



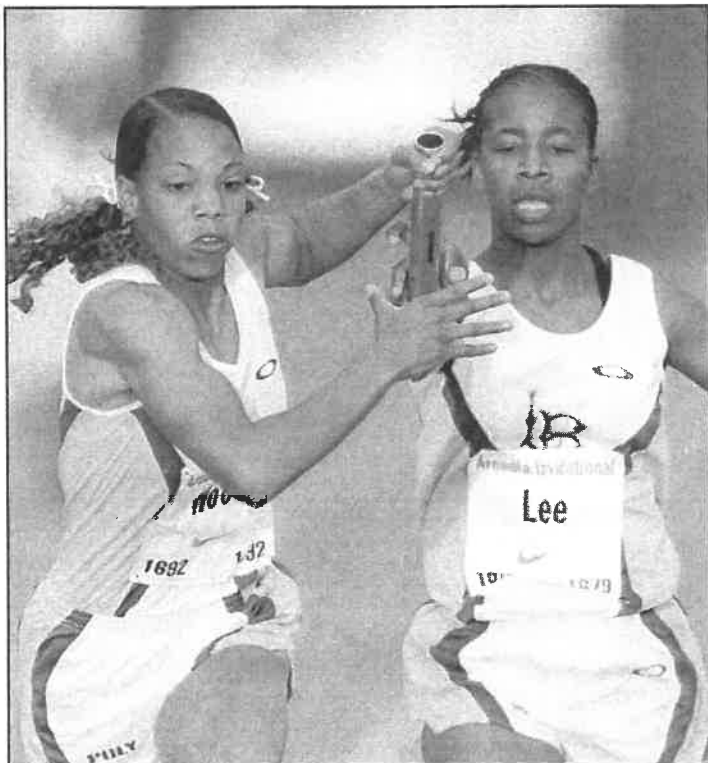
California Interscholastic Federation

2004 CIF STATE TRACK AND FIELD CHAMPIONSHIPS



2004 CIF STATE TRACK AND FIELD CHAMPIONSHIPS

*June 4-5, 2004
Hughes Stadium
Sacramento City College*



Shana Woods and Jasmine Lee hope to lead Long Beach Poly to its eighth state championship and third in the past four years. Should the team take the title, it would be the third time the Jackrabbits have won back-to-back crowns (1992-93, 1997-98).

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All action photos in the interior of this publication, except where noted, courtesy of Kirby Lee.

2004 TIME SCHEDULE

Schedule is tentative and subject to change if four heats are necessary in any event(s)

FIELD EVENT QUALIFYING (FRIDAY)

Event	Reporting Time	Starting Time
<i>Report to Field Event Clerk of Course</i>		
Girls Pole Vault	12:45 p.m.	2:00 p.m.
Girls Discus	1:45 p.m.	3:00 p.m.
Girls Long Jump	1:45 p.m.	3:00 p.m.
Boys Long Jump	1:45 p.m.	3:00 p.m.
Boys Shot Put	1:45 p.m.	3:00 p.m.
Girls High Jump	2:45 p.m.	4:00 p.m.
Girls Shot Put	4:30 p.m.	5:30 p.m.
Girls Triple Jump	4:30 p.m.	5:30 p.m.
Boys Triple Jump	4:30 p.m.	5:30 p.m.
Boys Discus	4:30 p.m.	5:30 p.m.
Boys Pole Vault	5:00 p.m.	6:00 p.m.
Boys High Jump	5:30 p.m.	6:30 p.m.

FIELD EVENT CHAMPIONSHIPS (SATURDAY)

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

TRACK EVENT QUALIFYING (FRIDAY)

5:00	Boys 400m Relay	(Heat #1)
5:04		(Heat #2)
5:08		(Heat #3)
5:12	Girls 400m Relay	(Heat #1)
5:16		(Heat #2)
5:20		(Heat #3)
5:24	Boys 1600m Run	(Heat #1)
5:31		(Heat #2)
5:38	Girls 1600m Run	(Heat #1)
5:44		(Heat #2)
5:55	Boys 110m HH	(Heat #1)
6:00		(Heat #2)
6:05		(Heat #3)
6:10	Girls 100m HH	(Heat #1)
6:15		(Heat #2)
6:20		(Heat #3)
6:24	Boys 400m Dash	(Heat #1)
6:28		(Heat #2)
6:32		(Heat #3)
6:36	Girls 400m Dash	(Heat #1)
6:40		(Heat #2)
6:44		(Heat #3)
6:48	Boys 100m Dash	(Heat #1)
6:52		(Heat #2)
6:56		(Heat #3)

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

TRACK EVENT CHAMPIONSHIPS (SATURDAY)

5:00	Boys 400m Relay	6:34	Boys 800m Run
5:08	Girls 400m Relay	6:42	Girls 800m Run
5:19	Boys 1600m Run	6:53	Boys 300m IH
5:28	Girls 1600m Run	7:00	Girls 300m LH
5:44	Boys 110m HH	7:10	Boys 200m Dash
5:54	Girls 100m HH	7:17	Girls 200m Dash
6:04	Boys 400m Dash	7:25	Boys 3200m Run
7:11	Girls 400m Dash	7:42	Girls 3200m Run
6:19	Boys 100m Dash	8:00	Boys 1600m Relay
6:25	Girls 100m Dash	8:10	Girls 1600m Relay

TEAM SCORING

1st Place	10 points	4th Place	4 points
2nd Place	8 points	5th Place	2 points
3rd Place	6 points	6th Place	1 point

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Nation's Elite Arrive in Sacramento... A Few Weeks Early

by Richard Gonzalez
Editor, *DyeStatCal.com*

The nation's premier track and athletes will arrive in Sacramento in a matter of weeks, each chasing their own Olympic dreams. First, however, a dazzling cast of likely future Olympians take center stage. Year in and year out, no state in the nation churns out more national-class performers than California, and none are achieved with as much frequency and notoriety as those found during the annual CIF State Track and Field Championships.

The 2004 edition of the year-end blockbuster is downright loaded with talent, headlined by Pan Am Games Junior Championships triple gold medalist Shalonda Solomon of Long Beach Poly, one of the nation's best-ever prep triple jump performer in Brittany Daniels of Merrill West, and the high-profile, record-setting girls relay contingents from Long Beach Poly. California also boasts the top mark in the nation (through May 31) in nine of the 32 events being contested at Sacramento City College's Hughes Stadium this weekend, in addition to hosting a pair of recent freshman national record setters!

Team-wise, Southern Section power Long Beach Poly appears to be the heavy favorite to capture the title on the girls' side, with Merrill West, James Logan and J.W. North expected to vie for the runner-up position. On the boys' side, North Coast Section juggernaut James Logan holds the inside position for the team crown, with southland rivals Long Beach Poly and Dorsey each shaving away the margin to the top spot in recent weeks.

Apply plenty of sun screen, have your bottled water handy, and get ready to cheer these fine young student-athletes, as the 86th annual CIF State Track and Field Championships are about to get underway!

Here's a breakdown of each of the event areas:

GIRLSEVENTS

The attention of fervent speed fans from across the national landscape has drifted westward in recent days, with Shalonda Solomon (11.35, wind-aided 100m/23.17 for 200m) and Jasmine Baldwin (23.15 national leader and 11.43w) being the two reasons why. Solomon, the three-time gold medalist at the Pan Am Juniors in Barbados last summer, was the presumed queen of the prep sprint scene for 2004. But then Baldwin, a Bishop Amat HS senior existing in virtual anonymity after being home-schooled the last two years, changed all that. First a photo-finish victory over Solomon at the Trabuco Hills Invitational, then an ultra-narrow loss to her at the Arcadia Invitational, followed by a stunning pair of triumphs at last weekend's Southern Section Masters Meet.

Track fans are eager for this weekend's rematches at 100 and 200 meters, with Merrill West's Jennifer Nash (11.58/23.73), Logan's Angelique Smith (11.72/23.87), El Camino's Jolanda Diego (11.65/24.11), Long Beach Wilson super frosh Ebony Collins (11.57) and Rancho Cucamonga's Sade Williams (24.15) also in the mix. Over the 400-meter distance, defending champion Jasmine Lee (53.63) has already drawn a very stiff challenge from Sheldon's Deonna Lawrence (state-leading 53.55), with L.A. City Section champ Myra Hasson also fresh off a lifetime-best (53.90) performance in recent weeks. Also pulling relay duty and the shorter sprints, these girls will surely be taxed to the limit.

Relays action appears ready to reach frenetic levels yet again, with Long Beach Poly achieving a yet-to-be-ratified (merely a time line formality) national record of 44.50 in the 4x100 relay at the Penn Relays in late April. Long Beach Wilson (44.93 at the Texas Relays in April) dropped the stick early in CIF qualifying to end its title hopes there, with James Logan (45.99), Merrill West (46.26), J.W. North (46.44) and Rancho Cucamonga

(46.89) now among the list of prime challengers. Poly also is favored in the 4x400 meter relay, with a nation-leading 3:36.43 effort to its credit, but Moore league rival Wilson dumped the Jackrabbits in a surprising head-on upset at the Southern Section Masters Meet last weekend. Wilson (3:40.94 seasonal best), Rancho Cucamonga (3:42.04), and James Logan (3:43.09) are the leading challengers here.

America's finest freshman will be on display in the 300-meter low hurdles, as Long Beach Wilson's Ebony Collins seeks to shove her own national freshman record (40.81) further out of reach while trying to draw closer to famed former LB Wilson hurdler Lashinda Demus' national record of 39.98. Assuming the California heat doesn't sap the athletes, a few low hurdlers could dip beneath the fathomed 41-second barrier, with Long Beach Poly's tandem of DaShanta Harris and Shana Woods (Moore League entries, same as Collins) joined by Logan's Talia Stewart and Muir frosh Kiani Profit. No program boasts a better hurdling pedigree than J.W. North of Riverside over the last several years, with senior Dominique Manning (state-leading 13.67) leading this year's collection of high hurdlers and teammate Gayle Hunter (14.04) not too far behind. James Logan's Talia Stewart (13.69), Long Beach Wilson's Collins (14.02) and Gardena Serra sophomore Kimyon Broom (14.06) are other leading threats.

Girls' distances should be red hot, so long as the Sacramento heat doesn't wilt the runners first. The 3200-meter run on Saturday night should be an all-out dandy, with an assembled field that could materialize into the deepest collection of marks in California history. Folsom junior Natasha LaBeaud, whose flexible early-race tempos have served her well this season, courts a state-best 10:24.57 clocking from her league finals race, with San Diego section star Claire Rethmeier (San Pasqual HS) and Harvard-Westlake standout Lindsay Flacks also run-

ning sub-10:28 equivalents from the two-mile race distance this spring. Amazingly enough, the cast of All-American candidates continues with College Park's and Stanford-signed Lindsay Allen (10:35.82), University of Colorado-committed Liza Pasciuto of Murrieta Valley, North Coast Section champion and Columbia University-bound Shelby Leland of Ukiah, cross-county nationals qualifier Rachel Bryan of Laguna Creek, and late bloomers Lauren Walker of Canyon and Monika Rothenburger of Dana Hills.

The 1600-meter clash is just as attractive, with defending state champion Alicia Follmar (4:51.42) of Saratoga being served notice by College Park's Allen that a show-down is on tap. Allen burned the oval for a state-leading 4:48.82 win at last week's sectionals, with Montgomery's Kim Conley (4:52.48) in hot pursuit. Woodcreek senior standout Lauren Mulkey wheeled off an impressive distance double at the SJS Finals last week, regaining the form that caught her at a superb 4:53.62 Arcadia clocking in mid-April. Corona del Mar sophomore Annie St. Geme, hoarding excellent leg speed, will also be in the mix for a medal position. Another grueling challenge is expected to play out in the 800, where state leader Alysia Johnson (2:10.82 last week) of Canyon leads a speed parade that includes Archbishop Mitty's Christine Whalen, Menlo School's Libby Jenke, Ezperanza frosh Emily Dunn and La Costa Canyon's Kelly McCann. This event, moreso than others, is open to a slew of upsets by unnamed parties.

The girls' weight events boast national-class talent as well, with Arroyo Grande's Megan Howard (50-3.5) checking in as America's #2 shot putter this spring while Bakersfield Centennial discus thrower Missy Faubus still carries the banner as the national leader due to her 170-1 effort in win-

ning her specialty event at the mid-April Arcadia Invitational. Pittsburg's Alexarae Toeaina (151-2) leads the chase pack, which also includes Tehachapi's Margaret Giuffre, Arroyo Grande's Howard, Marin Catholic's Sara Jacobsen, Rancho Buena Vista's Whitney DeWeese and Avenal's Sharon Ayala. Faubus uncorked a 47-11 heave in mid-April to post the state's #2 mark there, with Orange County power thrower Melissa Yunghans (Orange Lutheran), beach-side talent April Phillips (Long Beach Poly) and Sonoma Valley's Melissa Van Paris also well beyond 43 feet this season.

Arguably the two finest female athletes in the nation hook up in the horizontal jumps, but it appears neither might be equipped to derail America's hottest jumps performer. Merrill West's Brittany Daniels dropped the psychological hammer on the Golden State competition in recent days after a breathtaking 44-8 (wind-aided) triple jump effort that was the longest in national prep history! Daniels also cleared a wind legal 44-0 that weekend, good for #3 on the all-time legal conditions list, and stamping her as the heavy favorite here. J.W. North's Gayle Hunter and Long Beach Poly's Shana Woods, who each claimed mythical national indoor pentathlon titles at competing East Coast meets in mid-March, should wage a back-and-forth battle on the long jump runway. Hunter owns a 20-7.75 legal best from Arcadia this spring while Woods posted a 20-6.25 effort at the divisional finals two weeks back. Daniels, at 20-2.25, is the only other 20-footer in the state. Tracey Stewart (40-1.50, wind-aided) of James Logan and super frosh Jamesha Youngblood (40-1.50) of Hercules are the state's remaining 40-footers in search of catching Daniels.

Intrigue has enveloped the girls' pole vault in recent weeks, with the sudden emer-

gence of some red-hot underclass talent to challenge the veterans. State leader Whitney Johnson of Mission Viejo elevated to a 12-10 clearance in setting the Orange County record three weeks ago, with Temecula Valley's Kristen Dormanen clearing 12-7 at sectionals to move into the upper rung nationally. The big recent news, however, centers on freshmen phenom Allison Stokke of Newport Harbor, who set a freshman national record with her scintillating 12-7 clearance at Southern Section Masters last weekend. Atascadero's Monica Pacas, an understudy of Hall of Fame vaulter Jan Johnson, cleared a seasonal-best 12-6 in April, with junior Kate Mattoon (12-1) of vault powerhouse Rancho Bernardo and Tori Pena (the #3 sophomore in America at 12-1) of Huntington Beach Edison on the upswing. Four of the top eight vaulters hail from the Orange County area as the Golden State vies for national bragging rights in this event.

Will it be a new "Day" on the girls' high jump scene? Last year, it was Costa Mesa's Sharon Day that shined at the year-end meet to claim top honors. This year, it might be Jasmin Day. State meet veterans Mindi Wiley (Sonoma) and Desirae Gonder (Stockdale, Bakersfield) have each cleared 5-10 this spring, but Costa Mesa's Jasmin Day (Sharon's little sister) has cleared 5-8 to move into the title picture. Multi-events standout Allie Miller of Los Altos and Napa freshmen find Susan Jackson are among five others to have negotiated clearances at 5-8 this campaign.

continued on page 37

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CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS 400m RELAY

Prelims: 5:00 p.m. - Fri. Final: 5:00 p.m. - Sat.
 Records National: 39.76 Wyatt (Forth Worth, Texas) 1998
 State: 40.24 Hawthorne 1997

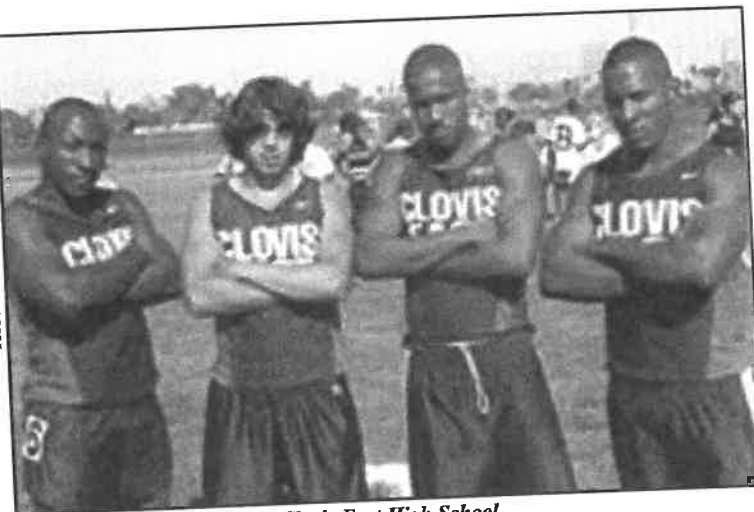
Lane	School	Sect.	Sect. Mark	Pos	Place	Mark
Heat 1 Prelims						
1	Miramonte	NC	43.43			
2	Bakersfield	CE	42.54			
3	University Cty	SD	42.29			
4	Clovis East	CE	41.87			
5	Skyline	OK	41.24			
6	Dominguez	SS	41.85			
7	Oak Grove	CC	42.24			
8	North Salinas	CC	42.49			
9	Stagg	SJ	42.89			
Heat 2 Prelims						
1	Santa Rosa	NC	43.69			
2	Cabrillo(LB)	SS	42.55			
3	Helix	SD	42.29			
4	Crenshaw	LA	41.93			
5	Poly (Lb)	SS	41.24			
6	Lynbrook	CC	41.79			
7	Mira Mesa	SD	42.19			
8	Deer Valley	NC	42.47			
9	Cordova	SJ	42.89			
Heat 3 Prelims						
1	Paradise	NO	43.79			
2	Lincoln, Stoc	SJ	42.60			
3	Pinole Valley	NC	42.33			
4	McClymonds	OK	41.98			
5	Dorsey	LA	41.40			
6	Taft	LA	41.78			
7	Notre Dame(SO)	SS	42.04			
8	Serra	SS	42.45			
9	Hanford West	CE	42.67			

GIRLS 400m RELAY

Prelims: 5:12 p.m. - Fri. Final: 5:08 p.m. - Sat.
 Records National: 44.70 St. Bernard (Playa del Rey, Calif.) 1997
 State: 44.70 St. Bernard (Playa del Rey) 1997

Lane	School	Sect.	Sect. Mark	Pos	Place	Mark
Heat 1 Prelims						
1	Lemoore	CE	49.89			
2	Morse	SD	48.74			
3	Carlmont	CC	48.14			
4	Sheldon	SJ	47.49			
5	Poly (Lb)	SS	45.76			
6	El Camino	SD	47.10			
7	Muir	SS	47.98			
8	Carondelet	NC	48.68			
9	Holy Names	NC	49.01			
Heat 2 Prelims						
1	Chico	NO	50.18			
2	Dorsey	LA	48.82			
3	Birmingham	LA	48.15			
4	Stockdale	CE	47.61			
5	Logan James	NC	46.30			
6	Rancho Cucamng	SS	46.59			
7	Gardena	LA	47.98			
8	Stagg	SJ	48.44			
9	Menlo-Atherton	CC	48.97			
Heat 3 Prelims						
2	College Park	NC	48.89			
3	Skyline	OK	48.39			
4	Kennedy	SS	47.70			
5	North, JW	SS	46.44			
6	Merrill West	SJ	46.47			
7	University Cty	SD	47.94			
8	Edison	CE	48.44			
9	Arch Mitty	CC	48.96			

PHOTO COURTESY OF RICH GONZALEZ



Clovis East High School



Stockdale High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS 1600m RUN

Prelims: 5:24 p.m. - Fri. Final: 5:19 p.m. - Sat.

Records Natl: 3:59.51 Alan Webb, South Lakes (Reston, Va.) 2001
State: 4:02.62 Ryan Hall, Big Bear Lake 2001

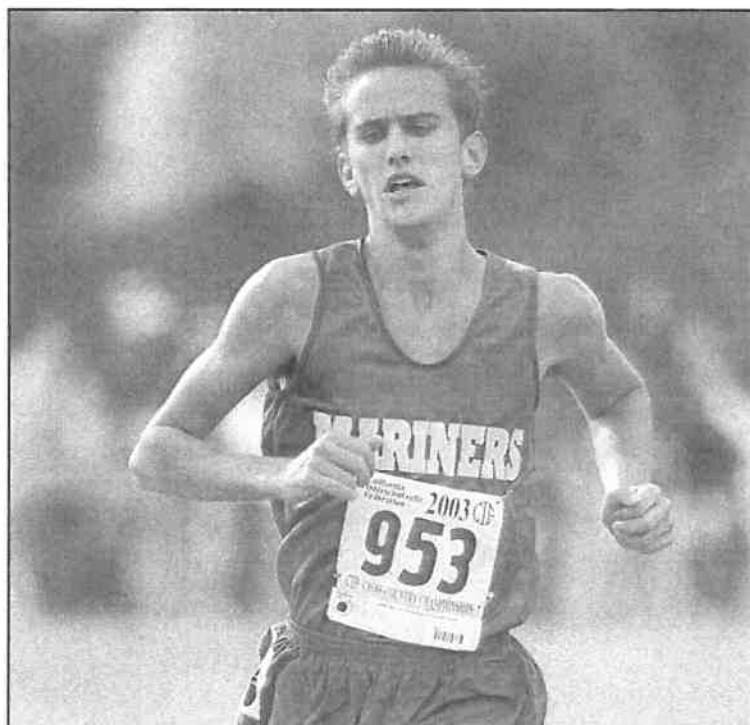
Pos.	Name	Gr.	School/Sect.	Sect. Mark	Place	Mark
Heat 1 Prelims						
1	Bethke, Brandon	11	El Toro/SS	4:11.21		*
2	Withers, JK	12	Cardnl Nwman/NC	4:14.16		
3	Ramirez, Jesse	11	Santa Ana/SS	4:14.35		
4	Evans, Jacob	12	Aptos/CC	4:15.00		
5	Gatel, Joe	11	Edison-HB/SS	4:15.14		
6	Glass, Calvin	12	Woodcreek/SJ	4:15.91		
7	Furnari, Chris	12	Junipero Serra/CC	4:16.29		
8	Cody, KC	12	Montgomery/NC	4:19.42		
9	Moreno, Claudio	11	Madera/CE	4:19.60		
10	Longcrier, Nathan	10	Centennial/CE	4:20.97		
11	Rooney, Brandon	11	Tehachapi/CE	4:21.53		
12	Dominguez, Ignacio	11	South Gate/LA	4:25.14		
13	Shiber-Knowles, Aaron	11	Skyline/OK	4:28.58		
Heat 2 Prelims						
1	Acosta, A. J.	10	El Camino/SD	4:12.31		
2	Swier, Troy	12	Mar Vista/SD	4:13.69		
3	Matthews, Carey	12	DeLaSalle/NC	4:14.89		
4	Campfield, Brett	11	Temecula Val./SS	4:14.97		
5	Matusak, Mark	11	Loyola/SS	4:15.20		
6	Anderson, Evan	11	Menlo Atherton/CC	4:15.73		
7	Tesfasilassie, Dawitt	11	Piner/NC	4:16.66		
8	Fuller, Chris	12	Granite Bay/SJ	4:19.37		
9	Becijos, Ryan	12	Bonita Vista/SD	4:19.89		
10	Long, Esco	12	Los Banos/SJ	4:20.66		
11	Hernandez, Robert	11	Garfield/LA	4:23.07		
12	Benmohamed, Salim	11	Monroe/LA	4:23.41		
13	Martinez, Rudy	12	Shasta/NO	4:29.50		

GIRLS 1600m RUN

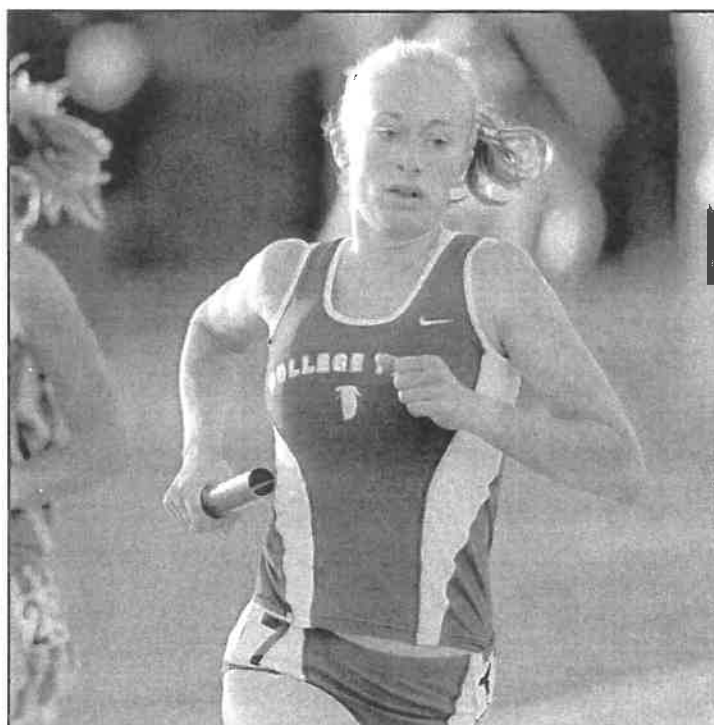
Prelims: 5:38 p.m. - Fri. Final: 5:28 p.m. - Sat.

Records Natl: 4:39.4h Laura Matson, Andover (Bloomfield Hills, Mich.) 1992
State: 4:39.92 Polly Plumer, University (Irvine) 1982

Pos.	Name	Gr.	School/Sect.	Sect. Mark	Place	Mark
Heat 1 Prelims						
1	Allen, Lindsay	12	College Park /NC	4:48.82		
2	Viehweg, Ciara	12	St. Ignatius /CC	4:54.33		
3	Aulet-Leon, Olga	12	Peninsula /SS	4:54.91		
4	Wing, Evelyn	11	Valley Chrstrn/CC	4:56.24		
5	Mulkey, Lauren	12	Woodcreek /SJ	4:56.28		
6	Scott, Lorin	12	San Pasqual /SD	4:57.63		
7	Huber, Mo	10	Acalanes /NC	4:57.83		
8	Kingma, Jenna	12	San Luis Obispo/SS	4:58.73		
9	St. Laurent, Sariah	12	El Camino /SD	4:58.91		
10	May, Hilary	09	Corona Del Mar/SS	4:59.91		
11	Magdaleno, Lauren	12	St. Paul /SS	4:59.92		
12	Duke, Krystal	11	Clovis /CE	5:01.23		
13	Kirschman, Lindsay	10	Enterprise /NO	5:04.76		
14	Choi, Diana	12	Skyline /OK	5:24.63		
15	Kim, Alexis	09	Lowell /SF	5:29.85		
Heat 2 Prelims						
1	Conley, Kim	12	Montgomery/NC	4:52.58		
2	Follmar, Alicia	11	Saratoga/CC	4:53.88		
3	Rios-Sotelo, Gabi	11	St. Mary's/NC	4:55.49		
4	Pennes, Nicole	10	College Park/NC	4:55.74		
5	St Geme, Annie	10	Corona Del Mar/SS	4:56.87		
6	Farias-Eisner, Anna	11	Harvard-Westlk/SS	4:57.51		
7	Pascuito, Liza	12	Murrieta Vally/SS	4:57.83		
8	Pischetti, Natalie	12	Rncho Cucmng/SS	4:58.03		
9	Bostwick, Rebecca	12	University Cty/SD	4:59.39		
10	LeSieur, Ashton	11	Casa Grande/NC	4:59.71		
11	Lewis, Erin	10	Modesto/SJ	4:59.95		
12	Schuyler, Erin	11	Granite Bay/SJ	5:00.32		
13	Zuzuarregui, Vanessa	09	Buchanan/CE	5:13.33		
14	Johnson, Amanda	10	Clovis/CE	5:18.29		



Troy Swier
Mar Vista High School



Lindsay Allen
College Park High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS 110m HH

GIRLS 100m HH

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

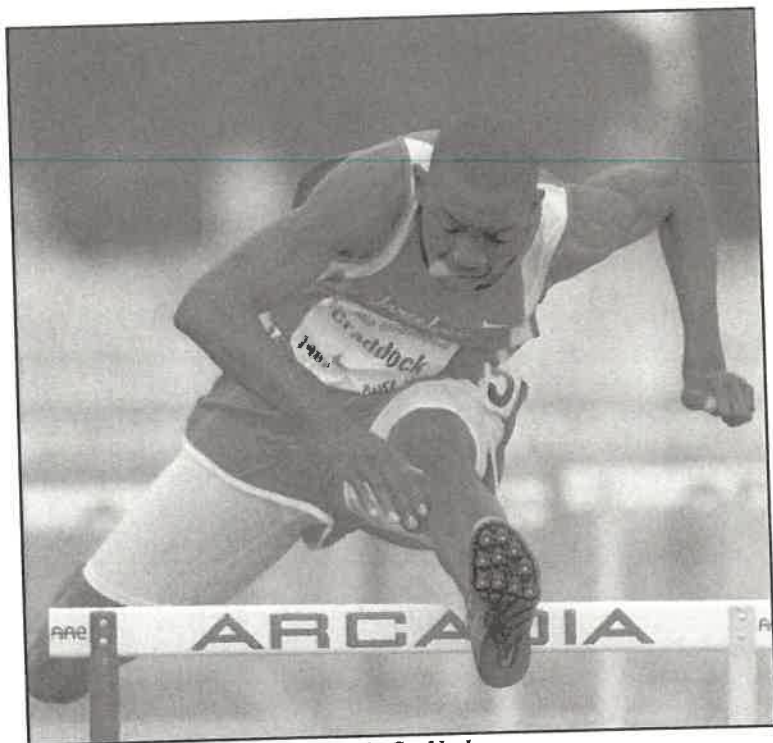
Records Natl: 13.1h Dennis Brantley, Worthing (Houston, Texas) 1980
State: 13.41 Steve Kerho, Mission Viejo 1982

Pos.	Name	Gr.	School/Sec.	Sect. Mark	Place	Mark
Heat 1 Prelims						
2	Smith, Will	10	Sunnyside/CE	15.00		
3	Valdez, Juan	12	Golden West/CE	14.77		
4	Maynard, James	12	Stagg/SJ	14.43		
5	Craddock, Kevin	11	Logan James/NC	13.69		
6	Kelly, Kai	11	Dorsey/LA	14.42		
7	Gnepa, Polly	11	Pitman/SJ	14.74		
8	Robinson, Scott	11	Santa Clara/CC	14.99		
Heat 2 Prelims						
2	Blue, Nick	12	Carson/LA	15.03		
3	Klech, David	10	California/NC	14.79		
4	Paul, Jordan	11	Loyola/SS	14.45		
5	Profit, Marquis	12	Muir/SS	14.02		
6	Reuter, Matt	12	Damien/SS	14.42		
7	Mateljan, Mike	12	Fallbrook/SD	14.63		
8	Cassell, Nicholas	12	California/NC	14.94		
Heat 3 Prelims						
2	Wirgler, Matthew	12	Aragon/CC	15.06		
3	Prudhomme, Vannie		Dorsey/LA	14.83		
4	Thompson, Donny	11	Canyon Springs/SS	14.50		
5	Payne, Bryan	12	Trabuco Hills/SS	14.16		
6	Barner, Bryon	12	Helix/SD	14.34		
7	Conrad, Steven	12	Nevada Un./SJ	14.59		
8	Burt, Desi	12	Serra /sd/SD	14.90		
Heat 4 Prelims						
2	Lumpkin, L.J.	10	Palma/CC	15.26		
3	Balumbu, Nkosinza	11	Logan James/NC	14.89		
4	Prentice, Terry	09	Diamond Ranch/SS	14.52		
5	Abdul-Mateen, Yahya	12	McClymonds/OK	14.26		
6	Thurmond, Walter	11	West Covina/SS	14.29		
7	Rahmaan, Hasson	12	Serra/SS	14.57		
8	Wyatt, Bert	11	South Bkrsfld/CE	14.89		
9	Stevens, Chris	12	Shasta/NO	15.89		

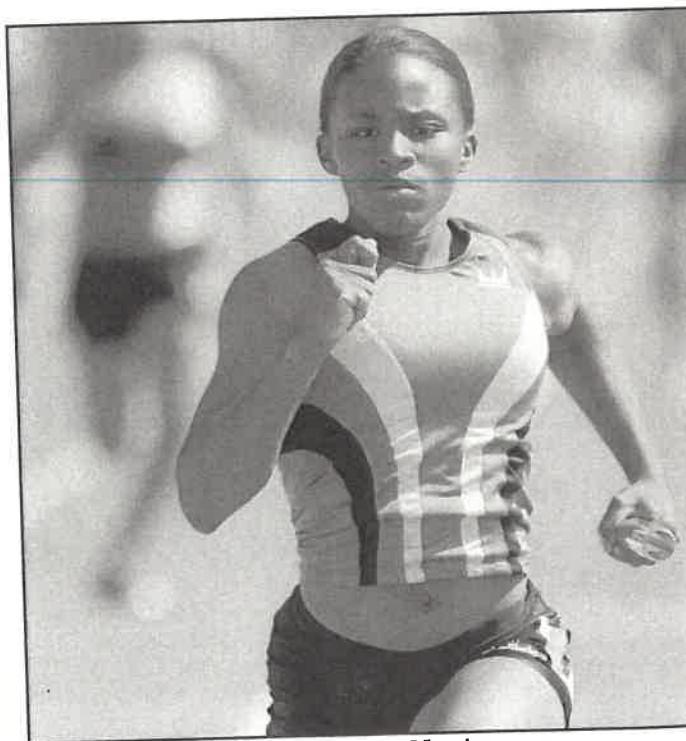
Prelims: 6:10 p.m. - Fri. Final: 5:54 p.m. - Sat.

