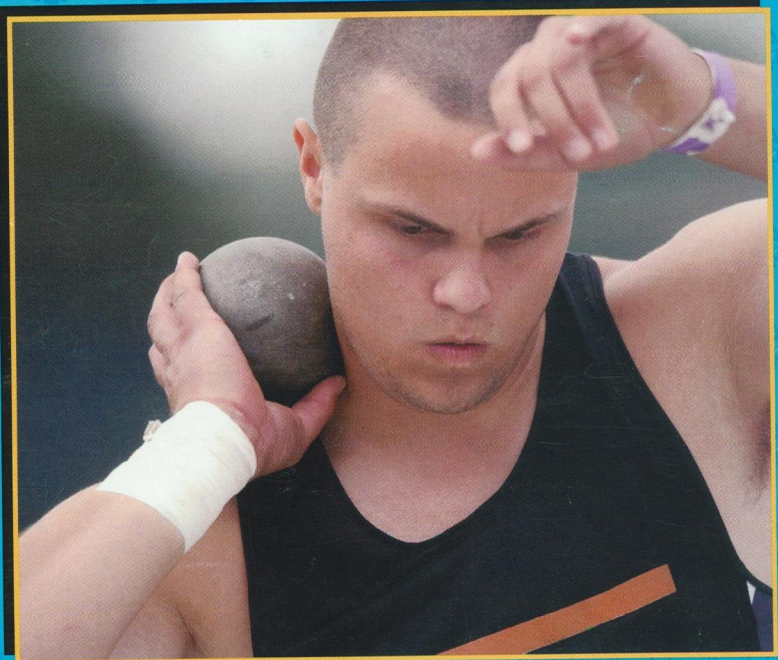
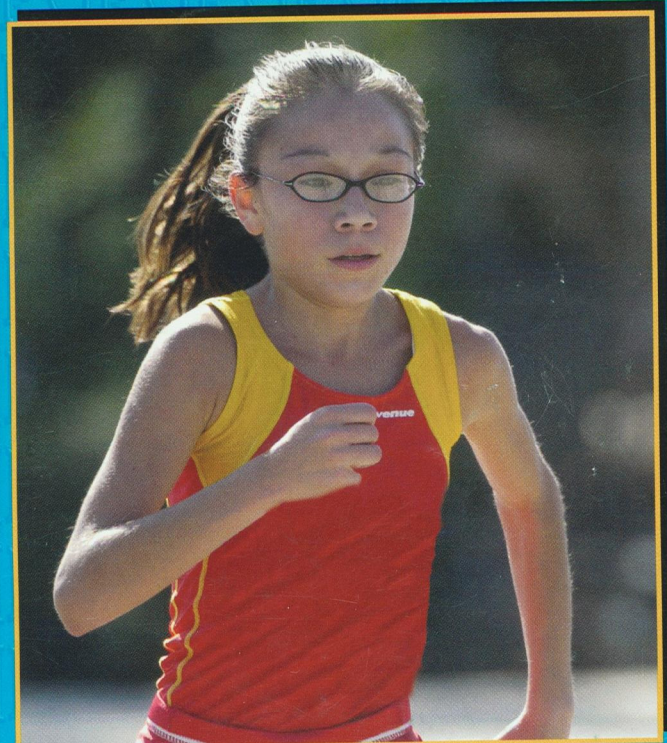
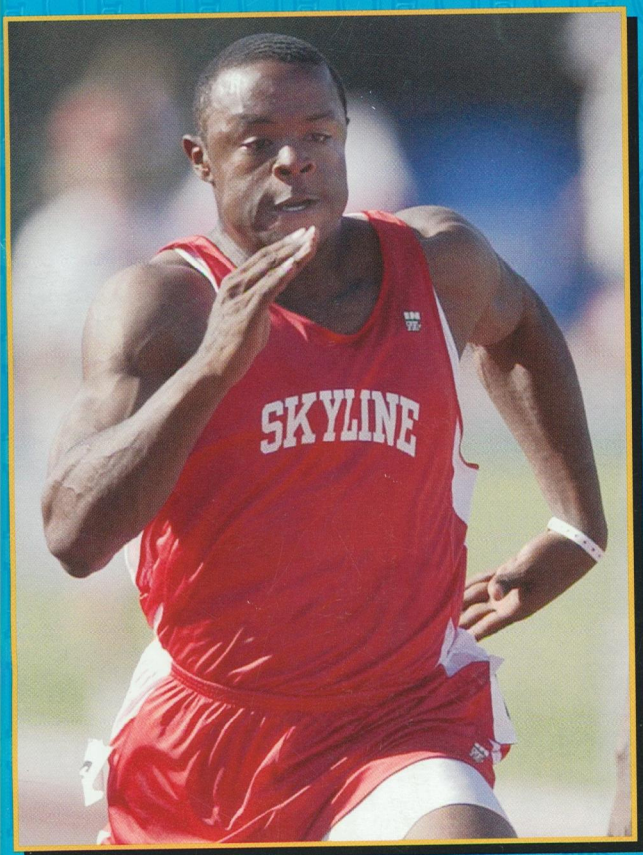
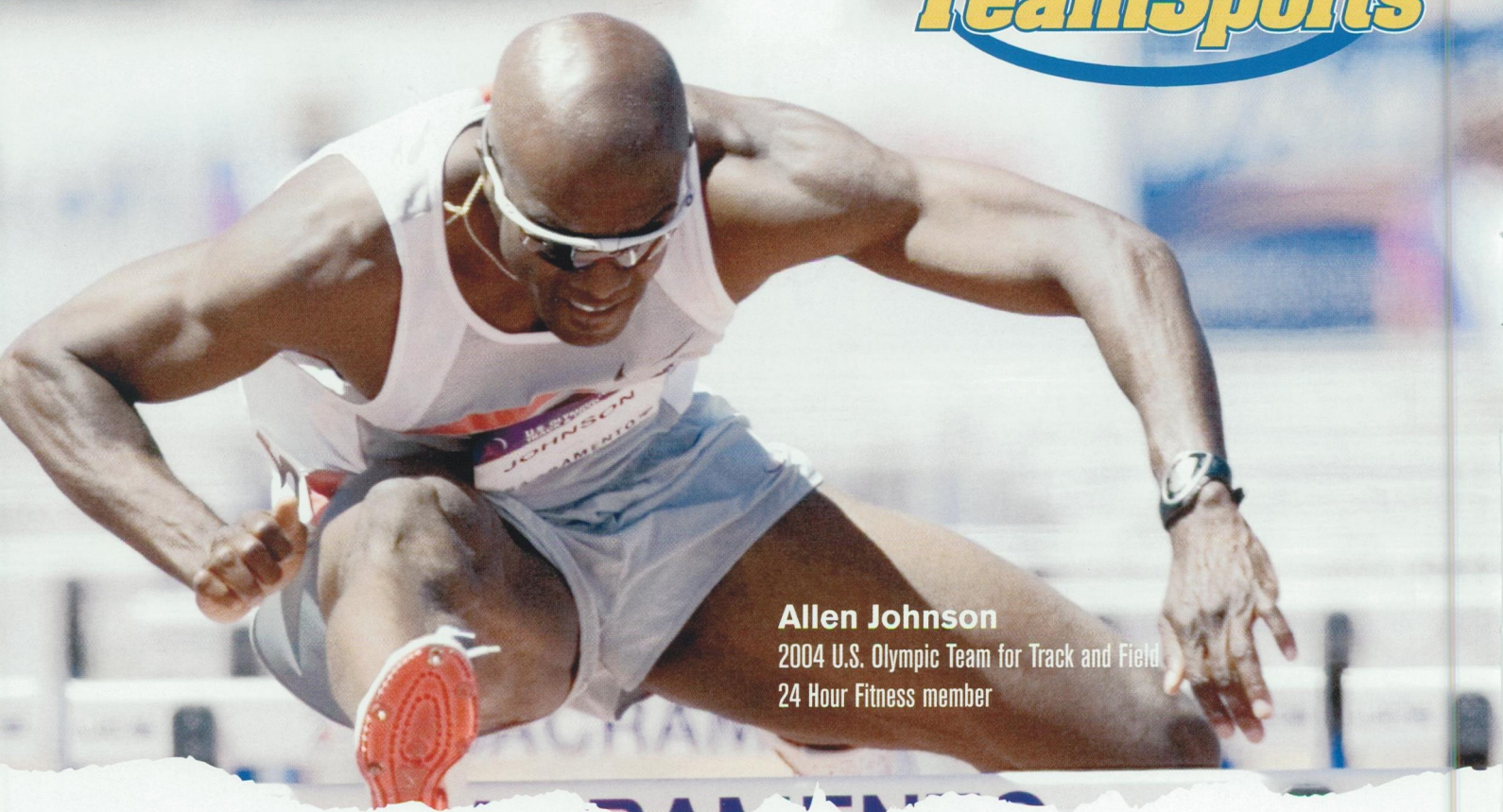




STATE TRACK AND FIELD CHAMPIONSHIPS



2005



Allen Johnson
2004 U.S. Olympic Team for Track and Field
24 Hour Fitness member

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2005 CIF STATE TRACK AND FIELD CHAMPIONSHIPS

Hughes Stadium

Sacramento City College

June 3-4, 2005



Hughes Stadium

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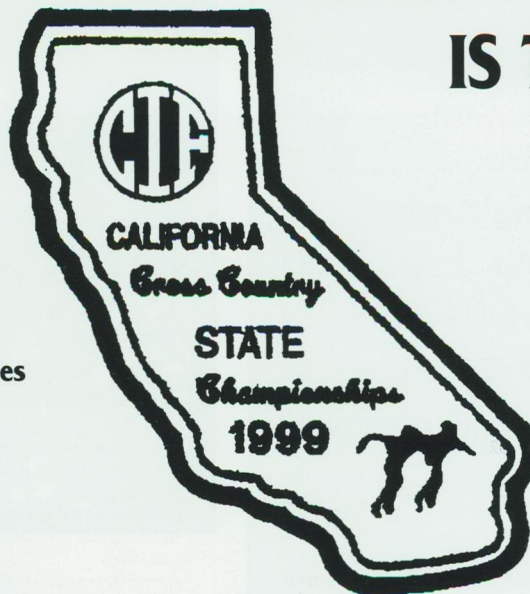


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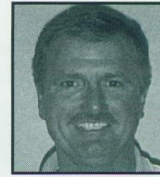
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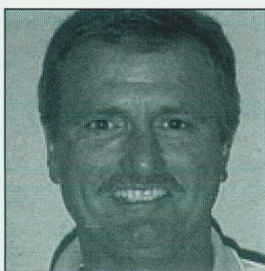
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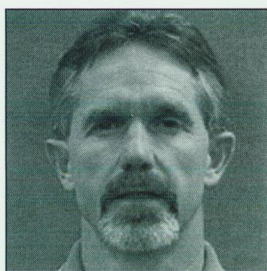
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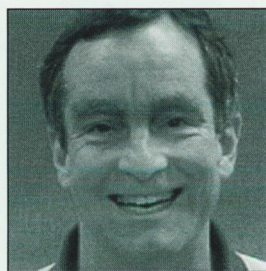
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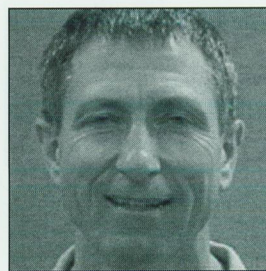
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Principal, Santa Clara HS



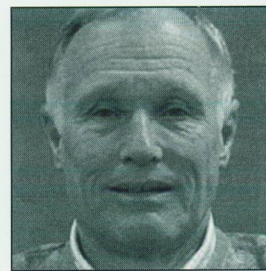
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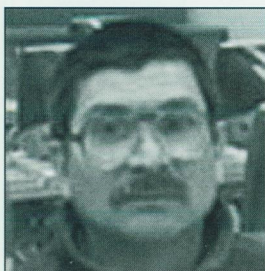
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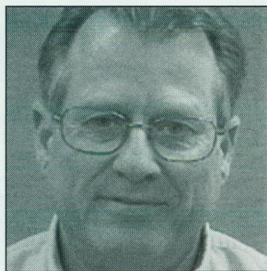
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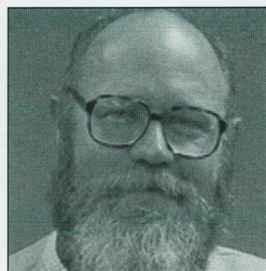
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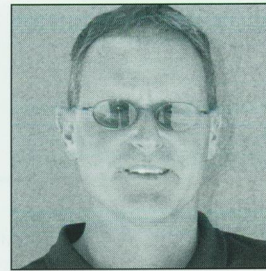
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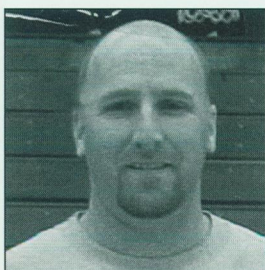
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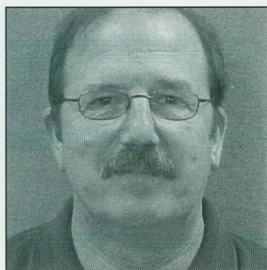
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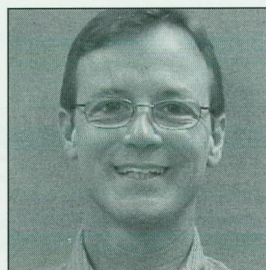
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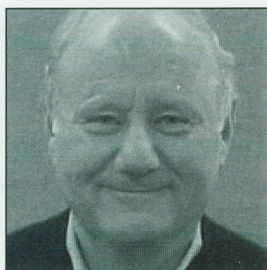
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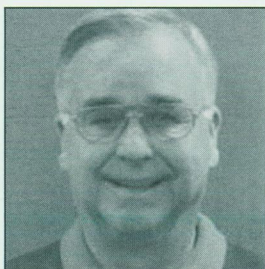
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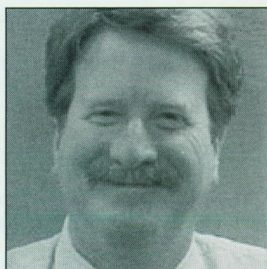
Andy Leong
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Lowell HS



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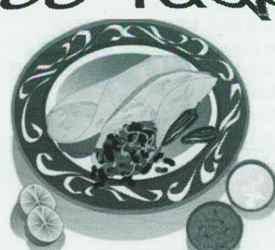


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2004 Championships Feature Long Beach Poly Girls Setting National Record while James Logan Boys Dominate for First Title

One national and three state meet records were set at the 86th annual State Track and Field Championships which took place June 4-5, at Hughes Stadium on the campus of Sacramento City College.

Long Beach Poly tallied 80 points, the highest total by any team in meet history, in winning its eighth girls team title in 14 years and third in the past four seasons.

Meanwhile, the boys of James Logan posted 46 out of a possible 48 points to earn their first state track and field crown.

Poly's 1600-meter relay team set a national record (its third of the season) with a time of 3:35.49, bettering the previous mark of 3:35.72 set on the same track by Long Beach Wilson in 2001. The team swept the two relays while Shana Woods earned top honors in the long jump and Jasmine Lee topped the field in the 400 meters for the second straight year. Collectively, the Jackrabbits earned four state titles and a total of 11 top-five performances.

State meet records also were set by James Logan's Kevin Craddock and Daniel Schaeerer of The Bishop's School. Craddock finished the 300-meter intermediate hurdles in 13.39, coming in just under the previous state record time of 13.41 set 22 years ago, in 1982, by Steve Kerho of Mission Viejo HS. Schaeerer's final round discus throw of 206-5 surpassed his 204-0 showing in Friday's preliminary round. Both marks bettered the previous meet standard of 203-5, set in 2000 by Travis Pendleton of Esperanza.

Other repeat winners on the girls side included Alicia Follmar of Saratoga who bettered her championship time in the 1600 meters from 2003 by a full five minutes and Merrill West's Brittany Daniels who again took the triple jump with a leap of 42-08, the best mark at the state meet since 1991.

The James Logan girls finished second in the team race with 50 points behind Talia Stewart's two wins in the 100 and 300

hurdles. Merrill West took third with 28 points, followed by J.W. North with 23.

For the third year in a row, one runner swept the girls' 100 and 200 meters. After watching Allyson Felix do it in 2002 and 2003, Bishop Amat's Jasmin Baldwin repeated the feat this year.

Five entries for the James Logan boys resulted in four state titles. Craddock breezed to wins in both hurdle events while Yosef Ghebray won the 3200 meters and Nkosinza Balumbu took the triple jump.

Second place in the boys' competition went to Long Beach Poly which captured 30 points. They took top honors in the 1600-meter relay for the fourth straight year while Derrick Jones also won the 200 meters. Dorsey finished third with 28 points, including a win by David Gettis in the 400 meters. Skyline finished fourth with 20 points scoring on wins from Kenny O'Neal in the 100 meters and the 400-meter relay.

CIF TRACK AND FIELD PURSUING VICTORY WITH HONORSSM AWARD WINNERS

1999

Tim Adrian	Moorpark
Alejandra Barrientos	San Lorenzo
Brandon Braunstein	Newark Memorial
Jill Camarena	Woodland
Marcus Chandler	Sierra
Bernard Grady	Scripps Ranch
Tenisha Johnson	Archbishop Mitty
Antonia Lozano	Katella
Jeremy Richards	Righetti
Buffie Ryan	Soquel
Kim Stone	York
Derrick Wise	A.B. Miller

2000

Conner Banks	St. Mary's
Sara Bei	Montgomery, Santa Rosa
Evan Fox	West Hills
Shane Hackett	Verdugo Hills
Mackenzie Hill	Wilson, Long Beach
Trevor Jones	Newport Harbor
Liz Morse	Corona del Mar
Buffie Ryan	Soquel
Mike Serratos	Don Lugo
Anita Siraki	Hoover, Glendale

2001

Shayla Ballentine	Morro Bay
Alexis Bartschi	Merrill West
Jim Chambliss	South Hills
Tom Chapman	Golden West
Ethan Clarke	Bellarmine
Jeff Garrison	JW North
Julian Gibson	Palo Alto
Ryan Hall	Big Bear
Jeffrey Hunter	Granite Hills
Meghan Johnson	Holy Names
Rodney Lanningham	Sonora
Shannon Lewallen	Peninsula
Jason Lovell	Cleveland
Naonka Mixon	Poly, Long Beach
Jeff Nelson	Murrieta
Angel Perkins	Gahr
Aaron Powell	Poway
Anita Siraki	Hoover, Glendale
Shalonda Soloman	Poly, Long Beach
Amber Steen	Newport Harbor
Jenna Timinsky	San Dieguito
Todd Walken	Helix
Deun White	Rancho Bernardo

2002

Jihad Beauchman	Bellarmine
Carolyn Brown	Burroughs
Chaunte Howard	Riverside North

Jeff Jacobs
Ruth Graham
Carrie Johnson
Chelsea Johnson
Thomas Mack
Angel Perkins
Shannon Rowbury
Dan Ryan
DJ Smith
Duane Solomon
Danielle Stokes
Jensen Wayne

Santa Margarita
Gunn, Palo Alto
Fallbrook
Atascadero
Bakersfield
Gahr
Sacred Heart Cathedral
Sultana
Foothill, Pleasanton
Cabrillo Lompoc
St. Mary's, Berkeley
Notre Dame, Sherman Oaks

2003

Jessica Delunay
TJ Fakehinde
Yong-Sung Leal
Carol Rodriguez
Michael Singer
Joel Tuosto

Claremont
Eastside Christian
Arroyo
Western
Valencia
Greenfield

2004

Candyce Babb
Dashanta Harris
Emmaline Hartel
Bryan Parker
Natalie Pischetti
Shelese Ruffin
Demondre Ward

Pomona
Poly, Long Beach
Birmingham
Lincoln, Stockton
Rancho Cucamonga
Beaumont
Oakland

2005 TIME SCHEDULE

FIELD EVENTS

FRIDAY QUALIFYING TIMES

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

SATURDAY CHAMPIONSHIP TIMES

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

TRACK EVENTS

FRIDAY QUALIFYING TIMES

5:00	Girls 400m Relay	(Heat #1)	7:24	Girls 800m Run	(Heat #1)
5:04		(Heat #2)	7:29		(Heat #2)
5:08		(Heat #3)	7:34		(Heat #3)
5:13	Boys 400m Relay	(Heat #1)	7:39		(Heat #4)
5:17		(Heat #2)	7:44	Boys 800m Run	(Heat #1)
5:21		(Heat #3)	7:49		(Heat #2)
5:25		(Heat #4)	7:54		(Heat #3)
5:30	Girls 1600m Run	(Heat #1)	8:00	Girls 300m LH	(Heat #1)
5:38		(Heat #2)	8:04		(Heat #2)
5:45	Boys 1600m Run	(Heat #1)	8:08		(Heat #3)
5:52		(Heat #2)	8:14	Boys 300m IH	(Heat #1)
6:01	Girls 100m HH	(Heat #1)	8:19		(Heat #2)
6:07		(Heat #2)	8:24		(Heat #3)
6:12		(Heat #3)	8:29	Girls 200m Dash	(Heat #1)
6:18	Boys 110m HH	(Heat #1)	8:33		(Heat #2)
6:23		(Heat #2)	8:37		(Heat #3)
6:28		(Heat #3)	8:41		(Heat #4)
6:32	Girls 400m Dash	(Heat #1)	8:45	Boys 200m Dash	(Heat #1)
6:36		(Heat #2)	8:49		(Heat #2)
6:40		(Heat #3)	8:53		(Heat #3)
6:44		(Heat #4)	9:15	Girls 1600m Relay	(Heat #1)
6:48	Boys 400m Dash	(Heat #1)	9:23		(Heat #2)
6:52		(Heat #2)	9:31		(Heat #3)
6:56		(Heat #3)	9:39		(Heat #4)
7:00	Girls 100m Dash	(Heat #1)	9:46	Boys 1600m Relay	(Heat #1)
7:04		(Heat #2)	9:53		(Heat #2)
7:08		(Heat #3)	10:00		(Heat #3)
7:12	Boys 100m Dash	(Heat #1)			
7:16		(Heat #2)			
7:20		(Heat #3)			

SATURDAY CHAMPIONSHIP TIMES

5:00	Girls 400m Relay
5:08	Boys 400m Relay
5:19	Girls 1600m Run
5:28	Boys 1600m Run
5:44	Girls 100m HH
5:54	Boys 110m HH
6:04	Girls 400m Dash
6:11	Boys 400m Dash
6:19	Girls 100m Dash
6:25	Boys 100m Dash
6:34	Girls 800m Run
6:42	Boys 800m Run
6:53	Girls 300m LH
7:00	Boys 300m IH
7:10	Girls 200m Dash
7:17	Boys 200m Dash
7:25	Girls 3200m Run
7:42	Boys 3200m Run
8:00	Girls 1600m Relay
8:10	Boys 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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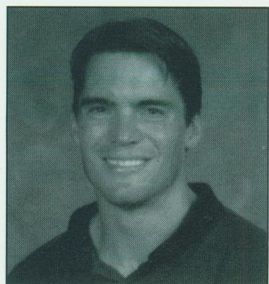
*The goal of this award is to recognize coaches who are
positive role models within their schools and the community.*

A model coach must have demonstrated and taught the "Six Pillars of Character"™.

