibson	11 Palo Alto/cc		55'00.25"		
9	Darrel Cash	12 El Cerrito/nc		55'04.50"		
10	Erik Holzhauer	12 Rancho Buena Vista		55'06.25"		
11	Troy Baker	10 Calaveras/sj		55'07.00"		
12	Eder Arosemena	11 Vista/sd		55'07.50"		
13	Tomas Fajado	12 Palisades/la		55'10.25"		
14	Tyler Porter	11 Del Campo/sj		56'05.00"		
15	Tony Rivera	12 Menlo Atherton/cc		56'09.50"		
16	Brian Laupua	12 Jefferson/cc		57'06.75"		
17	Brian Moon	12 Bishop O'Dowd/nc		57'08.75"		
18	Cody Fannin	12 Clovis West/ce		58'01.25"		
19	William King-Lewis	12 Vacaville/sj		58'05.25"		
20	William O'Neill	12 Clovis West/ce		58'08.50"		
21	Vince Clarke	12 Granite Hills/sd		58'08.75"		
22	James Ferguson	12 Rosemead/ss		58'11.00"		
23	John Howard	11 Arroyo Grande/ss		59'00.75"		
24	Noah Bryant	11 Carpinteria/ss		61'10.75"		
25	Sean Shields	12 Arroyo Grande/ss		62'03.00"		
26	David Guerin	12 Leuzinger/ss		62'03.50"		
27	Jake Knight	12 Rubidoux/ss		62'06.75"		

## 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	Danny Kwong	11 Lowell/sf		121'08.00"		
2	Gerris Bowers-Wilk	12 Skyline/ok		139'07.00"		
3	Eduardo Gonzalez	12 South Gate/la		150'03.00"		
4	Brian Thornborg	12 Chico/no		156'10.00"		
5	Marcus Campbell	12 Will C. Wood/sj		158'05.00"		
6	Brendon Page	12 Novato/nc		160'07.00"		
7	Scott Johnson	11 Christian Brothers/sj		161'01.00"		
8	Kurt Seefeld	11 Marin Catholic/nc		163'08.00"		
9	Charlie Griffen	12 James Logan/nc		163'11.00"		
10	Chris Hill	11 Palo Alto/cc		164'08.00"		
11	Jordan Beck	12 San Lorenzo Valley		167'01.00"		
12	Joe Guerin	10 Leuzinger/ss		167'03.00"		
13	Richie Smith	12 Granite Hills/sd		168'01.00"		
14	Dustin Lawrenson	11 Elk Grove/sj		169'11.00"		
15	Jake Knight	12 Rubidoux/ss		170'00.00"		
16	Adam Tafralis	11 Mills/cc		171'04.00"		
17	Jeff Pedersen	12 Sierra/ce		171'08.00"		
18	Javon Kemp	12 South/ce		172'06.00"		
19	Anthony DeBoer	12 Rancho Buena Vista		172'09.00"		
20	Vince Clarke	12 Granite Hills/sd		173'08.00"		
21	Brody Beecher	12 South/ce		173'11.00"		
22	Jason Rider	12 Murrieta Valley/ss		175'04.00"		
23	David Guerin	12 Leuzinger/ss		175'07.00"		
24	William O'Neill	12 Clovis West/ce		179'00.00"		
25	Dave Shortenhaus	11 Las Lomas/nc		182'03.00"		
26	Sean Shields	12 Arroyo Grande/ss		196'10.00"		



Mario Luka of De La Salle High School. Photo by Eileen Illia

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415-492-5911**

# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS HIGH JUMP

## GIRLS POLE VAULT

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

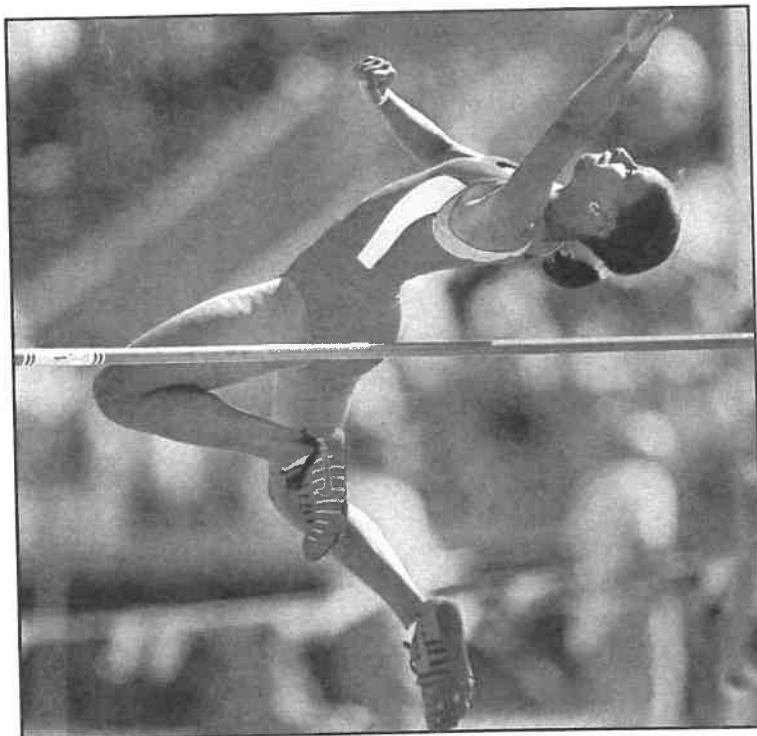
Records - National: 6-03.0 Amy Acuff, Corpus Cristi, TX (Calallen) 1992  
State: 6-02.0 Latrese Johnson, Clovis 1985

Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1	Cassandra Craig	11 Birmingham/la		4'10.00"		
2	Victoria Curtis	11 Cleveland/la		5'00.00"		
3	Shannon Toliver	11 Thurgood Marshall/SF		5'00.00"		
4	Morgan Clanton	10 Del Oro/sj		5'01.00"		
5	Sarah Ingram	10 Arcata/nc		5'02.00"		
6	Kathleen Springer	10 Justin Siena/nc		5'02.00"		
7	Rachel Schaffner	10 Moreau Catholic/ncs		5'02.00"		
8	Nicole Daniels	09 Golden West/ce		5'02.00"		
9	Ashley Rawlins	12 Pleasant Valley/n		5'03.00"		
10	Alexis Tate	12 Rancho Bernardo/s		5'04.00"		
11	Riana Shaw	12 St. Mary's/nc		5'04.00"		
12	LaShay Bagsby	10 South/ce		5'04.00"		
13	Misty Brewster	11 Granite Hills/sd		5'05.00"		
14	Lauren Jones	12 Torrey Pines/sd		5'05.00"		
15	Christine Harms	11 El Dorado/sj		5'05.00"		
16	Jamillah Titus	11 Vintage/sj		5'05.00"		
17	Shari Joest	11 Clovis/ce		5'06.00"		
18	Tifani Grimes	09 St. Ignatius/cc		5'06.25"		
19	Devon Tracy	10 St. Ignatius/cc		5'06.25"		
20	Rachael Zeiman	11 Edison-HB/ss		5'06.25"		
21	Kaylene Wagner	12 Agoura/ss		5'06.25"		
22	Aoife Keane	12 St. Ignatius/cc		5'08.00"		
23	Sharon Day	10 Costa Mesa/ss		5'08.00"		
24	Emily Forsythe	12 Crescenta Valley/ss		5'08.00"		
25	Schquay Brignac	12 Taft/la		5'09.00"		
26	Chaunte Howard	11 J.W. North/ss		5'11.00"		
27	Jenna Grimaldi	12 St. Ignatius/cc		6'00.00"		

**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	11 Lowell/sf		10'00.00"		
2	Becky Sharp	09 Clovis/ce		10'06.00"		
3	Jessica Alas	11 Birmingham/la		10'06.00"		
4	Erin McCarthy	10 Castro Valley/nc		10'09.00"		
5	Veronica Garcia	12 Newark Memorial/ncs		10'09.00"		
6	Lauren Ho	12 Westmoor/cc		10'10.50"		
7	Jillian Ralston	11 Aptos /cc		10'10.50"		
8	Jessica Wisniewski	11 Murrieta Valley/ss		10'10.50"		
9	Chaunte Mitchell	11 Tracy /sj		10'11.00"		
10	Sarah Burgess	12 Liberty/nc		11'00.00"		
11	Ashley Lennon	12 Petaluma/nc		11'00.00"		
12	Kristin Hambroff	12 Centennial/ce		11'00.00"		
13	Ali Fisher	12 Woodland/sj		11'02.00"		
14	Katie Nishimura	11 Bella Vista /sj		11'02.00"		
15	Besty Halliburton	12 Torrey Pines/sd		11'02.00"		
16	Janea Russ	12 Granite Hills/sd		11'02.00"		
17	Erin Curtis	12 Arch. Mitty/ccs		11'06.00"		
18	Marissa Earle	11 Rancho Bernardo/sds		11'06.00"		
19	Molly Pascarella	12 Rancho Bernardo/sds		11'06.00"		
20	Chelsea Connolly	12 Soquel/cc		11'06.00"		
21	Michelle Rivera	11 Birmingham/la		11'06.00"		
22	Kelly Dahl	12 Kingsburg/ce		11'06.00"		
23	Paige Roberts	12 Atascadero/ss		11'06.00"		
24	Katie Eckley	12 West Valley/no		11'06.00"		
25	Jamie Kolar	12 L.B. Poly/ss		11'06.00"		
26	Erin Asay	12 Sweetwater/sd		12'00.00"		
27	Shannon Lewallen	12 Peninsula/ss		12'00.00"		
28	Laura Chen	12 Temple City/ss		12'06.00"		
29	Rachael Viau	11 Arroyo Grande/ss		12'06.00"		
30	Melissa Astete	12 Birmingham/la		12'07.00"		
31	Shayla Ballentine	12 Morro Bay/ss		13'00.00"		



Schquay Brignac, of Taft High School, is the defending state champion in the high jump. Photo by Kirby Lee



Katie Eckley of West Valley High School in Cottonwood.