Records Natl: 13.2 Nichole Denby, J.W. North (Riverside, Calif.) 20
State: 13.2 Nichole Denby, J.W. North (Riverside) 2000

Pos.	Name	Gr.	School/Sec.	Sect. Mark	Place	Mark
Heat 1 Prelims						
2	Chukwudi, Ezinne	11	Gardena/LA	15.66		
3	Scott, Quanshell	12	Bakersfield/CE	15.14		
4	Mercado, Leslie	11	Diamond Ranch/SS	14.42		
5	Manning, Dominique	12	North, JW/SS	13.67		
6	Collins, Lauren	11	Santa Margarita/SS	14.41		
7	Williams-Ward, Teirra	10	Carondelet/NC	15.12		
8	Chen, Julie	12	Lynbrook/CC	15.58		
Heat 2 Prelims						
2	Wright, Jasmin	12	Wheatland/NO	15.68		
3	Hudson, Danita	09	Skyline/OK	15.17		
4	Grimes, Tifani	12	St. Francis/SJ	14.53		
5	Stewart, Talia	12	Logan James/NC	13.69		
6	Quinley, Shevell	11	Merrill West/SJ	14.37		
7	Van Vlasselaer, Kristien	10	Woodside/CC	15.06		
8	Lewis, April	12	Liberty/CE	15.51		
Heat 3 Prelims						
2	Peterson, Valerie	10	Burton/SF	15.96		
3	Gonder, Desirae	10	Stockdale/CE	15.29		
4	Tezeno, Meia	12	Hercules/NC	14.56		
5	Broom, Kimyon	10	Serra/SS	14.06		
6	Maxwell, Candise	10	Stagg/SJ	14.30		
7	Youngblood, Jamesha	9	Hercules/NC	15.02		
8	Shoate, Krystle	12	Serra/SD	15.42		
Heat 4 Prelims						
2	Stamps, Marquita		Dorsey/LA	16.07		
3	Beauford, Michelle	12	Carlsbad/SD	15.31		
4	Miller, Allie	12	Los Altos/CC	14.77		
5	Hunter, Gayle	12	North, JW/SS	14.08		
6	Carson, DeAna	9	Wilson/LB/SS	14.27		
7	Blue, Laiah	12	Granite Hills/SD	14.99		
8	Patten, Endurha	12	Gardena/LA	15.40		



Kevin Craddock
James Logan High School



Dominique Manning
J.W. North High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS 400m DASH

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

Records Natl: 45.25 Calvin Harrison, North Salinas (Salinas, Calif.) 1993
State: 45.25 Calvin Harrison, North Salinas (Salinas) 1993

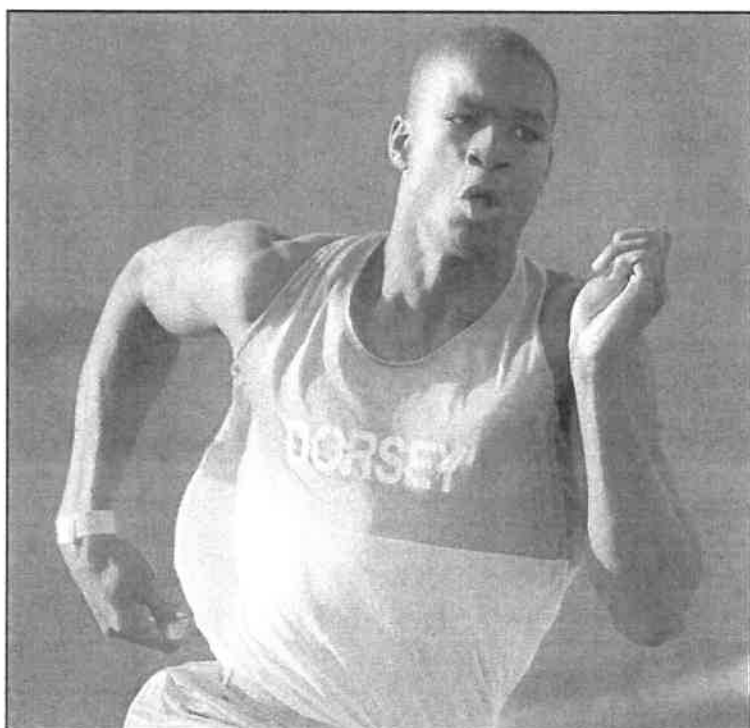
Pos.	Name	Gr.	School/Sect.	Sect. Mark	Place	Mark
Heat 1 Prelims						
1	Brown, DeAnte	12	Concord/NC	50.00		*
2	Rice, Jesse	11	San Benito Hol/CC	49.39		
3	Singh, Leroy	12	Westchester/LA	48.68		
4	Wynne, Marvel	12	Poway/SD	48.10		
5	Gettis, David	11	Dorsey/LA	46.39		
6	Rhoades, James	12	Ramona/SD	48.08		
7	Williams, Wes	11	Esperanza/SS	48.54		
8	Ferrell, Mike	12	Edison/CE	49.37		
9	Hammer, Greg	12	Chico/NO	49.91		
Heat 2 Prelims						
1	Garay, Tony	12	San Lorenzo VI/CC	50.32		
2	Watson, DeSean	10	McClymonds/OK	49.64		
3	Moore, Durran	11	Mt. Miguel/SD	49.02		
4	Campbell, Colin	11	Ventura/SS	48.10		
5	Moon, Ken	12	Corona/SS	47.61		
6	Lindsay, Alan	12	Moorpark/SS	48.07		
7	Moore, Mitchell	12	Florin/SJ	48.43		
8	Rodrigues, Jason	12	Alameda/NC	49.31		
9	Sutton, Jason	11	Bakersfield/CE	49.78		
Heat 3 Prelims						
1	Shew, Raymond	12	Lowell/SF	51.93		
2	Jackson, David	11	Sacred Hrt Prp/CC	49.64		
3	Lee, Mike	12	Madera/CE	49.06		
4	Williams, Courtney	12	Dorsey/LA	48.15		
5	Morris, Desmond	12	Fairfield/SJ	47.68		
6	Keeling, Marcel	11	Serra/SS	47.98		
7	Johnson, Michael	11	Lincoln, Stoc/SJ	48.24		
8	Nious, Kevin	12	Alameda/NC	49.15		
9	Tool, Tristan	11	Miramonte/NC	49.71		

GIRLS 400m DASH

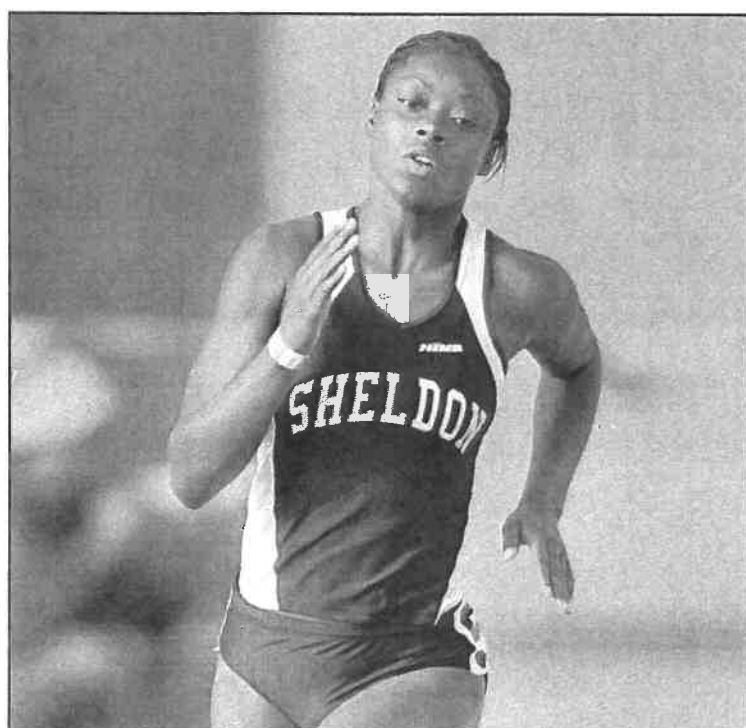
Prelims: 6:36 p.m. - Fri. Final: 7:11 p.m. - Sat.

Records Natl: 50.74 Monique Henderson, Morse (San Diego, Calif.) 2000
State: 50.74 Monique Henderson, Morse (San Diego) 2000

Pos.	Name	Gr.	School/Sect.	Sect. Mark	Place	Mark
Heat 1 Prelims						
1	Reed, Kiara	09	Chico/NO	57.97		
2	Ross, Mandy	09	Christian/SD	56.98		
3	David-Jacobs, Chauncey	11	Burton/SF	55.63		
4	Winston, Renee	12	Birmingham/LA	54.89		
5	Lawrence, Deonna	12	Sheldon/SJ	53.59		
6	Neeley, Mindy	11	Dos Pueblos/SS	54.63		
7	Baker, Seante	12	Arch Mitty/CC	55.62		
8	Heagney, Christina	12	Carlmont/CC	56.96		
9	Dobrzynski, Nicole	11	San Ramon Vly/NC	57.45		
Heat 2 Prelims						
1	Maya, Randy	11	Redwood/CE	58.02		
2	Thomas, Kyanna	09	Edison/CE	57.01		
3	Dudley, Brittani	12	Logan James/NC	55.64		
4	Watson, Danialle	10	Carson/LA	55.36		
5	Lee, Jasmine	12	Poly (Lb)/SS	53.63		
6	Lott, Shakara	11	University Cty/SD	54.56		
7	King, Lorraine	11	North, JW/SS	55.57		
8	Butler, Raquel	12	Gilroy/CC	56.32		
9	Perlman, Ashley	10	Analy/NC	57.38		
Heat 3 Prelims						
1	Hill, Dayna	09	Edison/CE	59.51		
2	Karoly, Lizzy	10	San Pasqual/SD	57.08		
3	Ruffin, Shelese	11	Beaumont/SS	56.05		
4	Baker, Keshia	10	Fairfield/SJ	55.46		
5	Hasson, Myra	10	Gardena/LA	53.90		
6	Williams, Sade	9	Rncho Cucmng/SS	54.49		
7	Gamble, Kerry	12	Notre Dame(SO)/SS	55.56		
8	Carter, Dominique	12	Merrill West/SJ	56.17		
9	Hall, Kavina	12	El Cerrito/NC	57.35		



David Gettis
Dorsey High School



Deonna Lawrence
Sheldon High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS 100m DASH

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

Records National: 10.15 Henry Neal, Greenville (Texas) 1990
State: 10.3 Riley Washington, Southwest (San Diego) 1992

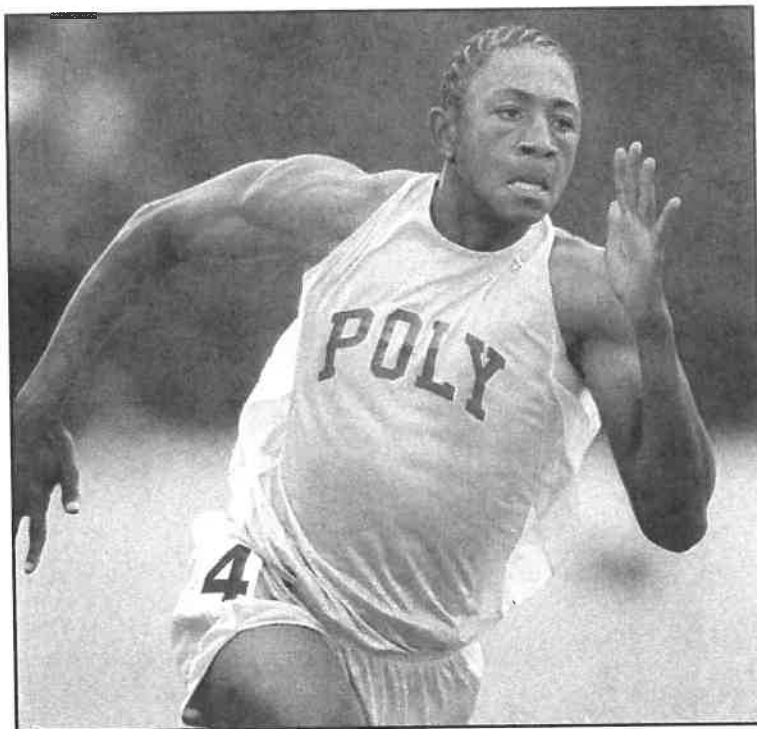
Pos.	Name	Gr.	School/Sec.	Sec. Mark	Place	Mark
Heat 1 Prelims						
2	Ingram, Andre	12	Branham/CC	10.94		
3	Taylor, Jovante		Locke/LA	10.86		
4	Love, Kelvin	12	Lancaster/SS	10.70		
5	Jones, Derrick	12	Poly (Lb)/SS	10.50		
6	Harris, Randle	11	Crespi/SS	10.70		
7	Stark, Jordan	12	Bear Creek/SJ	10.84		
8	Grant, Micah	11	Washington/LA	10.93		
Heat 2 Prelims						
2	Tolver, Tredale	12	Mira Mesa/SD	10.96		
3	Straiten, Aaron	12	Antioch/NC	10.86		
4	Fields, Brandon	10	Etiwanda/SS	10.72		
5	Crawford, Carl	12	East Union/SJ	10.52		
6	O'Neal, Kenny	12	Skyline/OK	10.69		
7	Pearlstone, Alex	11	Drake/NC	10.81		
8	Charles, Marquise		Dorsey/LA	10.91		
Heat 3 Prelims						
2	Driscoll, Dustin	10	Southwest (Ec)/SD	11.14		
3	Kelley, Allen	12	Clovis East/CE	10.87		
4	Tillman, Ameer	12	Dublin/NC	10.78		
5	Lambert, Terrail	12	St. Bon'ture/SS	10.54		
6	West, Garland	11	Cypress/SS	10.66		
7	Oliver, Rodney	12	Clovis East/CE	10.80		
8	Davis, Jo Pierre	11	Balboa/SF	10.91		
Heat 4 Prelims						
2	Fisher, Chris	11	Lassen/NO	11.22		
3	Danns, Dax	10	Helix/SD	10.89		
4	Conrad, Steven	12	Nevada Un./SJ	10.78		
5	Drummer, Ronnie	12	North Salinas/CC	10.55		
6	Osaisai, Wopamo	12	Pinole Valley/NC	10.58		
7	Worstein, Fred	12	Yosemite/CE	10.79		
8	Iarina, Mark	11	Arch Riordan/CC	10.90		

GIRLS 100m DASH

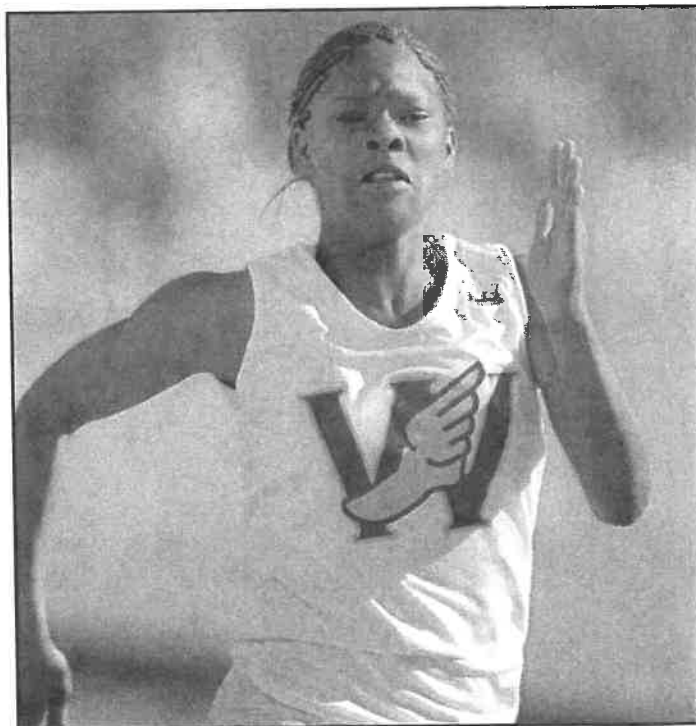
Prelims: 7:00 p.m. - Fri. Final: 6:25 p.m. - Sat.

Records Natl: 11.14 Marion Jones, Thousand Oaks (California) 1992
State: 11.14 Marion Jones, Thousand Oaks 1992

Pos.	Name	Gr.	School/Sec.	Sec. Mark	Place	Mark
Heat 1 Prelims						
1	Dixon, Kayla	9	Cleveland/LA	12.45		
2	Carter, Khrystal	10	Valley Chsrn/CC	12.17		
3	Williams, Elyse	12	Holy Names/NC	12.06		
4	Manning, Dominique	12	North, JW/SS	11.87		
5	Baldwin, Jasmin	12	Bishop Amat/SS	11.43		
6	Woods, Shana	10	Poly (Lb)/SS	11.76		
7	Steen, Cristal	12	Gardena/LA	12.06		
8	Amos, Rashaunna	11	Southwest (Ec)/SD	12.17		
9	Lopez, Christina	12	Golden West/CE	12.40		
Heat 2 Prelims						
1	Jones, Candice	11	Skyline/OK	12.76		
2	Bonty, Kandi	11	Monroe/LA	12.19		
3	Davis, Kristina	10	Logan James/NC	12.07		
4	Diego, Jolanda	12	El Camino/SD	11.93		
5	Solomon, Shalonda	12	Poly (Lb)/SS	11.44		
6	Smith, Angelique	12	Logan James/NC	11.72		
7	Mathis, Megan	10	Florin/SJ	12.01		
8	Jones, Kim	12	Bakersfield/CE	12.16		
9	Talton, Keianna	09	Menlo Atherton/CC	12.31		
Heat 3 Prelims						
1	Embry, Erica	11	Wheatland/NO	13.33		
2	Matson, Kristan	12	Mt. Carmel/SD	12.25		
3	Garrido, Miranda	11	Merrill West/SJ	12.13		
4	Theus, Nicole	12	Carlmont/CC	11.98		
5	Nash, Jennifer	12	Merrill West/SJ	11.54		
6	Collins, Ebony	9	Wilson/LB/SS	11.71		
7	Picott, Chanda	12	Poly (Lb)/SS	11.99		
8	Garrett, Cherelle	9	Mt. Eden/NC	12.14		
9	Wright, Shaina	12	Stockdale/CE	12.27		



Derrick Jones
Poly (Long Beach) High School



Ebony Collins
Wilson (Long Beach) High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS 800m RUN

Prelims: 7:12 p.m. - Fri. Final: 6:34 p.m. - Sat.

Records Natl: 1:46.45 Michael Granville, Bell Gardens (Calif.) 1996
State: 1:46.45 Michael Granville, Bell Gardens 1996

Pos.	Name	Gr.	School/Sec.	Sect. Mark	Place	Mark
Heat 1 Prelims						
1	Handley, Robert	12	Paradise/NO	1:57.43		
2	Lopes, Sean	12	Pioneer/CC	1:55.42		
3	Henry, Kent	11	College Park/NC	1:54.85		
4	Bradford, Travis	11	Fremont/LA	1:53.51		
5	Haddan, Michael	12	Woodbridge/SS	1:51.50		
6	Rodie, Bryan	12	Royal/SS	1:53.32		
7	Allen, Ryan	12	Yucaipa/SS	1:54.64		
8	Fitzpatrick, Dylan	11	Carmel/CC	1:55.42		
9	Bardet, Tim	12	Granite Bay/SJ	1:57.39		
Heat 2 Prelims						
1	Obiora, Uchenna		Crenshaw/LA	1:58.11		
2	Diaz, Javier	12	Sweetwater/SD	1:55.67		
3	Gadayan, Francis	12	Arch Rlordan/CC	1:55.10		
4	Glass, Calvin	12	Woodcreek/SJ	1:54.19		
5	Carey, Sean	12	Albany/NC	1:52.15		
6	Gambo, Ryan	9	Upland/SS	1:53.07		
7	O'Brien, Jesse	10	San Pasqual/SD	1:54.37		
8	Reynders, David	12	Buchanan/CE	1:55.35		
9	Farinelli, Dominic	12	Edison/CE	1:57.18		
Heat 3 Prelims						
1	Ballenger, Che	10	Oakland Tech/OK	1:59.17		
2	Fiske, Justin	12	Yuba City/SJ	1:55.95		
3	Wellman, David	12	Maria Carillo/NC	1:55.23		
4	Cordona, Larry	12	Garfield/LA	1:54.26		
5	Lee, Eric	12	Drake/NC	1:52.23		
6	Castaneda, Josh	11	Bonita/SS	1:52.92		
7	Loung, Bryant	11	St. Joseph-Sm/SS	1:54.33		
8	Blair, V.J.	11	Reedley/CE	1:55.35		
9	Porter, Marc	12	Granite Hills/SD	1:56.08		
10	Walrath, Isaac	12	Lowell/SF	2:02.84		

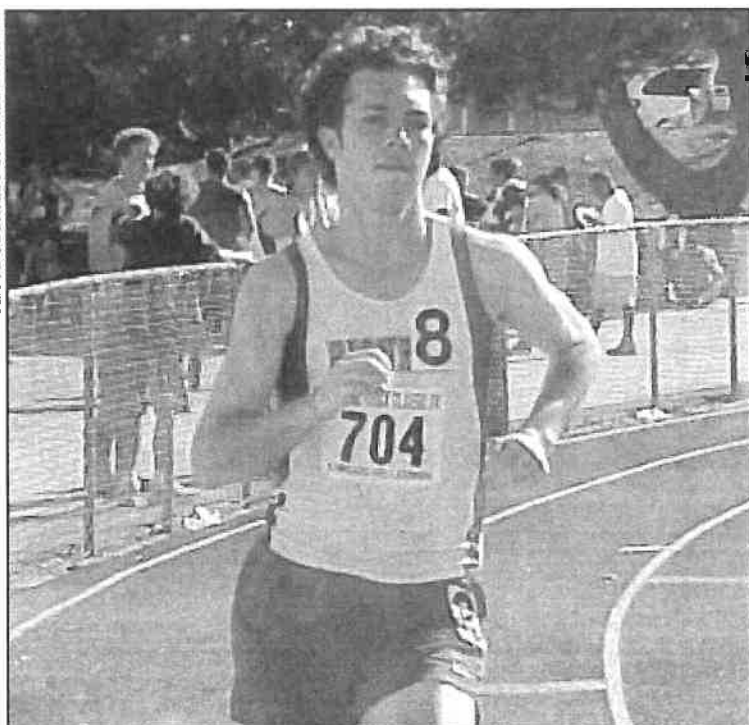
GIRLS 800m RUN

Prelims: 7:27 p.m. - Fri. Final: 6:42 p.m. - Sat.

Records Natl: 2:04.5h Joetta Clark, Maplewood (Columbia, N.J.) 19
State: 2:04.91 Trena Hull, Compton 1984

Pos.	Name	Gr.	School/Sec.	Sect. Mark	Place	Mark
Heat 1 Prelims						
1	Hoppe, Janessa	12	Enterprise/NO	2:22.22		
2	Montgomery, April	11	Helix/SD	2:16.76		
3	Vallis, Ashley	11	Deer Valley/NC	2:14.05		
4	Sparks, Naomi	11	Piedmont/NC	2:13.31		
5	Johnson, Alysia	12	Canyon-CC/SS	2:10.82		
6	Atkinson, Cassie	12	El Capitan/SD	2:13.24		
7	Mendez, Cynthia	12	Savanna/SS	2:13.95		
8	Wallace, Lea	10	Vintage/SJ	2:15.28		
9	Santana, Manina	12	Birmingham/LA	2:19.61		
Heat 2 Prelims						
1	Li, Anna	10	Lowell/SF	2:22.29		
2	Cucuk, Tatiana	10	Buchanan/CE	2:17.53		
3	Humphrey, Victoria	9	Logan James/NC	2:14.21		
4	Kovacich, Kristin	12	Mater Dei/SS	2:13.40		
5	Whalen, Christine	11	Arch Mitty/CC	2:10.85		
6	Jenke, Libby	11	Menlo/CC	2:12.39		
7	Pierson, Molly	11	El Toro/SS	2:13.73		
8	Roth, Sarah	9	El Camino Real/LA	2:15.28		
9	Barnett, Lynette	11	Centennial/CE	2:18.71		
Heat 3 Prelims						
1	Johnson, Ernestine	11	Birmingham/LA	2:23.07		
2	Ramirez, Megan	11	Placer/SJ	2:17.84		
3	Sanzari, Kristin	9	Maria Carillo/NC	2:14.38		
4	Jones, Christine	10	Live Oak/CC	2:13.60		
5	Dunn, Emily	9	Esperanza/SS	2:11.72		
6	McCann, Kelly	11	La Costa Cnyn/SD	2:12.09		
7	Tritchler, Kristen	12	San Marcos/SS	2:13.60		
8	Clark, Caitlin	9	Granite Bay/SJ	2:15.26		
9	MacKenzie, Vanessa	12	Central/CE	2:18.65		

PHOTO COURTESY OF JAMES POLANCO



Sean Lopes
Pioneer High School



Libby Jenke
Menlo School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS 300m IH

GIRLS 300m LH

Prelims: 7:42 p.m. - Fri. Final: 6:53 p.m. - Sat.

Records Natl: 35.32 George Porter, Cabrillo (Lompoc, Calif.) 1985
State: 35.5 George Porter, Cabrillo (Lompoc, Calif.) 1985

Pos.	Name	Gr.	School/Sect.	Sect. Mark	Place	Mark
Heat 1 Prelims						
2	Vincent, Justin	12	Clayton Valley/NC	39.23		
3	Howell, James	12	Gahr/SS	38.67		
4	Rahmaan, Hasson	12	Serra/SS	38.04		
5	Craddock, Kevin	11	Logan James/NC	36.53		
6	Maynard, James	12	Stagg/SJ	37.94		
7	Lepisto, Braden	12	Agoura/SS	38.63		
8	Valdez, Juan	12	Golden West/CE	39.23		
Heat 2 Prelims						
2	Santistevan, Fred	12	Valley Center/SD	39.33		
3	Cassell, Nicholas	12	California/NC	38.69		
4	Klech, David	10	California/NC	38.08		
5	Profit, Marquis	12	Muir/SS	37.11		
6	Evans, Sheldon	12	Pacifica (G.G.)/SS	37.77		
7	Wirgler, Matthew	12	Aragon/CC	38.50		
8	Ott-Wright, Kevin	12	Scripps Ranch/SD	39.22		
9	Washington, Bryant	11	Clovis West/CE	40.45		
Heat 3 Prelims						
2	Doucet, Alex	12	North Monterey/CC	39.55		
3	Souza, Carlos	12	Turlock/SJ	38.84		
4	Prentice, Terry	09	Diamond Ranch/SS	38.22		
5	Kelly, Kai		Dorsey/LA	37.22		
6	Leopold, Danny	12	Highland/SS	37.73		
7	Dangerfield, Matt	11	Chatsworth/LA	38.40		
8	Dalton, Ulysses	11	Vallejo/SJ	39.15		
9	Ramos, Nick	11	Winters/NO	39.83		
Heat 4 Prelims						
2	Robinson, Scott	11	Santa Clara/CC	39.72		
3	McLean, Reid	11	Coronado/SD	38.94		
4	Abdul-Mateen, Yahya	12	McClymonds/OK	38.28		
5	Payne, Bryan	12	Trabuco Hills/SS	37.27		
6	Ahlstrom, Kevin	12	Los Alamitos/SS	37.40		
7	Jones, Jeremy	12	Castlemont/OK	38.39		
8	Blue, Nick	12	Carson/LA	38.97		
9	Wyatt, Bert	11	South Bkrsfld/CE	39.80		

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

Records Natl: 39.98 Lashinda Demus, Wilson (Long Beach, Calif.) 2000
State: 40.26 Janeene Vickers, Pomona 1987

Pos.	Name	Gr.	School/Sect.	Sect. Mark	Place	Mark
Heat 1 Prelims						
2	Graham, Evelyn	12	Carson/LA	45.89		
3	Hicks, T'Shara	11	University Cty/SD	44.83		
4	Marshburn, Rebecca	11	Dana Hills/SS	43.36		
5	Collins, Ebony	9	Wilson/LB/SS	41.26		
6	Ward, Tanicka	12	North, JW/SS	43.26		
7	Sheredy, Corey	12	Scotts Valley/CC	44.55		
8	Patten, Endurha	12	Gardena/LA	45.63		
9	Peterson, Valerie	10	Burton/SF	48.80		
Heat 2 Prelims						
2	Robinson, Danielle	9	Arch Mitty/CC	46.11		
3	Johnson, Whitney	12	South Bkrsfld/CE	44.97		
4	Eze, Julie	12	Eisenhower/SS	43.41		
5	Stewart, Talia	12	Logan James/NC	41.71		
6	Quinley, Shevell	11	Merrill West/SJ	43.19		
7	Blue, Laiah	12	Granite Hills/SD	43.82		
8	Shibata, Mary	12	Ukiah/NC	45.46		
9	Kahn, Lauren	10	Gardena/LA	47.34		
Heat 3 Prelims						
2	Merrill, Christine	11	Bakersfld Chr/CE	46.28		
3	Phares, Noelle	12	Paradise/NO	44.97		
4	Bethel, Antonia	12	Turlock/SJ	43.51		
5	Woods, Shana	10	Poly (Lb)/SS	42.25		
6	Kirst, Katie	12	Valencia-V/SS	43.14		
7	Samuels, Jhana	12	Diamond Ranch/SS	43.72		
8	Shoate, Krystle	12	Serra/SD	45.39		
9	Hudson, Danita	09	Skyline/OK	46.79		
Heat 4 Prelims						
2	Stacier, Sarah	12	Clovis/CE	46.46		
3	Boge, Marisa	10	Bishop O'Dowd/NC	45.19		
4	Grant, Katelin	12	Lodi/SJ	43.51		
5	Profit, Kaini	09	Muir/SS	42.79		
6	Harris, Dashanta	12	Poly (Lb)/SS	42.93		
7	Ankton, Falesha	11	Benicia/SJ	43.54		
8	Smith, Evelyn	11	Hayward/NC	45.22		
9	Aronson, Kerriann	10	Mills/CC	46.78		

PHOTO COURTESY OF DAVE PAYNE



Matthew Wirgler
Aragon High School



Talia Stewart
James Logan High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS 200m DASH

Prelims: 8:08 p.m. - Fri. Final: 7:10 p.m. - Sat.

Records Natl: 20.13 Roy Martin, Roosevelt (Dallas, Texas) 1985
State: 20.8yds James Sanford, Pasadena 1977

Pos.	Name	Gr.	School/Sec.	Sect. Mark	Place	Mark
Heat 1 Prelims						
2	Sain, Tirrell	11	Hanford/CE	22.35		
3	Danns, Dax	10	Helix/SD	21.80		
4	Williams, Wes	11	Esperanza/SS	21.52		
5	Jones, Derrick	12	Poly (Lb)/SS	20.97		
6	Holland, Jamere	10	Taft/LA	21.50		
7	Worstein, Fred	12	Yosemite/CE	21.77		
8	Rhoades, James	12	Ramona/SD	22.04		
Heat 2 Prelims						
2	Webster, Mason	12	Las Plumas/NO	22.54		
3	Smith, Brandon	11	West/CE	21.80		
4	Mays, Devin	10	Lincoln, Stoc/SJ	21.60		
5	Crawford, Carl	12	East Union/SJ	21.08		
6	Glass, Rodney	10	Notre Dame(SO)/SS	21.49		
7	Pearlstone, Alex	11	Drake/NC	21.76		
8	Straiten, Aaron	12	Antioch/NC	21.95		
Heat 3 Prelims						
2	Norris, Mike	12	Skyline /OK	22.61		
3	Tillman, Ameer	12	Dublin/NC	21.84		
4	Morris, Desmond	12	Fairfield/SJ	21.60		
5	Conrad, Steven	12	Nevada Un./SJ	21.35		
6	Osaisai, Wopamo	12	Pinoie Valley/NC	21.48		
7	Tolver, Tredale	12	Mira Mesa/SD	21.67		
8	Grant, Micah	11	Washington/LA	21.93		
Heat 4 Prelims						
2	Speech, Michael	12	Lowell/SF	22.78		
3	Ingram, Andre	12	Branham/CC	21.88		
4	Clarke, Delano	12	Sacramento/SJ	21.61		
5	Love, Kelvin	12	Lancaster/SS	21.36		
6	Drummer, Ronnie	12	North Salinas/CC	21.47		
7	Woods, Justin	11	Los Alamitos/SS	21.66		
8	Thompson, Arvelle	12	Oak Grove/CC	21.92		

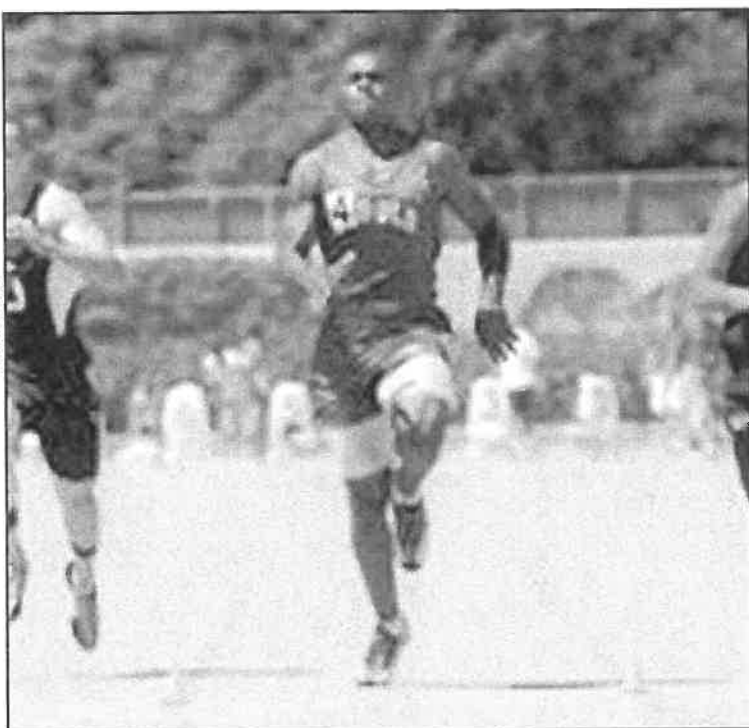
GIRLS 200m DASH

Prelims: 8:20 p.m. - Fri. Final: 7:17 p.m. - Sat.

