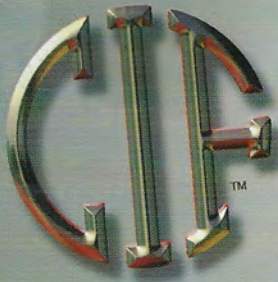


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2010 CIF STATE



TRACK & FIELD CHAMPIONSHIPS

Presented By



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**Veterans Memorial Stadium
Buchanan High School, Clovis
June 4-5, 2010**

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Welcome!

Congratulations on advancing to the CIF State Track & Field Championships. This is an achievement that deserves to be celebrated! Along with this achievement come additional responsibilities as the spotlight of high school athletics will now focus on you and your school.

Many individuals throughout the state will get, perhaps, their first and only impression of you, your school, and community by the actions that you, your team, and community will display this weekend.

The CIF is committed to the principles of Pursuing Victory with Honorsm. As a condition of membership in the CIF, your school agreed to abide by these principles both in the letter and spirit of the rule. In short, the principles are about fair play and respect in all that you do in the field of play and the sportsmanship spectators display in the stands.

We want to thank all parents for your day-to-day contributions and support in helping these fine athletes achieve their goals. We want to thank all spectators for your support and recognition of the achievements and skills being demonstrated here this weekend.

As one last request, we ask that you join us in setting the example of the highest standards of good sportsmanship that we expect from all our athletes. Not only do we ask that you respect the achievements of those who participate this weekend, but also respect the hardworking coaches and officials who have made a personal commitment to making this a positive experience.

Please do not demean or degrade opposing teams, athletes, coaches or officials. Treat everyone with the kind of respect you wish to receive and we will all leave here this weekend as winners.

Sincerely,

Marie M. Ishida, CIF Executive Director
CIF State Office



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Supervisor



RON NOCETTI
CIF Senior Director



2010 EVENT SCHEDULE



FIELD EVENTS

FRIDAY QUALIFYING TIMES

Event	Reporting Time <i>Report to Field Event Clerk of Course</i>	Starting Time
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 Triple 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	4:30 p.m.	6:00 p.m.
Girls Pole Vault	4:30 p.m.	6:00 p.m.
Boys Long 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 <i>Report to Field Event Clerk of Course</i>	Starting Time
Girls Discus	3:30 p.m.	4:30 p.m.
Boys Shot Put	3:30 p.m.	4:30 p.m.
Girls High Jump	4:00 p.m.	5:00 p.m.
Girls Long Jump	4:00 p.m.	5:00 p.m.
Boys Triple Jump	4:00 p.m.	5:00 p.m.
Girls Pole Vault	4:15 p.m.	5:15 p.m.
Girls Shot Put	5:30 p.m.	6:30 p.m.
Boys Discus	5:30 p.m.	6:30 p.m.
Boys High Jump	6:00 p.m.	7:00 p.m.
Boys Long Jump	6:00 p.m.	7:00 p.m.
Girls Triple Jump	6:00 p.m.	7:00 p.m.
Boys Pole Vault	6:15 p.m.	7:15 p.m.

TRACK EVENTS

FRIDAY QUALIFYING TIMES

5:00	Girls 400m Relay	(Heat #1)	7:37	(Heat #3)
5:05		(Heat #2)	7:41	(Heat #4)
5:10		(Heat #3)	7:46	Girls 800m Run
5:15		(Heat #4)	7:51	(Heat #1)
5:20	Boys 400m Relay	(Heat #1)	7:56	(Heat #2)
5:25		(Heat #2)	8:01	Boys 800m Run
5:30		(Heat #3)	8:06	(Heat #1)
5:35	Girls 1600m Run	(Heat #1)	8:11	(Heat #2)
5:43		(Heat #2)	8:17	Girls 300m LH
5:51	Boys 1600m Run	(Heat #1)	8:21	(Heat #1)
5:58		(Heat #2)	8:25	(Heat #2)
6:06	Girls 100m HH	(Heat #1)	8:29	(Heat #3)
6:11		(Heat #2)	8:35	Boys 300m IH
6:16		(Heat #3)	8:39	(Heat #1)
6:23	Boys 110m HH	(Heat #1)	8:43	(Heat #2)
6:28		(Heat #2)	8:48	Girls 200m Dash
6:33		(Heat #3)	8:52	(Heat #1)
6:38	Girls 400m Dash	(Heat #1)	8:56	(Heat #2)
6:43		(Heat #2)	9:00	Boys 200m Dash
6:48		(Heat #3)	9:04	(Heat #1)
6:53		(Heat #4)	9:08	(Heat #2)
6:58	Boys 400m Dash	(Heat #1)	9:12	(Heat #3)
7:03		(Heat #2)	9:22	Girls 1600m Relay
7:08		(Heat #3)	9:29	(Heat #1)
7:13	Girls 100m Dash	(Heat #1)	9:36	(Heat #2)
7:17		(Heat #2)	9:43	(Heat #3)
7:21		(Heat #3)	9:50	Boys 1600m Relay
7:25		(Heat #4)	9:57	(Heat #1)
7:29	Boys 100m Dash	(Heat #1)	10:04	(Heat #2)
7:33		(Heat #2)	10:11	(Heat #3)

SATURDAY CHAMPIONSHIP

TIMES

6:00	Girls 400m Relay
6:10	Boys 400m Relay
6:21	Girls 1600m Run
6:32	Boys 1600m Run
6:49	Girls 100m HH
7:00	Boys 110m HH
7:11	Girls 400m Dash
7:20	Boys 400m Dash
7:31	Girls 100m Dash
7:40	Boys 100m Dash
7:50	Girls 800m Run
8:00	Boys 800m Run
8:12	Girls 300m LH
8:22	Boys 300m IH
8:30	Girls 200m Dash
8:38	Boys 200m Dash
8:46	Girls 3200m Run
9:03	Boys 3200m Run
9:28	Girls 1600m Relay
9:38	Boys 1600m Relay

TEAM SCORING

1st Place	10 points
2nd Place	8 points
3rd Place	6 points
4th Place	5 points
5th Place	4 points
6th Place	3 points
7th Place	2 points
8th Place	1 points

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The goal of this award is to recognize coaches who are positive role models within their schools and the community.

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YREKA HIGH SCHOOL



For more than 20 years, Pam Borg has coached at the high school level. Her cross-country and track & field teams have consistently achieved a high-level of success in the Northern Section. More importantly, she has created a coaching legacy that embodies the six pillars of Pursuing Victory with HonorSM. As many of her athletes have testified, they gain more from Coach Borg than athletic instruction. They also receive an education in life lessons, in making good choices and taking responsibility.

GLENN RECASNER

EL CAJON VALLEY HIGH SCHOOL



Winning is important to every coach, but Glenn Recasner has made it his life's work to teach athletes lessons that go beyond the playing field. Recasner has been coaching cross-country and track & field for nearly 20 years. During that time, he has guided his runners to the highest levels of success athletically and aided many students in achieving their goals and ambitions beyond high school. Alumni continually return to El Cajon Valley High School to seek his council. He offers them both guidance and inspiration. He continues to teach his athletes commitment, hard work and respect, and for these reasons, he is deserving of the MCA.

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CLOVIS POLICE DEPARTMENT

EXPLORER



POST 355



“Lead The Way”

Nation's Best Set For Grandest - 92nd Annual CIF State Track and Field Championships

Rich Gonzalez
Editor, *ESPN Rise/DyeStatCal*

The crown jewel of state meets, the annual CIF State Track and Field Championships presented by Farmers, returns to Buchanan High School in Clovis this weekend for the 92nd edition of the highly anticipated and action-packed affair. The two-day extravaganza is the undisputed premier showcase for talent on the prep level, with a shocking 18 of the sport's 32 current national federation records being set by Golden State athletes! California preps currently hold down the nation's leading mark for the 2010 season in no less than seven events (boys 400, boys 800, boys 4x400, boys PV, girls 200, girls 4x100, girls discus), with national class record holders Alex Collatz (discus) of Bakersfield Stockdale, Ciarra Brewer (triple jump) of Union City James Logan and Trinity Wilson (high hurdles) of Berkeley St Mary's leading an all-star cast that also includes 2009 World Youth Championships medalists Kori Carter (high hurdles) Ashton Purvis (200) and Josh Mance (400). Add in local all-around gem Jenna Prandini of Clovis (nine individual section titles in her career and she's just a junior) and one can easily see the 2010 edition of the grad meet does not lack for star power. Bring all this talent together to compete on a world-class Mondo track surface surrounded by other top-notch facilities at Veterans Stadium, all embraced by great community support for the event and it becomes pristinely clear that the CIF state meet continues to be a true breeding ground for future Olympians and the nexus for lasting memories between hundreds

of high-end athletes and the thousands of appreciative track and field fans

So study your meet program, grab your favorite soft drink, pick out a great vantage point and great ready to witness the greatest meet in the land -- the CIF State Championships presented by Farmers!

Here's our breakdown on each of the event areas and the athletes to watch:

spring but Prandini rocketed to a state-leading 11.46 in recent weeks, the #2 time nationally and .04 seconds faster than Purvis' seasonal best. Davis edged Droughn at last weekend's SS Masters Meet (11.66-11.68) while Sante Fe Christian's Jenna Puterbaugh won going away at the San Diego Section Finals.

In the 200-meter race distance, Highland's Davis has great leg strength and impressed during her nation-leading 23.42 (wind legal) in recent weeks, but Purvis powered to a considerably faster albeit wind-aided 23.17 at the Sacramento Meet of Champions a month ago. Millikan's Ashley Smith and Santa Fe Christian's Puterbaugh are two additional title candidates. In the one-lap dash, Deer Valley's Chizoba Okodogbe is the frontrunner after her state-leading and U.S. #2 nationally 53.06 gallop at the North Coast Section Meet of Champions but Serra of Gardena frosh phenom Chimere Ezumah ripped a lifetime-best 53.30 to capture the Southern Section Masters Meet title in her last outing.

Long Beach Poly is the favorite in the sprint relays, riding high off their nation-leading 45.29 scamper around the oval to win the SS Masters a week ago, just ahead of U.S. 2 Serra (45.66); Rancho Verde (SS) holds down the country's No.3 time (45.68) during their Arcadia Invitational win two months ago. In the longer relay, Poly's sizzling 3:43.33 state leader closed down another action-packed SS Masters Meet, with Serra of Gardena recording its 3:44.29 best earlier in the season. The big sprint showdown on the boys side occurs at 400 meters, where Don Lugo's Josh Mance (who has changed



Trinity Wilson
St. Mary's High School

SPRINTS/RELAYS

While 2009 state 100-meter champ Valexsia Droughn of Rio Mesa and runner-up Jessica Davis of Highland both return, neither is considered the favorite in the event in 2010. That distinction goes to St. Elizabeth of Oakland dash star Ashton Purvis, the bronze medalist across 200 meters at last summer's World Youth Championships in Italy. Purvis, who false started in last year's state prelims, and local phenom Jenna Prandini of Clovis give this event great quality on top as all four girls currently rank among the top nine in the country in the event!