The two track and field coaches selected this year were:

COLEY CANDAELE

VISTA MURRIETA HIGH SCHOOL

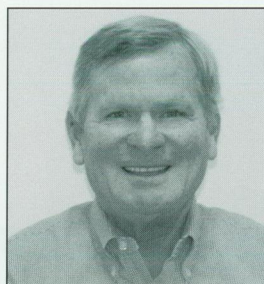


Character, Leadership, Attitude, Scholarship and Service (C.L.A.S.S.) is not only the Vista Murrieta motto, but also captures the philosophy and essence of its head football coach. After leaving Carpinteria HS where he captured several league titles, a Southern Section championship, and a well-earned reputation as a solid propo-

ponent of "Pursuing Victory with Honor," Candaele was chosen to build the football program at Vista Murrieta in 2003 where he was named the school's male coach of the year in 2003-2004. Said Principal Butch Owens, "He creates a family atmosphere with his teams from the start by individually meeting with his athletes and their families prior to every season to ensure that his 'honor code' is fully upheld."

TERRY WARD

BELLARMINE COLLEGE PREP



Whether the job was teaching history, coaching the track team or serving as athletic director, Ward has always achieved the highest standard in his service to Bellarmine Prep. During his 25 years at the school, Ward has mentored more than 5,000 student-athletes who have earned countless league, section and state championships. Director of College Counseling

Ann Freitas said, "In sports that are normally oriented towards the individual (cross country and track), Coach Ward has somehow built levels of teamwork, unity and camaraderie like I have never seen." Ward's phenomenal record as a coach, educator and administrator in his 37-year career is predicated on his belief in teaching mental, emotional, spiritual and moral strength through sports.

2005 Championship Meet Officials

EVENT SUPERVISOR

Dean Crowley

MEET DIRECTOR

Hal Harkness

SOCAL MEET MANAGER

Bob McGuire

NORCAL MEET MANAGERS

Tom Crumpacker

Peter Sawyer

COACHES CORNER

Jerry Colman

Dick Connors

John Lipsey

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Tom Rossow (Field)

Mike Miles (Running)

JURY OF APPEALS

Don Bailes

Dennis McClanahan

Steve Stearns

DISCUS OFFICIALS

George Kleeman (Lead)

Deri Bowen

John Bowen

John Donch

Bill Edgar

Mike Mundy

Andre Richards

Bob Shor

Dave Soeth

Bill Wirick

Mark Youmans

HIGH JUMP OFFICIALS

Pat Randall (Lead)

Dave Gregson

Mike Leonard

John Murray

Sue Murray

J.J. Nobel

Michael Sands

LONG/TRIPLE JUMP OFFICIALS

Shirley Connors (Lead)

Teddy Hayes (Lead)

Robert Benoy

Randy Brown

Anthony Camargo

Dwight Crocker

Jayne Crocker

Al Jacobsmeyer

Eric Joe

William Lee

Charles Murphy

Rory Osborne

Dennis Seeley

Malachi Smith

Jim Waldren

POLE VAULT OFFICIALS

Jon Kaempfer (Lead)

Jay Abbott

Don Aguiar

Janis Kaempfer

Clay Taft

Vincent Taype

Ted Waldo

Greg Wright

SHOT PUT OFFICIALS

Gail Wetzork (Lead)

Jose Gallo

Steve Green

Jim Miller

Dennis Shannon

Mike Sullivan

Bob Thompson

Nicole Thompson

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Joe Harper (Head)

Tiffany Banks

Chuck Buettner

Jamie Starmer

Aaron Weidcamp

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FinishLynx)

Jim Hume (Asst. Timer/FieldLynx)

John Busto

Bill Daskarolis

Pat Modar

Paul Mahoney

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Megan Cook

Cece Hinojosa

Jayne Peters

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James Stark (Head Field)

Morgan Bullock

Mary Cabral

Nick Eddy

Ken Ellis

Desiree Love

Ann Wallis

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Bill Ewing

Scott Fairley

Frank Hart

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Mark Nelson

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Gary Teague

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Karen Williams

Tony Williams

Bob Wood

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Dan Davidson

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Dr. Leon Glover (Head)

Dan Davidson

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Phil Watkins

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Booth

Keith Conning (Head)

Gary Brooks

Peter Jensen

Rick Milam

Field

Tom Hassey – Horizontal Jumps

Tom Jensen – High Jump

Bob Laux – Pole Vault

Janine Rogers – Discus

Rachel Wallis – Horizontal Jumps

Becca Wooden – Shot Put

Awards

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Joelene Rodriguez

TRAINER

Darci Stark

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INTERNATIONAL-CLASS TALENT HEADLINES 87TH ANNUAL CIF STATE CHAMPIONSHIPS

*By Rich Gonzalez
Editor, DyeStatCal*

Where does one focus the spotlight as the curtains are drawn and the nation's grandest stage of high school track and field talent is unveiled?

Do we start with the Sac-Joaquin Section boys pole vault champion ranked No. 1 in the world among the under-18 crowd in his specialty event? Or with the North Coast Section's junior-year star whose versatility has drawn comparison to Olympic decathlon legend Rafer Johnson?

Do we kick off with the Sac-Joaquin Section female phenom who annihilated the national prep triple jump record and competed in the Olympic Trials as a mere 17-year-old? Or with the Los Angeles City Section speed merchant whose world-class talents have earned him scholarship entrance into America's premier one-lap dash program?

Do we focus on the deepest and fastest-rising crop of female vaulters in national prep history? Or shall we look to the Southern Section's highly decorated distance runner whose successes have canvassed two sports during a storybook career?

Each deserves to share top billing here, as Scott Roth, David Klech, Brittany Daniels, David Gettis, Brysun Stately, Tori Pena and Mark Matusak help comprise the deep wealth of talent decorating this weekend's lineup card that promises to keep every fan glued to his or her seat for the 87th edition of the CIF State Track and Field Championships.

Here's a detailed preview of the action:

To get a glimpse of the stars, it is said that one needs only to look skyward. This weekend, that's where one finds the Golden State's pole vaulters — the greatest collection of youth aerialists in the Western Hemisphere, if not the globe. Granite Bay (SJS) junior Scott Roth headlines the vault competitions after wins at Arcadia and Stanford, with his recent 17-foot, 2-inch clearance at sectionals not only setting a national age-16 record, but also registering as the leading under-18 mark in the world this year. Roth has scaled over 17 feet on this very track twice in the last month, and hopes to execute a trifecta this weekend that not only lands a successful defense of his California title, but perhaps also erases Anthony Curran's 27-year-old state-meet best 17-00.50, the oldest field event mark in the state record books.

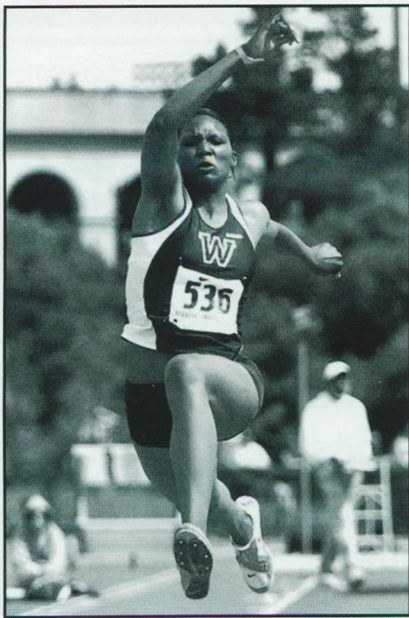
Roth's main challenge will come from teammate Ryan Shuler, the 2003 state champion as a freshman who, despite battling tendinitis problems this spring, ranks among the region's best. From down south, La Jolla's Paul Coover has enjoyed excellent improvement during the year to clear a lifetime-best 16-4 that ranks among the top-10 marks nationally in 2005.

On the girls side, the vault competition is even more stacked. Senior Brysun Stately of Cordova (SJS) has soared 13-06 in recent weeks to move to No. 3 on the state's all-time list in the event, with newly christened record-setter Tori Pena of Edison (Huntington Beach-SS) also on display. Pena curled over the cross bar at 13-01 in sectionals action last weekend

to set a state junior-class record, beating a very deep field in the process. Rancho Bernardo's Kate Mattoon (SDS), St. Francis of Mountain View's Natasha Barthel (CCS) and Rocklin's Rachel Simmons (SJS) each have cleared 12-09 this season to rank among the top-15 on the all-time state list and round up the deepest contingent ever at any state meet, with the quintet also ranking among the top-7 youth performers in the Western Hemisphere this spring. National 10th-grade record-holder Allison Stokke of Newport Harbor (13-05.75) fractured her tibia in late April, sidelining the defending state champion this weekend.

The girls' horizontal jumping events also pack major star power, with 2004 Olympic Trials participant Brittany Daniels of Merrill West (SJS) fresh off another jaw-dropping bound that left us scurrying through the record books. Daniels, who signed with the University of Southern California last month, spanned a wind-aided 45-07.50 in the triple jump to record the best mark under any conditions in national prep history and post the top Juniors (19-and-under) mark on the planet this year. Her wind-legal national record (44-11.75) and Juliana Yendork's 14-year-old state meet record 44-00.50 hang in the balance this weekend. Fellow 40-plus footers Ke'Niya Richardson of Holy Names (OS) and Decontee Kaye of James Logan (NCS) will keep the pressure on Daniels and battle for valuable team points.

Prognostications in the long jump took a major turn in recent weeks with injuries to national-class leapers Shana Woods of Long Beach Poly and Mindy Neely of Dos Pueblos (both from the SS), leaving the sensational teammate tandem of Daniels



Brittany Daniels (Merrill West) is the two-time defending triple jump champ. Many anticipate she could post state and national records this weekend.

and Shevell Quinley as the heavy favorites for the top two spots. Daniels (20-05.50) and Quinley (20-03.75) are the first 20-foot teammates in the long jump in national prep history.

Harbor senior Julie Dufresne delivered a tape-measure effort at the Central Coast Section Finals, heaving the iron shot a distance of 50 feet, 7.25 inches to easily record the state's best throw this season, a CCS record and the No. 7 mark in state history. Her performance leads the seasonal state list by more than four feet over Long Beach Poly's April Phillips.

Over in the discus ring, a quartet of 150-footers are slated for battle, with Pittsburg's (NCS) Alexarae Toeaina heading the list at 154-08.

Over on the high jump apron, Mindi Wiley of Sonoma (NCS) extended her state lead with a 5-11 clearance, although

Bakersfield Stockdale's (CS) Desirae Gonder (recently named to the USA World Youth Team that will compete in Morocco this summer), Coronado's Jamie Klages (SDS) and Branham's Amber Kaufman (CCS) each have made at least 5-10 this season.

In the boys' weight events, senior Danny Rohr is the latest All-American talent to emerge from the famed Arroyo Grande weights juggernaut, with the senior boasting seasonal-best marks (202-00 in the discus and 62-08 in the shot put) that rank among the top half dozen in the nation this spring. Rohr figures to accept steep challenges from Central Section star Bobby Scott (60-00.50) of Clovis West and San Diego Section double champ Darius Savage (196-10 and 59-11.25) of Morse.

Defending champion Nkosinza Balumbu leads the parade of qualifiers in the triple jump yet again, with the Arkansas-signed James Logan (NCS) talent boasting a dazzling 52-04 wind-aided effort in early April that still ranks atop this year's national list under any conditions. Junior gem Zuheir Sharif of Franklin in Elk Grove (a third-year school in the SJS) went 49-09.75 in qualifying to state, with Southern Section Masters winner Richard Sherman of Dominguez (SS) stretching 49-05.75 to arrive here.

California of San Ramon (NCS) all-around phenom David Klech is the only athlete in America to be ranked among the top-10 in three individual events this season, but he will be severely challenged in each of those disciplines this weekend. The state leader with a wind-aided 24-04.75 in the long jump, Klech has lost to rival Alex Pearlstone of Sir Francis Drake (NCS) in successive big-meet showdowns

recently, with Klech prevailing once in an earlier matchup in the pits. Colony's (SS) Derrick Smith and St. Francis of Mountain View's (CCS) Kyle Mills-Bunje, another exceptional all-rounder, are among other leading title threats. Klech's task in the high jump is no easier, with state leader Aiona Key of Mesa Verde (SJS) ranking second nationally in the event at 7-01, a shade higher than Klech's US #4 7-00.75 effort, with a trio of others at 6-10 or better this season as well.

The girls overall team title picture has a definite beachside look to it...as in Long Beach Wilson. The Southern Section superpower is loaded in the track events, with all-everything 10th-grader Ebony Collins leading the dynamite Bruins, who hold the best times in the state in both relays (45.73 & 3:40.35) in 2005. Wilson figures to get rocking early and bring the house down late (with the relays being the first and last events on the schedule), with Collins and Co. taking care of its hurdles and dashes scoring business in between. Collins is part of an ultra-evenly matched 100-meter field that includes SS star frosh Yasmine Woodruff (St. Mary's Academy), CCS champion Khrystal Carter (Valley Christian of San Jose), Kristina Davis (James Logan) and Elizabeth Olear (Louisville). All five have seasonal bests marks within eight-hundredths of a second of each other.

The longer sprints are Sa'de Williams' turf, with the amazing Rancho Cucamonga (SS) blazer holding down the No. 2 and 3 times in the nation in the 200m and 400m, respectively. Williams also has been running anchor on her national-class

continued on page 36



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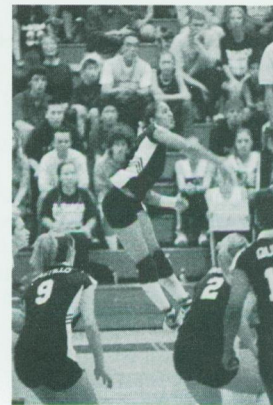


Recently Mandated Coaching Education Program

The CIF Coaching Education Program works to provide strong pragmatic, comprehensive instruction for coaches. This training is consistent with the highest statewide standards for coaching.

To achieve this goal, the CIF does the following:

- **Maintains a statewide faculty**
- **Provides seminars for coaches and instructors**
- **Helps develop marketing and implementation strategies to meet the needs of all coaching education stakeholders.**
- **Provides support services for instructors**



New and Improved Coaching Education Curriculum

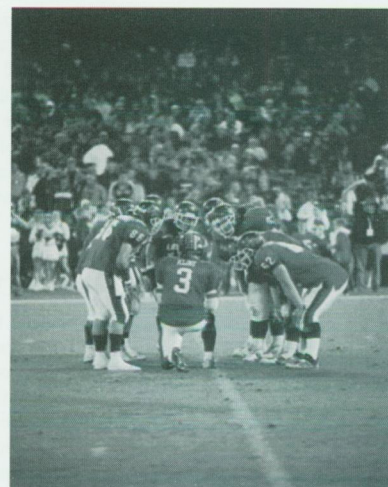
The CIF has added topics that are more relevant to today's coaches. These new topics include:

- **Coaching for Character**
- **Coaching Diverse Athletes**
- **Performance Enhancing Drugs**

Costs for the Program (starting July 15, 2005)

Coaching Education Course — \$65.00
Training of the Trainers — \$360.00

**For additional information please contact:
Courtney Johnson — 510.521.4447**



West and King Selected 2005 CIF Scholar-Athletes of the Year

Heather C. West from Davis Senior High School and Ryan King of Christian Brothers (Sacramento) High School have been selected as the 2005 CIF Scholar-Athletes of the Year. The scholarship award, established in 1982, recognizes student-athletes who excel in the classroom, in athletics and are strong contributors to their schools and communities.

Both students will be honored at the State Capitol in Sacramento on Thursday, June 23. In addition, they will receive a \$2,000 scholarship to the college/university of their choice. Nominations for the prestigious award are received from the 1,372 high schools that make up the CIF membership.

"I am constantly encouraged by the young people in our schools and our two scholar-athletes are another reaffirmation of the great potential the future holds," said CIF Executive Director Marie Ishida. "I wish to personally congratulate all the nominees. We, once again, had an excellent group of scholar-athletes."

Heather C. West Davis Senior High School

West is a four-sport athlete, earning a combined 14 varsity letters in water polo, swimming, track and cross country at Davis Senior High School. She ranks in the top 10% of her class with a 4.156 cumulative grade-point average. She will play water polo at Stanford University in the fall.

She is the editor of the school's award-winning newspaper and a member of the National Society of High School Scholars in addition to being a two-time Governor's Scholar and the recipient of the President's Education Award for Outstanding Academic Excellence.

"The Boss," as her teammates call her, is a two-time water polo team captain and has helped lead Davis to four straight Sac-Joaquin Section championships. She has competed on the National Youth Water Polo team and been named an All-American in both water polo and swimming. She also has been a Special Olympics swim coach as well as a volunteer coach in both swimming and water polo.

West intends to major in Human Biology or International Relations with career goals of international relations or law.

"To summarize the true essence of this young lady by merely reflecting on her academic, athletic and service accomplishments would not do her justice. Despite her honors, skills and accomplishments, the students, staff and citizens of Davis appreciate Heather even more for her ever-present positive, cheerful, friendly, caring and compassionate nature and personality," said Dr. Patrick Donlon, Davis HS Athletic Director/Assistant Principal.

West Essay: "Upholding the Spirit"

It ended. The whistle blew after the last few seconds of mad scrambling: shots fired with minimal control, desperate attempts to steal the ball. Ninety-five games, but now only the present mattered.

I pulled myself out of the pool, over the mouth of the gutter. I realized my arms ached all over, my lungs were burning and my legs dead, but I held my head high. Our team put our hands together, chanting "Good game Rio," full of heart and sadness at the same time. My feet methodically pattered one in front of the other, my mind in a different place. Taking a deep breath, I shook every player's hand, emphatically mumbling "good job" as the familiar faces passed. Domination exuded from their skin and our skin at the same time, but our inner emotions were as opposite as night and day.



HEATHER C. WEST
Davis Senior HS



RYAN KING
Christian Brothers HS

Today, I can reflect on the experience with a proud mind. After losing the first game of my high school career, I acted as a true athlete should: with character. While the stands were roaring with accusations, the players acknowledged each other silently on the other's accomplishments. I congratulated the players from Sacramento on their performance in the present, and they admired our success of the past. We celebrated in the presence of our own teams, leaving the cockiness or blame to the bystanders.

The players in that game epitomized the late, great water polo coach Peter Cutino's mantra: "The question arises, 'Do sports build character? I contend they reveal it.'" Both teams did not act the way they acted because of what they learned that day in the water. We acted with mutual respect because a precedent had been set within our teams and within ourselves. I was able to see that they had been working just as hard as us, and no excuses could be made for why the streak had to end.

Sportsmanship is such an important characteristic for high school athletes. Those that possess this characteristic are able to imprint the importance of it on their teammates, thus spreading the trait. When our streak ended, it was refreshing for both teams to act with reverence.

Not only is sportsmanship indispensable in competition, it's valuable in life. The sportsmanship and respect I hold for my fellow athletes and teammates will translate into good relations with my co-workers and people I interact with later in life. Being able to act composed and calm in any competition translates over to life and your career. Long after I stop playing competitive water polo, I will retain this character trait.