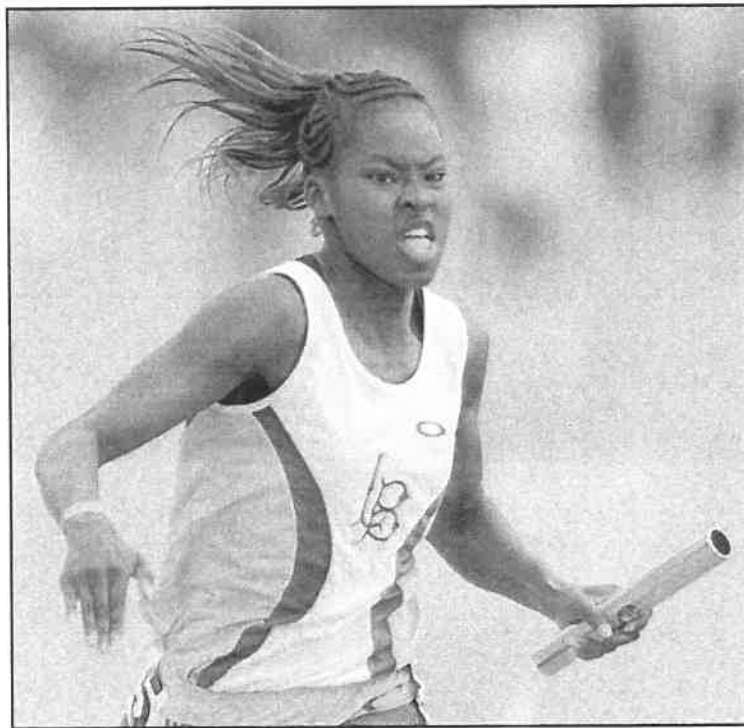
Records Natl: 22.52 Allyson Felix, LA Baptist (North Hills, Calif.) 2003
State: 22.52 Allyson Felix, LA Baptist (North Hills) 2003

Pos.	Name	Gr.	School/Sec.	Sect. Mark	Place	Mark
Heat 1 Prelims						
1	Jones, Candice	11	Skyline/OK	25.55		
2	Amos, Rashaunna	11	Southwest (Ec)/SD	25.24		
3	Jones, Kim	12	Bakersfield/CE	24.87		
4	Williams, Sade	9	Rncho Cucmng/SS	24.14		
5	Baldwin, Jasmin	12	Bishop Amat/SS	23.15		
6	Diego, Jolanda	12	El Camino/SD	24.11		
7	Brazell, Lachelle	10	Burbank/SJ	24.86		
8	Talton, Keianna	09	Menlo Atherton/CC	25.14		
9	Leachman, Whitney	12	Elsie Allen/NC	25.53		
Heat 2 Prelims						
1	Garrett, Cherelle	9	Mt. Eden/NC	25.96		
2	Jones, Taryn	12	Helix/SD	25.36		
3	Baker, Seante	12	Arch Mitty/CC	24.97		
4	Steen, Cristal	12	Gardena/LA	24.43		
5	Solomon, Shalonda	12	Poly (Lb)/SS	23.17		
6	Smith, Angelique	12	Logan James/NC	24.08		
7	David-Jacobs, Chauncey	11	Burton/SF	24.84		
8	Winston, Renee	12	Birmingham/LA	25.13		
9	Motley, Cameo	10	Mt. Eden/NC	25.51		
Heat 3 Prelims						
1	Phares, Natalie	12	Paradise/NO	26.49		
2	Anderson, Romesha	09	Stockdale/CE	25.41		
3	Lofton, Sherrina	10	Fairfield/SJ	24.97		
4	Carter, Khrystal	10	Valley Chrstn/CC	24.52		
5	Nash, Jennifer	12	Merrill West/SJ	23.73		
6	Lee, Jasmine	12	Poly (Lb)/SS	23.94		
7	Picott, Chanda	12	Poly (Lb)/SS	24.65		
8	Bonty, Kandi	11	Monroe/LA	25.05		
9	Thomas, Kyanna	09	Edison/CE	25.44		

PHOTO COURTESY OF MARGARET GALLAGHER



Wopamo Osaisai
Pinole Valley High School



Shalonda Solomon
Poly (Long Beach) High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS 3200m RUN

Final: 7:25 p.m. - Sat.

Records Natl: 8:41.1 Dathan Ritzenhein, Rockford (Michigan) 2000
State: 8:44.9hyds Eric Hulst, Laguna Beach 1975

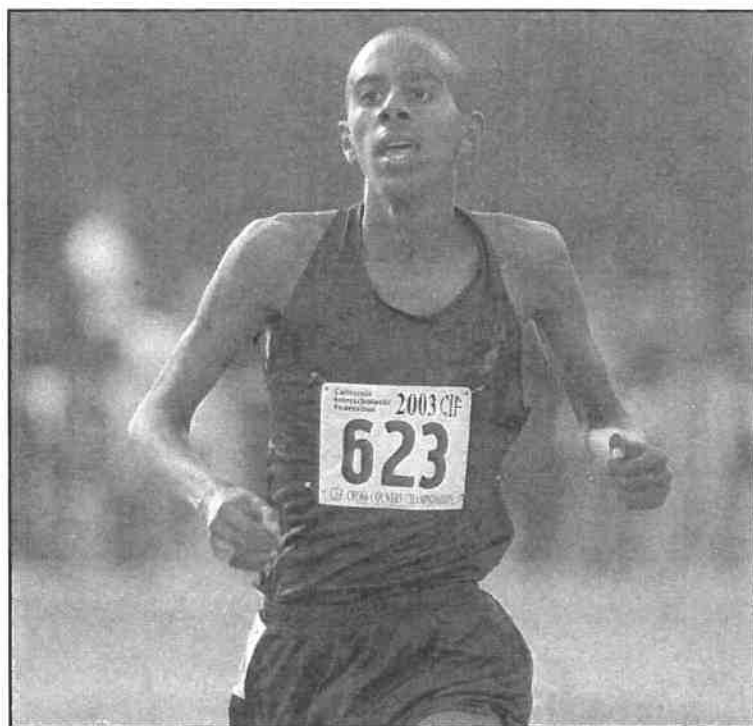
Pos.	Name	Gr.	School/Sect.	Sect. Mark	Place	Mark
1	Mineau, Jeremy	12	Menlo Atherton/CC	9:01.54		
2	Ghebray, Yosef	11	Logan James/NC	9:01.76		
3	Dunn, Alex	12	San Lorenzo Vly/CC	9:04.66		
4	Shackleton, Kyle	12	Carimont/CC	9:05.36		
5	Lipkin, Andrew	12	Gunn/CC	9:07.97		
6	Huerta, Nathan	11	North Monterey/CC	9:08.49		
7	Tachias, Andrew	12	Covina/SS	9:09.06		
8	Bauhs, Scott	12	San Ramon Vly/NC	9:09.80		
9	Bethke, Brandon	11	El Toro/SS	9:11.05		
10	Parsel, Patrick	12	Carmel/CC	9:11.15		
12	Marquez, Angel	12	Wilson-HH/SS	9:12.23		
13	Pina, Ulises	12	Poly (Lb)/SS	9:12.58		
14	Schmitt, Jake	11	Redwood/NC	9:15.04		
15	Megazzi, Aaron	12	Ferndale/NC	9:16.26		
16	Wagnew, Babey	12	Helix/SD	9:19.65		
17	Inman, Cheyne	12	Vacaville/SJ	9:21.21		
18	Wihtol, John	12	Jesuit/SJ	9:22.01		
19	Osman, Ahmed	10	San Diego/SD	9:26.53		
20	Engler, Jason	11	Granite Bay/SJ	9:26.81		
21	Bruser, Kyle	11	Patrick Henry/SD	9:27.13		
22	Longcrier, Nathan	10	Centennial/CE	9:32.65		
23	Garcia, Erick	09	Parlier/CE	9:33.17		
24	Quintana, Eloy	12	Clovis/CE	9:33.94		
25	Ogden, Nathan	12	Pleasant Vly/NO	9:41.25		
26	Guzman, Gabriel	10	Monroe/LA	9:47.68		
27	Taieb-Brahim, Mehdi	12	Birmingham/LA	9:49.85		
28	Chan, Albert	11	Oakland/OK	9:53.80		

GIRLS 3200m RUN

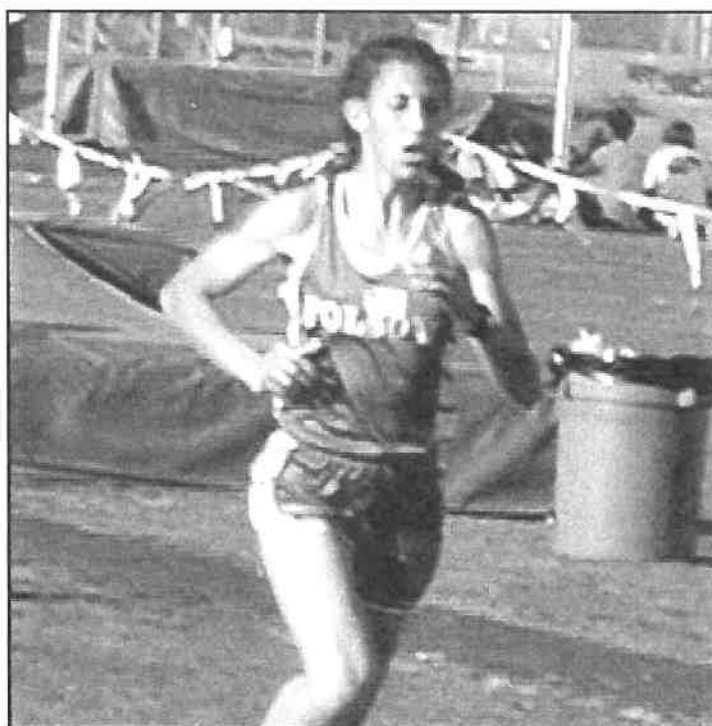
Final: 7:42 p.m. - Sat.

Records Natl: 9:48.59 Kim Mortensen, Thousand Oaks (Calif.) 1996
State: 9:52.8 Kim Mortensen, Thousand Oaks 1996

Pos.	Name	Gr.	School/Sect.	Sect. Mark	Place	Mark
1	LaBeaud, Natasha	11	Folsom/SJ	10:33.28		
2	Flacks, Lindsay	12	Harvard-Westlk/SS	10:36.67		
3	Leland, Shelby	12	Ukiah/NC	10:38.75		
4	Walker, Lauren	12	Canyon-CC/SS	10:41.57		
5	Rothenburger, Monica	12	Dana Hills/SS	10:41.98		
6	Magdaleno, Lauren	12	St. Paul/SS	10:42.32		
7	Bryan, Rachel	12	Laguna Creek/SJ	10:45.20		
8	Pascuito, Liza	12	Murrieta Vally/SS	10:46.11		
9	Aulet-Leon, Olga	12	Peninsula/SS	10:46.79		
10	Escobar, Alma	10	Corona/SS	10:47.21		
11	Tyler, Tori	11	Gunn/CC	10:49.11		
12	Calvelli, Katelyn	9	Drake/NC	10:49.54		
13	White, Yasmine	11	Arcata/NC	10:50.69		
14	Rethmeier, Claire	12	San Pasqual/SD	10:52.95		
15	Moreno, Amanda	10	Escalon/SJ	10:56.35		
16	Nguyen, Marie	12	Milpitas/CC	10:56.83		
17	Montgomery, Ashleigh	11	Carondelet/NC	11:01.10		
18	Scott, Lorin	12	San Pasqual/SD	11:01.85		
19	Saylor, Lauren	09	Buchanan/CE	11:02.68		
20	Grelli, Melissa	12	Presentation/CC	11:05.52		
21	Beatty, Amanda	11	Scripps Ranch/SD	11:06.84		
22	Duke, Krystal	11	Clovis/CE	11:09.09		
23	Hodgkinson, Hannah	09	Pleasant Vly/NO	11:09.75		
24	Grimes, Brittany	12	Centennial/CE	11:14.40		
25	Hartel, Emmaline	10	Birmingham/LA	11:21.85		
26	Hernandez, Jennifer	10	Birmingham/LA	11:31.75		
27	Choi, Diana	12	Skyline/OK	11:32.73		
28	Ortega, Sarah	11	Washington/LA	11:37.03		



Yosef Ghebray
James Logan High School



Natasha LaBeaud
Folsom High School

Felix Sets National Record, Long Beach Poly Girls Win 7th Title to Highlight 2003 Championships

All eyes were on Los Angeles Baptist's Allyson Felix as she lined up in the blocks for the 200-meter dash. In less than 23 seconds, the fans saw just what they had come to see -- a national record. Felix finished the race in 22.52, to replace Olympic Champion Marion Jones (Thousand Oaks HS) whose 22.67 had been the standard since 1992.

Felix, who took top honors in the 200 for the second year, also bested the field in the 100 meters for the third straight time.

Sharon Day, of Costa Mesa HS, also repeated as champion in the high jump.

Long Beach Poly won its seventh girls state champion-

ship thanks in part to titles in both the 400 and 1600-meter relays, Jasmine Lee's first-place finish in the 400 meters and a pair of second-place finishes by Shalonda Solomon.

Poly's relay teams were oh-so-close to national and state meet records. The 400 team was .34 seconds off the pace while the 1600 squad crossed the line just .06 seconds behind the record.

The Jackrabbits posted 62 points, the second-highest total ever at the state meet behind the Berkeley girls' 64 in 1981.

Wilson HS of Long Beach finished second with 42 points. Ashley Freeman (800 meters) and MacKenzie Hill

(300 hurdles) earned titles for the Bruins.

Ashlee Brown, of J.W. North in Riverside, picked up her third state title, this time winning the 100 hurdles. Her 13.58 finish was less than .04 behind former teammate Nicole Denby who set the national mark in 2000. Brown's previous wins had been in the 300 hurdles.

On the boys' side, Helix took the team title with 23.5 points, the lowest winning total since 1990. Derrell Hutsona (long jump) was the Highlanders' lone champion. His 25-05.75 leap was the best at the state championship since the meet record of 26-04.75 was set by James Stallworth of Tulare in 1989.

Long Beach Poly finished second in the team standings with 18 points while Desert, of Edwards A.F.B., had 16.

Poly picked up the bulk of its points with its third third straight crown in the 1600-meter relay. Meanwhile, Rudy Burgess helped Desert finish near the top with a 50-04.25 showing in the triple jump.

Sanger's Cole Herron successfully defended his high jump crown by clearing 6-10.

Junior Lionel Larry of Dominguez won the 200 meters in a time just .17 seconds off the state meet record.

Nik Kay of Los Gatos dominated the boys discus with a throw of 203-03, just two inches shy of the state record.

CIF TRACK AND FIELD PURSUING VICTORY WITH HONORsm AWARD WINNERS

Year	Student-Athlete	High School	Year	Student-Athlete	High School
1999	Tim Adrian	Moorpark	2001	Shannon Lewallen	Peninsula
	Alejandra Barrientos	San Lorenzo		Jason Lovell	Cleveland
	Brandon Braunstein	Newark Memorial		Naonka Mixon	Long Beach Poly
	Jill Camarena	Woodland		Jeff Nelson	Murrieta
	Marcus Chandler	Sierra		Angel Perkins	Gahr
	Bernard Grady	Scripps Ranch		Aaron Powell	Poway
	Tenisha Johnson	Archbishop Mitty		Anita Siraki	Hoover, Glendale
	Antonia Lozano	Katella		Shalonda Solomon	Long Beach Poly
	Jeremy Richards	Righetti		Amber Steen	Newport Harbor
	Buffie Ryan	Soquel		Jenna Timinsky	San Dieguito
	Kim Stone	York		Todd Walken	Helix
	Derrick Wise	A.B. Miller		Deun White	Rancho Bernardo
	Conner Banks	St. Mary's		Jihad Beauchman	Bellarmine
2000	Sara Bei	Montgomery Santa Rosa	2002	Carolyn Brown	Burroughs
	Evan Fox	West Hills		Chaunte Howard	Riverside North
	Shane Hackett	Verdugo Hills		Jeff Jacobs	Santa Margarita
	Mackenzie Hill	Long Beach Wilson		Ruth Graham	Gunn, Palo Alto
	Trevor Jones	Newport Harbor		Carrie Johnson	Fallbrook
	Liz Morse	Corona del Mar		Chelsea Johnson	Atascadero
	Buffie Ryan	Soquel		Thomas Mack	Bakersfield
	Mike Serratos	Don Lugo		Angel Perkins	Gahr
	Anita Siraki	Hoover Glendale		Shannon Rowbury	Sacred Heart Cathedral
	Shayla Ballentine	Morro Bay		Dan Ryan	Sultana
	Alexis Barischi	Merrill West		DJ Smith	Foothill/NCS
	Jim Chambliss	South Hills		Duane Solomon	Cabrillo Lompoc
	Tom Chapman	Golden West		Danielle Stokes	St. Mary's, Berkeley
Ethan Clarke	Bellarmine	Jensen Wayne	Notre Dame, Sherman Oaks		
Jeff Garrison	JW North	Jessica Delunay	Claremont		
Julian Gibson	Palo Alto	TJ Fakehinde	Eastside Christian		
Ryan Hall	Big Bear	Yong-Sung Leal	Arroyo		
Jeffrey Hunter	Granite Hills	Carol Rodriguez	Western		
Meghan Johnson	Holy Names	Michael Singer	Valencia		
Rodney Landingham	Sonora	Joel Tuosto	Greenfield		

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS 1600m RELAY

Prelims: 8:50 p.m. - Fri. Final: 8:00 p.m. - Sat.

Records National: 3:07.4 Hawthorne (California) 1985
State: 3:08.66 Muir (Pasadena) 1996

Lane	School	Sect.	Sect. Mark	Pos	Place	Mark
Heat 1 Prelims						
1	Paradise	NO	3:24.69			
2	Pinole Valley	NC	3:22.51			
3	Fremont	LA	3:20.14			
4	Los Alamitos	SS	3:17.33			
5	Dorsey	LA	3:11.45			
6	Serra	SS	3:16.69			
7	Fairfield	SJ	3:20.09			
8	Buchanan	CE	3:21.52			
9	Castlemont	OK	3:24.16			
Heat 2 Prelims						
1	Lowell	SF	3:37.22			
2	Johnson	SJ	3:23.14			
3	Santa Clara	CC	3:20.70			
4	Alameda	NC	3:19.29			
5	Poly (Lb)	SS	3:13.96			
6	Mission Viejo	SS	3:16.34			
7	Poway	SD	3:20.09			
8	University Cty	SD	3:21.41			
9	Miramonte	NC	3:23.97			
Heat 3 Prelims						
1	Bakersfield	CE	3:21.48			
2	Clovis	CE	3:23.61			
3	Ramona	SD	3:21.20			
4	Arch Riordan	CC	3:19.46			
5	Taft	LA	3:15.40			
6	Canyon-CC	SS	3:16.15			
7	Lynbrook	CC	3:19.62			
8	Elk Grove	SJ	3:21.37			
9	California	NC	3:23.68			

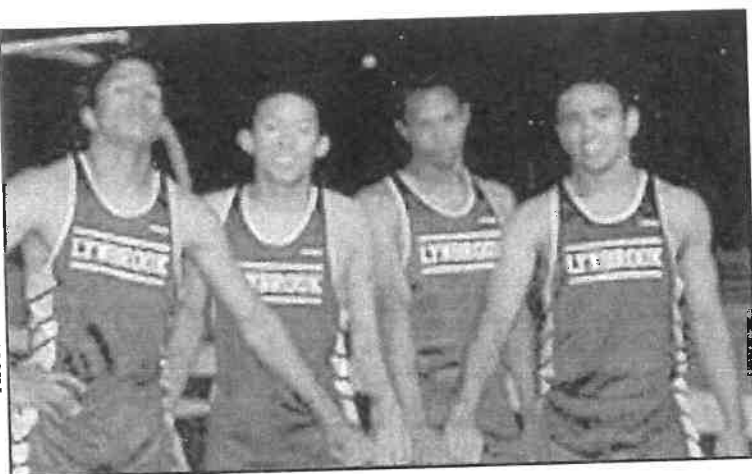
GIRLS 1600m RELAY

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

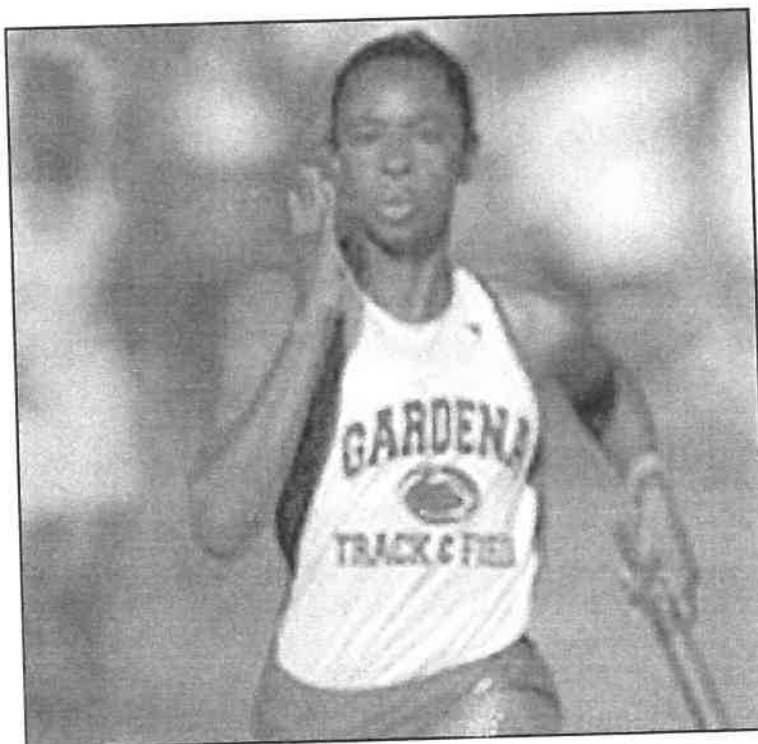
Records National: 3:35.72 Wilson (Long Beach, Calif.) 2001
State: 3:35.72 Wilson (Long Beach) 2001

Lane	School	Sect.	Sect. Mark	Pos	Place	Mark
Heat 1 Prelims						
2	Milpitas	CC	4:00.27			
3	Stockdale	CE	3:55.83			
4	Gardena	LA	3:51.69			
5	Wilson/LB	SS	3:41.57			
6	Fairfield	SJ	3:50.32			
7	La Costa Cnyn	SD	3:54.69			
8	Paradise	NO	3:59.27			
Heat 2 Prelims						
2	Carondelet	NC	4:00.63			
3	Helix	SD	3:56.90			
4	North, JW	SS	3:52.07			
5	Rancho Cucamng	SS	3:42.04			
6	Muir	SS	3:50.25			
7	Redlands East	SS	3:54.19			
8	Los Gatos	CC	3:59.03			
Heat 3 Prelims						
2	Castlemont	OK	4:01.25			
3	Carson	LA	3:57.04			
4	Cajon	SS	3:52.85			
5	Poly (Lb)	SS	3:43.95			
6	Birmingham	LA	3:49.12			
7	University Cty	SD	3:53.59			
8	Maria Carillo	NC	3:58.47			
Heat 4 Prelims						
2	Tulare Western	CE	4:04.50			
3	Edison	CE	3:57.15			
4	Sheldon	SJ	3:53.04			
5	Logan James	NC	3:44.84			
6	Merrill West	SJ	3:46.68			
7	Arch Mitty	CC	3:53.43			
8	Deer Valley	NC	3:57.30			
9	Burton	SF	4:08.22			

PHOTO COURTESY OF MARGARET GALLAGHER



Lynbrook High School



Myra Hasson
Gardena High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS HIGH JUMP

Prelims: 4:00 p.m. - Fri. Final: 3:00 p.m. - Sat.

Records Natl: 6-3 Amy Acuff, Corpus Christi (Calallen, Texas) 1992
State: 6-2 Latrese Johnson, Clovis 1985

Pos.	Name	Gr.	School/Sect.	Sect. Mark	Place	Mark
1	Erdman, Ally	10	Quartz Hill/SS	5-02.00		
2	Alonzo, Sarah	10	Chico/NO	5-02.00		
3	Collins, Lauren	11	Santa Margarit/SS	5-02.00		
4	Griffith, Ashley	10	Cal Sch/Deaf/NC	5-03.00		
5	Johnson, Michelle	11	Los Gatos/CC	5-04.00		
6	Grimes, Tifani	12	St. Francis/SJ	5-04.00		
7	McDowell, Esha	11	Eastlake/SD	5-04.00		
8	Henderson, Brittany	11	Fairfax/LA	5-04.00		
9	Johansen, Bethany	12	Arch Mitty/CC	5-04.00		
10	Robinson, Moira	09	Mt. Whitney/CE	5-04.00		
11	Roberts, Laurie	11	Menlo/CC	5-04.00		
12	Sather, Kaitlin	11	Maria Carillo/NC	5-04.00		
13	Mansker, Nina	12	Granada Hills/LA	5-04.00		
14	O'Connor, Tayler	10	Mercy-Burlingm/CC	5-04.00		
15	Mullens, Christina	09	Clovis East/CE	5-04.00		
16	Thompson, Alisha	12	Canyon-CC/SS	5-04.00		
17	Lightsey, Lindsay	12	Alhambra/NC	5-04.00		
18	Curtis, Khristina	11	Tustin/SS	5-04.00		
19	Jackson, Susan	9	Napa/SJ	5-06.00		
20	Schmid, Erika	11	Vintage/SJ	5-06.00		
21	Klages, Jamie	11	Coronado/SD	5-06.00		
22	Kaufman, Amber	10	Branham/CC	5-06.00		
23	Huff, Chelsea	11	Aptos/CC	5-06.00		
24	Wiley, Mindi	10	Sonoma Valley/NC	5-06.00		
25	Gonder, Desirae	10	Stockdale/CE	5-06.00		
26	St. John, Danielle	12	Oakdale/SJ	5-06.00		
27	Burks, Briana	10	Clovis West/CE	5-06.00		
28	Day, Jasmin	10	Costa Mesa/SS	5-06.00		
29	Whetstine, Lindsey	11	Mt. Carmel/SD	5-07.25		
30	Miller, Allie	12	Los Altos/CC	5-08.00		

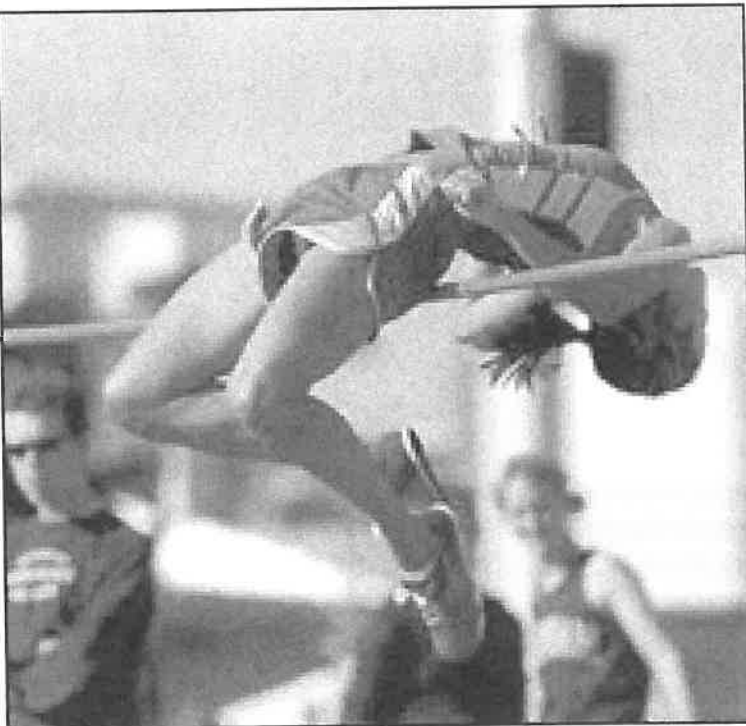
GIRLS LONG JUMP

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

Records Natl: 22-1.75 Kathy McMillian, Hoke Co. (Raeford, N.C.) 1976
State: 22-0.5 Marion Jones, Thousand Oaks 1993

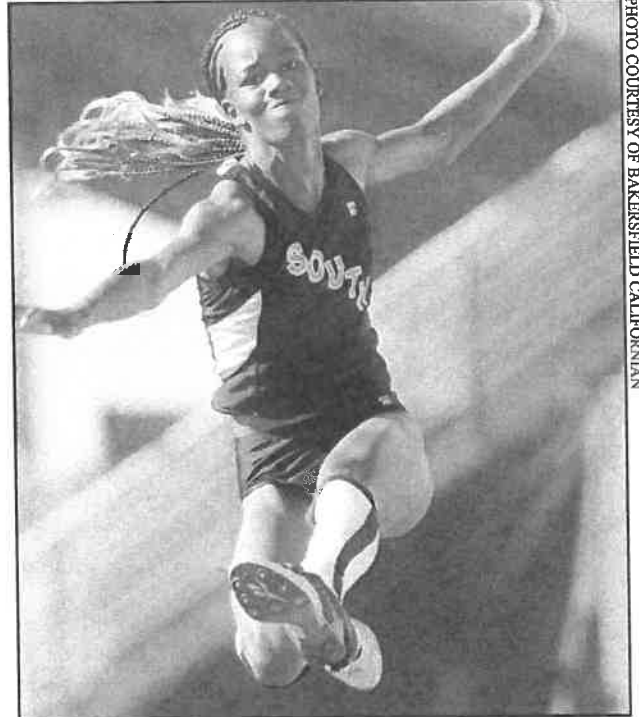
Pos.	Name	Gr.	School/Sect.	Sect. Mark	Place	Mark
1	Wright, Jasmin	12	Wheatland/NO	16-04.25		
2	Johnson, Jamina	11	Granada Hills/LA	16-08.50		
3	Leidle, Heather	11	Rancho Buena V/SD	17-03.25		
4	Kearin, Kasey	10	Rancho Bernrdo/SD	17-04.25		
5	Mobely, Miia	11	Mt. Carmel/SD	17-05.25		
6	Templeton, Caroline	12	Santa Rosa/NC	17-06.75		
7	Chiang, Julia	11	Piedmont/NC	17-09.50		
8	Archie, Lauren	12	Hoover/CE	17-10.00		
9	Johnson, Whitney	12	South Bkrsfid/CE	17-10.50		
10	Ellis, Shawna	12	Intr Studies A/SF	17-11.50		
11	Friesen, Natalie	12	Immanuel/CE	18-00.00		
12	Stewart, Tracey	10	Logan James/NC	18-02.50		
13	Watson, Shana	11	Skyline/OK	18-04.00		
14	Kaye, Decontee	11	Logan James/NC	18-04.25		
15	Grimes, Tifani	12	St. Francis/SJ	18-05.25		
16	Zawojski, Katrina	11	Palo Alto/CC	18-06.00		
17	Theus, Nicole	12	Carlmont/CC	18-06.50		
18	Holmes, Kristin	11	Claremont/SS	18-07.25		
19	Babb, Candyce	12	Pomona/SS	18-08.50		
20	Ruffin, Shelese	11	Beaumont/SS	18-08.75		
21	Carson, DeAna	9	Wilson/LB/SS	18-09.50		
22	Becker, Galina	11	Mt. Pleasant/CC	18-11.00		
23	Allmond, Andrea	11	Wainut/SS	19-01.25		
24	Quinley, Shevell	11	Merrill West/SJ	19-02.00		
25	Watson, Danialle	10	Carson/LA	19-03.50		
26	Woods, Shana	10	Poly (Lb)/SS	19-03.75		
27	Neeley, Mindy	11	Dos Pueblos/SS	19-04.75		
28	Daniels, Brittany	11	Merrill West/SJ	20-02.25		
29	Hunter, Gayle	12	North, JW/SS	20-03.50		

PHOTO COURTESY OF MARGARET GALLAGHER



Allie Miller
Los Altos High School

PHOTO COURTESY OF BAKERSFIELD CALIFORNIAN



Whitney Johnson
South Bakersfield High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS DISCUS

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

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

Pos.	Name	Gr.	School/Sect.	Sect. Mark	Place	Mark
1	Alvarado, Ruby	12	Chico/NO	108-11		
2	Van Paris, Melissa	12	Sonoma Valley/NC	120-09		
3	Padron, Monica	11	Wilcox/CC	122-07		
4	Hunt, Jameena	10	Morse/SD	125-05		
5	Dufresne, Julie	11	Harbor/CC	126-06		
6	Thomas, Shareka	12	Encinal/NC	127-02		
7	Bushnell, Kelly	11	Fremont/CC	130-07		
8	Moore, Amanda	12	Merced/SJ	131-08		
9	Makanesi, Mele	12	Loara/SS	131-09		
10	Awaa, Nikki	11	Brea Olinda/SS	135-06		
11	Tupuola, Uia	12	Vista/SD	137-03		
12	Battle, Tai	12	Will C. Wood/SJ	138-04		
13	Thomson, Krystal	12	Bret Harte/SJ	138-05		
14	Gardner, Vanessa	12	Mission Viejo/SS	139-08		
15	Howard, Megan	12	Arroyo Grande/SS	141-04		
16	Barber, Sarah	11	St. Joseph-Lw/SS	142-05		
17	Deweese, Whitney	12	Rancho Buena V/SD	142-06		
18	Ayala, Sharon	12	Avenal/CE	143-07		
19	Jacobsen, Sara	12	Marin Catholic/C	147-00		
20	Toeaina, Alexararee	11	Pittsburg/NC	148-04		
21	Guiffre, Margaret	11	Tehachapi/CE	149-11		
22	Faubus, Missy	12	Centennial/CE	163-08		

GIRLS POLE VAULT

Prelims: 2:00 p.m. - Fri. Final: 3:00 p.m. - Sat.

