

CALIFORNIA INTERSCHOLASTIC FEDERATION



2006 STATE CHAMPIONSHIPS



TRACK AND FIELD

2006 CIF STATE TRACK & FIELD CHAMPIONSHIPS

Falcon Stadium
Cerritos College
June 2-3, 2006

TABLE OF CONTENTS

Executive Committee/Federated Council	3	What Parents Need to Know About Steroids	27
Track and Field Advisory Committee	4	Participant Entries	
2006 Event Schedule	5	Boys & Girls 1600m Relay	29
Meet Officials	7	Girls Pole Vault & Girls Discus	30
Sportsmanship Award Winners	7	Boys Shot Put & Girls Long Jump	31
2006 State Championship Preview	8	Boys Long Jump & Girls High Jump	32
CIF Coaching Education	12	Boys Discus & Girls Shot Put	35
Participant Entries		Boys Pole Vault & Boys High Jump	36
Boys & Girls 400m Relay	13	Boys Triple Jump & Girls Triple Jump	37
Boys & Girls 1600m	14	California All-Time Top Marks	38
Boys 110 HH & Girls 100 HH	15	Pursuing Victory with Honor sm	40
Boys & Girls 400m	16	State and National Records	41
Boys & Girls 100m	17	State Team Champions	42
2005-06 CIF Scholar-Athletes of the Year	19	Boys State Individual Champions	44
Participant Entries		Girls State Individual Champions	49
Boys & Girls 800m	21	Multiple State Championships	52
Boys 300 IH & Girls 300 LH	22		
Boys & Girls 200m	23		
Boys & Girls 3200m	24		

Action photos in this publication courtesy of
Kirby Lee/Image of Sport, Margaret Gallagher, Joe Hartman,
Robert Wallingford, John Sachs and Ken Grimes.

2006 EVENT SCHEDULE

FIELD EVENTS

FRIDAY QUALIFYING TIMES

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

SATURDAY CHAMPIONSHIP TIMES

Event	Reporting Time	Starting Time
Report to Field Event Clerk of Course		
Girls Pole Vault	1:00 p.m.	2:00 p.m.
Girls Discus	2:00 p.m.	3:00 p.m.
Boys Shot Put	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 High Jump	2:00 p.m.	3:00 p.m.
Boys Discus	4:00 p.m.	5:00 p.m.
Girls Shot Put	4:00 p.m.	5:00 p.m.
Boys Pole Vault	4:00 p.m.	5:00 p.m.
Boys High Jump	4:15 p.m.	5:15 p.m.
Boys Triple Jump	4:30 p.m.	5:30 p.m.
Girls Triple Jump	4:30 p.m.	5:30 p.m.

TRACK EVENTS

FRIDAY QUALIFYING TIMES

5:00	Boys 400m Relay	(Heat #1)	7:24	Boys 800m Run	(Heat #1)
5:04		(Heat #2)	7:29		(Heat #2)
5:08		(Heat #3)	7:34		(Heat #3)
5:12	Girls 400m Relay	(Heat #1)	7:39	Girls 800m Run	(Heat #1)
5:16		(Heat #2)	7:44		(Heat #2)
5:20		(Heat #3)	7:49		(Heat #3)
5:24		(Heat #4)	7:55	Boys 300m IH	(Heat #1)
5:29	Boys 1600m Run	(Heat #1)	7:59		(Heat #2)
5:36		(Heat #2)	8:03		(Heat #3)
5:43	Girls 1600m Run	(Heat #1)	8:08	Girls 300m LH	(Heat #1)
5:51		(Heat #2)	8:12		(Heat #2)
6:01	Boys 110m HH	(Heat #1)	8:16		(Heat #3)
6:06		(Heat #2)	8:21	Boys 200m Dash	(Heat #1)
6:11		(Heat #3)	8:25		(Heat #2)
6:16	Girls 100m HH	(Heat #1)	8:29		(Heat #3)
6:21		(Heat #2)	8:33	Girls 200m Dash	(Heat #4)
6:26		(Heat #3)	8:37		(Heat #1)
6:31	Boys 400m Dash	(Heat #1)	8:41		(Heat #2)
6:35		(Heat #2)	8:45		(Heat #3)
6:39		(Heat #3)	8:49		(Heat #4)
6:43	Girls 400m Dash	(Heat #1)	9:10	Boys 1600m Relay	(Heat #1)
6:47		(Heat #2)	9:16		(Heat #2)
6:51		(Heat #3)	9:23		(Heat #3)
6:55	Boys 100m Dash	(Heat #1)	9:29		(Heat #4)
6:59		(Heat #2)	9:36	Girls 1600m Relay	(Heat #1)
7:03		(Heat #3)	9:43		(Heat #2)
7:07		(Heat #4)	9:50		(Heat #3)
7:11	Girls 100m Dash	(Heat #1)			
7:15		(Heat #2)			
7:19		(Heat #3)			

SATURDAY CHAMPIONSHIP TIMES

4:00	Boys 400m Relay
4:08	Girls 400m Relay
4:19	Boys 1600m Run
4:28	Girls 1600m Run
4:44	Boys 110m HH
4:54	Girls 100m HH
5:04	Boys 400m Dash
5:11	Girls 400m Dash
5:19	Boys 100m Dash
5:25	Girls 100m Dash
5:34	Boys 800m Run
5:42	Girls 800m Run
5:53	Boys 300m IH
6:00	Girls 300m LH
6:10	Boys 200m Dash
6:17	Girls 200m Dash
6:25	Boys 3200m Run
6:42	Girls 3200m Run
7:00	Boys 1600m Relay
7:10	Girls 1600m Relay

TEAM SCORING

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

2006 Championship Meet Officials

EVENT SUPERVISOR

Dean Crowley

MEET DIRECTOR

Hal Harkness

SOCAL MEET MANAGER

Bob McGuire

NORCAL MEET MANAGER

Tom Crumpacker

MANAGEMENT TEAM

Rob Dearborn

Marge Fulton

Ben Gonzalez

Van Latham

Jack Recla

ATHLETES/COACHES GATE

Kathy Harkness

ANNOUNCERS

Dave Hurlburt

Dave Smith

Matt Farmer

Gary Brooks

STARTERS

Jack Brisacher

Marge Fulton

Gene Stemm

Bill Mocnik

MEET REFEREE

Larry Arason

COACHES CORNER

Bob Gunther

Jerry Whitaker

Tom Estabrook

CLERKS OF THE COURSE

Dan Ryan

Andy Ponce de Leon

EXPEDITORS

Ruby Olsen

Carlotta Shupp

Brian Donohue

Steve Blue

FINISH LINE COORDINATOR

Neal Campbell

FINISH LINE

Bobby Washington

Ron Brown

Wes Taylor

Gerald Reedy

Don Maxwell

FINISH LYNX/ROYAL RESULTS

Terry Hurst

Erik Pedersen

Megan Sramek

Taryn Hearst

Laura Pedersen

Matt Smitha

AWARDS

Epi Torres

Joe Torres

Kevin Morning

FIELD CREW SUPERVISORS

John Rouse

Bryan Leighliter

Tom Colley

Barry Sacks

Chris Barbosa

Crystal Irving

WEIGHTS AND MEASURES

Ned Rogers

Dick McQuarrie

Ralph Robles

WIND GAUGE OPERATORS

Herman Moreno

Rich Morales

Steve Cortex

Eric Bugg

HEAD FIELD JUDGES

Ron Battle

Gary Farrell

HIGH JUMP OFFICIALS

Jim Leahy

Vince Cleveland

Chris Bierwaltes

POLE VAULT OFFICIALS

Rick Foster

John Blair

Mike Ramoska

BOYS LONG/TRIPLE JUMP OFFICIALS

Barry Schwartz

Peter Enz

Rocky Flores

John Bennyworth

GIRLS LONG/TRIPLE JUMP OFFICIALS

Rodger Dubbs

J.R. Cusick

Art Jackson

Bill Edmonds

SHOT PUT OFFICIALS

Ray Fitzhugh

Ryan Boedoeker

Eric Sweetman

Bill Swing

DISCUS OFFICIALS

Al Minturn

DeLewis Johnson

Robert Rosen

Steve Shepherd

Patty Shepherd

John Morgan

Tom Richards

Bob Shore

Bruce Dolph

Greg Fox

John Fox

Jim Hanley

Richard Gaither

Julie La Beach

Myra Mayberry

Bob Seaman

Saul Pacheco

HEAD UMPIRE

Ed Austin

UMPIRES

Okeyo Jumal

Sam Moreno

Art Pegg

Bob Johnson

Jim Conlay

Gerald Molina

Mike Cochrane

Bob Delaney

Ralph Ayala

Gordon Honn

Doug Rightmer

Eldon Neben

Stan Clark

Andrew Bard

Alex Bravo

CIF TRACK AND FIELD PURSUING VICTORY WITH HONORsm 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 Chambless

Tom Chapman

Ethan Clarke

Jeff Garrison

Julian Gibson

Ryan Hall

Jeffrey Hunter

Meghan Johnson

Rodney Landingham

Shannon Lewallen

Jason Lovell

Naonka Mixon

Jeff Nelson

Angel Perkins

Aaron Powell

Anita Siraki

Shalonda Soloman

Amber Steen

Jenna Timinsky

Todd Walken

Deun White

2002

Jihad Beauchman

Carolyn Brown

Chaunte Howard

Jeff Jacobs

Ruth Graham

Carrie Johnson

South Hills

Golden West

Bellarmino

JW North

Palo Alto

Big Bear

Granite Hills

Holy Names

Sonora

Peninsula

Cleveland

Poly, Long Beach

Murrieta

Gahr

Poway

Hoover, Glendale

Poly, Long Beach

Newport Harbor

San Dieguito

Helix

Rancho Bernardo

2003

Bellarmino

Burroughs

Riverside North

Santa Margarita

Gunn, Palo Alto

Fallbrook

Chelsea Johnson

Thomas Mack

Angel Perkins

Shannon Rowbury

Dan Ryan

DJ Smith

Duane Solomon

Danielle Stokes

Jensen Wayne

2003

Jessica Delunay

TJ Fakehinde

Yong-Sung Leal

Carol Rodriguez

Michael Singer

Joel Tuosto

2004

Candyce Babb

Dashanta Harris

Emmaline Hartel

Bryan Parker

Natalie Pischetti

Shelese Ruffin

Demondre Ward

2005

none selected

Atascadero

Bakersfield

Gahr

Sacred Heart Cathedral

Sultana

Foothill, Pleasanton

Cabrillo Lompoc

St. Mary's, Berkeley

Notre Dame, Sherman Oaks

Claremont

Eastside Christian

Arroyo

Western

Valencia

Greenfield

Pomona

Poly, Long Beach

Birmingham

Lincoln, Stockton

Rancho Cucamonga

Beaumont

Oakland

Eleven National Leaders Headline the 88th Annual CIF State Track and Field Championships

One will be exiting donning the trademark orange knee-high socks. The other will be entering sporting the trademark blonde flowing waist-length hair. One seeks a national record. The other is a national prodigy. Both have carved their niche among the all-time Golden State elite. And this weekend, they'll still have to share the stage.

Welcome to the 88th annual CIF State Track and Field Championships, a traditional showcase for some of the leading talent in the nation, and currently boasting a true benchmark year for quality and depth along the Golden State landscape.

The aforementioned David Klech (a senior seeking a national record in the 300-meter intermediate hurdles) and Jordan Hasay (a freshman already owning a truckload of national age-group records) are among a cast of 11 national leaders (from 32 events) assembled this weekend at Cerritos College's Falcon Stadium for what promises to be among the most exciting and talent-filled track and field meets in history.

Here's a detailed preview of the blockbuster event:

BOYS HURDLES – Already stamping himself as one of California's all-time great all-around athletes (ranking nationally in *seven different events* over the last 14 months), California of San Ramon's David Klech now aims to be the all-time best in one: the 300-meter intermediate hurdles. Klech's amazing 35.45 clocking in setting an Arcadia Invitational meet record in early April ranked fourth-fastest in U.S. history, and second in California to national record holder George Porter's 35.32 effort while attending Lompoc Cabrillo 21 years ago. Klech, whose lanky frame and good-natured demeanor is in stark contrast to his energetic aggression across the barriers, should benefit greatly from the wide-sweeping turns found on the Cerritos College track.

Keep an eye on Woodland Hills Taft's Jeshua Anderson as the L.A. City Section champion has shaved more than two seconds off his personal best in recent weeks. Also keep tabs on JW North's Reggie Wyatt, whose 37.42 last month established a national record for ninth graders. Klech also is



KIRBY LEE / IMAGE OF SPORT

David Klech
California High School

the state leader in the 110-meter high hurdles at 13.69, with Diamond Ranch junior Terry Prentice (another at sub-14.00) being his most dangerous rival with several others coming on well down the stretch.

BOYS SPRINTS – Speed thrills a crowd, and this year's collection of male dashers is one for the history books. National 100-meter leader Rodney Glass of Sherman Oaks Notre Dame rocketed down the straightaway in a lifetime-best 10.32 to win the Mission League Finals, a mark .04 faster than previous national leader Jamere Holland of Woodland Hills Taft in mid-April action. Holland has been injured of late, but has shown signs of strong health in his most recent outings.

Jonathan Williams of Temecula Valley moved onto the national radar with a stunning 10.39 clocking last weekend. Glass, Holland and Williams rank sixth, 10th and 13th on the all-time state lists, making this the strongest single-year field of state meet 100-meter sprinters in California history.

The longer sprints may belong to Long Beach Poly's Bryshon Nellum, with the age-group sensation breaking new ground this

year in pulling off a thrilling come-from-behind and nation-leading 46.20 effort at Arcadia, before impressing the historians with a superb 45.1 anchor-leg carry in 4x400 relay action last week. Nellum also holds the state lead at 200 meters (21.00), although NorCal wunderkinds Jahvid Best (Richmond Salesian) and Devin Mays (Stockton Lincoln) and SoCal talents Ennis Jones (Riverside La Sierra) and Zach Chandy (Newport Beach Sage Hill) also are in the mix.

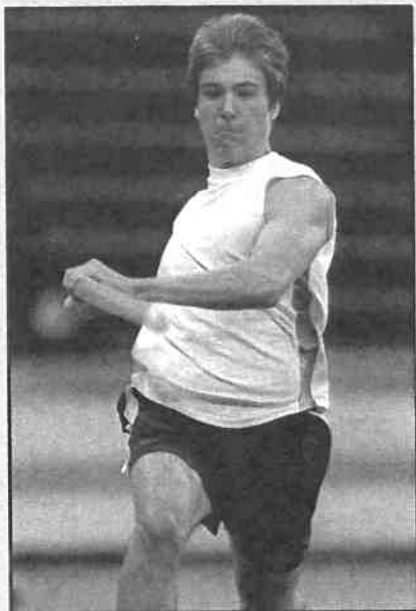
BOYS DISTANCES – Distance-running fans have been salivating at this year-end showdown since BEFORE the season even began, as the 1600-meter run could very well pit the top two finishers from last December's FootLocker Cross Country Championships in national winner A.J. Acosta of El Camino Oceanside and Michael Coe of Cabrillo Lompoc.

The two have not met on the oval this Spring, with Coe winning at Arcadia and Acosta posting a superb 3:34.73 effort over 1500 meters (#2 all-time for Californians) recently at an open meet. Coe (also the 2005-06 CIF State Male Scholar-Athlete of the Year, see page 19) hammered a sizzling 4:05.07 jaw-dropper to set a Southern Section Division 3 record last month, signaling his fitness for "The Showdown".

Marlon Patterson (Franklin of Elk Grove) was the surprise winner at the Sacramento Meet of Champions (4:09.70) and Michael Perez (Lower Lake) has been the downright national surprise this season (a string of sub-4:15 efforts highlighted by a 4:09.70), with the red-hot Knight Twins, Dylan and Spencer (Riverside La Sierra) making huge improvements in recent weeks to loom as lethal darkhorse candidates in the four-lap race.

Defending state champion Michael Cybulski (Simi Valley Royal) looked dominant in peeling away from his rivals at last weekend's Masters Meet, closing strongly to win in lifetime-best 8:52.24, the third-best time in the nation this year for the talented junior from the powerful Ventura County distance arsenal.

Acosta, the national leader in winning Arcadia at 8:51.30, is expected to double back



KIRBY LEE / IMAGE OF SPORT

Scott Roth
Granite Bay High School

here, with national-class standouts Ben Sitrler of Mountain View St. Francis and Diego Mercado of West Covina (8:53.47 and 8:55.20, respectively) helping California hold down four of the five fastest times in the country this Spring. State leader Scott Crawford (1:51.60) of El Dorado Hills Oak Ridge weathered illness to survive his section qualifying, with healthy efforts needed here to hold off fast-surgng Ryan Gamboa (Upland) and Cory Primm (Westlake Village Westlake).

Several leading threats are poised to upset here, with Central Section champion Rocky Richardson having a penchant for setting a very fast opening-lap pace en route to his best efforts.

BOYS JUMPS – A storybook show-down occurs in the pole vault, where Granite Bay teammates Scott Roth and Ryan Shuler vie for the school's fourth consecutive crown in the event. Shuler won the 2003 state title as a freshman, with Roth taking top honors in 2004 and 2005. Roth's seasonal-best 17-05 came at the Modesto Relays, but Shuler has matched his high-profile teammate's marks in their last two meetings, including a personal-best 17-04 in winning at the Sac-Joaquin Section Finals. They currently rank third and fifth on the all-time state list.

Orange County recordholder (16-08) Johnny Quinn of St. Margaret's and area rival Greg Woepse of Mater Dei along with junior Casey Roche of St. Francis are others who have had good looks at 17 feet this Spring.

Zuheir Sharif, the lithe acrobat from Franklin of Elk Grove, uncorked a lifetime-

best 50-10.25 wind-aided triple jump effort last weekend and arrives here as the favorite, although SJS runner-up Neelon Greenwood of Fairfield and Masters champion Richard Sherman of Dominguez also are fresh off 50-foot efforts. The battle over in the long jump pit might be a bit more intriguing, with state leader Terry Prentice of Diamond Ranch soaring out beyond 23 feet only twice outdoors this season, but one was a dazzling 24-05 tape-measure job that ranks among America's best. Late bloomer Chris Macke of Huntington Beach Edison smashed his school record with a 23-11 leap at the SS Division 2 Finals, the number two legal mark in the state this season. Very consistent leaper Josh Harrison of Rio Mesa, all-around talent Kyle Mills-Bunje of St. Francis and section winner Tevion McDowell of Tulare Western also wield fine credentials.

The high jump is a wide-open event this weekend, with state leader Brandon Adams of San Ramon Valley falling just a quarter-inch short of the 7-foot barrier last month. Ben Nelson (Vacaville), Alex Black (Downey) and Terrance Austin (Long Beach Poly) have each negotiated 6-10 this season, with Austin and teammate Nick Armstrong seeking big team points for a Jackrabbits squad in the hunt for the team title.

BOYS THROWS – A sensational Southland trio locks horns in the throwing events, with national discus leader Bo Taylor of Newport Harbor unleashing a stunning 208-05 effort in league competition in late April. San Diego Morse's Darius Savage had previously held the yearly national lead with a 206-04 mark three weeks prior in winning at Arcadia, with that duo ranking seventh and ninth on the all-time state list. El Toro weightman Nick Robinson has turned heads as well in recent weeks, including a huge 65-01 bomb in the shot put two weeks ago that checked in as tops in the state. Hours later, further down the highway, Savage unleashed a 65-footer of his own before fouling, but then powered a state-leading 65-09.75 last weekend to arrive here as the red-hot favorite. Get this – all three will remain in the Southland for college while competing for the juggernaut throws program at UCLA.

BOYS RELAYS – The baton events will figure prominently in overall team fortunes, especially after some surprising developments in state qualifying. Long Beach Poly suffered a huge blow last weekend when its state-leading 4x100 quartet was DQ'ed for a lane-line violation, thus leaving Glass-anchored Notre Dame of Sherman Oaks (41.55) as the favorite in the short relay. Southern Section squads hold down the top six times in the state this year, with James Logan

(42.05) heading up the Northern representation. JW North of Riverside blazed its way to a head-on triumph over rival LB Poly (3:11.86 to 3:12.12) at the SS Masters Meet, although the latter was anchored in a mind-boggling 45.1 split by Nellum, who brought last weekend's Cerritos College crowd to its feet. No other squad in the state is within four seconds of these two fine units in an event shaping up to seal the team championship.

BOYS TEAMS – A sensational back-and-forth three-team battle for the crown is projected between Long Beach Poly, Dominguez and J.W. North, all Southern Section schools. Poly is favored to score well in the sprints and long relay, with key points looming in the high jump. Dominguez is powerful in both relays and is hoped to fare well in the hurdles and horizontal jumps as well. North is well-armed in the long relay and long sprints, with valuable points possible in the short relay and hurdles.

GIRLS DISTANCES – As of 10 days ago, it was three distance events on the dais ... and all three were topped by nation-leading marks from California-based athletes. Only one leader (1600m) remains, but here's a golden chance for the trifecta to be regained. Freshman phenom Jordan Hasay (San Luis Obispo Mission College Prep) has been the buzz on message boards across the nation, drawing comparison to all-time prep greats such as Mary Decker. And it's for good reason. The national leader at 1600m and 3200m for much of the season, she remains the top performer in the latter (an age-14 and freshman national record 10:07.56 in



MARGARET GALLAGHER

Jordan Hasay
Mission Prep High School

early April) and is poised to improve that in her lone action this weekend. Possessing exceptional strength and her trademark waist-length hair, Hasay is pitted against another phenom is Corona del Mar's Annie St. Geme, the national leader at 1600m (4:42.10), and mega-tough racer Christy Adamyk of Glendora.