That sunny, balmy day in the chlorine-laden 50-meter pool will never exit my memory: snapshots of the crowd yelling, the players sprinting down the pool, and walking down the cool, concrete deck. More importantly, though, I will recollect the respect both teams garnered from the on-lookers and each other, a true example of character and sportsmanship.

Ryan King Christian Brothers High School

King has been a four-year member of both the cross country and track teams at Christian Brothers High School and ranks in the top 10% of his class with a 4.44 grade-point average. The recipient of a National Merit Commendation, King will attend Massachusetts Institute of Technology in the fall.

He has been selected as the most valuable runner on both the cross country and track teams, and as a senior, qualified for the state championships, finishing 75th out of nearly 200 competitors. King also is an avid outdoorsman who particularly enjoys rock climbing.

He has been a weekly volunteer at the Wellspring Women's Center where he helps make breakfast for 100

low income and homeless women and children and also a summer camp counselor for three years. King is a member of the school's Scholar Program, Editor-in-Chief of the school newspaper and is active in the Boy Scouts where he has achieved the rank of Eagle Scout.

King plans to major in mechanical or materials engineering. His career goals include doing research in designing gear and developing material for outdoorsmen.

"Ryan has been the stereotypical 'well rounded' successful high school student. What is less obvious, but much more important in my opinion, is his very real commitment to a few worthy causes and intriguing pastimes. Ryan's intellectual vitality and his wonder at the way things work have been contagious and affected his fellow students and teachers in marvelous ways," said Director of Guidance Services Mary Hesser.

King Essay: "Running and Life, Life and Running"

A writer once said, "Running is the greatest metaphor for life, because you get out of it what you put into it." This quote perfectly sums up my approach to running cross country and track, both in terms of my training attitude and the sportsmanship and character I display in my actions. I strongly believe that the value of an activity or sport lies not so much in the numerical outcome, but rather in the amount of effort put into it, and the way in which one conducts him or herself. Additionally, I can apply this work ethic and corresponding set of principles to every aspect of my life.

While my first season is now a blur of memories of workouts, personal bests and an initiation into the running community at large, I still remember quickly becoming hooked on the sport because I discovered that my success directly corresponded to the amount of work I put into practices. I enjoyed the methodical and analytical approach to training, knowing that my race times were simply a product of how hard I trained. Wins and losses came when they did, but personal bests were an objective standard by which I could measure my own progress and see the direct results of my training. I discovered that the success of a race came not from crossing the finish first, but from taking pride in the amount of effort I put into the race and the months of training leading up to it.

While running is primarily an individual sport it builds incredible bonds among teammates and fellow competitors. The shared experience of a tough workout, a discouraging injury or the thrill of victory fosters an extraordinary amount of camaraderie among runners. Consequently, at the end of a cross country race, I am amazed by the leaders who, still exhausted from their race, return to the finish to cheer on and congratulate their teammates and other finishers. Experienced runners are often more concerned with their teammates' performances than their own because they want to see the younger runners succeed and develop the same sense of pride that they have. As an inexperienced freshman on my cross country team, I was deeply impressed by the support and guidance the seniors offered me, and I have tried to do the same for the younger runners on the team now. I think the greatest displays of sportsmanship and character come from the mentoring actions of the senior runners as they pass on their knowledge to younger runners.

I have found the work ethic and character that running fosters to be huge assets because they apply to anything in my life. Running has taught me to value and take pride in the quality of work I produce. It also teaches the importance of persistent effort in one's endeavors, be it training or schoolwork. Ultimately, running serves as an example of how one ought to live his or her life and the principles that should guide one's actions.

Relive the Memories... Remember the Moment!



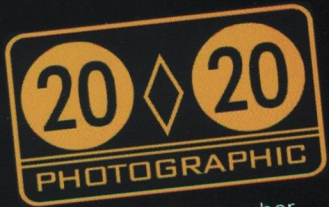
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2004 OHSAA TRACK & FIELD

Eastmoor caps off awesome season bringing home state championship



TOP 40 OHIO GIRLS TRACK TEAM SCORES				COLUMBUS EASTMOOR STATE MEET SCORES			
Pos	School	Points	Pos	School	Points	100 METER HURDLES	400 METER DASH
1	Col. Eastmoor Ant.	54	22	Thornville Shortland	10	Whitney Sholden	Ayitzama Favours
2	Zanesville	31	23	Upper Sandusky	10	1st Place, Points: 8	1st Place, Points: 10
3	Olney	30	24	Midwestern Madison	10	43200 METER RELAY	200 METER DASH
4	McClurey Arch. Alle	27	25	Ottawa-Glandorf	10	Ayitzama Favours, Jasmin Scott,	Ayitzama Favours
5	Col. North Mt. Trosky	26	26	Lockdown Indian Lake	9	Yvonne Scott, Cameron Turner	2nd Place, Points: 8
6	Gallopville Gallop And.	24	27	Perry	9	1st Place, Points: 10	43400 METER RELAY
7	Col. Bldg. Harley	23.50	28	Madison Field	8	Nevada Morgan, Teresa Scott,	Jasmin Scott, Ayitzama Favours
8	Col. Handover Township	20	29	Pendleton Eastwood	8	Sholden, Nirvana Morgan, Cameron	1st Place, Points: 10
9	Port Clinton	20	30	Rolland West Branch	8	Turner	2nd Place, Points: 6
10	Talmanville	15	31	Young Liberty	8		
11	Chico. Logan Elm	15	32	London	8		
12	Shovest Warren	14	33	Williamport Woodlot	7		
13	Marion Pleasant	14	34	Ch. Wynona	7		
14	Ray Village Ray	13	35	Oak Harbor	7		
15	Lincoln Shawnee	13	36	Madison Highland	7		
16	North Elm Taylor	12	37	Granville	7		
17	South Euclid Regis	12	38	Aurora	6		
18	Alvord Sandlot	11	39	Madison Highland	6		
19	Baytown	11	40	Alvora Conover	6		
20	Young, Clancy	11	41	Alvora Brewer	6		
21	Concord Newage	11	42	Madison	6		

also...
Teams competing today's contest will be sent a free copy of the team poster. See your coach or school's athletics department for ordering details.

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 400m RELAY

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

Records National 44.50 Poly (Long Beach, California) 2004
State 44.70 St. Bernard (Playa del Rey) 1997

Lane	School	Section	Section Mark
Heat 1 Prelims			
1	Poway	SD	49.00
2	Birmingham	LA	47.91
3	University City	SD	47.79
4	Rancho Verde	SS	47.14
5	Wilson/LB	SS	46.20
6	Franklin/EG	SJ	47.76
7	Skyline	OK	47.91
8	Deer Valley	NC	48.80
Heat 2 Prelims			
1	Bullard	CE	49.57
2	Gardena	LA	47.97
3	Valley Christian	CC	47.82
4	St. Mary's Academy	SS	47.22
5	James Logan	NC	46.51
6	Kennedy	SS	46.98
7	Carson	LA	47.69
8	Morse	SD	47.89
9	Crystal Springs	NC	48.68
Heat 3 Prelims			
1	Chico	NO	50.19
2	Palo Alto	CC	48.26
3	Stockdale	CE	47.82
4	JW North	SS	47.23
5	West	SJ	46.72
6	Rancho Cucamonga	SS	46.76
7	Vallejo	SJ	47.37
8	Mt. Pleasant	CC	47.86
9	Edison	CE	48.67

BOYS 400m RELAY

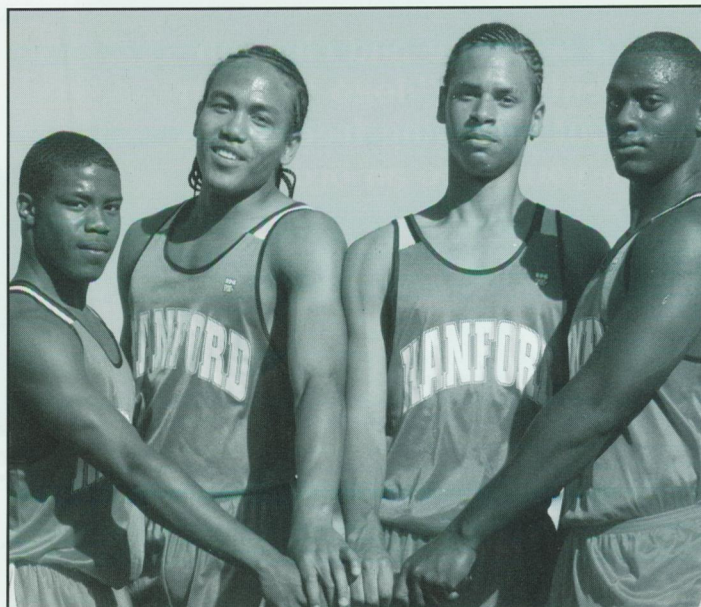
Prelims: 5:13 p.m. - Fri. Final: 5:08 p.m. - Sat.

Records National 39.76 Wyatt (Forth Worth, Texas) 1998
State 40.24 Hawthorne 1989

Lane	School	Section	Section Mark
Heat 1 Prelims			
2	Stockdale	CE	43.08
3	Monterey	CC	42.66
4	Temecula Valley	SS	42.14
5	Notre Dame/SO	SS	41.51
6	Colony	SS	42.13
7	Torrey Pines	SD	42.58
8	Hayward	NC	42.94
Heat 2 Prelims			
2	McClymonds	OK	43.13
3	Helix	SD	42.71
4	Esperanza	SS	42.18
5	Cypress	SS	41.71
6	Archbishop Riordan	CC	42.04
7	Drake	NC	42.55
8	West Valley	NO	42.91
Heat 3 Prelims			
2	De La Salle	NC	43.15
3	Edison	CE	42.73
4	Carson	LA	42.26
5	Diamond Ranch	SS	41.77
6	Dorsey	LA	41.97
7	Crenshaw	LA	42.54
8	Berkeley	NC	42.78
9	Lincoln	SF	44.59
Heat 4 Prelims			
2	Jesse Bethel	SJ	43.19
3	University City	SD	42.73
4	Hanford	CE	42.45
5	Diamond Bar	SS	41.86
6	Poly/LB	SS	41.90
7	Archbishop Mitty	CC	42.53
8	Cordova	SJ	42.74
9	Yuba City	SJ	43.70



Skyline High School



Hanford High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 1600m RUN

Prelims: 5:30 p.m. - Fri. Final: 5:19 p.m. - Sat.
 Records Natl 4:39.4h Laura Matson, Andover (Bloomfield Hls, Mich.) 1985
 State 4:39.92 Polly Plumer, University (Irvine) 1982

Pos.	Name	Gr.	School/Section	Sect. Mark
Heat 1 Prelims				
1	Follmar, Alicia	12	Saratoga/CC	4:52.66
2	Kosinski, Alex	10	Oak Ridge/SJ	4:53.89
3	Tarver, Kauren	9	Serrano/SS	4:54.33
4	Domenichelli, Danielle	12	Oak Ridge/SJ	4:56.07
5	Drager, Brecken	12	Del Oro/SJ	4:56.50
6	Pappas, Lexi	9	Bishop O'Dowd/NC	4:57.54
7	Sperry, Anna	10	Simi Valley/SS	4:58.00
8	Cummings, Sarah	10	Corona Del Mar/SS	4:59.59
9	Andrews, Katy	9	La Costa Canyon/SD	4:59.97
10	Hitchner, Liza	12	Half Moon Bay/CC	5:02.71
11	Tam, Rowena	11	University City/SD	5:02.80
12	Sojka, Natalie	Mt. Shasta/NO	5:09.80	
13	Hartel, Emmanline	11	Birmingham/LA	5:10.62
14	Manqueros, Terry	12	San Pedro/LA	5:17.01
15	Zuzuarrega, Vanessa	10	Buchanan/CE	5:19.49
Heat 2 Prelims				
1	St. Geme, Annie	11	Corona Del Mar/SS	4:52.81
2	Rios-Sotelo, Gabi	12	St. Mary's/NC	4:53.55
3	Reilly, Chelsea	10	Davis/SJ	4:54.61
4	Martinez, Brenda	12	Rancho Cucamonga/SS	4:55.98
5	Wright, Ari	11	Bishop O'Dowd/NC	4:57.15
6	Spadafino, Angela	12	West Torrance/SS	4:57.19
7	Kielty, Alison	12	West Torrance/SS	4:58.39
8	Lewis, Erin	11	Modesto/SJ	4:58.85
9	Ridgway, Jenna	11	San Marcos/SS	5:00.27
10	VanAusdall, Jessica	11	Aptos/CC	5:01.94
11	Giuffre, Brooke	11	La Costa Canyon/SD	5:06.46
12	Lesieur, Ashton	12	Casa Grande/NC	5:06.60
13	Li, Anna	11	Lowell/SF	5:15.50
14	Sellick, Roxanne	12	Bullard/CE	5:16.48
15	Johnson, Amanda	11	Clovis West/CE	5:21.84

BOYS 1600m RUN

Prelims: 5:45 p.m. - Fri. Final: 5:28 p.m. - Sat.
 Records National 3:59.51 Alan Webb, South Lakes (Reston, Va.) 2001
 State 4:02.62 Ryan Hall, Big Bear Lake 2001

Pos.	Name	Gr.	School/Section	Sect. Mark
Heat 1 Prelims				
1	Bell, Jared	12	Harvard-Westlake/SS	4:10.17
2	Matusak, Mark	12	Loyola/SS	4:12.14
3	Medina, Luis	12	Arroyo/SS	4:12.28
4	Acosta, AJ	11	El Camino/SD	4:14.82
5	Booker, Riley	11	University City/SD	4:15.60
6	Rooney, Brandon	12	Tehachapi/CE	4:18.75
7	Crawford, Scott	11	Oak Ridge/ SJ	4:18.79
8	Corona, Marcos	10	Willow Glen/CC	4:19.92
9	Patterson, Marlon	11	Franklin-EG/SJ	4:20.10
10	Longcrier, Nathan	11	Centennial/CE	4:21.83
11	Fritzke, Austin	11	Mt. Shasta/NO	4:21.93
12	Sees, Jon	11	Newark Memorial/NC	4:22.74
13	Rosales, Alex	12	San Pedro/LA	4:22.84
14	Melak, Dawit	11	Intl Studies Acad/SF	4:39.08
Heat 2 Prelims				
1	Gatel, Joe	12	Edison-HB/SS	4:11.07
2	Coe, Michael	11	Cabrillo/SS	4:11.45
3	Greenburg, Alex	12	Upland/SS	4:12.44
4	Mercado, Danny	11	West Covina/SS	4:14.71
5	Kayali, Murat	12	La Jolla/SD	4:15.76
6	Anderson, Evan	12	Menlo-Atherton/CC	4:16.76
7	Ceraldi, Mark	10	Piedmont/NC	4:19.04
8	Moreno, Claudio	12	Madera/CE	4:19.42
9	Alvarez-Bautista, Alejandro	10	Watsonville/CC	4:21.13
10	Quiroga, Tim	12	Healdsburg/NC	4:21.67
11	Salvatierra, Michael	10	Jesuit/SJ	4:21.98
12	Simpson, Christopher	11	Monte Vista/NC	4:22.19
13	Calise, Steve	10	San Pedro/LA	4:23.36
14	Shiber-Knowles, Aaron	12	Skyline/OK	4:33.42



Alex Kosinski
Oak Ridge High School



AJ Acosta
El Camino (Oceanside) High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 100m HH

Prelims: 6:01 p.m. - Fri. Final: 5:44 p.m. - Sat.

Records National 13.20 Nichole Denby, J.W. North (Riverside, Calif.) 2000
State 13.20 Nichole Denby, J.W. North (Riverside) 2000

Lane	Name	Gr.	School/Section	Sect. Mark
Heat 1 Prelims				
1	Regis, Nairobi	10	Birmingham/LA	15.98
2	Hudson, Dantia	10	Skyline/OK	15.15
3	Ward, Teirra	11	James Logan/NC	14.64
4	Carson, DeAna	11	Wilson/LB/ SS	14.37
5	Broom, Kimyon	11	Serra/SS	13.81
6	Williams, Sirena	12	Edison/CE	14.34
7	Kaye, Decontee	12	James Logan/NC	14.60
8	Marshall, Dahlys	9	Valley Christian/CC	15.09
9	Green, LaToya	11	Lemoore/CE	15.61
Heat 2 Prelims				
1	Song, Shelly	11	Lowell/SF	16.34
2	Jones, Staci	12	Edison/CE	15.25
3	Thomas, Vashti	9	Mt. Pleasant/CC	14.70
4	Maxwell, Candise	11	Stagg/SJ	14.39
5	Mercado, Leslie	12	Diamond Ranch/SS	13.86
6	Quinley, Shevell	12	West/SJ	14.26
7	Purvis, Julian	9	St. Elizabeth/NC	14.49
8	Dugall, Stella	10	Mt. Pleasant/CC	15.02
9	Lloyd, Carli	10	Fallbrook/SD	15.37
Heat 3 Prelims				
1	Dunlap, Courtney	12	El Camino Real/LA	16.60
2	Haywood, Amber	10	Monte Vista/SD	15.29
3	Azevedo, Chelsea		Chico/NO	14.76
4	Williams, Jalisa	10	Muir/SS	14.43
5	Ankton, Falesha	12	Benicia/SJ	14.03
6	Richardson, Ke'Nyia	10	Holy Names/NC	14.22
7	Profit, Kiani	10	Muir/SS	14.45
8	Thompson, Sharika	11	Helix/SD	14.82
9	Johnson, Phylicia	10	Gardena/LA	15.32

BOYS 110m HH

Prelims: 6:18 p.m. - Fri. Final: 5:54 p.m. - Sat.

Records National 13.30 Chris Nelloms, Dunbar (Dayton, Ohio) 1990
State 13.39 Kevin Craddock, James Logan (Union City) 2004

Lane	Name	Gr.	School/Section	Sect. Mark
Heat 1 Prelims				
1	Costa, Chris	12	Granite Hills/SD	15.13
2	Lutje, Curtis	12	Centennial/CE	14.74
3	Jackson, Lamar	12	Washington/LA	14.58
4	Balumbu, Nkosinza	12	James Logan/NC	14.25
5	Dai'Re, Val	12	Buchach Colony/SJ	14.01
6	Paul, Jordan	12	Loyola/SS	14.24
7	Harris, Moses	12	Lincoln-Stockton/ SJ	14.52
8	Smith, Rashad	10	Pinole Valley/NC	14.65
9	Pratt-Hazen, Louie	12	Rancho Buena Vista/SD	15.12
Heat 2 Prelims				
1	Thomas, Rico	12	McClymonds/OK	15.29
2	Barkum, Derrick	12	Brawley/SD	14.77
3	Shaw, Ken	10	San Jacinto/SS	14.60
4	Howard, Brandon	12	La Sierra/SS	14.31
5	Williams, Robert	12	Ramona/SS	14.06
6	Smith, Will	11	Sunnyside/CE	14.20
7	Ta, Justin	11	Silver Creek/CC	14.52
8	Prudhomme, Vannie	12	Dorsey/LA	14.63
9	Jackson, Marquan	11	Crenshaw/LA	15.07
Heat 3 Prelims				
2	Sears, Johnny	12	Edison/CE	14.79
3	Lumpkin, L. J.	11	Palma/CC	14.61
4	Hersey, Eric	10	Los Altos/CC	14.45
5	Klech, David	11	California/NC	14.10
6	Prentice, Terry	10	Diamond Ranch/SS	14.15
7	Reed, A. J.	12	Newark Memorial/NC	14.46
8	Evans, Duran	12	Fairfield/SJ	14.61
9	Glusman, Sam		Chico/NO	15.00



Sirena Williams
Edison (Fresno) High School



Terry Prentice
Diamond Ranch High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 400m DASH

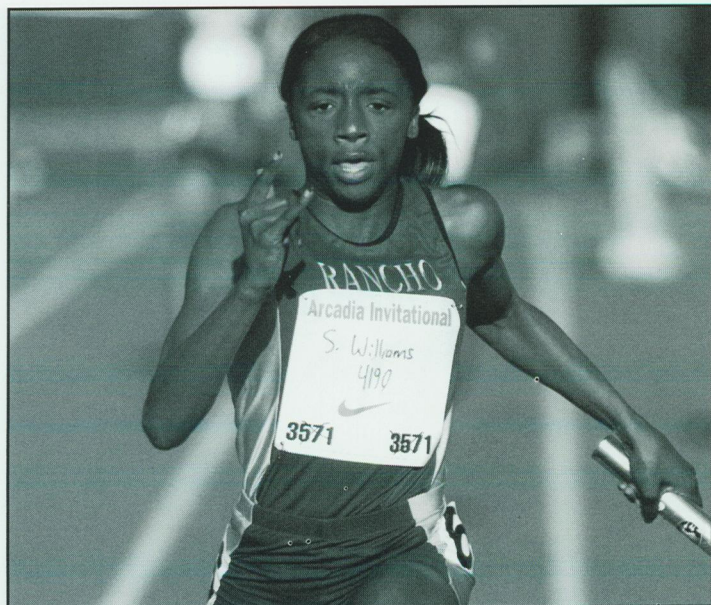
Prelims: 6:32 p.m. - Fri. Final: 6:04 p.m. - Sat.
 Records Natl 50.74 Monique Henderson, Morse (San Diego, Calif.) 2000
 State 50.74 Monique Henderson, Morse (San Diego) 2000