# 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

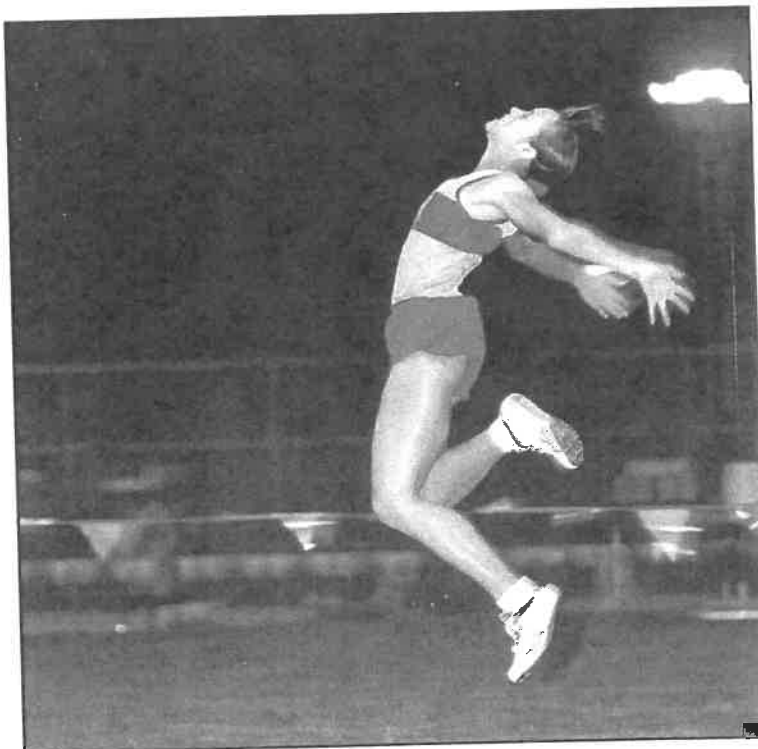
Pos.	Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
1	Alexis Franklin	12 N. Hollywood/la		16'09.50"			
2	Renee Williams	10 Skyline/ok		17'00.00"			
3	Patrice Edwards	12 Banning/la		17'00.00"			
4	Sarah Burgess	12 Liberty/nc		17'01.50"			
5	Jessica Thomas	11 El Camino/sd		17'01.75"			
6	Kelsey Nerseith	12 Orland/no		17'03.25"			
7	Tyreina Henley	11 James Logan/nc		17'04.00"			
8	Schquay Brignac	12 Taft/la		17'04.00"			
9	Tahnee Emerson	12 Monache/ce		17'05.25"			
10	Quiana Plump	12 St. Mary's/nc		17'05.75"			
11	Nastassja Hall	11 Rancho Buena Vista/sds		17'06.75"			
12	Ashlee Marshall	10 Stockdale/ce		17'07.25"			
13	Tifani Grimes	09 St. Ignatius/cc		17'09.00"			
14	Roshena Duree	11 Burton/sf		17'10.00"			
15	Laura Gibbs	11 Westridge/ss		17'11.00"			
16	Bonnie McKenzie	11 Ponderosa/sj		18'00.75"			
17	Maxine Marlow	11 Centennial/ce		18'01.00"			
18	Annisa Faquir	10 Muir/ss		18'03.50"			
19	Tiffany Jones	12 Canyon Springs/ss		18'03.50"			
20	Brooklyne Hann	12 Luther Burbank/sjs		18'05.00"			
21	Porchea Carroll	12 Rio Mesa/ss		18'05.75"			
22	Angela Weeks	10 Canyon Springs/ss		18'06.00"			
23	Kuzhippallil Usha	12 La Costa Canyon/sds		18'06.25"			
24	Candace Bauchman	12 L.B. Poly/ss		18'06.50"			
25	Trinity White	12 Marysville/sj		18'08.75"			
26	Ashley Lodree	10 El Cerrito/nc		18'09.50"			
27	Dana Bethel	12 Mission Viejo/ss		19'06.50"			
28	Michelle Sanford	10 Woodbridge/ss		19'08.00"			
29	Undine Becker	12 Mt. Pleasant /cc		20'01.50"			
30	Elzunia Wojcicka	12 Hollister/cc		20'01.75"			

## 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	Antonia Diamond	11 Skyline/ok		34'08.50"		
2	Katrina James	11 Carson/la		35'05.50"		
3	Megan Bornes	12 Rancho Bernardo/ss		36'00.50"		
4	Felecia Roberson	10 McLane/ce		36'01.50"		
5	Renee Eckley	11 West Valley/no		36'03.75"		
6	Sparkle Anderson	10 Serra/sd		36'04.00"		
7	Shelby Davis	11 Granada/nc		36'05.25"		
8	Mary Young	12 Tulare Union/ce		36'06.00"		
9	Regina Ollison	12 Madera/ce		36'08.00"		
10	Tyreina Henley	11 James Logan/nc		36'09.50"		
11	Lily La	12 Lincoln/la		37'00.00"		
12	Jessica Eggleston	10 El Camino/sd		37'01.50"		
13	Kishi Hill	11 Bishop O'Dowd/nc		37'03.00"		
14	Devon Tracy	10 St. Ignatius/cc		37'03.00"		
15	Kim Christainsen	11 Los Gatos/cc		37'04.25"		
16	Jade Miles	10 Mt. Pleasant/cc		37'07.75"		
17	Liza Negriff	12 Granite Bay/sj		37'08.25"		
18	Patrice Edwards	12 Banning/la		37'09.00"		
19	Chaunte Howard	11 J.W. North/ss		38'03.25"		
20	Tiffany Johnson	11 St. Mary's/nc		38'05.50"		
21	Holly Libscomb	12 El Segundo/ss		38'07.00"		
22	Joyce Proctor	12 L.B. Poly/ss		38'08.00"		
23	Trinity White	12 Marysville/sj		38'08.25"		
24	Naonka Mixon	12 L.B. Poly/ss		39'00.00"		
25	Nicole Duhart	10 Gahr/ss		39'00.25"		
26	Brooklyne Hann	12 Luther Burbank/sjs		39'03.25"		
27	Cortney Stafford	12 Katella/ss		39'05.50"		
28	Roshena Duree	11 Burton/sf		39'07.75"		
29	Melissa Brown	12 Muir/ss		39'09.00"		
30	Michelle Sanford	10 Woodbridge/ss		41'01.50"		
31	Candace Bauchman	12 L.B. Poly/ss		42'02.25"		