Purvis remains unbeaten this

schools each of the last four years) just barely edged USC-bound football star Robert Woods of Gardena Serra (SS), with a close study of the finish image revealing a mere six-thousandths of a second difference separating the two! Both rank atop the national leader list at 46.17, with powerful Woodbridge junior Jalen Craver also in the mix. With Mance and Woods likely expected to go full throttle in the one-lap sprint, their recovery and sharpness in time for the half-lap challenge will come into question. In any case, neither would be considered the one to beat as Crenshaw dash maven D'Anthony "Black Mamba" Thomas has quickly begun to drop his times of late, including a stunning 20.61 (just barely wind-aided at +2.1 meters per second) clocking at the Los Angeles City Section Championships. The 100-meter dash could be a white-knuckle experience for all coaches involved as just three-thousandths of a second separate the five fastest seasonal performers on the form charts, with Rio Mesa (SS) senior speedster Jamison "The Blond Blur" Jordan holding down the state's best wind-legal clocking at 10.52. In an event marred by an unfortunate spate of injuries in recent weeks, Southern Section stars Remontay McClain of Covina, Jovonte Slater of Vista Murrieta and George Farmer of Gardena Serra have avoided disaster. UCLA-pledged dasher R.J. Frasier of Jesuit (SJS) will seek valuable team points here as well. The always exciting sprint relays appear as attractive as ever, with Southern Section Masters champion Long Beach Poly (keyed by Kaelin Clay) and familiar rival Rio Mesa (with state 100m leader Jamison Jordan on board) expected to renew their baton-toting wars. Gardena Serra, the state leader, dropped the baton in the early rounds of postseason to be prematurely eliminated. Serra is the clear favorite in the longer relay, with the Robert Woods-anchored Cavaliers throwing down a big nation-leading 3:10.41 effort at the SS Masters Meet last weekend. That race featured 5 of the top 6 times in the state this year, with Long Beach Poly, Eleanor

Roosevelt of Corona, La Serna and Rio Mesa also in the hunt!

DISTANCES

California literally "leads the way" on the national scene this year in the boys 800-meter run, where Placentia Valencia's Sean Krinik threw down a nation-leading 1:49.18 performance in winning the Southern Section Masters Meet last Friday in thrilling fashion. The defending state champion, Krinik has been unbeaten this spring in his specialty event, although Burbank's Greg Dotson has been among the nation's most proved distance runners this year, including a 1:50.38 at the SS Masters Meet. Rancho Verde's Ruben Danielsen, making his third appearance in the state meet, is a dangerous threat as well. Loyola's Elias Gedyon, an age-

nullified for a lane violation) are seeking the rare title double (achieved by just three athletes over the last 35 years). The most dangerous threat should be posed by Trabuco Hills' Jantzen Oshier (4:11.33 converted from the full mile), unbeaten in the four-lap distance up until his first setback last week, but holding five major meet wins to his credit this year. Stanford-signed senior Travis Edwards, a talented veteran from the tradition-rich Royal program, is another key talent to watch. In this, The Year One A.H. (after Jordan Hasay - the distance prodigy and four-time state 3200m champion), Golden State endurance stars have some huge shoes to fill. A pair of Ventura County stars from the Southern Section, Simi Valley's Liberty Miller and Oak Park's Melissa Skiba, are leading the quest. Respectively ranked

10th (10:21.72) and 12th (10:22.77) nationally this spring, the Southern Section duo along with SS Division I champion Catrina McAlister and Corona del Mar senior Marisa Cummings are among the chief contenders.

An epic showdown could unfold in the girls 1600 meters, where Redondo Union's Chloe Curtis and Torrey Pines' Alli Billmeyer are expected to clash. Curtis, the 2009 state runner-up, has been virtually unbeatable this season and rolled to a lifetime-best and state-leading 4:48.97 in winning the Southern Section Masters Meet last Friday. But she remained the favorite for less than 24 hours as Billmeyer blazed

to a U.S. #2 4:45.06 in winning a loaded San Diego Section Finals race the next day. Curtis' teammate, super sophomore Lyndsey Mull (4:49.65), Mt. Carmel's Erin Menefee (4:49.50) and La Costa Canyon frosh star Kelly Lawson (4:50.05) also harbor big championship meet plans. The girls' two-lap affair should pit last year's bronze medalist, Millikan's Paisley Pettway (2:08.57), against an additional set of Southern Section standouts in Harvard/Westlake's Amy Weissenbach and Templeton's Savannah Camacho, with each shaving several seconds off their life



R.J. Frasier
Jesuit High School

group sensation for years, will attempt to become the first California prep to sweep the boys 1600-3200 titles since eventual Olympian Meb Keflezighi turned the trick way back in 1994. If the junior star can turn the trick, it should fortify the Cubs' quest for the team championship. Gedyon split 4:05.8 for 1600 meters in relay action earlier this season and recently closed impressively to cap his SS Masters Meet 3200m win in 8:56.37, a huge lifetime best. Stanford-bound Novato senior Erik Olson, the 1600m state leader (4:08.54), and Visalia Redwood junior Justin Vilhauer (4:11.2 for 1600/sub-8:57 for 3200,

continued on page 11

continued from page 10

time bests in recent weeks. Weissenbach's 2:08.34 currently ranks third nationally while Camacho (2:09.70) ranks tenth. Rapid improver Tiffany Lamar of Paramount and Central Coast Section leader Kieran Gallagher of Gunn are additional title threats.

HURDLES

The most talent-stocked event in the meet is the girls 100-meter high hurdles, where no less than six of the nation's nine fastest hurdlers will face off! Leading the all-out assault over the 33-inch high barriers are a pair of global-class talents in Claremont's Kori Carter and St. Mary's of Berkeley's Trinity Wilson. Carter, a three-time California state champion (once in the highs and twice in the lows) and the 2009 World Youth Championships silver medalist in the high hurdles, is the defending state champion, courts the #3 time in the nation (13.55) and already holds one victory over Wilson this season. Wilson is eager for redemption after false-starting early into the 2009 postseason, ranks #2 nationally this spring (13.49) and lost by just six ten-thousandths of a second (!) in her Arcadia showdown with Carter.

San Jose Valley Christian's Hannah Goranson, the Central Coast Section champion recently motored to a big lifetime-best 13.72 effort (No. 4 U.S.) to edge San Jose Leland's Katie Nelms (13.84, No. 6 U.S.). Southern Section foes Brea Buchanan (13.86) of Ayala and Melia Cox (13.89) of Long Beach Poly rank 8th and 9th nationally this spring.

Carter (at 41.30 the state leader and #3 nationally) suffered a rare defeat in the low hurdles at the Southern Section Masters Meet last weekend, with Colony's Ashley Cooke roaring around the track in big-time fashion to clock 41.38 (#5 in U.S.). James Logan's Thandi Steward won her first NCS individual crown with a big win (42.21) last weekend and local favorite Alyssa Monteverde of Clovis West snared Central Section honors.

The boys barrier races

could feature a double champion, but the identity of the athlete remains open-ended as several contenders loom. Agoura's Jonathan Cabral remains unbeaten in the highs (13.70) and intermediates (36.83), but James Logan's Monte Corley assumed the state lead in the latter after his big Sacramento Meet of Champions win (36.58), only to come up injured in recent days and not advance. Buchanan's Sean Johnson, competing on his home track, is among the stars aiming to pull off the upset. Skyline's Noah Blue, the Oakland Section champ, and San Diego Granite Hills' Kevin Finley are additional leading threats, especially in the highs.

THROWS

Weight event aficionados should be in throws heaven this weekend as the nation's premier discus thrower sets her sights on breaking the national record for eleventh graders while team title fortunes on the boys side could hinge on the outcome of the shot put competition!

Stockdale's Alex Collatz, who hurled the disc to a girls national sophomore class record 177-00 at last year's state meet prelims, returns to the scene of the historic feat in hopes of toppling Anna Jelmini's 183-11 class record for juniors. Collatz, who also stars in volleyball and is one of the Central Section's best high jumpers (5'5") and triple jumpers (37-4.50), has upped her personal best in her specialty event to a nation-leading 180-09 in 2010. So long as she can avoid 'fouling out',

Collatz is almost assured of the discus win as she holds a 14-foot edge over Ventura's Alex Morgan, the Southern Section Master Meet champion, on the form charts.

Lincoln of San Francisco's Chioma Amaechi has remained the girls' state shot put leader with her 47-09.25 winning heave at the Arcadia Invitational two months ago, but fresh new improvements from North Torrance's Jasmine Burrell (47-7 at the SS Masters) and Meagan McKee (46-9 at the CCS Finals) and a serious darkhorse challenger in Shafter's Lacie Rasley give this event staggering quality as California is the only state in the nation with four athletes rated among the top 20 nationally!

Clovis East's Willy Irwin is hoping that home cooking and a supportive local turnout gives him the needed edge to nail the 200-foot barrier in the boys discus and dethrone state double champion Matt Darr of Bakersfield Frontier. Irwin's 199-09 torpedo launch on this same facility two weeks ago catapulted him into the state lead (and 7th nationally) in the event, but Darr (the top-rated punter in the nation in football and headed to Fresno State) and San Diego St. Augustine's Thomas Hart have thrown 194-11 and 194-01, respectively, this spring.

Jesuit of Carmichael supporters and coaches may be buzzing around the shot put ring with added interest as state leader Jeremy Hines (63-09.75 at the Stanford Invitational, currently 9th in the nation) hopes to secure 10 critical team points as the Marauders vie for the overall title.

Frontier's Darr, seeking to successfully defend both throws titles, achieved a lifetime-best 63-06.50 here two weeks ago.

VERTICAL JUMPS

Aerialists have provided more than their fair share of highlights at the state championships in recent years, including meet records in both the girls (Tori Anthony in 2007) and boys pole vault (Nico Weiler in 2008) and exciting competitions in the high jump. Although more electricity again is forecast, this year's boys vault competition was robbed of



Alex Collatz
Stockdale High School

continued on page 13

Good luck

to all athletes & coaches!