Lane	Name	Gr.	School/Section	Sect. Mark
Heat 1 Prelims				
2	Huxtable, Hayley	10	Scotts Valley/CC	58.18
3	Nelson, Bria	10	Los Altos/CC	56.71
4	Eaton, Joy	10	St. Lucy's/SS	55.66
5	Williams, Sa'de	10	Rancho Cucamonga/SS	52.88
6	James, Janie	11	Helix/SD	55.45
7	Baker, Keisha	11	Fairfield/SJ	56.22
8	Carter, Dominique	11	Oakland Tech/OK	58.13
Heat 2 Prelims				
2	Maya, Randy	12	Redwood/CE	58.22
3	Lowder, Jenna	11	Maria Carillo/NC	56.85
4	Dilworth, Sherrelle	12	Vallejo/SJ	55.94
5	Lott, Shakara	12	University City/SD	54.25
6	Reeve, Tifney	11	Capo Valley/SS	55.40
7	Watson, Danialle	11	Carson/LA	56.20
8	Chan, Charis	12	Castro Valley/NC	57.98
Heat 3 Prelims				
2	Reed, Kiara		Chico/NO	58.47
3	Parker, Shetara	12	Garden/LA	56.88
4	Humphrey, Victoria	10	James Logan/NC	55.98
5	Hasson, Myra	11	Gardena/LA	54.33
6	King, Lorraine	12	JW North/SS	55.24
7	Lattanzi, Mia	9	Palo Alto/CC	56.18
8	Evans, Madeleine	12	Crystal Springs/NC	57.81
Heat 4 Prelims				
2	Gonzales, Sierra	10	El Diamante/CE	59.03
3	Simon-West, La Kenya	10	Grossmont/SD	56.94
4	Purvis, Amber	9	Benicia/SJ	56.03
5	Stone, Nicole	11	Rancho Cucamonga/SS	54.33
6	Atkins, Brianna	9	Rancho Cucamonga/SS	54.97
7	David-Jacobs, Chauncey	12	Burton/SF	56.05
8	Thomas, Kyanna	10	Edison/CE	57.43

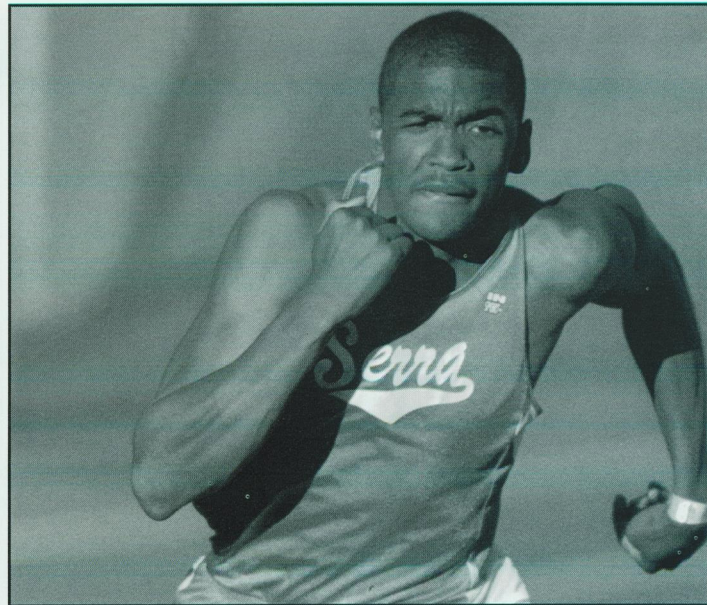
BOYS 400m DASH

Prelims: 6:48 p.m. - Fri. Final: 6:11 p.m. - Sat.
 Records National 45.25 Calvin Harrison, North Salinas (Salinas, Calif.) 1993
 State 45.25 Calvin Harrison, North Salinas (Salinas) 1993

Lane	Name	Gr.	School/Section	Sect. Mark
Heat 1 Prelims				
1	Lofton, Daniel	11	Westview/SD	49.70
2	Christenson, Robert	11	St. Augustine/SD	49.38
3	Blair, Sean	12	James Logan/NC	48.96
4	Guttierrez, Nevin	10	JW North/SS	48.23
5	Gettis, David	12	Dorsey/LA	46.08
6	Johnson, Michael	12	Lincoln-Stockton/SJ	48.03
7	Gaspar, Don	11	Los Gatos/CC	48.64
8	Wolfram, Peter	11	Piedmont Hills/CC	49.34
9	Moore, Durran	12	Mt. Miguel/SD	49.69
Heat 2 Prelims				
1	Arnold, Corey		Durham/NO	50.83
2	Ward, Jason	10	South Bakersfield/CE	49.44
3	Miller, Darryl	12	Clovis/CE	49.08
4	Keeling, Marcell	12	Serra/SS	48.24
5	Nellum, Bryshon	10	Poly-LB/SS	47.05
6	Chandy, Zach	11	Sage Hill/SS	48.02
7	Colvin, Robert	10	Franklin-EG/SJ	48.50
8	Nagy, Victor	12	Union Mine/SJ	49.22
9	Love, Alex	12	Acalanes/NC	49.65
Heat 3 Prelims				
1	Osborn, Frederick	12	Lowell/SF	51.59
2	Omwanghe, Isidor	11	Buchanan/CE	49.57
3	Rice, Jesse	12	San Benito/CC	49.17
4	Sanford, Donald	12	Morningside/SS	48.34
5	Williams, Courtney	12	Dorsey/LA	47.28
6	Wells, Elijah	12	Taft/LA	47.85
7	Jones, Ennis	11	La Sierra/SS	48.36
8	Crockenberg, Will	12	Healdsburg/NC	49.17
9	Taylor, Gerron	11	Deer Valley/NC	49.64



Sa'de Williams
Rancho Cucamonga High School



Marcell Keeling
Serra (Gardena) High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 100m DASH

Prelims: 7:00 p.m. - Fri. Final: 6:19 p.m. - Sat.

Records National 11.14 Marion Jones, Thousand Oaks (Calif.) 1992
State 11.14 Marion Jones, Thousand Oaks 1992

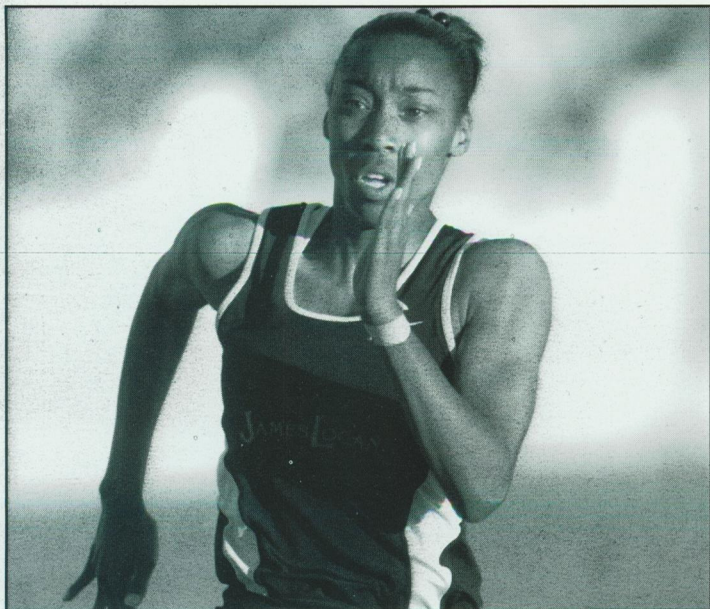
Lane	Name	Gr.	School/Section	Sect. Mark
Heat 1 Prelims				
1	Chan, Monica	11	Lincoln/SF	13.00
2	Offorjebe, Agatha	12	Notre Dame-SJ/CC	12.29
3	Berry, Markita	12	El Camino/SD	12.16
4	Anderson, Romesha	10	Stockdale/CE	11.93
5	Carter, Khrystal	11	Valley Christian/CC	11.57
6	Holmes, Kristin	12	Claremont/SS	11.88
7	Wheeler, Aja	11	University City/SD	12.09
8	Nelms, Njia	9	Birmingham/LA	12.28
9	Motley, Cameo	11	Mt. Eden/NC	12.58
Heat 2 Prelims				
2	Lauderdale, Dominique	10	Ridgeview/CE	12.34
3	Harris, Andrea	9	Cordova/SJ	12.17
4	Tansil, Samantha	11	Vallejo/SJ	11.96
5	Woodruff, Yasmine	9	St. Mary's Acad/SS	11.60
6	Olear, Elizabeth	11	Louisville/SS	11.82
7	Garrido, Miranda	12	West/SJ	12.03
8	DelPino, Magen	9	Bullard/CE	12.25
9	Vanderbuilt, Chantal		Willows/NO	12.52
Heat 3 Prelims				
2	Dixon, Kayla	10	Cleveland/LA	12.38
3	Amos, Rashauna	12	Southwest-SD/SD	12.23
4	Garrett, Cherrille	10	Mt. Eden/NC	11.96
5	Collins, Ebony	10	Wilson-LB/SS	11.61
6	Davis, Kristina	11	James Logan/NC	11.70
7	Benny, Erinne	11	St. Mary's Acad/SS	12.02
8	Onipede, Lollie	12	Holy Names/NC	12.24
9	Worthy, Lashanda	11	Jefferson/CC	12.39

BOYS 100m DASH

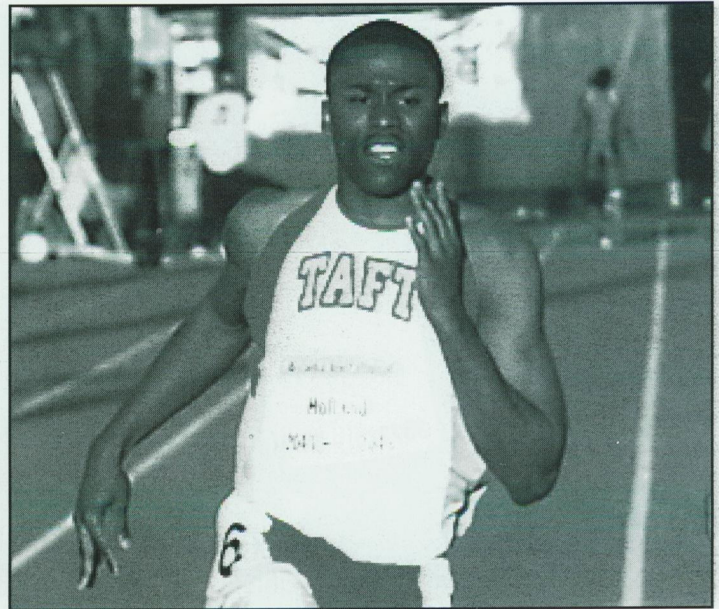
Prelims: 7:12 p.m. - Fri. Final: 6:25 p.m. - Sat.

Records National 10.15 Henry Neal, Greenville (Texas) 1990
State 10.30 Riley Washington, Southwest (San Diego) 1992

Lane	Name	Gr.	School/Section	Sect. Mark
Heat 1 Prelims				
1	Fisher, Chris		Lassen/NO	11.03
2	Island, Cameron	11	Skyline/OK	10.85
3	Belch, Danny	11	Torrey Pines/SD	10.72
4	West, Garland	12	Cypress/SS	10.62
5	Glass, Rodney	11	Notre Dame-SO/SS	10.51
6	Turner, Joe	12	Edison/CE	10.61
7	McCarty, Princeton	11	West/CE	10.70
8	Ilarina, Mark	12	Archbishop Riordan/CC	10.84
9	Chaug, Billy	12	Santa Clara/CC	11.02
Heat 2 Prelims				
1	Blackman, Joseph	12	Pittsburg/NC	11.08
2	McGraw, Tyrone	11	Archbishop Riordan/CC	10.85
3	Aguiniga, Luis	12	Napa/SJ	10.72
4	Guillory, Bobby	11	Jesse Bethel/SJ	10.64
5	Woods, Justin	12	Los Alamitos/SS	10.54
6	Holland, Jamere	11	Taft/LA	10.61
7	Driscoll, Dustin	11	Southwest-EC/SD	10.68
8	Best, Jahvid	10	Salesian/NC	10.84
9	Barnes, Adam	12	St. Elizabeth/NC	10.96
Heat 3 Prelims				
1	Smith, Dennis	12	Mission/SF	11.10
2	Charles, Marguise	12	Dorsey/LA	10.88
3	Fields, Brandon	11	Etiwanda/SS	10.73
4	Danns, Dax	11	Helix/SD	10.65
5	Mays, Devin	11	Lincoln-Stockton/SJ	10.61
6	Smith, Brandon	12	West/CE	10.61
7	Patterson, Travon	11	Poly-LB/SS	10.67
8	Pearlstone, Alex	12	Drake/NC	10.83
9	Grant, Micah	12	Washington/LA	10.92



Kristina Davis
James Logan High School



Jamere Holland
Taft High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 800m RUN

Prelims: 7:24 p.m. - Fri. Final: 6:34 p.m. - Sat.

Records Natl 2:04.5h Joetta Clark, Columbia (Maplewood, N.J.) 1980
State 2:04.91 Trena Hull, Compton 1984

Lane	Name	Gr.	School/Section	Sect. Mark
Heat 1 Prelims				
2	Thomas, Ashlee	9	Bakersfield/CE	2:18.10
3	Williams, Tonie	9	San Luis Obispo/SS	2:14.09
4	Bournes, Gabrielle	12	Poly-LB/SS	2:12.53
5	Follmar, Alicia	12	Saratoga/CC	2:07.79
6	Lawrence, Haley	10	Aliso Niguel/SS	2:12.28
7	Killion, Alexa	12	San Rafael/NC	2:14.06
8	Barclay, Missy	11	Westview/SD	2:17.57
9	Pierce, Keneesah	10	Oakland Tech/OK	2:24.62
Heat 2 Prelims				
2	Cucuk, Tatiana	11	Buchanan/CE	2:18.84
3	Sanzari, Kristin	10	Maria Carillo/NC	2:14.11
4	Farias-Eisner, Anna	12	Harvard-Westlake/SS	2:13.30
5	Jenke, Libby	12	Menlo/CC	2:08.70
6	Tarver, Kauren	9	Serrano/SS	2:11.36
7	Vallis, Ashley	12	Deer Valley/NC	2:13.95
8	Montgomery, April	12	Helix/SD	2:17.30
9	Parker, Shayna	10	Gardena/LA	2:22.42
Heat 3 Prelims				
2	Barrett, Lynette	12	Centennial/CE	2:19.40
3	Young, Marina	12	Wilson-LB/SS	2:14.24
4	Costantini, Samantha	12	Mater Dei/SS	2:13.50
5	Whalen, Christine	12	Archbishop Mitty/CC	2:09.59
6	Grace, Kate	10	Marlborough/SS	2:11.30
7	McCann, Kelly	12	La Costa Canyon/SD	2:13.93
8	Pennington, Kaylin	12	Benicia/SJ	2:16.33
9	Valenzuela, Grace	11	Birmingham/LA	2:20.48
Heat 4 Prelims				
2	Roth, Sarah	10	El Camino Real/LA	2:19.58
3	Wallace, Lea	11	Vintage/SJ	2:14.93
4	Hardy, Jami	9	James Logan/NC	2:13.56
5	Jones, Christine	11	Live Oak/CC	2:09.84
6	Robinson, Renisha	10	Archbishop Mitty/CC	2:11.27
7	Magana, Rosa	11	Holy Names/NC	2:13.90
8	Jackson, Dominique	10	Fairfield/SJ	2:15.34
9	Kirschman, Lindsey		Enterprise/NO	2:20.04

BOYS 800m RUN

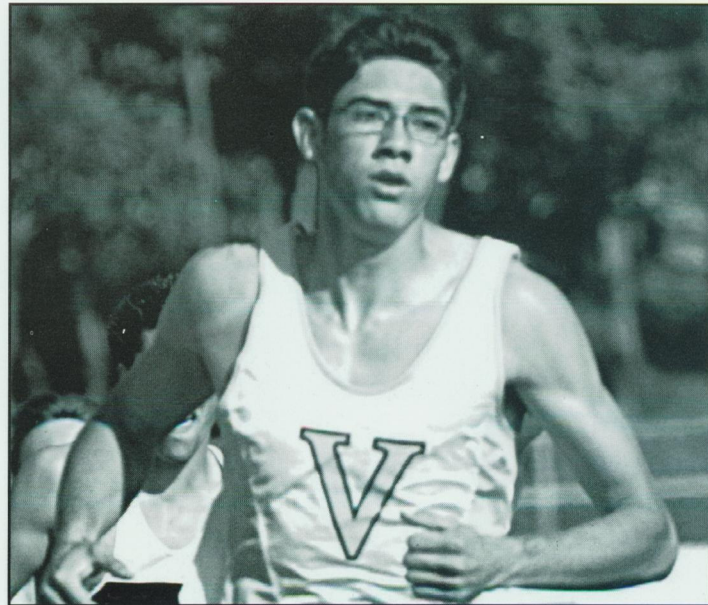
Prelims: 7:44 p.m. - Fri. Final: 6:42 p.m. - Sat.

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

Lane	Name	Gr.	School/Section	Sect. Mark
Heat 1 Prelims				
1	Richardson, Rocky	10	Madera/CE	1:57.54
2	Dominguez, Ignacio	12	South Gate/LA	1:55.12
3	Hayes, Clinton	11	Deer Valley/NC	1:54.62
4	Rogers, Buddy	12	Rialto/SS	1:53.99
5	Pensinger, Randy	12	El Camino/SD	1:52.51
6	Guadagnini, Tony	12	Marina/SS	1:53.89
7	Plueger, Mitch	12	Mt. Carmel/SD	1:54.39
8	Freitas, Alex	11	Modesto/SJ	1:55.06
9	Blalri, V.J.	12	Reedley/CE	1:57.36
Heat 2 Prelims				
1	Austin, Kyle	12	North Bakersfield/CE	1:57.59
2	Prince, Nate	12	McKinleyville/NC	1:55.47
3	Campbell, Jeff	12	Oak Ridge/SJ	1:54.75
4	Gamboa, Ryan	10	Upland/SS	1:54.18
5	Bradford, Trayis	12	Fremont/LA	1:52.77
6	Primm, Cory	10	Westlake/SS	1:53.38
7	Contreras, Brandon	12	Carson/LA	1:54.33
8	Castaneda, Josh	12	Bonita/SS	1:54.93
9	Thomas, Joey	10	Acalanes/NC	1:56.33
Heat 3 Prelims				
1	Ballenger, Che	11	Oakland Tech/OK	1:57.80
2	Wickman, Mike	12	Northgate/NC	1:55.66
3	Camarena, Miguel	12	Salinas/CC	1:54.80
4	Jones, Richard	11	Benicia/SJ	1:54.21
5	O'Brien, Jesse	11	San Pasqual/SD	1:53.19
6	Campbell, Colin	12	Ventura/SS	1:53.34
7	Alejandroz, Gustavo	12	Dominguez/SS	1:54.23
8	Fitzpatrick, Dylan	12	Carmel/CC	1:54.83
9	Parker, Keli	12	North Monterey/CC	1:55.66
10	Gray, Matt		Biggs/NO	1:58.62



Christine Whalen
Archbishop Mitty High School



Colin Campbell
Ventura High School

PHOTO BY ROB PRITCHARD

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 300m LH

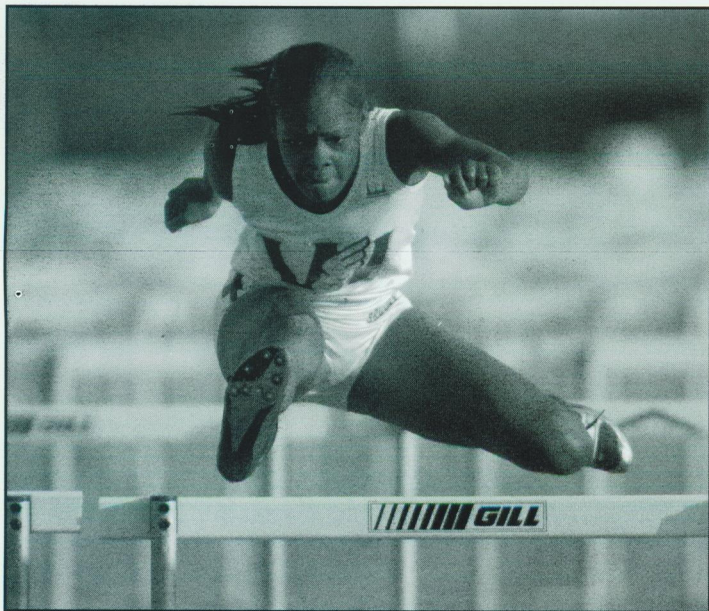
Prelims: 8:00 p.m. - Fri. Final: 6:53 p.m. - Sat.
 Records National 39.98 Lashinda Demus, Wilson (Long Beach, Calif.) 2000
 State 40.26 Janeene Vickers, Pomona 1987