St. Geme is the favorite over four laps, with exceptional race savvy and lightning speed to pose problems for the competition, regardless of pace. Also among the leading talents in the mix are Saugus' Shannon Murakami, Oak Ridge's Alex Kosinski, and Royal's Nicole Blood. Murakami defeated Blood in their CIF-SS Division I showdown, with the latter being a prep East Coast legend of sorts as a four-time FootLocker Nationals qualifier while attending the famed Saratoga Springs (NY) program. She transferred to Royal late this winter. Murakami and Kosinski rely on speed, while Blood cajoles determination in achieving her successes. The quest for the 800m title took on a bit of a twist last weekend when Palo Alto sophomore Mia Lattanzi came from a tad off the big-name radar to record a state-leading 2:09.65 at the CCS Finals. The big threat down south comes from Marlborough's Kate Grace, the Southern Section champion who is flashing a sensational peak for the second consecutive track season.

GIRLS SPRINTS – The one-lap wonder with the purple-tinted hair and purple-and-white striped socks, junior Sa'de Williams of Rancho Cucamonga regained the national lead at 400 meters two weeks ago in storming to a 52.56 clocking at her section finals. Short in stature but harnessing a powerful gallop, Williams seeks to hold off frosh phenom teammates Turquoise Thompson (53.94) and Jasmine Joseph (54.14) of Long Beach Poly and Los Angeles City Section champion Myra Hasson of Gardena (54.18). The short sprints scene has witnessed the re-emergence of senior Elizabeth Olear of Woodland Hills Louisville in recent weeks. The brazen competitor fell victim to injuries a year ago, but is beginning to peak masterfully at the close of her prep career, evidenced by lifetime-best 11.45 and 23.41 clockings in the 100 and 200, respectively, with the former being the state leader and the latter just .02 off Williams' 2006 best. Williams indeed is entered here, among with mega-talents Jeneba Tarmoh of Mt. Pleasant and Khrystal Carter of San Jose Valley Christian, two Central Coast Section dashers. The same combatants are expected to vie for the top step on the awards podium in the 100 as well as the 200.

GIRLS HURDLES – While there is



MARGARET GALLAGHER

Annie St. Geme
Corona del Mar High School

much talk of David Klech chasing a national hurdles record, don't be shocked if the all-time standard falls in the girls long hurdles race. Long Beach Wilson's Ebony Collins arrives at the season-ending meet on a roll, including seasonal-best showings in her last two outings. Her 40.45 last weekend is quickly inching closer to last year's lifetime best 40.10 (number two in state and national history, behind Wilson alum Lashinda Demus), with the mini power pack truly among the nation's most dominant athletes in her event. If Collins finds her stride groove, the record is going down. Logan's Teirra Ward and Hercules' Jamesha Youngblood are also major West Coast talents.

She's only a 10th grader, and she was often mistaken for her sister (same last name, different school), but Julian Purvis of St. Elizabeth created her own track identity with a co-national leading 13.60 scorcher in the high hurdles at the Sacramento Meet of Champions. Her time, a sophomore state record, also tops the nation this year. Gardena Serra's Kimyon Broom, fresh off a Southern Section divisional record in recent weeks, and Hercules' Youngblood are the leading challengers.

GIRLS JUMPS – With Merrill West's Brittany Daniels spoiling us in recording a national record triple jump last year, it's time to start trying to fill those awfully big shoes. Oakland Holy Names' Ke'Nyia Richardson and Claremont's Ashika Charan are superb starting points. Richardson, the North Coast Section champion, spanned 42-02.25 indoors

this past winter and already ranks as this year's national outdoor leader (41-09.25) and among the state's all-timers outdoors. Charan, an amazingly versatile talent with explosion to spare, has leapt 41-10.00 indoors at altitude. Long Beach Poly (with Kimarie Black) and James Logan (Tracey Stewart) seek to score big team points here. Charan is the favorite in the long jump, already stretching just a shade under 20 feet this year. Benicia's Amber Purvis, Diamond Ranch's Karyn Dunn, Fresno Hoover's Jackie Lewis and Long Beach Wilson's DaAna Carson all court realistic title aspirations as well.

GIRLS THROWS – Sarah Robles (San Jacinto) has been a winning machine this Spring, posting a slew of big-meet discus wins and holding a seasonal-best toss of 160-02 to rank second in the nation and hold a six-foot edge over Oakland Bishop O'Dowd's Miranda Wilson. California boasts five 150-footers this season, with Southern Section standouts Jennifer Steed (Arroyo Grande) and Hilary Fraser (Lake Forest El Toro) and SJS talent Lauren Guerreri (Davis) rounding out the quintet. The battle for shot put supremacy could be a two-person showdown between state leader Erin Delaney of Paso Robles (47-02.75) and Rosario Sanchez of Selma (47-00.00). No other throwers have eclipsed the 45-foot barrier this Spring.

GIRLS RELAYS – The great Long Beach showdown is expected in the meet's final event, with the Moore League rivals and perennial baton powers set to renew the battle for bragging rights. Poly and Wilson have combined to record the eight fastest times in state history in the 4x400 and seven of the 10 fastest in state history in the 4x100. Wilson still holds the nation's top clocking this season via a 45.12 win at the Texas Relays, with the Collins-Carson led squad primed to close down the meet with a big 10 points in the 4x400 and perhaps the team title. Poly, however, beat Wilson in the 4x400 at the CIF-SS Division I meet. Rancho Verde (46.00 in the short relay), Mt. Pleasant and James Logan are among a deep cast of challengers.

GIRLS TEAMS – Long Beach Wilson projects as the slight favorite over rival Long Beach Poly, with Mt. Pleasant of San Jose also squarely in the hunt for the team championship. Wilson should score very well in both relays, the sprints and the hurdles, while Poly counters in both relays, the 400 and the triple jump. Mt. Pleasant looks strong in the relays, the short dashes and the hurdles.

.....
Preview written by Rich Gonzalez
Editor, DyeStatCal

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS 400m RELAY

Prelims: 5:00 p.m. - Fri. **Final: 4:00 p.m. - Sat.**
 National: 39.76 Wyatt (Fort Worth, Texas) 1998
 State Meet: 40.24 Hawthorne 1989

Lane	School	Section	Section Mark
Heat 1 of 3 Prelims			
1	Hercules	NC	43.08
2	Edison	CE	42.91
3	Dorsey	LA	42.68
4	Lincoln (S)	SJ	42.30
5	Notre Dame (SO)	SS	41.55
6	Rancho Cucamonga	SS	42.25
7	Mt. Whitney	CE	42.66
8	West Valley	NO	42.89
9	Junipero Serra	OC	42.99
Heat 2 of 3 Prelims			
1	Archbishop Riordan	OC	43.13
2	San Ramon Valley	NC	42.93
3	Gardena	LA	42.71
4	Logan James	NC	42.38
5	Dominguez	SS	41.62
6	JW North	SS	42.21
7	Birmingham	LA	42.55
8	Torrey Pines	SD	42.83
9	Granite Hills	SD	42.97
Heat 3 of 3 Prelims			
1	McClymonds	OK	43.14
2	Jesse Bethel	SJ	42.93
3	Bullard	CE	42.75
4	Franklin (EG)	SJ	42.44
5	Rio Mesa	SS	41.79
6	Mission Viejo	SS	42.15
7	Vista	SD	42.53
8	Pinole Valley	NC	42.82
9	Palma	OC	42.94

GIRLS 400m RELAY

Prelims: 5:12 p.m. - Fri. **Final: 4:08 p.m. - Sat.**
 National: 44.50 Poly (Long Beach, California) 2004
 State Meet: 44.70 St. Bernard (Playa Del Rey) 1997

Lane	School	Section	Section Mark
Heat 1 of 4 Prelims			
2	Buchanan	CE	49.31
3	University City	SD	48.01
4	Valley Christian	OC	47.36
5	Wilson (LB)	SS	45.87
6	Birmingham	LA	47.34
7	Poway	SD	47.84
8	Laguna Creek	SJ	49.12
Heat 2 of 4 Prelims			
2	Bakersfield	CE	49.46
3	Dorsey	LA	48.02
4	Hercules	NC	47.38
5	Rancho Verde	SS	46.00
6	St. Mary's Academy	SS	47.20
7	Mt. Eden	NC	47.72
8	Los Gatos	OC	49.04
Heat 3 of 4 Prelims			
2	West Valley	NO	50.69
3	Rancho Bernardo	SD	48.07
4	Rancho Cucamonga	SS	47.40
5	Poly (LB)	SS	46.23
6	JW North	SS	46.73
7	Stockdale	CE	47.68
8	Skyline	OK	48.92
Heat 4 of 4 Prelims			
2	Lowell	SF	51.64
3	Carson	LA	48.25
4	Fairfield	SJ	47.49
5	Mt. Pleasant	OC	46.55
6	James Logan	NC	46.67
7	Vallejo	SJ	47.53
8	Bishop O'Dowd	NC	48.91



LINCOLN (STOCKTON) HIGH SCHOOL



VALLEJO HIGH SCHOOL

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS 1600m RUN

Prelims: 5:29 p.m. - Fri. Final: 4:19 p.m. - Sat.
 National: 3:59.51 Alan Webb, South Lakes (Reston, VA) 2001
 State Meet: 4:02.62 Ryan Hall, Big Bear Lake 2001

Pos.	Name	Gr.	School/Section	Sect. Mark
Heat 1 of 2 Prelims				
1	Michael Coe	12	Cabrillo/SS	4:11.96
2	Fawad Khan	11	Palos Verdes/SS	4:14.04
3	Colton Tully-Doyle	12	Rancho Bernardo/SD	4:14.65
4	Dylan Knight	11	La Sierra/SS	4:15.29
5	Spencer Knight	11	La Sierra/SS	4:16.14
6	Marlon Patterson	12	Franklin (EG)/SJ	4:17.11
7	Steve Sodaro	12	Redwood/NC	4:17.42
8	Brad Doering	11	Yuba City/SJ	4:18.19
9	Monte Keleher	12	Burlingame/CC	4:18.70
10	Enrique Lopez	12	Alisal/CC	4:22.80
11	Rob Alvarado	12	St. Ignatius/CC	4:23.33
12	Cesar Silva	12	Corning/NO	4:27.13
13	Jorge Rojas	11	Garfield/LA	4:27.37
14	Walker Weir	10	Lowell/SF	4:32.20
Heat 2 of 2 Prelims				
1	AJ Acosta	12	ElCamino/SD	4:12.29
2	Austin Jett	11	Eastlake/SD	4:13.70
3	Kevin Sullivan	12	Royal/SS	4:14.66
4	Mike Perez	12	Lower Lake/NC	4:15.13
5	Jonathan Sees	12	Newark Memorial/NC	4:16.32
6	Colin Hacker	12	Cabrillo/SS	4:16.50
7	Samir Benouar	12	Jesuit/SJ	4:17.51
8	Brian Cole	11	St. Helena/NC	4:17.67
9	Octavio Ruiz	12	McFarland/CE	4:20.14
10	Jonathan Peterson	11	Clovis/CE	4:20.66
11	Steve Calise	11	San Pedro/LA	4:23.85
12	Luis Aguilar	12	Birmingham/LA	4:25.45
13	Eric Battles	10	Clovis West/CE	4:28.96
14	John Cheng	11	Oakland/OK	4:28.97

GIRLS 1600m RUN

Prelims: 5:43 p.m. - Fri. Final: 4:28 p.m. - Sat.
 National: 4:39.4h Laura Matson, Andover (Bloomfield Hls, MI) 1985
 State Meet: 4:39.92 Polly Plumer, University (Irvine) 1982

Pos.	Name	Gr.	School/Section	Sect. Mark
Heat 1 of 2 Prelims				
1	Annie St Geme	12	Corona Del Mar/SS	4:42.10
2	Christine Babcock	11	Woodbridge/SS	4:51.98
3	Anna Sperry	11	Simi Valley/SS	4:52.13
4	Katy Andrews	10	La Costa Canyon/SD	4:56.25
5	Kauren Tarver	10	Serrano/SS	4:56.49
6	Taylor Johnson	10	San Lorenzo Vly/CC	4:57.97
7	Mo Huber	12	Acalanes/NC	4:58.21
8	Kevyn Murphy	9	Mira Costa/SS	4:59.13
9	Lexi Pappas	12	Bishop O'Dowd/NC	4:59.81
10	Amanda Boyd	12	San Benito Hol/CC	5:01.22
11	Katja Goldring	10	Hamilton/LA	5:02.07
12	Anna Li	12	Lowell/SF	5:05.93
13	Lindsey Kirshman	12	Enterprise/NO	5:09.04
14	Kristabel Doebel-Hickok	11	Palisades/LA	5:12.43
15	Chole Allen	9	Clovis West/CE	5:18.29
Heat 2 of 2 Prelims				
1	Nicole Blood	12	Royal/SS	4:44.24
2	Shannon Murakami	11	Saugus/SS	4:45.79
3	Alex Kosinski	11	Oak Ridge/SJ	4:52.63
4	Megan Fairley	10	Peninsula/SS	4:56.02
5	Erin Gillingham	9	Torrey Pines/SD	4:57.31
6	Brooke Russell	11	Hart/SS	4:57.63
7	Ari Wright		Bishop O'Dowd/NC	4:58.42
8	Chelsea Reilly	11	Davis/SJ	4:59.00
9	Brooke Guiffre	12	La Costa Canyon/SD	4:59.97
10	Alison Greggor	12	San Marin/NC	5:00.50
11	Jessica VanAusdall	12	Aptos/CC	5:03.94
12	Erin Lewis	12	Modesto/SJ	5:05.54
13	Justina Sadauskaitė	12	Los Angeles/LA	5:10.08
14	Cathryn Saylor	9	Buchanan/CE	5:11.17
15	Sue Choi	9	Buchanan/CE	5:20.49



JOE HARTMAN

MIKE PEREZ
Lower Lake High School



KIRBY LEE/IMAGE OF SPORT

SHANNON MURAKAMI
Saugus High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS 110m HH

Prelims: 6:01 p.m. - Fri. Final: 4:44 p.m. - Sat.

National: 13.30 Chris Nelloms, Dunbar (Dayton, OH) 1990
State Meet: 13.39 Kevin Craddock, James Logan (Union City) 2004

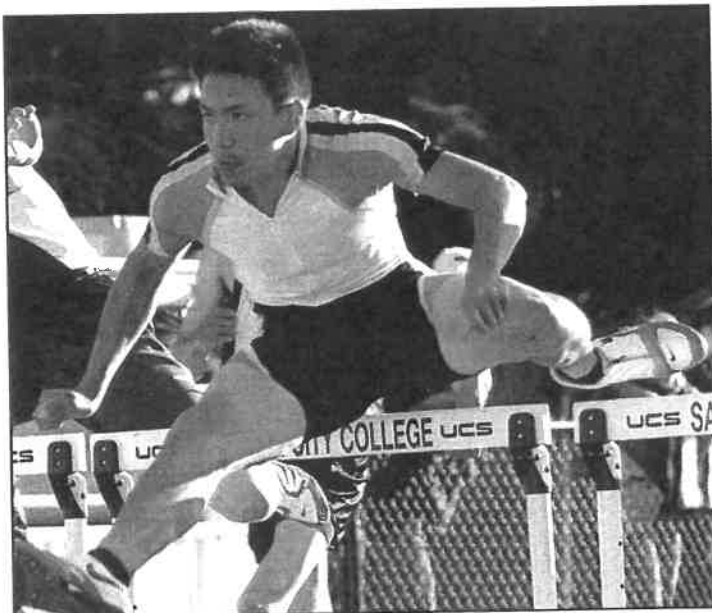
Lane Name	Gr.	School/Section	Sect. Mark
Heat 1 of 3 Prelims			
1 Kevin Cervantes	12	Garfield/LA	15.56
2 Ryan Mitchell	12	Sierra/SJ	14.84
3 LJ Lumpkin	12	Palma/CC	14.61
4 Dylan Nielson	12	Palm Desert/SS	14.34
5 David Klech	12	California/NC	13.76
6 Spencer Phillips	11	Rancho Cucamonga/SS	14.31
7 Joseph Perkins	12	Gardena/LA	14.59
8 Will Smith	12	Sunnyside/CE	14.80
9 Ryan Croft	12	EIDiamante/CE	15.20
Heat 2 of 3 Prelims			
2 Sam Glusman	12	Chico/NO	14.85
3 Nolan Frazier	12	Fairfield/SJ	14.61
4 Justin Ta	12	Silver Creek/CC	14.38
5 Terry Prentice	11	Diamond Ranch/SS	13.83
6 Zion Babb	11	Alhambra/SS	14.25
7 Matt Wheeler	12	Menlo-Atherton/CC	14.55
8 Ronald Brookins	11	Helix/SD	14.78
9 Terrell Woodall	11	Clayton Valley/NC	15.11
Heat 3 of 3 Prelims			
2 Ryan Fentin-Thompson	12	Torrey Pines/SD	14.89
3 Cardell Turner	12	Edison/CE	14.73
4 Jeshua Anderson	11	Taft/LA	14.40
5 Richard Sherman	12	Dominguez/SS	13.99
6 Rashad Smith	11	Pinole Valley/NC	14.23
7 Ray Stewart	11	James Logan/NC	14.51
8 Avery White	10	Sierra/SJ	14.75
9 Roberto Archibold	12	Monte Vista/SD	15.00

GIRLS 100m HH

Prelims: 6:16 p.m. - Fri. Final: 4:54 p.m. - Sat.

National: 13.20 Nichole Denby, J.W.North (Riverside, CA) 2000
State Meet: 13.20 Nichole Denby, J.W. North (Riverside) 2000

Lane Name	Gr.	School/Section	Sect. Mark
Heat 1 of 3 Prelims			
1 Jessica Alinas	11	Granite Hills/CE	15.84
2 LaToya Green	12	Lemoore/CE	15.23
3 Candise Maxwell	12	Stagg/SJ	14.64
4 Ke'Nyia Richardson	11	Holy Names/NC	14.20
5 Julian Purvis	10	St. Elizabeth/NC	13.72
6 Latisha Holden	11	Barstow/SS	14.18
7 Ashtynn Baltimore	9	Marlborough/SS	14.54
8 Sharika Thompson	12	Helix/SD	15.18
9 Cara Jones	10	Taft/LA	15.57
Heat 2 of 3 Prelims			
1 Nairobi Regis	11	Birmingham/LA	15.87
2 Samantha Stephens	12	Rancho Buena V./SD	15.29
3 Charay Savage	11	Otay Ranch/SD	14.70
4 Golde Ibia	10	Evergreen Valley/CC	14.25
5 Vashiti Thomas	10	Mt. Pleasant/CC	13.92
6 Tierra Ward	12	James Logan/NC	14.12
7 Jalisa Williams	11	Muir/SS	14.46
8 Tenise Brewer	10	Florin/SJ	15.01
9 Shelley Song	12	Lowell/SF	15.44
Heat 3 of 3 Prelims			
1 Alyssa Christensen	11	West Valley/NO	16.11
2 Taiwana Hogan	12	South Bakersfield/CE	15.33
3 Dantia Hudson	11	Skyline/OK	14.77
4 Jamesha Youngblood	11	Hercules/NC	14.38
5 Kimyon Broom	12	Serra/SS	13.95
6 De Ana Carson	12	Wilson (LB)/SS	13.98
7 Dahlys Marshall	10	Valley Christian/CC	14.40
8 Phylicia Johnson	11	Gardena/LA	14.92
9 Ericka Violet	12	Ponderosa/SJ	15.34



JUSTIN TA
Silver Creek High School

MARGARET GALLAGHER



FRESNO STATE

KE'NYIA RICHARDSON
Holy Names High School

KIRBY LEEIMAGE OF SPORT

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS 400m DASH

GIRLS 400m DASH

Prelims: 6:31 p.m. - Fri. Final: 5:04 p.m. - Sat.
 National: 45.25 Calvin Harrison, North Salinas (Salinas, CA) 1993
 State Meet: 45.25 Calvin Harrison, North Salinas (Salinas) 1993

Prelims: 6:43 p.m. - Fri. Final: 5:11 p.m. - Sat.
 National: 50.74 Monique Henderson, Morse (San Diego, CA) 2000
 State Meet: 50.74 Monique Henderson, Morse (San Diego) 2000

Lane	Name	Gr.	School/Section	Sect.	Mark
Heat 1 of 3 Prelims					
1	Corey Arnold	11	Durham/NO		50.55
2	Andre Gaston	11	Pittsburg/NC		49.35
3	Tran Howell	12	Los Angeles/LA		48.95
4	Remington Blair	11	Reedley/CE		48.69
5	Bryshon Nellum	11	Poly (LB)/SS		46.89
6	Chris Barton	11	Notre Dame (SO)/SS		48.61
7	Jason Price	12	DeLaSalle/NC		48.94
8	Daniel Thomas	10	Cathedral Catholic/SD		49.33
9	Peter Wolfram	12	Piedmont Hills/CC		50.00
Heat 2 of 3 Prelims					
1	Tryee Ellison	10	Burton/SF		52.34
2	Kevin Cooper	12	East Union/SJ		49.35
3	Jason Ward	11	South Bakersfield/CE		48.98
4	Cade Lindahl	12	Dana Hills/SS		48.73
5	Nevin Gutierrez	11	JW North/SS		47.12
6	Quentin Powell	11	James Logan/NC		48.47
7	Dante Franks	12	Eastlake/SD		48.92
8	Alex Goldberg	12	Lodi/SJ		49.13
9	Joe Luttrell	12	Scotts Valley/CC		49.88
Heat 3 of 3 Prelims					
2	Jones Dexter	12	Roosevelt/CE		49.49
3	Robert Colvin	11	Franklin (EG)/SJ		49.05
4	Ben Maypole	12	Granite Hills/SD		48.80
5	Derrick Reed	12	Carson/LA		48.06
6	Dandre Hall	12	Dominguez/SS		48.19
7	Andrew Reyes	11	Palma/CC		48.81
8	Antwun Baker	12	North Hollywood/LA		49.11
9	Adrian Rice	12	Freedom/NC		49.66