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CONSULTING ENGINEERS

...continued from page 11

its headliner when 2010 national leader (17-06.00) and defending state champion Michael Woepse of Mater Dei was shelved for the season due to a late-April injury. But his Monarchs teammate, Scott Cook, has more than answered the call. Making his first appearance at the CIF-SS Finals two weeks back, Cook's maturity under pressure won him the title, then re-affirmed his superiority with victory at the SS Masters Meet last Friday; his 16-01 clearance remains the state leader among this weekend's qualifiers. Loyola vault mates Evan Barr and Clint Rosser have traded off clutch performances throughout the spring, but the tandem (both with lifetime bests of 16-00) need to simultaneously click this weekend if the Cubs are to combine with distance ace Elias Gedyon to successfully snag the team title.

JSerra's Harrison Steed, the 2008 state high jump champion and the runner-up last year, cleared a lifetime-best 7-02.50 during an open competition in late January, but a nagging injury derailed him - until late last month. Steed's 6-10.00 clearance at the SS Finals signaled his return to title contention and has fueled further intrigue into an event where the top five jumpers in the state have now achieved their best marks within the last two weeks. Ramona of San Diego and senior Tyler Jordan ranks as the lone 7-foot performers during a CIF competition this spring.

Westview's Kortney Ross, the defending champion in the pole vault when she cleared a personal best 13-04, has improved her personal best an additional inch this spring to hold a five-inch advantage over top challenger Katie Zingheim, the Granite Bay junior and SJS Meet of Champions winner. The battle on the high jump apron features defending champ Adrienne Johnson of Carondelet (NCS) as the top Northern California entrant yet again (5-07 to lead the region in 2010), but the Southern Section has dominated this event thus far as its athletes holding down the top eight marks in the state. Millikan's Ashley Smith, who cleared a state best 5-11.50 in a multi-events competition in early April, vastly improved jumper Alexis Walker (5-11) of Pasadena and 2008 state



MELIA COX
Poly (Long Beach) High School

champion Tara Richmond of Long Beach Poly are all key players here.

HORIZONTAL JUMPS

The amazing Johnny Carter, who won the state triple jump title two years ago as a freshman, is the favorite to recapture the crown as a junior. The Ridgeview star bounded to an amazing 50-10.00 wind-legal best at the Central Section Area Championships, two feet farther than the next best legal jump in the state, 48-10.25 achieved by both Murrieta Valley's (SS) Solomon Ijah and Enterprise's (NS) Jovon Cunningham (the latter also boasting a 49-08 wind-aided effort).

The outcome of the boys long jump competition figures to pit Carter against Oaks Christian junior Niko DiMartino, who has international experience after competing for Italy at the 2009 World Youth Championships in that country (three fouls there, all measured beyond 24 feet). Carter soared to a state-leading 24-05 in the same meet as his legal 50-footer in the triple jump, with DiMartino (whose personal coach is Mike Powell, the world record holder in the event) spanning a wind-aided 24-01.50 at the Ventura County Championships in late April. Dana Hills' Devin Harrison, who cleared a wind-aided 24-01.00 early in the season,

and North Coast Section champ Sean Combs of Deer Valley are other key challengers.

Jenna Prandini, the all-around wunderkind from nearby Clovis High, will vie for a pair of state titles in the sand pits (to go along with a bid on the track in the 100) but faces plenty of national-class competition. Her state-leading 20-02.00 effort in winning at the Arcadia Invitational remains the No. 3 wind-legal mark in the nation this spring, but Oceanside's Jasmine Gibbs moved up to #5 nationally with her surprising 19-08.00 victory at the San Diego Section Finals. The triple jump, an event where Californians have continually out-shined national rivals in recent years, has picked up major steam of late. Defending state champ Ciarra Brewer of James Logan, saddled with a hamstring injury for much of this season, regained previ-

ous form last weekend with five efforts measured at over 40 feet, including a state-leading and No.2 nationally 41-04.50 amid a headwind. Previous state leader Melia Cox (41-02.50) of Long Beach Poly surprisingly scratched from the event this week, but the event still features two others ranked among the top 10 nationally: Poly's Tara Richmond (40-05.50) and Clovis' Prandini (40-02.50).

TEAM TITLE HOPES

Long Beach Poly is the hands-down favorite to roll to the team title on the girls side (the meet will utilize an eight-deep scoring system for the first time, awarding on a 10-8-6-5-4-3-2-1 scale), with the Jackrabbits seeking a record 10th girls team title that should become reality thanks to big points forecast in boty relays, sprints, and the jumping competition. Sprint-powered Serra of Gardena and Clovis, with one-person scoring maching Jenna Prandini, are also prime candidates from the podium. The boys team competition projects to be far more balanced, with a pair of private schools projecting as champions with 34 points apiece. Loyola of Los Angeles, with big points forecast pole vault and teh distances, is the leading title bid from the south, while Jesuit of Carmicael, looms big a huge north contender.



CIF State Track and Field Championships



GIRLS 400m RELAY

Prelims: 5:00 p.m. - Fri. Final: 6:00 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	Steele Canyon	SD	48.59
3	Rosemont	SJ	47.98
4	Deer Valley	NC	47.20
5	Poly (Long Beach)	SS	45.29
6	Trabuco Hills	SS	47.12
7	Mt. Pleasant	CC	47.84
8	Bullard	CE	48.56
Heat 2 of 4 Prelims			
2	Skyline	OK	48.68
3	Heritage	NC	48.13
4	Summit	SS	47.21
5	Serra	SS	45.66
6	Cajon	SS	47.04
7	Carson	LA	47.81
8	Los Altos	CC	48.50
Heat 3 of 4 Prelims			
2	Clovis West	CE	48.80
3	Archbishop Mitty	CC	48.14
4	Los Osos	SS	47.37
5	Rancho Verde	SS	46.01
6	St. Mary's	NC	46.97
7	James Logan	NC	47.63
8	St. Francis	SJ	48.37
9	West Valley	NO	50.65
Heat 4 of 4 Prelims			
2	Del Oro	SJ	48.88
3	El Camino	SD	48.21
4	Birmingham	LA	47.55
5	St. Mary's Academy	SS	46.04
6	Roosevelt	SS	46.93
7	Taft	LA	47.57
8	Granite Hills	SD	48.24
9	El Diamante	CE	47.57

BOYS 400m RELAY

Prelims: 5:20 p.m. - Fri. Final: 6:10 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	Bishop O'Dowd	NC	42.82
2	Central	CE	42.47
3	Freedom	NC	41.94
4	Beverly Hills	SS	41.52
5	Poly/LB	SS	40.78
6	Jesuit	SJ	41.49
7	DeLaSalle	NC	41.88
8	Bellarmine	CC	42.47
9	Castro Valley	NC	42.71
Heat 2 of 3 Prelims			
1	Lincoln	SF	43.55
2	Centennial	CE	42.49
3	Rodriguez	SJ	41.94
4	Skyline	OK	41.54
5	Rio Mesa	SS	40.97
6	Notre Dame/SO	SS	41.26
7	Damien	SS	41.85
8	El Camino	SD	42.43
9	St. Ignatius	CC	42.53
Heat 3 of 3 Prelims			
1	Foothill	NO	43.66
2	Torrey Pines	SD	42.50
3	Bakersfield	CE	42.06
4	Grant	SJ	41.64
5	Dorsey	LA	41.01
6	Crenshaw	LA	41.13
7	Taft	LA	41.75
8	Gilroy	CC	42.42
9	Mt. Miguel	SD	42.53



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CIF State Track and Field Championships



GIRLS 1600m RUN

Prelims: 5:35 p.m. - Fri. Final: 6:21 p.m. - Sat.
 National: 4:33.82 Christine Babcock, Woodbridge (Irvine) 2008
 State Meet: 4:33.82 Christine Babcock, Woodbridge (Irvine) 2008

Pos.	Name	Gr.	School	Section	Sect. Mark
Heat 1 of 2 Prelims					
2	Jaclyn Wallis	12	Venice	LA	5:13.78
6	Christine Zavesky	11	Granite Bay	SJ	4:59.79
7	Jacque Taylor	12	Casa Grande	NC	4:57.82
8	Alycia Cridebring	12	College Park	NC	4:56.95
5	Ali Teliha	9	Bullard	CE	5:00.24
4	Macy Bricks	11	Buchanan	CE	5:03.53
1	Evelyn Gonzalez	10	San Pedro	LA	5:14.19
3	Samantha Hamilton	12	Half Moon Bay	CC	5:04.79
10	Jennifer Owen	11	West Ranch	SS	4:54.74
9	Ashley Roberts	11	Poly/Riv	SS	4:55.45
13	Alli Billmeyer	11	Torrey Pines	SD	4:45.06
11	Kelly Lawson	9	La Costa Cyn	SD	4:50.05
12	Lyndsey Mull	10	Redondo	SS	4:49.65
Heat 2 of 2 Prelims					
12	Rebecca Mehra	10	Palos Verdes	SS	4:53.16
7	Allison Sturges	10	Mtn View	CC	4:59.38
14	Chloe Curtis	12	Redondo	SS	4:48.97
5	Becky Hobby	10	Hughson	SJ	5:02.14
11	Danielle Rodriguez	10	Warren	SS	4:54.65
6	Nikki Hiltz	9	Aptos	CC	5:00.29
2	Jessica Canchola	10	Pleasant Vly	NO	5:16.40
10	Emily Shearer	12	Acalanes	NC	4:55.98
4	Alisha Brown	12	Madera So.	CE	5:05.40
9	Carrie Verdon	10	Campolindo	NC	4:56.77
3	Laura Delgado	12	San Pedro	LA	5:12.15
13	Erin Menefee	12	Mt. Carmel	SD	4:49.50
8	Madeleine Ankhelyi	9	Vista del Lago	SJ	4:58.98
1	Sarah Gulli	12	Lowell	SF	5:27.88

BOYS 1600m RUN

Prelims: 5:51 p.m. - Fri. Final: 6:32 p.m. - Sat.
 National: 3:59.51 Alan Webb, South Lakes (Reston, Virginia) 2001
 State Meet: 4:00.29 German Fernandez, Riverbank 2008