Lane	Name	Gr.	School/Section	Sect. Mark
Heat 1 Prelims				
1	Hardiman, Brianna	11	Carson/LA	46.17
2	Alanis, Jessica	10	Granite Hills/CE	45.51
3	Williams, Sirena	12	Edison/CE	44.81
4	Charan, Ashika	11	Claremont/SS	43.71
5	Collins, Ebony	10	Wilson-LB/SS	41.07
6	Pearson, Lyndsay	9	San Marcos/SS	43.63
7	Purvis, Julian	9	St. Elizabeth/NC	44.66
8	Christensen, Alyssa		West Valley/NO	45.48
9	Simmons, Tajanee	9	Castlemont/OK	46.06
Heat 2 Prelims				
1	Johnson, Phylcia	10	Gardena/LA	46.20
2	Okuji, Kelli	11	Stevenson/CC	45.54
3	Merrill, Christine	12	Bakersfield Christian/CE	44.98
4	Williams, Jalisa	10	Muir/SS	43.80
5	Youngblood, Jamesha	10	Hercules/NC	42.84
6	Ankton, Falesha	12	Benicia/SJ	43.36
7	Jones, Tia	11	Franklin-EG/SJ	44.23
8	Mainquist, Mallory	11	Torrey Pines/SD	45.33
9	Smith, Sharrell	12	Silver Creek/CC	45.93
Heat 3 Prelims				
1	McCullough, Rachel	12	Fairfield/SJ	47.40
2	Marshall, Dahlys	9	Valley Christian/CC	45.56
3	Haywood, Amber	10	Monte Vista/SD	44.99
4	Webb, Yasmin	12	Buena Park/SS	43.80
5	Quinley, Shevell	12	West/SJ	42.86
6	Profit, Kiani	10	Muir/SS	43.16
7	Ward, Teirra	11	James Logan/NC	43.89
8	Franklin, Cori	10	Morse/SD	45.17
9	Uwadiale, Sophia	10	Berkeley/NC	45.69

BOYS 300m IH

Prelims: 8:14 p.m. - Fri. Final: 7:00 p.m. - Sat.
 Records National 35.32 George Porter, Cabrillo (Lompoc, Calif.) 1985
 State 35.50 George Porter, Cabrillo (Lompoc) 1985

Lane	Name	Gr.	School/Section	Sect. Mark
Heat 1 Prelims				
1	Thomas, Ronald	12	Oakland/OK	40.54
2	Turner, Cardell	11	Edison/CE	39.59
3	Paul, Jordan	12	Loyola/SS	38.98
4	Gnepa, Polly	12	Pitman/SJ	38.56
5	Klech, David	11	California/NC	36.81
6	Wilright, Alex	11	Franklin-EG/SJ	38.50
7	Ta, Justin	11	Silver Creek/CC	38.93
8	Atherton, James	12	Porterville/CE	39.53
9	Olin, Marshall	12	Santa Rosa/NC	40.06
Heat 2 Prelims				
2	Smith, Carlton	12	Imperial/SD	39.60
3	Hansen, Kyle	12	Chaparral/SS	39.02
4	Davis, Jarrel	11	El Camino/SD	38.67
5	King, Darrayl	12	Oxnard/SS	37.48
6	Robinson, Scott	12	Santa Clara/CC	38.40
7	Archibold, Roberto	11	Monte Vista/SD	38.92
8	Jackson, Lamar	12	Washington/LA	39.23
9	Ramos, Nick		Winters/NO	39.80
Heat 3 Prelims				
2	Reed, A. J.	12	Newark Memorial/NC	39.63
3	Smith, Rashad	10	Pinole Valley/NC	39.06
4	Guzmen, Elmer	12	Mission Viejo/SS	38.79
5	Dai'Re, Val	12	Buchach Colony/SJ	37.76
6	Green, Garrett	11	Notre Dame-SO/SS	38.36
7	Pham, Yvan	12	Lynbrook/CC	38.83
8	Beta, Boris	12	Clovis West/CE	39.07
9	Phillips, Jeffery	12	Fremont/LA	39.77



Ebony Collins
Wilson (Long Beach) High School



David Klech
California High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 200m DASH

Prelims: 8:29 p.m. - Fri. Final: 7:10 p.m. - Sat.
 Records National 22.52 Allyson Felix, LA Baptist (North Hills, Calif.) 2003
 State 22.52 Allyson Felix, LA Baptist (North Hills) 2003

Lane	Name	Gr.	School/Section	Sect. Mark
Heat 1 Prelims				
2	Lowder, Jenna	11	Maria Carillo/NC	25.38
3	David-Jacobs, Chauncey	12	Burton/SF	24.96
4	Purvis, Amber	9	Benicia/SJ	24.37
5	Williams, Sade	10	Rancho Cucamonga/SS	23.56
6	Newman, Jeanne	12	Moorpark/SS	24.34
7	Tansil, Samantha	11	Vallejo/SJ	24.89
8	Thomas, Kyanna	10	Edison/CE	25.29
Heat 2 Prelims				
2	Castle, Careese	9	James Logan/NC	25.63
3	Lewis, Dannielle	11	West/SJ	24.96
4	Lott, Shakara	12	University City/SD	24.39
5	Carter, Khrystal	11	Valley Christian/CC	23.69
6	Hood, Tiana	12	Wilson-LB/SS	24.30
7	DelPino, Magen	9	Bullard/CE	24.81
8	Dixon, Kayla	10	Cleveland/LA	25.21
Heat 3 Prelims				
2	Carter, Dominique	11	Oakland Tech/OK	25.68
3	Watson, Danialle	11	Carson/LA	25.03
4	Hasson, Myra	11	Gardena/LA	24.53
5	Davis, Kristina	11	James Logan/NC	23.93
6	Tarmoh, Jeneba	10	Mt. Pleasant/CC	24.04
7	James, Janie	11	Helix/SD	24.77
8	Offorjebe, Agatha	12	Notre Dame-SJ/CC	25.19
Heat 4 Prelims				
2	Vanderbuilt, Chantal		Willows/NO	25.87
3	Bobo, Vanessa	12	Morse/SD	25.06
4	Eaton, Joy	10	St. Lucy's/SS	24.55
5	Olear, Elizabeth	11	Louisville/SS	23.93
6	Holmes, Kristin	12	Claremont/SS	24.01
7	Anderson, Romesha	10	Stockdale/CE	24.65
8	Garrett, Cherrelle	10	Mt. Eden/NC	25.10

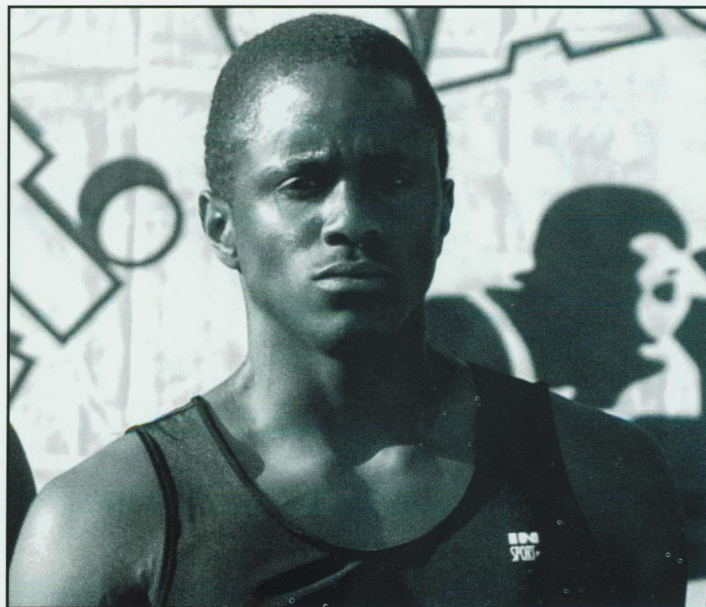
BOYS 200m DASH

Prelims: 8:45 p.m. - Fri. Final: 7:17 p.m. - Sat.
 Records National 20.13 Roy Martin, Roosevelt (Dallas, Texas) 1985
 State 20.80yds James Sanford, Pasadena 1977

Lane	Name	Gr.	School/Section	Sect. Mark
Heat 1 Prelims				
1	Smith, Dennis	12	Mission/SF	23.07
2	Best, Jahvid	10	Salesian/NC	22.18
3	Wells, Elijah	12	Taft/LA	21.84
4	Danns, Dax	11	Helix/SD	21.57
5	Williams, Wes	12	Esperanza/SS	21.28
6	Guillory, Bobby	11	Jesse Bethel/SJ	21.50
7	Pearlstone, Alex	12	Drake/NC	21.83
8	Gancayco, Nick	12	Archbishop Mitty/CC	22.18
9	Williams, Aric	10	Granada/NC	22.70
Heat 2 Prelims				
2	Daniels, Chris	10	Serra/SD	22.30
3	Belch, Danny	11	Torrey Pines/SD	21.94
4	Turner, Joe	12	Edison/CE	21.61
5	Woods, Justin	12	Los Alamitos/SS	21.28
6	Nellum, Bryshon	10	Poly-LB/SS	21.40
7	Jones, Ennis	11	La Sierra/SS	21.77
8	Moon, Brandon	11	Hanford West/CE	22.16
9	Barnes, Adam	12	St. Elizabeth/NC	22.62
Heat 3 Prelims				
2	Omwanghe, Isidor	11	Buchanan/CE	22.32
3	McGraw, Tyrone	11	Archbishop Riordan/CC	21.99
4	Arukwe, Stanley	10	West/SJ	21.64
5	Holland, Jamere	11	Taft/LA	21.30
6	Mays, Devin	11	Lincoln-Stockton/SJ	21.36
7	Chandy, Zach	11	Sage Hill/SS	21.65
8	Ilarina, Mark	12	Archbishop Riordan/CC	22.01
9	Mares, Seth		Chico/NO	22.53



Elizabeth Olear
Louisville High School



Dax Danns
Helix High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 3200m RUN

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

Records National 9:48.59 Kim Mortensen, Thousand Oaks (Calif.) 1996
State 9:52.80 Kim Mortensen, Thousand Oaks 1996

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Tyler, Tori	12	Gunn/CC	10:31.04
2	Murakami, Shannon	10	Saugus/SS	10:34.75
3	Adamyk, Christy	10	Glendora/SS	10:36.89
4	Blue, Whitney	11	Newport Harbor/SS	10:38.77
5	Guggiana, Robyn	9	Warren/SS	10:39.63
6	Babcock, Jessie	11	Woodbridge/SS	10:41.71
7	Escobar, Alma	11	Corona/SS	10:43.99
8	Morreale, Brittany	11	Peninsula/SS	10:44.02
9	Farias-Eisner, Anna	12	Harvard-Westlake/SS	10:44.57
10	Moreno, Amanda	11	Escalon/SJ	10:45.23
11	Fletcher, Lynne	11	Thousand Oaks/SS	10:46.71
12	Kielty, Alison	12	West Torrance/SS	10:48.59
13	Saylor, Lauren	10	Buchanan/CE	10:50.76
14	LaBeaud, Natasha	12	Folsom/SJ	10:50.78
15	DelaMontaigne, Lindsey	12	Rancho Bernardo/SD	10:52.58
16	Boyd, Amanda	11	San Benito/CC	10:54.86
17	Rios-Sotelo, Gabi	12	St. Mary's/NC	10:55.93
18	Viehweg, Ciara	12	St. Ignatius/CC	10:56.47
19	Pennes, Nicole	11	College Park/NC	11:01.29
20	Bradshaw, Caprice	11	Fairfield/SJ	11:07.77
21	Fitch, Gillian	11	La Costa Canyon/SD	11:11.69
22	Pappas, Lexi	9	Bishop O'Dowd/NC	11:12.13
23	Carleton, Tamma	12	Mendocino/NC	11:12.62
24	Peters, Kristen	11	West Hills/SD	11:17.55
25	Hodgkinson, Hannah		Pleasant Valley/NO	11:20.03
26	Hartel, Emmanline	11	Birmingham/LA	11:28.94
27	Zuzuarrega, Vanessa	10	Buchanan/CE	11:35.61
28	Hernandez, Jennifer	11	Birmingham/LA	11:42.16
29	Garcia, Carolina	11	Garfield/LA	11:43.27
30	Dodd, Laura	9	Clovis/CE	11:49.28
31	Weverka, Aiko	12	Lowell/SF	11:54.15

BOYS 3200m RUN

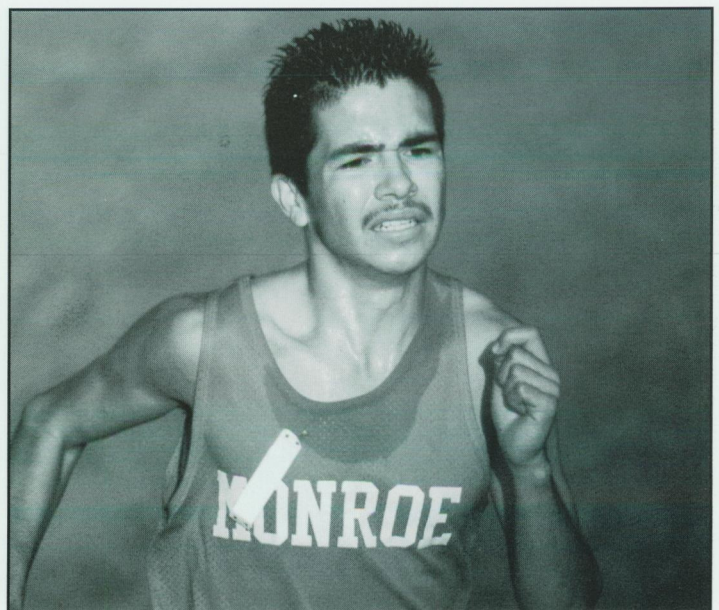
Final: 7:42 p.m. - Sat.

Records National 8:41.10 Dathan Ritzenhein, Rockford (Michigan) 2000
State 8:44.9h Eric Hulst, Laguna Beach 1975

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Medigovich, Brian	12	San Luis Obispo/SS	9:04.05
2	Mercado, Diego	11	West Covina/SS	9:04.84
3	Matusak, Mark	12	Loyola/SS	9:06.13
4	Smith, Scott	12	Dana Hills/SS	9:06.43
5	Cybulski, Mike	10	Royal/SS	9:07.46
6	Milloy, Patrick	11	Murrieta Valley/SS	9:07.95
7	Ghebray, Yosef	12	James Logan/NC	9:12.82
8	Schmitt, Jake	12	Redwood/NC	9:14.07
9	Matthews, Jake	11	Folsom/SJ	9:17.43
10	Patterson, Marlon	11	Franklin-EG/SJ	9:17.65
11	Acosta, AJ	11	El Camino/SD	9:19.31
12	Sitler, Ben	11	St. Francis/CC	9:21.11
13	Osman, Ahmed	11	San Diego/SD	9:21.39
14	Tully-Doyle, Colton	11	Rancho Bernardo/SD	9:21.79
15	Dixon, Andrew	12	Valley Christian-D/NC	9:22.21
16	Figueiredo, John	12	Arcata/NC	9:22.49
17	Garcia, Erick	10	Parlier/CE	9:22.57
18	Thomas, Mikel	10	Clovis/CE	9:23.66
19	Farnsworth, Taylor	10	Buchanan/CE	9:24.65
20	Vizcaino, Chris	11	Campolindo/NC	9:26.42
21	Huerta, Nathan	12	North Monterey/CC	9:28.37
22	Doering, Brad	10	Yuba City/SJ	9:33.77
23	Guzman, Gabriel	11	Monroe/LA	9:36.97
24	Silva, Cesar		Corning/NO	9:41.30
25	Baez, Mariano	11	Los Angeles/LA	9:41.53
26	Dileo, Thomas	10	Oakland Tech/OK	9:54.42
27	Felciano, Agustin	11	Lowell/SF	10:30.48



Tori Tyler
Gunn High School



Gabriel Guzman
Monroe High School

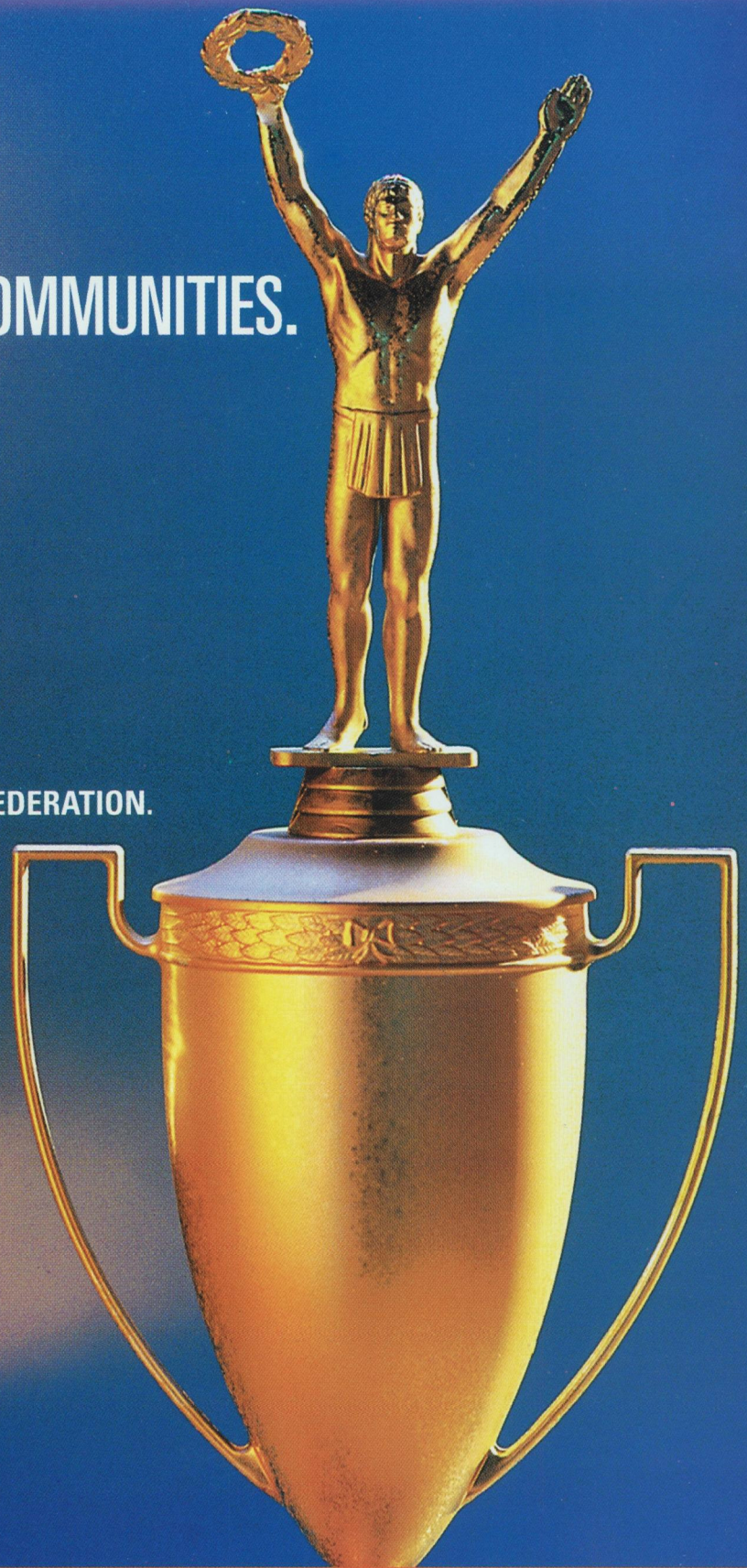
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victory with honor.



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STERIODS AND DIETARY SUPPLEMENTS

WHAT YOU NEED TO KNOW...

Recent national studies have indicated that the use and abuse of steroids and performance-enhancing drugs and supplements by California teenagers is reaching alarming numbers. The national average for use of steroids by teenagers is approximately 3.1%, and that would amount to more than 20,000 CIF student-athletes.

2004 California Student Survey*

Have you ever taken performance-enhancing drugs and supplements?

Yes – 11% boys Yes – 5% girls

CIF Athletes 13,711 2,032

Do you, or anyone you know, take anabolic steroids?

Yes – 13% boys 10% girls

**Survey of California High School Students in March 2004
completed by @issue Consulting Group*

2004 California Student Survey*

Are you personally aware of coaches or other sports-related staff promoting the use of these substances?

Yes – 18% boys Yes – 7% girls

CIF Athletes 68,780 19,196

Do you know someone that takes performance-enhancing drugs and supplements?

Yes – 52% boys 33% girls

An NCAA study of college athletes taking steroids stated that 41% started taking the illegal drug during high school.



SIGNS/WARNINGS TO WATCH FOR POSSIBLE STEROID USE

MALE

- Rapid Muscle Growth
- Acne & cysts– chest, back
- Shrinking of the testicles
- Breast development
- Oily scalp
- Rage, anger, hostility and depression

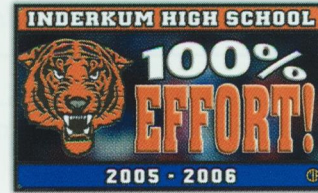
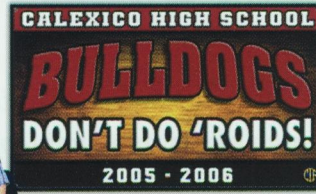
FEMALE

- Rapid Muscle Growth
- Acne & cysts
- Excessive growth of body hair
- Male pattern baldness
- Oily scalp
- Rage, anger, hostility and depression

Did you know that the Dietary Supplement and Health Act of 1994 clarified that dietary supplements are not drugs, therefore not subject to FDA approval or testing prior to marketing and distribution. The following are “natural” substances: Ephredra; Cocaine; Nicotine; THC (the active ingredient in marijuana); Heroin.