Records National: 13-8 Shayla Ballentine, Morro Bay (Calif.) 2001
State: 13-8 Shayla Ballentine, Morro Bay 2001

Pos.	Name	Gr.	School/Sect.	Sect. Mark	Place	Mark
1	Martella, Ashley	12	West Valley/NO	9-03.00		
2	Sonby, Melanie	12	Birmingham/LA	9-06.00		
3	Greenman, Andrea	10	Clovis/CE	10-06.00		
4	Hobson, Erin	11	Livermore/NC	10-06.00		
5	Fitzgibbons, Caitlin	11	Poway/SD	10-09.00		
6	Shepard, Ashley	12	Buchanan/CE	11-00.00		
7	Wick, Carrie	11	Steele Canyon/SD	11-01.00		
8	Zemlok, Rachelle	12	Newark Mem/NC	11-03.00		
9	Almond, Kate	11	Gonzales/CC	11-05.00		
10	Mattoon, Kate	11	Rancho Bernrdo/SD	11-05.00		
11	Franklin, Taylor	10	St. Francis/CC	11-05.00		
12	Flores, Emely	12	Santa Rosa/NC	11-06.00		
13	Hintergardt, Maddy	11	Clovis/CE	11-06.00		
14	Chang, Tiffany	12	Campolindo/NC	11-06.00		
15	Pena, Tori	10	Edison-HB/SS	11-09.00		
16	Simmons, Rachel	9	Rocklin/SJ	11-09.00		
17	Kantola, Ingrid	12	St. Francis/SJ	11-09.00		
18	Odle, Stevie	12	Del Mar/CC	11-09.00		
19	Bayers, Krista	12	Calaveras/SJ	11-09.00		
20	Tamura, Lyndly	10	Huntington Bch/SS	11-09.00		
21	Bennett, Jannae	11	Foothill/SS	11-09.00		
22	Pacas, Monica	12	Atascadero/SS	12-03.00		
23	Dormanen, Kristen	11	Temecula Val./SS	12-07.00		
24	Johnson, Whitney	12	Mission Viejo/SS	12-07.00		
25	Stokhe, Allison	09	Newport Harbor/SS	12-07.00		

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Missy Faubus
Centennial High School



Taylor Franklin
St. Francis (Mountain View) High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS LONG JUMP

BOYS SHOT PUT

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

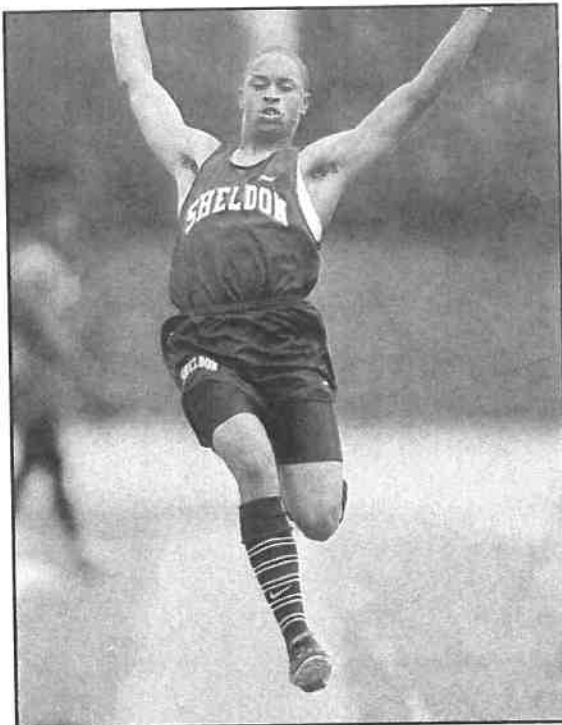
Records Natl: 26-4.75 James Stallworth, Tulare (California) 1989
State: 26-4.75 James Stallworth, Tulare 1989

Pos.	Name	Gr.	School/Sect.	Sect. Mark	Place	Mark
1	Bradshaw, Anthony	12	San Ramon Vly/NC	21-06.25		
2	Spaargaren, Jason	10	Analy/NC	21-06.25		
3	Charles, Trent	12	Carson/LA	21-06.75		
4	Brown, DeAnte	12	Concord/NC	21-07.25		
5	Fernandez, Evan	12	California/NC	21-08.00		
6	Pickering, Thomas	12	Clovis West/CE	21-08.00		
7	Washington, Vance	11	Tulare Western/CE	21-08.00		
8	Sanders, Dwayne	11	Carson/LA	21-08.50		
9	Clark, Justin		Dorsey/LA	21-10.75		
10	Ward, Demondre	09	Oakland/OK	22-00.50		
11	Davis, Jo Pierre	11	Balboa/SF	22-01.50		
12	Amadi, Charles	10	Edison/CE	22-02.50		
13	Rampersant, Chauncey	12	Wheatland/NO	22-05.25		
14	Urrutia, Luis	11	Southwest(SD)/SD	22-06.00		
15	Green, Frankie	12	Helix/SD	22-09.75		
16	Tuosto, Joel	12	Greenfield/CC	22-10.50		
17	Crenshaw, Andre	10	Antelope Vally/SS	23-00.25		
18	Houston, Hasani	12	Piedmont Hills/CC	23-00.50		
19	Nunez, Francis	12	Rialto/SS	23-01.25		
20	Van Sant, Pete	12	Santa Cruz/CC	23-04.25		
21	Parker, Bryan	12	Lincoln, Stoc/SJ	23-04.50		
22	Bridgeforth, Rex	11	Rio Mesa/SS	23-05.00		
23	Frazier, Tim	12	Claremont/SS	23-06.25		
24	Denny, Andrew	12	Mt. Carmel/SD	23-06.50		
25	Logan, Marcus	12	North, JW/SS	23-08.50		
26	Stroughter, Sam	12	Granite Bay/SJ	24-00.25		
27	Conrad, Steven	12	Nevada Un./SJ	24-02.00		
28	Keeling, Marcel	11	Serra/SS	24-05.00		
29	Jones, Devon	12	Grant/SJ	24-05.00		
30	Mosby, Demitri	12	Gahr/SS	24-06.25		
31	Nunnally, Rashaad	12	Sheldon/SJ	24-11.50		

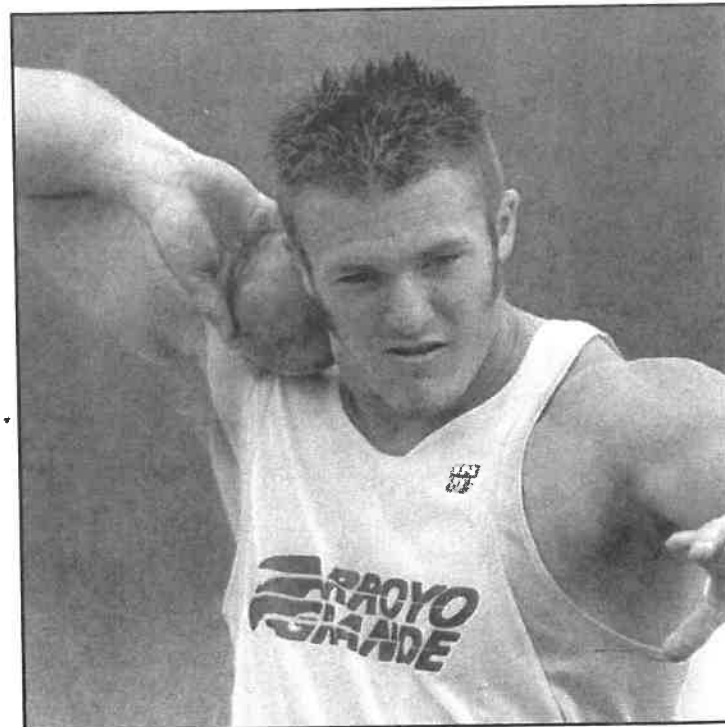
Prelims: 3:00 p.m. - Fri. Final: 3:00 p.m. - Sat.

Records Natl: 77-0 Michael Carter, Jefferson (Dallas, Texas) 1979
State: 74-7.75 Brent Noon, Fallbrook 1990

Pos.	Name	Gr.	School/Sect.	Sect. Mark	Place	Mark
1	Byrd, Daniel	11	Oakland/OK	48-06.25		
2	Ramsey, Ronnel	12	Taft/LA	51-06.00		
3	Meyer, James	12	Palisades/LA	51-08.00		
4	Gunnick, Eric	12	Healdsburg/NC	52-10.00		
5	Henry, Jasper		Dorsey/LA	53-05.00		
6	Howard, Eric	11	El Cerrito/NC	53-11.00		
7	McCluskey, James	12	Palo Alto/CC	53-11.75		
8	Pearce, Cody	12	Folsom/SJ	54-03.50		
9	Savage, Darius	10	Morse/SD	54-03.50		
10	Baer, Joey	11	Woodland/SJ	54-04.50		
11	Walton, Brandon	12	Edison/CE	54-06.25		
12	O'Donnell, Matt	12	Santa Clara/CC	54-07.25		
13	Maloy, Jay	11	Vista/SD	55-09.00		
14	Dragon, Tyler	10	Clovis West/CE	56-01.00		
15	Felso, Dave	12	Campolindo/NC	56-01.25		
16	Jarvis, Matt	12	Shasta/NO	56-05.00		
17	Hurts, Christopher	12	San Leandro/NC	56-05.50		
18	Wilhelm, Brian		St. Ignatius/CC	56-10.25		
19	Scott, Bobby	11	Clovis West/CE	56-10.25		
20	Boaz, Kellen	12	Arroyo Grande/SS	56-10.75		
21	Tombleson, Aaron	12	Woodland/SJ	57-01.50		
22	Smith, Chad	12	University-Irv/SS	57-08.50		
23	Rohr, Danny	11	Arroyo Grande/SS	57-11.25		
24	Harris, Verlondon	12	Notre Dame(SO)/SS	58-00.50		
25	Savajian, Vache	12	Maranatha/SS	58-02.00		
26	Dan, Aaron	11	Esperanza/SS	58-07.25		
27	Rodriguez, Oscar	12	Palm Desert/SS	58-09.00		
28	Field, Stephen	12	Arroyo Grande/SS	60-09.50		
29	Lewis, Mark	12	Arroyo Grande/SS	62-03.00		
30	Kocsor, Boldizsar	12	University Cty/SD	62-11.50		



Rashaad Nunnally
Sheldon High School



Danny Rohr
Arroyo Grande High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS SHOT PUT

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

Records Natl: 54-10.75 Michelle Carter, Red Oak (Texas) 2003
State: 52-11.5 Kristin Heaston, Ygnacio Vly (Concord) 1993

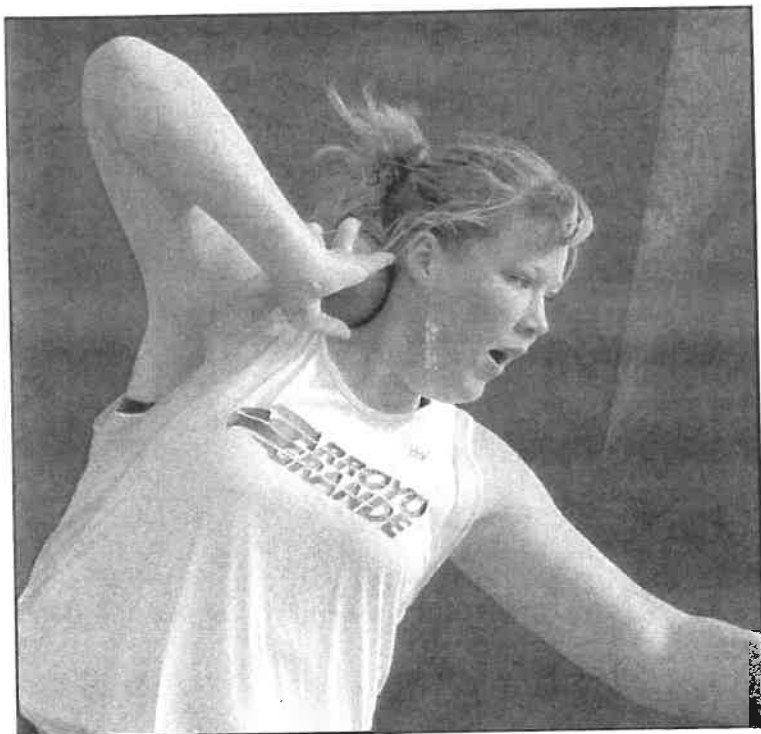
Pos.	Name	Gr.	School/Sect.	Sect. Mark	Place	Mark
1	Parsons, Michelle	10	Pleasant Vly/NO	36-00.50		*
2	Johnson, Courtney	12	Gardena/LA	37-07.00		
3	Prince, Reggle	10	Sylmar/LA	38-02.50		
4	Maake, Lisa	9	Deer Valley/NC	38-08.50		
5	Gomez, Monica	11	Mt. Pleasant/CC	38-11.25		
6	DaSilva, Jamie	12	San Ramon Vly/NC	39-02.75		
7	Bland, Jahylica	11	Modesto/SJ	39-07.75		
8	Albini, Torrie	12	San Pasqual/SD	39-09.50		
9	Paini, Sela		St. Francis/CC	39-11.50		
10	Chambers, Roya	12	Bakersfield/CE	40-03.00		
11	Rusky, Stephanie	12	Edison/CE	40-03.00		
12	Arbuckle, Ashley	12	Sheldon/SJ	40-03.00		
13	Barber, Sarah	11	St. Joseph-Lw/SS	40-11.75		
14	Tupou, Salote	12	North, JW/SS	41-00.00		
15	Benschop, Bianca	12	Logan James/NC	41-00.75		
16	Schwarzbach, Jamie	12	Granada Hills/LA	41-01.50		
17	Hunkin, Fran	12	Vista/SD	41-05.75		
18	Moore, Amanda	12	Merced/SJ	41-09.75		
19	Dufresne, Julie	11	Harbor/CC	42-00.50		
20	Tupuola, Uia	12	Vista/SD	42-04.50		
21	Phillips, April		Poly (Lb)/SS	43-05.00		
22	Yunghans, Melissa	12	Lutheran (Orng)/SS	43-07.25		
23	Van Paris, Melissa	12	Sonoma Valley/NC	43-10.00		
24	Faubus, Missy	12	Centennial/CE	45-10.00		
25	Howard, Megan	12	Arroyo Grande/SS	49-08.00		

BOYS DISCUS

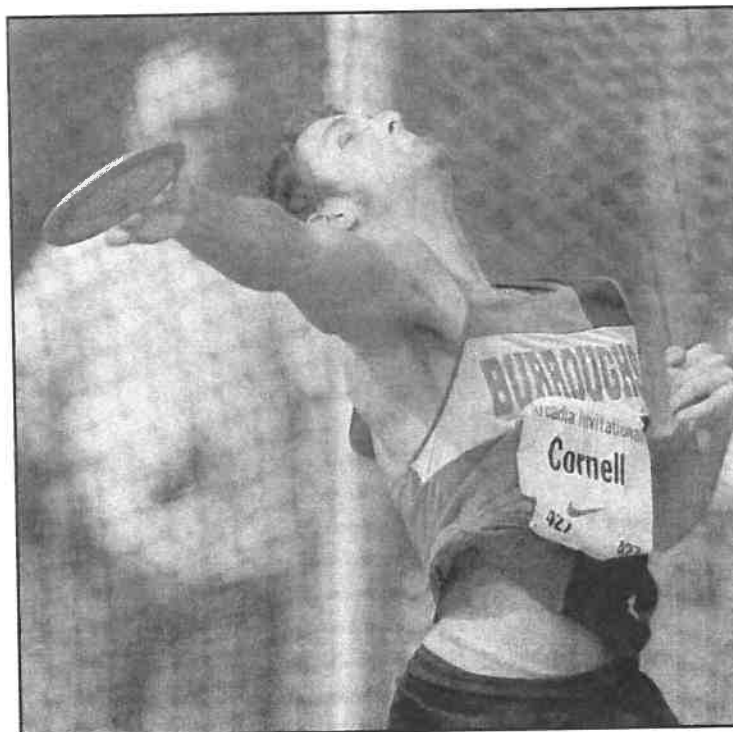
Prelims: 5:30 p.m. - Fri. Final: 5:00 p.m. - Sat.

Records Natl: 234-3 Niklas Arrhenius, Mountain View (Orem, Utah) 2001
State: 203-5 Travis Pendleton, Esperanza (Anaheim) 2000

Pos.	Name	Gr.	School/Sect.	Sect. Mark	Place	Mark s
1	Hannon, Chris	11	Lincoln/SF	133-01		
2	Byrd, Thomas	09	Oakland/OK	140-00		
3	Gunnick, Eric	12	Healdsburg/NC	157-08		
4	Hurts, Christopher	12	San Leandro/NC	158-02		
5	Ravera, Kyle	11	Central Valley/NO	158-08		
6	Tombleson, Alan	11	Woodland/SJ	161-11		
7	Paramo, Miguel	12	Shafter/CE	162-05		
8	Tombleson, Aaron	12	Woodland/SJ	163-09		
9	Gomez, Rolando	11	Pioneer/CC	165-06		
10	Savage, Darius	10	Morse/SD	166-02		
11	Ford, Aubrey	12	Yuba City/SJ	166-03		
12	Haynes, D.J.	12	Edison/CE	167-06		
13	Cain, Jason	12	Irvington/NC	167-09		
14	Kocsor, Boldizar	12	University City/SD	169-02		
15	Wooden, Matai	12	Overfelt/CC	169-10		
16	Grietens, Alek	12	Arroyo Grande/SS	170-04		
17	Scott, Bobby	11	Clovis West/CE	172-07		
18	Smallman, Bobby	12	Granada/NC	173-10		
19	Lewis, Mark	12	Arroyo Grande/SS	174-03		
20	White, Corey	12	Mt. Pleasant/CC	177-04		
21	Dan, Aaron	11	Esperanza/SS	177-11		
22	Faagai, Eki	12	Huntington Bch/SS	179-07		
23	Gillespie, Carlton	11	St. Bon'vture/SS	179-09		
24	Davis-Hammerquist, Kyle	12	Webb/SS	180-10		
25	Cornell, Eddie	12	Burrough(Rid)/SS	188-04		
26	Gray, Matt	12	Esperanza/SS	189-04		
27	Schaerer, Daniel	12	The Bishop's/SD	198-00		



Megan Howard
Arroyo Grande High School



Eddie Cornell
Burroughs (Ridgecrest) High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS TRIPLE JUMP

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

Records Natl: 44-2.25 Ychindria Spears, Luling (Texas) 2001
State: 44-0.5 Juliana Yendork, Walnut 1991

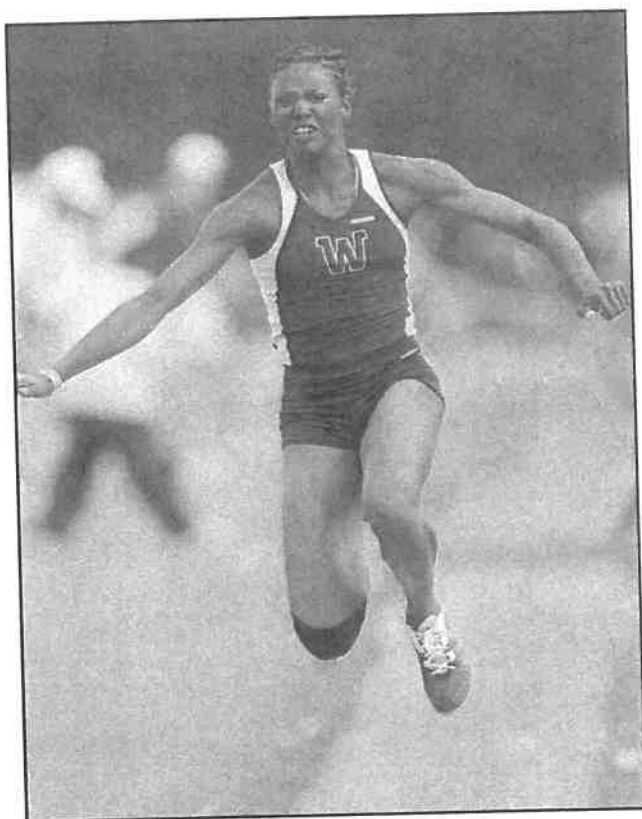
Pos.	Name	Gr.	School/Sect.	Sect. Mark	Place	Mark
1	Johnson, Jamina	11	Granada Hills/LA	34-08.75		
2	Harris, Tatiana	11	Carson/LA	35-10.00		
3	Chukwudi, Ezinne	11	Gardena/LA	35-11.00		
4	Wright, Jasmin	12	Wheatland/NO	36-07.00		
5	Leidle, Heather	11	Rancho Buena V/SD	37-02.00		
6	Kearin, Kasey	10	Rancho Bernrdo/SD	37-03.00		
7	Shilling, Marin	12	Clovis/CE	37-03.75		
8	Huff, Chelsea	11	Aptos/CC	37-04.75		
9	Watson, Shana	11	Skyline/OK	37-05.50		
10	Youngblood, Jamesha	9	Hercules/NC	37-05.50		
11	Willingham, Evon	12	Helix/SD	37-07.25		
12	Babb, Candyce	12	Pomona/SS	37-07.25		
13	Clayton, Elizabeth	12	Newport Harbor/SS	37-08.50		
14	Marchbanks, Mercedes	11	Sequoia/CC	37-09.00		
15	Barnes, Jamilah	11	Sheldon/SJ	38-00.25		
16	Friesen, Natalie	12	Immanuel/CE	38-00.25		
17	Richardson, Kenyia	9	Holy Names/NC	38-01.00		
18	Johnson, Whitney	12	South Bkrsfld/CE	38-01.25		
19	Becker, Galina	11	Mt. Pleasant/CC	38-01.75		
20	Jackson, Susan	9	Napa/SJ	38-02.50		
21	Ellis, Shawna	12	Intr Studies A/SF	38-03.00		
22	Kaye, Decontee	11	Logan James/NC	38-03.50		
23	Delaunay, Jessica	12	Claremont/SS	38-03.75		
24	Stewart, Tracey	10	Logan James/NC	38-06.25		
25	Young, Artensia	12	Serra/SS	39-05.00		
26	Hunter, Gayle	12	North, JW/SS	40-11.75		
27	Daniels, Brittany	11	Merrill West/SJ	44-08.00		

BOYS TRIPLE JUMP

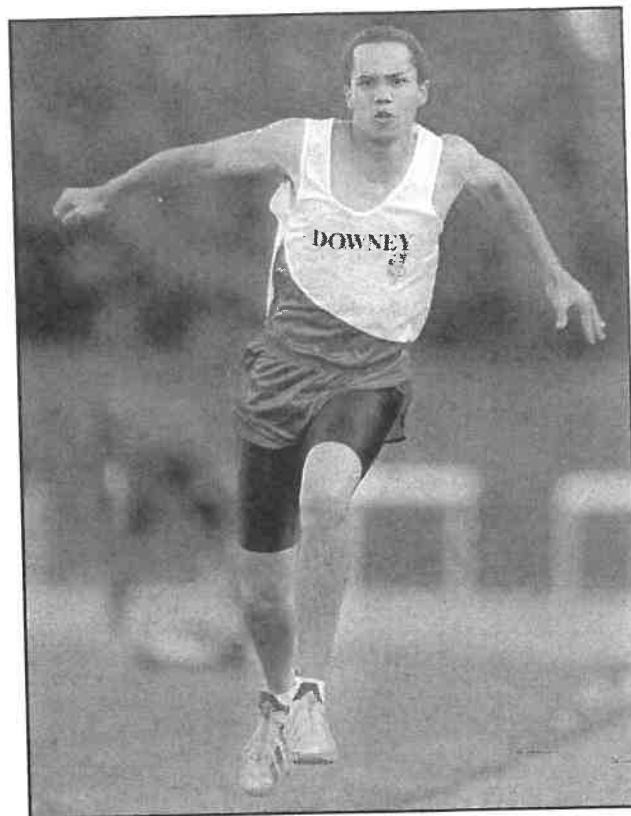
Prelims: 5:30 p.m. - Fri. Final: 5:30 p.m. - Sat.

Records Natl: 52-10.5 Charles Mayfield, Muir (Pasadena, Calif.) 1980
State: 52-5.75 Marcus Hooks, Lakewood 1986

Pos.	Name	Gr.	School/Sect.	Sect. Mark	Place	Mark
1	Rollins, Daniel	12	Burton/SF	43-00.00		
2	Scott, Chris	12	Skyline/OK	43-05.50		
3	Montgomery, Kyle	12	Amador Valley/NC	44-06.50		
4	Thomas, Dave	11	Univ. San Diego/SD	44-08.00		
5	Cassell, Nicholas	12	California/NC	44-09.50		
6	Kirvin, Robert		Shasta/NO	45-00.25		
7	Stevenson, Sam	12	Lincoln, Stoc/SJ	45-05.25		
8	Green, Frankie	12	Helix/SD	45-10.50		
9	Epps, Lanz	12	Reseda/LA	45-11.50		
10	Rucker, Ryan	12	Will C. Wood/SJ	46-01.00		
11	Parker, Bryan	12	Lincoln, Stoc/SJ	46-03.00		
12	Hawkins, Rodney	12	Banning/LA	46-03.00		
13	Gwacham, Nnamdi	11	Ayala/SS	46-04.00		
14	Fossen, Eric	12	Reedley/CE	46-04.00		
15	Gladney, Franklin	11	El Camino/SD	46-07.00		
16	Wyse, Lyndon		Dorsey/LA	46-07.25		
17	Robinson, Jon		Bellarmine/CC	46-07.75		
18	Tsuda, Scott	11	Notre Dame(SO)/SS	46-10.50		
19	Felizola, Rolando	12	Downey/SS	47-00.00		
20	Quick, Eric		Liberty/CE	47-00.00		
21	Eison, Julian	12	Westmoor/CC	47-03.50		
22	Jeffery, Angelo	12	Logan James/NC	47-08.25		
23	Perkins, Alfred	12	Arroyo Valley/SS	47-08.50		
24	Balumbu, Nkosinza	11	Logan James/NC	48-02.25		
25	Charles Amadi	10	Edison/CE	48-04.00		
26	Tuosto, Joel	12	Greenfield/CC	48-09.50		
27	Johnson, Michael	9	Rncho Cucamng/SS	49-00.25		



Brittany Daniels
Merrill West High School



Rolando Felizola
Downey High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS HIGH JUMP

BOYS POLE VAULT

Prelims: 6:30 p.m. - Fri. Final: 5:30 p.m. - Sat.

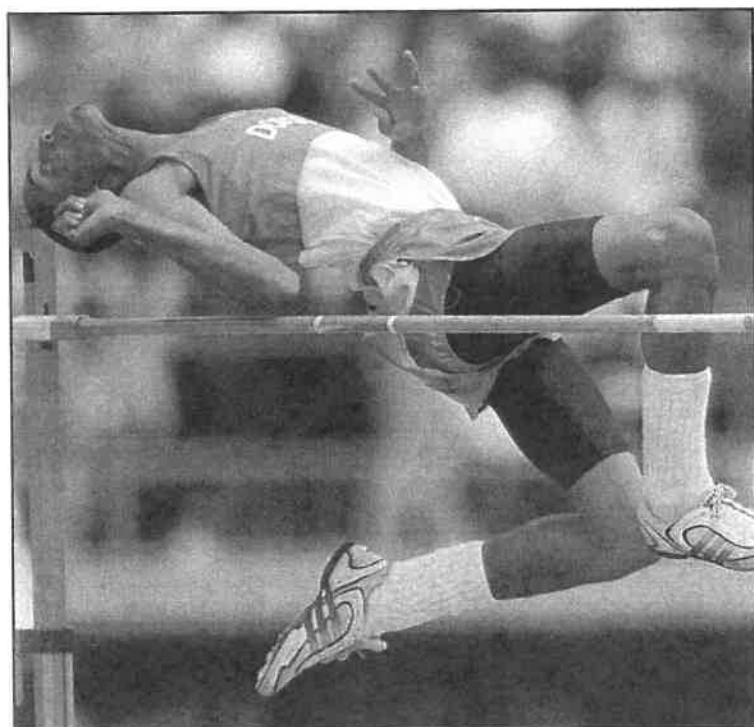
Records Natl: 7-5.25 Dothel Edwards, Cedar Shoals (Athens, Ga.) 1984
State: Lee Balkin, Glendale 1979

Pos.	Name	Gr.	School/Sect.	Sect. Mark	Place	Mark
1	Sales, Maurice	11	Tehachapi/CE	6-02.00		
2	Mero, Andrew	12	McCloud/NO	6-02.00		
3	Evans, Mike	12	Santa Clara/CC	6-02.00		
4	Fossen, Eric	12	Reedley/CE	6-04.00		
5	Ricks, Jarom	12	Highland/CE	6-04.00		
6	Houston, Isaac	11	The Kings Acd/CC	6-04.00		
7	Vargas, Ricky	12	Beyer/SJ	6-06.00		
8	Okenwa, Mike	12	Morse/SD	6-06.00		
9	Eison, Julian	12	Westmoor/CC	6-06.00		
10	Morris, Chance		Fremont/LA	6-06.00		
11	Thompson, Donny	11	Canyon Springs/SS	6-06.00		
12	Klech, David	10	California/NC	6-06.00		
13	Gwozdz, Nathan	11	La Jolla/SD	6-06.00		
14	Reed, Maurice	12	Oakland Tech/OK	6-06.00		
15	Carlyle, Fletcher	11	Vintage/SJ	6-06.00		
16	Webster, Tristan	12	Rim/World/SS	6-06.00		
17	Galbraith, Andrew	12	Foothill/NC	6-07.00		
18	Turner, Matt	12	Chaffey/SS	6-08.00		
19	Austin, Terrance	10	Poly (Lb)/SS	6-08.00		
20	Key, Aiona		Mesa Verde/SJ	6-08.00		
21	Golden, Jonathan	12	Azusa/SS	6-08.00		
22	Williams, Danny		Fremont/LA	6-08.00		
23	Burt, Desi	12	Serra/SD	6-08.00		
24	Prudhomme, Vannie		Dorsey/LA	6-10.00		
25	Moon, Jacob	11	Del Norte/NC	6-10.00		
26	Wright, Ed	12	St. Mary's/NC	7-00.00		

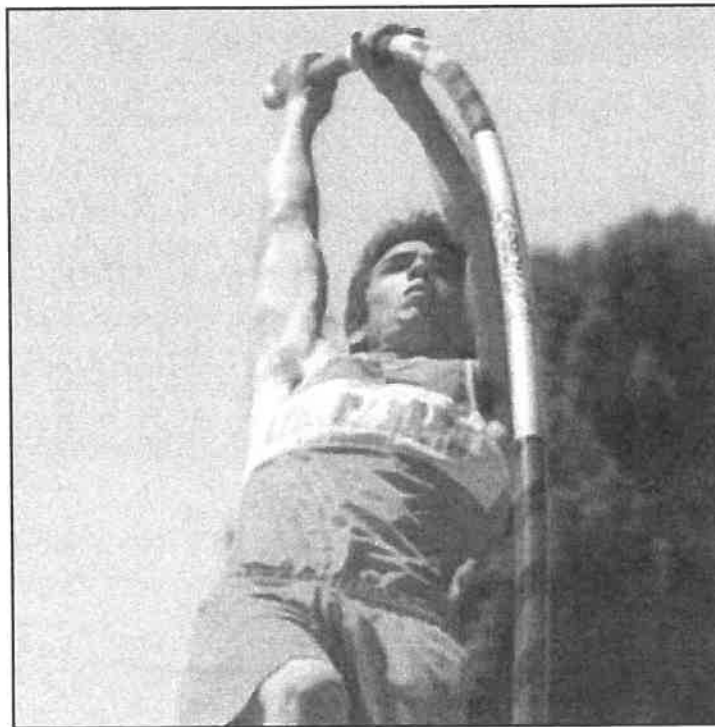
Prelims: 6:00 p.m. - Fri. Final: 6:00 p.m. - Sat.