Pos.	Name	Gr.	School	Section	Sect. Mark
Heat 1 of 2 Prelims					
8	Gustavo Mena	12	Oxnard	SS	4:15.81
3	Bob Riestenberg	12	Davis	SJ	4:21.13
13	Chris Brewer	11	RBV	SD	4:11.29
5	Daniel Milechman	11	Tamalpais	NC	4:18.88
4	Omar Cortes	11	Santee	LA	4:19.30
11	Elias Gedyon	11	Loyola	SS	4:13.15
2	CJ Albertson	10	Buchanan	CE	4:21.20
7	Chris Waschura	10	Woodside	CC	4:16.62
6	Ian Myjer	12	Mtn. View	CC	4:16.66
12	Philip MacQuitty	12	Palo Alto	CC	4:12.97
9	Connor Kaddatz	11	Dana Hills	SS	4:14.50
1	Leo Harrington	11	Lowell	SF	4:35.70
10	Jantzen Oshier	11	Trabuco Hills	SS	4:14.43
Heat 2 of 2 Prelims					
3	Robert Pflasterer	11	Del Campo	SJ	4:20.50
9	Travis Edwards	12	Royal	SS	4:14.18
2	Vincent Herrera	12	Manteca	SJ	4:21.41
1	Zach Perkins		Alameda	NC	4:21.64
7	Daniel Parker	12	Chico	NO	4:16.38
8	Javert Solorzano	12	Granada Hills	LA	4:14.68
5	Justin Vilhauer	11	Redwood	CE	4:18.82
12	Erik Olson	12	Novato	NC	4:12.77
6	Hugh Dowdy	12	Petaluma	NC	4:17.25
11	Ryan Urie	11	Patrick Henry	SD	4:12.86
4	Germay Tesfai	12	Hoover	CE	4:19.86
10	Dylan Marx	12	Mt. Miguel	SD	4:14.00



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Redondo High School

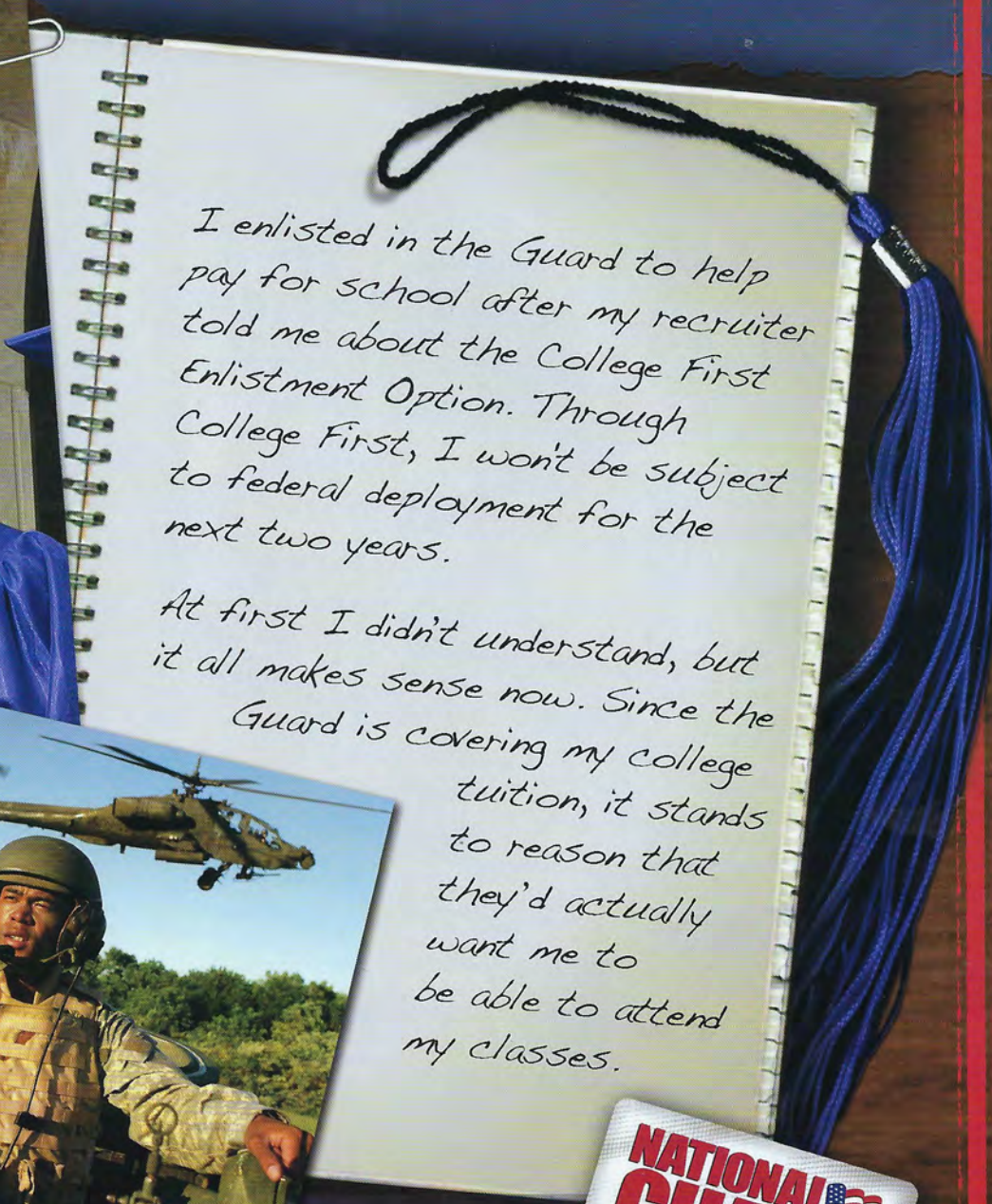


MARGARET GALLAGHER

PHILIP MACQUITTY
Palo Alto High School



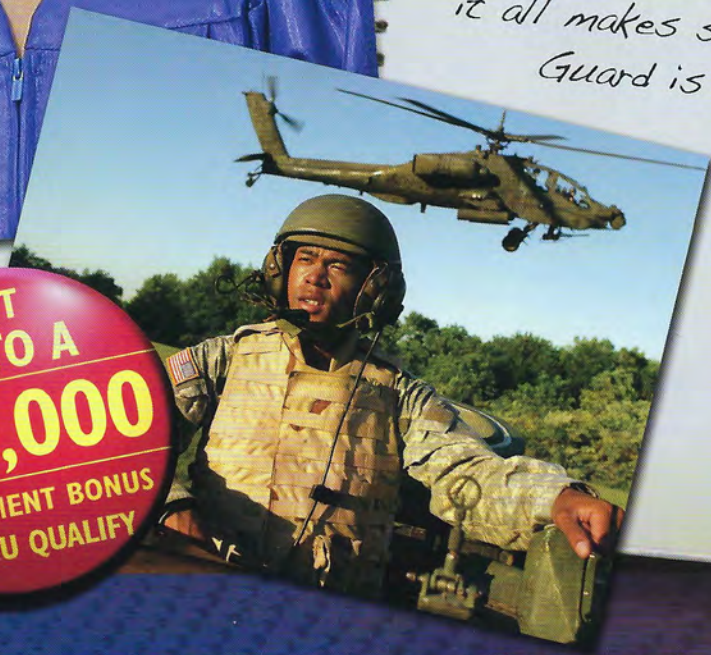
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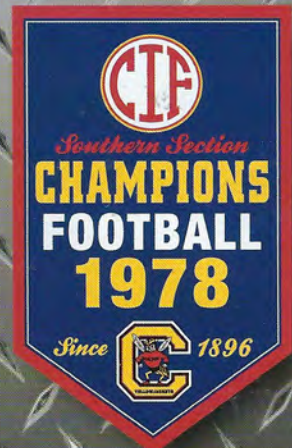
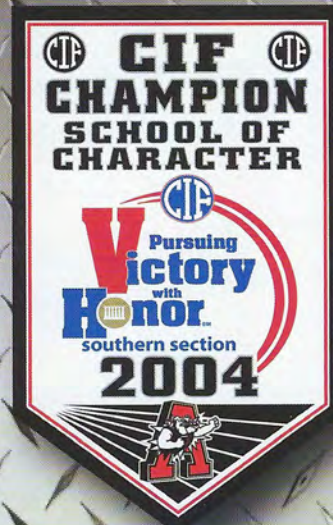
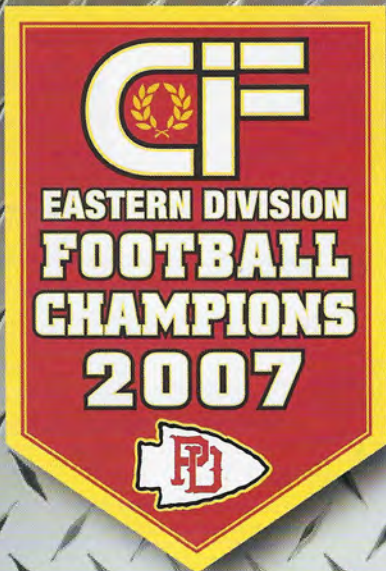
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CIF State Track and Field Championships



GIRLS 100m HH

Prelims: 6:06 p.m. - Fri. Final: 6:49 p.m. - Sat.

National: 13.03 Vashti Thomas, Mt. Pleasant (San Jose) 2007

State Meet: 13.03 Vashti Thomas, Mt. Pleasant (San Jose) 2007

Lane	Name	Gr.	School	Section	Sect. Mark
Heat 1 of 3 Prelims					
1	Ziel Davis	10	Vallejo	SJ	15.45
2	Erica Wilson	11	Deer Valley	NC	14.83
3	Shanique Walker	11	Mt. Pleasant	CC	14.31
4	Alyssa Monteverde	11	Clovis West	CE	14.11
5	Trinity Wilson	10	St. Mary's	NC	13.69
6	Kori Carter	12	Claremont	SS	13.95
7	Daje Pugh	10	Fairfield	SJ	14.28
8	Melissa Barnum	12	Rancho Bernrdo	SD	14.78
9	Taylor Jackson	12	Frontier	CE	15.24

Heat 2 of 3 Prelims

1	Jiaya Moore	11	Dorsey	LA	15.77
2	Tatum Souza	12	Napa	SJ	14.88
3	Victoria Johnson	12	James Logan	NC	14.46
4	Shanice Stewart	11	Carter /ss	SS	14.12
5	Hannah Goranson	12	Valley Christian	CC	13.83
6	Melia Cox	11	Poly/ LB	SS	13.89
7	Danielle Littleton	12	Vista	SD	14.26
8	Ilesha Iwobi	12	Oceanside	SD	14.77
9	Pia Hill	12	Taft	LA	15.15

Heat 3 of 3 Prelims

1	Lindsay Quigley	11	Paradise	NO	16.33
2	Kristen Robinson	9	Skyline	OK	15.08
3	Taylor Craft	9	Newark Mem	NC	14.65
4	Ashley Smith	12	Millikan	SS	14.16
5	Katie Nelms	12	Leland	CC	13.84
6	Brea Buchanan	11	Ayala	SS	13.86
7	Kimmie Conner	12	Dana Hills	SS	14.20
8	Erika Martin	12	Palisades	LA	14.74
9	Anginae Monteverde	11	Clovis West	CE	15.11

BOYS 110m HH

Prelims: 6:23 p.m. - Fri. Final: 7:00 p.m. - Sat.