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CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS 1600m RELAY

Prelims: 9:15 p.m. - Fri. Final: 8:00 p.m. - Sat.

Records National 3:35.49 Poly (Long Beach, California) 2004
State 3:35.49 Poly (Long Beach) 2004

Lane	School	Section	Section Mark
Heat 1 Prelims			
2	Montgomery	NC	3:59.46
3	Edison	CE	3:54.86
4	Vallejo	SJ	3:52.68
5	Wilson-LB	SS	3:40.35
6	Muir	SS	3:52.19
7	Stockdale	CE	3:54.85
8	Birmingham	LA	3:58.68
Heat 2 Prelims			
2	Castlemont	OK	4:02.85
3	Morse	SD	3:54.97
4	JW North	SS	3:52.95
5	Rancho Cucamonga	SS	3:42.33
6	Gardena	LA	3:51.75
7	Gahr	SS	3:53.57
8	Bakersfield	CE	3:57.57
Heat 3 Prelims			
2	El Camino Real	LA	4:03.81
3	University City	SD	3:55.39
4	La Costa Canyon	SD	3:53.07
5	James Logan	NC	3:45.80
6	Mt. Pleasant	CC	3:49.90
7	Archbishop Mitty	CC	3:53.33
8	Los Gatos	CC	3:57.07
Heat 4 Prelims			
2	Chico	NO	4:03.99
3	Maria Carillo	NC	3:55.84
4	St. Mary's Academy	SS	3:53.20
5	El Toro	SS	3:48.99
6	Fairfield	SJ	3:49.70
7	Benicia	SJ	3:53.29
8	Bishop O'Dowd	NC	3:56.52
9	Lowell	SF	4:14.91



Rancho Cucamonga High School

BOYS 1600m RELAY

Prelims: 9:46 p.m. - Fri. Final: 8:10 p.m. - Sat.

Records National 3:07.40 Hawthorne (California) 1985
State 3:08.66 John Muir (Pasadena) 1996

Lane	School	Section	Section Mark
Heat 1 Prelims			
1	North Monterey	CC	3:23.83
2	Healdsburg	NC	3:22.61
3	De La Salle	NC	3:22.04
4	Buchanan	CE	3:20.25
5	Dorsey	LA	3:12.98
6	Edison-HB	SS	3:19.32
7	Upland	SS	3:21.06
8	Oak Grove	CC	3:22.52
9	Archbishop Riordan	CC	3:23.68
Heat 2 Prelims			
1	Chico	NO	3:25.39
2	Oak Ridge	SJ	3:22.70
3	Deer Valley	NC	3:22.18
4	Edison	CE	3:20.43
5	Dominguez	SS	3:14.97
6	Cypress	SS	3:17.65
7	Dana Hills	SS	3:20.96
8	El Camino	SD	3:22.45
9	Vista	SD	3:22.99
Heat 3 Prelims			
1	Mt. Carmel	SD	3:22.75
2	Shafter	CE	3:22.33
3	James Logan	NC	3:20.45
4	Notre Dame-SO	SS	3:18.76
5	Serra	SS	3:16.86
6	Fremont	LA	3:17.53
7	Carson	LA	3:20.47
8	Fairfield	SJ	3:22.42
9	Rodriguez	SJ	3:22.90



Dorsey High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS SHOT PUT

GIRLS LONG JUMP

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

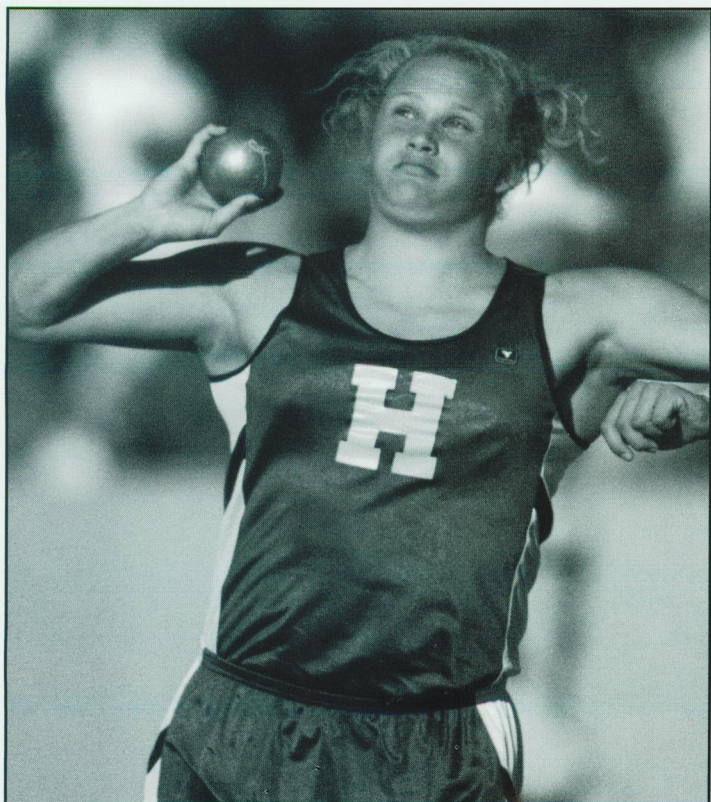
Records National 54-10.75 Michelle Carter, Red Oak (Texas) 2003
State 52-11.5 Kristin Heaston, Ygnacio Vly (Concord) 1993

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Thompson, Katrina	11	Sylmar/LA	33-11.00
2	Maerz, Lisa	12	El Camino Real/LA	35-04.00
3	Rodriguez, Maria	11	Bell/LA	37-06.00
4	Hunt, Jameena	11	Morse/SD	37-10.00
5	Alvarez, Saira		Chico/NO	37-11.00
6	Toilolo, Chasity	12	Helix/SD	38-03.00
7	Bland, Jahylica	12	Modesto/SJ	38-04.50
8	McClure, Nicole	12	Franklin-EG/SJ	39-00.25
9	Gomez, Monica	12	Mt. Pleasant/CC	39-04.00
10	Onyewuenyi, Chidinma	12	Oak Grove/CC	39-06.00
11	Kuo, Sam	12	Crystal Springs/NC	40-01.25
12	Arnold, Laura	12	Arroyo Grande/SS	40-02.25
13	Taylor, Leanne	12	Porterville/CE	40-07.50
14	Summers, Jere		Berkeley/NC	40-08.00
15	Barber, Sarah	12	St. Joseph-Lw/SS	40-11.25
16	Jeffery, Jaleesa	11	James Logan/NC	40-11.75
17	Robles, Sarah	11	San Jacinto/SS	41-06.75
18	Maake, Lisa	10	Deer Valley/NC	41-10.25
19	Lantis, Libbi	12	Bullard/CE	42-05.50
20	Winters, Dereka	12	El Camino/SD	42-10.50
21	Siaosi, Florida	11	Sultana/SS	43-01.00
22	Sanchez, Rosario	10	Selma/CE	43-04.00
23	Lenahan, Colleen	11	Oak Ridge/SJ	43-07.50
24	Phillips, April	12	Poly-LB/SS	45-08.25
25	Dufresne, Julie	12	Harbor/CC	50-07.25

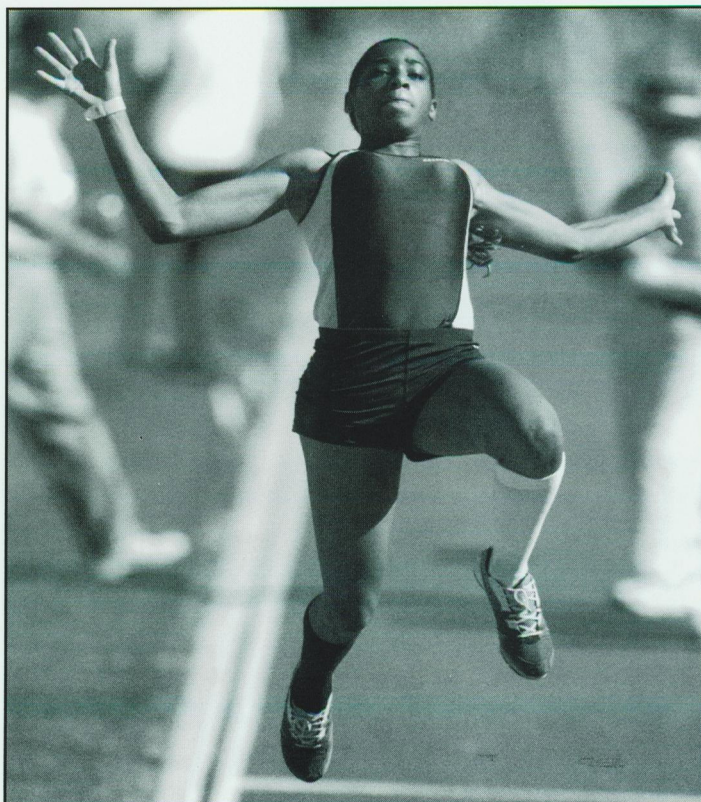
Prelims: 3:00 p.m. - Fri. Final: 3:00 p.m. - Sat.

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

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Embry, Erica		Wheatland/NO	16-06.25
2	Nwokafor, Ugochi	11	Narbonne/LA	17-02.00
3	Chatman, Candace	11	Narbonne/LA	17-06.00
4	Marchbanks, Mercedes	12	Sequoia/CC	17-08.00
5	Chiang, Julia		Piedmont/NC	17-08.50
6	Carter, Sharrita	12	Edison/CE	17-08.50
7	Nichols, Taylor	10	Stockdale/CE	17-11.00
8	Robinson, Danielle	10	Archbishop Mitty/CC	17-11.75
9	Berry, Markita	12	El Camino/SD	17-11.75
10	Rackley, Petra	11	La Costa Canyon/SD	17-11.75
11	Lloyd, Carli	10	Fallbrook/SD	17-11.75
12	Cromartie-Thornton, Ramine		St. Mary's/NC	18-01.50
13	Watson, Shana	12	Skyline/OK	18-02.50
14	Minnis, Delana	12	Norwalk/SS	18-04.00
15	Baranoff, Stasi	12	Redwood/NC	18-05.00
16	Kaye, Decontee	12	James Logan/NC	18-05.50
17	Carson, DeAna	11	Wilson-LB/SS	18-05.75
18	Whitney, Carly	12	Calaveras/SJ	18-06.50
19	Watson, Danialle	11	Carson/LA	18-08.00
20	Kaufman, Amber	11	Branham/CC	18-11.25
21	Holmes, Kristin	12	Claremont/SS	18-11.50
22	Charan, Ashika	11	Claremont/SS	19-00.00
23	Lewis, Jackie	11	Hoover/CE	19-00.50
24	Ruffin, Shelese	12	Beaumont/SS	19-03.00
25	Quinley, Shevell	12	West/SJ	20-03.75
26	Daniels, Brittany	12	West/SJ	20-05.50



Julie Dufresne
Harbor High School



Shevell Quinley
Merrill West High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS POLE VAULT

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

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

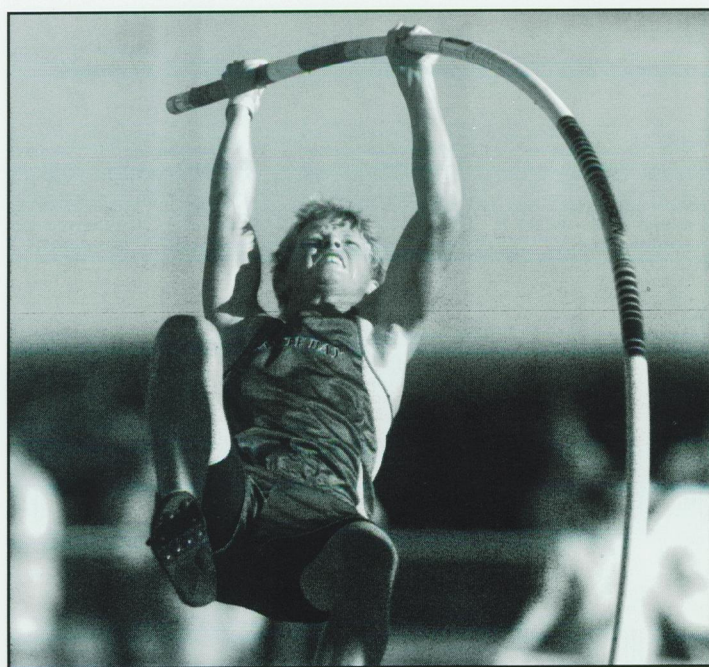
Pos.	Name	Gr.	School/Section	Sect. Mark
1	Estrada, Brandon	12	El Camino Real/LA	12-08.00
2	Puente, Anthony	10	Selma/CE	13-06.00
3	Mendoza, Patrick		Rio Vista/NO	13-06.00
4	Gatti, Jordan	11	Campolindo/NC	13-09.00
5	Amarikwa, Quincy	12	Liberty/CE	14-00.00
6	Fox, Jeff	12	Las Lomas/NC	14-00.00
7	Orozco, Anthony	11	James Logan/NC	14-00.00
8	McGrath, Kelly	12	Jesuit/SJ	14-08.00
9	Jones, Kevin	11	University City/SD	14-11.00
10	Merrigan, Todd	11	San Benito/CC	14-11.00
11	Prodoehl, Andrew	12	Santa Margarita/SS	14-11.00
12	Votapka, Lane	12	Fallbrook/SD	14-11.00
13	Steben, Andrew	11	St. Francis/SS	14-11.00
14	Shuler, Ryan	11	Granite Bay/SJ	14-11.00
15	Hutzley, Tim	12	Academyof Excel/SS	14-11.00
16	Rexroat, Devin	12	Norco/SS	14-11.00
17	Horrell, Stephen	12	Dana Hills/SS	14-11.00
18	Mills-Bunge, Kyle	11	St. Francis/CC	14-11.00
19	Chronis, Kyle	12	St. Francis/CC	14-11.00
20	Bui, David	12	Temple City/SS	14-11.00
21	Tanenbaum, Eric	12	Northgate/NC	15-00.00
22	Pancotti, Andrew	11	Clovis East/CE	15-02.00
23	Roche, Casey	10	St. Francis/CC	15-04.00
24	McLennen, Jesse	12	Valley Center/SD	15-04.00
25	Park, Sejoon	12	Rancho Bernardo/SD	15-04.00
26	Quinn, Johnny	11	St. Margaret's/SS	15-05.00
27	Finley, Scott	12	Granite Hills/SD	15-08.00
28	Fazio, Joe	12	Archbishop Riordan/CC	15-08.00
29	Woepse, Gregory	11	Mater Dei/SS	16-00.00
30	Coover, Jeff	12	La Jolla/SD	16-04.00
31	Roth, Scott	11	Granite Bay/SJ	17-02.00

BOYS DISCUS

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

Records Natl 234-3 Niklas Arrhenius, Mountain View (Orem, Utah) 2001
State 206-5 Daniel Schaerer, The Bishop's School (La Jolla) 2004

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Grant, Omar	12	Skyline/OK	122-05
2	Hannon, Chris	12	Lincoln/SF	136-00
3	Palacios, Miles	12	Campolindo/NC	149-04
4	Hughes, Ryan	11	Foothill/NC	150-05
5	Wilhelm, Thomas	12	Lower Lake/NC	153-00
6	Best, Bobby	11	Gilroy/CC	154-05
7	Vallecillo, Eric	12	Newark Memorial/NC	154-06
8	Tsai, Will	11	Homestead/CC	157-06
9	Fraijo, Joe	11	St. Mary's/SJ	161-10
10	Baer, Joey	12	Woodland/SJ	162-00
11	Homesley, Tyler	12	Ramona/SD	162-04
12	Fong, Ryan	12	Benicia/SJ	164-03
13	Aubochon, Skylar	12	Buchanan/CE	167-03
14	Hall, Davlin		West Valley/NO	167-08
15	Battle, Nick	12	Mission Bay/SD	170-00
16	Pierra, Scott	11	Buchanan/CE	172-06
17	Gomez, Rolando	12	Pioneer/CC	174-07
18	Dew, Brandis	12	Hemet/SS	176-09
19	Gillespie, Carlton	12	St. Bonaventure/SS	182-00
20	Scott, Bobby	12	Clovis West/CE	182-06
21	Dekok, Alex	12	Saugus/SS	183-10
22	Rohr, Danny	12	Arroyo Grande/SS	184-11
23	Dan, Aaron	12	Esperanza/SS	185-10
24	Swarbrick, Matt	12	Saugus/SS	186-09
25	Savage, Darius	11	Morse/SD	196-10



Ryan Shuler
Granite Bay High School



Bobby Scott
Clovis West High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS HIGH JUMP

BOYS LONG JUMP

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

Records National 7-5.25 Dothel Edwards, Cedar Shoals (Athens, Ga.) 1984
State 7-3.25 Lee Balkin, Glendale 1979

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Francis, Gary	10	De La Salle/NC	6-04.00
2	Grady, Terrance	12	Stockdale/CE	6-04.00
3	Gorham, Drew	12	Clovis West/CE	6-04.00
4	Mitchell, Joe		St. Joseph-ND/NC	6-04.00
5	Flores, Cameron	12	Mt. Whitney/CE	6-04.00
6	Hershey, Ryan	12	Salinas/CC	6-04.00
7	Dellaragione, Nick		West Valley/NO	6-04.00
8	Jackson, Theo	12	Palma/CC	6-04.00
9	Harden, David	11	North Hollywood/LA	6-04.00
10	Girten, David	11	Damien/SS	6-05.00
11	Munns, Adam	12	Coronado/SD	6-05.00
12	Johnson, Justin	12	St. Augustine/SD	6-05.00
13	Adams, Brandon	11	San Ramon Valley/NC	6-05.00
14	Medwood, Kenneth	11	Roosevelt/CE	6-06.00
15	Gwozdz, Nathan	12	La Jolla/SD	6-06.00
16	Roper, Andre	12	Oak Grove/CC	6-06.00
17	Prudhomme, Vannie	12	Dorsey/LA	6-06.00
18	Austin, Terrence	11	Poly-LB/SS	6-06.00
19	Thompson, Jr., Donn	12	Poly-LB/SS	6-06.00
20	Nelson, Ben	11	Vacaville/SJ	6-06.00
21	Klech, David	11	California/NC	6-06.00
22	Lance, Gonzalez	12	Murrieta Valley/SS	6-06.00
23	Sebastian, Tim	11	JW North/SS	6-08.00
24	Carlyle III, Fletcher	12	Vintage/SJ	6-10.00
25	Key, Aiona	12	Mesa Verde/SJ	6-10.00

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

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

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Webster, Anwar	12	Washington/SF	21-05.75
2	Ngo, Hieu		Durham/NO	21-09.25
3	Carlyle III, Fletcher	12	Vintage/SJ	21-11.50
4	Fowler, William	12	Los Angeles/LA	22-00.75
5	Roper, Andre	12	Oak Grove/CC	22-02.50
6	Nelson, Jake	12	Yuba City/SJ	22-02.75
7	Ruiz, Nick	12	Poway/SD	22-03.50
8	McDowell, Tevin	11	Tulare Western/CE	22-05.00
9	Sanders, Dwayne	12	Carson/LA	22-06.00
10	Balumbu, Nkosinza	12	James Logan/NC	22-06.00
11	Stewart, Karlin	11	Mt. Miguel/SD	22-06.50
12	Jamerson, Nygel	12	Bellflower/SS	22-06.75
13	Lea, Laurence		St. Vincent/NC	22-07.00
14	Andrews, Vincent	11	Hoover/CE	22-07.00
15	Mills-Bunge, Kyle	11	St. Francis/CC	22-07.25
16	Clarke, Justin	12	Dorsey/LA	22-07.75
17	Gonzalez, Jaime	11	Westmoor/CC	22-07.75
18	Crenshaw, Andre	11	Antelope Valley/SS	22-08.50
19	Ausberry, David	11	Lemoore/CE	22-10.00
20	Prentice, Terry	10	Diamond Ranch/SS	22-11.50
21	Ward, Demondre	10	Oakland/OK	23-00.00
22	Klech, David	11	California/NC	23-01.00
23	Rosario, Nelson	9	El Camino/SD	23-02.75
24	Sharif, Zuheir	11	Franklin-EG/SJ	23-03.00
25	Pearlstone, Alex	12	Drake/NC	23-03.50
26	Keeling, Marcell	12	Serra/SS	23-04.25
27	Smith, Derrick	11	Colony/SS	23-08.50



Donn Thompson
Poly (Long Beach) High School



Alex Pearlstone
Sir Francis Drake High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS DISCUS