Lane	Name	Gr.	School/Section	Sect.	Mark
Heat 1 of 3 Prelims					
1	Diahann Williams	10	Templeton/CE		59.13
2	Eileen Nguyen	11	Milpitas/CC		57.23
3	Jackie Harrison	11	James Logan/NC		56.38
4	Janie James	12	Helix/SD		55.77
5	Sa'de Williams	11	Rancho Cucamonga/SS		53.29
6	Joy Eaton	11	St. Lucy's/SS		55.67
7	Hayley Huxtable	11	Scotts Valley/CC		56.35
8	Champelle Brown	12	Fairfield/SJ		56.99
9	LaShasha Aldredge	9	Central/CE		59.12
Heat 2 of 3 Prelims					
1	Dominque Carter	12	Oakland Tech/OK		59.29
2	Jenna Lowder	12	Maria Carillo/NC		57.62
3	Dani Glaeser	10	Foothill/NC		56.39
4	Kristen Houp	10	Valley Christian/CC		55.88
5	Jasmine Joseph	9	Poly (LB)/SS		54.21
6	Myra Hasson	12	Gardena/LA		55.48
7	Keshia Baker	12	Fairfield/SJ		56.26
8	Jasmine Chukwueke	12	Scripps Ranch/SD		56.93
9	Kiara Reed	11	Chico/NO		59.00
Heat 3 of 3 Prelims					
2	Alysha Turner	11	Dorsey/LA		58.01
3	Mandy Ross	11	Christian/SD		56.43
4	Victoria Humphrey	11	James Logan/NC		55.94
5	Turquoise Thompson	9	Poly (LB)/SS		54.57
6	Angele Cooper	10	Wilson (LB)/SS		55.47
7	Danielle Watson	12	Carson/LA		56.05
8	Derrhea McIechey	11	Vallejo/SJ		56.69
9	Shanea Anderson	9	Stockdale/CE		58.92



KIRBY LEEIMAGE OF SPORT

BRYSHON NELLUM
Poly (Long Beach) High School



KIRBY LEEIMAGE OF SPORT

MYRA HASSON
Gardena High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS 100m DASH

Prelims: 6:55 p.m. - Fri. Final: 5:19 p.m. - Sat.
 National: 10.15 Henry Neal, Greenville (TX) 1990
 State Meet: 10.30 Riley Washington, Southwest (San Diego) 1992

Lane	Name	Gr.	School/Section	Sect.	Mark
Heat 1 of 4 Prelims					
2	Raymond Carter	11	Crenshaw/LA	11.07	*
3	Alex Dillard	11	Sheldon/SJ	10.79	
4	Brandon Smith	12	Ventura/SS	10.68	
5	Rodney Glass	12	Notre Dame(SO)/SS	10.37	
6	Devin Mays	12	Lincoln (S)/SJ	10.67	
7	Darren Barrera	12	Independence/CC	10.78	
8	Jose Navarro	11	Eagle Rock/LA	10.98	
Heat 2 of 4 Prelims					
2	Cameron Island	12	Skyline/OK	11.13	
3	Reggie Topps	11	North Monterey/CC	10.80	
4	Brian Williams	11	Valley View/SS	10.70	
5	Jonathan Williams	12	Temecula Valley/SS	10.38	
6	Derron Juarez	12	Chaminade/SS	10.67	
7	Danny Belch	12	Torrey Pines/SD	10.78	
8	DeShawn Waters	12	Hercules/NC	10.92	
Heat 3 of 4 Prelims					
2	Bismark Navarro	10	Lowell/SF	11.16	
3	Jordan Calhoun	12	Vista/SD	10.81	
4	Dominique Hunsucker	12	Valley Christian/CC	10.71	
5	Travon Patterson	12	Poly (LB)/SS	10.57	
6	Shane Vereen	11	Valencia (V)/SS	10.66	
7	Jaheid Best	11	Salesian/NC	10.78	
8	Josh Marzette	12	Bullard/CE	10.87	
9	Jimmy LaFevers	12	West Valley/NO	11.70	
Heat 4 of 4 Prelims					
2	Marcus Spencer	12	James Logan/NC	11.19	
3	Charles Williams	12	Hanford West/CE	10.82	
4	Armhad Lewis	12	Edison/SJ	10.72	
5	Paul Ned	11	Canyon (CC)/SS	10.64	
6	Jamere Holland	12	Taft/LA	10.64	
7	Stan Griffin	12	Mt. Carmel/SD	10.75	
8	Damon Bly	11	Mt. Whitney/CE	10.84	
9	Rashad Swanson	12	Deer Valley/NC	11.22	

GIRLS 100m DASH

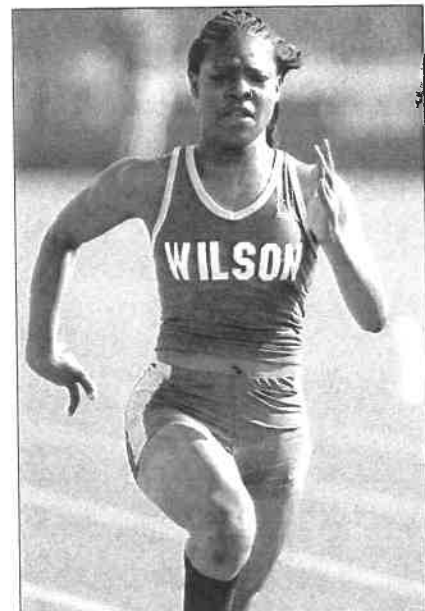
Prelims: 7:11 p.m. - Fri. Final: 5:25 p.m. - Sat.
 National: 11.14 Marion Jones, Thousand Oaks (CA) 1992
 State Meet: 11.14 Marion Jones, Thousand Oaks 1992

Lane	Name	Gr.	School/Section	Sect.	Mark
Heat 1 of 3 Prelims					
1	Shannon Yen	11	Washington/SF	12.66	
2	Samantha Tansil	12	Vallejo/SJ	12.18	
3	Sharrina Lofton	12	Fairfield/SJ	12.04	
4	Alicia King	11	Rancho Verde/SS	11.82	
5	Jeneba Tarmoh	11	Mt. Pleasant/CC	11.39	
6	Ebony Collins	11	Wilson (LB)/SS	11.75	
7	Nijja Nelms	10	Birmingham/LA	11.97	
8	Kai Wheeler	12	Rancho Bernardo/SD	12.18	
9	Sheena Cooper	12	Liberty/CE	12.62	
Heat 2 of 3 Prelims					
1	Rosanna Lewis	11	Dorsey/LA	12.67	
2	Kayla Dixon	11	Cleveland/LA	12.30	
3	Maria Nelson	10	Monta Vista/CC	12.07	
4	Erinne Benny	12	St. Mary's Academy/SS	11.84	
5	Khrystal Carter	12	Valley Christian/CC	11.43	
6	Sharaviah Richardson	12	JW North/SS	11.73	
7	Kristina Davis	12	James Logan/NC	11.96	
8	Alissa Sanchez	10	Cathedral Catholic/SD	12.11	
9	Tiffany Sells	12	Laguna Creek/SJ	12.41	
Heat 3 of 3 Prelims					
1	Chantal Vanderbilt	10	Willows/NO	13.55	
2	Tracy Webster	12	Analy/NC	12.37	
3	Dominique Lauderdale	11	Ridgeview/CE	12.10	
4	Cherrelle Garrett	11	Mt. Eden/NC	11.85	
5	Elizabeth Olear	12	Louisville/SS	11.45	
6	Brianna Atkins	10	Rancho Cucamonga/SS	11.67	
7	Mandy Ross	11	Christian/SD	11.92	
8	Romesha Anderson	11	Stockdale/CE	12.10	
9	Megan McFarland		Bishop O'Dowd/NC	12.39	



KIRBY LEE/IMAGE OF SPORT

RODNEY GLASS
 Notre Dame (Sherman Oaks) High School



KIRBY LEE/IMAGE OF SPORT

EBONY COLLINS
 Wilson (Long Beach) High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS 800m RUN

GIRLS 800m RUN

Prelims: 7:24 p.m. - Fri. Final: 5:34 p.m. - Sat.

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

Lane Name	Gr.	School/Section	Sect.	Mark
Heat 1 of 3 Prelims				
1	Gustavo Hernandez	12	Monroe/LA	1:57.97
2	Tim Murphy	12	Healdsburg/NC	1:55.43
3	David Edwards	12	Poway/SD	1:54.70
4	Alejandro Vargas	12	Vista/SD	1:53.82
5	Rocky Richardson	11	Madera/CE	1:52.54
6	Alex Freitas	12	Modesto/SJ	1:53.76
7	Peter Robie	12	Servite/SS	1:54.49
8	Robert Torres	10	Rancho Cucamonga/SS	1:55.29
9	K. Opoku-Agyemang	11	Clovis/CE	1:57.52
10	Martin David-Jacobs	09	Burton/SF	2:04.51
Heat 2 of 3 Prelims				
1	Christopher Clarke	12	Crenshaw/LA	1:58.07
2	Joey Thomas	11	Acalanes/NC	1:55.62
3	Artese Spicer	10	Rancho Cucamonga/SS	1:54.73
4	Richard Jones	12	Benicia/SJ	1:54.03
5	Cory Primm	11	Westlake/SS	1:52.65
6	Ryan Gamboa	11	Upland/SS	1:53.50
7	Chris Simpson	12	Monte Vista/NC	1:54.11
8	Justin Reed	12	Loyola/SS	1:55.24
9	Nick Palladino	11	Carlmont/CC	1:56.85
10	Brice Peters	12	Yreka/NO	2:00.77
Heat 3 of 3 Prelims				
1	Juan Serna	12	McFarland/CE	1:59.18
2	Sam Pompei	12	St. Francis/CC	1:56.28
3	Ryan Martin	11	Santa Margarita/SS	1:55.11
4	Hudson Andrews	11	Royal/SS	1:54.03
5	Scott Crawford	12	Oak Ridge/SJ	1:53.36
6	Clinton Hayes	12	Deer Valley/NC	1:53.46
7	Jeree Henry	11	ElCamino/SD	1:54.04
8	Derek Somerville	12	Saugus/SS	1:55.23
9	A. Alvarez-Bautista	11	Watsonville/CC	1:56.50
10	Michael Flowers	12	Los Angeles/LA	1:59.75

Prelims: 7:39 p.m. - Fri. Final: 5:42 p.m. - Sat.

National: 2:04.5h Joetta Clark, Columbia (Maplewood, NJ) 1980
 State Meet: 2:04.91 Trena Hull, Compton 1984

Lane	Name	Gr.	School/Section	Sect.	Mark
Heat 1 of 3 Prelims					
1	Justina Sadauskaite	12	Los Angeles/LA	2:20.45	
2	Poppy Lawman	9	Valley Christian/CC	2:14.74	
3	Rosa Magana	12	HolyNames/NC	2:13.22	
4	Lea Wallace	12	Vintage/SJ	2:11.85	
5	Mia Lattanzi	10	Palo Alto/CC	2:09.65	
6	Ashley Hodges	11	Deer Valley/NC	2:11.73	
7	Tonie Williams	10	San Luis Obispo/SS	2:12.71	
8	Andrea Jacobs	11	Vista/SD	2:14.57	
9	Vickie Jenkins	9	Clovis/CE	2:20.42	
Heat 2 of 3 Prelims					
1	Kaneesha Pierce	11	Oakland Tech/OK	2:21.11	
2	Sarah Vitug	10	University City/SD	2:15.12	
3	Caitlin Clark	11	Granite Bay/SJ	2:13.74	
4	Justine Fedronic	9	Carlmont/CC	2:11.90	
5	Kate Grace	11	Marlborough/SS	2:10.81	
6	Emily Dunn	11	Esperanza/SS	2:11.69	
7	Ashlee Thomas	10	Bakersfield/CE	2:12.71	
8	Jenni Eiremo	11	ElCamino/SJ	2:14.19	
9	Tatiana Cucuk	12	Buchanan/CE	2:20.40	
Heat 3 of 3 Prelims					
1	Carlisha Daily	12	Dorsey/LA	2:22.85	
2	Krista Egense	10	Rancho Bernardo/SD	2:16.26	
3	Laura Meadors	10	Harvard-Westlake/SS	2:13.80	
4	Haley Lawrence	11	Aliso Niguel/SS	2:12.32	
5	Renisha Robinson	11	Archbishop Mitty/CC	2:11.22	
6	Dominique Jackson	11	Fairfield/SJ	2:11.53	
7	Kristen Sanzari	11	Maria Carillo/NC	2:12.56	
8	Brett Zorich	10	Monte Vista/NC	2:13.85	
9	Lindsey Kirshman	12	Enterprise/NO	2:16.48	
10	Kiana Cannon	9	Carson/LA	2:23.59	



JOE HARTMAN

SCOTT CRAWFORD
Oak Ridge High School



KIRBY LEE / IMAGE OF SPORT

KATE GRACE
Marlborough High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS 300m IH

GIRLS 300m LH

Prelims: 7:55 p.m. - Fri. Final: 5:53 p.m. - Sat.
 National: 35.32 George Porter, Cabrillo (Lompoc, CA) 1985
 State Meet: 35.50 George Porter, Cabrillo (Lompoc) 1985

Lane	Name	Gr.	School/Section	Sept. Mark
Heat 1 of 3 Prelims				
1	Matt Rasmussen	12	Sonoma Valley/NC	40.71
2	Sam Glusman	12	Chico/NO	39.02
3	Alfred Hines	11	Poly (LB)/SS	38.67
4	Roberto Archibold	12	Monte Vista/SD	38.22
5	David Klech	12	California/NC	36.47
6	Alex Wilright	12	Franklin (EG)/SJ	38.04
7	Will Smith	12	Sunnyside/CE	38.66
8	Ryan Mitchell	12	Sierra/SJ	38.90
9	Taylor Neason	11	Miramonte/NC	40.10
Heat 2 of 3 Prelims				
1	Brandon White	11	Galileo/SF	42.15
2	Andrew Clark	11	Edison/CE	39.37
3	Rashad Smith	11	Pinole Valley/NC	38.81
4	Leon Baham	12	Redlands/SS	38.29
5	Jeshua Anderson	11	Taft/LA	37.00
6	Reginald Wyatt	9	JW North/SS	37.95
7	Cardell Turner	12	Edison/CE	38.62
8	Chris Wellington	12	Taft/LA	38.87
9	Adam Hogan	10	Dorsey/LA	39.60
Heat 3 of 3 Prelims				
2	Ranee Woods	12	Otay Ranch/SD	39.38
3	Justin Ta	12	Silver Creek/CC	38.82
4	Matt Wheeler	12	Menlo-Atherton/CC	38.45
5	Dylan Neilson	12	Palm Desert/SS	37.62
6	Terry Prentice	11	Diamond Ranch/SS	37.69
7	Napoleon Greene	12	Bellarmine/CC	38.56
8	Avery White	10	Sierra/SJ	38.83
9	Bobby Workman	11	Mira Mesa/SD	39.41

Prelims: 8:08 p.m. - Fri. Final: 6:00 p.m. - Sat.
 National: 39.98 Lashinda Demus, Wilson (Long Beach, CA) 2001
 State Meet: 40.10 Ebony Collins, Wilson (Long Beach) 2005

Lane	Name	Gr.	School/Section	Sept. Mark
Heat 1 of 3 Prelims				
1	Shelley Song	12	Lowell/SF	46.58
2	Mallory Johnson	12	Gardena/LA	45.63
3	Christine Reed	10	Los Gatos/CC	45.04
4	Kiersten Kirkland	10	JW North/SS	43.22
5	Ebony Collins	11	Wilson (LB)/SS	40.45
6	Jalisa Williams	11	Muir/SS	43.00
7	Danielle Alvarado	12	Marian Catholic/SD	45.04
8	Iesha Newman	9	Birmingham/LA	45.62
9	Brienne Doan	11	California/NC	45.91
Heat 2 of 3 Prelims				
1	Nashellie Gonzalez	12	Buchanan/CE	46.85
2	Starasia Childs	10	Carson/LA	45.73
3	Stephanie LeFever	11	Aptos/CC	45.07
4	Kelli Okuji	12	Stevenson/CC	44.24
5	Jamesha Youngblood	11	Hercules/NC	42.15
6	Kiani Profit	11	Muir/SS	42.43
7	Candise Maxwell	12	Stagg/SJ	45.01
8	Shane Mullany Banks	10	Bishop O'Dowd/NC	45.61
9	Vanice Colbert	12	Fairfield/SJ	45.91
Heat 3 of 3 Prelims				
1	Alyssa Christensen	11	West Valley/NO	47.27
2	LaToya Green	12	Lemoore/CE	45.75
3	Mallory Mainquist	12	Torrey Pines/SD	45.38
4	Sharika Thompson	12	Helix/SD	44.56
5	Tierra Ward	12	James Logan/NC	42.24
6	Brittney Crabb	10	Rancho Cucamonga/SS	42.36
7	Tia Jones	12	Franklin (EG)/SJ	44.94
8	Jessica Alinas	11	Granite Hills/CE	45.49
9	Dantia Hudson	11	Skyline/OK	45.76



REGINALD WYATT
J.W. North High School



CANDISE MAXWELL
Stagg High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS 200m DASH

Prelims: 8:21 p.m. - Fri. Final: 6:10 p.m. - Sat.

National: 20.13 Roy Martin, Roosevelt (Dallas, TX) 1985
 State Meet: 20.80yds James Sanford, Pasadena 1977

Lane	Name	Gr.	School/Section	Sect.	Mark
Heat 1 of 4 Prelims					
2	CJ Proctor	11	Hercules/NC	22.66	*
3	Jaheid Best	11	Salesian/NC	21.88	
4	Stan Griffin	12	Mt. Carmel/SD	21.58	
5	Bryshon Nellum	11	Poly (LB)/SS	21.00	
6	Rodney Glass	12	Notre Dame (SO)/SS	21.57	
7	Reggie Topps	11	North Monterey/CC	21.87	
8	Pearson Crichlow	12	James Logan/NC	22.46	
Heat 2 of 4 Prelims					
2	Bismark Navarro	10	Lowell/SF	22.77	
3	Alex Harvin	12	Monterey/CC	21.90	
4	Devin Mays	12	Lincoln (S)/SJ	21.60	
5	Ennis Jones	12	JW North/SS	21.27	
6	Derrick Reed	12	Carson/LA	21.46	
7	Danny Belch	12	Torrey Pines/SD	21.76	
8	Charles Williams	12	Hanford West/CE	22.31	
Heat 3 of 4 Prelims					
2	Andre Gaston	11	Pittsburg/NC	22.90	
3	Raymond Carter	11	Crenshaw/LA	21.91	
4	Michael Phillips	12	Monterey/CC	21.66	
5	Zach Chandy	12	Sage Hill/SS	21.35	
6	Brandon Smith	12	Ventura/SS	21.46	
7	Tran Howell	12	Los Angeles/LA	21.73	
8	Austin Feavel	12	Templeton/CE	22.19	
Heat 4 of 4 Prelims					
2	Jimmy LaFevers	12	West Valley/NO	23.71	
3	Stanley Arukwe	11	West/CE	21.94	
4	Travon Patterson	12	Poly (LB)/SS	21.66	
5	Jonathan Williams	12	Temecula Valley/SS	21.44	
6	Joe Cooks	9	Mission Hills/SD	21.45	
7	Josh Marzette	12	Bullard/CE	21.72	
8	Bob Guillory	12	Jesse Bethel/SJ	22.01	

GIRLS 200m DASH

Prelims: 8:37 p.m. - Fri. Final: 6:17 p.m. - Sat.

National: 22.52 Allyson Felix, L.A. Baptist (North Hills, CA) 2003
 State Meet: 22.52 Allyson Felix, L.A. Baptist (North Hills) 2003

Lane	Name	Gr.	School/Section	Sect.	Mark
Heat 1 of 4 Prelims					
2	Dominique Carter	12	Oakland Tech/OK	25.96	
3	Romesha Anderson	11	Stockdale/CE	24.81	
4	Nijja Nelms	10	Birmingham/LA	24.32	
5	Elizabeth Olear	12	Louisville/SS	23.41	
6	Jasmine Joseph	9	Poly (LB)/SS	24.23	
7	Cherrelle Garrett	11	Mt. Eden/NC	24.79	
8	Kelly Guyton	12	Novato/NC	25.88	
Heat 2 of 4 Prelims					
2	Kelly Fogarty	11	San Ramon Valley/NC	25.99	
3	Janie James	12	Helix/SD	24.86	
4	Mandy Ross	11	Christian/SD	24.41	
5	Jeneba Tarmoh	11	Mt. Pleasant/CC	23.47	
6	Shelise Williams	11	Wilson(LB)/SS	24.16	
7	Magen Delpino	10	Bullard/CE	24.78	
8	Whitney McGee	10	Berkeley/NC	25.58	
Heat 3 of 4 Prelims					
2	Shannon Yen	11	Washington/SF	26.54	
3	Sharrina Lofton	12	Fairfield/SJ	24.97	
4	Myra Hasson	12	Gardena/LA	24.41	
5	Khrystal Carter	12	Valley Christian/CC	23.75	
6	Sharaviah Richardson	12	JW North/SS	24.10	
7	Dominique Lauderdale	11	Ridgeview/CE	24.77	
8	Ashley Van Hoey	12	Woodcreek/SJ	25.34	
Heat 4 of 4 Prelims					
2	Lindsey Witterman	10	Paradise/NO	27.25	
3	Maria Nelson	10	Monta Vista/CC	25.00	
4	Amber Purvis	10	Benicia/SJ	24.48	
5	Sa'de Williams	11	Rancho Cucamonga/SS	23.81	
6	Yasmin Woodruff	10	St. Mary's Academy/SS	23.82	
7	Jasmine Hutchinson	12	Poway/SD	24.72	
8	Kayla Dixon	11	Cleveland/LA	25.07	



KIRBY LEE/IMAGE OF SPORT

ZACH CHANDY
Sage Hill High School



KIRBY LEE/IMAGE OF SPORT

KHRYSTAL CARTER
Valley Christian (San Jose) High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS 3200m RUN

Final: 6:25 p.m. - Sat.