National: 13.30 Chris Nelloms, Dunbar (Dayton, Ohio) 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	Donald Wang	12	Independence	CC	15.06
2	Dante Thomas	12	Fairfield	SJ	14.71
3	Hakeem Dyson	12	Amador Valley	NC	14.39
4	Ikem Okwudiafor12	12	Mission San Jose	NC	14.28
5	Sean Johnson	12	Buchanan	CE	13.85
6	Devin Hickey	10	Vista	SD	14.17
7	Koree Hines	12	Diamond Ranch	SS	14.38
8	Joseph Charlot	12	Mira Mesa	SD	14.69
9	Jorrian Washington	12	Dorsey	LA	15.04

Heat 2 of 3 Prelims

1	Todd Grimm	10	Los Altos	CC	15.19
2	Roderick Giles	12	MontereyTrail	SJ	14.76
3	Payden Law	11	El Diamante	CE	14.53
4	Kenneth Walker III	10	Freedom	NC	14.31
5	Kevin Finley	12	Granite Hills	SD	13.96
6	B J Kelly	11	Central	CE	14.12
7	Devon Blackmon	11	Summit/ss	SS	14.37
8	Anthony Williams	12	Enterprise	NO	14.63
9	Bejon Bryant	12	Dorsey	LA	14.91

Heat 3 of 3 Prelims

2	John Paul Williams	12	Westmoor	CC	14.81
3	Michael Barton	10	DeLaSalle	NC	14.58
4	Chris Mamon	12	Benicia	SJ	14.32
5	Noah Blue	12	Skyline	OK	14.01
6	Jonathan Cabral	11	Agoura	SS	14.11
7	Joey Darko	12	Golden Valley	SS	14.33
8	Sam Barkley	11	Mater Dei	SS	14.60
9	Bryan Lowery	12	Crenshaw	LA	14.87



KIRBY LEEIMAGE OF SPORT

SHANICE STEWART
Carter High School



KIRBY LEEIMAGE OF SPORT

JONATHAN CABRAL
Agoura High School



CIF State Track and Field Championships



GIRLS 400m DASH

BOYS 400m DASH

Prelims: 6:38 p.m. - Fri. Final: 7:11 p.m. - Sat.

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

Lane	Name	Gr.	School	Section	Sect. Mark
Heat 1 of 4 Prelims					
2	Kayleigh Hendrix	12	Tulare West	CE	58.03
3	Asheley Bamberg	10	Andrew Hill	CC	56.28
4	Azia Walker	11	Poly	SS	55.44
5	Chizoba Okodogbe	12	Deer Valley	NC	53.06
6	Cierra Jordan	11	St. Mary's	SJ	55.41
7	Erika Kalmar	12	San Dimas	SS	56.04
8	Sarah Cline	10	Leigh	CC	57.52
Heat 2 of 4 Prelims					
2	Demi Lucero	12	Escondido	SD	58.08
3	Sarah Griffith	11	San Ramon Vily	NC	56.44
4	Montairra Hubbard-Hart	12	Skyline	OK	55.53
5	Chimere Ezumah	9	Serra	SS	53.30
6	Iesha Hardiman	10	Wilcox	CC	55.31
7	Jenna Vincej	10	Saugus	SS	55.94
8	Taylor Hollis	10	Newark Memi.	NC	57.42
Heat 3 of 4 Prelims					
2	Kim Micheletti	12	University Prep		58.58
3	Renetia James	10	Narbonne	LA	56.55
4	Jazmin Harper	11	Oakmont	SJ	55.57
5	Vanessa Jones	11	Etiwanda		53.58
6	Gabrielle Scott	11	Woodbridge	SS	55.05
7	Nia Dorner	9	Rosemont	SJ	55.73
8	Nikki Larch-Miller	10	Granite Hills	SD	57.17
Heat 4 of 4 Prelims					
2	Emmonie Epps	10	Hanford West	CE	58.59
3	Selena Collins	12	Manual Arts	LA	56.67
4	Christina Twicken	12	San Clemente	SS	55.58
5	Akawkaw Ndipagbor	11	Poly/LB	SS	53.64
6	Thandi Stewart	12	James Logan	NC	54.12
7	Briau'na Watley	12	Birmingham	LA	55.62
8	Jasmine Askew	11	Scripps Ranch	SD	56.84
9	Paris Turner	10	Clovis West	CE	58.99

Prelims: 6:58 p.m. - Fri. Final: 7:20 p.m. - Sat.

National: 45.25 Calvin Harrison, North Salinas (Salinas) 1993
State Meet: 45.25 Calvin Harrison, North Salinas (Salinas) 1993

Lane	Name	Gr.	School	Section	Sect. Mark
Heat 1 of 3 Prelims					
1	Vante Johnson	12	Edison	CE	49.92
2	Benjamin Knight	12	Overfelt	CC	49.45
3	Chancise Watkins	12	Palo Verde	SD	48.64
4	Jonathan Berry-Smith	11	Oxford Acad.	SS	48.19
5	Robert Woods	12	Serra	SS	46.17
6	Antuan Goodall	12	Taft	LA	48.09
7	Dan Davis	12	San Ramon Vily	NC	48.60
8	Evan Crayton-Cragen	11	Bullard	CE	49.13
9	Myren Moore	12	Centennial	CE	49.70
Heat 2 of 3 Prelims					
1	Jaylen Person	12	Franklin/EG	SJ	50.01
2	Daniel Hodge	11	Durham	NS	49.62
3	Devante Dubose	12	Bishop O'Dowd	NC	48.74
4	Gregory Ducre	12	Crenshaw	LA	48.44
5	Josh Mance	12	Don Lugo	SS	46.17
6	Matthew Bedford	12	Harvard-Westlake	SS	47.89
7	Kenny Pool	12	Birmingham	LA	48.58
8	Deondre Anderson	11	Burton	SF	49.02
9	Markus Rutner	12	Mtn View	CC	49.68
Heat 3 of 3 Prelims					
2	Romon Bridges	11	Edison	SJ	49.62
3	Evan Favors	12	MontereyTrail	SJ	48.84
4	Ryan Morgan	12	Ramona	SD	48.52
5	Jalen Craver	11	Woodbridge	SS	47.32
6	Ryan Healy	12	Redwood	NC	47.87
7	Khalid Jones	12	James Logan	NC	48.57
8	Alfredo Corral	12	The Bishop's	SD	48.87
9	Justin Montgomery	11	Bellarmino	CC	49.64

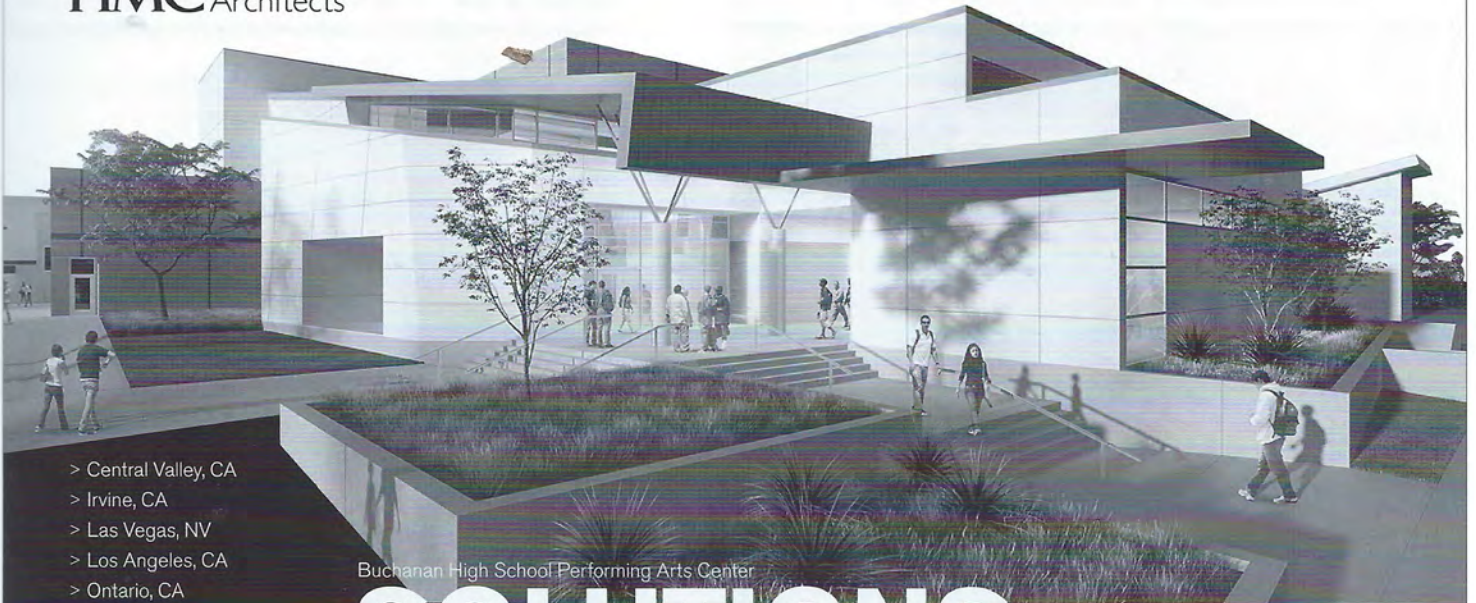


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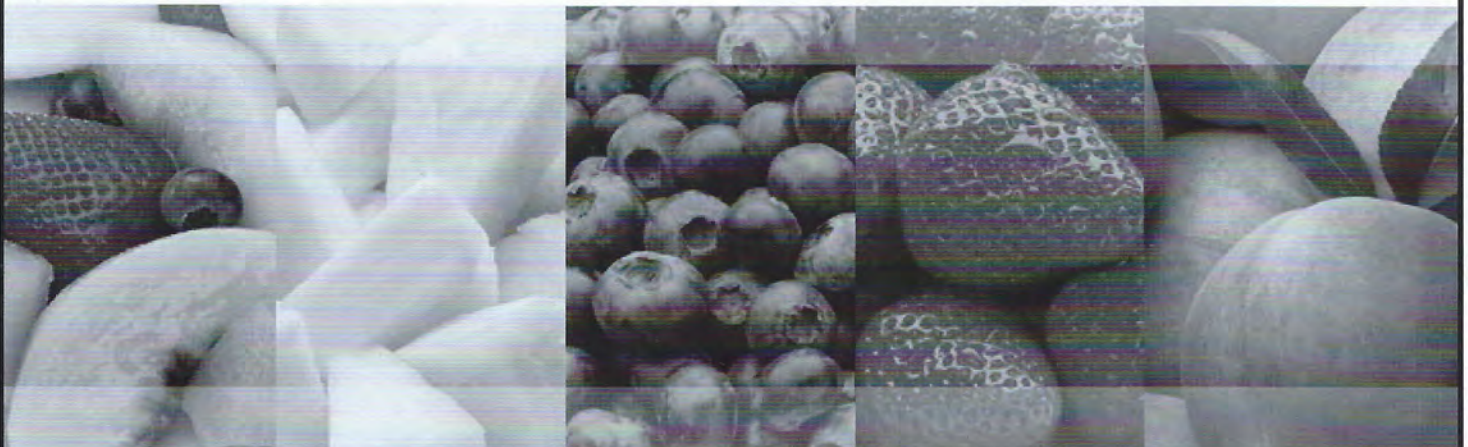
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CIF State Track and Field Championships