**Dana Bethel of Mission Viejo High School. Photo by Greg Smotherman, Smotherman Photography**



**Brooklyne Hann of Luther Burbank High School in Sacramento.**

# 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

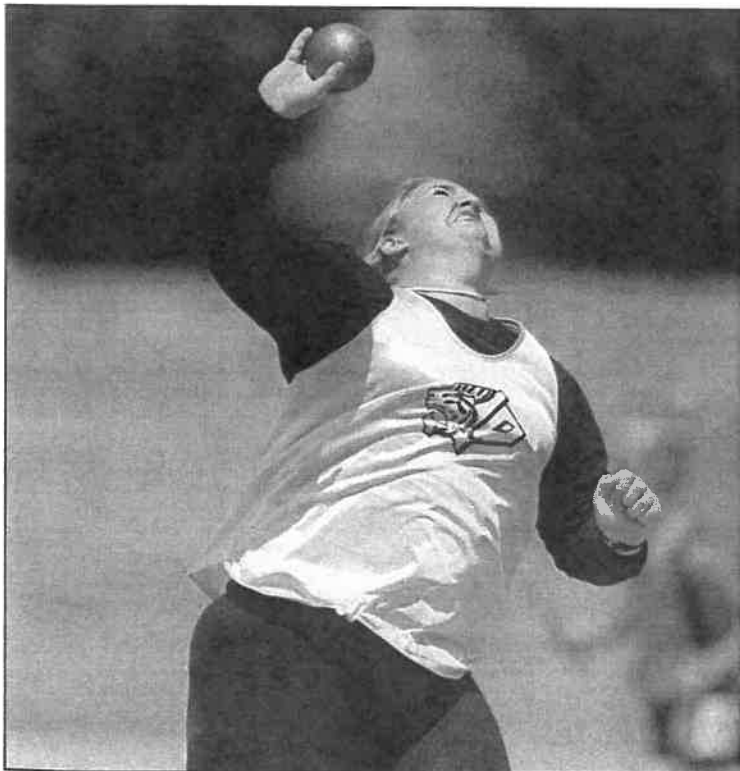
Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
1	Deanna Mack	12 Birmingham/la		36'10.00"	*	
2	Onyi Atanmo	12 James Logan/nc		36'10.75"		
3	Michelle Perdon	12 Eagle Rock/la		37'06.00"		
4	Ellen Shepstone	10 Birmingham/la		37'10.50"		
5	Charlene Heaston	10 Las Lomas/nc		38'03.25"		
6	Elizabeth Watson	10 Tehachapi/ce		39'03.00"		
7	Kim Gleeson	11 Lynbrook/cc		39'05.50"		
8	Jamie Hawkins	11 Big Valley/no		40'01.50"		
9	La'Sha Hill	11 Deer Valley/nc		40'02.25"		
10	Katie Hogan	12 Arch. Mitty/ccs		40'02.50"		
11	Tamara Bryant	11 La Salle/ss		40'08.00"		
12	Rachel Varner	11 Bakersfield/ce		41'04.50"		
13	Amber Hood	12 Morse/sd		41'06.00"		
14	Michelle Pequignot	12 Arroyo Grande/ss		41'06.00"		
15	Amy Haapanen	11 East Union/sj		41'07.50"		
16	Carrie Johnson	11 Fallbrook/sd		41'09.75"		
17	Dia Mathews	11 Central/ce		41'09.75"		
18	Genessa Guzman	12 Charter Oak/ss		42'04.00"		
19	Bobbie Patton	10 Righetti/ss		42'05.25"		
20	Aigamaris Taumua	11 Sweetwater/sd		43'00.75"		
21	Jessica Pressley	10 Laguna Creek/sj		43'08.25"		
22	Sabrina Kirkwood	12 Mercy-Sf/cc		43'11.50"		
23	Kamaiya Warren	11 St. Mary's/nc		44'02.25"		
24	Katie McKeever	12 Woodland/sj		44'03.00"		
25	Karen Freberg	12 San Luis Obispo/ss		51'02.50"		

## GIRLS DISCUS

**Prelims: 6:00 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	Mar
1	Amber Hood	12 Morse /sd		122'08.00"		
2	Keely Borck	12 Mission San Jose /ncs		123'00.00"		
3	Kristina Price	10 Atwater /sj		125'03.00"		
4	Kim Gleeson	11 Lynbrook/cc		127'01.00"		
5	Kristine Muth	11 Carondelet/nc		127'07.00"		
6	Sabrina Kirkwood	12 Mercy-Sf/cc		128'07.00"		
7	Aspen Marshall	12 Armijo/sj		130'09.00"		
8	Katie Richardson	10 Yreka/no		131'04.00"		
9	Melissa Faubus	09 Centennial/ce		132'04.00"		
10	Jessica Enciso	11 Mira Costa/ss		133'02.00"		
11	Allyson Criner	11 Bishop O'Dowd/nc		133'05.00"		
12	Dia Mathews	11 Central/ce		133'05.00"		
13	Molly Clarke	12 Aptos/cc		134'06.00"		
14	Brianna Makihele	12 Morse/sd		134'06.00"		
15	Jennifer Ladouceur	12 California/nc		135'08.00"		
16	Carrie Johnson	11 Fallbrook/sd		135'10.00"		
17	Karen Freberg	12 San Luis Obispo/ss		136'09.00"		
18	Billie Jo Grant	10 Arroyo Grande/ss		143'04.00"		
19	Vao Faoa	11 Magnolia/ss		143'08.00"		
20	Michelle Pequignot	12 Arroyo Grande/ss		150'05.00"		
21	Katie McKeever	12 Woodland/sj		152'06.00"		
22	Rachel Varner	11 Bakersfield/ce		154'01.00"		
23	Genessa Guzman	12 Charter Oak/ss		163'03.00"		



**Karen Freberg of San Luis Obispo High School. Photo by Kirby Lee**



**Sabrina Kirkwood of Mercy High School in San Francisco.**



# 2001 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.*



**Duane Breaux**  
Burton H.S.

Duane Breaux has been coaching high school track and field for five years, one year at International Studies Academy and the last four years at Philip & Sala Burton Academic High School in San Francisco. He coached several state meet qualifiers including Jini Hogg and Roshena Duree. Breaux started as an age-group coach in 1991 where he coached many Junior Olympics and National Championship medalists. He also coaches basketball and cross country.



**Art Anderson**  
Crawford H.S.

Art Anderson has taught for 37 years in the San Diego School District. He has coached track and field for 34 years at Clairemont, Hoover, San Diego and Crawford High Schools. Anderson has been the Coach of the Year in the Western, Central and Harbor Leagues and has been a league representative in all those leagues. He coached 1971 state champion Dale Fleet (2-miler).