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

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

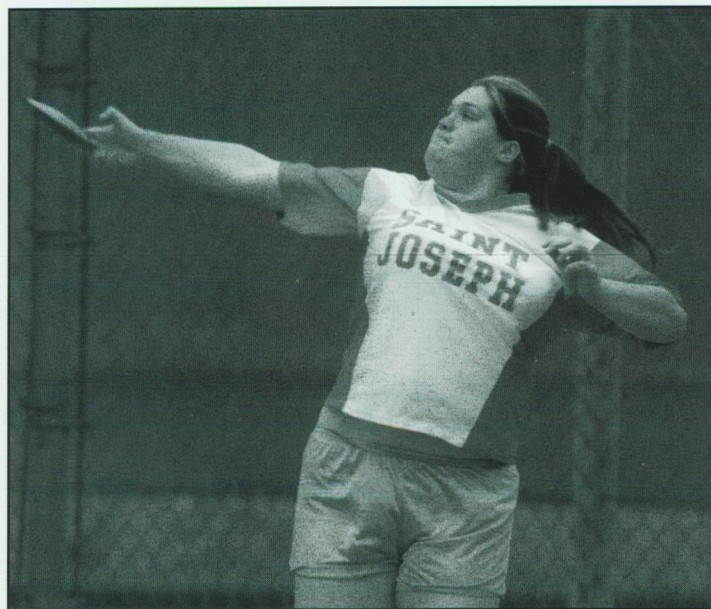
Pos.	Name	Gr.	School/Section	Sect. Mark
1	Barbour, Nicole		Paradise/NO	120-07
2	Freitas, Maryann	11	Independence/CC	121-05
3	Bushnell, Kelly	12	Fremont/CC	121-05
4	Strand, Taylor	10	College Park/NC	122-08
5	White, Catherine	10	Garces/CE	127-06
6	Fruguglietti, Katina	12	Liberty/CE	128-04
7	Lenahan, Colleen	11	Oak Ridge/SJ	129-00
8	Molinari, Rebecca		Albany/NC	130-10
9	Thu, Daniella	11	Monte Vista/SD	131-01
10	Dufresne, Julie	12	Harbor/CC	132-06
11	Ross, Tara	11	Mission Viejo/SS	132-11
12	Barber, Sarah	12	St. Joseph-Lw/SS	134-04
13	Xavier, Kayla	10	Johansen/SJ	134-10
14	Hendy, Sarah	12	Sonora/SJ	136-01
15	Sola, Jillian	12	Arroyo Grande/SS	137-05
16	Hunt, Jameena	11	Morse/SD	138-09
17	Wilson, Miranda		Bishop O'Dowd/NC	140-05
18	Steed, Jennifer	11	Arroyo Grande/SS	142-02
19	Robles, Sarah	11	San Jacinto/SS	143-03
20	Winters, Dereka	12	El Camino/SD	146-00
21	Taylor, Leanne	12	Porterville/CE	150-09
22	Toeaina, Alexarae	12	Pittsburg/NC	153-07

BOYS SHOT PUT

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

Records National 77-0 Michael Carter, Jefferson (Dallas, Texas) 1979
State 74-4.75 Brent Noon, Fallbrook 1990

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Hannon, Chris	12	Lincoln/SF	47-10.50
2	Nichols, Deandre	12	Manual Arts/LA	48-04.00
3	Ramsey, Ronnel	12	Taft/LA	50-01.00
4	Moralas, Darias	10	Bishop O'Dowd/NC	51-01.50
5	Wernick, David	11	St. Francis/CC	52-04.00
6	McKenzie, Sir William	11	San Leandro/NC	52-06.25
7	Bianculli, Greg	12	Archbishop Riordan/CC	53-07.50
8	Knight, Phillip	12	Carson/LA	54-00.00
9	Santos, Tim	12	California/NC	54-01.25
10	Newman, Joe	12	Palma/CC	54-07.75
11	Smithson, Rob	12	La Jolla/SD	54-09.50
12	Carter, Carl	12	Valley/SJ	54-10.00
13	Bell, Kyle	10	Mt. Whitney/CE	55-03.00
14	Dragon, Tyler	11	Clovis West/CE	55-06.00
15	Baer, Joey	12	Woodland/SJ	56-00.50
16	Schenck, Robert	11	Mission Hills/SD	56-07.00
17	Ravera, Kyle		Central Valley/NO	56-07.50
18	Karacozoff, Joel	11	Jesuit/SJ	57-01.75
19	Howard, Erik		El Cerrito/NC	57-07.75
20	Dan, Aaron	12	Esperanza/SS	58-06.50
21	Scott, Bobby	12	Clovis West/CE	58-10.00
22	Dekok, Alex	12	Saugus/SS	58-11.25
23	Butler, Alex	12	El Modena/SS	59-02.25
24	Taylor, Bo	11	Newport Harbor/SS	59-05.50
25	Spicer, Averell	12	Rancho Cucamonga/SS	59-07.75
26	Savage, Darius	11	Morse/SD	59-11.25
27	Rohr, Danny	12	Arroyo Grande/SS	60-01.00



Sarah Barber
St. Joseph (Lakewood) High School



Darius Savage
Morse High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS HIGH JUMP

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

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

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Sandoval, Laura	12	Garfield/LA	4-10.00
2	Alonzo, Sarah		Chico/NO	5-00.00
3	Hopfenbeck, Lauren		Castro Valley/NC	5-02.00
4	Harris, Shalisa	11	Centennial/CE	5-02.00
5	Sather, Kaitlin	12	Maria Carillo/NC	5-03.00
6	Schmid, Erika	12	Vintage/SJ	5-04.00
7	Conlin, Heather	11	JW North/SS	5-04.00
8	Huff, Chelsea	12	Aptos/CC	5-04.00
9	Johnson, Michelle	12	Los Gatos/CC	5-04.00
10	Spencer, Monique	12	Poly-LB/SS	5-04.00
11	Correa, Lauren	12	El Toro/SS	5-04.00
12	Collins, Lauren	12	Santa Margarita/SS	5-04.00
13	Welz, Rachael	10	Bear River/SJ	5-04.00
14	Coulter, Janelle	9	Aptos/CC	5-04.00
15	Rainwater, Linda	11	Dos Pueblos/SS	5-04.00
16	Moore, Lauren	11	Saugus/SS	5-04.00
17	O'Connor, Tayler	11	Mercy-B/CC	5-04.00
18	Leidle, Heather	12	Rancho Buena Vista/SD	5-04.00
19	Parsons, Leah	11	Notre Dame-S/CC	5-04.00
20	Griffith, Ashley	11	Cal School for Deaf/NC	5-05.00
21	Sisler, Whitney	10	La Costa Canyon/SD	5-05.00
22	Williams, Nicole	10	Laguna Creek/SJ	5-06.00
23	Roberts, Laurie	12	Menlo-Atherton/CC	5-06.00
24	Curtis, Christina	12	Tustin/SS	5-06.00
25	Day, Jasmin	11	Costa Mesa/SS	5-06.00
26	Klages, Jamie	12	Coronado/SD	5-06.00
27	Ribinson, Moira	10	Mt. Whitney/CE	5-06.00
28	Kaufman, Amber	11	Branham/CC	5-08.00
29	Gonder, Desirae	11	Stockdale/CE	5-10.00
30	Wiley, Mindi	11	Sonoma Valley/NC	5-11.00

GIRLS TRIPLE JUMP

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

Records National 44-2.25 Ychlandria Spears, Luling (Texas) 2001
State 43-6.5 Juliana Yendork, Walnut 1991

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Nwokafor, Ugochi	11	Narbonne/LA	34-08.75
2	Embry, Erica		Wheatland/NO	35-02.25
3	Williams, Chelsey	10	Hollywood/LA	35-03.50
4	Watson, Shana	12	Skyline/OK	35-05.00
5	McMillian, Aliexis	12	Bakersfield/CE	36-04.00
6	Telhami, Andrea	11	Vincent Memorial/SD	37-03.50
7	Schiels, Caitlin	12	Notre Dame-B/CC	37-07.00
8	Boydston, Elizabeth	11	Pitman/SJ	37-08.00
9	Marchbanks, Mercedes	12	Sequoia/CC	37-08.00
10	Kearin, Kasey	11	Rancho Bernardo/SD	37-08.50
11	Brewer, Alivia	11	Florin/SJ	37-10.00
12	Minnis, Delana	12	Norwalk/SS	38-01.00
13	Black, Kimarie	11	Poly-LB/SS	38-01.25
14	Sullivan, Ricki	12	Harbor/CC	38-03.75
15	Nichols, Taylor	10	Stockdale/CE	38-04.75
16	Ribinson, Moira	10	Mt. Whitney/CE	38-05.00
17	Youngblood, Jamesha	10	Hercules/NC	39-00.50
18	Leidle, Heather	12	Rancho Buena Vista/SD	39-00.75
19	Charan, Ashika	11	Claremont/SS	39-01.25
20	Barfield, Jessica	10	Lynwood/SS	39-02.75
21	Peggese, Seqoiya	12	Poly-LB/SS	39-03.00
22	Uwadiale, Tisha		Castro Valley/NC	39-09.00
23	Richardson, Ke'Nyia	10	Holy Names/NC	40-09.50
24	Kaye, Decontee	12	James Logan/NC	41-07.00
25	Daniels, Brittany	12	West/SJ	45-07.50



Desirae Gonder
Stockdale High School



Jamesha Youngblood
Hercules High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS TRIPLE JUMP

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

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

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Thomas, Reggie		Rio Vista/NO	42-04.00
2	Cruz, Peter	12	Lowell/SF	43-00.75
3	Jenkins, Sean	12	James Logan/NC	43-10.50
4	Olin, Marshall	12	Santa Rosa/NC	44-02.50
5	Lashley, Kevin	11	North Hollywood/LA	44-05.75
6	Sanders, Dwayne	12	Carson/LA	44-09.00
7	Moon, Marco	12	Archbishop Riordan/CC	44-10.00
8	Luke, Andre	12	Mt. Eden/NC	45-00.50
9	Rivers, Gyasi	10	Hollywood/LA	45-05.00
10	Stewart, Karlin	11	Mt. Miguel/SD	45-09.50
11	Hammond, Derek	10	Franklin-EG/SJ	46-03.50
12	Amadi, Charles	11	Edison/CE	46-04.75
13	Carter, Justin	12	Rancho Bernardo/SD	46-05.50
14	DeArango, Myllar	11	El Dorado/SJ	46-06.00
15	Gwacham, Nnamdi	12	Ayala/SS	46-10.50
16	Davis, Teryon	12	Milpitas/CC	46-10.50
17	Tsuda, Scott	12	Notre Dame-SO/SS	46-11.00
18	McDowell, Tevin	11	Tulare Western/CE	47-02.75
19	Bridgeforth, Rex	12	Rio Mesa/SS	47-04.25
20	Como, Josh	11	Rancho Verde/SS	47-07.75
21	Quick, Eric	11	Liberty/CE	47-08.00
22	Wright, Aven	12	Junipero Serra/CC	48-02.00
23	Gladney, Franklin	12	El Camino/SD	48-02.00
24	Sherman, Richard	9	Dominguez/SS	49-05.75
25	Sharif, Zuheir	11	Franklin-EG/SJ	49-09.25
26	Balumbu, Nkosinza	12	James Logan/NC	50-02.00

GIRLS POLE VAULT

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

Records National 13-8 Shayla Ballentine, Morro Bay (California) 2001
 State 13-8 Shayla Ballentine, Morro Bay 2001

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Donahoo, Sabrina		Yreka/NO	8-00.00
2	Johnson, Phylcia	10	Gardena/LA	9-06.00
3	Savage, Sarah	10	Buchanan/CE	10-06.00
4	Feikert, Rosemary	12	Concord/NC	10-09.00
5	Homes, Jenna	11	Las Lomas/NC	10-09.00
6	Hintergardt, Maddy	12	Clovis/CE	11-00.00
7	Greeman, Andrea	11	Clovis/CE	11-00.00
8	Hobson, Erin	12	Livermore/NC	11-00.00
9	Bartlett, Kera		Piedmont/NC	11-00.00
10	Jensen, Dana	12	Chaparral/SS	11-03.00
11	Hoolko, Dana	10	La Jolla/SD	11-04.00
12	Liu, Sally	12	Rancho Bernardo/SD	11-04.00
13	Fernandez, Alex	11	Woodland/SJ	11-09.00
14	Louie, Amanda	11	Del Oro/SJ	11-09.00
15	Franklin, Taylor	11	St. Francis/CC	11-09.00
16	MacLean, Kelly	12	Edison-HB/SS	11-09.00
17	Tamura, Lyndly	11	Huntington Beach/SS	11-09.00
18	Lozovatskaya, Liza	11	St. Ignatius/CC	12-01.00
19	Bennett, Jennae	12	Foothill/SS	12-03.00
20	Barthel, Natasha	10	St. Francis/CC	12-05.00
21	Anthony, Tori	10	Castilleja/CC	12-05.00
22	Matoon, Kate	12	Rancho Bernardo/SD	12-05.00
23	Stately, Brysun	12	Cordova/SJ	12-09.00
24	Simmons, Rachel	10	Rocklin/SJ	12-09.00
25	Pena, Tori	11	Edison-HB/SS	13-01.00



*Nkosinza Balumbu
James Logan High School*



*Tori Pena
Edison (Huntington Beach) High School*

long relay unit which figures to duel with Wilson for baton bragging rights repeatedly this weekend.

Collins also is the heavy favorite in the low hurdles race, with her 40.81 clocking of a year ago still registering as the national 9th-grade record and more than a second ahead of her in-state rivals this year.

The high hurdles outlook is a bit more uncertain, with state leader Kimyon Broom (13.81) of Serra (SS) defeating Diamond Ranch's (SS) Leslie Mercado by a mere .05 seconds at Southern Sectionals qualifying. Keep an eye on Mt. Pleasant (CCS) frosh Vashti Thomas, who has posted fine times this year as well.

The girls distances should be real smokers, with a mind-blowing collection of CCS two-lappers leading the field. The state's five fastest 800m runners that made it here hail from the CCS, led by two-time defending state 1600m champ Alicia



The Long Beach Wilson girls could take top honors in both relay events as the team tries to claim its third state track and field team championship, and first since 1998.

Follmar of Saratoga. Follmar won the CCS showdown last week with a huge 2:07.97 lifetime best, with Menlo School's Libby Jenke, Archbishop Mitty's Christine Whalen and Live Oak's Christine Jones finishing in heated pursuit. With that kind of leg speed, Follmar is favored to three-peat at 1600m as well, although 2005 state leader Alex Kosinski (Oak

Ridge) and Corona del Mar (SS) ace Annie St. Geme lead a long list of suitable challengers.

The 3200m clash could be a classic, with eight girls separated by seven seconds this season, led by Washington-signed Tori Tyler of Gunn, fresh off a seasonal best 10:31.04 last weekend. Cross country All-American and Central Section champion Lauren Saylor of distance power Buchanan (CS) and ultra-consistent Shannon Murakami of Saugus (SS) spearhead the remaining list of superb entries.

Los Angeles City Section boys team champion Dorsey arrives here as the team favorite as well, with megastar David Gettis ripping an eye-popping 46.08 clocking for 400 meters last week, the fastest Golden State time in the event since the legendary Obea Moore toured the tartan 10 years ago. Gettis, bound for Baylor University (home to former Olympic 400m champions Michael Johnson and Jeremy Wariner) on a football scholarship,

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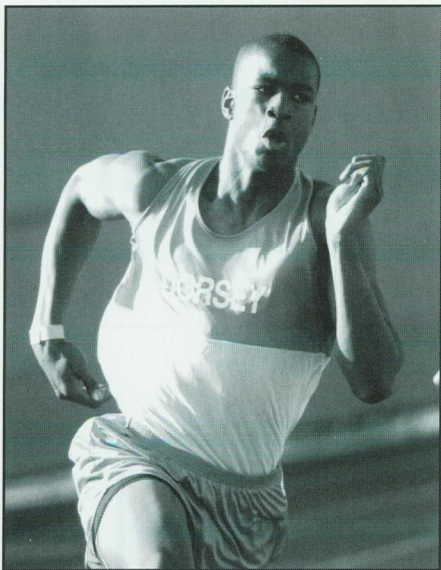
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will face challenges from Long Beach Poly (SS) age-group phenom Bryshon Nellum (46.92) and Dorsey teammate Courtney Williams in the long sprint.

Over the shorter dash challenges, state leader Elijah Wells of L.A. Taft (21.11 and 10.38, with the latter also being the nation-leading mark) and Devin Mays of Lincoln in Stockton (SJS) are co-favorites, although a brimming rivalry between SS blazers Justin Woods (Los Alamitos) and Wes Williams (Esperanza) has pushed them into the title picture, along with vastly improved Rodney Glass of Sherman Oaks Notre Dame (SS).

The relays figure to be a Dorsey-led affair, with Gettis, Williams and Marquis Charles helping comprise meet-topping 41.04 and 3:11.49 entries here. The long relay, the group's signature event, could very well seal up the team title at meet's end. Notre Dame, with Glass, Cary Harris and Garrett Green forming a great close on the short relay, and a very talented Dominguez crew on the long relay are the prime challengers in the baton events.



David Gettis Of Dorsey has won the last two state 400-meter races. His 46.69 time last year was the fastest at the state meet since 1997.

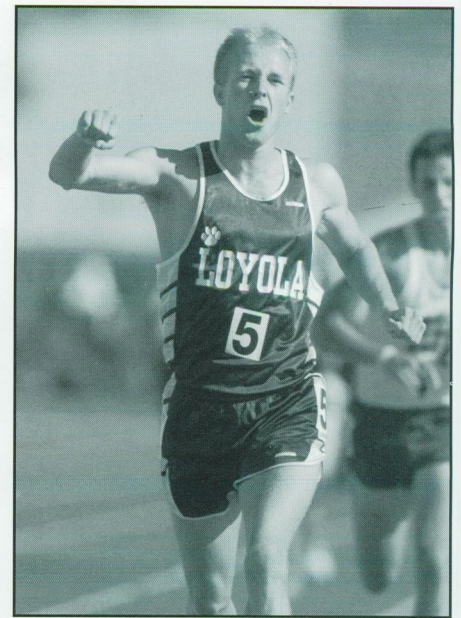
A very special group has formed in recent weeks to distinguish itself on the yearly national 1600m list and can take

aim at outperforming the great 1994 four-lap field that included prep legends and future American stars Meb Keflezighi (Olympic silver medalist), Michael Stember and Mark Hauser (the latter two becoming multiple NCAA All-Americans for the famed Stanford distance-running dynasty). Keflezighi clocked 4:07.67 in winning that storied affair over Stember (4:08.52) and Hauser (4:08.97) when it counted, the best 3-deep state meet showing in nearly 15 years.

In 2005, Loyola (SS) senior Mark Matusak already has clocked 4:07.94 to rank second nationally, with El Camino (SDS) junior star A.J. Acosta and Arroyo (SS) standout Luis Medina posting identical 4:08.63 list bests (Acosta's a converted mark from a slightly longer mile distance) to have distance aficionados squirming with excitement. But there's much more. Southern Section megathreats Jared Bell (Harvard-Westlake), Joe Gatel (Edison) and Michael Coe (Cabrillo) also appear on the national 15-deep list, with dominant sectional entries Brandon Rooney of Tehachapi (CS) and Evan Anderson of Menlo-Atherton (CCS) giving this event some alarming depth. We'll see if they run as fast this weekend and years down the road — much like the famed 1994 group did.

The boys 3200m run pits the state-leading and highly decorated Matusak (3-time All-American, 3-time state champion, 4-time CIF-SS champion in cross-country and track) against future UC Berkeley teammate and defending state champion Yosef Ghebray of James Logan as well as precocious Southern Section sophomore Michael Cybulski of Royal. All took different paths here — Matusak placing second in a blockbuster Arcadia Invitational field and winning all key races, Ghebray battling back from stubborn injuries to regain championship form, and Cybulski exhibiting exceptional improvement and race savvy uncommon for most 15-year-olds.

The 800m challenge has mid-season national leader Colin Campbell of Ventura



Mark Matusak (Loyola) is the defending 1600-meter state champion. He also is a two-time state cross country titleist.

(1:51.26) pitted against SS foe Cory Primm (Westlake, 1:51.65) in an Arcadia rematch, with L.A. City Section winner Travis Bradford of Fremont (1:52.04) also in the mix and ensuring a fast pace with his trademark hard opening lap.

The hurdle races will have the aforementioned Klech battling for top honors yet again, with his 36.28 effort in the intermediate hurdles ranking him third nationally in that event, and his 14.10 effort in the high hurdles tabbing him as a prime contender there. With state record-holder Kevin Craddock (James Logan) sidelined by season-ending injury, Ramona's Robert Williams and Pitman's Polly Gnepa are Klech's biggest adversaries. In the longer race, Klech's biggest challenge will be finding his steps in between the barriers. On multiple occasions this spring, the state leader has mistimed his pattern, once almost taking a horrible spill ... only to regain his footing and somehow post another sensational time.

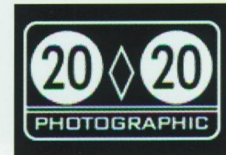
Roth, Stately, Pena, Daniels, Gettis, Matusak, Klech...all among the nation's great ones in 2005.

But at the CIF State Championships, there's always dramatic surprises in store and new champions ready to emerge.