GIRLS 100m DASH

BOYS 100m DASH

Prelims: 7:13 p.m. - Fri. Final: 7:31 p.m. - Sat.

National: 11.14 Marion Jones, Thousand Oaks 1992
State Meet: 11.14 Marion Jones, Thousand Oaks 1992

Lane	Name	Gr.	School	Section	Sept. Mark
Heat 1 of 4 Prelims					
2	Micha Auzenne	9	St. Francis	CC	12.26
3	Atiya Harvey	12	James Logan	NC	12.06
4	Strangena Campbell	11	Pinole Valley	NC	11.83
5	Jenna Prandini	11	Clovis	CE	11.46
6	Charnell Price	12	St. Mary's Acad	SS	11.80
7	Jasmine Woods	12	El Camino Real	LA	12.02
8	Lilla McMillan	10	Tamalpais	NC	12.25
Heat 2 of 4 Prelims					
2	Emily Cooper	11	Vista del Lago	SJ	12.30
3	Alexis Reed	12	Gardena	LA	12.10
4	Jasmine Gibbs	10	El Camino	SD	11.87
5	Jessica Davis	12	Highland	SS	11.66
6	Jenna Puterbaugh	12	Santa Fe Chr	SD	11.78
7	Mariah Riddlesprigger	12	Bullard	CE	11.96
8	Alexandria Stewart	10	El Camino Real	LA	12.23
Heat 3 of 4 Prelims					
2	Cekarri Nixon	11	St. Francis	SJ	12.43
3	Kortney Ross	12	Westview /sd	SD	12.13
4	Omunique Thomas	11	Carter	SS	11.90
5	Valexsia Droughn	11	Rio Mesa	SS	11.68
6	Carisma Lyday	11	Poly/LB	SS	11.76
7	Asiah Gooden	12	Rancho Verde	SS	11.94
8	Denise Murphy	12	Mt. Pleasant	CC	12.19
Heat 4 of 4 Prelims					
2	Melanie Speech	10	Lowell	SF	12.59
3	Dakota Docket	9	Tulare West	CE	12.16
4	Brea Buchanan	11	Ayala	SS	11.90
5	Ashton Purvis	12	St. Elizabeth	NC	11.70
6	Kylie Price	11	Bishop Amat	SS	11.75
7	Angela Gradiska	12	Pinewood	CC	11.92
8	Brittany Adams	12	Inderkum	SJ	12.16
9	Kasey Barnett	12	Chico /no	NO	12.96

Prelims: 7:29 p.m. - Fri. Final: 7:40 p.m. - Sat.

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

Lane	Name	Gr.	School	Section	Sept. Mark
Heat 1 of 3 Prelims					
2	Jalen Saunders	12	Pleasant Grove	SJ	10.93
3	Jonathan Downard	12	Crenshaw	LA	10.76
4	Julius Travis	11	Gilroy	CC	10.67
5	Jamison Jordan	12	Rio Mesa	SS	10.52
6	Byron Marshall	10	Valley Christian	CC	10.67
7	Bassim El-Sabawi	12	Torrey Pines	SD	10.74
8	Shamone Fletcher	11	Mira Mesa	SD	10.90
Heat 2 of 4 Prelims					
2	Darquis Rucker	12	Skyline	OK	11.04
3	Timazray Shephard	11	Freedom	NC	10.79
4	Davonte Stewart	11	A.B. Miller	SS	10.69
5	Remontay McClain	11	Covina	SS	10.53
6	Robert Herron	12	Dorsey	LA	10.61
7	R.J. Frasier	12	Jesuit	SJ	10.74
8	Justin Freeman	12	Carlsbad	SD	10.90
Heat 3 of 4 Prelims					
2	Devon Marman	12	Lincoln	SF	11.08
3	Michael Norwood	12	Bakersfield	CE	10.84
4	Joshua Atkinson	11	Granada	NC	10.69
5	Jovonte Slater	11	Vista Murrieta	SS	10.54
6	Kaelin Clay	12	Poly/LB	SS	10.59
7	Dillon Root	11	Redwood	CE	10.73
8	Colton Silveria	12	Central Valley	NO	10.90
Heat 4 of 4 Prelims					
2	Andre Woodson	11	Sheldon	SJ	11.16
3	Terron Ward	12	DeLaSalle	NC	10.84
4	Richard Bourbon	12	Clovis East	CE	10.70
5	George Farmer	11	Serra	SS	10.55
6	D'Anthony Thomas	11	Crenshaw	LA	10.57
7	Glyn Borel	12	St. Francis	CC	10.73
8	Evan Meehan	12	Novato	NC	10.87



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ASHTON PURVIS
St. Elizabeth High School



KIRBY LEE/IMAGE OF SPORT

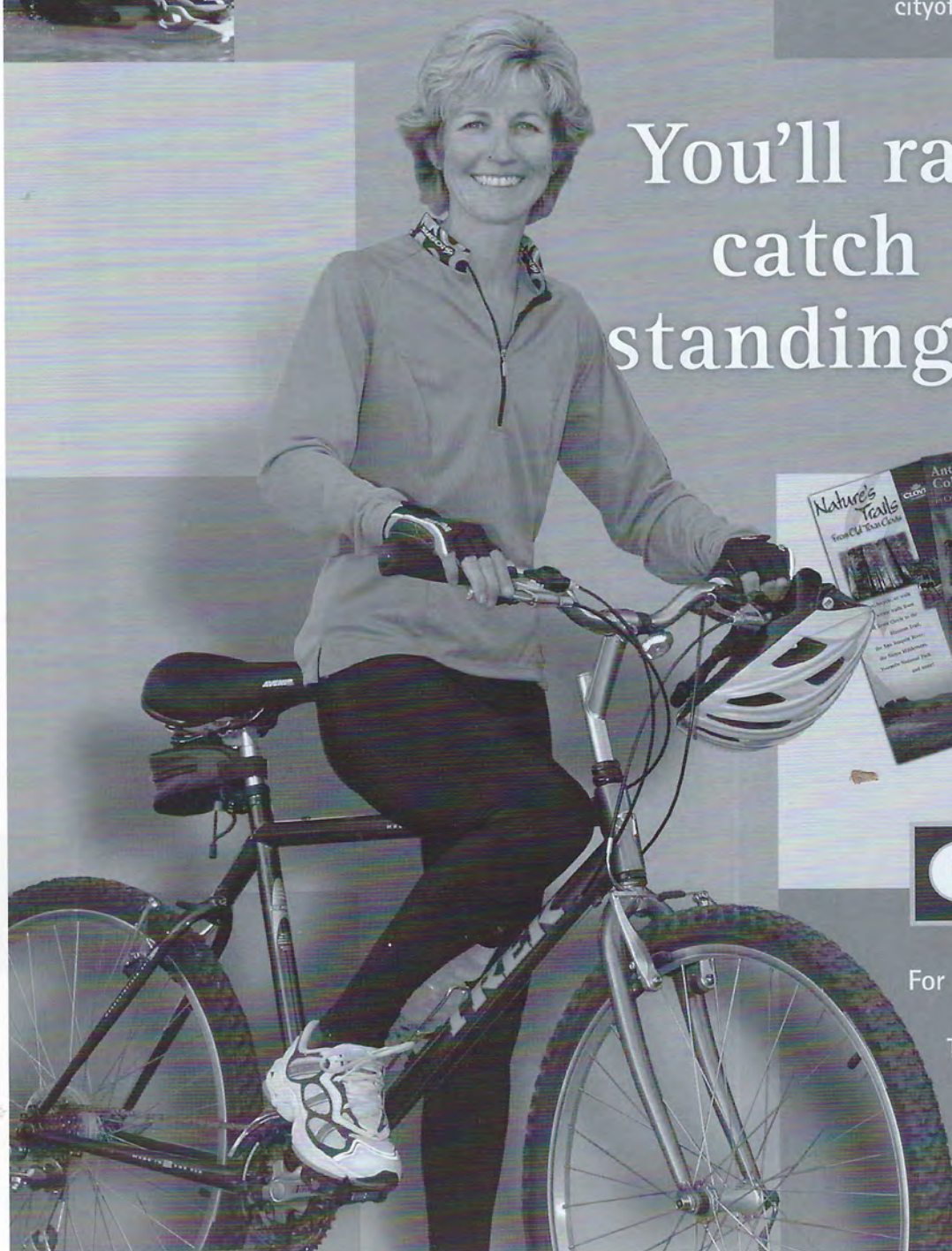
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Crenshaw High School





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Michelle Stone and Bruce Taylor Selected 2010 CIF/FARMERS Scholar-Athletes of the Year

Michelle Stone from Ursuline (Santa Rosa) High School and Bruce Taylor of Palma (Salinas) High School have been selected as the 2010 CIF/Farmers Scholar-Athletes of the Year. The scholarship award, established in 1982, recognizes student-athletes who not only excel in the classroom and in athletics, but also are strong contributors to their schools and communities.