**Ben Gonzalez**  
Norco H.S.

The CIF Southern Section Honor Coach in 1998, Ben Gonzalez has coached for 30 years. During that time, his boys' teams have won 13 league titles and his girls' teams have won 10. Gonzalez also coaches boys' and girls' cross country. Some of the outstanding athletes he has coached include Darrel Willis (400 meters), Mike Melendez (3200) and Stuart Gonzalez (3200). Ben has been the Ivy and Mt. View League Coach of the Year 20 times.



**Eric Tweit**  
Newport Harbor H.S.

Eric Tweit has coached track and field for 22 years at Newport Harbor High School, where he also coaches cross country. Counting his time at Excelsior, Bellflower and St. Paul High School's, Tweit has 31 years of coaching experience. His girls' team won a CIF State Cross Country Championship and have two CIF Southern Section titles. He has coached numerous athletes to the state meet in track and field including Amber Steen.



**Melanie Jernigan**  
Eisenhower H.S.

An assistant coach at Eisenhower High School, Melanie Jernigan's expertise is in the horizontal jumps. She has coached on the high school level for 22 years, the last 15 at Eisenhower and has coached league champions in the long jump or triple jump the last 10 years. In addition, Jernigan has coached a masters meet qualifier in eight of the last nine seasons. Jernigan threw the javelin at Cal Poly Pomona from 1975-79.



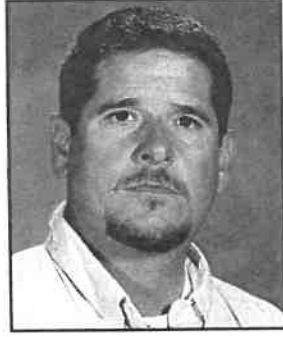
**Bill Taylor**  
Sir Francis Drake H.S.

Bill Taylor is a veteran of 25 seasons of coaching. While at Drake High School, Taylor's girls' cross country team won three consecutive CIF North Coast Section titles in 1978-80 and a fourth in 1985. His 1978 girls' mile relay team placed third in the state meet and, in 1982, his girls' 4x400 relay team ran the sixth fastest time in U.S. prep history to that point. Despite all his success, Taylor's philosophy doesn't focus on winning or losing. "Winning is just something that happens after you work hard and do the best you can," he says. "I don't coach to win."



**Jayleen Budwig**  
Fowler H.S.

Jayleen Budwig had an early start with track and field as she grew up in southern California and began to learn the throwing events at an early age. She began coaching at Fowler High School in 1989 as an assistant track and field coach. In 1992, she became the Redcats head coach. Since that time, Budwig's athletes have qualified to the state meet six times. The boys' teams have been West Sierra League Champions three times and the girls' team has won league the past two years. Budwig is especially proud of the growth of the Fowler program.



**Dennis Raymond**  
Coalinga H.S.

Dennis Raymond coaches at Coalinga High School in the Central Section. He has been involved in the program at Coalinga for the past seven years, the last five as the head coach. In 2000, his boys' team won the CIF Central Section small school championship, while his girls' team won their sixth straight North Sequoia League Championship. Raymond had two individuals qualify to the state meet in 2000 and one fifth place qualifier. Working toward getting an all-weather track is his next project.



**Jim Lytjen**  
Retired Coach

Retired from the coaching arena, Jim Lytjen is a member of the California Community Colleges Track and Field Hall of Fame. He grew up on a farm and ran for the pure joy, something he still does today. He coached at Lassen High School, Ukiah High School and San Jose City College. Lytjen was instrumental in introducing the discus event to track and field in the CIF Northern Section. In 1991, Lytjen ran in the Masters World Championships in Finland, where he set a world record in the 800 and a national record in the 1500 for his age group.



**Gary Teague**  
Pierce H.S.

Gary Teague began his educational career as a student teacher and assistant coach at Las Plumas High School. He then taught and coached at Mercy High School for 14 years before accepting a teaching position at Pierce High School, where he is currently the athletic director. He is also the track and field coach and girls' basketball coach at Pierce. His wife, Cindy, was recently inducted into the Butte College Athletic Hall of Fame for Track and Field.

# 2001 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.



**Tony Griswold**  
Morse H.S.

The CIF San Diego Section Coach of the Year in both 1992 and 1996, Tony Griswold began his coaching career at Kearny High School in 1980. In 1984, he coached at La Jolla High School and then started at Morse in 1985. His teams have dominated the San Diego Section winning section titles in 1985, 1990-92 and 1996-98. In 1996, the boys' relay team at Morse ran a section record 3:10.86 at the state meet finals.

**Robert Jackson King**  
Del Campo H.S.

Robert Jackson King began his educational career at Hamilton High School in 1965. He has also taught and coached at Cordova, Mira Loma and currently Del Campo High School. Since taking over the track and field program at Del Campo in 1982, King's teams have won seven varsity league titles and have a 111-30 dual meet record. King was the NFICA Coach of the Year in 1996 and the CIF Sac-Joaquin Section Cross Country Coach of the Year in 1994. He was inducted into the California Coaches Hall of Fame in 1991.

**Dan Fitzpatrick**  
Gahr H.S.

Dan Fitzpatrick has been coaching track and field for the past six years. The head coach at Gahr High School, Fitzpatrick leads one of the top athletes into the 2001 meet in Angel Perkins.

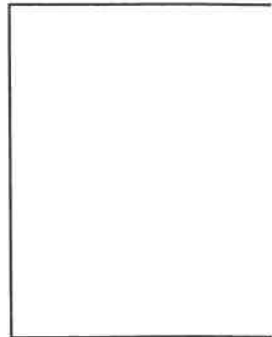


**Ashley Lennon of Petaluma High School.**  
Photo by Eileen Illia



**Jim Hume**  
Hillsdale H.S.

Jim Hume has been the head track and field coach at Hillsdale High School since 1986. He has also coached cross country at the school during the same period. Jim has been very active in both sports at the league level and was the 2000 CIF Central Coast Section Cross Country Meet Director. He is a Master Level Track and Field Official and a Level I Lead Instructor for the USA Track and Field Coaching Education Program.