Records Natl: 18-2.25 Eric Eshbach, Orangefield (Texas) 1999
State: 17-0.25 Anthony Curran, Crespi (Encino) 1978

Pos.	Name	Gr.	School/Sect.	Sect. Mark	Place	Mark
1	Mendoza, Patrick	12	Rio Vista/NO	12-06.00		
2	Brown, Justin	12	El Molino/NC	13-00.00		
3	Constas, John	12	San Ramon Vly/NC	13-06.00		
4	Oakden, Jared	12	Buchanan/CE	14-00.00		
5	Romano, Mike	12	Campolindo/NC	14-03.00		
6	Harty, Daniel	12	Monroe/LA	14-03.00		
7	Chronis, Kyle	11	St. Francis/CC	14-04.00		
8	Batista, Tim	12	Lemoore/CE	14-06.00		
9	Williams, Buddy	12	Centennial/CE	14-06.00		
10	Roche, Casey	9	St. Francis/CC	14-08.00		
11	McDowell, Myles	10	Murrieta Vally/SS	14-08.00		
12	Burlingham, Kasey	12	Colfax/SJ	14-08.00		
13	Short, Stuart	12	Granite Bay/SJ	14-08.00		
14	Park, Sejoon	11	Rancho Bernrdo/SD	14-08.00		
15	Stevenson, Matt	12	Rancho Bernrdo/SD	14-08.00		
16	Little, Chris	12	Los Gatos/CC	15-00.00		
17	McGrath, Kelly	11	Jesuit/SJ	15-02.00		
18	Johnson, Clay	12	Atascadero/SS	15-02.00		
19	Tillinghast, Matt	12	Montgomery/NC	15-02.00		
20	Finley, Scott	11	Granite Hills/SD	15-06.00		
21	Scott, Derek	11	El Camino/SD	15-06.00		
22	Roth, Scott	10	Granite Bay/SJ	15-08.00		
23	Deleo, Dustin	12	Los Alamitos/SS	15-08.00		
24	Boehm, Kurt	12	Paraclete/SS	15-08.00		
25	Lubeck, Joshua	12	Royal/SS	15-08.00		
26	Shuler, Ryan	10	Granite Bay/SJ	16-06.00		



Vannie Prudhomme
Dorsey High School



Clay Johnson
Atascadero High School

BOYS EVENTS

Injuries to Lionel Larry (Dominguez HS, Compton) and Kenny O'Neal (Skyline HS, Oakland) sent the biggest shock waves up and down the coast this spring, but O'Neal is back in time for the championships while Larry is sidelined at least from individual action. Long Beach Poly's Derrick Jones (10.50 and 20.97 legal seasonal bests last weekend) is the big-name favorite in the sprints, but East Union's Carl Crawford dazzled at the Sac-Joaquin Sectionals, including a wind-aided 10.34 clocking that is the best in the state this season under any conditions and a 21.04 wind legal effort for the deuce. O'Neal ran the fastest indoor 60-meter time in the nation this year (6.68 seconds) and ran 10.68 at his sectionals despite his blocks slipping and landing him in last place at race's start. Pinole Valley's Wopamo Osaisai – he of the hot pink racing spikes – and North Salinas' Ronnie Drummer (10.55) are other proven headliners assembled here, joined by Lancaster's Kelvin Love (a surprise double winner at the Mt. SAC Relays), football star Terrail Lambert (10.54) of St. Bonaventure and late-race specialist Fred Worstein (10.63) of Yosemite are also in the mix. Keep an eye also on Nevada Union senior Steven Conrad (signed to UC Berkeley), arguably the nation's premier decathlete, who will do the 100 (10.69w), 200 (21.35), 110HH (14.57) and the long jump (24-2) this weekend. He also has run the 400 in 48.5 and the intermediate hurdles in 39.13.

Among the heavier event favorites on the male side this weekend occurs in the 400, where Dorsey phenom David Gettis (46.39 state leader) is the defending champion and a man amongst boys over the last 12 months on the Golden State scene. Gettis, a robust talent with a mustang-like stride, is the favorite over Corona's Kenny Moon, Fairfield's Desmond Morris (47.43) and vastly improved junior Wesley Williams of Esperanza (47.89).

The always-exciting relay events could evolve into a clash of southland powerhouses, with Gettis-led Dorsey boasting a nation-leading 3:11.45 effort in bolting to the L.A. City Section event and overall team titles, although Long Beach Poly checks in with a 3:13.96 Southern Section leading mark from a week ago. Southern California also claims the next five qualifying spots on time



Brandon Bethke of El Toro High School is one of the favorites in the 1600 meters.

in the long relay (it would be six, but one squad will be at partial strength due to prom night) while nearby Fairfield (3:18.19) leads the charge from the northern end of the state. In the short relay, Poly (41.12) has been sharp of late, but the Kenny O'Neal-powered Skyline team dropped a super 41.24 effort to win the Oakland Section finals. L.A. City Section foes Taft (41.40) and Dorsey (41.68), Central Coast Section dash-power Lynbrook of San Jose (41.79) and Lionel Larry-anchored Dominguez (41.85) are also heating up as of late.

Moving over to the boys' distance action, Woodbridge senior Michael Haddan seeks to reclaim the 800-meter title he previously captured at the 2002 state meet, with the UCLA-signed star fresh off a state-leading 1:51.50 triumph at last weekend's Southern Section Masters Meet. Two other hot standouts of late include Albany's Sean Carey and Drake's Eric Lee, with the former prevailing over the latter (1:52.15 to 1:52.23) in a thrilling North Coast Section clash last weekend that netted two of the top three times in the state. Royal senior Bryan Rodie (penned to attend Boise State), Woodcreek's Calvin Glass (set to attend the Air Force Academy), junior Joshua Castaneda of Bonita, a virtual factory for producing two-lap specialists, and Upland's Ryan Gamboa, the nation's fastest freshman (1:53.07) over the two-lap distance this spring, are among the most dangerous remaining contenders.

The 1600-meter run should be a classic

test of leg speed along the final 400 meters, unless El Toro junior Brandon Bethke unleashes one of his lethal "long kicks" that might send the elite field scampering. Bethke is unbeaten over the four-lap distance this spring, including a state-leading 4:09.53 effort at the Southern Section Divisional Finals. Even so, Bethke has never faced a crew as potent as this, with Stanford-bound ace Jacob Evans of Aptos (4:10.41, with 1:52 speed and a 49.3 relay split), Cardinal Newman's J.K. Withers (4:10.7, and 49.8 for the open 400), Woodcreek's Calvin Glass (4:13.39/1:52.84) and national sophomore-class leader A.J. Acosta (4:12.85) of El Camino in Oceanside (SDS) also in the field. Foot Locker Cross Country Nationals qualifier Mark Matusak (4:13.70/9:10.86) of Loyola and fellow junior Joe Gatel (1:53.42/4:13.31/9:13.85) of Huntington Beach Edison are two superb talents featured after having recovered from injury in recent weeks.

The 3200-meter run, a test of mental as well as physical stamina, should prove to be a high-focus event for sprint power James Logan, as multi-lap talent Yosef Ghebray aims to possibly clinch the team title with a strong showing here. Ghebray placed third (8:55:52) for a full two miles at the Arcadia Invitational, giving him about a 10-second cushion over leading threat Jeremy Mineau of Menlo-Atherton (9:01.54 to head a super-deep cast at the Central Coast Section Finals). National cross country finalist Alex Dunn (9:04.66) of San Lorenzo Valley, El Toro's Bethke (already competing in the 1600), UCLA-committed Kyle Shackleton of Carlmont and Southern Section Masters winner Andrew Tachias of Covina are other prime entries of particular note.

The hurdle races on the boys' side could very well result in 20 key team points for NCS power James Logan HS. Junior Kevin Craddock, who already has more than a dozen national age-group records to his credit, is the heavy favorite in both barrier challenges, with the sleek wonder busting a big 13.69 high hurdles triumph into the wind at the North Coast Section Meet of Champions last weekend, the only sub-14.00 performer within state lines this year. Craddock came back an hour later to drop a stunning 36.53 effort to claim the intermediate hurdles victory in the nation's #2 time this spring. Craddock has been on a tear ever since claiming the Penn Relays 400-meter intermediates crown in late April. Muir's Marquis Profit is

the leading challenger to Craddock in each race, although an apparent case of plantar fasciitis in recent days might hinder following up on superb seasonal-best 14.02 and 37.11 seasonal-best efforts last weekend. Trabuco Hills' Bryan Payne (14.16/37.27), who held a slight lead over Profit at final high hurdle last weekend, and Helix's Byron Barmer (14.16) are leading Southland challengers. From the North, Oakland Section champion Yahya Abdul-Mateen of McClymonds heads the leading combatants after a fine 14.26 effort last weekend. One dangerous wild-card is Dorsey's Kai Kelly (14.28/37.22), a senior seeking to snare valuable team points in a bid for the overall title.

Sheldon senior Rashaad Nunnally belted out a huge nation-leading 24-11.50 leap at the Sac Joaquin Section Finals, adding more than a foot to his previous lifetime best. Nunnally, however, will have plenty of high-rent district company along the long jump runway as a surprising slew of 24-foot performances descended into the sand pits last weekend. Gahr's Demetri Mosby needed nearly every bit of his 24-6.25 effort to up-end Gardena Serra's Marcel Keeling (24-5) at the Southern Section Masters, while Grant's Devon Jones (24-5), Nevada Union's Steven Conrad (24-2) and Granite Bay's Sam Stroughter (24-0.25) have helped turn one of the state's leanest events into one of its meanest competitions at the eleventh hour.

Over on the triple jump pit, James Logan High aims to sweep the top two spots and

the 18 points that go with it, thanks to junior Nkosinza Balumbu and senior Angelo Jeffery. Balumbu spanned a state-leading 49-8.5 to win the Arcadia Invitational in mid-April, while Jeffery bounded 49-7 to win the competitive Logan Top 8 affair later in the month. Red-hot senior Michael Johnson of Rancho Cucamonga stretched out to a seasonal-best 49-2 measurement in winning his section's divisional crown, while Greenfield's Joel Tuosto (48-9.50) claimed Central Coast Section honors. Sophomore Charles Amadi of Edison High in Fresno is among the nation's rising talents here, with a 48-4 title triumph at the Central Section finals three weeks ago.

Action in the boys pole vault competition is always tense, with aerialists aiming to master all conditions as they attempt to steel their nerves and rise to new heights. Granite Bay's Ryan Shuler enjoyed a Cinderella-type story in capturing the state title as a freshman a year ago, but the clock almost struck midnight during a SJS Finals scare a week ago, where he was one miss away from seeing his season end at a height more than two feet below his personal best. Instead, Shuler came through and must now face teammate Scott Roth – another sophomore – as possibly his leading challenger. Shuler (a state-best 16-6), Roth (16-0), Rancho Bernardo's Matt Steverson (16-0) and Los Alamitos' Dustin Deleo (16-0) are the state's only 16 footers, with Steverson being "byed through" his league meet due

to injury. What a story it would be if he prevailed this weekend.

Reaching rarified air will be sought on the high jump apron as well, where Los Angeles Fremont's Danny Williams still tops the state leader list after a 7-0.25 clearance on the final day of March. The competition is closing in, however, with Mesa Verde's Aiona Key and Berkeley St. Mary's star Ed Wright clearing 7-feet last month. Azusa's Jonathon Golden, who cleared 6-11 two weeks ago, and four others at 6-10 also grace the entry lists.

The spinners and sliders will descend on the shot put ring with impressive force and eye-popping credentials, led by the talented tandem from throws juggernaut Arroyo Grande. State leaders Mark Lewis (65-11, #3 in the U.S.) and Steven Field (64-3.5) keep the tradition going for the southland power, with San Diego Section champion Boldzisar Kocsor (62-11.50) leading a quintet of other 60-footers! With the power lifting and speed movements now honed, expect a great showdown in the discus ring, where state leader Eddie Cornell (203-5) of Ridgecrest has had to travel for hours each weekend just to locate competitions, including a mid-season loss to Daniel Schaerer (200-6) of The Bishop's School in La Jolla. Seasoned veterans Kyle Davis-Hammerquist (196-5) of the Webb School and Matt Gray (195-4) of Esperanza in Orange County are other national-class talents featured.

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CIF STATE TRACK AND FIELD CHAMPIONSHIP RECORDS

BOYS

100 METERS		
10.30	Riley Washington (Southwest, San Diego)	1992
200 METERS		
20.80 yds	James Sanford (Pasadena)	1977
400 METERS		
45.25	Calvin Harrison (North Salinas)	1993
800 METERS		
1:46.45	Michael Granville (Bell Gardens)	1996
1600 METERS		
4:02.62	Ryan Hall (Big Bear)	2001
3200 METERS*		
8:44.9h	Eric Hulst (Laguna Beach)	1975
110-METER HIGH HURDLES		
13.41	Steve Kerho (Mission Viejo)	1982
300-METER INTERMEDIATE HURDLES		
35.50	George Porter (Cabrillo, Lompoc)	1985
400-METER RELAY		
40.24	Hawthorne	1989
1600-METER RELAY		
3:08.66	John Muir, Pasadena	1996
DISCUS THROW		
203-5	Travis Pendleton (Esperanza, Anaheim)	2000
HIGH JUMP		
7-3.25	Lee Balkin (Glendale)	1979
LONG JUMP		
26-4.75	James Stallworth (Tulare)	1989
POLE VAULT		
17-0.5	Anthony Curran (Crespi, Encino)	1978
SHOT PUT		
74-4.75	Brent Noon (Fallbrook)	1990
TRIPLE JUMP		
52-5.75	Marcus Hooks (Lakewood)	1986

*mile record -- mark was hand-timed.

GIRLS

100 METERS		
11.14	Marion Jones (Thousand Oaks)	1992
200 METERS		
22.52	Allyson Felix (Los Angeles Baptist, North Hills)	2003
400 METERS		
50.74	Monique Henderson (Morse, San Diego)	2000
800 METERS		
2:04.91	Trena Hull (Compton)	1984
1600 METERS		
4:39.92	Polly Plumer (University, Irvine)	1982
3200 METERS		
9:52.80	Kim Mortensen (Thousand Oaks)	1996
100-METER LOW HURDLES**		
13.34	Janeene Vickers (Pomona)	1987
100-METER HIGH HURDLES		
13:20	Nichole Denby (J.W. North, Riverside)	2000
300-METER LOW HURDLES		
40.26	Janeene Vickers (Pomona)	1987
400-METER RELAY		
44.70	St. Bernard, Playa del Rey	1997
1600-METER RELAY		
3:35.72	Wilson, Long Beach	2001
DISCUS THROW		
181-3	Stephanie Brown (Arroyo Grande)	1998
HIGH JUMP		
6-2	Latrese Johnson (Clovis)	1985
LONG JUMP		
22-0.5	Marion Jones (Thousand Oaks)	1993
POLE VAULT		
13-8	Shayla Ballentine (Morro Bay)	2001
SHOT PUT		
52-11.5	Kristin Heaston (Ygnacio Valley, Concord)	1993
TRIPLE JUMP		
43-6.5	Juliana Yendork (Walnut)	1991

** event discontinued after 1993 season

U.S. NATIONAL HIGH SCHOOL RECORDS

BOYS

100 METERS		
10.15	Henry Neal (Greenville, Texas)	1990
200 METERS		
20.13	Roy Martin, Roosevelt (Dallas, Texas)	1985
400 METERS		
45.25	Calvin Harrison, North Salinas (Salinas, Calif.)	1993
800 METERS		
1:46.45	Michael Granville (Bell Gardens, Calif.)	1996
1600 METERS		
3:59.51	Alan Webb, South Lakes (Reston, Virginia)	2001
3200 METERS		
8:41.10	Dathan Ritzenhein (Rockford, Mich.)	2000
110-METER HIGH HURDLES		
13.1h	Dennis Brantley, Worthing (Houston, Texas)	1980
300-METER INTERMEDIATE HURDLES		
35.32	George Porter, Cabrillo (Lompoc, Calif.)	1985
400-METER RELAY		
39.76	Wyatt (Fort Worth, Texas)	1998
1600-METER RELAY		
3:07.40	Hawthorne, Calif.	1985
DISCUS THROW		
234-3	Niklas Arrhenius, Mountain View (Orem, Utah)	2001
HIGH JUMP		
7-5.25	Dothel Edwards, Cedar Shoals (Athens, Ga.)	1984
LONG JUMP		
26-4.75	James Stallworth (Tulare, Calif.)	1989
POLE VAULT		
18-2.25	Eric Eshbach (Orangefield, Texas)	1999
SHOT PUT		
77-0	Michael Carter, Jefferson (Dallas, Texas)	1979
TRIPLE JUMP		
52-10.5	Charles Mayfield, John Muir (Pasadena, Calif.)	1980

GIRLS

100 METERS		
11.14	Marion Jones (Thousand Oaks, Calif.)	1992
200 METERS		
22.52	Allyson Felix, LA Baptist (North Hills, Calif.)	2003
400 METERS		
50.74	Monique Henderson, Morse (San Diego, Calif.)	2000
800 METERS		
2:04.5h	Joetta Clark, Columbia (Maplewood, N.J.)	1980
1600 METERS		
4:39.4h	Laura Matson, Andover (Bloomfield Hills, Mich.)	1985
3200 METERS		
9:48.59	Kim Mortensen (Thousand Oaks, Calif.)	1996
100-METER HIGH HURDLES		
13.20	Nichole Denby, J.W. North (Riverside, Calif.)	2000
300-METER LOW HURDLES		
39.98	Lashinda Demus, Wilson (Long Beach, Calif.)	2000
400-METER RELAY		
44.70	St. Bernard (Playa del Rey, Calif.)	1997
1600-METER RELAY		
3:35.72	Wilson (Long Beach, Calif.)	2001
DISCUS THROW		
188-4	Suzy Powell, Downey (Modesto, Calif.)	1994
HIGH JUMP		
6-3	Amy Acuff, Corpus Christi (Calallen, Texas)	1992
LONG JUMP		
22-1.75	Kathy McMillian, Hoke County (Raeford, N.C.)	1976
POLE VAULT		
13-8	Shayla Ballentine (Morro Bay, Calif.)	2001
SHOT PUT		
54-10.75	Michelle Carter (Red Oak, Texas)	2003
TRIPLE JUMP		
44-2.25	Ychliindria Spears, (Luling, Texas)	2001

h -- hand timed

CIF STATE TRACK AND FIELD TEAM CHAMPIONS

BOYS

School	Points	Coach	Location	Dates
Manual Arts, Los Angeles	25	Otto Fritsch	Fresno High	April 3, 1915
Manual Arts, Los Angeles	37.5	Otto Fritsch	YMCA Field, Los Angeles	April 8, 1916
Coalinga	25	Charles Geer	Berkeley	April 28, 1917
Pasadena	25	George Main	Sacramento Fair	April 27, 1918
Manual Arts, Los Angeles	21	Sid Foster	San Bernardino High	April 26, 1919
Los Angeles	18	Glenn Whittle	Bakersfield Fair	April 24, 1920
Lincoln, Los Angeles	17	Tommy Davis	Berkeley	April 30, 1921
Huntington Beach	16	Ray Walker	Stockton Fair	May 6, 1922
Hollywood	17.5	William Paige	Occidental College, Los Angeles	May 12, 1923
Manual Arts, Los Angeles	26	Sid Foster	Taft High	May 10, 1924
Manual Arts, Los Angeles	16	Sid Foster	Stanford Stadium	May 9, 1925
Poly, Los Angeles	17	Edward Leahy	Los Angeles Coliseum	May 8, 1926
Glendale	35	Norman Hayhurst	Modesto High	May 7, 1927
Poly, Long Beach	21	Norman Baker	Selma High	May 5, 1928
San Diego	22.75	Glenn Broderick	Los Angeles Coliseum	May 11, 1929
Sacramento (tie)	11	Lawrence Janssen	Berkeley	May 10, 1930
San Diego (tie)	11	Glenn Broderick	Berkeley	May 10, 1930
Santa Ana (tie)	11	G.A. "Tex" Oliver	Berkeley	May 10, 1930
Poly, Los Angeles	19.5	Edward Leahy	Visalia	May 23, 1931
Poly, Long Beach	22.5	Norman Baker	Modesto Junior College	May 2, 1932
Central, El Centro	18	J.H. Armstrong	Los Angeles Coliseum	May 20, 1933
Muir, Pasadena	15.5	Albion Walton	Edwards Stadium, Berkeley	May 26, 1934
Fullerton	14	Harold Lang	Ratcliffe Stadium, Fresno	May 25, 1935
Muir, Pasadena	18	Albion Walton	Gridley High	May 23, 1936
Jefferson, Los Angeles	23.5	Harold Edelson	Wilson High, Long Beach	May 22, 1937
San Diego	18.5	Glenn Broderick	San Benito High, Hollister	May 28, 1938
Bakersfield	16	"Cap" Haralson	Los Angeles Coliseum	May 27, 1939
Bakersfield	18.5	"Cap" Haralson	Visalia High	May 25, 1940
Edison, Fresno	22	Harold Bicknell	Spartan Stadium, San Jose	May 24, 1941
Redondo	21	Harold Grant	Compton College	May 25, 1946*
Washington, Los Angeles	24	Gail Wyatt	Visalia High	May 31, 1947
Jordan, Los Angeles	22	Bill Zazueta	Edwards Stadium, Berkeley	May 29, 1948
Jefferson, Los Angeles	28.5	Estel Johnson	Los Angeles Coliseum	May 28, 1949
Jefferson, Los Angeles	40	Estel Johnson	Hughes Stadium, Sacramento	May 27, 1950
Jefferson, Los Angeles	16.5	Estel Johnson	Edwards Stadium, Berkeley	May 26, 1951
Jefferson, Los Angeles	30.5	Estel Johnson	Los Angeles Coliseum	May 24, 1952
Manual Arts, Los Angeles	16.6	Charles Toney	Ratcliffe Stadium, Fresno	May 29, 1953
Alameda	19	Lewis Jolley	Edwards Stadium, Berkeley	May 29, 1954
Centennial, Compton	29	Bill Gill	Los Angeles Coliseum	May 28, 1955
Jefferson, Los Angeles	24.67	Estel Johnson	Chico State College	June 2, 1956
Berkeley	23	Rich Hacker	Edwards Stadium, Berkeley	June 1, 1957
Compton (tie)	11	Ernest Hartman	Veterans Stadium, Long Beach	May 31, 1958
Manual Arts, Los Angeles (tie)	11	Charles Toney	Veterans Stadium, Long Beach	May 31, 1958
Poly, Long Beach	14	Leon Forman	Memorial Stadium, Bakersfield	May 29, 1959
Jordan, Los Angeles	15	Jesse Flores	Stanford Stadium, Palo Alto	June 4, 1960
Centennial, Compton	11	Bill Gill	East Los Angeles College	June 3, 1961
Jefferson, Los Angeles	14	John Childress	Modesto Junior College	June 2, 1962
Edison, Fresno	15	Frank Fletcher	Edwards Stadium, Berkeley	May 31-June 1, 1963
Jefferson, Los Angeles (tie)	13	Andy Bakjian	Los Angeles Coliseum	June 5-6, 1964
Poly, Long Beach (tie)	13	Leon Forman	Los Angeles Coliseum	June 5-6, 1964
Poly, Long Beach	19	Leon Forman	Memorial Stadium, Bakersfield	June 4-5, 1965
Dorsey, Los Angeles	22	Rod Richard	Edwards Stadium, Berkeley	June 3-4, 1966
Muir, Pasadena	26	Walter Opp	Balboa Stadium, San Diego	June 2-3, 1967
Centennial, Compton	26	Bill Gill	Edwards Stadium, Berkeley	June 1-2, 1968
Los Angeles	22	E. Bravo	UCLA Track Stadium, Westwood	June 6-7, 1969
Los Altos	29	Leo Long	Edwards Stadium, Berkeley	June 5-6, 1970
Lompoc	13	Frank Hiatt	UCLA Track Stadium, Westwood	June 4-5, 1971
Sacramento	**18	Scotty Bingham	Mitchell Field, Oroville	June 1-2, 1972
Wilson, San Francisco	20	Adam Banks	Woodland High School	June 1-2, 1973
Muir, Pasadena	**23	Walter Opp	Memorial Stadium, Bakersfield	June 1-2, 1974
Harry Elis, Richmond	22	Silvester Greenwood	Balboa Stadium, San Diego	June 6-7, 1975
Hamilton, Los Angeles (tie)	12	Gene Broadwater	Edwards Stadium, Berkeley	June 4-5, 1976
San Fernando, Los Angeles (tie)	12	John Wachtler	Edwards Stadium, Berkeley	June 4-5, 1976
Pasadena	26	Bob Pruitt	Drake Stadium, Westwood	June 3-4, 1977
El Camino, Oceanside	16	Nill Kovacevich	Memorial Stadium, Bakersfield	June 2-3, 1978
Pasadena	16	Art Large	Hughes Stadium, Sacramento	June 1-2, 1979

CIF STATE TRACK AND FIELD TEAM CHAMPIONS

School	Points	Coach	Location	Dates
Berkeley	41	Willie White	Edwards Stadium, Berkeley	June 6-7, 1980
Berkeley	58	Willie White	Cerritos College, Norwalk	June 5-6, 1981
Crenshaw, Los Angeles (tie)	20	Bob Volles	Hughes Stadium, Sacramento	June 4-5, 1982
Mission Viejo (tie)	20	Gene Gurule	Hughes Stadium, Sacramento	June 4-5, 1982
Hawthorne	**40	Kye Courtney	Memorial Stadium, Bakersfield	June 4, 1983
Hawthorne	52	Kye Courtney	Los Angeles Coliseum	June 2, 1984
Hawthorne	29	Kye Courtney	Hughes Stadium, Sacramento	May 31, 1985
Taft, Woodland Hills	26	Tom Stevenson	Cerritos College, Norwalk	June 6, 1986
Hawthorne	34	Kye Courtney	Hughes Stadium, Sacramento	June 5, 1987
Hawthorne	34	Kye Courtney	Cerritos College, Norwalk	June 3, 1988
Hawthorne	40	Kye Courtney	Cerritos College, Norwalk	June 2-3, 1989
Muir	24	Clyde Turner	Cerritos College, Norwalk	June 1-2, 1990
Compton	30	Alonzo Simmons	Cerritos College, Norwalk	May 31-June 1, 1991
Bakersfield	25	Art Dalzell	Cerritos College, Norwalk	June 5-6, 1992
Merced (tie)	36	Greg McKinstry	Cerritos College, Norwalk	June 19, 1993***
North Salinas (tie)	36	Ed Barber	Cerritos College, Norwalk	June 19, 1993***
Muir, Pasadena	36	Clyde Turner	Cerritos College, Norwalk	June 3-4, 1994
Muir, Pasadena	38	Cyde Turner	Cerritos College, Norwalk	June 2-3, 1995
Muir, Pasadena	57	Clyde Turner	Cerritos College, Norwalk	May 31-June 1, 1996
Poly, Long Beach	39	Don Norford	Hughes Stadium, Sacramento	June 6-7, 1997
Poly, Long Beach	42	Don Norford	Cerritos College, Norwalk	June 5-6, 1998
Vallejo	35	Mike Wilson	Hughes Stadium, Sacramento	June 4-5, 1999
Serra Gardena	38	Richard Gattin	Cerritos College, Norwalk	June 2-3, 2000
Arroyo Grande	28	James Brown	Hughes Stadium, Sacramento	June 1-2, 2001
Bakersfield	32	Bobby Gridiron	Cerritos College, Norwalk	May 31-June 1, 2002
Helix, La Mesa	23.5	Ray Mounts	Cerritos College, Norwalk	June 6-7, 2003

* No meets held during the World War II period (1942-45). *** Meet rescheduled due to rain.

** Reported figures for finals. Scoring system was 5-3-2-1 from 1915 to 1928; 5-3-2-1.5 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	May 31-June 1, 1974
Washington, Los Angeles	22	Arnice Reddick	Balboa Stadium, San Diego	June 6-7, 1975
Berkeley	20	Willie White	Edwards Stadium, Berkeley	June 4-5, 1976
Locke, Los Angeles	14	Cherie Muller-Williams	Drake Stadium, Westwood	June 3-4, 1977
Hill, San Jose	16	John Johnigan	Memorial Stadium, Bakersfield	June 2-3, 1978
Westchester	24	Pat Nordell	Hughes Stadium, Sacramento	June 1-2, 1979
Kennedy, Granada Hills	48	Dixie Griffen	Edwards Stadium, Berkeley	June 6-7, 1980
Berkeley	64	Willie White	Cerritos College, Norwalk	June 5-6, 1981
Berkeley	48	Willie White	Hughes Stadium, Sacramento	June 4-5, 1982
Berkeley	29	Willie White	Memorial Stadium, Bakersfield	June 4, 1983
Woodside	38	Susie Wilson	Los Angeles Coliseum	June 2, 1984
Muir, Pasadena	55	Jim Brownfield	Hughes Stadium, Sacramento	May 31, 1985
Hawthorne	40	Kye Courtney	Cerritos College, Norwalk	June 6, 1986
Pomona	30	Isaiah Sanders	Hughes Stadium, Sacramento	June 5, 1987
Bakersfield (tie)	28	Scott Semar	Cerritos College, Norwalk	June 3, 1988
Rio Mesa (tie)	28	Brian Fitzgerald/Rick Torres	Cerritos College, Norwalk	June 3, 1988
Muir, Pasadena	36	Jim Brownfield	Cerritos College, Norwalk	June 2-3, 1989
Bakersfield	61	Scott Semar	Cerritos College, Norwalk	June 1-2, 1990
Morningside	28	Ron Tatum	Cerritos College, Norwalk	May 31-June 1, 1991
Poly, Long Beach	39	Don Norford	Cerritos College, Norwalk	June 5-6, 1992
Poly, Long Beach	56	Don Norford	Cerritos College, Norwalk	June 19, 1993***
Skyline, Oakland	36	Darrell Hampton	Cerritos College, Norwalk	June 3-4, 1994
Poly, Long Beach	52	Don Norford	Cerritos College, Norwalk	June 2-3, 1995
Wilson, Long Beach	43	Terry Kennedy	Cerritos College, Norwalk	May 31-June 1, 1996
Poly, Long Beach	49	Don Norford	Hughes Stadium, Sacramento	June 6-7, 1997
Wilson, Long Beach (tie)	42	Terry Kennedy	Cerritos College, Norwalk	June 5-6, 1998
Poly, Long Beach (tie)	42	Don Norford	Cerritos College, Norwalk	June 5-6, 1998
J.W. North, Riverside	42	Charles Leathers	Hughes Stadium, Sacramento	June 4-5, 1999
J.W. North, Riverside	45	Charles Leathers	Cerritos College, Norwalk	June 2-3, 2000
Poly, Long Beach	59	Don Norford	Hughes Stadium, Sacramento	June 1-2, 2001
J.W. North, Riverside	57	Charles Leathers	Cerritos College, Norwalk	May 31-June 1, 2002
Poly, Long Beach	62	Don Norford	Cerritos College, Norwalk	June 6-7, 2003

Scoring system used was 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 INDIVIDUAL CHAMPIONS

BOYS CHAMPIONS

100-Meter Dash (Boys)

1913	George Parker (Stockton)	10.6
1914	Ken Johnson (Palo Alto)	10.2
1915	Roy Brown (Sacramento)	10.2
1916	Charley Paddock (Pasadena)	10.4
1917	Jack Melville (Berkeley)	10.0
1918	Charley Paddock (Pasadena)	10.2
1919	Al Wright (Lincoln, Los Angeles)	10.4
1920	Eddie Sutton (Lick-Wilmerding, San Francisco)	10.0
1921	Vernon Blenkins (Compton)	10.2
1922	Herschel Smith (San Fernando)	10.4
1923	Eddie Pollock (Pasadena)	10.0
1924	Vic Klein (Hollywood)	10.1
1925	Vernon Hanford (Manual Arts, Los Angeles)	10.1
1926	Dick Werner (Brawley)	9.8
1927	Frank Wycoff (Glendale)	9.8
1928	Frank Lombardi (Los Angeles)	9.6
1929	Jim Wilson (San Diego)	9.8
1930	Al Koenig (Huntington Beach)	10.1
1931	Foy Draper (Huntington Park)	9.9
1932	Milton Holt (Hoover, Glendale)	9.8
1933	Dave Seigel (Poly, Los Angeles)	10.0
1934	Mack Robinson (Muir, Pasadena)	10.0
1935	Bob Frick (San Ramon)	9.6
1936	Mickey Anderson (Muir, Pasadena)	9.7
1937	Bryant Allen (Jefferson)	9.8
1938	Bill Van Leuven (Wilson, Long Beach)	9.8
1939	Jack Trout (Bakersfield)	9.9
1940	Eddie Morris (Huntington Beach)	9.7
1941	Al Jackson (Edison, Fresno)	9.8
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Art Williams (Riverside)	10.0
1947	John Bradley (Hoover, Glendale)	9.9
1948	Bill Fell (Compton)	9.7
1949	Erbie Schopper (Lincoln, Los Angeles)	9.9
1950	Gary Green (Jefferson, Los Angeles)	9.9
1951	Bob Cuning (Hoover, Glendale)	9.7
1952	Herb Turner (Alameda)	9.9
1953	Leamon King (Delano)	9.6
1954	James Jackson (Alameda)	9.6
1955	Ken Dennis (Centennial, Compton)	10.0
1956	Willie White (Jefferson, Los Angeles)	9.5
1957	Preston Griffin (Centennial, Compton)	9.6
1958	Hubie Watson (Jordan, Los Angeles)	9.6
1959	Hubie Watson (Jordan, Los Angeles)	9.8
1960	Bill Cowings (Fowler)	9.7
1961	Forrest Beaty (Hoover, Glendale)	9.5
1962	Forrest Beaty (Hoover, Glendale)	9.5
1963	Alvin Mann (Edison, Fresno)	9.6
1964	Jim Hines (McClymonds, Oakland)	9.7
1965	Harold Busby (Muir, Pasadena)	9.5
1966	Phil Underwood (Dorsey, Los Angeles)	9.6
1967	Mel Gray (Montgomery, Santa Rosa)	9.4
1968	Bob Ballard (Bellflower)	9.6
1969	Willie Robinson (Central, El Centro)	9.6
1970	Allen Carter (Bonita, La Verne)	9.8
1971	George Reddick (Hamilton, Los Angeles)	9.6
1972	Carl McCullough (Sacramento)	9.5
1973	Elijah Jefferson (Crawford, San Diego)	9.6w
1974	Elijah Jefferson (Crawford, San Diego)	9.8
1975	Kevin Williams (San Fernando)	9.4
1976	Billy Mullins (Hamilton, Los Angeles)	10.0
1977	David Russell (Patrick Henry, San Diego)	9.91
1978	Michael Sanford (Pasadena)	9.85
1979	Bill Green (Cubberly, Palo Alto)	9.59
1980	Howard Hawkins (Warren, Downey)	10.55
1981	Ken Robinson (Berkeley)	10.60
1982	Lew Dunn (J.W. North, Riverside)	10.53
1983	Steve Jones (Burbank, Sacramento)	10.64
1984	Henry Thomas (Hawthorne)	10.44