"I am constantly encouraged by the young people in our schools and our scholar-athletes are another affirmation of the great potential the future holds. Once again, we had an excellent group of nominees and I wish to personally congratulate them all," CIF Executive Director Marie M. Ishida said. "I'd also like to recognize Farmers Insurance for their generosity in support of the Scholar-Athlete program and their desire to partner with CIF in recognizing California students who truly embody the term 'scholar-athlete.'"

Both statewide winners will be honored at the State Capitol and on the Senate and Assembly Floors in Sacramento, Thursday, June 10. In addition, each will receive a \$5,000 award. Nominations for this prestigious award were received from the 1,494 high schools that make up the CIF membership.

In addition, thanks to the generous support of Farmers Insurance Group, two winners (one male and one female) also will be recognized from each CIF Section with a \$2,000 award.

"We all know that the world of tomorrow will be a real challenge for young people graduating high school today," said Charles Browning, Farmers Vice President of Community Branding. "Farmers Insurance is proud to provide scholarships to student-athletes to help them go to college and achieve further success in the future."

MICHELLE STONE

Those at Ursuline High School are not surprised that Michelle Stone is a success. She established that foundation the first day she set foot on campus. "I knew about her quickly in her freshman year, as the buzz about her was strong and positive," said Ursuline Athletic Director Rich Herrmann, an educator for 31 years who has taught and coached thousands of students during that time." From individual, academic, and athletic standpoints, she was and is a marvel. I was excited to have her in one of my classes. She did not disappoint."

She is a National Merit Finalist, established University of California eligibility in the top four percent, carries a 4.42 weighted grade point average and was voted "Most Likely to Make a Difference" by her senior class. She plans to attend UC Davis and major in biology and natural sciences. She has been a four-year

member of the varsity track and field team and spent three years the cross-country squad. She tied for seventh place at the 2009 CIF State Track and Field Championships in the girls' pole vault with a mark of 11 feet, 10 inches. She won the CIF-North Coast Section title in 2009 in the same event and set a school record in the girls' pole vault with a leap of 12 feet. Moreover, she was named the NCS Scholar/Athlete of Year in both cross-country and track and field in 2009.

Not surprisingly, her athletic and academic accomplishments have not stymied her involvement in the local community. She served as spokesperson for the California Transplant Donor Network, which establishes organ donation awareness for teens. Moreover, she has volunteered as a summer school teacher's aide, tutoring math and reading.

"She has an exceptional work ethic, always respectful of others and has the confidence to float among the different social groups on campus", said Cyndi Niendorf, Director of College Counseling at Ursuline High School. "She goes



Michelle Stone

above and beyond in everything and it seems so natural and stress-free."

Stone's essay: "Part of Balance is Learning to Accept Loss"

Friends look to me for opinions, advice or comfort. I earn their trust. I am a strong, confident and resilient leader. Being a top scholar-athlete has built character and provided me with opportunities for leadership. Younger athletes approach me because I mentor them with constructive critiques. I tutor classmates when asked for help. During group projects, I purposely yield to those who are reluctant to lead. My achievements have earned me the respect of my peers, but I acknowledge that many other kids work just as hard as I do. When they have a chance to shine, I am genuinely happy for their success, as it does not detract from my own. Competing as a state-ranked pole vaulter

has shown me many facets of sportsmanship, perseverance and teamwork. Commitment and integrity have influenced the adult I am becoming. My busy school and sports schedule forced me to prioritize my responsibilities, balancing work and play. Part of balance is learning to accept loss. A pole vaulter quickly learns to be a good loser, since every competition ends on a failed attempt.

This has taught me humility and perspective. I am philosophical about vaulting. Some days I jump well, other days I just don't. It is not a reflection of my effort or my worth. The posturing and bravado of competitors who beat me one week seems silly when they lose to me the next. I master my emotions by being a cheerful loser and a gracious winner. Athletes strive to be the best they can be. I compete against myself to run faster, get stronger and train harder to achieve the next height. The only scores I truly care about are my own. For me, competition is not so much about winning as setting personal goals and achieving them one step at a time.

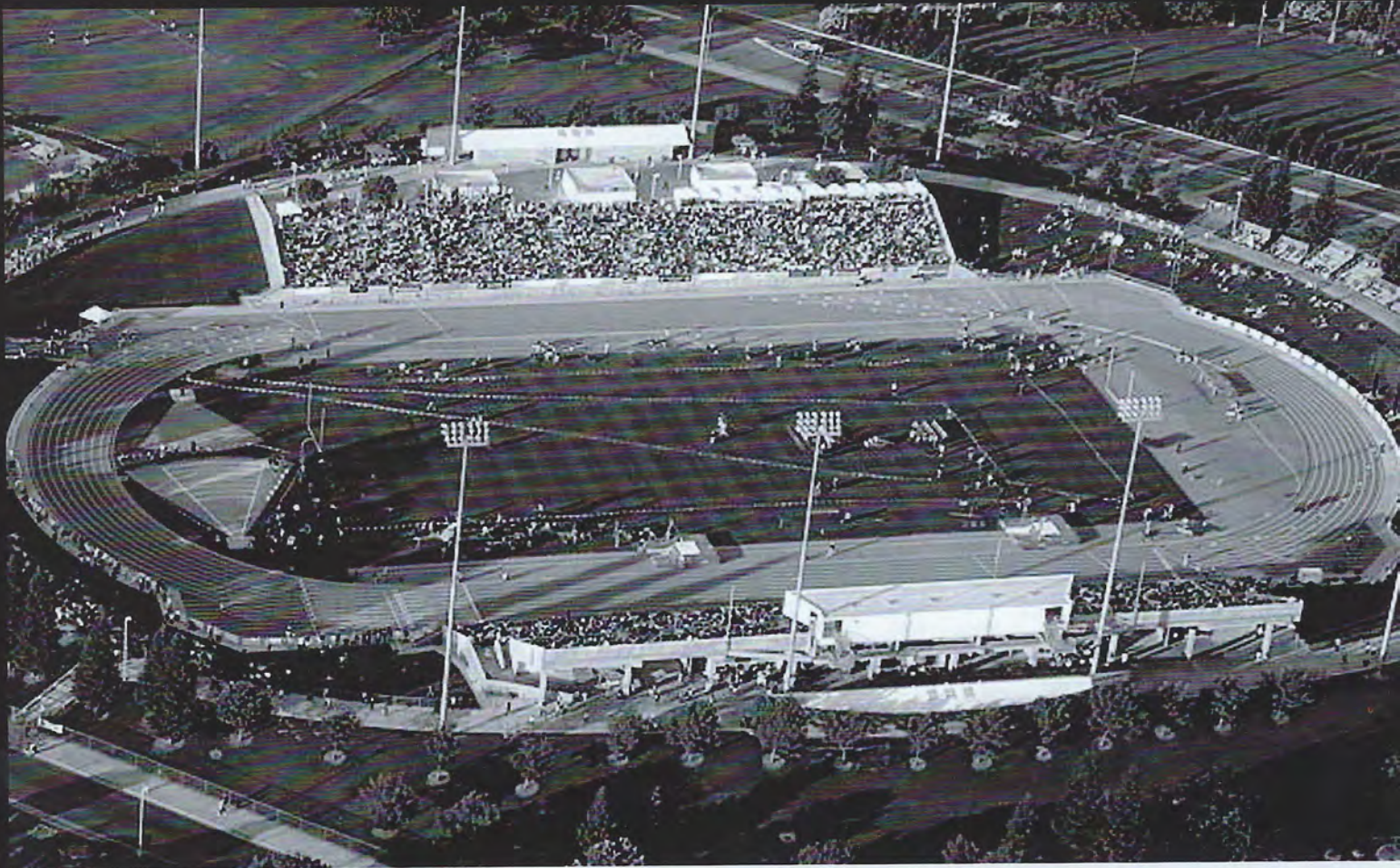
By cheering on other vaulters and offering encouragement and support—even my competitors—we all perform better. I try to establish friendships with girls I meet regularly at competitions. Criticizing those who are aloof or unsportsmanlike will not change them. Rather, setting a positive example can have subtle influence on them. Coming home in the dark after practice, eating late, accumulating calluses from weight-training, forfeiting get-togethers with friends has allowed me to build my strength and compete at the highest level. My dedication and sacrifice have contributed to my success and speak well of my character.

I admire athleticism, but I respect integrity: honesty, faithfulness to your team and to yourself. You only get out of training what you put into it. In athletics, I pull my weight and do my very best to win points for the team. At school, I study hard and uphold my commitment to excellence. If I do not do the work, I only cheat myself. Top grades and shiny medals are tangible rewards, but ultimately, real satisfaction is derived from being true to yourself."

BRUCE TAYLOR

In a time when some are not dependable, Bruce Taylor can be trusted to do his utmost, his best, in every endeavor that he undertakes. Whether on the football field, the soccer pitch or the golf course, Taylor has been counted on, trusted by his teammates and coaches to give that extra effort to foster competition at the highest level. "His words backed by his actions

Continued on page 29



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2010 CIF/Farmers Scholar-Athletes of the Year

Continued from page 27

have earned Bruce his trustworthiness," said Steve Clayton, Palma High School Assistant Principal and Athletic Director. "Bruce has earned the respect of his classmates and the entire Palma community. He is diligent in each and every endeavor he takes on." As a result, Taylor flourished during his high school career. He played four years on the varsity boys' golf team and three years on the varsity football team. He was named to the All-Tri-Country Athletic League golf team three times. He helped lead the football teams to three league titles. Last season, the wide receiver and defensive back was named TCAL MVP, and MaxPreps' Division III All-State first-team defensive back. In the classroom, he has a 4.68 weighted GPA and ranks No. 1 in his class. He volunteers helping to feed the hungry at St. Paul's Church, where he also serves as an acolyte every Sunday. His ability to follow has also helped him to lead. He was named freshman and sophomore class president. And this year he was named Associated Student Body President. He plans to attend Harvard next fall.



Bruce Taylor

"Taylor's essay: 'A Practice For True Life'"

"In a way, my time in the weight room, on the sports field, and on the golf course could be considered a practice round for the true life experiences I will face later on in the "real world." I have lived through both the triumphant joys of success and the dismal heartache of failure. By persevering through the hard times, I have learned and grown

from all the obstacles along the way. I have prided myself on being a leader amongst my peers in the community, in the classroom, and on the athletic field, and I have found that leadership positions are earned through living with character. In order to gain the respect of high school peers, it takes more than just statistical success.