**Bob Slover**  
Del Mar H.S.

Bob Slover has been the head track and field coach at Del Mar High School since 1971. During those 30 years, he also had two five-year stints coaching football at both the frosh/soph and varsity levels. Bob has been blessed with several quality athletes who have participated in both the CIF Central Coast Section and State CIF meet. Del Mar's 1996 boys team won the CCS title, and the 1997 team was the section runner-up.

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# CIF STATE TRACK AND FIELD CHAMPIONSHIP RECORDS

## Boys

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

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

## Girls

<b>100 METERS</b>		
11.14	Marion Jones, Thousand Oaks	1992
<b>200 METERS</b>		
22.83	Marion Jones, Thousand Oaks	1992
<b>400 METERS</b>		
50.74	Monique Henderson, Morse San Diego	2000
<b>800 METERS</b>		
2:04.91	Trena Hull, Compton	1984
<b>1600 METERS</b>		
4:39.92	Polly Plumer, (University) Irvine	1982
<b>3200 METERS</b>		
9:52.80	Kim Mortensen, Thousand Oaks	1996
<b>100 METER LOW HURDLES</b>		
13.34	Janeene Vickers, Pomona	1987**
<b>100 METER HIGH HURDLES</b>		
13:20	Nicole Denby's, North Riverside	2000
<b>300 METER LOW HURDLES</b>		
40.26	Janeene Vickers, Pomona	1987
<b>400 METER RELAY</b>		
45.13	Berkeley	1981
<b>1600 METER RELAY</b>		
3:36.32	Long Beach Wilson	1998
<b>HIGH JUMP</b>		
6'2"	Latrese Johnson, Clovis	1985
<b>LONG JUMP</b>		
22'0 1/2"	Marion Jones, Thousand Oaks	1993
<b>POLE VAULT</b>		
12-8 1/4	Kathleen Donoghue, Rancho Bernardo	1999
<b>TRIPLE JUMP</b>		
43'11 1/2	Juliana Yendork, Walnut	1991
<b>SHOT PUT</b>		
52'11 1/2"	Kristin Heaston, Ygnacio Valley	1993
<b>DISCUS THROW</b>		
181-3	Stephanie Brown, Arroyo Grande	1998

\*\*discontinued after 1993 season

# U.S. NATIONAL HIGH SCHOOL RECORDS

## Boys

<b>100 METERS</b>		
9.9	Henry Neal, Greenville, TX	1990
<b>200 METERS</b>		
20.0	Roy Martin, Dallas, TX, Roosevelt	1985
<b>400 METERS</b>		
45.25	Calvin Harrison, North Salinas, CA	1993
<b>800 METERS</b>		
1:46.45	Michael Granville, Bell Gardens, CA	1996
<b>1600 METERS</b>		
3:58.30	Paul Vandergrift, Conshohocken Archbishop Kennedy, PA '87	
<b>3200 METERS</b>		
8:44.95	Eric Mastalir, Jesuit Carmichael, CA	1986
<b>110 METER HIGH HURDLES</b>		
13.1	Dennis Brantley, Houston Worthing, TX	1980
<b>300 METER INTERMEDIATE HURDLES</b>		
35.32	George Porter, Lompoc, CA, Cabrillo	1985
<b>400 METER RELAY</b>		
39.76	Fort Worth O.D., Wyatt, TX	1998
<b>1600 METER RELAY</b>		
3:07.40	Hawthorne, CA	1985
<b>HIGH JUMP</b>		
7'5 1/4"	Dothel Edwards, Athens, GA, Cedar Shoals	1984
<b>LONG JUMP</b>		
26'4 3/4	James Stallworth, Tulare	1989
<b>POLE VAULT</b>		
18-2 1/4	Eric Eshbach, Orangeville, TX	1999
<b>TRIPLE JUMP</b>		
52'10 1/2"	Charles Mayfield, Pasadena, CA, John Muir	1980
<b>SHOT PUT</b>		
77' 0"	Michael Carter, Dallas, TX, Jefferson	1979
<b>DISCUS THROW</b>		
224' 3"	Kamy Keshmiri, Reno, NV	1987

## Girls

<b>100 METERS</b>		
11.14	Marion Jones, Thousand Oaks, CA	1992
<b>200 METERS</b>		
22.67	Marion Jones, Thouand Oaks, CA	1992
<b>400 METERS</b>		
50.74	Monique Henderson, Morse, San Diego, CA	2000
<b>800 METERS</b>		
2:04.5	Joletta Clark, Maplewood, NJ, Columbia	1980
<b>1600 METERS</b>		
4:39.4	Laura Matson, Andover, Bloomfield Hills, MI	1985
<b>3200 METERS</b>		
9:48.59	Kim Mortensen, Thousand Oaks, CA	1996
<b>100 METER HIGH HURDLES</b>		
13.20	Nicole Denby, North Riverside, CA	2000
<b>300 METER LOW HURDLES</b>		
40.18	Leslie Maxie, Millbrae, CA, Mills	1984
<b>400 METER RELAY</b>		
44.70	St. Bernard Playa del Rey, CA	1997
<b>1600 METER RELAY</b>		
3:36.32	Long Beach Wilson, CA	1998
<b>HIGH JUMP</b>		
6'3	Amy Acuff, Corpus Christi, Calallen TX	1992
<b>LONG JUMP</b>		
22' 1 3/4"	Kathy McMillian, Raeford, NC, Hoke County	1976
<b>POLE VAULT</b>		
13-0	Shannon Agee, Helena, MT	1998
<b>TRIPLE JUMP</b>		
44-0 1/2	Juliana Yendork, Walnut, CA	1991
<b>SHOT PUT</b>		
53'7 3/4"	Natalie Kaaiawahia, Fullerton, CA	1983
<b>DISCUS THROW</b>		
41 188'4"	Suzy Powell, Downey Modesto, CA	1994