1985	Ron McCree (Madera)	10.49w
1986	Ron McCree (Madera)	10.57
1987	Quincy Watts (Taft, Woodland Hills)	10.49
1988	Darren Stringer (Vacaville)	10.78
1989	Curtis Conway (Hawthorne)	10.42
1990	Napoleon Kaufman (Lompoc)	10.57
1991	Ricky Carrigan (Compton)	10.33w
1992	Riley Washington (Southwest, San Diego)	10.30
1993	Bryan Howard (Canyon Springs, Moreno Valley)	10.43
1994	Pat Johnson (Redlands)	10.43
1995	Marques Holliwell (West Bakersfield)	10.43w
1996	Jim McGee (Sacramento)	10.52
1997	Justin Fargas (Notre Dame, Sherman Oaks)	10.52w
1998	Darrell Rideaux (Poly, Long Beach)	10.43
1999	Kareem Kelly (Poly, Long Beach)	10.47
2000	Warren Rogers (Serpa, Gardena)	10.42
2001	Phillip Francis (Fairfax, Los Angeles)	10.53
2002	Matt Bruno (Trabuco Hills, Mission Viejo)	10.55
2003	Chris Henry (Edison, Stockton)	10.56

200-Meter Dash (Boys)

1913	George Parker (Stockton)	23.0
1914	Ken Johnson (Palo Alto)	22.0
1915	Les Wark (Poly, Long Beach)	22.0
1916	Charley Paddock (Pasadena)	22.4
1917	Charley Paddock (Pasadena)	22.4
1918	Charley Paddock (Pasadena)	22.4
1919	Bob Allen (Redlands)	23.8
1920	Eddie Sutton (Lick-Wilmerding, San Francisco)	21.8
1921	Bob Allen (Redlands)	22.6
1922	Walter Wickersham (Bakersfield)	24.2
1923	Bob Lee (Franklin)	22.2
1924	Archie Woodyard (Jefferson, Los Angeles)	22.5
1925	Walter Floyd (Lincoln, Los Angeles)	22.6
1926	Elam Kirk (El Monte)	22.1
1927	Frank Wycoff (Glendale)	21.0
1928	Frank Lombardi (Los Angeles)	21.4
1929	Jim Wilson (San Diego)	21.4
1930	Ashley Burch (Jordan, Los Angeles)	21.8
1931	Ashley Burch (Jordan, Los Angeles)	21.5
1932	George Anderson (Muir, Pasadena)	21.8
1933	George Anderson (Muir, Pasadena)	21.2
1934	Bainard Worrill (Muir, Pasadena)	21.8
1935	Dick Pierce (Excelsior)	21.2
1936	Burt Brady (Gridley)	21.6
1937	Bryant Allen (Jefferson, Los Angeles)	21.2
1938	Eddie Morris (Huntington Beach)	21.6
1939	Eddie Morris (Huntington Beach)	21.4
1940	Eddie Morris (Huntington Beach)	21.3
1941	Glen Willis (San Diego)	21.7
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Ray Gregg (El Monte)	21.9
1947	John Bradley (Hoover, Glendale)	21.5
1948	John Bradley (Hoover, Glendale)	21.5
1949	Erbie Schopper (Lincoln, Los Angeles)	21.6
1950	Guy Blackburn (Jefferson, Los Angeles)	21.3
1951	Leamon King (Delano)	21.4
1952	Herb Turner (Alameda)	21.6
1953	Leamon King (Delano)	21.4
1954	James Jackson (Alameda)	21.2
1955	Bob Poynter (Pasadena)	21.6
1956	Bob Poynter (Pasadena)	21.0
1957	Preston Griffin (Centennial, Compton)	21.3
1958	Mel Clipper (Muir, Pasadena)	20.7
1959	Hubie Watson (Jordan, Los Angeles)	21.6
1960	Bill Cowings (Fowler)	21.0
1961	Forrest Beaty (Hoover, Glendale)	21.5
1962	Richard Stebbins (Fremont, Los Angeles)	20.9
1963	John House (Muir, Pasadena)	21.3
1964	Jim Hines (McClymonds, Oakland)	21.5
1965	Harold Busby (Muir, Pasadena)	21.0
1966	Phil Underwood (Dorsey, Los Angeles)	21.2
1967	Mel Gray (Montgomery, Santa Rosa)	20.7*
1968	Willie Deckard (Dorsey, Los Angeles)	21.7

1969	Willie Robinson (Central, El Centro)	21.7
1970	Jackie White (Santa Ana)	21.5
1971	Chuck Bommarito (Crestmoor, San Bruno)	21.2w
1972	Mike Shavers (Albany)	21.0
1973	Clancy Edwards (Santa Ana)	21.2w
1974	Millard Hampton (Silver Creek, San Jose)	21.1
1975	Billy Mullins (Hamilton, Los Angeles)	21.2
1976	Billy Mullins (Hamilton, Los Angeles)	21.6
1977	David Russell (Patrick Henry, San Diego)	20.97w
1978	Michael Sanford (Pasadena)	21.42
1979	Michael Sanford (Pasadena)	21.00
1980	Ken Robinson (Berkeley)	21.21
1981	Kevin Wilhite (Cordova, Rancho Cordova)	20.81
1982	Antonio Manning (Hamilton, Los Angeles)	21.05w
1983	Henry Thomas (Hawthorne)	21.02
1984	Henry Thomas (Hawthorne)	20.77
1985	Michael Marsh (Hawthorne)	20.83w
1986	Quincy Watts (Taft, Woodland Hills)	21.03
1987	Quincy Watts (Taft, Woodland Hills)	20.99
1988	Bryan Bridgewater (Washington, Los Angeles)	21.00
1989	Barry Smith (Mission, San Francisco)	20.82
1990	Napoleon Kaufman (Lompoc)	21.15
1991	Ricky Carrigan (Compton)	20.84w
1992	Gentry Bradley (Pius X, Downey)	20.97w
1993	Calvin Harrison (North Salinas, Salinas)	21.12
1994	Pat Johnson (Redlands)	21.01
1995	Bryan Harrison (Dana Hills, Dana Point)	20.82w
1996	Obea Moore (Muir, Pasadena)	20.91
1997	Andrea Ammons (Skyline, Oakland)	20.91w
1998	Kareem Kelly (Poly, Long Beach)	20.76
1999	Kareem Kelly (Poly, Long Beach)	20.76w
2000	Bennie Robinson (Poly, Long Beach)	20.96
2001	Seih Amoo (Highland, Palmdale)	21.05
2002	Matt Bruno (Trabuco Hills, Mission Viejo)	20.82
2003	Lionel Larry (Dominguez, Compton)	20.97

*since 1967 the 220 yards and then 200 Meters were run exclusively around one turn.)

400-Meter Dash (Boys)

1913	George Parker (Stockton)	52.0
1914	Karl Goeppart (Lowell, San Francisco)	52.2
1915	George Conn (Pasadena)	50.0
1916	Mark Kellog (Fresno)	51.4
1917	Dick Seltzer (Redlands)	53.0
1918	George Schiller (Poly, Los Angeles)	49.6
1919	Jeff Wilcox (Harvard)	54.2
1920	Thurmond Clarke (Los Angeles)	50.2
1921	Ed Shaw (Monrovia)	52.2
1922	Ed Shaw (Monrovia)	54.4
1923	Vernon Hanford (Manual Arts, Los Angeles)	52.6
1924	Wilburn Talbot (Analay, Sebastopol)	51.6
1925	Walter Hanson (Concord, Mt. Diablo)	51.0
1926	Cliff Ganit (Poly, Los Angeles)	50.0
1927	Percy McArthur (Huntington Park)	51.0
1928	Carl Childreth (Poly, Long Beach)	50.2
1929	Irvine Warburton (San Diego)	49.6
1930	Carl Satterfield (Manual Arts, Los Angeles)	50.3
1931	John McCarthy (Fairfax)	48.7
1932	John Routt (Jefferson, Los Angeles)	50.1
1933	Murel Gillett (Central, El Centro)	48.4
1934	Doug Hammond (Hollywood)	50.3
1935	Howard Upton (Turlock)	48.9
1936	George Gray (Wilson, Long Beach)	49.9
1937	Wilbur Miller (Jefferson, Los Angeles)	49.7
1938	Bob Hogan (Piedmont)	50.4
1939	Ken Horn (Fowler)	50.5
1940	Duane Lewis (Compton)	48.8
1941	O.B. Hughes (Whittier)	49.9
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Norm Stocks (San Diego)	49.3
1947	Luther Butler (Jefferson, Los Angeles)	49.4
1948	Fred Thompson (Jordan, Los Angeles)	49.2
	Luther Butler (Jefferson, Los Angeles)	49.2
1949	George Adrian (Hollywood)	49.3

CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

1950	Sherman Miller (Napa)	48.8
1951	Jack North (Jordan, Long Beach)	49.7
1952	Lanny Carter (Orange)	48.8
1953	X.L. Emerson (Richmond)	49.2
1954	Bruce Kitchen (Riverside)	48.7
1955	Jerry White (Corcoran)	48.7
1956	Jerry White (Corcoran)	46.7
1957	Fred DeWitt (Berkeley)	47.9
1958	Dixon Farmer (Miramonte, Orinda)	48.6
1959	Dixon Farmer (Miramonte, Orinda)	48.6
1960	Ulis Williams (Compton)	47.2
1961	Ulis Williams (Compton)	47.8
1962	Manual Diaz (Keppel, Alhambra)	48.1
1963	Tommie Smith (Lemoore)	47.3
1964	Fred Banks (Jefferson, Los Angeles)	47.5
1965	Randy Julian (Bolsa Grande, Garden Grove)	47.4
1966	Wayne Collett (Gardena)	47.8
1967	Mike Newton (Whittier)	47.2
1968	Edesel Garrison (Centennial, Compton)	46.7
1969	Larance Jones (Lemoore)	46.6
1970	Rick Brown (Los Altos)	47.8
1971	Tony Krzyzosiak (Garden Grove)	46.7
1972	Robert Harrell (Santa Ana)	47.4
1973	Ron Whitaker (Wilson, San Francisco)	47.0
1974	Rod Connors (Cordova, Rancho Cordova)	47.7
1975	John Ware (Sacramento)	47.2
1976	Darold Harris (Pittsburg)	47.6
1977	James Sanford (Pasadena)	46.60
1978	Bill Greene (Cubberly, Palo Alto)	46.77
1979	Tony Banks (Morse, San Diego)	47.28
1980	Mike Turner (Centennial, Compton)	47.51
1981	David Timmons (Oakland)	47.09
1982	Fabian Cooper (Washington, Los Angeles)	46.38
1983	Larry Walker (Edison, Fresno)	47.03
1984	Chip Rish (Marina, Huntington Beach)	46.82
1985	Chip Rish (Marina, Huntington Beach)	45.7h
1986	Steve Lewis (American, Fremont)	46.59
1987	Steve Lewis (American, Fremont)	46.7h
1988	Travis Hannah (Hawthorne)	47.02
1989	Beno Bryant (Dorsey, Los Angeles)	47.52
1990	Mike Sulcer (Muir, Pasadena)	47.54
1991	Richard Dupree (Roosevelt, Fresno)	47.21
1992	Derek Shepard (Lincoln, San Francisco)	46.95
1993	Calvin Harrison (North Salinas, Salinas)	45.25
1994	James Davis (Will C. Wood, Vacaville)	46.96
1995	Obea Moore (Muir, Pasadena)	46.08
1996	Obea Moore (Muir, Pasadena)	45.81
1997	Eddie Levine (Golden Valley, Merced)	46.77
1998	Mike Ryan (Beverly Hills)	47.62
1999	Blaine Bussey (Taft, Los Angeles)	46.94
2000	Brandon Matlock (Stockdale, Bakersfield)	47.63
2001	Jason Lovell (Cleveland, Los Angeles)	47.51
2002	Blake Mackey (Bakersfield)	47.93
2003	David Gettiss (Dorsey, Los Angeles)	47.41

800-Meter Run (Boys)

1913	Clarence Beebe (Anaheim)	2:01.6
1914	Leslie Allenby (Ukiah)	2:01.4
1915	Gerald Blankenship (Visalia)	1:59.8
1916	Colin Kilby (Coalinga)	2:02.8
1917	Harleigh Baker (Fillmore)	2:02.0
1918	Ken Saunders (Pasadena)	2:02.8
1919	Jerry Pearce (Berkeley)	2:08.2
1920	Paul Stroud (Perris)	1:59.4
1921	Elmer Boyden (Vallejo)	1:59.2
1922	Irving Thomas (Manual Arts, Los Angeles)	2:04.6
1923	Earl Lockhart (Sacramento)	1:59.0
1924	Ed Cloege (Covina)	1:59.1
1925	Alex McKinnon (Poly, Los Angeles)	1:59.8
1926	Doug Knowles (Bakersfield)	2:01.2
1927	Bill McGeagh (Poly, Los Angeles)	2:02.8
1928	Herb Welch (Visalia)	2:01.2
1929	Herb Welch (Visalia)	1:58.4
1930	Al Hassan (Jefferson, Los Angeles)	2:00.1
1931	Carl Satterfield (Manual Arts, Los Angeles)	1:57.6
1932	Ray Cartwright (Santa Ana)	2:00.6

1933	Bill McCurdy (Tamalpais)	2:00.1
1934	Mel Nickerson (Poly, Los Angeles)	1:58.4
1935	Ralph Wood (Carpinteria)	1:57.6
1936	Jerry Lopez (Placer, Auburn)	1:57.1
1937	Jim Lawson (Jordan, Los Angeles)	1:59.7
1938	Leroy Weed (Coachella Valley)	1:58.8
1939	Paul Christensen (Beverly Hills)	2:01.3
1940	Roger Lane (San Rafael)	1:57.7
1941	Thelmo Knowles (Santa Monica)	1:55.6
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Dan Guest (Santa Monica)	2:00.5
1947	Jerome Waiters (Compton)	1:57.6
1948	Wilbur Firestone (Compton)	1:57.8
1949	Wilbur Firestone (Compton)	1:58.1
1950	Lang Stanley (Jefferson, Los Angeles)	1:53.9
1951	Gene Jones (Oakland Technical)	1:58.9
1952	Jim Briggs (Pittsburg)	1:57.2
1953	Don Bowden (Lincoln, San Jose)	1:57.1
1954	Don Bowden (Lincoln, San Jose)	1:52.9
1955	Leonard Havens (Avenal)	1:57.0
1956	Jerry Siebert (Willits)	1:53.8
1957	Jim Cerveny (Mission Bay, San Diego)	1:52.7
1958	Alfred Gentry (Fremont, Los Angeles)	1:55.4
1959	Dave Dunbar (Westmoor, Daly City)	1:53.2
1960	Ray VanAsten (Bonita, La Verne)	1:51.9
1961	Mike Gibeau (Lincoln, San Francisco)	1:53.1
1962	Doug Parker (Chico)	1:52.2
1963	Dennis Carr (Lowell, Whittier)	1:50.9
1964	Bob Hose (Madison, San Diego)	1:51.7
1965	Richard Joyce (Sierra, Whittier)	1:48.8
1966	Terry Rogers (Hilltop, Chula Vista)	1:51.5
1967	Lawrence Banks (Dorsey, Los Angeles)	1:51.2
1968	George Alfaro (Pittsburg)	1:52.3
1969	Ricco Sanchez (Canoga Park)	1:51.6
1970	Rick Brown (Los Altos)	1:50.6
1971	Percell Keeling (Morningside, Inglewood)	1:51.8
1972	Dale Scott (El Cerrito)	1:49.7
1973	Randy Lopez (Alhambra)	1:52.4
1974	John Musich (Burbank)	1:51.0
1975	Conrad Suhr (Leigh, San Jose)	1:51.0
1976	Wyatt Bishop (Carlmont, Belmont)	1:54.4
1977	Jim Walters (Estancia, Costa Mesa)	1:49.4
1978	Bennie Brown (Palisades, Pacific Palisades)	1:51.83
1979	David Mack (Locke, Los Angeles)	1:50.18
1980	Peter Quinonez (Tulare)	1:50.13
1981	Pete Richardson (Berkeley)	1:47.31
1982	John Phillips (Los Altos)	1:49.99
1983	Kimmie James (Richmond)	1:50.83
1984	Eric Schermerhorn (Woodbridge, Irvine)	1:49.61
1985	Sean Langer (Bakersfield)	1:51.75
1986	Vincent Thompson (Locke, Los Angeles)	1:50.25
1987	Don Gabor (Amador Valley, Pleasanton)	1:52.3h
1988	Mark Senior (Mt. Miguel, Spring Valley)	1:51.37
1989	Gordon Johnson (Piedmont)	1:51.88
1990	Craig Magress (Santa Teresa, San Jose)	1:51.66
1991	Mike Terry (El Modena, Orange)	1:53.99
1992	Mike Katri (Fortuna)	1:49.56
1993	Vondre Armour (Bakersfield)	1:50.13
1994	Michael Granville (Bell Gardens)	1:49.82
1995	Aaron Richburg (James Logan, Union City)	1:48.40
1996	Michael Granville (Bell Gardens)	1:50.68
1997	James Levine (Golden Valley, Merced)	1:50.62
1998	Jon Stevens (Mission San Jose, San Jose)	1:52.07
1999	Brandon Shaw (Rancho Verde, Moreno Valley)	1:53.98
2000	Mike Serratos (Don Lugo, Chino)	1:51.75
2001	Tykie Harris (San Geronio)	1:53.80
2002	Michael Haddan (Woodbridge, Irvine)	1:51.41
2003	Duane Solomon (Cabrillo, Lompoc)	1:49.79

1600-Meter Run (Boys)

1913	Clarence Beebe (Anaheim)	4:38.4
1914	Samuel Berry (Redlands)	4:26.4
1915	Gerald Balkenship (Visalia)	4:30.0
1916	Andy Silvas (Oakland Technical)	4:40.6

1917	Whitney Reeves (Pasadena)	4:37.4
1918	Jerry Pearce (Berkeley)	4:44.4
1919	Atwood Scovel (San Bernardino)	4:47.0
1920	Charlie Watts (Berkeley)	4:36.2
1921	Bill Kerr (Huntington Beach)	4:30.4
1922	Les Schwoeboda (Petaluma)	4:40.0
1923	Earl Lockhart (Sacramento)	4:31.6
1924	Lee Hansen (Manual Arts, Los Angeles)	4:37.1
1925	Chesley Unruh (El Monte)	4:35.2
1926	Jack Ferguson (Inglewood)	4:35.7
1927	Cliff Halstead (Sacramento)	4:33.6
1928	Dick Brooks (Redlands)	4:39.0*
1929	John Baker (Huntington Beach)	4:31.1
1930	Phil Morentin (Visalia)	4:31.0
1931	Phil Morentin (Visalia)	4:32.8
1932	Virgil Hooper (Antelope Valley)	4:32.3
1933	Virgil Hooper (Antelope Valley)	4:29.2
1934	Louis Zamperini (Torrance)	4:27.8
1935	Elmer Bayer (Paso Robles)	4:30.4
1936	Simon Scott (Tamalpais)	4:31.2
1937	Bruce Hammack (Yreka)	4:30.4
1938	Jack Moore (Stockton)	4:26.9
1939	John Hall (Torrance)	4:26.8
1940	Kellen Ramirez (Edison, Fresno)	4:31.5
1941	Bob Ingram (San Jose)	4:32.8
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Bob McMillen (Cathedral, Los Angeles)	4:24.0
1947	Chuck Kohl (Compton, Los Angeles)	4:29.2
1948	John Woolley (Marshall Fundamental)	4:29.1
1949	Ellwyn Stribling (Commerce, San Francisco)	4:25.1
1950	Ron Bauer (Washington, San Francisco)	4:23.7
1951	Allie Cage (McClymonds, Oakland)	4:30.7
1952	Fernando Ledesma (Compton)	4:23.2
1953	Bob Seaman (Reedley)	4:21.0
1954	Ty Hadley (Bellflower)	4:25.8
1955	Tod White (Newport Harbor)	4:20.0
1956	Ron Larrieu (Paolo Alto)	4:20.1
1957	Tim Roelen (San Fernando)	4:20.2
1958	Woody Covington (Compton)	4:23.7
1959	Dale Storey (Orange)	4:11.0
1960	Ben Tucker (Poly, San Francisco)	4:14.3
1961	Bruce Bess (La Habra)	4:18.8
1962	Dennis Carr (Lowell, Whittier)	4:08.7
1963	Tracy Smith (Arcadia)	4:14.4
1964	Mike Ryan (Wilcox, Santa Clara)	4:11.2
1965	Tim Danielson (Chula Vista)	4:08.0
1966	Tim Danielson (Chula Vista)	4:07.0
1967	Mike Solomon (Westminster)	4:11.4
1968	Clifton West (Kennedy, Sacramento)	4:09.0
1969	Decker Underwood (South Torrance, Torrance)	4:12.1
1970	Brent Tubb (Cleveland, Reseda)	4:12.9
1971	Brent Tubb (Cleveland, Reseda)	4:09.6
1972	Mark Schilling (Garden Grove)	4:05.4
1973	Alvin Gilmore (Lompoc)	4:11.4
1974	Rick Kimball (De La Salle, Concord)	4:06.6
1975	John Johnson (Skyline, Oakland)	4:09.5
1976	Jim Arriola (Gahr, Cerritos)	4:14.6
1977	Mark Stillman (Willow Glen, San Jose)	4:06.9
1978	Paul Medvin (University, Los Angeles)	4:08.91
1979	Paul Medvin (University, Los Angeles)	4:12.9
1980	Larry Guinne (Castro Valley)	4:06.18
1981	Jeff Scott (El Camino, Sacramento)	4:10.06
1982	Tom Grewe (Carpinteria)	4:08.05
1983	Jim Frey (Yreka)	4:08.82
1984	Roman Gomez (Belmont, Los Angeles)	4:09.05
1985	Roman Gomez (Belmont, Los Angeles)	4:15.93
1986	Mark Mastalir (Jesusit, Carmichael)	4:07.81
1987	Scott Robinson (Bellarmine, San Jose)	4:07.95
1988	Reggie Williams (River City, West Sacramento)	4:08.78
1989	Francis O'Neil (San Pasqual, Escondido)	4:08.67
1990	Coley Candaele (Carpinteria)	4:06.26
1991	Daniel DasNeves (Helix, La Mesa)	4:12.22
1992	Daniel DasNeves (Helix, La Mesa)	4:09.54
1993	Brian Wilkinson (Merced)	4:08.13

CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

1994	Mebrahton Keffezighi (San Diego)	4:07.67
1995	Michael Stember (Jesusit, Carmichael)	4:04.00
1996	Michael Stember (Jesusit, Carmichael)	4:06.72
1997	Jon Stevens (Mission, San Jose)	4:10.08
1998	Jon Stevens (Mission, San Jose)	4:12.58
1999	Marcus Chandler (Serra, San Diego)	4:10.44
2000	Evan Fox (West Hills, Santee)	4:09.44
2001	Ryan Hall (Big Bear, Big Bear Lake)	4:02.62
2002	Matt Johnsrud, (Woodcreek, Roseville)	4:11.89
2003	Phillip Reid (Rio Mesa, Oxnard)	4:08.49

3200-Meter Run (Boys)

1965	Ralph Gamez (Berkeley)	9:12.9
1966	Ralph Gamez (Berkeley)	9:01.6
1967	Pete Romero (Reedley)	9:00.5
1968	Ruben Chappins (Excelsior, Norwalk)	9:05.7
1969	Ruben Chappins (Excelsior, Norwalk)	8:57.0
1970	Ron Johnson (West Tarrance, Tarrance)	8:55.6
1971	Dale Fleet (Clairemont, San Diego)	8:53.8
1972	Curtis Beck (Santa Monica)	8:52.3
1973	Terry Williams (Lompoc)	8:54.8
1974	Rick Kimball (De La Salle, Concord)	8:46.5
1975	Eric Hulst (Laguna Beach)	8:44.9
1976	Eric Hulst (Laguna Beach)	8:57.4
1977	Frank Assuma (Eisenhower, Rialto)	8:52.9
1978	Jeff Nelson (Burbank)	8:59.28
1979	Jeff Nelson (Burbank)	8:47.35
1980	Andy DiConti (La Canada)	8:55.79
1981	Jon Butler (Edison, Huntington Beach)	8:46.78
1982	Harold Kuphaldt (Bella Vista, Fair Oaks)	8:51.99
1983	Eric Reynolds (Camarillo)	8:54.75
1984	Roman Gomez (Belmont, Los Angeles)	8:58.91
1985	Roman Gomez (Belmont, Los Angeles)	9:03.05
1986	Eric Mastalir (Jesusit, Carmichael)	8:44.95
1987	Paul Thomas (Jesusit, Carmichael)	9:02.82
1988	Reggie Williams (River City, West Sacramento)	8:59.61
1989	David Welsh (Jesusit, Carmichael)	8:58.08
1990	Bryan Dameworth (Agoura)	8:53.26
1991	Dave Hartman (Canyon, Canyon Country)	8:58.38
1992	Angel Martinez (San Gabriel)	8:56.34
1993	Matt Farley (Jesusit, Carmichael)	9:04.39
1994	Mebrahton Keffezighi (San Diego)	8:58.11
1995	Jason Balkman (Lynbrook, San Jose)	9:05.31
1996	Aaron Gillen (Yreka)	9:03.96
1997	Isaiah Festa (Morro Bay)	9:06.06
1998	Gary Passanisi (Aptos)	9:05.74
1999	Josh Spiker (Ventura)	9:02.00
2000	Ryan Hall (Big Bear, Big Bear Lake)	8:55.12
2001	Yong-Sung Leaf (Arroyo, San Lorenzo)	9:00.49
2002	Kyle Alcorn (Buchanan, Clovis)	9:00.46
2003	Tim Nelson (Liberty Christian, Redding)	8:53.59

110-Meter High Hurdles (Boys)

1913	Carroll Grunsky (Stockton)	16.6
1914	Verl Murray (Orange)	15.8
1915	Earl Thomson (Poly, Long Beach)	15.2
1916	Harry Lamport (Manual Arts, Los Angeles)	16.4
1917	Earl Johnston (Fullerton)	16.2
1918	Larry Rice (Fresno)	16.0
1919	Charley Daggs (Claremont)	16.6
1920	Otto Anderson (Pomona)	15.8
1921	Jack Houston (Lincoln, Los Angeles)	16.0
1922	Richard Bleet (Manual Arts, Los Angeles)	16.6
1923	Ross Nichols (Huntington Beach)	15.4
1924	Ross Nichols (Huntington Beach)	15.3
1925	Les Eade (Hollywood)	15.4
1926	Jim Meeks (Hollywood)	15.1
1927	Jeddy Welsh (Pasadena)	14.8
1928	Joe Bills (Poly, Long Beach)	15.6
1929	Bernie Miller (Hollywood)	15.4
1930	Bill DuPuy (Inglewood)	15.4
1931	Art Fisher (Redlands)	15.5
1932	Jack Ward (Selma)	15.0
1933	Roy Staley (Santa Monica)	15.2
1934	Roy Kirpatrick (Central, El Cerrito)	14.7
1935	Johnny Lindell (Monrovia)	15.0

1936	Doug Busby (Sacramento)	15.7
1937	Ray Seares (Wilson, Long Beach)	15.5
1938	John Biewener (San Diego)	15.3
1939	Don Diez (Lincoln, Los Angeles)	14.9
	Sam Johnson (Fillmore)	14.9
1940	Keith Hale (Bakersfield)	14.7
	Don Reiss (Burlingame)	14.7
1941	Omar Cowies (Palo Alto)	14.3
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Bob Bacon (Redondo)	14.5
1947	Hugh McElheny (Washington, Los Angeles)	14.5
1948	Bob Mathias (Tulare)	14.5
1949	Jack Davis (Hoover, Glendale)	14.4
1950	Steve Turner (Glendale)	14.1
1951	Don Brinker (Fresno)	14.5
1952	Ancel Robinson (Selma)	14.7
1953	Harry Healey (Keppel)	14.4
1954	Rafer Johnson (Kingsburg)	14.3
1955	Ken Thompson (Centennial, Compton)	14.1
1956	Dale Messer (Lemoore)	14.2
1957	Ken Overholser (Glendale)	14.3
1958	Floyd James (Centennial, Compton)	14.1
1959	Bob Pierce (Burbank)	14.3
1960	Bobby Bonds (Poly, Riverside)	13.9
1961	Abe Johnson (McClymonds, Oakland)	14.2w
1962	Ron White (Dorsey, Los Angeles)	14.0
1963	Carl Davis (Compton)	13.9
1964	Earl McCullough (Poly, Long Beach)	14.1
1965	Bill Persons (San Francisco)	13.8
	Rich Miller (Monrovia)	13.8
1966	Donald Parish (Dorsey, Los Angeles)	13.9
1967	Jerry Proctor (Muir, Pasadena)	13.7
1968	Kerry Hampton (Poly, San Francisco)	14.0
1969	Jerry Wilson (Roosevelt, Fresno)	13.7
1970	Alfonzo Hall (Morningside, Inglewood)	13.9
1971	Charles Jackson (Lompoc)	13.6w
1972	Daniel Jones (Palo Verde, Blythe)	13.6
1973	Mike Johnson (Pasadena)	13.6w
1974	Fred Shaw (Muir, Pasadena)	13.7
1975	Robert Gains (Kennedy, Richmond)	13.3
1976	Lloyd Jones (Ganesha, Pomona)	14.5
1977	Phillip Johnson (Gardena)	13.66
1978	Milan Stewart (West Covina)	13.97
1979	Jim Scannella (San Ramon, Danville)	13.87
1980	Don Ward (St. Mary's, Berkeley)	13.73
1981	David Ashford (West Covina)	13.67
1982	Steve Kerho (Mission Viejo)	13.41
1983	Mark Boyd (St. Mary's, Berkeley)	13.93
1984	Raymond Young (Hawthorne)	14.32
1985	Robert Reading (St. Mary's, Berkeley)	13.88
1986	Terry Johnson (Katella, Anaheim)	13.88
1987	Dana Hall (Ganesha, Pomona)	13.98
1988	Darrell Thompson (Cerritos)	14.25
1989	William Henry (Arroyo Grande)	14.05
1990	Curtis Hawkins (Carson)	14.41
1991	Issac Carson (Jefferson, Los Angeles)	13.67
1992	Charlie Davidson (Saddleback, Santa Ana)	13.94w
1993	Drue Powell (Reseda)	13.87
1994	Gerimi Burleigh (Upland)	13.93w
1995	Joe Naivalu (Fremont, San Jose) *	14.33
1996	Joe Naivalu (Fremont, San Jose)	13.68
1997	Dominique DeGrammont (Tustin)	13.48
1998	Marcell Allmond (St. Paul, Santa Fe Springs)	13.83
1999	Marcell Allmond (St. Paul, Santa Fe Springs)	13.54
2000	Christopher Morgan (Taft, Woodland Hills)	13.95
2001	Christopher Morgan (Taft, Woodland Hills)	13.59w
2002	Thomas Mack (Bakersfield)	14.34
2003	Kevin Craddock (James Logan, Union City)	14.09

300-Meter Intermediate Hurdles (Boys)

1975	Dedy Cooper (Ells, Richmond)	36.5
1976	Charles White (San Fernando)	36.7
1977	Andre Phillips (Silver Creek, San Jose)	36.43
1978	Gary Lee (Poly, Long Beach)	36.58

1979	Gary Lee (Poly, Long Beach)	36.22
1980	Don Ward (St. Mary's, Berkeley)	36.57
1981	Walter Murray (Berkeley)	36.26
1982	Steve Kerho (Mission Viejo)	35.85
1983	Danny Harris (Perris)	35.52
1984	George Porter (Cabrillo, Lompoc)	36.10
1985	George Porter (Cabrillo, Lompoc)	35.50
1986	Rodney Bradshaw (Saugus, Santa Clarita)	37.30
1987	Yki Vallery (Hawthorne)	37.14
1988	John Montgomery (Independence, San Jose)	36.43
1989	John Prudenti (Siena, Napa)	37.28
1990	Rocky Morris (Andrew Hill, San Jose)	37.46
1991	Keith Williams (Escondido)	37.28
1992	Demond Smith (Hawthorne)	37.34
1993	Kenny Haslip (Muir, Pasadena)	37.80
1994	Kenny Haslip (Muir, Pasadena)	37.14
1995	Mickey Grimes (Canyon Springs, Moreno Valley)	36.83
1996	Makio Hayward (Muir, Pasadena)	36.18
1997	Kenyon Rambo (Poly, Long Beach)	36.57
1998	Al Williams (Irvine)	37.17
1999	Rico Hatter (Vallejo)	36.53
2000	Trevor Jones (Newport Harbor)	36.60
2001	Jeffrey Hunter (Granite Hills, El Cajon)	36.25
2002	Thomas Mack (Bakersfield)	37.45
2003	Brandon Bornes (Rancho Buena Vista, Vista)	38.00

400-Meter Relay (Boys)