National: 8:41.10 Dathan Ritzenhein, Rockford (MI) 2000

State Meet: 8:44.9h Eric Hulst, Laguna Beach 1975

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Michael Cybulski	11	Royal/SS	8:52.24
2	Diego Mercado	12	West Covina/SS	9:02.41
3	Nathan Sellers	12	Crescent Valley/SS	9:02.92
4	Spencer Knight	11	La Sierra/SS	9:07.09
5	Ted Price	12	Camarillo/SS	9:09.13
6	Daniel Mercado	12	West Covina/SS	9:09.42
7	Chad Hall	11	Big Bear/SS	9:10.49
8	Tom Richter	12	Serrano/SS	9:10.54
9	Ben Sittler	12	St Francis/CC	9:13.99
10	Mikle Thomas	11	Clovis/CE	9:14.42
11	Diego Estrada	10	Alisal/CC	9:19.12
12	AJ Acosta	12	ElCamino/SD	9:19.62
13	Riley Booker	12	University City/SD	9:19.98
14	Ahmed Osman	12	San Diego/SD	9:20.37
15	Erick Garcia	11	Parlier/CE	9:20.64
16	Chris Vizcaino	12	Campolindo/NC	9:20.78
17	Ryan Lewis	12	Ygnacio Valley/NC	9:20.88
18	Andy Peabody	11	College Park/NC	9:21.56
19	Jake Matthews	12	Folsom/SJ	9:21.75
20	Mohamed Abdalla	10	Willow Glen	9:22.36
21	Neal Rodrigues	12	St Joseph ND/NC	9:22.61
22	Dion Dekker	11	Reedley/CE	9:23.06
23	Phil McKennan	11	Jesuit/SJ	9:24.55
24	Brendan Gregg	11	Davis/SJ	9:25.74
25	Austin Fritzsche	12	Mt. Shasta/NO	9:28.09
26	Thomas Dileo	12	Oakland/OK	9:34.36
27	Steve Calise	11	San Pedro/LA	9:35.43
28	Gabriel Guzman	12	Monroe/LA	9:36.32
29	Ismael Samano	12	Monroe/LA	9:37.64
30	Dawit Melak	12	Intl Studies Acad/SF	10:20.35

GIRLS 3200m RUN

Final: 6:42 p.m. - Sat.

National: 9:48.59 Kim Mortensen, Thousand Oaks (CA) 1996

State Meet: 9:52.80 Kim Mortensen, Thousand Oaks 1996

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Annie St Geme	12	Corona del Mar/SS	10:15.89
2	Christy Adamyk	11	Glendora/SS	10:19.83
3	Jordan Hasay	9	Mission Prep/CE	10:20.69
4	Shelby Buckley	10	Corona del Mar/SS	10:37.03
5	Christine Babcock	11	Woodbridge/SS	10:41.97
6	Stephanie Felix	10	La Mirada/SS	10:42.40
7	Brittany Morreale	12	Peninsula/SS	10:42.56
8	Elizabeth Coe	10	Fountain Valley/SS	10:43.05
9	Katja Goldring	10	Hamilton/LA	10:47.97
10	Amanda Moreno	12	Escalon/SJ	10:53.27
11	Ari Wright		Bishop O'Dowd/NC	10:53.48
12	Christina Barrientos	10	Harbor/CC	10:58.03
13	Katy Andrews	10	La Costa Canyon/SD	10:59.20
14	Lexi Pappas	12	Bishop O'Dowd/NC	11:02.75
15	Yasmine White	12	Arcata/NC	11:02.85
16	Brooke Giuffre	12	La Costa Canyon/SD	11:04.52
17	Cherise McNair	12	Sierra/SJ	11:04.58
18	Katie Voigtlander	12	Burlingame/CC	11:05.07
19	Caitlin Roake	12	Carlmont/CC	11:05.93
20	Daniela Gergley	12	Monte Vista/NC	11:06.87
21	Lauren Saylor	11	Buchanan/CE	11:07.03
22	Ellie Keene	10	Rancho Buena V./SD	11:07.32
23	Hillary Kigar	10	ElCamino/SJ	11:09.97
24	Kristabel Doebel-Hickok	11	Palisades/LA	11:14.83
25	Michelle Johnson	9	West Valley/NO	11:28.57
26	Megan Adams	12	San Pedro/LA	11:29.01
27	Megan Poindexter	11	Clovis/CE	11:30.76



MARGARET GALLAGHER

BEN SITTLER

St. Francis (Mountain View) High School



JOE HARTMAN

MICHELLE JOHNSON

West Valley High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS 1600m RELAY

Prelims: 9:10 p.m. - Fri. Final: 7:00 p.m. - Sat.

National: 3:07.40 Hawthorne (CA) 1985
 State Meet: 3:08.66 John Muir (Pasadena) 1996

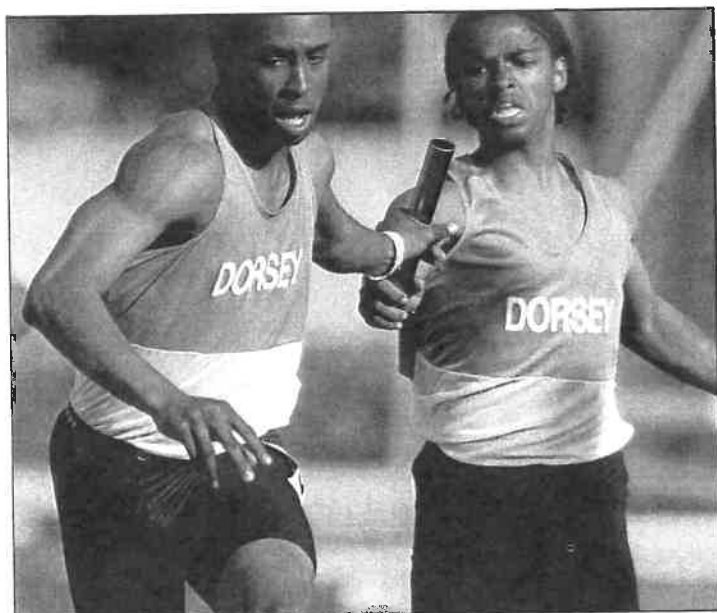
Lane	School	Section	Section Mark
Heat 1 of 4 Prelims			
2	Archbishop Riordan	CC	3:24.36
3	Edison	CE	3:21.52
4	Upland	SS	3:20.39
5	JW North	SS	3:11.86
6	Franklin (EG)	SJ	3:20.17
7	St. Mary's	NC	3:21.47
8	Crenshaw	LA	3:24.22
Heat 2 of 4 Prelims			
2	Palma	CC	3:25.39
3	Bakersfield	CE	3:21.55
4	Buchanan	CE	3:20.41
5	Poly (LB)	SS	3:12.12
6	Warren	SS	3:20.07
7	Monte Vista	SD	3:21.14
8	Carson	LA	3:24.02
Heat 3 of 4 Prelims			
2	Chico	NO	3:25.56
3	Fairfield	SJ	3:21.77
4	Dorsey	LA	3:20.70
5	Dominguez	SS	3:17.46
6	ElCamino	SD	3:19.78
7	Monterey	CC	3:21.09
8	Mission Hills	SD	3:22.04
Heat 4 of 4 Prelims			
2	McClymonds	OK	3:28.92
3	Pittsburg	NC	3:21.88
4	James Logan	NC	3:20.88
5	DeLaSalle	NC	3:18.34
6	Loyola	SS	3:18.56
7	Paramount	SS	3:20.96
8	Lodi	SJ	3:21.94

GIRLS 1600m RELAY

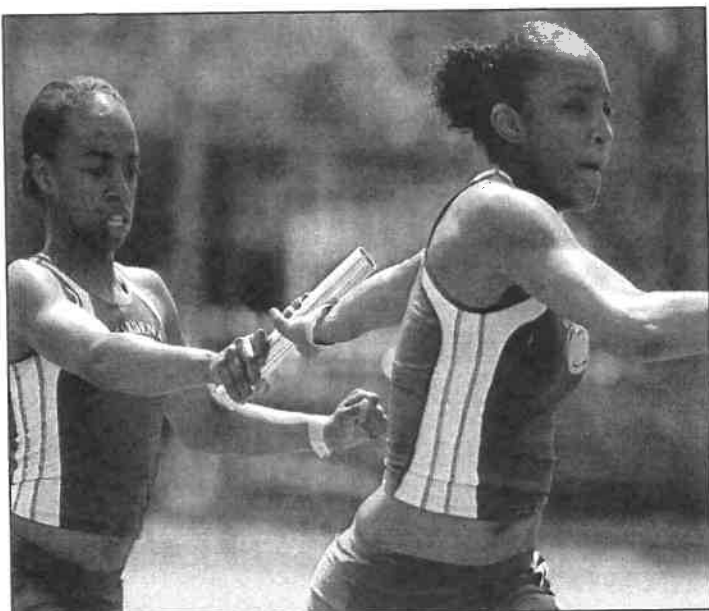
Prelims: 9:36 p.m. - Fri. Final: 7:10 p.m. - Sat.

National: 3:35.49 Poly (Long Beach, CA) 2004
 State Meet: 3:35.49 Poly (Long Beach) 2004

Lane	School	Section	Section Mark
Heat 1 of 3 Prelims			
1	Sheldon	SJ	4:00.43
2	San Pasqual	SD	3:57.48
3	Maria Carillo	NC	3:55.06
4	Rancho Verde	SS	3:50.68
5	Wilson (LB)	SS	3:44.72
6	Louisville	SS	3:49.83
7	Carson	LA	3:54.22
8	Torrey Pines	SD	3:57.40
9	Los Altos	CC	3:59.51
Heat 2 of 3 Prelims			
1	West Valley	NO	4:09.74
2	Buchanan	CE	3:57.75
3	Birmingham	LA	3:55.08
4	St. Mary's Academy	SS	3:51.41
5	Logan James	NC	3:48.28
6	Poly (LB)	SS	3:49.45
7	Vallejo	SJ	3:53.71
8	Stockdale	CE	3:57.22
9	St. Francis	CC	3:58.60
Heat 3 of 3 Prelims			
1	Lowell	SF	4:14.58
2	Bakersfield	CE	3:57.94
3	Morse	SD	3:55.93
4	Bishop O'Dowd	NC	3:52.51
5	JW North	SS	3:48.38
6	Fairfield	SJ	3:48.38
7	Gardena	LA	3:53.16
8	Deer Valley	NC	3:55.96
9	Carlmont	CC	3:58.09



DORSEY HIGH SCHOOL



GARDENA HIGH SCHOOL

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

GIRLS POLE VAULT

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

National: 13-09 Mary Saxer, Lancaster (NY) 2005
State Meet: 13-08 Shayla Ballentine, Morro Bay 2001

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Roxann McArthur	11	Verdugo Hills/LA	8-06.00
2	Sabrina Donahoo	11	Yreka/NO	9-00.00
3	Sarah Ip	11	El Camino Real/LA	9-00.00
4	Phylcia Johnson	11	Gardena/LA	10-00.00
5	Melissa Nonnchester	12	Liberty/CE	11-00.00
6	Kerry Boyle	12	Granada/NC	11-00.00
7	Andrea Greenam	12	Clovis/CE	11-06.00
8	Jenna Homes	12	Las Lomas/NC	11-06.00
9	Katie Vo	11	Las Lomas/NC	11-06.00
10	Kelsy Hintz	10	Del Norte/NC	11-06.00
11	Sarah Savage	11	Buchanan/CE	11-06.00
12	Jessie Lucier	12	Santa Margarita/SS	11-08.00
13	Ericka Violet	12	Ponderosa/SJ	11-08.00
14	Katie Morte	12	Mater Dei/SS	11-08.00
15	Taylor Franklin	12	St. Francis/CC	11-08.00
16	Dana Hoolko	11	La Jolla/SD	11-08.00
17	Kari McAllister	12	Bella Vista/SJ	11-08.00
18	Shastee van der Wyk	11	Temple City/SS	11-08.00
19	Emily Mattoon	9	Rancho Bernardo/SD	11-08.00
20	Tessa Fraser	12	Lodi/SJ	11-08.00
21	Lyndly Tamura	12	Huntington Beach/SS	11-08.00
22	Rachel Simmons	11	Rocklin/SJ	12-00.00
23	Susanne Hotchkin	12	Mission Viejo/SS	12-02.00
24	Joanna Burkhart	12	Oceanside/SD	12-03.00
25	Allison Stokke	11	Newport Harbor/SS	12-08.00
26	Natasha Barthel	11	St. Francis/CC	12-08.00
27	Stephanie Bagen	12	Granite Bay/SJ	13-00.00
28	Tori Anthony	11	Castilleja/CC	13-00.00
29	Tori Pena	12	Edison (HB)/SS	13-02.00

GIRLS DISCUS

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

National: 188-04 Suzy Powell, Downey (Modesto, CA) 1994
State Meet: 181-03 Stephanie Brown, Arroyo Grande 1998

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Demitra Gallaread	10	Lincoln/SF	97-03
2	Paris Dixon-Buckley	11	McClymonds/OK	108-08
3	Holly Lohse	12	Hamilton/NO	116-01
4	Jasmine Steward	11	McLane/CE	118-09
5	Catherine White	11	Garces/CE	119-04
6	Sienna Brown	11	Monte Vista/NC	121-09
7	Chidinma Onyewuenyi	12	Oak Grove/CC	122-01
8	Elisha Deleon	11	Centennial/CE	124-01
9	Falaviena Takapu	11	Franklin (EG)/SJ	128-07
10	Jay-Marie Hill	12	Castro Valley/NC	129-07
11	Rebecca Molinari	12	Albany/NC	130-06
12	Sela Pains	12	St. Francis/CC	133-04
13	Amber Sangster	12	Oceanside/SD	133-06
14	Jenica Hadley	11	Soquel/CC	136-07
15	Jeanette McConnell	12	Saugus/SS	137-06
16	Erin Delaney	12	Paso Robles/SS	137-07
17	Miranda Wilson	12	Bishop O'Dowd/NC	138-00
18	Kayla Xavier	11	Johansen/SJ	138-02
19	Jenn Steed	12	Arroyo Grande/SS	138-09
20	Daniella Thu	12	Monte Vista/SD	139-10
21	Jameena Hunt	12	Morse/SD	142-06
22	Hillary Fraser	11	El Toro/SS	142-08
23	Lauren Guerrieri	11	Davis/SJ	146-11
24	Sarah Robles	12	San Jacinto/SS	153-06



ROBERT WALLINGFORD

TORI ANTHONY
Castilleja High School



MIRANDA WILSON
Bishop O'Dowd High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS SHOT PUT

Prelims: 3:00 p.m. - Fri. Final: 3:00 p.m. - Sat.
 National: 77-00 Michael Carter, Jefferson (Dallas, TX) 1979
 State Meet: 74-04.75 Brent Noon, Fallbrook 1990

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Errol Debella	12	Lincoln/SF	43-04.50
2	Amir Katz	12	North Hollywood/LA	48-01.25*
3	Eric Boyd	12	Verdugo Hills/LA	50-07.00
4	Thomas Byrd	11	McClymonds/OK	50-11.50
5	Adam Fissori	12	Corning/NO	51-00.00
6	Erich Strache	12	San Leandro/NC	51-11.50
7	Taylor Weldon	12	Sheldon/SJ	52-10.25
8	Elan Katz	12	North Hollywood/LA	52-10.75
9	Charles Schob	12	Bullard/CE	53-03.50
10	Christopher Krychev	11	Monte Vista/NC	53-06.25
11	Mark Weber	11	ElCamino/SD	54-03.50
12	Brennen Phipps	12	Rocklin/SJ	54-05.50
13	Andy Vargas	11	St. Francis/CC	54-06.00
14	Dayshan Ragans	10	Foothill/CE	54-07.00
15	Joel Karacozoff	12	Jesuit/SJ	54-11.00
16	Daniel Erdman	11	Healdsburg/NC	55-02.50
17	Robert Schenck	12	Mission Hills/SD	56-09.00
18	David Wernick	12	St. Francis/CC	57-00.75
19	Drew Gordon	10	Archbishop Mitty/CC	57-01.50
20	Philip Adam	12	St. Joseph (SM)/SS	57-04.50
21	Sir William McKenzie	12	San Leandro/NC	57-06.75
22	Blas Uzueta	12	Arroyo Grande/SS	57-11.00
23	Joe Canavan	11	Palm Desert/SS	58-07.00
24	Tyler Dragon	12	Clovis West/CE	60-04.00
25	Nick Robinson	12	El Toro/SS	60-06.00
26	Bo Taylor	12	Newport Harbor/SS	63-11.00
27	Darius Savage	12	Morse/SD	65-09.75

GIRLS LONG JUMP

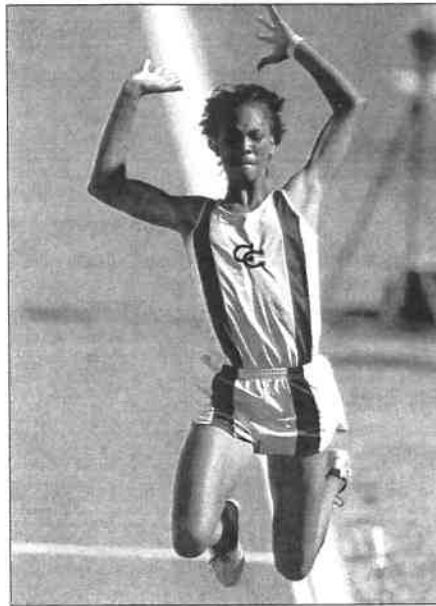
Prelims: 3:00 p.m. - Fri. Final: 3:00 p.m. - Sat.
 National: 22-01.75 Kathy McMillan, Hoke Co. (Raeford, NC) 1976
 State Meet: 22-00.50 Marion Jones, Thousand Oaks 1993

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Brandy Tummings	12	Galileo/SF	16-07.50
2	Tina Rieck	11	Shasta/NO	16-10.50
3	Bryshawne Halsey	11	Sunnyside/CE	17-01.75
4	Candace Chatman	12	Narbonne/LA	17-08.00
5	Nicole McGlory	9	James Logan/NC	17-08.25
6	Phylicia Johnson	11	Gardena/LA	17-08.25
7	Alitta Boyd	9	Moreau Catholic/NC	17-08.50
8	Kai Wheeler	12	Rancho Bernardo/SD	17-10.75
9	Dayna Hill	11	Edison/CE	17-11.50
10	Rachel Kuczynski	12	Tracy/SJ	18-01.50
11	Brit Bickel	12	Drake/NC	18-01.75
12	Malaina Payton	09	Fremont/OK	18-03.25
13	Julia Y. Co	12	Monta Vista/CC	18-03.50
14	Brittany Bennet	11	Otay Ranch/SD	18-04.50
15	Kasey Kearin	12	Rancho Bernardo/SD	18-05.00
16	Brittanie Cooksey	12	Atwater/SJ	18-05.25
17	Jessica Cooper	12	Poly (LB)/SS	18-07.50
18	Tracey Stewart	12	James Logan/NC	18-07.75
19	Ashtynn Baltimore	9	Marlborough/SS	18-07.75
20	Danielle Watson	12	Carson/LA	18-08.00
21	Stella Dugall	11	Mt. Pleasant/CC	18-08.00
22	Vashti Thomas	10	Mt. Pleasant/CC	18-09.00
23	Lauren Reid	12	Rio Mesa/SS	18-09.50
24	Amber Purvis	10	Benicia/SJ	18-10.00
25	Karyn Dunn	9	Diamond Ranch/SS	18-10.25
26	De Ana Carson	12	Wilson (LB)/SS	18-10.50
27	Jackie Lewis	12	Hoover/CE	19-04.00
28	Ashika Charan	12	Claremont/SS	19-07.00



Ken Gimes

SIR WILLIAM MCKENZIE
 San Leandro High School



KIRBY LEE/IMAGE OF SPORT

DANIELLE WATSON
 Carson High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS LONG JUMP

GIRLS HIGH JUMP

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

National: 26-04.75 James Stallworth (Tulare, CA) 1989
 State Meet: 26-04.75 James Stallworth (Tulare) 1989

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

National: 6-03 Amy Acuff, Corpus Christi (Calallen, TX) 1992
 State Meet: 6-02 Latrese Johnson, Clovis 1985

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Thomas Tran	11	Lowell/SF	20-05.00
2	Jared Bell	12	Hayward/NC	21-08.00
3	Bobby Childs	12	Enterprise/NO	21-10.75
4	David Harden	12	North Hollywood/LA	21-11.00
5	Eric Quick	12	Liberty/CE	21-11.25
6	Steven Singh	11	Central Union/SD	21-11.75
7	Chris Wellington	12	Taft/LA	22-01.00
8	Ryan Croft	12	ElDiamante/CE	22-02.00
9	Karlin Stewart	12	Mt. Miguel/SD	22-02.50
10	Gary Lee	11	Hoover/SD	22-02.50
11	Chase Wheeler	9	DeLaSalle/NC	22-03.00
12	Marcus Spencer	12	Logan James/NC	22-03.50
13	Neelon Greenwood	12	Fairfield/SJ	22-06.75
14	Reynold Holmes	12	Loyola/SS	22-06.75
15	Kevin Dupree	11	Ceres/SJ	22-08.00
16	Ryan Williams	11	Jesuit/SJ	22-08.50
17	Reggie Topps	11	North Monterey/CC	22-08.75
18	Zuheir Sharif	12	Franklin (EG)/SJ	22-09.00
19	Anse Myllar DeAraujo	12	El Dorado/SJ	22-09.25
20	Sovann Prom	12	Yerba Buena/CC	22-09.50
21	Chris Yu	12	Gunn/CC	22-09.75
22	David Girten	12	Damien/SS	22-10.50
23	David Klech	12	California/NC	22-10.50
24	Jonathan Williams	12	Temecula Valley/SS	23-01.25
25	Richard Sherman	12	Dominguez/SS	23-01.75
26	Chris Macke	12	Edison (HB)/SS	23-04.25
27	Kyle Mills-Bunje	12	St. Francis/CC	23-06.25
28	Terry Prentice	11	Diamond Ranch/SS	23-07.75
29	Tevion Mcdowell	12	Tulare Western/CE	23-09.75
30	Josh Harrison	11	Rio Mesa/SS	23-09.75