# PAST CIF STATE TRACK AND FIELD TEAM CHAMPIONS

<b>BOYS</b>				
<b>School</b>	<b>Points</b>	<b>Coach</b>	<b>Location</b>	<b>Dates</b>
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	Ratcliffe Stadium, Fresno	5/23/1936
Jefferson, Los Angeles	23 1/2	Harold Edelson	Gridley High	5/22/1937
San Diego	18 1/2	Glenn Broderick	Wilson High, Long Beach	5/22/1937
Bakersfield	16	"Cap" Haralson	San Benito High, Hollister	5/28/1938
Bakersfield	18 1/2	"Cap" Haralson	Los Angeles Coliseum	5/27/1939
Edison, Fresno	22	Harold Bicknell	Los Angeles Coliseum	5/25/1940
Redondo	21	Harold Grant	Visalia High	5/24/1941
Washington, Los Angeles	24	Gail Wyatt	Spartan Stadium, San Jose	5/25/1946*
Jordan, Los Angeles	22	Bill Zazueta	Compton College	5/31/1947
Jefferson, Los Angeles	28 1/2	Estel Johnson	Visalia High	5/29/1948
Jefferson, Los Angeles	40	Estel Johnson	Edwards Stadium, Berkeley	5/28/1949
Jefferson, Los Angeles	16 1/2	Estel Johnson	Los Angeles Coliseum	5/27/1950
Jefferson, Los Angeles	30 1/2	Estel Johnson	Hughes Stadium, Sacramento	5/26/1951
Manual Arts, Los Angeles	16 3/5	Charles Toney	Edwards Stadium, Berkeley	5/26/1951
Alameda	19	Lewis Jolley	Los Angeles Coliseum	5/24/1952
Centennial, Compton	29	Bill Gill	Ratcliffe Stadium, Fresno	5/29/1953
Jefferson, Los Angeles	24 2/3	Estel Johnson	Edwards Stadium, Berkeley	5/29/1954
Berkeley	23	Rich Hacker	Los Angeles Coliseum	5/28/1955
Compton (tie)	11	Ernest Hartman	Chico State College	6/2/1956
Manual Arts, Los Angeles (tie)	11	Charles Toney	Edwards Stadium, Berkeley	6/1/1957
Polytechnic, Long Beach	14	Leon Forman	Veterans Stadium, Long Beach	5/31/1958
Jordan, Los Angeles	15	Jesse Flores		
Centennial, Compton	11	Bill Gill	Memorial Stadium, Bakersfield	5/29/1959
Jefferson, Los Angeles	14	John Childress	Stanford Stadium	6/4/1960
Edison, Fresno	15	Frank Fletcher	East Los Angeles College	6/3/1961
Jefferson, Los Angeles (tie)	13	Andy Bakjian	Modesto Junior College	6/2/1962
Polytechnic, Long Beach (tie)	13	Leon Forman	Edwards Stadium, Berkeley	5/31-6/1/1963
Polytechnic, Long Beach	19	Leon Forman	Los Angeles Coliseum	6/5-6/1964
Dorsey, Los Angeles	22	Rod Richard		
Muir, Pasadena	26	Walter Opp	Memorial Stadium, Bakersfield	6/4-5/1965
Centennial, Compton	26	Bill Gill	Edwards Stadium, Berkeley	6/3-4/1966
Los Angeles	22	E. Bravo	Balboa Stadium, San Diego	6/2-3/1967
Los Altos	29	Leo Long	Edwards Stadium, Berkeley	5/31-6/1/1968
Lompoc	13	Frank Hiatt	UCLA	6/6-7/1969
Sacramento	18**	Scotty Bingham	Edwards Stadium, Berkeley	6/5-6/1970
Wilson, San Francisco	20	Adam Banks	UCLA	6/4-5/1971
Muir, Pasadena	23**	Walter Opp	Oroville High	6/1-2/1972
Harry Elis, Richmond	22	Silvester Greenwood	Woodland High	6/1-2/1973
Hamilton, Los Angeles (tie)	12	Gene Broadwater	Memorial Stadium, Bakersfield	5/31-6/1/1974
San Fernando, Los Angeles (tie)	12	John Wachtler	San Diego	6/6-7/1975
Pasadena	26	Bob Pruitt	U.C. Berkeley	6/4-5/1976
El Camino, Oceanside	16	Nil Kovacevich		
Pasadena	16	Art Large	UCLA	6/3-4/1977
Berkeley	41	Willie White	Memorial Stadium, Bakersfield	6/2-3/1978
Berkeley	58	Willie White	Hughes Stadium, Sacramento	6/1-2/1979
Crenshaw, Los Angeles (Tie)	20	Bob Volles	Edwards Stadium, Berkeley	6/6-7/1980
Mission Viejo (Tie)	20	Gene Gurule	Cerritos College, Norwalk	6/5-6/1981
			Hughes Stadium, Sacramento	6/4-5/1982

# PAST CIF STATE TRACK & FIELD TEAM CHAMPIONS

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
Vallejo	35	Mike Wilson	Hughes Stadium, Sacramento	6-4-6-5/1999
Serra Gardena	38	Richard Gatlin	Cerritos College, Norwalk	6-2-6-3/2000

\* No meets held during the World War II period (1941-45) \*\*\* Meet rescheduled due to rain

\*\* 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 1966-1979; and 10-8- 6-5-4-3 since 1980

## 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 (tie)	42	Terry Kennedy	Cerritos College, Norwalk	6/5-6/1998
Long Beach Poly (tie)	42	Don Norford		
JW North, Riverside	42	Charles Leathers	Hughes Stadium, Sacramento	6-4-6-5/1999
JW North, Riverside	45	Charles Leathers	Cerritos College, Norwalk	6-2-6-3/2000

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)

## GIRLS

### Most State Championships

- 5 - Berkeley (1974, 76, 1981-83)
- 5 - Long Beach Poly (1991-92, 94, 1997-98)
- 2 - Muir, Pasadena (1985, 1989); Bakersfield (1988, 1990); Long Beach Wilson (1996, 1998); JW North (1999-2000)

### Most Consecutive State Championships

- 3 - Berkeley (1981-83)
- 2 - Long Beach Poly (twice; 1991-92, 1997-98)
- 2 - JW North (1999-2000)

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.