1968	Centennial (Compton)	41.5
1969	Castlemont (Oakland)	41.4
1970	Santa Ana	41.6
1971	El Cerrito	41.0
1972	Wilson (San Francisco)	41.3
1973	Wilson (San Francisco)	41.5
1974	Kennedy (Richmond)	41.2
1975	Ells (Richmond)	41.2
1976	Kennedy (Barstow)	41.4
1977	Pasadena	41.61
1978	El Cerrito	41.55
1979	Pasadena	41.45
1980	Washington (Los Angeles)	41.51
1981	Berkeley	40.86
1982	Oakland	41.09
1983	Edison (Fresno)	40.83
1984	Berkeley	40.93
1985	Muir (Pasadena)	41.32
1986	Hiram Johnson (Sacramento)	41.30
1987	Muir (Pasadena)	40.78
1988	Oakland	41.33
1989	Poly (Long Beach)	41.82
1990	San Bernardino	41.05
1991	Compton	41.68
1992	Morningside (Inglewood)	42.04
1993	Merced	41.42
1994	El Camino (Oceanside)	41.16
1995	Skyline (Oakland)	40.78
1996	Serra (Gardena)	40.63
1997	Muir (Pasadena)	40.35
1998	Poly (Long Beach)	40.45
1999	Vallejo	40.94
2000	Serra (Gardena)	40.97
2001	Helix (La Mesa)	41.17
2002	Poly (Long Beach)	40.63
2003	Carson (Los Angeles)	41.53

1600-Meter Relay (Boys)

1968	Centennial (Compton)	3:14.3
1969	Los Angeles	3:15.2
1970	Los Altos (Los Altos)	3:15.6
1971	Castlemont (Oakland)	3:13.2
1972	El Cerrito	3:17.6
1973	Cordova (Rancho Cordova)	3:17.4
1974	Muir (Pasadena)	3:13.8
1975	Ells (Richmond)	3:15.7
1976	Pasadena	3:18.2
1977	Pasadena	3:13.7
1978	Banning (Wilmington)	3:11.57

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1979	Locke (Los Angeles)	3:14.04
1980	Centennial (Compton)	3:10.37
1981	Berkeley	3:08.94
1982	Compton	3:14.45
1983	Hawthorne	3:10.11
1984	Hawthorne	3:09.45
1985	Hawthorne	3:14.13
1986	Hawthorne	3:14.79
1987	Hawthorne	3:11.77
1988	Hawthorne	3:10.46
1989	Dorsey (Los Angeles)	3:12.21
1990	Muir (Pasadena)	3:14.00
1991	Morningside (Inglewood)	3:15.01
1992	Morningside (Inglewood)	3:15.37
1993	North Salinas (Salinas)	3:14.19
1994	Muir (Pasadena)	3:12.54
1995	Muir (Pasadena)	3:13.08
1996	Muir (Pasadena)	3:08.66
1997	Dominguez (Compton)	3:12.51
1998	Dominguez (Compton)	3:12.64
1999	Dorsey (Los Angeles)	3:13.01
2000	Serra (Gardena)	3:12.94
2001	Poly (Long Beach)	3:15.11
2002	Poly (Long Beach)	3:12.90
2003	Poly (Long Beach)	3:14.35

Discus Throw (Boys)

1913	Roy Bagnard (Pasadena)	122-03
1914	Roy Bagnard (Pasadena)	118-03
1915	Clifford Merritt (Santa Rosa)	113-00
1916	Wayne Weeks (Santa Rosa)	117-00
1917	Roy Evans (Chaffey)	122-11
1918	Johnny Boyle (Los Angeles)	114-02.75
1919	Johnny Boyle (Los Angeles)	120-06
1920	Clarence Houser (Oxnard)	123-08
1921	Clarence Houser (Oxnard)	135-00.50
1922	Clarence Houser (Oxnard)	144-03.20
1923	Eric Krenz (Stockton)	128-04.25
1924	Robert Patton (Poly, Riverside)	124-06.50
1925	Eddie Moeller (San Diego)	126-00.62
1926	Eddie Moeller (San Diego)	141-00
1927	Fred Steiner (Chaffey)	135-08
1928	Dudley Stephens (Woodland)	135-00.37
1929	Dudley Stephens (Woodland)	134-09
1930	Gordon Dunn (Fresno)	130-05.12
1931	George Theodoratus (Sacramento)	132-01.50
1932	Arlo Munch (Poly, Long Beach)	130-11.50
1949	John Henry Johnson (Pittsburg)	145-02
1950	Louie Irigara (Lemoore)	145-01.25
1951	Leon Pattersonb (Taft)	165-02
1954	Jack Egan (Balboa, San Francisco)	159-01.50
1955	Wayne Crow (Corcoran)	160-07
1956	Wayne Crow (Corcoran)	171-05.25
1957	Don Bell (Alameda)	172-03.75
1958	Bill Hook (Ukiah)	166-08
1959	Ron Sindow (San Rafael)	176-01
1960	Alex Darnes (Poly, San Francisco)	178-08
1961	Bob Stoecker (Los Altos)	188-06.50
1962	Bob Stoecker (Los Altos)	185-11.50
1963	Stan McDonald (Edison, Fresno)	178-01
1964	Bill Staley (Las Lomas, Walnut Creek)	181-02
1965	Bruce Naglee (Baltimore, San Jose)	172-03.50
1966	Jim Peters (Piedmont)	189-01
1967	Fred DeBernardi (Hart, Newhall)	178-02
1968	Rory Kenward (San Marcos, Santa Barbara)	183-11
1969	Chris Adams (Los Altos)	188-00
1970	Chris Adams (Los Altos)	201-03
1971	Bob Otto (Porterville)	184-09
1972	Scott Overton (Los Altos)	185-10
1973	Lonnie Shelton (Foothill, Bakersfield)	195-05
1974	Ray Burton (Vacaville)	193-00
1975	Mike Alberg (Lodi)	171-11
1976	Scott Endler (Hoover, Fresno)	192-10
1977	David Thompson (Santa Ynez)	190-00
1978	David Porath (Atwater)	199-05
1979	Hank Kraychir (San Jacinto)	192-09
1980	Paul Bender (Shafter)	192-09

1981	Antonio Dobbins (Burroughs, Ridgecrest)	180-10
1982	Antonio Dobbins (Burroughs, Ridgecrest)	191-01
1983	Barry Estes (Clovis)	183-04
1984	Tambi Wenj (Fountain Valley)	185-11
1985	Brian Bluetreich (Capistrano Valley, Mission Viejo)	203-04
1986	Jeff Hooper (Del Campo, Fair Oaks)	187-04
1987	Dave Bultman (Royal, Simi Valley)	193-06
1988	John Wirtz (Leiland, San Jose)	192-10
1989	Derrick Stevens (Bakersfield)	188-02
1990	Rob Powell (Redwood, Visalia)	203-04
1991	Jeff Buckley (Bakersfield)	182-05
1992	Jeff Buckley (Bakersfield)	186-10
1993	Chad Peare (Trabuco Hills, Mission Viejo)	182-02
1994	Jeremy Staat (Bakersfield)	183-08
1995	Chad Jones (Arroyo Grande)	183-09
1996	Scott Moser (Huntington Beach)	185-07
1997	Scott Moser (Huntington Beach)	203-02
1998	Reedus Thurman (Serra, Gardena)	202-01
1999	Dan Ames (El Capitan, Lakeside)	199-09
2000	Travis Pendleton (Esperanza, Anaheim)	203-05
2001	Sean Shields (Arroyo Grande)	189-01
2002	Jared Morgan (La Quinta)	194-01
2003	Nik Kay (Los Gatos)	203-03

High Jump (Boys)

1913	Luther Nichols (Pomona)	5-10.25
1914	Paul Anderson (Santa Ana)	6-00
1915	Millard Webster (Santa Paula)	5-09.50
1916	Titus Moore (Pasadena)	5-08.50
1917	Lloyd Hill (Coalinga)	5-09.25
1918	Harold Muller (San Diego)	5-01.75
1919	Harold Muller (Oakland Technical)	5-06
1920	Oliver Corey (Chaffey)	6-00
1921	Al Fisher (Lincoln, Los Angeles)	6-00.37
1922	Ed Shaw (Monrovia)	5-10.75
1923	Henry Coggeshall (Poly, Los Angeles)	5-11
1924	Henry Coggeshall (Poly, Los Angeles)	6-01.25
1925	Al Bowen (Santa Monica)	6-01.50
1926	Olympus Carter (Jordan, Los Angeles)	5-11
	Bob Van Osdel (Compton)	5-11
1927	Lyndon Scott (Eureka)	6-00.75
1928	Henry Lassalette (La Puente)	6-02.12
	Bob Van Osdel (Compton)	6-02.12
1929	Walter Marty (Fresno)	6-04.25
1930	Kermit Plowman (Sequoia)	6-00.50
1931	Paul Jacques (Santa Ana)	6-04.12
1932	Cornelius Johnson (Los Angeles)	6-03
1933	Cornelius Johnson (Los Angeles)	6-04.75
1934	Delos Thurber (Glendale)	6-05.87
1935	Les Steers (Palo Alto)	6-02
1936	Les Steers (Palo Alto)	6-00.75
1937	Les Steers (Palo Alto)	6-04
1938	Gil La Cava (Beverly Hills)	6-07.12
1939	Bill Stewart (Torrance)	6-04
1940	Jack Newman (Poly, Long Beach)	6-04.12
1941	Henry Caldwell (Edison, Fresno)	6-01
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Wilfred Schlange (Citrus)	6-02
	Dick Smith (Roosevelt, Fresno)	6-02
1947	Daryl Butts (Excelsior, Norwalk)	6-00
	Walter Kirk (Porterville)	6-00
1948	Dick Brombach (Poly, Long Beach)	6-03
	Ed Young (Jefferson, Los Angeles)	6-03
1949	Norman Woods (Jefferson, Los Angeles)	6-03
1950	Ralph Bonham (Pomona)	6-02.50
1951	Vern Wilson (San Jose)	6-02
1952	Bernie Allard (Fresno)	6-05.50
1953	Bernie Nelson (Hoover, San Diego)	6-04
1954	Dick Daily (Hayward)	6-05.50
1955	Charlie Dumas (Centennial, Compton)	6-08.87
1956	Curtis Chappel (Jefferson, Los Angeles)	6-03.25
1957	Robert Avant (Hart, Newhall)	6-08
1958	Ray Nickleberry (Oxnard)	6-08
	Paul Stuber (Bellflower)	6-08

1959	Paul Stuber (Bellflower)	6-07.25
1960	Archie Green (Oakland)	6-06.25
	Roger Olsen (Willow Glen, San Jose)	6-06.25
1961	Richard Jones (Bakersfield)	6-08.25
1962	Richard Jones (Bakersfield)	6-07.50
	Otis Burrell (Jefferson, Los Angeles)	6-07.50
	Bob Channell (McLane, Fresno)	6-07.50
1963	Ed Caruthers (Santa Ana Valley, Santa Ana)	6-08
1964	Greg Heet (Lowell, Whittier)	6-07.75
1965	Ken Brown (Castlemont, Oakland)	6-08.50
1966	Tom Clyburn (Balboa, San Francisco)	6-10
1967	Reynaldo Brown (Compton)	6-09.25
1968	Reynaldo Brown (Compton)	7-00
1969	Reynaldo Brown (Compton)	7-00
1970	Jerry Culp (Oceanside)	7-00.25
1971	Dwight Stones (Glendale)	7-01.50
1972	Carl Miles (Poly, Long Beach)	6-10
1973	Randy Turner (Wilson, San Francisco)	6-06
1974	Charles Hatch (Wilson, San Francisco)	7-00
1975	Johnny Washington (Fremont, Los Angeles)	7-00
1976	John Lane (American, Fremont)	6-11
1977	Dennis Smith (Santa Monica)	7-02
1978	Brad Harris (Los Alamitos)	6-11
1979	Lee Balkin (Glendale)	7-03.25
1980	Greg Denby (Crenshaw, Los Angeles)	6-10
1981	Anthony Caire (Pius X, Downey)	7-01
1982	Maurice Crumby (Balboa, San Francisco)	7-00
1983	Maurice Crumby (Balboa, San Francisco)	7-02
1984	Kenny Burke (Westlake, Westlake Village)	7-00
1985	Mark Webster (Homestead, Cupertino)	6-09
1986	Derrick Moore (Millikan, Long Beach)	6-10
1987	Luis Juico (Piedmont Hills, San Jose)	7-01
1988	Reggie Bettor (Antelope Valley)	7-00
1989	Mark Wilson (Charter Oak, Covina)	7-00
1990	Kevin Carlson (Katella, Anaheim)	7-00
1991	Avery Anderson (J.W. North, Riverside)	7-02
1992	Griffin Childers (Woodland)	6-11
1993	Jeff Nadeau (Monroe, North Hills)	7-02
1994	Jeremy Fischer (Camarillo)	7-00
1995	Michael Wilkins (Red Bluff)	7-00
1996	Elliott Parks (El Toro, Lake Forest)	6-10
1997	Jason Howard (Ridgeview, Bakersfield)	7-01
1998	Darren Marble (Los Altos)	6-08
1999	Gabe Zarete (Parlier)	6-11
2000	Ebon Glenn (St. Mary's, Berkeley)	7-00
2001	Teak Wilburn (Chico)	6-10
2002	Cole Herron (Sanger)	6-11
2003	Cole Herron (Sanger)	6-10

Long Jump (Boys)

1913	Harry Wallace (Palo Alto)	22-10
1914	Ernest Plavan (Santa Ana)	22-00
1915	Ernest Plavan (Santa Ana)	21-02
1916	Harry Lampport (Manual Arts, Los Angeles)	21-05.2
1917	Gene Davis (Poly, Los Angeles)	21-10.5
1918	Roy Hasselbach (Fresno)	21-10.5
1919	Harold Miller (Oakland Technical)	20-11.2
1920	Verden Nash (Chino)	21-00.5
1921	Verden Nash (Chino)	21-10.5
1922	Verden Nash (Huntington Beach)	21-05.2
1923	Mort Kaer (Red Bluff)	23-02.7
1924	Virgil Elliot (Huntington Beach)	22-03.5
1925	Fred Osborne (Fullerton)	21-08.5
1926	Walter Rehwald (Lincoln, Los Angeles)	21-08.5
1927	Frank Wycoff (Glendale)	22-05
1928	Dick Barber (Poly, Long Beach)	23-05.7
1929	Wells Ruby (Hollywood)	22-07.2
1930	George Shehtanian (Tulare)	22-02.5
1931	Floyd Wilson (Riverside)	23-02.5
1932	Tom White (Poly, Long Beach)	22-10.5
1933	Don Skinner (Manual Arts)	22-08
1934	Don Skinner (Manual Arts)	23-08.5
1935	Jimmy Montgomery (El Monte)	23-00.2
1936	Eddie Arnold (Muir)	23-01.7
1937	Bill Bugbee (Montebello)	23-01
1938	Bill Bugbee (Montebello)	23-07.1
1939	Jim Jurkovich (Fresno)	24-00.5

CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

1940	Glenn Shoop (Long Beach, Jordan)	22-02.50
1941	Ray Meagher (Bakersfield)	23-05.75
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Carl Monser (Alameda)	22-02.25
1947	Hugh McElhenny (Washington, Los Angeles)	22-10.50
1948	George Brown (Jordan, Los Angeles)	NA
1949	George Brown (Jordan, Los Angeles)	24-06.25
1950	William Johnson (Jefferson, Los Angeles)	24-02.75
1951	Bill Holland (Jefferson, Los Angeles)	22-05.75
1952	Rollin Garrison (Compton)	23-03.25
1953	Monte Upshaw (Piedmont)	23-05
1954	Monte Upshaw (Piedmont)	25-04.25
1955	Bobby Baines (Jordan, Los Angeles)	23-03.50
1956	Oscar Bean (Jefferson, Los Angeles)	24-09
1957	Luther Hayes (Lincoln, San Diego)	23-08.50
1958	Steve Rogers (Brawley)	24-06.00
1959	Efthen Jones (Delano)	23-05.75
1960	Walt Roberts (Compton)	24-07.25
1961	Robert McKeever (Fremont, Los Angeles)	24-03.00
1962	James Kennedy (Lincoln, San Diego)	24-05.75
1963	Jerry Williams (Berkeley)	24-03.50
1964	Bobby Bonds (Poly, Riverside)	25-03.00
1965	Manuel Murrell (Poly, Long Beach)	24-08.75
1966	Doyle Steel (San Diego)	25-03.25
1967	Jerry Proctor (Muir, Pasadena)	25-04.50
1968	Heulon Hewitt (Merced)	24-07.00
1969	James McAllister (Blair, Pasadena)	24-02.25
1970	Lynn Swann (Serra, San Mateo)	24-02.75
1971	Randy Williams (Edison, Fresno)	26-03.25w
1972	Carl McCullough (Sacramento)	24-07.00
1973	Jerry Herndon (Cajon, San Bernardino)	25-04.50w
1974	James Lofton (Washington, Los Angeles)	24-03.50
1975	Paul Wilson (Fontana)	24-08.50
1976	Larry Doubley (Manual Arts, Los Angeles)	25-03.75w
1977	Kurt Durham (Oakland)	25-00.75
1978	Dokie Williams (El Camino, Oceanside)	25-01.25
1979	George Gaffney (Lemoore)	24-01.75
1980	Charles Mayfield (Muir, Pasadena)	23-04.75
1981	Ed Tave (Muir, Pasadena)	25-00.50
1982	Eric Thomas (Norte Del Rio, Sacramento)	24-04.75
1983	Johnny Cleveland (Soquel)	24-06.50
1984	Joe Richardson (Pasadena)	24-11.00
1985	Larry Nelson (Simi Valley)	24-03.25
1986	Curtis Rodgers (Hiram Johnson, Sacramento)	23-10.00
1987	Percy Knox (Antelope Valley, Lancaster)	24-06.50
1988	Diatory Gildersleeve (Grant, Sacramento)	24-05.50w
1989	James Stallworth (Tulare)	26-04.75
1990	Jerome Price (University City, San Diego)	25-03.25
1991	Steve Stanley (Gardena)	25-01.25w
1992	Eugene Dreher (Antelope Valley, Lancaster)	24-01.50w
1993	LeAndrew Childs (Inglewood)	24-00.00w
1994	Tyree Washington (La Sierra, Riverside)	23-09.25w
1995	Clarence Scott (Fremont, Los Angeles)	24-07.75
1996	Gerald Williams (Lynwood)	24-10.50
1997	Marvin Brown (Will C. Wood, Vacaville)	24-05.25
1998	BB Malone (Redwood, Visalia)	24-01.00w
1999	Robert Kennedy (El Camino, Sacramento)	25-02
2000	Oliver Jackson (Royal, Simi Valley)	24-04.25
2001	Trevell Quinley (Merrill West, Tracy)	24-05.75w
2002	Ronald Hill (Walnut)	23-09.50
2003	Derrell Hutsona (Helix, La Mesa)	25-05.75

Pole Vault (Boys)

1913	John Munger (Santa Paula)	11-08
1914	Lincoln Hall (Santa Paula)	11-6.50
1915	Lincoln Hall (Santa Paula)	11-6
1916	Lincoln Hall (Santa Paula)	11-9
1917	Vance Wilbur (Sacramento)	11-00
1918	Eric Richardson (Ukiah)	11-06
1919	Dick Emmons (Manual Arts)	10-06
1920	Leroy Goodenough (Fillmore)	11-10
1921	Harold Shoebridge (Anaheim)	12-00
1922	Harry Smith (San Diego)	11-11.50
1923	Leo Barnes (Hollywood)	12-03.37

1924	Harry Smith (San Diego)	12-03.62
1924	Leo Barnes (Hollywood)	12-11.50
1925	Jack Williams (Inglewood)	12-09.62
1926	Marshall Beeman (Armijo Fairfield)	12-04
	Conrad Boyle (Manual Arts)	12-04
	Bill Hubbard (San Diego)	12-04
	Jerry Stewart (Los Angeles)	12-04
1927	Bill Miller (San Diego)	12-00
1928	Bill Miller (San Diego)	12-09.50
1929	Bill Miller (San Diego)	12-06
1930	Dave Crow (Poly, Long Beach)	12-06
1931	Joe Ramsey (Inglewood)	12-08.25
	Matt Stankovich (Poly, Los Angeles)	12-08.25
1932	Bill Sefton (Poly, Los Angeles)	13-00
1933	Ed Harrison (Santa Monica)	12-07
1934	Dick Clark (Hoover, Glendale)	12-10
	Rich Rodriguez (Poly, Los Angeles)	12-10
1935	Dick Clark (Hoover, Glendale)	12-10.50
1936	Dave Bodkins (Inglewood)	12-11
1937	Baylor Maynard (Belmont, Los Angeles)	13-01.25
1938	Floyd Doty (Lodi)	12-10.75
	Lawrence McLanahan (Sacramento)	12-10.75
1939	Frank Ferguson (Inglewood)	13-03.75
	Clarence Humberger (Glendale)	13-03.75
1940	Frank Ferguson (Inglewood)	13-00
	Irving Moore (Piedmont)	13-00
1941	Chet Hartmann (San Benito)	12-06
	Irving Moore (Piedmont)	12-06
	Ernie Sontag (Taft, Fresno)	12-06
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Bill Mays (Oxnard)	12-06.50
	Phil Quilter (Pasadena)	12-06.50
1947	George Mattos (Pacific Grove)	12-06
1948	Don Barnes (Fullerton)	12-06
1949	Jack Widman (Lomita Narbonne)	13-04.50
1950	Dick McDonald (Wilson, Long Beach)	13-00.50
	Harold Red (Lemoore)	13-00.50
1951	Clarke Merrill (Belmont, Los Angeles)	13-00
1952	Ron Morris (Burroughs, Burbank)	13-03.75
1953	Ron Morris (Burroughs, Burbank)	13-09.12
1954	Bob McKay (Inglewood)	13-00
	Joe Rose (Hoover, Glendale)	13-00
	Stan Gaunt (Mt. Diablo)	13-00
1955	Nathaniel Finney (Jordan, Los Angeles)	13-04
1956	Bill Logan (El Cajon)	13-06
	Tim Helms (Shingle Springs, El Dorado)	13-06
1957	Voyce Hendrix (Riverside)	13-06
1958	John Rose (Hoover, Glendale)	14-01
1959	Bob Looney (Santa Barbara)	13-08.75
1960	Mike Fianagan (Ganesha, Pomona)	13-03
	Gary Down (Anaheim)	13-03
1961	Mike Graves (El Cajon)	14-02.50
1962	Eric Berge (Costa Mesa)	14-03
	Bob Richardson (Ganesha, Pomona)	14-03
1963	Bill Fosdick (Andrew Hill, San Jose)	14-08.75
1964	Paul Wilson (Warren, Downey)	15-04.25
1965	Paul Wilson (Warren, Downey)	15-06.50
1966	Wayne Meyers (Foothill, Sacramento)	15-00.75
1967	Tom Reynolds (Morningside, Inglewood)	14-10
1968	Steve Smith (South Torrance, Torrance)	15-03.50
1969	Steve Smith (South Torrance, Torrance)	16-00
1970	Tom Lindsay (La Sierra, Carmichael)	14-10.50
1971	Tim Quinn (Monroe, Sepulveda)	15-02
1972	Hubert Black (Fremont, Los Angeles)	15-02
1973	Tim Curran (Crespi, Encino)	16-02.75
1974	Jim Knaub (Lakewood)	15-06
1975	Keith Schimmei (Villa Park)	15-06
1976	Tim Hintnaus (Aviation, Redondo Beach)	15-02
1977	Anthony Curran (Crespi, Encino)	16-00
1978	Anthony Curran (Crespi, Encino)	17-00.25
1979	Clark Elliot (Bellflower)	15-06
1980	Greg Stull (Troy, Fullerton)	15-10
1981	Doug Wicks (South Bakersfield, Bakersfield)	15-02
1982	Scott Christensen (Acalanes, Lafayette)	15-06

1983	Mike Kibort (Saratoga)	15-06
1984	Ivar Moen (Los Gatos)	16-02
1985	Brent Burns (Acalanes, Lafayette)	16-02
1986	Steve Toney (Menlo-Atherton, Atherton)	16-02
1987	Steve Slocum (Foothill, Santa Ana)	15-06
1988	Tom Richards (San Marcos)	16-00
1989	Jim Lawrence (Del Mar, San Jose)	15-06
1990	Ed Lasquette (Mt. Pleasant, San Jose)	15-10
1991	David Cox (Foothill, Fresno)	16-06
1992	Clarence Phelps (Christian Brothers, Sacramento)	16-00
1993	Scott Slover (Leland, San Jose)	16-02
1994	Scott Slover (Leland, San Jose)	16-10
1995	Mike Brown (Torrey Pines, Encinitas)	16-04
1996	Steve Michels (Brethren Christian, Cypress)	16-02
1997	David Gritz (Bear Creek, Stockton)	16-07
1998	Mark Unzueta (Lemoore)	16-02
1999	Brandon Braunstein (Newark Memorial, Newark)	16-02
2000	Shane Hackett (Verdugo Hills, Tujunga)	16-04
2001	Mike Landers (Golden Valley, Merced)	16-03
2002	David Moore (Miramonte, Orinda)	16-06
2003	Ryan Shuler (Granite Bay)	16-00

Shot Put (Boys)

1913	Reginald Caughy (Ukiah)	50-00
1914	Roy Bagnard (Pasadena)	49-03
1915	Wayne Weeks (Santa Rosa)	46-02.37
1916	Wayne Weeks (Santa Rosa)	47-04.25
1917	Jim Blewett (Manual Arts, Los Angeles)	47-09.25
1918	Jennings Robertson (Sutter)	44-06
1919	Ernst Hartmann (Poly, Los Angeles)	42-03
1920	Clarence Houser (Oxnard)	49-09
1921	Clarence Houser (Oxnard)	52-00
1922	Clarence Houser (Oxnard)	55-04.75
1923	Cecil White (Modesto)	48-00.50
1924	Cecil White (Modesto)	49-07.37
1925	Herb Fleishhacker (Menlo Park)	49-02
1926	Maurey Lauterman (Poly, Los Angeles)	49-00.25
1927	Harold Falter (Glendale)	49-09.62
1928	Garrett Arbelbide (Huntington Park)	48-10.50
1929	Nelson Gray (Chaffey)	53-05.50
1930	Don Carter (Franklin, Los Angeles)	52-08.25
1931	Don Carter (Franklin, Los Angeles)	52-10
1932	Bob Pyle (Pasadena)	53-06
1933	Jim Donaldson (Hollywood)	53-03
1934	Ray Young (Riis, Los Angeles)	55-10
1935	John Raft (Fullerton)	55-05.25
1936	Joe Hill (CSD, Berkeley)	54-05.25
1937	Wilbur Thompson (Modesto)	55-08.75
1938	Mario Russo (Pittsburg)	55-05.75
1939	Frank Minini (Paso Robles)	54-01
1940	Ben Steele (Santa Rosa)	54-04.12
1941	George Souza (Vallejo)	52-04.25
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	John Helwig (Mt. Carmel, Los Angeles)	59-05.12
1947	Bob Cameron (Washington, Los Angeles)	53-10.87
1948	Bob Cameron (Washington, Los Angeles)	59-07.25
1949	Elmer Willhoite (Merced)	57-03.23
1950	Hal Norris (Grossmont, San Diego)	56-05.50
1951	Leon Patterson (Taft)	59-02.50
1952	Leon Patterson (Taft)	60-09.87
1953	Don Vick (Chaffey)	60-07.75
1954	Dick Bronson (Grossmont, San Diego)	59-07.12
1955	Duncan Ward (Santa Monica)	59-04.50
1956	Homer Robertson (Pacific, San Bernardino)	63-09.50
1957	Clark Branson (Pasadena)	64-00.75
1958	Jack Slocumbe (Millikan, Long Beach)	61-04.50
1959	Mike Parker (Turlock)	57-08.00
1960	Matthew Baggett (Berkeley)	60-07.00
1961	Bill Pace (El Rancho, Pico Rivera)	64-03.50
1962	Jim O'Brien (DeAnza, Richmond)	62-02.25
1963	Bruce Wilhelm (Fremont, Sunnyvale)	63-04.75
1964	Bob Brannan (Los Gatos)	62-07.25

CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

1965	Steve Marcus (Palisades, Pacific Palisades)	63-11.25
1966	John Hubbell (Poly, Long Beach)	66-11.00
1967	John Buehler (Whittier)	65-03.25
1968	Pete Schmock (San Diego, Encinitas)	63-11.00
1969	Sam Cunningham (Santa Barbara)	61-02.00
1970	Randy Withrow (Pasadena)	63-08.75
1971	Mark Stevens (Newport Harbor)	67-02.25
1972	Randy Cross (Crespi, Encino)	65-07.25
1973	Jim Niedhart (Newport Harbor)	67-03.25
1974	David Kurrasch (Santa Ana)	63-10.50
1975	David Kurrasch (Santa Ana)	65-09.50
1976	Steve Montgomery (Lassen, Susanville)	68-00.00
1977	Craig Polley (Sunny Hills, Fullerton)	62-04.25
1978	Dave Porath (Atwater)	65-10.75
1979	Don Mosebar (Mt. Whitney, Visalia)	62-06.75
1980	Scott Garnett (Muir, Pasadena)	64-04.25
1981	John Frazier (Antelope Valley, Lancaster)	63-08.75
1982	Pat Kyle (Buena Park)	60-04.00
1983	Curt Sisco (Vacaville)	63-09.50
1984	Brian Blutreich (Capistrano Valley, Mission Viejo)	64-07.25
1985	Brian Blutreich (Capistrano Valley, Mission Viejo)	68-04.00
1986	Brian Boggess (El Capitan, Lakeside)	61-04.00
1987	Dave Bultman (Royal, Simi Valley)	67-00.00
1988	Kaleaph Carter (Edison, Huntington Beach)	64-00.25
1989	Brent Noon (Fallbrook)	66-01.50
1990	Brent Noon (Fallbrook)	74-04.75
1991	Mark Parlin (Esperanza, Anaheim)	61-05.50
1992	Pete Swanson (San Benito, Hollister)	61-03.25
1993	Tyson Lingenfelter (Upland)	60-09.50
1994	Chris DeMartine (St. Ignatius, San Francisco)	58-11.50
1995	Matt Pentecost (Loyola, Los Angeles)	62-03.75
1996	Jason Hammond (Fowler)	64-04.00
1997	Van Mounts (Bakersfield)	67-00.75
1998	Van Mounts (Bakersfield)	66-07.00
1999	Rhuben Williams (Eagle Rock, Los Angeles)	62-08.50
2000	Rhuben Williams (Eagle Rock, Los Angeles)	63-02.50
2001	David Guerin (Leuzinger, Lawndale)	62-10.75
2002	Noah Bryant (Carpinteria)	65-07.75
2003	Jared Bray (Mission Bay, San Diego)	63-03.25

Triple Jump (Boys)

1939	Jack Laughner (Wilson, Long Beach)	44-08.50
1973	Willie Banks (Oceanside)	49-07.25
1974	Willie Banks (Oceanside)	50-09.00
1975	Mike Dobbins (Merced)	49-03.00
1976	Greg Caldwell (Fremont, Los Angeles)	51-08.50w
1977	Dokie Williams (El Camino, Oceanside)	51-00.50
1978	Dokie Williams (El Camino, Oceanside)	50-04.25
1979	Henry Ellard (Hoover, Fresno)	49-02.50
1980	Freeman Miller (Fremont, Los Angeles)	50-08.00
1981	Ken Frazier (Mission, San Francisco)	50-10.75
1982	Archie Cornell (Fresno)	50-03.75
1983	Torrey Barr (McLane, Fresno)	50-02.50
1984	Joe Richardson (Pasadena)	51-08.25
1985	Terrence Strong (Bakersfield)	51-09.50w
1986	Marcus Hooks (Lakewood)	51-04.25
1987	Joel Smith (Cordova, Rancho Cordova)	50-10.00
1988	Tyrone Scott (Mesa Verde, Citrus Heights)	50-06.00
1989	Lenny McGill (Orange Glen, Escondido)	51-01.25
1990	Pouphet Singbandith (Magnolia, Anaheim)	51-07.75
1991	Offord Rollins (Wasco)	51-04.75
1992	Tony Parrish (Marina, Huntington Beach)	49-01.00w
1993	Tony Parrish (Marina, Huntington Beach)	50-11.75
1994	Von Ware (Rancho Buena Vista, Vista)	50-06.00
1995	Michael Turner (Morningside, Inglewood)	49-02.00w
1996	Tye Anderson (Poly, Long Beach)	49-11.75
1997	Anthony Colson (Center, Antelope)	49-11.25w
1998	Benson Jones (Clayton Valley, Concord)	51-01.50w
1999	Kyle Carano (Hoover, Fresno)	52-02.50w
2000	Jamil Smith (Palmdale)	49-04.25
2001	Jamil Smith (Palmdale)	49-08.00
2002	Nathan Atkins (Cerritos)	49-07.75
2003	Rudy Burgess (Desert, Edwards AFB)	50-04.25

GIRLS CHAMPIONS

100-Meter Dash (Girls)

1974	Janice Wiser (La Jolla)	10.8
1975	Sandi Howard (Manual Arts, Los Angeles)	10.7
1976	Pam Waters (Bell, Los Angeles)	11.0
1977	Jeanette Bolden (Centennial, Compton)	10.48w
1978	Kelia Bolton (Andrew Hill, San Jose)	10.92
1979	Gwen Loud (Westchester, Los Angeles)	10.62
1980	Sharon Ware (Berkeley)	11.42
1981	Sharon Ware (Berkeley)	11.66
1982	Gervaise McCraw (Ganessa, Pomona)	11.69
1983	Lisa Winston (Jordan, Long Beach)	11.73
1984	Gail Devers (Sweetwater, National City)	11.51
1985	Tesha Giddens (Locke, Los Angeles)	11.58
1986	Angela Burnham (Rio Mesa, Oxnard)	11.78
1987	Janeene Vickers (Pomona)	11.76
1988	Angela Burnham (Rio Mesa, Oxnard)	11.52
1989	Angela Burnham (Rio Mesa, Oxnard)	11.31w
1990	Marion Jones (Rio Mesa, Oxnard)	11.67w
1991	Marion Jones (Rio Mesa, Oxnard)	11.17
1992	Marion Jones (Thousand Oaks)	11.14
1993	Marion Jones (Thousand Oaks)	11.61
1994	Heather Sumpter (Muir, Pasadena)	11.69
1995	Lakeisha Backus (Wilson, Long Beach)	11.39w
1996	Malika Edmonson (St. Bernard, Marina del Rey)	11.82w
1997	Angela Williams (Chino)	11.15
1998	Angela Williams (Chino)	11.10w
1999	Tania Woods (Skyline, Oakland)	11.41
2000	Sani Roseby (Monterey)	11.90
2001	Allyson Felix (Los Angeles Baptist, North Hills)	11.61
2002	Allyson Felix (Los Angeles Baptist, North Hills)	11.55
2003	Allyson Felix (Los Angeles Baptist, North Hills)	11.29