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Leona Shum	11	Lowell/SF	5-00.00
2	Tukeha Huntley	10	Palisades/LA	5-00.00
3	Barbara Nwaba	11	University (I)/SS	5-00.00
4	Sarah Alonzo	12	Chico/NO	5-02.00
5	Aubrey Doede	11	The Bishop's/SD	5-03.00
6	Sarah Ip	11	El Camino Real/LA	5-03.00
7	Holly Franks	9	Sierra/CE	5-04.00
8	Courtney Dansby	12	Sunnyside/CE	5-04.00
9	Ashley Griffith	12	Cal Sch Deaf/NC	5-04.00
10	Camilla Dencer	11	Louisville/SS	5-04.00
11	Dana Green	12	Los Osos/SS	5-04.00
12	Marilyn Anene	12	University (I)/SS	5-04.00
13	Janelle Coulter	10	Aptos/CC	5-04.00
14	Eve King	11	University (SF)/NC	5-04.00
15	Ashlin Yahr	10	Torrey Pines/SD	5-04.00
16	Lauren Moore	12	Saugus/SS	5-04.00
17	Kelsey Rubeor	11	Murrieta Valley/SS	5-04.00
18	Taylor O'Connor		Mercy (B)/CC	5-04.00
19	Fern Lightfoot	11	Santa Cruz/CC	5-04.00
20	Veronica Stimson	11	Bella Vista/SJ	5-04.00
21	Kierston Dolbec	9	Saratoga/CC	5-04.00
22	Alitta Boyd	9	Moreau Catholic/NC	5-04.00
23	Kelli Johnson	12	San Marcos/SS	5-04.00
24	Leslie Noiseaux	12	Valhalla/SD	5-05.00
25	Linda Rainwater	12	Dos Pueblos/SS	5-06.00
26	Nicole Williams	11	Laguna Creek/SJ	5-06.00
27	Mindi Wiley	12	Sonoma Valley/NC	5-06.00
28	Jasmine Day	12	Costa Mesa/SS	5-08.00
29	Moiria Robinson	11	Mt. Whitney/CE	5-08.00
30	Susie Jackson	11	Napa/SJ	5-08.00



KIRBY LEE/IMAGE OF SPORT

RICHARD SHERMAN
 Dominguez High School



ROBERT WALLINGFORD

SUSIE JACKSON
 Napa High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS DISCUS

Prelims: 5:30 p.m. - Fri. Final: 5:00 p.m. - Sat.
 National: 234-03 Niklas Arrhenius, Mountain View (Orem, UT) 2001
 State Meet: 206-05 Daniel Schaerer, Bishop's School (La Jolla) 2004

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Brian Kim	12	Lincoln/SF	118-01
2	Al Becerra	12	Ygnacio Valley/NC	148-01
3	Ryan Hughes	12	Foothill/NC	153-05
4	Erich Strache	12	San Leandro/NC	156-03
5	Christopher Krychev	11	Monte Vista/NC	157-02
6	Julian Samson	10	Otay Ranch/SD	157-09
7	Jake Fuller	11	West Valley/NO	162-02
8	Scott Pierro	12	Buchanan/CE	162-11
9	Michael Noriega	12	Cordova/SJ	163-01
10	Eric Beltran	12	Madera/CE	163-05
11	Tyler Dragon	12	Clovis West/CE	165-01
12	Bobby Best	12	Gilroy/CC	165-02
13	Brennen Phipps	12	Rocklin/SJ	165-09
14	Joel Karacozoff	12	Jesuit/SJ	166-10
15	Drew Gordon	10	Archbishop Mitty/CC	167-03
16	Thomas Byrd	11	McClymonds/OK	167-03
17	Mark Weber	11	El Camino/SD	171-11
18	Derek Johnson	11	Agoura/SS	174-10
19	Cameron Carter	12	Mayfair/SS	175-00
20	Matt Lahti	12	Murrieta Vally/SS	176-03
21	William Tsai	12	Homestead/CC	183-07
22	Bo Taylor	12	Newport Harbor/SS	192-08
23	Nick Robinson	12	El Toro/SS	194-02
24	Darius Savage	12	Morse/SD	198-10

GIRLS SHOT PUT

Prelims: 5:30 p.m. - Fri. Final: 5:00 p.m. - Sat.
 National: 54-10.75 Michelle Carter, Red Oak (TX) 2003
 State Meet: 52-11.50 Kristin Heaston, Ygnacio Vly (Concord) 1993

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Tiffany Chang	12	Lowell/SF	29-05.25
2	Faleale Leni	11	Carson/LA	35-05.00
3	Paris Dixon-Buckley	11	McClymonds/OK	35-07.25
4	Jennifer Deegan	12	Weed/NO	37-05.00
5	Shawnique Williams	10	Taft/LA	37-11.25
6	Falaviena Takapu	11	Franklin (EG)/SJ	38-08.75
7	Amanda Phelps	10	El Camino/SD	38-10.50
8	Maria Rodriguez	12	Bell/LA	38-11.00
9	Jenica Hadley	11	Soquel/CC	39-03.00
10	Alexandra Ballard	10	Bret Harte/SJ	39-03.25
11	Brook Edney	10	Central Union/SD	39-03.50
12	Lisa Ma'ake	11	Deer Valley/NC	39-04.25
13	Julia Avila	12	South Bakersfield/CE	39-11.75
14	Alisha Misaita	12	Mira Mesa/SD	40-03.50
15	Rachel Hammar	10	Buchach Colony/SJ	40-05.00
16	Destanie Yarbrough	10	Clovis East/CE	40-07.00
17	Hillary Fraser	11	El Toro/SS	41-03.00
18	Jaleesa Jeffery	12	James Logan/NC	41-05.00
19	Luisa Musika	10	Milpitas/CC	41-05.25
20	Colleen Lenahan	12	Oak Ridge/SJ	41-06.25
21	Christine Weinreich	11	Arroyo Grande/SS	41-08.75
22	Jeanette McConnell	12	Saugus/SS	42-01.75
23	Jean Lightfoot	12	Maria Carillo/NC	42-08.00
24	Florida Siaoosi	12	Sultana/SS	42-09.25
25	Miranda Wilson	12	Bishop O'Dowd/NC	43-01.25
26	Rosario Sanchez	11	Selma/CE	43-03.25
27	Sarah Robles	12	San Jacinto/SS	43-06.25
28	Kayla Smith	12	Villa Park/SS	43-11.75
29	Erin Delaney	12	Paso Robles/SS	44-04.50
30	Chidinma Onyewuenyi	12	Oak Grove/CC	44-09.25



DARIUS SAVAGE
Morse High School



SARAH ROBLES
San Jacinto High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS POLE VAULT

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

National: 18-02.25 Eric Eshbach, Orangefield (TX) 1999

State Meet: 17-01 Scott Roth, Granite Bay 2005

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Ethan Ostrom	10	West Valley/NO	12-00.00
2	Joseph Kobler	11	Marshall/LA	12-00.00
3	Steven Fink	12	El Camino Real/LA	12-00.00
4	Bryan Greenberg	11	Palisades/LA	12-06.00
5	Ian Walters	11	Acalanes/NC	13-09.00
6	Seth McNaughton	12	Kingsburg/CE	14-00.00
7	Matt Klinchuch	12	Liberty/CE	14-00.00
8	David Gronski	12	Marin Catholic/NC	14-03.00
9	John Gibson	11	La Jolla/SD	14-04.00
10	Jake Johnson	12	Temecula Valley/SS	14-05.00
11	Gavin Lowery	12	Miramonte/NC	14-06.00
12	Andrew Pancotti	12	Clovis East/CE	14-06.00
13	Griffin Simmons	11	Vista/SD	14-08.00
14	Tuan Nguyen	12	Glendora/SS	14-11.00
15	Ben Sheehan	12	St. Francis/CC	14-11.00
16	Charlie Nichols	12	Casa Roble/SJ	14-11.00
17	David Rhodes	12	Placer/SJ	14-11.00
18	Josh Schroder	11	San Benito/CC	14-11.00
19	Anthony Orozco	12	James Logan/NC	15-00.00
20	Todd Merrigan	12	San Benito/CC	15-04.00
21	Andrew Steben	12	St. Francis/SS	15-05.00
22	Johnny Quinn	12	St. Margaret's/SS	15-05.00
23	Kyle Inks	11	Bret Harte/SJ	15-05.00
24	Kevin Jones	12	University City/SD	16-00.00
25	Casey Roche	11	St. Francis/CC	16-02.00
26	Greg Woepse	12	Mater Dei/SS	16-05.00
27	Scott Roth	12	Granite Bay/SJ	17-00.00
28	Ryan Shuler	12	Granite Bay/SJ	17-00.00

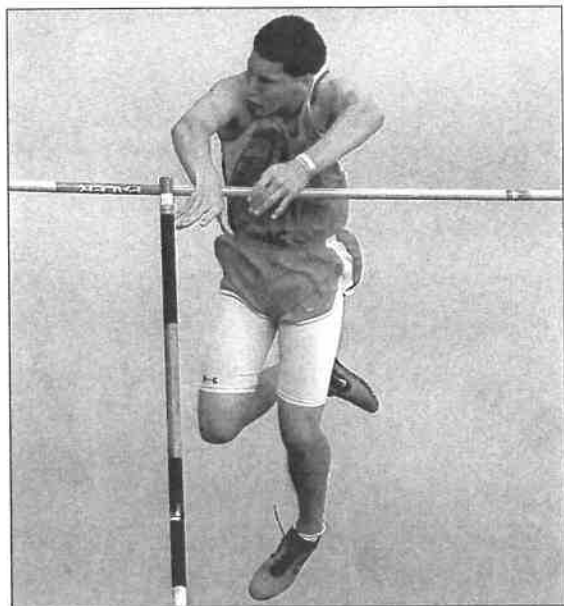
BOYS HIGH JUMP

Prelims: 6:30 p.m. - Fri. Final: 5:15 p.m. - Sat.

National: 7-05.25 Dothel Edwards, Cedar Shoals (Athens, GA) 1984

State Meet: 7-03.25 Lee Balkin, Glendale 1979

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Clay Wattenberger	11	Centennial/CE	6-00.00
2	Jeff Ford	11	Hayward/NC	6-02.00
3	Ryan Alsup	12	San Pedro/LA	6-02.00
4	Wes Wells	12	Fresno Christian/CC	6-02.00
5	Stephen Tee	12	Galileo/SF	6-02.00
6	Jeshua Anderson	11	Taft/LA	6-02.00
7	David Harden	12	North Hollywood/LA	6-02.00
8	Trent Simmons	12	West Valley/NO	6-02.00
9	Omar Bourgoub	10	St. Francis/CC	6-02.00
10	Kevin Williams	12	Freedom/NC	6-02.00
11	David Charleston	11	West/CE	6-02.00
12	Brandon Sheppard	12	San Ramon Valley/NC	6-04.00
13	Ryan Mauzy	12	Steele Canyon/SD	6-04.00
14	Kevin Rutledge	10	Los Gatos/CC	6-04.00
15	Michael Elder	12	Sierra/SJ	6-05.00
16	Chase Thomas	12	Lutheran (O)/SS	6-05.00
17	David Girten	12	Damien/SS	6-05.00
18	Ross Tate	11	Ceres/SJ	6-05.00
19	Staphon Arnold	12	Colony/SS	6-05.00
20	Taylor Hobson	11	Upland/SS	6-05.00
21	Brandon Adams	12	San Ramon Valley/NC	6-06.00
22	Emilio Hernandez	12	Del Mar/CC	6-06.00
23	Utreen White	12	Poway/SD	6-07.00
24	Ben Nelson	12	Vacaville/SJ	6-07.00
25	Daniel Kirkpatrick	11	Trabuco Hills/SS	6-07.00
26	Nick Armstrong	12	Poly (LB)/SS	6-07.00
27	Richard LaFleur	11	Escondido/SD	6-08.00
28	Kenneth Medwood	12	Roosevelt/CE	6-08.00
29	Terrence Austin	12	Poly (LB)/SS	6-09.00
30	Casey Ryan	12	Argonaut/SJ	6-09.00
31	Alex Black	12	Downey/SS	6-09.00



ROBERT WALLINGFORD

ANTHONY OROZCO
James Logan High School



ROBERT WALLINGFORD

BEN NELSON
Vacaville High School

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

BOYS TRIPLE JUMP

GIRLS TRIPLE JUMP

Prelims: 6:00 p.m. - Fri. Final: 5:30 p.m. - Sat.

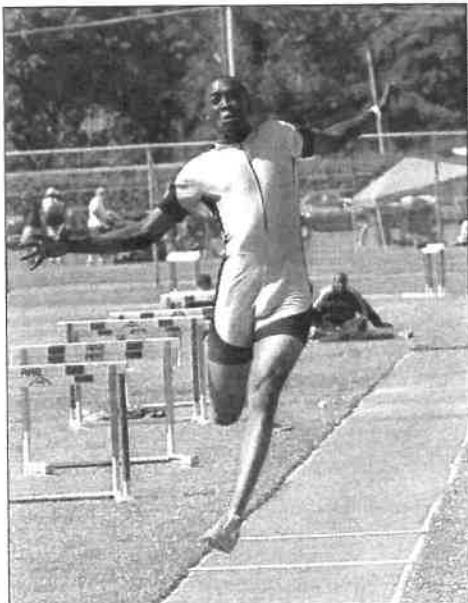
National: 52-10.50 Charles Mayfield, Muir (Pasadena, CA) 1980
 State Meet: 52-05.75 Marcus Hooks, Lakewood 1986

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Nolan Telles	12	Foothill/NC	42-08.50
2	Jeremy Quinn	12	San Ramon Valley/NC	42-09.50
3	Sam Huie	12	San Ramon Valley/NC	43-00.50
4	Clayton Francis	11	DeLaSalle/NC	43-10.25
5	Steve Robinson	12	Crenshaw/LA	44-00.50
6	Eric Fremd	12	Washington/NC	44-07.25
7	Tevion Mcdowell	12	Tulare Western/CE	45-04.00
8	Travis Scibetta	12	Cupertino/CC	45-04.50
9	Oliver Shabram	12	Carmel/CC	45-07.25
10	Maverick Crawford	12	Alisal/CC	45-11.75
11	Eric Nowell	12	Perris/SS	46-09.25
12	Igor Seriba	11	La Jolla/SD	47-00.50
13	Derek Hammond	11	Franklin (EG)/SJ	47-00.75
14	Steven Taylor	12	Hueneme/SS	47-02.25
15	Aaron Green	12	Golden Valley/CE	47-06.00
16	Keyon Mitchell	12	Loyola/SS	47-06.75
17	Anse Myllar DeAraujo	12	El Dorado/SJ	47-07.00
18	Eric Quick	12	Liberty/CE	47-07.00
19	Charles Amadi	12	Edison/CE	47-08.00
20	Bouakeo Phominavong	11	Bear Creek/SJ	47-08.75
21	Kevin Lashley	12	North Hollywood/LA	47-10.50
22	Josh Como	12	Rancho Verde/SS	47-11.75
23	Nelson Rosario	10	El Camino/SD	48-02.50
24	Gyasi Rivers	11	Hollywood/LA	48-02.50
25	Karlin Stewart	12	Mt. Miguel/SD	49-04.75
26	Richard Sherman	12	Dominguez/SS	50-00.00
27	Neelon Greenwood	12	Fairfield/SJ	50-01.25
28	Zuheir Sharif	12	Franklin (EG)/SJ	50-10.25

Prelims: 6:00 p.m. - Fri. Final: 5:30 p.m. - Sat.

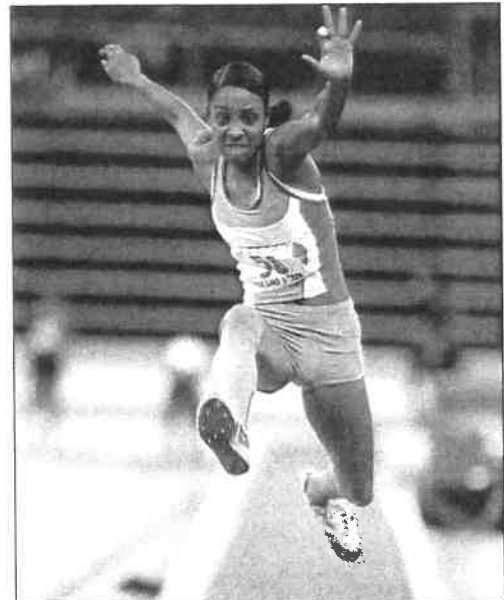
National: 44-02.25 Ychlandria Spears, Luling (Texas) 2001
 State Meet: 44-00.50 Juliana Yendork, Walnut 1991

Pos.	Name	Gr.	School/Section	Sect. Mark
1	Brandy Tummings	12	Galileo/SF	33-06.00
2	Ada Nwadugbo	11	Skyline/OK	35-04.25
3	Ashley Britton	12	Trinity/NO	35-07.50
4	Jackie Lewis	12	Hoover/CE	35-09.50
5	Ugochi Nwokafor	12	Narbonne/LA	36-09.00
6	Rachel Kuczynski	12	Tracy/SJ	36-10.00
7	Dayna Hill	11	Edison/CE	36-10.75
8	Candace Chatman	12	Narbonne/LA	36-10.75
9	Kendra Rimbach	11	Prospect/CC	37-01.00
10	Thoraya Maronesy	10	Helix/SD	37-04.50
11	Starasia Childs	10	Carson/LA	37-06.25
12	Alivia Brewer	12	Florin/SJ	37-06.75
13	Charay Savage	11	Otay Ranch/SD	37-07.00
14	Stephanie LeFever	11	Aptos/CC	37-09.25
15	Elizabeth Boydston	12	Pitman/SJ	38-00.00
16	Kasey Kearin	12	Rancho Bernardo/SD	38-02.50
17	Lauren Moore	12	Saugus/SS	38-04.50
18	Moira Robinson	11	Mt. Whitney/CE	38-05.25
19	Brianna Stewart	10	James Logan/NC	38-06.00
20	Stella Dugall	11	Mt. Pleasant/CC	38-07.75
21	Marie Ingram	12	Aliso Niguel/SS	38-11.00
22	Amanda Hunter	11	Marlborough/SS	39-00.00
23	Nataila Wright	11	Stagg/SJ	39-00.75
24	Jamesha Youngblood	11	Hercules/NC	39-01.75
25	Kimarie Black	12	Poly (LB)/SS	39-04.00
26	Tracey Stewart	12	James Logan/NC	40-04.00
27	Ke'Nyia Richardson	11	Holy Names/NC	41-06.25
28	Ashika Charan	12	Claremont/SS	41-08.00



JOE HARTMAN

ZUHEIR SHARIF
 Franklin (Elk Grove) High School



KIRBY LEMMAGE OF SPORT

ASHIKA CHARAN
 Claremont High School

CIF ALL-TIME BOYS TRACK AND FIELD TOP MARKS

100 METERS

10.25 -Henry Thomas (Hawthorne) 1985
 10.29 -Ricky Carrigan (Compton) 1991
 10.30A -Quincy Watts (Taft, Woodland Hills) 1987
 10.30 Riley Washington (Southwest, San Diego) 1992
 10.31 *Bryan Howard (Canyon Springs, Moreno Vly) 1994
 10.32 -Rodney Glass (Notre Dame, Sherman Oaks) 2006
 10.33 -Marques Holiwell (West, Bakersfield) 1995
 10.34 -Kenny O'Neal (Skyline, Oakland) 2004
 10.34 -Warren Rogers (Serra, Gardena) 1999
 10.36 -Jamere Holland (Taft, Woodland Hills) 2006
 10.36 Corey Ealy (Muir, Pasadena) 1987
State Championship Record
 10.30 Riley Washington (Southwest, San Diego) 1992

200 METERS

20.50 -Quincy Watts (Taft, Woodland Hills) 1987
 20.53 Bryan Bridgewater (Washington, LA) 1988
 20.57 -Calvin Harrison (North, Salinas) 1993
 20.62 Sultan McCullough (Muir, Pasadena) 1997
 20.64 -Henry Thomas (Hawthorne) 1985
 20.67 Bryan Howard (Canyon Springs, MV) 1994
 20.68c -James Sanford (Pasadena) 1977
 20.73 -Lionel Larry (Dominguez, Compton) 2004
 20.76 -Kareem Kelly (Poly, Long Beach) 1998
 20.76 *Bryan Howard (Canyon Springs, Moreno Vly) 1994
State Championship Record
 20.8 Henry Thomas (Hawthorne) 1984

400 METERS

45.09 -Henry Thomas (Hawthorne) 1986
 45.14 **Obear Moore (Muir, Pasadena) 1995
 45.25 -Calvin Harrison (North Salinas) 1993
 45.51 -Bill Green (Cubberley, Palo Alto) 1979
 45.76 -Danny Everett (Fairfax, LA) 1985
 45.76 -Steve Lewis (American, Fremont) 1987
 45.84 -David Gettis (Dorsey, Los Angeles) 2005
 46.04 Chip Rish (Marina, Huntington Beach) 1985
 46.15 Michael Granville (Bell Gardens) 1995
 46.16 Steve Campbell (Alta Loma, Ontario) 1995
State Championship Record
 45.25 Calvin Harrison (North, Salinas) 1993

800 METERS

1:46.45 -Michael Granville (Bell Gardens) 1996
 1:47.31 -Pete Richardson (Berkeley) 1981
 1:47.9c -Dale Scott (El Cerrito) 1972
 1:48.2c -Richard Joyce (Sierra, Whittier) 1965
 1:48.20 -Jeff West (Crenshaw, LA) 1979
 1:48.4c -Clark Mitchell (Bakersfield) 1965
 1:48.40 -Aaron Richberg (Logan, Union City) 1995
 1:48.52 -James Levine (Golden Valley, Merced) 1997
 1:48.6c -Dennis Carr (Lowell, Whittier) 1963
 1:48.6c -Robert Hose (Madison, San Diego) 1964
State Championship Record
 1:46.45 Michael Granville (Bell Gardens) 1996