# CIF STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS (Girls)

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
1999 - Wilson Long Beach	3:39.01
2000 - North Riverside	3:41.11

## High Jump

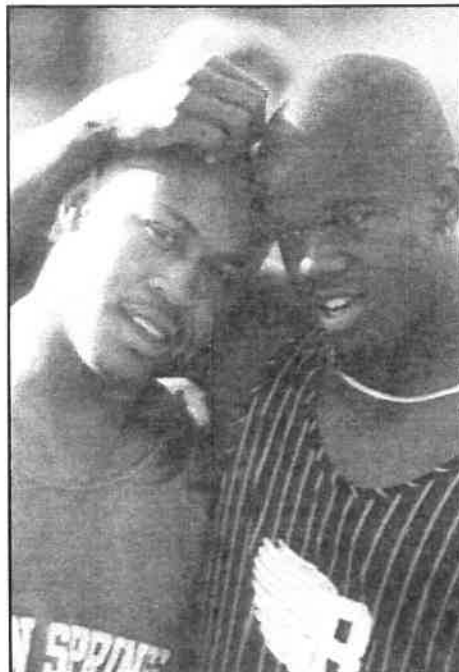
1974 - Pam Blackburn (Bubberley, Palo Alto)	5-8
1975 - Kim Maddox (Los Angeles)	5-8
1976 - Kari Gossweiler (Upland)	5-10
1977 - Kari Gossweiler(Upland)	5-9
1978 - Sue McNeal (Carlsbad)	5-10 1/4
1979 - Tonya Alston (Chico)	5-9
1980 - Karen Lysaght (St. Francis, Sac.)	6-0
1981 - Katrina Johnson (Marshall, 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
1999 - Kim Stone (York)	5-9
2000 - Schquay Brignac (Taft)	5-9

## 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 Gourdlne (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
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
1999 - Sani Roseby (Monterey)	19-8 3/4 w:3.4
2000 - Michelle Sanford (Woodbridge)	19-7 1/4

## Triple Jump

1982 - Wendy Brown (Woodside)	
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



*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.*

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 - Cheaza 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
1999 - Heather Contreras (Sutter)	40-3 3/4
2000 - Blessing Ufodiama (Long Beach Poly)	40-8 3/4

## Shot Put

1974 - Kathy Devine (Mission Bay, SD)	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 (Cresenta 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
1986 - Brandi Gail (Rowland, Hac. Heights)	45-2 1/2
1987 - Jenny Whelchel (Agoura)	43-9 1/2
1988 - Dawn Dumble (Bakersfield)	48-2 1/2
1989 - Melissa Weis (Bakersfield)	44-1
1990 - Dawn Dumble (Bakersfield)	49-3 1/2
1991 - Milka 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 Tuimoloua (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
1999 - Jill Camarena (Woodland)	48-6
2000 - Karen Freberg (San Luis Obispo)	50-7 1/4

## 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 Lli (Nogales, La Puente)	162-2
1986 - Tracy Crawford (South East, S.D.)	156-2
1987 - Dawn Dumble (Bakersfield)	144-10
1988 - Melissa Weis (Bakersfield)	159-7
1989 - Melissa Weis (Bakersfield)	168-0
1990 - Melissa 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
1999 - April Burton (Bakersfield)	153-10
2000 - Jill Camarena (Woodland)	151-1

## 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
1999 - Kathleen Donoghue (Rancho Bernardo)	12-8 1/4
2000 - Lauren Chen (Temple City)	12-4



*National Record-Holder - Thousand Oaks High School can claim to have two national record-holders in girls' track and field. Marion Jones is one and Kim Mortensen, pictured above, is the other. Mortensen breezed to a 9:48.59 in 1996. photo by Bill Cockerham, California Track and Running News.*

# CIF STATE TRACK AND FIELD MOST INDIVIDUAL TITLES

## 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 - **Monique Henderson, Morse**  
200m (2000) 400m (1998-2000)
- 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)
- 4 - **Lindsay Hyatt, Placer**  
800m (1996-99)
- 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 - **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 Pasadena**  
110HH ('67) 300IH ('67) LJ ('67)
- 3 - **Reynaldo Brown, Compton**  
HJ (1967-69)
- 3 - **Brian Bluetreich, Capistrano Valley**  
Shot (84-85) Discus (85)

## CIF TRACK AND FIELD SPORTSMANSHIP AWARD WINNERS

Year	Student-Athlete	High School	
1999	Jill Camarena	Woodland	
	Tim Adrian	Moorpark	
	Kim Stone	York	
	Jeremy Richards	Righetti	
	Tenisha Johnson	Archbishop Mitty	
	Bernard Grady	Scripps Ranch	
	Buffie Ryan	Soquel	
	Brandon Braunstein	Newark Memorial	
	Antonia Lozano	Katella	
	Alejandra Barrientos	San Lorenzo	
	Marcus Chandler	Sierra	
	Derrick Wise	A.B. Miller	
	2000	Buffie Ryan	Soquel
		Conner Banks	St. Mary's
Evan Fox		West Hills	
Trevor Jones		Newport Harbor	
Liz Morse		Corona del Mar	
Mike Serratos		Don Lugo	
Shane Hackett		Verdugo Hills	
Anita Siraki		Hoover Glendale	
Sara Bei		Montgomery Santa Rosa	
Mackensie Hill		Long Beach Wilson	