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16 Principles of Pursuing Victory With Honor

At its best, athletic competition can hold intrinsic values for our society. It is a symbol of a great ideal: pursuing victory with honor. The love of sports is deeply embedded in our nation's consciousness and the value of millions of participants and spectators are directly and dramatically influenced by the values and actions conveyed by organized sports. In the belief that the impact of sports can and should enhance the character and uplift the ethics of our students across the state, CIF has established a framework of principles and a set of common values that must be adopted and practiced widely. For more information on these operating principles, visit the State CIF web site at www.cifstate.org.

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."
2. It's the duty of School Boards, superintendents, school administrators, parents and school sports leadership -including coaches, athletic administrators, program directors and game officials - to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these "six pillars of character."
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
8. School Boards, superintendents, school administrators, parents and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.



9. School Boards, superintendents, principals, school administrators and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical and ethical well-being of student-athletes is always placed above desires and pressured to win.
10. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.
11. Everyone involved in competition including parents, spectators, associated study body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting and inappropriate celebrations.
12. School Boards, superintendents, and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of: 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character. 2) The physical capabilities and limitations of the age group coached as well as the first aid. 3) Coaching principles and the rules and strategies of the sport.
13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.
14. To safeguard the health of athletes and the integrity of the sport, school sports program must actively prohibit the use of alcohol, tobacco, drugs and performance enhancing substances, as well as a demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue influence of commercial interests. In addition, sports programs must be prudent, avoiding undue dependency on particular companies or sponsors.
16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimensions of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.

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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		
13.39	Kevin Craddock (James Logan, Union City)	2004
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		
206-5	Daniel Schaerer (The Bishop's School, La Jolla)	2004
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
h -- hand timed		
* -- mile record		

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		
3:35.49	Poly, Long Beach	2004
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		
13.30	Chris Nelloms, Dunbar (Dayton, Ohio)	1990
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 (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		
44.50	Poly, Long Beach (Long Beach, Calif.)	2004
1600-METER RELAY		
3:35.49	Poly, Long Beach (Long Beach, Calif.)	2004
DISCUS THROW		
188-4	Suzu Powell, Downey (Modesto, Calif.)	1994
HIGH JUMP		
6-3	Amy Acuff, Corpus Christi (Calallen, Texas)	1992
LONG JUMP		
22-1.75	Kathy McMillan, 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	Ychlandria 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 Gatlin	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
James Logan, Union City	46	Lee Webb	Hughes Stadium, Sacramento	June 4-5, 2004

* No meets held during the World War II period (1942-45).
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.

** Reported figures for finals.

*** Meet rescheduled due to rain.

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, 1998
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
Poly, Long Beach	80	Don Norford	Hughes Stadium, Sacramento	June 4-5, 2004

*** Meet rescheduled due to rain.

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.

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 Blenkiron (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	Ernie 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	Napolean 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 (Serra, 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
2004	Kenny O'Neal (Skyline, Oakland)	10.34

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 Sudden (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 Wornill (Muir, Pasadena)	21.8
1935	Burt 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	Ernie 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	Napolean 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	Seth Amoo (Highland, Palmdale)	21.05
2002	Matt Bruno (Trabuco Hills, Mission Viejo)	20.82
2003	Lionel Larry (Dominguez, Compton)	20.97
2004	Derrick Jones (Poly, Long Beach)	21.10

*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	Wilbur Talbot (Analy, Sebastopol)	51.6
1925	Walter Hanson (Concord, Mt. Diablo)	51.0
1926	Cliff Gantt (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

w -- wind aided result

CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

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
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	Randy Julian (Bolsa Grande, 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 Sulzer (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
2004	David Gettiss (Dorsey, Los Angeles)	46.69

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 Walters (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 Hoss (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	Perceel 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)	1:50.63
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
2004	Bryan Rodie (Royal, Simi Valley)	1:52.04

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 Stirling (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 (Palo 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

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CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

1988	Reggie Williams (River City, West Sacramento)	4:08.78
1989	Francis O'Neil (San Pasqual, Escondido)	4:08.67
1990	Coley Candaale (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
1994	Mebrahton Keflezighi (San Diego)	4:07.67
1995	Michael Stember (Jesuit, Carmichael)	4:04.00
1996	Michael Stember (Jesuit, Carmichael)	4:06.72
1997	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
2004	Mark Matusak (Loyola, Los Angeles)	4:15.89

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 Torrance, Torrance)	8:55.6
1971	Dale Fleet (Claremont, 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 (Jesuit, Carmichael)	8:44.95
1987	Paul Thomas (Jesuit, Carmichael)	9:02.82
1988	Reggie Williams (River City, West Sacramento)	8:59.61
1989	David Welsh (Jesuit, Carmichael)	8:58.08
1990	Bryan Darnsworth (Agoura)	8:53.26
1991	Dave Hartman (Canyon, Canyon Country)	8:58.38
1992	Angel Martinez (San Gabriel)	8:56.34
1993	Matt Farley (Jesuit, Carmichael)	9:04.39
1994	Mebrahton Keflezighi (San Diego)	8:58.11
1995	Jason Balkman (Lynbrook, San Jose)	9:05.31
1996	Aaron Gillen (Yreka)	9:03.96
1997	Isaiah Festa (Morro Bay)	9:06.06
1998	Gary Passanisi (Aptos)	9:05.74
1999	Josh Spiker (Ventura)	9:02.00
2000	Ryan Hall (Big Bear, Big Bear Lake)	8:55.12
2001	Yong-Sung Leal (Arroyo, San Lorenzo)	9:00.49
2002	Kyle Alcorn (Buchanan, Clovis)	9:00.46
2003	Tim Nelson (Liberty Christian, Redding)	8:53.59
2004	Yossef Ghebray (James Logan, Union City)	9:04.20

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 Lampert (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
1940	Sam Johnson (Fillmore)	14.9
1940	Keith Hale (Bakersfield)	14.7
	Don Reiss (Burlingame)	14.7
1941	Omar Cowles (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 McElhenny (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 (Ganessa, 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 (Ganessa, 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
2004	Kevin Craddock (James Logan, Union City)	13.39

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 Haywood (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 Bomes (Rancho Buena Vista, Vista)	38.00
2004	Kevin Craddock (James Logan, Union City)	35.93

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
2004	Skyline (Oakland)	40.95

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CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

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
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
2004	Poly (Long Beach)	3:13.74

Discus Throw (Boys)

1913	Roy Bagnard (Pasadena)	122-03
1914	Roy Bagnard (Pasadena)	118-03
1915	Cifford 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	Ario Munch (Poly, Long Beach)	130-11.50
1949	John Henry Johnson (Pittsburg)	145-02
1950	Louie Igarra (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 (Leland, 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	Jareed Morgan (La Quinta)	194-01
2003	Nik Kay (Los Gatos)	203-03
2004	Daniel Schaefer (Bishop's School, La Jolla)	206-05

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	Lynford 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 (Homesstead, 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
2004	Ed Wright (St. Mary's, Berkeley)	6-10.25

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 Lamport (Manual Arts, Los Angeles)	21-05.25
1917	Gene Davis (Poly, Los Angeles)	21-10.50
1918	Roy Hasselbach (Fresno)	21-10.50
1919	Harold Miller (Oakland Technical)	20-11.25
1920	Verden Nash (Chino)	21-00.50

w -- wind aided result

CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

1921	Verden Nash (Chino)	21-10.50
1922	Verden Nash (Huntington Beach)	21-05.25
1923	Mort Kaer (Red Bluff)	23-02.75
1924	Virgil Elliot (Huntington Beach)	22-03.50
1925	Fred Osborne (Fullerton)	21-08.50
1926	Walter Rehwald (Lincoln, Los Angeles)	21-08.50
1927	Frank Wycoff (Glendale)	22-05
1928	Dick Barber (Poly, Long Beach)	23-05.75
1929	Wells Ruby (Hollywood)	22-07.25
1930	George Shehtanian (Tulare)	22-02.62
1931	Floyd Wilson (Riverside)	23-02.62
1932	Tom White (Poly, Long Beach)	22-10.50
1933	Don Skinner (Manual Arts)	22-08
1934	Don Skinner (Manual Arts)	23-08.50
1935	Jimmy Montgomery (El Monte)	23-00.25
1936	Eddie Arnold (Muir)	23-01.75
1937	Bill Bugbee (Montebello)	23-01
1938	Bill Bugbee (Montebello)	23-07.12
1939	Jim Jurkovich (Fresno)	24-00.50
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)	23-05.25
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)	24-09.75
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 Doubly (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
2004	Demitri Mosby (Gahr, Cerritos)	24-03.75

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
	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 Flanagan (Ganessa, 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 (Ganessa, 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 Schimmel (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
2004	Scott Roth (Granite Bay)	16-04

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 Raitt (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)	

w -- wind aided result

CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

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	Hoer Robertson (Pacific, San Bernardino)	63-09.50
1957	Clark Branson (Pasadena)	64-00.75
1958	Jack Slocombe (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
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 Dieguito, 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
2004	Mark Lewis (Arroyo Grande)	63-05.50

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
2004	Nkosinza Balumbu (James Logan, Union City)	50-06.00

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	Keila 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 (Ganesha, 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
2004	Jasmin Baldwin (Bishop Amat, La Puente)	11.33

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	Keila 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
2004	Jasmin Baldwin (Bishop Amat, La Puente)	22.86

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

w -- wind aided result



The boys from James Logan High School in Union City won the 2004 CIF State Track and Field Championships. Out of a possible 48 points it could have scored, Logan collected 46 en route to its first state title in the sport. Kevin Craddock (110 high hurdles, 300 intermediate hurdles), Yosef Ghebray (3200 meters) and Nkosinza Balumbu (triple jump) all were individual state champions.

CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

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
2004	Jasmine Lee (Poly, Long Beach)	52.93

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)	2:07.93
1979	Ann Regan (Camden, San Jose)	2:10.22
1980	Marilyn Davis (Miramonte, Orinda)	2:09.73
1981	Donna Curtis (Culver City)	2:06.08
1982	Rennie Durrand (Laguna Beach)	2:06.36
1983	Kerri Zaleski (Millikan, Long Beach)	2:06.41
1984	Trena Hull (Compton)	2:04.91
1985	Kristen Dowell (Santa Teresa, San Jose)	2:10.07
1986	Laura Chapel (University City, San Diego)	2:08.66
1987	Kimberly McAllister (Locke, Los Angeles)	2:12.92
1988	Kathy Roldan (Mt. Whitney, Visalia)	2:12.11
1989	Kim Toney (Atascadero)	2:09.33
1990	Kim Toney (Atascadero)	2:06.13
1991	Nicole Teter (West Valley, Cottonwood)	2:08.14
1992	Miesha Marzell (Bishop O'Dowd, Oakland)	2:10.29
1993	Miesha Marzell (Bishop O'Dowd, Oakland)	2:09.13
1994	Kristie Johnson (Central, Fresno)	2:09.98
1995	Kristie Johnson (Central, Fresno)	2:08.86
1996	Lindsay Hyatt (Placer, Auburn)	2:11.24
1997	Lindsay Hyatt (Placer, Auburn)	2:09.16
1998	Lindsay Hyatt (Placer, Auburn)	2:07.90
1999	Lindsay Hyatt (Placer, Auburn)	2:06.74
2000	Liz Morse (Corona del Mar)	2:08.16
2001	Shannon Rowbury (Sacred Heart Cathedral, SF)	2:10.31
2002	Jamillah Titus (Vintage, Napa)	2:08.62
2003	Ashley Freeman (Wilson, Long Beach)	2:08.86
2004	Alysia Johnson (Canyon, Canyon Country)	2:08.97

1600-Meter Run (Girls)

1974	Jill Caldwell (Westminster)	5:02.2
1975	Kathy Costello (Pleasant Hill)	4:53.5
1976	Linda Broderick (Tamalpais, Mill Valley)	4:56.8
1977	Linda Goen (North, Bakersfield)	4:47.8
1978	Cheri Williams (Livermore)	4:44.95
1979	Linda Goen (North, Bakersfield)	4:51.09
1980	Polly Plumer (University, Irvine)	4:46.71
1981	Polly Plumer (University, Irvine)	4:42.43
1982	Polly Plumer (University, Irvine)	4:39.92
1983	Cory Schubert (Del Mar, San Jose)	4:44.93
1984	Shannon Clark (Mountain View)	4:47.52
1985	Shannon Clark (Mountain View)	4:49.14
1986	Darcy Arreola (Grossmont, La Mesa)	4:45.13
1987	Kira Jorgensen (Vista)	4:45.98

1988	Kira Jorgensen (Vista)	4:49.54
1989	Kira Jorgensen (Vista)	4:49.55
1990	Becky Spies (Livermore)	4:48.74
1991	Becky Spies (Livermore)	4:45.11
1992	Shelley Taylor (Edison, Huntington Beach)	4:48.52
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
2004	Alicia Follmar (Saratoga)	4:46.47

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 Chr., 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	Anita 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
2004	Lindsay Flacks (Harvard-Westlake, N. Hollywood)	10:26.25

100-Meter Low Hurdles (Girls)

1974*	Yvonne Boone (Fremont, Oakland)	11.1
1975*	Yvonne Boone (Fremont, Oakland)	10.1
1976*	Tuti Lee (Merced)	10.7
1977	Kris Costello (Lynbrook, San Jose)	13.97
1978	Kris Costello (Lynbrook, San Jose)	13.83
1979	Janet Yarborough (Clovis)	14.01
1980	Judy Young (Berkeley)	13.52w
1981	Sherifa Sanders (Berkeley)	13.74
1982	Natalie Spinks (Skyline, Oakland)	13.88w
1983	Chewaukii Knighten (Locke, Los Angeles)	13.88
1984	Gail Devers (Sweetwater, National City)	13.41
1985	Lana Cantrell (Muir, Pasadena)	13.57
1986	Janeene Vickers (Pomona)	13.74
1987	Janeene Vickers (Pomona)	13.34
1988	Michelle Decoux (Bishop O'Dowd, 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

* from 1974-76, race was 80 Meters

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
2004	Talia Stewart (James Logan, Union City)	13.31

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
2004	Talia Stewart (James Logan, Union City)	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
2004	Poly (Long Beach)	45.11

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

w -- wind aided result

CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

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
2004	Poly (Long Beach)	3:35.49

Discus Throw (Girls)

1976	Kathy Middleton (Poway)	134-05
1977	Karen Stampfil (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 Kaaiawahia (Fullerton)	162-10
1982	Jacque Norton (Mission Viejo)	160-02
1983	Natalie Kaaiawahia (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
2004	Missy Faubus (Centennial, Bakersfield)	166-09

High Jump (Girls)

1974	Pam Blackburn (Cubberley, Palo Alto)	5-08
1975	Kim Maddox (Los Angeles)	5-08
1976	Kari Gosswiller (Upland)	5-10
1977	Kari Gosswiller (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
2004	Allie Miller (Los Altos)	5-09.25

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	Jemae Wright (James Logan, Union City)	20-08.00w
1996	Jemae 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	Elzunia Wojcicka (Hollister)	20-05.50w
2002	Lena Bettis (J.W. North, Riverside)	19-08.25
2003	Rene Williams (Skyline, Oakland)	20-08.25
2004	Shana Woods (Poly, Long Beach)	20-07.75

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
2004	Allison Stokke (Newport Harbor, Newport Beach)	12-08

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 Thomtana (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 Dunble (Bakersfield)	48-02.50
1989	Melissa Weis (Bakersfield)	44-01
1990	Dawn Dunble (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
2004	Megan Howard (Arroyo Grande)	49-11.75

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 (Merrill West, Tracy)	42-04.75
2004	Brittany Daniels (Merrill West, Tracy)	42-08.00



The Long Beach Poly girls won their eighth state title in 2004 with a record 80 points. In the process, the 4 x 400 relay team set a national record of 3:35.49, breaking the previous standard of 3:35.72 set by Wilson of Long Beach in 2001. Overall, the team won four events and had seven additional medalists.

w -- wind aided result

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 Lampport (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) 100m (1959-60); 200m (1960)
- 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 (1996); 400m (1995-96)
- 3 Kevin Craddock (James Logan, Union City) 110HH (2003-04); 300IH (2004)

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

- 8 Poly, Long Beach (1992-93, 1995, 1997-98, 2001, 2003-04)
- 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, 1997-98, 2003-04)
- 2 J.W. North, Riverside (1999-2000)

Most Individual State Championships

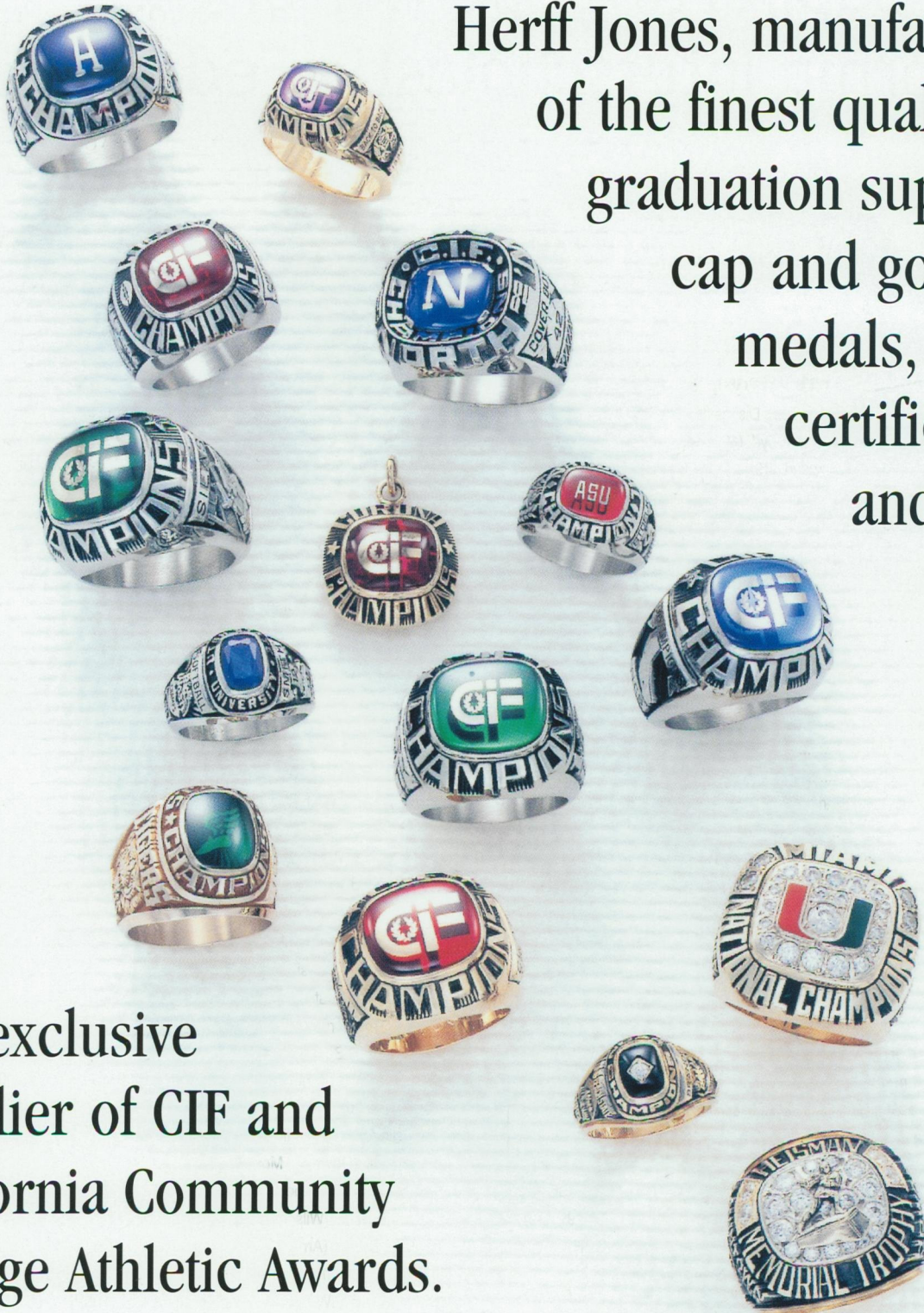
- 9 Marion Jones (Rio Mesa, Oxnard 1990-91); (Thousand Oaks 1992-93) 100m (1990-93); 200m (1990-93); LJ (1993)
- 6 Natalie Kaaiawahia (Fullerton) Shot (1980-83); Discus (1981, 1983)
- 6 Wendy Brown (Woodside) LJ (1982-84); TJ (1982-84); HJ (1984)
- 6 Juliana Yendork (Walnut) LJ (1989-91); TJ (1989-91)
- 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 Rolfe (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)
- 3 Talia Stewart (James Logan, Union City) 100HH (2002, 2004); 300LH (2004)

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)

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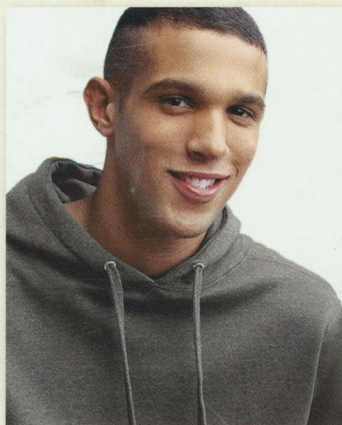


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