1600 METERS

3:57.64 -Tim Danielson (Chula Vista) 1966
 4:00.64 -Rich Kimball (DeLaSalle, Concord) 1974
 4:02.44 *Curtis Beck (Santa Monica) 1972
 4:02.62 -Ryan Hall (Big Bear) 2001
 4:03.54 -Paul Medvin (University, LA) 1979
 4:03.64 -Mark Schilling (Garden Grove) 1972
 4:03.74 -Terry Cotton (Valley, El Cajon) 1972
 4:03.98 -Mebrahtom Keflezighi (San Diego) 1994
 4:04.00 *Mike Stember (Jesuit, Carmichael) 1995
 4:04.15 -Mark Mastalir (Jesuit, Carmichael) 1986
State Championship Record
 4:02.62 Ryan Hall (Big Bear) 2001

3200 METERS

8:32.74 -Jeff Nelson (Burbank) 1979
 8:40.4 Eric Reynolds (Camarillo) 1983
 8:41.0+ -Eric Hulst (Laguna Beach) 1976

8:41.6+ Thom Hunt (Patrick Henry, San Diego) 1976
 8:42.3+ Ralph Serna (Loara, Anaheim) 1975
 8:42.9+ Rich Kimball (DeLaSalle, Concord) 1974
 8:44.97 Eric Mastalir (Jesuit, Carmichael) 1986
 8:45.2+ Curtis Beck (Santa Monica) 1972
 8:46.78 -Jon Butler (Edison, Huntington Beach) 1981
 8:48.05c -Mark Matusak (Loyola, Los Angeles) 2005
State Championship Record
 8:44.9 Eric Hulst (Laguna Beach) 1975

110-METER HIGH HURDLES

13.39 *Kevin Craddock (James Logan, Union City) 2004
 13.41 -Steve Kerho (Mission Viejo) 1982
 13.48 Dominique DeGrammont (Tustin) 1997
 13.58 Sharif Paxton (Crenshaw, LA) 1997
 13.64 Kenyon Rambo (Poly, Long Beach) 1997
 13.67 David Ashford (West Covina) 1981
 13.67 Isaac Carson (Jefferson, Daly City) 1991
 13.67 -Phillip Johnson (Gardena) 1978
 13.68 -Jovesa Naivalu (Fremont, Sunnyvale) 1996
 13.69 -David Klech (California, San Ramon) 2006
State Championship Record
 13.39 Kevin Craddock (James Logan, Union City) 2004

300-METER INTERMEDIATE HURDLES

35.32 -George Porter (Cabrillo, Lompoc) 1985
 35.45 -David Klech (California, San Ramon) 2006
 35.93 *Kevin Craddock (James Logan, Union City) 2004
 36.18 -Makio Haywood (Muir, Pasadena) 1996
 36.25 -Jeff Hunter (Granite Hills, El Cajon) 2001
 36.26 -Jovesa Naivalu (Fremont, Sunnyvale) 1996
 36.30 -Jeff Garrison (J.W. North, Riverside) 2001
 36.43 John Montgomery (Independence, SJ) 1988
 36.44 Kevin Jones (Mt. Miguel, Spring Valley) 1988
 36.45 -Trevor Jones (Newport Harbor, Newport Bch) 2000
State Championship Record
 35.50 George Porter (Cabrillo, Lompoc) 1985

400-METER RELAY

40.14 Poly, Long Beach 1999
 40.24 Hawthorne 1989
 40.28 Muir, Pasadena 1997
 40.53 Serra, Gardena 1996
 40.63 Poly, Long Beach 2002
 40.64 Hawthorne 1985
 40.64 Muir, Pasadena 1996
 40.73 Serra, Gardena 1997
 40.74 Taft, Woodland Hills 2002
 40.78 Muir, Pasadena 1987
 40.78 Skyline, Oakland 1995
State Championship Record
 40.24 Hawthorne 1989

1600-METER RELAY

3:07.40 Hawthorne 1985
 3:08.66 Muir, Pasadena 1996
 3:08.72 Muir, Pasadena 1997
 3:08.94 Berkeley 1981
 3:09.45 Hawthorne 1984
 3:10.11 Hawthorne 1983
 3:10.33 Perris 1983
 3:10.37 Centennial, Compton 1980
 3:10.42 Berkeley 1980
 3:10.46 Hawthorne 1988
State Championship Record
 3:08.66 Muir, Pasadena 1996

DISCUS

213-11 -Scott Moser (Huntington Beach) 1997
 210-08 -Brian Blutreich (Capistrano Valley) 1985
 210-01 *Jeff Buckley (Bakersfield) 1991
 209-09 Sean Shields (Arroyo Grande) 2001
 209-06 Dave Porath (Atwater) 1978
 209-00 Reedus Thurmond (Serra, Gardena) 1998
 208-05 -Bo Taylor (Newport Harbor) 2006

206-05 -Daniel Schaeerer (The Bishop's, La Jolla) 2004
 206-04 -Darius Savage (Morse, San Diego) 2006
 204-10 Nik Kay (Los Gatos) 2003
State Championship Record
 206-05 Daniel Schaeerer (The Bishop's, La Jolla) 2004

HIGH JUMP

7-04.50 Maurice Crumby (Balboa, San Francisco) 1983
 7-04.25 Teak Wilburn (Chico) 2002
 7-04.00 Jeremy Fischer (Camarillo) 1994
 7-03.25 Lee Balkin (Glendale) 1979
 7-03.00 Reynaldo Brown (Compton) 1968
 7-03.00 Tim Poitil (Alemany, Mission Hills) 1979
 7-03.00 Jeff Rogers (Overfelt, San Jose) 1985
 7-03.00 Avery Anderson (North, Riverside) 1991
 7-02.25 Jeff Nadeau (Monroe, Sepulveda) 1993
 7-02.25 Jason Howard (Ridgeview, Bakersfield) 1997
State Championship Record
 7-3.25 Lee Balkin (Glendale) 1979

LONG JUMP

26-04.75 James Stallworth (Tulare) 1989
 26-03.75 Randy Williams (Edison, Fresno) 1971
 26-02.25 Ken Duncan (McClatchy, Sacramento) 1972
 26-00.75 Jerry Proctor (Muir, Pasadena) 1967
 26-00.75 Joe Richardson (Pasadena) 1984
 26-00.00 Johnny Cleveland (Soquel) 1984
 25-11.50 Larry Doubly (Manual Arts) 1976
 25-10.75 Heulon Hewitt (Merced) 1968
 25-09.50 Gerlad Hardeman (Edison, Fresno) 1972
 25-07.00 James McAlister (Blair, Pasadena) 1970
State Championship Record
 26-4.75 James Stallworth (Tulare) 1989

POLEVVAULT

18-02.00 Brandon Richards (San Marcos, Santa Barbara) 1985
 17-08.50 Brent Burns (Acalanes, Lafayette) 1987
 17-05.00 -Scott Roth (Granite Bay) 2006
 17-04.25 Anthony Curran (Crespi, Encino) 1978
 17-04.00 David Cox (Hoover, Fresno) 1991
 17-04.00 -Ryan Shuler (Granite Bay) 2006
 17-01.00 Steve Harris (Del Mar, San Jose) 1997
 17-01.00 Tye Harvey (Sonora) 1993
 17-00.75 Matt Warwick (Hesperia) 1988
 17-00.75 Scott Slover (Leland, San Jose) 1994
State Championship Record
 17-01.00 *Scott Roth (Granite Bay) 2005

SHOT PUT

76-02.00 -Brent Noon (Fallbrook) 1990
 71-10.00 *Van Mounts (Bakersfield) 1997
 69-06.50 Brian Blutreich (Capistrano Valley) 1985
 69-03.75 Jim Neidhart (Newport Harbor, Newport Bch) 1973
 68-05.50 Steve Montgomery (Lassen, Susanville) 1976
 68-05.00 Dave Kurasch (Newport Harbor, Newport Bch) 1975
 67-09.75 John Hubbell (Poly, Long Beach) 1966
 67-09.00 Terry Albritton (Newport Harbor, Newport Bch) 1972
 67-09.00 John McKenzie (Hart, Newhall) 1976
 67-08.25 Dave Doupe (Inglewood) 1973
State Championship Record
 74-4.75 Brent Noon (Fallbrook) 1990

TRIPLE JUMP

53-06.50 Joe Richardson (Pasadena) 1984
 52-10.5 Charles Mayfield (Muir, Pasadena) 1980
 52-06.25 Dave Tucker (San Joaquin Memorial, Fresno) 1970
 52-06.00 Henry Ellard (Hoover, Fresno) 1979
 52-05.75 Marcus Hooks (Lakewood) 1986
 52-04.75 Ken Frazier (Mission, San Francisco) 1981
 52-03.50 Randy Williams (Edison, Fresno) 1971
 52-00.00 Von Ware (Rancho Buena Vista, Vista) 1994
 51-11.00 Joel Smith (Cordova, Rancho Cordova) 1987
 51-08.75 MacArthur Anderson (Bakersfield) 1987
State Championship Record
 52-5.75 Marcus Hooks (Lakewood) 1986

CIF ALL-TIME GIRLS TRACK AND FIELD TOP MARKS

100 METERS

11.11 -Angela Williams (Chino) 1998
 11.14 *Marion Jones (Thousand Oaks) 1992
 11.28 *Angela Burnham (Rio Mesa, Oxnard) 1988
 11.29 -Allyson Felix (Los Angeles Baptist, North Hills) 2003
 11.33 -Jasmine Baldwin (Bishop Amat, La Puente) 2004
 11.34 *Sharon Ware (Berkeley) 1980
 11.35 *Shalonda Solomon (Poly, Long Beach) 2003
 11.41 -Tania Woods (Skyline, Oakland) 1999
 11.42 *Sani Roseby (Monterey) 1999

State Championship Record

11.14 Marion Jones (Thousand Oaks) 1992

200 METERS

22.11A -Allyson Felix (Los Angeles Baptist, North Hills) 2003
 22.58 *Marion Jones (Thousand Oaks) 1992
 22.86 -Jasmine Baldwin (Bishop Amat, La Puente) 2004
 22.88 -Tania Woods (Skyline, Oakland) 1999
 22.90 -Kinshasa Davis (Wilson, Long Beach) 1997
 22.92 *Shalonda Solomon (Poly, Long Beach) 2004
 23.02 -Angela Williams (Chino) 1998
 23.07 -Angel Perkins (Gahr, Cerritos) 2001
 23.08 -Jackie Thompson (Lincoln, San Diego) 1973
 23.16 -Monique Henderson (Morse, San Diego) 2001

State Championship Record

22.52 Allyson Felix (Los Angeles Baptist) 2003

400 METERS

50.74 -Monique Henderson (Morse, San Diego) 2000
 50.87 -Denean Howard (Kennedy, Granada Hills) 1982
 51.09A *Sherri Howard (Kennedy, Granada Hills) 1979
 51.91 Mable Ferguson (Ganeshia, Pomona) 1972
 52.09 -Nakiya Johnson (Ayala, Chino Hills) 1998
 52.17 Chewuakii Knighten (Locke, Los Angeles) 1985
 52.18 *Angel Perkins (Gahr, Cerritos) 2001
 52.1 Kathy Hammond (Mira Loma, Sacramento) 1969
 52.25 *Janeene Vickers (Pomona) 1986
 52.26 -Allyson Felix (Los Angeles, Baptist) 2003

State Championship Record

50.74 Monique Henderson (Morse, San Diego) 2000

800 METERS

2:02.29 **Mary Decker (Orange) 1974
 2:03.8 -Charlotte Cooke (Compton) 1966
 2:04.37 **Ann Regan (Camden, San Jose) 1977
 2:04.59 Kerri Zaleski (Millikan, Long Beach) 1985
 2:04.91 Trena Hull (Compton) 1984
 2:05.43 **Linda Goen (North, Bakersfield) 1977
 2:05.61 Nicole Teter (West Valley, Cottonwood) 1991
 2:05.7+ Rennie Durand (Laguna Beach) 1980
 2:05.84 *Jessica Spies (Livermore) 1981
 2:05.9 Lynn Hollins (Poly, Riverside) 1976

State Championship Record

2:04.91 Trena Hull (Compton) 1984

1600 METERS

4:33.64c -Polly Plumer (University, Irvine) 1982
 4:39.1c -Eileen Claugus (Rio Americano, Sacramento) 1973
 4:40.2c *Vickie Cook (Alemany, Mission Hills) 1981
 4:40.4c ***Mary Decker (Portola Jr, Orange) 1973
 4:42.10 -Annie St. Geme (Corona del Mar, Newport Hbr) 2006
 4:42.78 -Darcy Arreola (Grossmont, La Mesa) 1986
 4:42.80 -Julia Stamps (Santa Rosa) 1997
 4:43.09 ***Jordan Hasay (Mission Prep, SLO) 2006
 4:43.24 -Alejandra Barrientos (San Lorenzo Vly, Felton) 2001
 4:43.30c Cheri Williams (Livermore) 1978

State Championship Record

4:39.92 Polly Plumer (University, Irvine) 1982

3200 METERS

9:48.59 -Kim Mortensen (Thousand Oaks) 1996
 9:58.51 -Caitlin Chock (Granite Bay- non-team member) 2004
 10:04.2 Cory Schubert (Del Mar, San Jose) 1983
 10:06.2+ Cheri Williams (Livermore) 1978
 10:07.56 ***Jordan Hasay (Mission Prep, SLO) 2006
 10:08.95+ -Anita Siraki (Hoover, Glendale) 2001

10:11.11 -Sara Bei (Montgomery, Santa Rosa) 2001
 10:11.19 *Alejandra Barrientos (San Lorenzo Vly, Felton) 2000
 10:11.62 -Kirsten O'Hara (Palos Verdes, PV Estates) 1984
 10:11.78 Vickie Cook (Alemany, Mission Hills) 1982

State Championship Record

9:52.80 Kim Mortensen (Thousand Oaks) 1996

100-METER HIGH HURDLES

13.20 -Nichole Denby (J.W. North, Riverside) 2000
 13.35 -Nicole Hoxie (J.W. North, Riverside) 1997
 13.38 -Joanna Hayes (J.W. North, Riverside) 1995
 13.53 -Natasha Neal (James Logan, Union City) 1998
 13.55 -Daveeta Shepherd (DeAnza, Richmond) 1997
 13.58 -Ashlee Brown (J.W. North, Riverside) 2003
 13.60 **Julian Purvis (St. Elizabeth's) 2006
 13.61 -Lashinda Demus (Wilson, Long Beach) 2001
 13.63 -Ashlee Lodree (El Cerrito) 2003
 13.67 -Domenique Manning (J.W. North, Riverside) 2004

State Championship Record

13.20 Nichole Denby (J.W. North, Riverside) 2000

300-METER LOW HURDLES

39.98 -Lashinda Demus (Wilson, Long Beach) 2001
 40.10 **Ebony Collins (Wilson, Long Beach) 2005
 40.18 *Leslie Maxie (Mills, Millbrae) 1984
 40.26 Janeene Vickers (Ganeshia, Pomona) 1987
 40.81 -Joanna Hayes (J.W. North, Riverside) 1995
 40.86 Natasha Neal (James Logan, Union City) 1998
 41.09 *Gayle Kellon (Walnut) 1982
 41.31 -Talia Stewart (James Logan, Union City) 2004
 41.31 -MacKenzie Hill (Wilson, Long Beach) 2003
 41.42 Daveeta Shepherd (DeAnza, Richmond) 1997

State Championship Record

40.10 Ebony Collins (Wilson, Long Beach) 2005

400-METER RELAY

44.50 Poly, Long Beach 2004
 44.70 St. Bernard, Playa del Rey 1997
 44.84 Wilson, Long Beach 2005
 44.90 Poly, Long Beach 2003
 44.93 Wilson, Long Beach 2004
 45.10 Wilson, Long Beach 2001
 45.11 Hawthorne 1985
 45.12 Wilson, Long Beach 2006
 45.13 Berkeley 1981
 45.20 Poly, Long Beach 1995
 45.20 James Logan, Union City 1996

State Championship Record

44.70 St. Bernard (Playa Del Rey) 1997

1600-METER RELAY

3:35.49 Poly, Long Beach 2004
 3:35.55 Poly, Long Beach 2003
 3:35.72 Wilson, Long Beach 2001
 3:35.99 Poly, Long Beach 2002
 3:36.32 Wilson, Long Beach 1998
 3:37.01 Wilson, Long Beach 2003
 3:37.31 Wilson, Long Beach 1999
 3:37.38 Wilson, Long Beach 1996
 3:37.69 Muir, Pasadena 1985
 3:37.71 Kennedy, Granada Hills 1981

State Championship Record

3:35.49 Poly, Long Beach 2004

DISCUS

188.04 -Suzy Powell (Downey, Modesto) 1994
 183-11 -Leslie Deniz (Gridley) 1980
 183-06 -Billie Jo Grant (Arroyo Grande) 2003
 181-03 -Stephanie Brown (Arroyo Grande) 1998
 178-00 -Rachel Varner (Bakersfield) 2002
 177-01 *Chaniqua Ross (Laguna Creek, Elk Grove) 1997
 176-10 Melisa Weis (Bakersfield) 1990
 175-08 -Kate Hutchison (San Clemente) 2003
 174-09 -Natalie Kaaiawahia (Fullerton) 1983
 173-10 **April Burton (Bakersfield) 1997

State Championship Record

181-03 Stephanie Brown (Arroyo Grande) 1998

HIGH JUMP

6-02.75 -Latrese Johnson (Clovis) 1985
 6-02.25 -Wendy Brown (Woodside) 1984
 6-02.25 -Julie Broughton (Woodland) 1989
 6-02.00 -Sharon Day (Costa Mesa) 2003
 6-01.50 -Chaunte Howard (J.W. North, Riverside) 2002
 6-01.00 *Sue McNeal (Carlsbad) 1979
 6-01.00 Tonya Mendonca (Mt. Whitney, Visalia) 1983

State Championship Record

6-02 Latrese Johnson (Clovis) 1985

LONG JUMP

22-00.50 -Marion Jones (Thousand Oaks) 1993
 21-03.25 *Juliana Yendork (Walnut) 1990
 20-11.25 *Maddette Smith (Quartz Hill) 1986
 20-11.25 Jernae Wright (James Logan, Union City) 1996
 20-09.75 Wendy Brown (Woodside) 1984
 20-09.50 Pam Simpson (Poly, Long Beach) 1995
 20-08.75 Kim Attlesley (Corona del Mar, Newport Bch) 1971
 20-08.75 Marlene Harmon (Thousand Oaks) 1980
 20-08.50 Jodi Anderson (Washington, Long Angeles) 1975
 20-07.75 **Shana Woods (Poly, Long Beach) 2004

State Championship Record

22-00.50 Marion Jones (Thousand Oaks) 1993

POLE VAULT

13-08.50 -Kira Costa (San Joaquin Memorial, Fresno) 2003
 13-08.00 -Shayla Balentine (Morro Bay) 2001
 13-06.00 -Bryson Stately (Cordova, Rancho Cordova) 2005
 13-06.00 -Chelsea Johnson (Atascadero) 2002
 13-05.75 **Allison Stokke (Newport Harbor) 2005
 13-04.00 *Tori Anthony (Castilleja, Palo Alto) 2006
 13-03.00 -Tracy O'Hara (Rancho Bernardo) 1998
 13-02.00 *Tori Pena (Edison, Huntington Beach) 2005
 13-01.75 -Melissa Price (Kingsburg) 1995
 13-00.75 -Melissa Astete (Birmingham, Lake Balboa) 2001

State Championship Record

13-08.00 Shayla Ballentine (Morro Bay) 2001

SHOT PUT

53-07.75 -Natale Kaaiawahia (Fullerton) 1983
 53-07.50 -Karen Freberg (San Luis Obispo) 2001
 52-11.50 -Kristin Heaston (Ygnacio Valley, Concord) 1993
 51-05.00 -Jessica Pressley (Laguna Creek, Elk Grove) 2003
 50-11.75 Dawn Dumble (Bakersfield) 1990
 50-11.25 Jill Camarena (Woodland) 1999
 50-07.25 -Julie Dufresne (Harbor, Santa Cruz) 2005
 50-04.00 -Billie Jo Grant (Arroyo Grande) 2003
 50-03.50 Lynn Graham (Muir, Pasadena) 1965
 50-03.50 -Megan Howard (Arroyo Grande) 2004
 50-03.50 Jessica Cosby (Cleveland, Reseda) 2000

State Championship Record

52-11.50 Kristin Heaston (Ygnacio Valley, Concord) 1993

TRIPLE JUMP

44-11.75 *Brittany Daniels (Merrill West, Tracy) 2004
 44-00.50 -Juliana Yendork (Walnut) 1981
 43-04.50 **Michelle Sanford (Woodbridge, Irvine) 2001
 42-10.50 Wendy Brown (Woodside) 1984
 42-05.50 Yvette Bates (Berkeley) 1984
 42-04.50 Candace Baucham (Poly, Long Beach) 2001
 42-00.75 *Ke'nyia Richardson (Holy Names, Oakland) 2006
 41-11.50 -Gayle Hunter (J.W. North, Riverside) 2004
 41-09.50 -Ashika Charan (Claremont) 2006
 41-08.25 Jackie Anderson (Mt. Miguel, Spring Valley) 1987

State Championship Record

44-00.50 Juliana Yendork (Walnut) 1991

- senior; * junior; ** sophomore; *** freshman
 c=converted from yards distance; i=indoor mark;
 A=altitude mark achieved above 3,000m
 Only wind-legal marks, precision-auto times are included.
 Marks from all sanctioned events, not just state championship meet.
 Athletes with 2006 eligibility are listed in italics.
 Top Marks Lists courtesy of DyeStatCal.com (updated thru 5/29/06)

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	
206-05	Daniel Schaefer (The Bishop's School, La Jolla) 2004
HIGH JUMP	
7-03.25	Lee Balkin (Glendale) 1979
LONG JUMP	
26-04.75	James Stallworth (Tulare) 1989
POLE VAULT	
17-01	Scott Roth (Granite Bay) 2005
SHOT PUT	
74-04.75	Brent Noon (Fallbrook) 1990
TRIPLE JUMP	
52-05.75	Marcus Hooks (Lakewood) 1986

h -- hand timed

* -- two-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 HIGH HURDLES	
13:20	Nichole Denby (J.W. North, Riverside) 2000
300-METER LOW HURDLES	
40.10	Ebony Collins (Wilson, Long Beach) 2005
400-METER RELAY	
44.70	St. Bernard, Playa del Rey 1997
1600-METER RELAY	
3:35.49	Poly, Long Beach 2004
DISCUS THROW	
181-03	Stephanie Brown (Arroyo Grande) 1998
HIGH JUMP	
6-02	Latrese Johnson (Clovis) 1985
LONG JUMP	
22-00.50	Marion Jones (Thousand Oaks) 1993
POLE VAULT	
13-08	Shayla Ballentine (Morro Bay) 2001
SHOT PUT	
52-11.50	Kristin Heaston (Ygnacio Valley, Concord) 1993
TRIPLE JUMP	
44-00.50	Juliana Yendork (Walnut) 1991

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	
234-03	Niklas Arrhenius, Mountain View (Orem, Utah) 2001
HIGH JUMP	
7-05.25	Dothel Edwards, Cedar Shoals (Athens, Ga.) 1984
LONG JUMP	
26-04.75	James Stallworth (Tulare, Calif.) 1989
POLE VAULT	
18-02.25	Eric Eshbach (Orangefield, Texas) 1999
SHOT PUT	
77-00	Michael Carter, Jefferson (Dallas, Texas) 1979
TRIPLE JUMP	
52-10.50	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.) 2001
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	
188-04	Suzy Powell, Downey (Modesto, Calif.) 1994
HIGH JUMP	
6-03	Amy Acuff, Corpus Christi (Calallen, Texas) 1992
LONG JUMP	
22-01.75	Kathy McMillan, Hoke County (Raeford, N.C.) 1976
POLE VAULT	
13-09	Mary Saxer (Lancaster, New York) 2005
SHOT PUT	
54-10.75	Michelle Carter (Red Oak, Texas) 2003
TRIPLE JUMP	
44-02.25	Ychindria 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
Berkeley	41	Willie White	Edwards Stadium, Berkeley	June 6-7, 1980

CIF STATE TRACK AND FIELD TEAM CHAMPIONS

School	Points	Coach	Location	Dates
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
Dorsey, Los Angeles	38.5	Ralph Tilley	Hughes Stadium, Sacramento	June 3-4, 2005

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

** Reported figures for finals.

*** Meet rescheduled due to rain.

Scoring system was 5-3-2-1 from 1915 to 1928; 5-3-2-1.5 from 1929 to 1965; 6-4-3-2-1 from 1966-1979; and 10-8-6-5-4-3 since 1980.