200-Meter Dash (Girls)

1974	Janice Wiser (La Jolla)	24.2
1975	Pam Waters (Bell, Los Angeles)	24.4
1976	Pam Waters (Bell, Los Angeles)	24.8
1977	Kim Robinson (Westchester, Los Angeles)	23.97
1978	Kelia Bolton (Andrew Hill, San Jose)	23.99
1979	Gwen Loud (Westchester, Los Angeles)	23.54
1980	Sherri Howard (Kennedy, Granada Hills)	23.19
1981	Denean Howard (Kennedy, Granada Hills)	23.73
1982	Denean Howard (Kennedy, Granada Hills)	23.59w
1983	Lisa Winston (Jordan, Long Beach)	23.83
1984	Paulette Blalock (Compton)	23.59
1985	Tami Stiles (Hawthorne)	23.45
1986	Tami Stiles (Hawthorne)	24.02
1987	Maddette Smith (Quartz Hill)	24.12
1988	Angela Burnham (Rio Mesa, Oxnard)	23.45
1989	Angela Burnham (Rio Mesa, Oxnard)	23.56
1990	Marion Jones (Rio Mesa, Oxnard)	23.71
1991	Marion Jones (Rio Mesa, Oxnard)	22.91w
1992	Marion Jones (Thousand Oaks)	22.83
1993	Marion Jones (Thousand Oaks)	23.14
1994	Lakeisha Backus (Wilson, Long Beach)	23.21
1995	Lakeisha Backus (Wilson, Long Beach)	23.01w
1996	Malika Edmonson (St. Bernard, Marina del Rey)	23.47
1997	Kinshasa Davis (Wilson, Long Beach)	22.90
1998	Angela Williams (Chino)	23.02
1999	Tania Woods (Skyline, Oakland)	22.88
2000	Monique Henderson (Morse, San Diego)	23.19
2001	Angel Perkins (Gahr, Cerritos)	22.85w
2002	Allyson Felix (Los Angeles Baptist, North Hills)	22.83
2003	Allyson Felix (Los Angeles Baptist, North Hills)	22.52

400-Meter Dash (Girls)

1974	Veronica Venezia (Terra Linda, San Rafael)	56.4
1975	Jodi Anderson (Washington, Los Angeles)	55.3
1976	Marquita Belk (Silver Creek, San Jose)	55.2
1977	Valerie Brisco (Locke, Los Angeles)	55.14
1978	Arlise Emerson (Westminster)	54.3
1979	Sherri Howard (San Geronio, San Bernardino)	53.65
1980	Denean Howard (Kennedy, Granada Hills)	53.04

1981	Gervaise McCraw (Ganessa, Pomona)	54.15
1982	Denean Howard (Kennedy, Granada Hills)	52.39
1983	Leslie Maxie (Mills, Millbrae)	53.19
1984	Chewaukii Knighten (Locke, Los Angeles)	52.67
1985	Chewaukii Knighten (Locke, Los Angeles)	52.72
1986	Princess Bennett (Compton)	53.56
1987	Angela Rolfe (Dorsey, Los Angeles)	53.55
1988	Angela Rolfe (Dorsey, Los Angeles)	54.26
1989	Angela Rolfe (Dorsey, Los Angeles)	53.97
1990	Janice Nichols (Bakersfield)	53.89
1991	Janice Nichols (Bakersfield)	54.19
1992	Janice Nichols (Bakersfield)	54.46
1993	Asha Jaysinghe (Arcadia)	55.45
1994	Latasha Gilliam (Pittsburg)	53.93
1995	Angela Williams (Chino)	53.40
1996	Kinshasa Davis (Wilson, Long Beach)	52.67
1997	Kinshasa Davis (Wilson, Long Beach)	52.66
1998	Monique Henderson (Morse, San Diego)	53.41
1999	Monique Henderson (Morse, San Diego)	52.87
2000	Monique Henderson (Morse, San Diego)	50.74
2001	Monique Henderson (Morse, San Diego)	51.34
2002	Christina Hardeman (Wilcox, Santa Clara)	54.09
2003	Jasmine Lee (Poly, Long Beach)	53.17

800-Meter Run (Girls)

1974	Kathy Costello (Pleasant Hill)	2:10.4
1975	Kathy Costello (Pleasant Hill)	2:09.2
1976	Alice Trumbley (Coalinga)	2:13.3
1977	Ann Regan (Camden, San Jose)	2:08.0
1978	Ann Regan (Camden, San Jose)	2:07.9
1979	Ann Regan (Camden, San Jose)	2:10.2
1980	Marilyn Davis (Miramonte, Orinda)	2:09.7
1981	Donna Curtis (Culver City)	2:06.0
1982	Rennie Durrand (Laguna Beach)	2:06.3
1983	Kerri Zaleski (Millikan, Long Beach)	2:06.4
1984	Trena Hull (Compton)	2:04.9
1985	Kristen Dowell (Santa Teresa, San Jose)	2:10.0
1986	Laura Chapel (University City, San Diego)	2:08.6
1987	Kimberly McAllister (Locke, Los Angeles)	2:12.9
1988	Kathy Roldan (Mt. Whitney, Visalia)	2:12.1
1989	Kim Toney (Atascadero)	2:09.3
1990	Kim Toney (Atascadero)	2:06.1
1991	Nicole Teter (West Valley, Cottonwood)	2:08.1
1992	Miesha Marzell (Bishop O'Dowd, Oakland)	2:10.2
1993	Miesha Marzell (Bishop O'Dowd, Oakland)	2:09.1
1994	Kristie Johnson (Central, Fresno)	2:09.9
1995	Kristie Johnson (Central, Fresno)	2:08.8
1996	Lindsay Hyatt (Placer, Auburn)	2:11.2
1997	Lindsay Hyatt (Placer, Auburn)	2:09.1
1998	Lindsay Hyatt (Placer, Auburn)	2:07.9
1999	Lindsay Hyatt (Placer, Auburn)	2:06.7
2000	Liz Morse (Corona del Mar)	2:08.7
2001	Shannon Rowbury (Sacred Heart Cathedral, SF)	2:10.3
2002	Jamillah Titus (Vintage, Napa)	2:08.6
2003	Ashley Freeman (Wilson, Long Beach)	2:08.1

1600-Meter Run (Girls)

1974	Jill Caldwell (Westminster)	5:02.1
1975	Kathy Costello (Pleasant Hill)	4:53.1
1976	Linda Broderick (Tamalpais, Mill Valley)	4:56.1
1977	Linda Goen (North, Bakersfield)	4:47.1
1978	Cheri Williams (Livermore)	4:44.1
1979	Linda Goen (North, Bakersfield)	4:51.1
1980	Polly Plumer (University, Irvine)	4:46.1
1981	Polly Plumer (University, Irvine)	4:42.1
1982	Polly Plumer (University, Irvine)	4:39.1
1983	Cory Schubert (Del Mar, San Jose)	4:44.1
1984	Shannon Clark (Mountain View)	4:47.1
1985	Shannon Clark (Mountain View)	4:49.1
1986	Darcy Arreola (Grossmont, La Mesa)	4:45.1
1987	Kira Jorgensen (Vista)	4:45.1
1988	Kira Jorgensen (Vista)	4:49.1
1989	Kira Jorgensen (Vista)	4:49.1
1990	Becky Spies (Livermore)	4:48.1
1991	Becky Spies (Livermore)	4:45.1
1992	Shelley Taylor (Edison, Huntington Beach)	4:48.1

CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

1993	Milena Glusac (Fallbrook)	4:50.83
1994	Elissa Riedy (Mission San Jose, Fremont)	4:54.28
1995	Elissa Riedy (Mission San Jose, Fremont)	4:45.35
1996	Annie Ebner (St. Lucy's Prep, Glendora)	4:48.72
1997	Julia Stamps (Santa Rosa)	4:44.78
1998	Sara Bei (Montgomery, Santa Rosa)	4:49.21
1999	Alejandra Barrientos (San Lorenzo)	4:45.02
2000	Jenny Aldridge (Maria Carillo, Santa Rosa)	4:49.63
2001	Alejandra Barrientos (San Lorenzo Valley)	4:43.24
2002	Shannon Rowbury (Sacred Heart Cathedral, SF)	4:52.77
2003	Alicia Follmar (Saratoga)	4:51.47

3200-Meter Run (Girls)

1977	Roxanne Bier (Independence, San Jose)	10:39.7
1978	Cheri Williams (Livermore)	10:17.71
1979	Lisa Scaduto (Santa Monica)	10:34.94
1980	Vicki Cook (Alemany, Mission Hills)	10:14.78
1981	Vicki Cook (Alemany, Mission Hills)	10:12.31
1982	Vicki Cook (Alemany, Mission Hills)	10:16.27
1983	Cory Schubert (Del Mar, San Jose)	10:08.14
1984	Kristen O'Hara (Palos Verde)	10:11.82
1985	Rebecca Chamberlain (Leigh, San Jose)	10:23.85
1986	Laurie Chapman (Gunderson, San Jose)	10:12.86
1987	Mary Mendoza (Presentation, San Jose)	10:33.04
1988	Karen Hecox (South Hills, West Covina)	10:16.14
1989	Rayna Cervantes (Montebello)	10:32.95
1990	Deena Drossin (Agoura)	10:29.60
1991	Deena Drossin (Agoura)	10:30.71
1992	Milena Glusac (Fallbrook)	10:28.62
1993	Milena Glusac (Fallbrook)	10:42.68
1994	Julia Stamps (Rincon Valley JH, Santa Rosa)	10:26.51
1995	Julia Stamps (Santa Rosa)	10:15.27
1996	Kim Mortensen (Thousand Oaks)	9:52.80
1997	Julia Stamps (Santa Rosa)	10:15.17
1998	Sara Bei (Montgomery, Santa Rosa)	10:31.06
1999	Lauren Fleshman (Canyon, Canyon Country)	10:18.81
2000	Anitai Siraki (Hoover, Glendale)	10:18.50
2001	Sara Bei (Montgomery, Santa Rosa)	10:11.11
2002	Clara Horowitz, (Head Royce, Oakland)	10:31.01
2003	Claire Rethmeier (San Pasqual, Escondido)	10:27.32

100-Meter Low Hurdles (Girls)

1977	Kris Costello (Lynbrook, San Jose)	13.97
1978	Kris Costello (Lynbrook, San Jose)	13.83
1979	Janet Yarrowborough (Clovis)	14.01
1980	Judy Young (Berkeley)	13.52w
1981	Sherifa Sanders (Berkeley)	13.74
1982	Natalie Spinks (Skyline, Oakland)	13.88w
1983	Chewakili Knighten (Locke, Los Angeles)	13.88
1984	Gail Devers (Sweetwater, National City)	13.81
1985	Lana Cantrell (Muir, Pasadena)	13.57
1986	Janeene Vickers (Pomona)	13.74
1987	Janeene Vickers (Pomona)	13.34
1988	Michelle Decoux (Bishop O'Dowd, Oakland)	13.91
1989	Felice Lipscomb (Santa Monica)	13.69
1990	Felice Lipscomb (Santa Monica)	13.58
1991	Phetima Woods (Duarte)	14.08
1992	Twila Sims (Lompoc)	13.83

100-Meter High Hurdles (Girls)

1993	Bisa Grant (Bishop O'Dowd, Oakland)	14.11
1994	Davetta Shepard (Kennedy, Sacramento)	13.73w
1995	Joanna Hayes (J.W. North, Riverside)	13.45
1996	Nicole Hoxie (J.W. North, Riverside)	13.87
1997	Nicole Hoxie (J.W. North, Riverside)	13.35
1998	Natasha Neal (James Logan, Union City)	13.57
1999	Nichole Denby (J.W. North, Riverside)	13.42w
2000	Nichole Denby (J.W. North, Riverside)	13.20
2001	Lashinda Demus (Wilson, Long Beach)	13.39w
2002	Talia Stewart (James Logan, Union City)	14.03
2003	Ashlee Brown (J.W. North, Riverside)	13.58

300-Meter Low Hurdles (Girls)

1981	Audrey Williams (Saugus)	42.26
1982	Gayle Kellon (Walnut)	41.09
1983	Gayle Kellon (Walnut)	41.71
1984	Leslie Maxie (Mills, Millbrae)	40.90
1985	Leslie Maxie (Mills, Millbrae)	41.80
1986	Janeene Vickers (Pomona)	41.32
1987	Janeene Vickers (Pomona)	40.96
1988	Michelle Decoux (Bishop O'Dowd, Oakland)	42.16
1989	Twila Sims (Lompoc)	42.54
1990	Felice Lipscomb (Santa Monica)	41.69
1991	Erin Blunt (San Pasqual, Escondido)	43.02
1992	Twila Sims (Lompoc)	42.75
1993	Angela Harris (Skyline, Oakland)	42.78
1994	Angela Harris (Skyline, Oakland)	42.78
1995	Joanna Hayes (J.W. North, Riverside)	41.20
1996	Tisha Ponder (Del Mar, San Jose)	42.22
1997	Ryan Peters (Skyline, Oakland)	41.47
1998	Natasha Neal (James Logan, Union City)	40.86
1999	Lashinda Demus (Wilson, Long Beach)	40.44
2000	Lashinda Demus (Wilson, Long Beach)	40.41
2001	Ashlee Brown (J.W. North, Riverside)	41.81
2002	Ashlee Brown (J.W. North, Riverside)	41.67
2003	McKenzie Hill (Wilson, Long Beach)	41.31

400-Meter Relay (Girls)

1974	Berkeley	47.5
1975	Muir (Pasadena)	48.0
1976	Muir (Pasadena)	47.6
1977	Crawford (San Diego)	46.14
1978	Jordan (Los Angeles)	47.14
1979	Westchester	47.95
1980	Kennedy (Granada Hills)	45.81
1981	Berkeley	45.13
1982	Dorsey (Los Angeles)	45.42
1983	Hawthorne	46.56
1984	Hawthorne	45.99
1985	Hawthorne	45.95
1986	Hawthorne	45.54
1987	St. Francis (Mountain View)	45.95
1988	Hawthorne	47.10
1989	Muir (Pasadena)	46.46
1990	Bakersfield	46.49
1991	Morningside (Inglewood)	46.38
1992	Morningside (Inglewood)	46.34
1993	Poly (Long Beach)	45.74
1994	Wilson (Long Beach)	46.17
1995	Poly (Long Beach)	45.1h
1996	James Logan (Union City)	45.20
1997	St. Bernard (Playa del Rey)	44.70
1998	St. Bernard (Playa del Rey)	46.00
1999	San Lorenzo Valley	45.90
2000	Berkeley	45.96
2001	Wilson (Long Beach)	45.40
2002	Poly (Long Beach)	45.50
2003	Poly (Long Beach)	45.04

1600-Meter Relay (Girls)

1974	Berkeley	3:46.4
1975	Washington (Los Angeles)	3:44.5
1976	Fremont (Los Angeles)	3:55.9
1977	Locke (Los Angeles)	3:52.1
1978	Fremont (Los Angeles)	3:51.3
1979	San Geronio (San Bernardino)	3:44.05
1980	Kennedy (Granada Hills)	3:37.98
1981	Kennedy (Granada Hills)	3:37.71
1982	Dorsey (Los Angeles)	3:41.72
1983	Dorsey (Los Angeles)	3:46.24
1984	Locke (Los Angeles)	3:38.65
1985	Muir (Pasadena)	3:43.30
1986	Compton	3:42.31
1987	Poly (Long Beach)	3:45.20
1988	Hawthorne	3:47.32
1989	Hawthorne	3:46.59
1990	Morningside (Inglewood)	3:44.16
1991	Poly (Long Beach)	3:48.85

1992	Poly (Long Beach)	3:45.91
1993	Poly (Long Beach)	3:42.75
1994	Skyline (Oakland)	3:41.90
1995	Poly (Long Beach)	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	J.W. North (Riverside)	3:41.11
2001	Wilson (Long Beach)	3:35.72
2002	Poly (Long Beach)	3:35.99
2003	Poly (Long Beach)	3:35.78

Discus Throw (Girls)

1976	Kathy Middleton (Poway)	134-05
1977	Karen Stampfl (Lassen, Susanville)	137-08
1978	Christi Pyle (Hoover, Glendale)	149-03
1979	Leslie Deniz (Gridley)	167-01
1980	Leslie Deniz (Gridley)	172-11
1981	Natalie Kaaiwahia (Fullerton)	162-10
1982	Jacque Norton (Mission Viejo)	160-02
1983	Natalie Kaaiwahia (Fullerton)	170-01
1984	Stacy Horn (Cordova, Rancho Cordova)	159-01
1985	Lil Ili (Nogales, La Puente)	162-02
1986	Tracy Crawford (Southwest, San Diego)	156-02
1987	Dawn Dunble (Bakersfield)	144-10
1988	Melissa Weis (Bakersfield)	159-07
1989	Melissa Weis (Bakersfield)	168-00
1990	Melissa Weis (Bakersfield)	169-11
1991	Celeste McVey (Redlands)	160-11
1992	Suzy Powell (Downey, Modesto)	169-08
1993	Suzy Powell (Downey, Modesto)	168-11
1994	Suzy Powell (Downey, Modesto)	174-02
1995	Nadia Lopez (Arroyo Grande)	152-06
1996	Chaniqua Ross (Laguna Creek, Elk Grove)	158-04
1997	Chaniqua Ross (Laguna Creek, Elk Grove)	177-01
1998	Stephanie Brown (Arroyo Grande)	181-03
1999	April Burton (Bakersfield)	153-10
2000	Jill Camarena (Woodland)	151-01
2001	Rachel Varner (Bakersfield)	162-09
2002	Billie Jo Grant (Arroyo Grande)	174-00
2003	Billie Jo Grant (Arroyo Grande)	174-04

High Jump (Girls)

1974	Pam Blackburn (Cubberley, Palo Alto)	5-08
1975	Kim Maddox (Los Angeles)	5-08
1976	Kari Gossweiler (Upland)	5-10
1977	Kari Gossweiler (Upland)	5-09
1978	Sue McNeal (Carlsbad)	5-10.25
1979	Tonya Alston (Chico)	5-09
1980	Karen Lysaght (St. Francis, Sacramento)	6-00
1981	Katrina Johnson (Marshall Fund., Pasadena)	5-10
1982	Katrina Johnson (Marshall Fund., Pasadena)	5-11
1983	Tonya Mendonca, Mt. Whitney, Visalia)	6-01
1984	Wendy Brown (Woodside)	6-01.25
1985	Latrese Johnson (Clovis)	6-02
1986	Yleana Carrasco (Anaheim)	5-10
1987	Lynn Patrick (Serra, San Diego)	5-10
1988	Crissy Mills (Campbell Hall, North Hollywood)	5-10
1989	Crissy Mills (Campbell Hall, North Hollywood)	6-00
1990	Chi Johnson (Menlo-Atherton, Atherton)	5-08
1991	Tanya Smith (Cordova, Rancho Cordova)	5-11
1992	Kristy Kieruff (Esperanza, Anaheim)	5-10
1993	Tracye Lawyer (Cate, Carpinteria)	5-10
1994	Kristy Kieruff (Esperanza, Anaheim)	5-10
1995	Tara Fleming (Immanuel, Reedley)	6-00
1996	Liz Giltner (Chaminade, Canoga Park)	5-10
1997	Tayyiba Haneef (Laguna Hills)	5-09
1998	Tia Hanson (El Cajon)	5-08
1999	Kim Stone (York, Monterey)	5-09
2000	Schquay Brignac (Taft, Los Angeles)	5-09
2001	Chaunte Howard (J.W. North, Riverside)	5-10
2002	Sharon Day (Costa Mesa)	5-11
2003	Sharon Day (Costa Mesa)	5-10

CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

Long Jump (Girls)

1974	Jodi Anderson (Washington, Los Angeles)	19-07
1975	Jodi Anderson (Washington, Los Angeles)	19-06.50w
1976	Jodi Anderson (Washington, Los Angeles)	20-00.25
1977	Lisa Gourdine (El Toro, Lake Forest)	19-01
1978	Kathy Hayes (Madera)	19-03
1979	Gwen Loud (Westchester)	20-04.50
1980	Marlene Harmon (Thousand Oaks)	20-08.75
1981	Chris Mose (El Cajon)	18-10.25
1982	Wendy Brown (Woodside)	19-10.50
1983	Gail Devers (Sweetwater, National City)	19-06.00
1984	Wendy Brown (Woodside)	20-09.75
1985	Yvette Roberts (Washington Union, Fresno)	19-01.00
1986	Madette Smith (Quartz Hill)	20-04.75
1987	Karen Lawson (St. Francis, Mountain View)	19-01.50
1988	Tonya Conner (Barstow)	19-05.75
1989	Juliana Yendork (Walnut)	20-02.50w
1990	Juliana Yendork (Walnut)	20-01.50
1991	Juliana Yendork (Walnut)	20-07.50w
1992	Kam Warner (West, Bakersfield)	20-06.25
1993	Marion Jones (Thousand Oaks)	22-00.50
1994	Tara Oettinger (Foothill, Santa Ana)	19-07.50
1995	Jernae Wright (James Logan, Union City)	20-08.00w
1996	Jernae Wright (James Logan, Union City)	20-03.00
1997	Bunmi Ogunleye (Poly, Long Beach)	20-00.75w
1998	Angela Williams (Chino)	19-07.75w
1999	Sani Roseby (Monterey)	19-08.75w
2000	Michelle Sanford (Woodbridge, Irvine)	19-07.25
2001	Eizunia Wojcicka (Hollister)	20-05.50w
2002	Lena Bettis (J.W. North, Riverside)	19-08.25
2003	Rene Williams (Skyline, Oakland)	20-08.25

Pole Vault (Girls)

1995	Melissa Price (Kingsburg)	12-06
1996	Alexa Harz (Peninsula, Rolling Hills Estates)	12-01.25
1997	Bridget Pearson (Hoover, Glendale)	12-00
1998	Tracy O'Hara (Rancho Bernardo, San Diego)	12-08
1999	Kathleen Donoghue (Rancho Bernardo, San Diego)	12-08.25
2000	Lara Chen (Temple City)	12-04
2001	Shayla Ballentine (Morro Bay)	13-08
2002	Chelsea Johnson (Atascadero)	13-03
2003	Kira Costa (San Joaquin Memorial, Fresno)	13-05

Shot Put (Girls)

1974	Kathy Devine (Mission Bay, San Diego)	47-04.50
1975	Kathy Devine (Mission Bay, San Diego)	42-03.25
1976	Becky Daniel (Newport Harbor)	42-09.75
1977	Debra Thorntana (Sacramento)	43-09
1978	Kerry Zwart (Crescenta Valley, La Crescenta)	45-11.50
1979	Susie Ray (Villa Park)	49-06.50
1980	Natalie Kaaiawahia (Fullerton)	48-04.50
1981	Natalie Kaaiawahia (Fullerton)	51-08.50
1982	Natalie Kaaiawahia (Fullerton)	50-03
1983	Natalie Kaaiawahia (Fullerton)	52-07.50
1984	Pam Alexander (Arlington, Riverside)	46-03.50
1985	Elaina Oden (Irvine)	46-11.75
1986	Brandi Gail (Rowland, Rowland Heights)	45-02.50
1987	Kim Lassair (Northgate, Walnut Creek)	39-06.25
1988	Dawn Dumble (Bakersfield)	48-02.50
1989	Melissa Weis (Bakersfield)	44-01
1990	Dawn Dumble (Bakersfield)	49-03.50
1991	Mika Hilaire (Pittsburg)	45-04.25
1992	Kristin Heaston (Ygnacio Valley, Concord)	45-03.50
1993	Kristin Heaston (Ygnacio Valley, Concord)	52-11.50
1994	Delores Tuimolou (Channel Islands, Oxnard)	46-10
1995	Rebecca Morrison (Presentation, San Jose)	47-06.75
1996	Stephanie Brown (Arroyo Grande)	43-00.25
1997	Cynthia Ademiluyi (Poly, Long Beach)	47-05.25
1998	Stephanie Brown (Arroyo Grande)	48-10.75
1999	Jill Camarena (Woodland)	48-06
2000	Karen Freberg (San Luis Obispo)	50-07.25
2001	Karen Freberg (San Luis Obispo)	50-02.25
2002	Rachel Varner (Bakersfield)	47-00.50
2003	Jessica Pressley (Laguna Creek, Elk Grove)	50-05

Triple Jump (Girls)

1982	Wendy Brown (Woodside)	39-08.75
1983	Wendy Brown (Woodside)	40-03.00
1984	Wendy Brown (Woodside)	42-10.50
1985	Sheila Hudson (Rio Linda)	41-10.00w
1986	Felicia Harris (San Lorenzo)	40-02.00
1987	Kim Lassair (Northgate, Walnut Creek)	39-06.25
1988	Stacy Thompson (Morse, San Diego)	39-01.00
1989	Juliana Yendork (Walnut)	41-10.00
1990	Juliana Yendork (Walnut)	42-00.25
1991	Juliana Yendork (Walnut)	43-06.50
1992	Kayla Montgomery (Clovis West, Fresno)	39-11.25
1993	Cheaza Figueroa (Quartz Hill)	40-01.25
1994	Tamieka Porter (Orange Glen, Escondido)	38-11.50
1995	Kelly O'Connor (Esperanza, Anaheim)	40-06.50
1996	Kelly O'Connor (Esperanza, Anaheim)	40-02.50
1997	Andrea Booker (El Camino, Oceanside)	40-00.00w
1998	Andrea Booker (El Camino, Oceanside)	40-00.25w
1999	Heather Contreras (Sutter)	40-03.75
2000	Blessing Ufodiama (Poly, Long Beach)	40-08.75
2001	Candace Bauchman (Poly, Long Beach)	42-04.50
2002	Michelle Sanford (Woodbridge, Irvine)	41-05.25
2003	Brittany Daniels (West, Bakersfield)	42-04.75



Allyson Felix takes a victory lap after setting a national high school record at the 2003 CIF State Track and Field Championships. Felix crossed the line in the 200 meters with a time of 22.52, surpassing the previous mark of 22.71, set by Marion Jones (Thousand Oaks HS) in 1992. Female athletes from the state of California now own 11 of 16 national records.

CIF STATE TRACK AND FIELD MULTIPLE CHAMPIONSHIPS

BOYS RECORDS

Most Team State Championships

- 8 Jefferson, Los Angeles (1938, 1949-52, 1956, 1962, 1964)
- 8 Muir, Pasadena (1934, 1936, 1967, 1974, 1990, 1994-96)
- 7 Poly, Long Beach (1928, 1932, 1959, 1964-65, 1997-98)
- 7 Manual Arts, Los Angeles (1915-16, 1919, 1924-25, 1953, 1958)
- 6 Hawthorne (1983-85, 1987-89)

Most Consecutive Team State Championships

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

Most Individual State Championships

- 6 Clarence "Bud" Houser (Oxnard)Discus (1920-22); Shot (1920-22)
- 5 Charley Paddock (Pasadena)100yd (1916, 1918); 220yd (1916-18)
- 4 Frank Wykoff (Glendale)100yd (1927); 220yd (1927-28); LJ (1927)
- 4 Eddie Morris (Huntington Beach)100yd (1940); 220yd (1938-40)
- 4 Roman Gomez (Belmont, Los Angeles)1600m (1984-85); 3200m (1984-85)
- 3 Lincoln Hall (Santa Paula).....PV (1914-16)
- 3 Wayne Weeks (Santa Rosa)Shot (1915-16); Discus (1916)
- 3 Harry Lamport (Manual Arts, Los Angeles)120HH (1916); 220LH (1916); LJ (1916)
- 3 Verden Nash (Chino 1920-21); Huntington Beach (1922)LJ (1920-22)
- 3 Mort Kaer (Red Bluff)220LH (1922-23); LJ (1923)
- 3 Bill Miller (San Diego)PV (1927-29)
- 3 Roy Kirpatrick (Entral, El Centro)220LH (1933-34); 120HH (1934)
- 3 Les Steers (Palo Alto)HJ (1935-37)
- 3 Hugh McElhenny (Washington, Los Angeles).....120HH (1947); 180LH (1947); LJ (1947)
- 3 John Bradley (Hoover, Glendale)100yd (1947); 220yd (1947-48)
- 3 Leon Patterson (Taft)Discus (1951); Shot (1951-52)
- 3 Leamon King (Delano)220yd (1951, 1953); 100yd (1953)
- 3 Monte Upshaw (Piedmont)LJ (1953-54); 180 LH (1954)
- 3 Hubie Watson (Jordan, Los Angeles)100yd (1958-59); 220yd (1959)
- 3 Bill Cowings (Fowler)200m (1960); 100m (1959-60)
- 3 Forrest Beaty (Hoover, Glendale).....100m (1961-62); 200m (1961)
- 3 Jerry Proctor (Muir, Pasadena)110HH (1967); 300IH (1967); LJ (1967)
- 3 Reynaldo Brown (Compton).....HJ (1967-69)
- 3 Billy Mullins (Hamilton, Los Angeles)100m (1976); 200m (1975-76)
- 3 Brian Bluetreich (Capistrano Valley, Mission Viejo)Shot (1984-85); Discus (1985)
- 3 Quincy Watts (Taft)100m (1987); 200m (1986-87)
- 3 Obea Moore (Muir, Pasadena)200m (1995-96); 200m (1996)

Note: Boys CIF State Track and Field Championships began in 1915 and have since been held annually - excluding the World War II years (1942-45).

GIRLS RECORDS

Most Team State Championships

- 7 Poly, Long Beach (1992-93, 1995, 1997-98, 2001, 2003)
- 5 Berkeley (1974, 1976, 1981-83)
- 3 J.W. North, Riverside (1999, 2000, 2002)
- 2 Muir, Pasadena (1985, 1989)
- 2 Bakersfield (1988, 1990)
- 2 Wilson, Long Beach (1996, 1998)

Most Consecutive Team State Championships

- 3 Berkeley (1981-83)
- 2 Poly, Long Beach (1992-93, 97-98)
- 2 J.W. North, Riverside (1999-2000)

Most Individual State Championships

- 9 Marion Jones (Rio Mesa, Oxnard 1990-91); (Thousand Oaks 1992-93)100m (1990-93); 200m (1990-93); LJ (1993)
- 6 Natalie Kaaiawahia (Fullerton)Shot (1980-83); Discus (1981, 1983)
- 6 Wendy Brown (Woodside)LJ (1982-84); TJ (1982-84); HJ (1984)
- 6 Juliana Yendork (Walnut)LJ (1989-91); TJ (1989-91)
- 5 Angela Burnham (Rio Mesa, Oxnard)100m (1986, 1988-89); 200m (1988-89)
- 5 Angela Williams (Chino)100m (1997-98); 200m (1998); 400m (1995); LJ (1998)
- 5 Monique Henderson (Morse, San Diego)200m (2000); 400m (1998-2001)
- 5 Allyson Felix (Los Angeles Baptist, North Hills)100m (2001-03); 200m (2002-03)
- 4 Denean Howard (Kennedy, Granada Hills)200m (1981-82); 400m (1980, 1982)
- 4 Janeene Vickers (Pomona)300LH (1986-87); 100LH (1986-87)
- 4 Melisa Weis (Bakersfield)Discus (1988-90); Shot (1989)
- 4 Julia Stamps (Santa Rosa)3200 (1994-95, 1997); 1600 (1997)
- 4 Lindsay Hyatt (Placer, Auburn)800m (1996-99)
- 3 Kathy Costello (Pleasant Hill)800m (1974-75); 1600m (1975)
- 3 Jodi Anderson (Washington, Los Angeles).....LJ (1974-76)
- 3 Pam Waters (Bell)200m (1975-76); 100m (1976)
- 3 Ann Regan (Camden, San Jose)800m (1977-79)
- 3 Vicki Cook (Alemany, Mission Hills)3200m (1980-82)
- 3 Polly Plumer (University, Irvine)1600m (1980-82)
- 3 Kira Jorgensen (Vista)1600m (1987-89)
- 3 Angela Roife (Dorsey, Los Angeles)400m (1987-89)
- 3 Dawn Dumble (Bakersfield)Discus (1988-90); Shot (1989)
- 3 Felice Lipscomb (Santa Monica)100LH (1989-90); 300LH (1990)
- 3 Twila Sims (Lompoc)300LH (1989, 1992); 100LH (1992)
- 3 Janice Nichols (Bakersfield)400m (1990-92)
- 3 Suzy Powell (Downey, Modesto)Discus (1992-94)
- 3 Milena Glusac (Fallbrook)1600m (1993); 3200m (1992-93)
- 3 Lakeisha Backus (Wilson, Long Beach)100m (1995); 200m (1994-95)
- 3 Stephanie Brown (Arroyo Grande)Shot (1996, 1998); Discus (1998)
- 3 Sara Bei (Montgomery, Santa Rosa)1600m (1998); 3200m (1998, 2001)
- 3 Ashlee Brown (J.W. North, Riverside)100HH (2003); 300LH (2001-02)

Note: Girls CIF State Track and Field Championships were initiated in 1974 and have since been held annually.

assistance with individual titles provided by Nelson Tennis, Founder *Cal-Hi Sports*