GIRLS

School	Points	Coach	Location	Dates
Berkeley	13	Willie White	Memorial Stadium, Bakersfield	May 31-June 1, 1974
Washington, Los Angeles	22	Arnice Reddick	Balboa Stadium, San Diego	June 6-7, 1975
Berkeley	20	Willie White	Edwards Stadium, Berkeley	June 4-5, 1976
Locke, Los Angeles	14	Cherie Muller-Williams	Drake Stadium, Westwood	June 3-4, 1977
Hill, San Jose	16	John Johnigan	Memorial Stadium, Bakersfield	June 2-3, 1978
Westchester	24	Pat Nordell	Hughes Stadium, Sacramento	June 1-2, 1979
Kennedy, Granada Hills	48	Dixie Griffen	Edwards Stadium, Berkeley	June 6-7, 1980
Berkeley	64	Willie White	Cerritos College, Norwalk	June 5-6, 1981
Berkeley	48	Willie White	Hughes Stadium, Sacramento	June 4-5, 1982
Berkeley	29	Willie White	Memorial Stadium, Bakersfield	June 4, 1983
Woodside	38	Susie Wilson	Los Angeles Coliseum	June 2, 1984
Muir, Pasadena	55	Jim Brownfield	Hughes Stadium, Sacramento	May 31, 1985
Hawthorne	40	Kye Courtney	Cerritos College, Norwalk	June 6, 1986
Pomona	30	Isaiah Sanders	Hughes Stadium, Sacramento	June 5, 1987
Bakersfield (tie)	28	Scott Semar	Cerritos College, Norwalk	June 3, 1988
Rio Mesa (tie)	28	Brian Fitzgerald/Rick Torres	Cerritos College, Norwalk	June 3, 1988
Muir, Pasadena	36	Jim Brownfield	Cerritos College, Norwalk	June 2-3, 1989
Bakersfield	61	Scott Semar	Cerritos College, Norwalk	June 1-2, 1990
Morningside	28	Ron Tatum	Cerritos College, Norwalk	May 31-June 1, 1991
Poly, Long Beach	39	Don Norford	Cerritos College, Norwalk	June 5-6, 1992
Poly, Long Beach	56	Don Norford	Cerritos College, Norwalk	June 19, 1993***
Skyline, Oakland	36	Darrell Hampton	Cerritos College, Norwalk	June 3-4, 1994
Poly, Long Beach	52	Don Norford	Cerritos College, Norwalk	June 2-3, 1995
Wilson, Long Beach	43	Terry Kennedy	Cerritos College, Norwalk	May 31-June 1, 1996
Poly, Long Beach	49	Don Norford	Hughes Stadium, Sacramento	June 6-7, 1997
Wilson, Long Beach (tie)	42	Terry Kennedy	Cerritos College, Norwalk	June 5-6, 1998
Poly, Long Beach (tie)	42	Don Norford	Cerritos College, Norwalk	June 5-6, 1998
J.W. North, Riverside	42	Charles Leathers	Hughes Stadium, Sacramento	June 4-5, 1999
J.W. North, Riverside	45	Charles Leathers	Cerritos College, Norwalk	June 2-3, 2000
Poly, Long Beach	59	Don Norford	Hughes Stadium, Sacramento	June 1-2, 2001
J.W. North, Riverside	57	Charles Leathers	Cerritos College, Norwalk	May 31-June 1, 2002
Poly, Long Beach	62	Don Norford	Cerritos College, Norwalk	June 6-7, 2003
Poly, Long Beach	80	Don Norford	Hughes Stadium, Sacramento	June 4-5, 2004
Merrill West, Tracy	48	John Harvey	Hughes Stadium, Sacramento	June 3-4, 2005

*** 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)

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	Mac Robinson (Muir, Pasadena)	10.0
1935	Bob Frick (San Ramon)	9.6
1936	Mickey Anderson (Muir, Pasadena)	9.7
1937	Bryant Allen (Jefferson)	9.8
1938	Bill Van Leuven (Wilson, Long Beach)	9.8
1939	Jack Trout (Bakersfield)	9.9
1940	Eddie Morris (Huntington Beach)	9.7
1941	Al Jackson (Edison, Fresno)	9.8
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Art Williams (Riverside)	10.0
1947	John Bradley (Hoover, Glendale)	9.9
1948	Bill Fell (Compton)	9.7
1949	Erbie Schopper (Lincoln, Los Angeles)	9.9
1950	Gary Green (Jefferson, Los Angeles)	9.9
1951	Bob Cuning (Hoover, Glendale)	9.7
1952	Herb Turner (Alameda)	9.9
1953	Leamon King (Delano)	9.6
1954	James Jackson (Alameda)	9.6
1955	Ken Dennis (Centennial, Compton)	10.0
1956	Willie White (Jefferson, Los Angeles)	9.5
1957	Preston Griffin (Centennial, Compton)	9.6
1958	Hubie Watson (Jordan, Los Angeles)	9.6
1959	Hubie Watson (Jordan, Los Angeles)	9.8
1960	Bill Cowings (Fowler)	9.7
1961	Forrest Beaty (Hoover, Glendale)	9.5
1962	Forrest Beaty (Hoover, Glendale)	9.5
1963	Alvin Mann (Edison, Fresno)	9.6
1964	Jim Hines (McClymonds, Oakland)	9.7
1965	Harold Busby (Muir, Pasadena)	9.5
1966	Phil Underwood (Dorsey, Los Angeles)	9.6
1967	Mel Gray (Montgomery, Santa Rosa)	9.4
1968	Bob Ballard (Bellflower)	9.6
1969	Willie Robinson (Central, El Centro)	9.6
1970	Allen Carter (Bonita, La Verne)	9.8
1971	George Reddick (Hamilton, Los Angeles)	9.6
1972	Carl McCullough (Sacramento)	9.5
1973	Elijah Jefferson (Crawford, San Diego)	9.6w
1974	Elijah Jefferson (Crawford, San Diego)	9.8
1975	Kevin Williams (San Fernando)	9.4
1976	Billy Mullins (Hamilton, Los Angeles)	10.0
1977	David Russell (Patrick Henry, San Diego)	9.91
1978	Michael Sanford (Pasadena)	9.85
1979	Bill Green (Cubberly, Palo Alto)	9.59
1980	Howard Hawkins (Warren, Downey)	10.55
1981	Ken Robinson (Berkeley)	10.60
1982	Lew Dunn (J.W. North, Riverside)	10.53
1983	Steve Jones (Burbank, Sacramento)	10.64
1984	Henry Thomas (Hawthorne)	10.44
1985	Ron McCree (Madera)	10.49w
1986	Ron McCree (Madera)	10.57

1987	Quincy Watts (Taft, Woodland Hills)	10.49
1988	Darren Stringer (Vacaville)	10.78
1989	Curtis Conway (Hawthorne)	10.42
1990	Napoleon Kaufman (Lompoc)	10.57
1991	Ricky Carrigan (Compton)	10.33w
1992	Riley Washington (Southwest, San Diego)	10.30
1993	Bryan Howard (Canyon Springs, Moreno Valley)	10.43
1994	Pat Johnson (Redlands)	10.43
1995	Marques Holiwell (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
2005	Jamere Holland (Taft, Woodland Hills)	10.54

200-Meter Dash (Boys)

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 Wornil (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	Erbie Schopper (Lincoln, Los Angeles)	21.6
1950	Guy Blackburn (Jefferson, Los Angeles)	21.3
1951	Leamon King (Delano)	21.4
1952	Herb Turner (Alameda)	21.6
1953	Leamon King (Delano)	21.4
1954	James Jackson (Alameda)	21.2
1955	Bob Poynter (Pasadena)	21.6
1956	Bob Poynter (Pasadena)	21.0
1957	Preston Griffin (Centennial, Compton)	21.3
1958	Mel Clipper (Muir, Pasadena)	20.7
1959	Hubie Watson (Jordan, Los Angeles)	21.6
1960	Bill Cowings (Fowler)	21.0
1961	Forrest Beaty (Hoover, Glendale)	21.5
1962	Richard Stebbins (Fremont, Los Angeles)	20.9
1963	John House (Muir, Pasadena)	21.3
1964	Jim Hines (McClymonds, Oakland)	21.5
1965	Harold Busby (Muir, Pasadena)	21.0
1966	Phil Underwood (Dorsey, Los Angeles)	21.2
1967	Mel Gray (Montgomery, Santa Rosa)	20.7*
1968	Willie Deckard (Dorsey, Los Angeles)	21.7
1969	Willie Robinson (Central, El Centro)	21.7

1970	Jackie White (Santa Ana)	21.5
1971	Chuck Bommarito (Crestmoor, San Bruno)	21.2w
1972	Mike Shavers (Albany)	21.0
1973	Clancy Edwards (Santa Ana)	21.2w
1974	Millard Hampton (Silver Creek, San Jose)	21.1
1975	Billy Mullins (Hamilton, Los Angeles)	21.2
1976	Billy Mullins (Hamilton, Los Angeles)	21.6
1977	David Russell (Patrick Henry, San Diego)	20.97w
1978	Michael Sanford (Pasadena)	21.42
1979	Michael Sanford (Pasadena)	21.00
1980	Ken Robinson (Berkeley)	21.21
1981	Kevin White (Cordova, Rancho Cordova)	20.81
1982	Antonio Manning (Hamilton, Los Angeles)	21.05w
1983	Henry Thomas (Hawthorne)	21.02
1984	Henry Thomas (Hawthorne)	20.77
1985	Michael Marsh (Hawthorne)	20.83w
1986	Quincy Watts (Taft, Woodland Hills)	21.03
1987	Quincy Watts (Taft, Woodland Hills)	20.99
1988	Bryan Bridgewater (Washington, Los Angeles)	21.00
1989	Barry Smith (Mission, San Francisco)	20.82
1990	Napoleon Kaufman (Lompoc)	21.15
1991	Ricky Carrigan (Compton)	20.84w
1992	Gentry Bradley (Pius X, Downey)	20.97w
1993	Calvin Harrison (North Salinas, Salinas)	21.12
1994	Pat Johnson (Redlands)	21.01
1995	Bryan Harrison (Dana Hills, Dana Point)	20.82w
1996	Obea Moore (Muir, Pasadena)	20.91
1997	Andrea Ammons (Skyline, Oakland)	20.91w
1998	Kareem Kelly (Poly, Long Beach)	20.76
1999	Kareem Kelly (Poly, Long Beach)	20.76w
2000	Bennie Robinson (Poly, Long Beach)	20.96
2001	Seth Amoo (Highland, Palmdale)	21.05
2002	Matt Bruno (Trabuco Hills, Mission Viejo)	20.82
2003	Lionel Larry (Dominguez, Compton)	20.97
2004	Demick Jones (Poly, Long Beach)	21.10
2005	Jamere Holland (Taft, Woodland Hills)	20.88w

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

400-Meter Dash (Boys)

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	Waller 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
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

w -- wind aided result

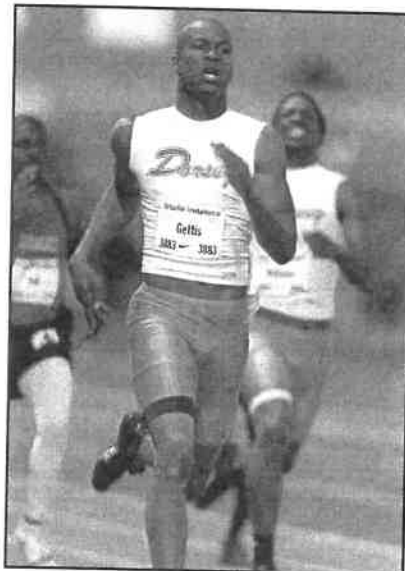
CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

1950	Sherman Miller (Napa)	48.8
1951	Jack North (Jordan, Long Beach)	49.7
1952	Lanny Carter (Orange)	48.8
1953	X.L. Emerson (Richmond)	49.2
1954	Bruce Kitchen (Riverside)	48.7
1955	Jerry White (Corcoran)	48.7
1956	Jerry White (Corcoran)	46.7
1957	Fred DeWitt (Berkeley)	47.9
1958	Dixon Farmer (Miramonte, Orinda)	48.6
1959	Dixon Farmer (Miramonte, Orinda)	48.6
1960	Ulis Williams (Compton)	47.2
1961	Ulis Williams (Compton)	47.8
1962	Manual Diaz (Keppel, Alhambra)	48.1
1963	Tommie Smith (Lemoore)	47.3
1964	Fred Banks (Jefferson, Los Angeles)	47.5
1965	Randy Julian (Bolsa Grande, Garden Grove)	47.4
1966	Wayne Collett (Gardena)	47.8
1967	Mike Newton (Whittier)	47.2
1968	Edesel Garrison (Centennial, Compton)	46.7
1969	Larance Jones (Lemoore)	46.6
1970	Rick Brown (Los Altos)	47.8
1971	Tony Krzyzosiak (Garden Grove)	46.7
1972	Robert Harrell (Santa Ana)	47.4
1973	Ron Whitaker (Wilson, San Francisco)	47.0
1974	Rod Connors (Cordova, Rancho Cordova)	47.7
1975	John Ware (Sacramento)	47.2
1976	Darold Harris (Pittsburg)	47.6
1977	James Sanford (Pasadena)	46.60
1978	Bill Greene (Cubberly, Palo Alto)	46.77
1979	Tony Banks (Morse, San Diego)	47.28
1980	Mike Turner (Centennial, Compton)	47.51
1981	David Timmons (Oakland)	47.09
1982	Fabian Cooper (Washington, Los Angeles)	46.38
1983	Larry Walker (Edison, Fresno)	47.03
1984	Chip Rish (Marina, Huntington Beach)	46.82
1985	Chip Rish (Marina, Huntington Beach)	45.7h
1986	Steve Lewis (American, Fremont)	46.59
1987	Steve Lewis (American, Fremont)	46.7h
1988	Travis Hannah (Hawthorne)	47.02
1989	Beno Bryant (Dorsey, Los Angeles)	47.52
1990	Mike Sulcer (Muir, Pasadena)	47.54
1991	Richard Dupree (Roosevelt, Fresno)	47.21
1992	Derek Shepard (Lincoln, San Francisco)	46.95
1993	Calvin Harrison (North Salinas, Salinas)	45.25
1994	James Davis (Will C. Wood, Vacaville)	46.96
1995	Obea Moore (Muir, Pasadena)	46.08
1996	Obea Moore (Muir, Pasadena)	45.81
1997	Eddie Levine (Golden Valley, Merced)	46.77
1998	Mike Ryan (Beverly Hills)	47.62
1999	Blaine Bussey (Taft, Los Angeles)	46.94
2000	Brandon Matlock (Stockdale, Bakersfield)	47.63
2001	Jason Lovell (Cleveland, Los Angeles)	47.51
2002	Blake Mackey (Bakersfield)	47.93
2003	David Gettis (Dorsey, Los Angeles)	47.41
2004	David Gettis (Dorsey, Los Angeles)	46.69
2005	David Gettis (Dorsey, Los Angeles)	45.84

800-Meter Run (Boys)

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 (Pemis)	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 Cloeige (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	Theimo 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 Hose (Madison, San Diego)	1:51.7
1965	Richard Joyce (Sierra, Whittier)	1:48.8
1966	Terry Rogers (Hilltop, Chula Vista)	1:51.5
1967	Lawrence Banks (Dorsey, Los Angeles)	1:51.2
1968	George Alfaro (Pittsburg)	1:52.3
1969	Ricco Sanchez (Canoga Park)	1:51.6
1970	Rick Brown (Los Altos)	1:50.6
1971	Perrell 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



David Gettis not only helped lead Dorsey to its first team state championship last year, he also became the first individual to win three straight 400m titles.

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 Hadden (Woodbridge, Irvine)	1:51.41
2003	Duane Solomon (Cabrillo, Lompoc)	1:49.79
2004	Bryan Rodia (Royal, Simi Valley)	1:52.04
2005	Jesse O'Brien (San Pasqual, Escondido)	1:53.71

1600-Meter Run (Boys)

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 Schwoebeda (Petaluma)	4:40.0
1923	Earl Lockhart (Sacramento)	4:31.6
1924	Lee Hansen (Manual Arts, Los Angeles)	4:37.1
1925	Chesley Unruh (El Monte)	4:35.2
1926	Jack Ferguson (Inglewood)	4:35.7
1927	Cliff Halstead (Sacramento)	4:33.6
1928	Dick Brooks (Redlands)	4:39.0
1929	John Baker (Huntington Beach)	4:31.1
1930	Phil Morentin (Visalia)	4:31.0
1931	Phil Morentin (Visalia)	4:32.8
1932	Virgil Hooper (Antelope Valley)	4:32.3
1933	Virgil Hooper (Antelope Valley)	4:29.2
1934	Louis Zamperini (Torrance)	4:27.8
1935	Elmer Bayer (Paso Robles)	4:30.4
1936	Simon Scott (Tamalpais)	4:31.2
1937	Bruce Hammack (Yreka)	4:30.4
1938	Jack Moore (Stockton)	4:26.9
1939	John Hall (Torrance)	4:26.8
1940	Kellen Ramirez (Edison, Fresno)	4:31.5
1941	Bob Ingram (San Jose)	4:32.8
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Bob McMillen (Cathedral, Los Angeles)	4:24.0
1947	Chuck Kohl (Compton, Los Angeles)	4:29.2
1948	John Woolley (Marshall Fundamental)	4:29.1
1949	Ellwyn Stribling (Commerce, San Francisco)	4:25.1
1950	Ron Bauer (Washington, San Francisco)	4:23.7
1951	Allie Cage (McClymonds, Oakland)	4:30.7
1952	Fernando Ledesma (Compton)	4:23.2
1953	Bob Seaman (Reedley)	4:21.0
1954	Ty Hadley (Bellflower)	4:25.8
1955	Tod White (Newport Harbor)	4:20.0
1956	Ron Larieu (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

w -- wind aided result

CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

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 Ariola (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 (Jesuit, Carmichael)	4:07.81
1987	Scott Robinson (Bellarmine, San Jose)	4:07.95
1988	Reggie Williams (River City, West Sacramento)	4:08.78
1989	Francis O'Neil (San Pasqual, Escondido)	4:08.67
1990	Coley Candaele (Carpinteria)	4:06.26
1991	Daniel DasNeves (Helix, La Mesa)	4:12.22
1992	Daniel DasNeves (Helix, La Mesa)	4:09.54
1993	Brian Wilkinson (Merced)	4:08.13
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
2005	Mark Matusak (Loyola, Los Angeles)	4:10.72

3200-Meter Run (Boys)

1965	Ralph Gamez (Berkeley)	9:12.9
1966	Ralph Gamez (Berkeley)	9:01.6
1967	Pete Romero (Readley)	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 (Clairemont, San Diego)	8:53.8
1972	Curtis Beck (Santa Monica)	8:52.3
1973	Terry Williams (Lompoc)	8:54.8
1974	Rick Kimball (De La Salle, Concord)	8:46.5
1975	Eric Hulst (Laguna Beach)	8:44.9
1976	Eric Hulst (Laguna Beach)	8:57.4
1977	Frank Assuma (Eisenhower, Rialto)	8:52.9
1978	Jeff Nelson (Burbank)	8:59.28
1979	Jeff Nelson (Burbank)	8:47.35
1980	Andy DiConti (La Canada)	8:55.79
1981	Jon Butler (Edison, Huntington Beach)	8:46.78
1982	Harold Kuphaldt (Bella Vista, Fair Oaks)	8:51.99
1983	Eric Reynolds (Camarillo)	8:54.75
1984	Roman Gomez (Belmont, Los Angeles)	8:58.91
1985	Roman Gomez (Belmont, Los Angeles)	9:03.05
1986	Eric Mastalir (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 Dameworth (Agoura)	8:53.26
1991	Dave Hartman (Canyon, Canyon Country)	8:58.38
1992	Angel Martinez (San Gabriel)	8:56.34
1993	Matt Farley (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	Yosef Ghebray (James Logan, Union City)	9:04.20
2005	Mike Cybulski (Royal, Simi Valley)	9:02.57

110-Meter High Hurdles (Boys)

1915	Earl Thomson (Poly, Long Beach)	15.2
1916	Harry Lamport (Manual Arts, Los Angeles)	16.4
1917	Earl Johnston (Fullerton)	16.2
1918	Larry Rice (Fresno)	16.0
1919	Charley Daggis (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 Diaz (Lincoln, Los Angeles)	14.9
	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 (Ganesha, Pomona)	14.5
1977	Phillip Johnson (Cardena)	13.66
1978	Milan Stewart (West Covina)	13.97
1979	Jim Scannella (San Ramon, Danville)	13.87
1980	Don Ward (St. Mary's, Berkeley)	13.73
1981	David Ashford (West Covina)	13.67
1982	Steve Kerho (Mission Viejo)	13.41
1983	Mark Boyd (St. Mary's, Berkeley)	13.93
1984	Raymond Young (Hawthorne)	14.32
1985	Robert Reading (St. Mary's, Berkeley)	13.88
1986	Terry Johnson (Katella, Anaheim)	13.88
1987	Dana Hall (Ganesha, Pomona)	13.98
1988	Darrell Thompson (Cerritos)	14.25
1989	William Henry (Arroyo Grande)	14.05
1990	Curtis Hawkins (Carson)	14.41
1991	Issac Carson (Jefferson, Los Angeles)	13.67
1992	Charlie Davidson (Saddleback, Santa Ana)	13.94w
1993	Drue Powell (Reseda)	13.87
1994	Gerimi Burleigh (Upland)	13.93w
1995	Joe Naivalu (Fremont, San Jose)	14.33
1996	Joe Naivalu (Fremont, San Jose)	13.88
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
2005	Robert Williams (Ramona)	13.97

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 Bornes (Rancho Buena Vista, Vista)	38.00
2004	Kevin Craddock (James Logan, Union City)	35.93
2005	David Klech (California, San Ramon)	36.06

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

w -- wind aided result

CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

1976	Kennedy (Bartow)	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
2005	Dorsey (Los Angeles)	40.92

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	Ellis (Richmond)	3:15.7
1976	Pasadena	3:18.2
1977	Pasadena	3:13.7
1978	Banning (Wilmington)	3:11.57
1979	Locke (Los Angeles)	3:14.04
1980	Centennial (Compton)	3:10.37
1981	Berkeley	3:08.94
1982	Compton	3:14.45
1983	Hawthorne	3:10.11
1984	Hawthorne	3:09.45
1985	Hawthorne	3:14.13
1986	Hawthorne	3:14.79
1987	Hawthorne	3:11.77
1988	Hawthorne	3:10.46
1989	Dorsey (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
2005	Dorsey (Los Angeles)	3:12.12

Discus Throw (Boys)

1915	Clifford Merritt (Santa Rosa)	113.00
1916	Wayne Weeks (Santa Rosa)	117.00
1917	Roy Evans (Chaffey)	122.11
1918	Johnny Boyle (Los Angeles)	114-02.75

1919	Johnny Boyle (Los Angeles)	120-06
1920	Clarence Houser (Oxnard)	123-08
1921	Clarence Houser (Oxnard)	135-00.50
1922	Clarence Houser (Oxnard)	144-03.20
1923	Eric Krenz (Stockton)	128-04.25
1924	Robert Patton (Poly, Riverside)	124-06.50
1925	Eddie Moeller (San Diego)	126-00.62
1926	Eddie Moeller (San Diego)	141-00
1927	Fred Steiner (Chaffey)	135-08
1928	Dudley Stephens (Woodland)	135-00.37
1929	Dudley Stephens (Woodland)	134-09
1930	Gordon Dunn (Fresno)	130-05.12
1931	George Theodoratus (Sacramento)	132-01.50
1932	Arlo Munch (Poly, Long Beach)	130-11.50
1949	John Henry Johnson (Pittsburg)	145-02
1950	Louie Irigara (Lemoore)	145-01.25
1951	Leon Pattersonb (Taft)	165-02
1954	Jack Egan (Balboa, San Francisco)	159-01.50
1955	Wayne Crow (Corcoran)	160-07
1956	Wayne Crow (Corcoran)	171-05.25
1957	Don Bell (Alameda)	172-03.75
1958	Bill Hook (Ukiah)	166-08
1959	Ron Sindow (San Rafael)	176-01
1960	Alex Darnes (Poly, San Francisco)	178-08
1961	Bob Stoecker (Los Altos)	188-06.50
1962	Bob Stoecker (Los Altos)	185-11.50
1963	Stan McDonald (Edison, Fresno)	178-01
1964	Bill Staley (Las Lomas, Walnut Creek)	181-02
1965	Bruce Naglee (Baltimore, San Jose)	172-03.50
1966	Jim Peters (Piedmont)	189-01
1967	Fred DeBernardi (Hart, Newhall)	178-02
1968	Rory Kenward (San Marcos, Santa Barbara)	183-11
1969	Chris Adams (Los Altos)	188-00
1970	Chris Adams (Los Altos)	201-03
1971	Bob Otto (Porterville)	184-09
1972	Scott Overton (Los Altos)	185-10
1973	Lonnie Shelton (Foothill, Bakersfield)	195-05
1974	Ray Burton (Vacaville)	193-00
1975	Mike Alberg (Lodi)	171-11
1976	Scott Endler (Hoover, Fresno)	192-10
1977	David Thompson (Santa Ynez)	190-00
1978	David Porath (Atwater)	199-05
1979	Hank Kraychir (San Jacinto)	192-09
1980	Paul Bender (Shafter)	192-09
1981	Antonio Dobbins (Burroughs, Ridgecrest)	180-10
1982	Antonio Dobbins (Burroughs, Ridgecrest)	191-01
1983	Barry Estes (Clovis)	183-04
1984	Tambi Wenj (Fountain Valley)	185-11
1985	Brian Bluetreich (Capistrano Valley, Mission Viejo)	203-04
1986	Jeff Hooper (Del Campo, Fair Oaks)	187-04
1987	Dave Bultman (Royal, Simi Valley)	193-06
1988	John Wirtz (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	Jarered Morgan (La Quinta)	194-01
2003	Nik Kay (Los Gatos)	203-03
2004	Daniel Schaerer (Bishop's School, La Jolla)	206-05
2005	Darius Savage (Morse, San Diego)	194-08

High Jump (Boys)

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 Osdal (Compton)	5-11
1927	Lynford Scott (Eureka)	6-00.75
1928	Henry Lassalette (La Puente)	6-02.12
	Bob Van Osdal (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 Channel (McLane, Fresno)	6-07.50
1963	Ed Caruthers (Santa Ana Valley, Santa Ana)	6-08
1964	Greg Heet (Lowell, Whittier)	6-07.75
1965	Ken Brown (Castlemont, Oakland)	6-08.50
1966	Tom Clyburn (Balboa, San Francisco)	6-10
1967	Reynaldo Brown (Compton)	6-09.25
1968	Reynaldo Brown (Compton)	7-00
1969	Reynaldo Brown (Compton)	7-00
1970	Jerry Culp (Oceanside)	7-00.25
1971	Dwight Stones (Glendale)	7-01.50
1972	Carl Miles (Poly, Long Beach)	6-10
1973	Randy Turner (Wilson, San Francisco)	6-06
1974	Charles Hatch (Wilson, San Francisco)	7-00
1975	Johnny Washington (Fremont, Los Angeles)	7-00
1976	John Lane (American, Fremont)	6-11
1977	Dennis Smith (Santa Monica)	7-02
1978	Brad Harris (Los Alamitos)	6-11
1979	Lee Balkin (Glendale)	7-03.25
1980	Greg Denby (Crenshaw, Los Angeles)	6-10
1981	Anthony Caire (Pius X, Downey)	7-01
1982	Maurice Crumby (Balboa, San Francisco)	7-00
1983	Maurice Crumby (Balboa, San Francisco)	7-02
1984	Kenny Burke (Westlake, Westlake Village)	7-00
1985	Mark Webster (Homestead, Cupertino)	6-09
1986	Derrick Moore (Millikan, Long Beach)	6-10

w -- wind aided result

CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

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
2005	Fletcher Carlyle (Vintage, Napa)	6-09

Long Jump (Boys)

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
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	Effien 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 Hemdon (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	Bobby 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	Demetri Mosby (Gahr, Cerritos)	24-03.75
2005	Andre Crenshaw (Antelope Valley, Lancaster)	22-08

Pole Vault (Boys)

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 (Burrughs, Burbank)	13-03.75
1953	Ron Morris (Burrughs, 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 (Ganesha, Pomona)	13-03
	Gary Down (Anaheim)	13-03
1961	Mike Graves (El Cajon)	14-02.50
1962	Eric Berge (Costa Mesa)	14-03
	Bob Richardson (Ganesha, Pomona)	14-03
1963	Bill Fosdick (Andrew Hill, San Jose)	14-08.75
1964	Paul Wilson (Warren, Downey)	15-04.25
1965	Paul Wilson (Warren, Downey)	15-06.50
1966	Wayne Meyers (Foothill, Sacramento)	15-00.75
1967	Tom Reynolds (Morningside, Inglewood)	14-10
1968	Steve Smith (South Torrance, Torrance)	15-03.50
1969	Steve Smith (South Torrance, Torrance)	16-00
1970	Tom Lindsay (La Sierra, Carmichael)	14-10.50
1971	Tim Quinn (Monroe, Sepulveda)	15-02
1972	Hubert Black (Fremont, Los Angeles)	15-02
1973	Tim Curran (Crespi, Encino)	16-02.75
1974	Jim Knaub (Lakewood)	15-06
1975	Keith 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 Stocum (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 Griz (Bear Creek, Stockton)	16-07
1998	Mark Unzueta (Lemoore)	16-02
1999	Brandon Braunstein (Newark Memorial, Newark)	16-02
2000	Shane Brackett (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
2005	Scott Roth (Granite Bay)	17-01

Shot Put (Boys)

1915	Wayne Weeks (Santa Rosa)	46-02.37
1916	Wayne Weeks (Santa Rosa)	47-04.25

w -- wind aided result

CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

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)	
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 Wilhoite (Merced)	57-03.23
1950	Hal Norris (Grossmont, San Diego)	56-05.50
1951	Leon Patterson (Taft)	59-02.50
1952	Leon Patterson (Taft)	60-09.87
1953	Don Vick (Chaffey)	60-07.75
1954	Dick Bronson (Grossmont, San Diego)	59-07.12
1955	Duncan Ward (Santa Monica)	59-04.50
1956	Homer Robertson (Pacific, San Bernardino)	63-09.50
1957	Clark Branson (Pasadena)	64-00.75
1958	Jack 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 Diego, Encinitas)	63-11.00
1969	Sam Cunningham (Santa Barbara)	61-02.00
1970	Randy Withrow (Pasadena)	63-08.75
1971	Mark Stevens (Newport Harbor)	67-02.25
1972	Randy Cross (Crespi, Encino)	65-07.25
1973	Jim Niedhart (Newport Harbor)	67-03.25
1974	David Kurrasch (Santa Ana)	63-10.50
1975	David Kurrasch (Santa Ana)	65-09.50
1976	Steve Montgomery (Lassen, Susanville)	68-00.00
1977	Craig Polley (Sunny Hills, Fullerton)	62-04.25
1978	Dave Porath (Altwater)	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)	84-00.25
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 Gueñin (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
2005	Danny Rohr (Arroyo Grande)	60-06.25

Triple Jump (Boys)

1939	Jack Laughner (Wilson, Long Beach)	44-08.50
1973	Willie Banks (Oceanside)	49-07.25
1974	Willie Banks (Oceanside)	50-09.00
1975	Mike Dobbins (Merced)	49-03.00
1976	Greg Caldwell (Fremont, Los Angeles)	51-08.50w
1977	Dokie Williams (El Camino, Oceanside)	51-00.50
1978	Dokie Williams (El Camino, Oceanside)	50-04.25
1979	Henry Ellard (Hoover, Fresno)	49-02.50
1980	Freeman Miller (Fremont, Los Angeles)	50-08.00
1981	Ken Frazier (Mission, San Francisco)	50-10.75
1982	Archie Cornell (Fresno)	50-03.75
1983	Torrey Barr (McLane, Fresno)	50-02.50
1984	Joe Richardson (Pasadena)	51-08.25
1985	Terrence Strong (Bakersfield)	51-09.50w
1986	Marcus Hooks (Lakewood)	51-04.25
1987	Joel Smith (Cordova, Rancho Cordova)	50-10.00
1988	Tyrone Scott (Mesa Verde, Citrus Heights)	50-06.00
1989	Lenny McGill (Orange Glen, Escondido)	51-01.25
1990	Pouphet Singbandith (Magnolia, Anaheim)	51-07.75
1991	Offord Rollins (Wasco)	51-04.75
1992	Tony Parrish (Marina, Huntington Beach)	49-01.00w
1993	Tony Parrish (Marina, Huntington Beach)	50-11.75
1994	Von Ware (Rancho Buena Vista, Vista)	50-06.00
1995	Michael Turner (Morningside, Inglewood)	49-02.00w
1996	Tye Anderson (Poly, Long Beach)	49-11.75
1997	Anthony Colson (Center, Antelope)	49-11.25w
1998	Benson Jones (Clayton Valley, Concord)	51-01.50w
1999	Kyle Carano (Hoover, Fresno)	52-02.50w
2000	Jamil Smith (Palmdale)	49-04.25
2001	Jamil Smith (Palmdale)	49-08.00
2002	Nathan Atkins (Cerritos)	49-07.75
2003	Rudy Burgess (Desert, Edwards AFB)	50-04.25
2004	Nkosinza Balumbu (James Logan, Union City)	50-06.00
2005	Nkosinza Balumbu (James Logan, Union City)	49-07.50

GIRLS CHAMPIONS

100-Meter Dash (Girls)

1974	Janice Wiser (La Jolla)	10.8
1975	Sandi Howard (Manual Arts, Los Angeles)	10.7
1976	Pam Waters (Bell, Los Angeles)	11.0
1977	Jeanette Bolden (Centennial, Compton)	10.48w
1978	Kelia Bolton (Andrew Hill, San Jose)	10.92
1979	Gwen Loud (Westchester, Los Angeles)	10.62
1980	Sharon Ware (Berkeley)	11.42
1981	Sharon Ware (Berkeley)	11.66
1982	Gervaise McCraw (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
2005	Ebony Collins (Wilson, Long Beach)	11.50

200-Meter Dash (Girls)

1974	Janice Wiser (La Jolla)	24.2
1975	Pam Waters (Bell, Los Angeles)	24.4
1976	Pam Waters (Bell, Los Angeles)	24.8
1977	Kim Robinson (Westchester, Los Angeles)	23.97
1978	Kelia Bolton (Andrew Hill, San Jose)	23.99
1979	Gwen Loud (Westchester, Los Angeles)	23.54
1980	Sheri 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	Allyson Felix (Los Angeles Baptist, North Hills)	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
2005	Khrystal Carter (Valley Christian, San Jose)	23.44w

400-Meter Dash (Girls)

1974	Veronica Venezie (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	Artise Emerson (Westminster)	54.3
1979	Sheri Howard (San Geronio, San Bernardino)	53.65
1980	Denean Howard (Kennedy, Granada Hills)	53.04
1981	Gervaise McCraw (Ganesha, 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

w -- wind aided result

CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

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
2005	Sa'de Williams (Rancho Cucamonga)	52.35

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	Mariym Davis (Miramonte, Orinda)	2:09.73
1981	Donna Curtis (Culver City)	2:06.08
1982	Rennie Durand (Laguna Beach)	2:06.36
1983	Kerri Zaleski (Millikan, 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
2005	Libby Jenke (Menlo, Atherton)	2:10.39

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
2005	Annie St. Gerne (Corona del Mar, Newport Beach)	4:50.40

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 (Gundersen, 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 Fleschman (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
2005	Tori Tyler (Gunn, Palo Alto)	10:38.90

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	Janel Yarborough (Clovis)	14.01
1980	Judy Young (Berkeley)	13.52w
1981	Sherifa Sanders (Berkeley)	13.74
1982	Natalie Spinks (Skyline, Oakland)	13.88w
1983	Cheuwakii 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	Phefima 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
2005	Leslie Mercado (Diamond Ranch, Pomona)	13.58w

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
2005	Ebony Collins (Wilson, Long Beach)	40.10

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
2005	Wilson (Long Beach)	44.84

1600-Meter Relay (Girls)

1974	Berkeley	3:46.4
1975	Washington (Los Angeles)	3:44.5
1976	Fremont (Los Angeles)	3:55.9
1977	Locke (Los Angeles)	3:52.1
1978	Fremont (Los Angeles)	3:51.3
1979	San Geronio (San Bernardino)	3:44.05
1980	Kennedy (Granada Hills)	3:37.98
1981	Kennedy (Granada Hills)	3:37.71
1982	Dorsey (Los Angeles)	3:41.72
1983	Dorsey (Los Angeles)	3:46.24
1984	Locke (Los Angeles)	3:38.65
1985	Muir (Pasadena)	3:43.30
1986	Compton	3:42.31
1987	Poly (Long Beach)	3:45.20
1988	Hawthorne	3:47.32
1989	Hawthorne	3:46.59
1990	Morningside (Inglewood)	3:44.16
1991	Poly (Long Beach)	3:48.85
1992	Poly (Long Beach)	3:45.91
1993	Poly (Long Beach)	3:42.75

w -- wind aided result

CIF STATE TRACK AND FIELD INDIVIDUAL CHAMPIONS

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
2005	Wilson (Long Beach)	3:39.27

Discus Throw (Girls)

1976	Kathy Middleton (Poway)	134-05
1977	Karen Stampfl (Lassen, Susanville)	137-08
1978	Christi Pyle (Hoover, Glendale)	149-03
1979	Leslie Deniz (Gridley)	167-01
1980	Leslie Deniz (Gridley)	172-11
1981	Natalie 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 Dumble (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
2005	Alexarae Toeaina (Pittsburg)	158-03

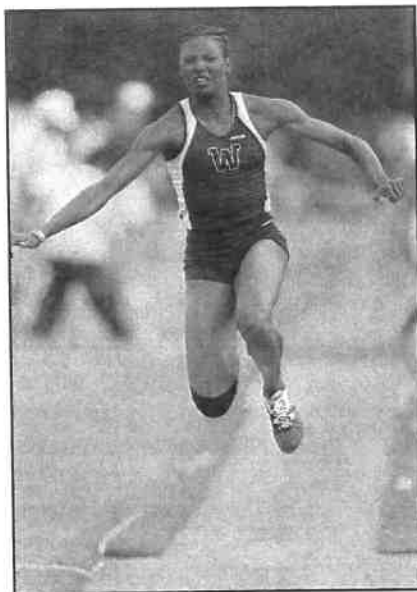
High Jump (Girls)

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

2002	Sharon Day (Costa Mesa)	5-11
2003	Sharon Day (Costa Mesa)	5-10
2004	Allie Miller (Los Altos)	5-09.25
2005	Desirae Gonder (Stockdale)	5-09

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 Gourline (El Toro, Lake Forest)	19-01
1978	Kathy Hayes (Madera)	19-03
1979	Gwen Loud (Westchester)	20-04.50
1980	Marlene Harmon (Thousand Oaks)	20-08.75
1981	Chris Mose (El Cajon)	18-10.25
1982	Wendy Brown (Woodside)	19-10.50
1983	Gail Devers (Sweetwater, National City)	19-06.00
1984	Wendy Brown (Woodside)	20-09.75
1985	Yvette Roberts (Washington Union, Fresno)	19-01.00
1986	Madette Smith (Quartz Hill)	20-04.75
1987	Karen Lawson (St. Francis, Mountain View)	19-01.50
1988	Tonya Conner (Barstow)	19-05.75
1989	Juliana Yendork (Walnut)	20-02.50w
1990	Juliana Yendork (Walnut)	20-01.50
1991	Juliana Yendork (Walnut)	20-07.50w
1992	Kam Warner (West, Bakersfield)	20-06.25
1993	Marion Jones (Thousand Oaks)	22-00.50
1994	Tara Oettinger (Foothill, Santa Ana)	19-07.50
1995	Jernae Wright (James Logan, Union City)	20-08.00w
1996	Jernae Wright (James Logan, Union City)	20-03.00
1997	Bunmi Ogunleye (Poly, Long Beach)	20-00.75w
1998	Angela Williams (Chino)	19-07.75w
1999	Sani Roseby (Monterey)	19-08.75w
2000	Michelle Sanford (Woodbridge, Irvine)	19-07.25
2001	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
2005	Brittany Daniels (Merrill West, Tracy)	20-08.25w



Brittany Daniels, of Merrill West HS in Tracy, is the owner of four individual state championships, including three straight triple jump crowns in 2003-05. She also won the long jump last year.

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
2005	Brysun Stately (Cordova, Rancho Cordova)	13-04

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 Dumble (Bakersfield)	48-02.50
1989	Melissa Weis (Bakersfield)	44-01
1990	Dawn Dumble (Bakersfield)	49-03.50
1991	Mike 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 Aderniluyi (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
2005	Julie Dufresne (Harbor, Santa Cruz)	47-07.50

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
2005	Brittany Daniels (Merrill West, Tracy)	44-05.50w

KIRBY LEE / IMAGE OF SPORT

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 Lamport (Manual Arts, LA)	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, LA)	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)
3	David Gettis (Dorsey, Los Angeles)	400m (2003-05)

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	(1999-00, 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, No. 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)
4	Brittany Daniels (Merrill West, Tracy)	TJ (2003-05); LJ (2005)
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	Kinshasa Davis (Wilson, Long Beach)	400m (1996-97); 200m (1997)
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 compilation of individual titles provided by Nelson Tennis, Founder Cal-Hi Sports