It is earned through dedication, discipline, and the desire to give your all for the sake of the team. My passion for football was ignited in my youth when I was the water boy for the four Central Coast Section Championship Palma football teams. And while I am proud of the individual and team accomplishments that we have accumulated, I am most fond of the memories of having 55 five hearts beating together as one collective unit in pursuit of a common goal. The sweat, the blood, the tears throughout years helped form a brotherhood

amongst all our teammates that cannot be duplicated in any other facet of life. We play football because we love the spirit of the game, we love the camaraderie of a team, and we love the exuberance of leaving everything we have on the field. The CIF has always prided "Pursuing Victory with Honor" and there have been certain instances during my high school career when that concept was very apparent. After our hard-fought game against perennial CCS power St. Francis of Mountain View, conversations I had with their coach and starting quarterback. It had a profound impact on me. Coach Mike Mitchell pulled me aside after the game and I could not help but be impressed by the dignity and grace in which he accepted defeat. He just coached and lost in heartbreaking fashion, yet he was a man of character and his kind words to me further showed the value of sportsmanship. Similarly, the quarterback Kyle Miller and I shared a hug and a short conversation that sparked a great friendship that we share today. As I sat on the bus and reflected on those two conversations, I realized that in sports there is no "opponent" or "enemy". Just as the Palma team spent hours upon hours for months leading up to the season in hopes of working towards perfection, so did every other team we played against. Every player that straps on the pads, buckles the helmet, and walks to the field amidst the click clack of the cleats shares the same dream and, with that, is a part of a brotherhood. At the moment when everything is on the line, when we are at the utmost point of physical exhaustion, when we are facing adversity on the final stretch, we are able to maximize our potential and reveal the true depths of our character."



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2010 CIF/FARMERS Scholar-Athlete Section Winners

CENTRAL SECTION

Anne M. Rempel..... Edison High School High, Fresno
Raymond Hurwitz..... Mission College Prep HS, San Luis Obispo

CENTRAL COAST SECTION

Claire O'Connell..... Henry M. Gunn High School, Palo Alto
Daniel Jones..... Palo Alto Senior High School

LOS ANGELES CITY SECTION

Elizabeth Torres..... Theodore Roosevelt High School, Los Angeles
Mauri Martinez..... Huntington Park College Ready Academy

NORTH COAST SECTION

Dana N. Reed..... Redwood Christian High School, San Lorenzo
Alexander Cunha..... Arcata High School

NORTHERN SECTION

Allison C. West..... Chico Senior High School
Matthew Mayes..... Modoc High School, Alturas

SAC-JOQUIN SECTION

Alexandra Whitford..... Bella Vista High School, Fair Oaks
Nick Schafer..... Rocklin High School

SAN DIEGO SECTION

Chi Pham..... Westview High School, San Diego
Anton A. Walker..... Poway High School

SAN FRANCISCO SECTION

Rachel Baskin..... Lowell High School, San Francisco
Manuel Salmeron..... John O'Connell High School, San Francisco

SOUTHERN SECTION

Carley A. Gross..... Foothill High School, Santa Ana
Kevin Joerger..... Thousand Oaks High School



CIF State Track and Field Championships



GIRLS 800m RUN

Prelims: 7:46 p.m. - Fri. Final: 7:50 p.m. - Sat.

National: 2:02.9 Chanelle Price, Easton Area, (Pennsylvania) 2008
State Meet: 2:04.91 Trena Hull, Compton 1984

Lane	Name	Gr.	School	Section	Sept. Mark
Heat 1 of 3 Prelims					
1	Tamara Purpura	12	Lowell	SF	2:20.37
2	Yanet Urciaga	12	Reseda	LA	2:19.28
3	Chelsea Schneider	12	Castro Valley	NC	2:16.45
4	Alisha Brown	12	Madera South	CE	2:16.41
5	Samantha Ralstin	11	Oak Ridge	SJ	2:14.70
6	Alyson DeLaRosa	12	Frontier	CE	2:14.64
7	Katie Fry	11	Exeter	CE	2:13.34
8	Caitlin Turner	10	Thousand Oaks	SS	2:13.31
9	Melissa Hopper	12	Leigh	CC	2:12.10
10	Arielle Stevens	11	Poly/LB	SS	2:11.84
11	Amy Weissenbach	10	Harvard Westlake	SS	2:08.34
Heat 2 of 3 Prelims					
1	Maira Solis	11	Roosevelt	LA	2:20.45
2	Renetia James	10	Narbonne	LA	2:18.93
3	Kody Atkins	10	Chico	NO	2:16.51
4	Holli Arrieta	10	Oak Ridge	SJ	2:16.20
5	Carina Gillespie	9	Otay Ranch	SD	2:14.89
6	Ashlyn Dadkah	10	Torrey Pines	SD	2:14.23
7	Kieran Gallagher	10	Gunn	CC	2:13.36
8	Christina Smith	12	Wilson/LB	SS	2:13.19
9	Raquel Hefflin	12	Beverly Hills	SS	2:12.27
10	Dynasty Gammage	11	Poly/LB	SS	2:11.65
11	Savannah Camacho	10	Templeton	SS	2:09.70
Heat 3 of 3 Prelims					
1	Heather Donner	9	California	NC	2:17.54
2	Nijae Jones	9	Deer Valley	NC	2:17.51
3	Katie Berge	11	Acalanes	NC	2:15.80
4	Kandace Compton	9	El Camino	SJ	2:15.59
5	Amanda Post	12	Cathedral Catholic	SD	2:14.09
6	Jenna Davis	12	Valley Christian/SJ	CC	2:14.06
7	Hanna Edwards	11	El Toro	SS	2:12.62
8	Jaye Buchbinder	11	Chadwick	SS	2:12.48
9	Tiffany LaMar	12	Paramount	SS	2:11.26
10	Paisley Pettway	12	Millikan /ss	SS	2:10.07

BOYS 800m RUN

Prelims: 8:01 p.m. - Fri. Final: 8:00 p.m. - Sat.

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

Lane	Name	Gr.	School	Section	Sept. Mark
Heat 1 of 3 Prelims					
1	Salvador Medrano	12	Belmont	LA	1:57.26
2	Kevin Jorgensen	12	Yreka	NO	1:57.04
3	Anthony Ortolan	11	College Park	NC	1:54.77
4	Ashraf Mathkour	11	Miramonte	NC	1:54.77
5	Trent Newquist	11	Torrey Pines	SD	1:54.29
6	Sean Gomes	11	Beyer	SJ	1:54.24
7	Adam Vega	12	La Serna	SS	1:53.49
8	Cole Guerin	12	Dana Hills	SS	1:53.46
9	Ray Noble	11	Valley View	SS	1:52.55
10	Sam DeMello	12	Westlake	SS	1:52.34
11	Sean Krinik	12	Valencia-PI	SS	1:49.18
Heat 2 of 3 Prelims					
1	Derek Guthery	12	Buchanan	CE	1:57.26
2	Jake Van Zandt	12	Highland	CE	1:55.98
3	Carlos Bojorquez	11	Kearny	SD	1:54.77
4	Matt Carpowich	11	Torrey Pines	SD	1:54.59
5	John Guerrero	12	Atwater	SJ	1:54.33
6	Alex Amankwah	12	Los Angeles	LA	1:54.20
7	Josh Kingsland	11	Woodbridge	SS	1:53.65
8	Jesus Molina	12	Dana Hills	SS	1:53.20
9	Jason Coupe	12	Galt	SJ	1:52.81
10	Kevin Griffith	12	San Ramon Villy	NC	1:52.15
11	Greg Dotson	12	Burbank /ss	SS	1:50.38
Heat 3 of 3 Prelims					
1	William Chan	10	Lowell	SF	2:00.74
2	Mufid Taha	11	Marshall	LA	1:58.22
3	Jason McGhee	11	Menlo Atherton	CC	1:55.93
4	Jerrid Lewis	12	Ridgeview	CE	1:54.90
5	Kieren Broussard	12	Angelo	SJ	1:54.41
6	Alan Rios	12	Sobrato		1:54.34
7	Cole Williams	11	The Urban-SF	NC	1:54.01
8	Edgar Cobian	10	La Sierra	SS	1:53.87
9	Andrew Lantz	12	Webb	SS	1:53.11
10	Nathan Strum	12	Pioneer	CC	1:53.00
11	Myles Andrews	11	Poly/LB	SS	1:51.79
12	Ruben Danielsen	12	Rancho Verde	SS	1:51.59



TIFFANY LAMAR
Paramount High School



SEAN KRINIK
Valencia High School





CIF State Track and Field Championships



GIRLS 300m LH

BOYS 300m IH

Prelims: 8:17 p.m. - Fri. Final: 8:12 p.m. - Sat.

National: 39.98 Lashinda Demus, Wilson (Long Beach) 2001

State Meet: 40.10 Ebony Collins, Wilson (Long Beach) 2005

Lane	Name	Gr.	School	Section	Sect. Mark
------	------	-----	--------	---------	------------

Heat 1 of 4 Prelims

2	Keenya McDaniel	12	Selma	CE	45.82
3	Joniece Ervin	10	Oceanside	SD	44.65
4	Daje Pugh	10	Fairfield	SJ	43.47
5	Alyssa Monteverde	11	Clovis West	CE	42.55
6	Erica Wilson	11	Deer Valley	NC	43.38
7	Emily Gordon	12	Santa Clara	CC	44.58
8	Tamika Smith	10	El Camino	SD	45.69

Heat 2 of 4 Prelims

2	Marlene Estell	11	Mission Hills	SD	46.49
3	Stephanie Blumm	11	Roseville	SJ	44.78
4	Kimmie Conner	12	Dana Hills	SS	43.49
5	Ashley Cooke	12	Colony	SS	42.65
6	Allison Reaser	12	El Segundo	SS	43.23
7	Alexandria Whitmore	11	Fairfield	SJ	44.53
8	Monae Dale	11	Dorsey	LA	45.66

Heat 3 of 4 Prelims

2	Emily Loogman	11	Etna	NO	47.34
3	Taylor Jackson	12	Frontier	CE	45.03
4	Jordie Munford	9	Etiwanda	SS	43.57
5	Thandi Stewart	12	James Logan	NC	42.73
6	Kori Carter	12	Claremont	SS	43.20
7	Sasha Wallace	9	Holy Names	NC	44.16
8	Dayna Hurd	9	Carson	LA	45.53

Heat 4 of 4 Prelims

2	Eva Gao	12	Lowell	SF	48.58
3	Allison Daley	11	Burlingame	CC	45.11
4	Urina Harrell	10	Serra	SS	43.74
5	Gianna Woodruff	11	St. Mary's Acad	SS	42.88
6	Katie Nelms	12	Leland	CC	43.03
7	Kendall Gustafson	9	Palisades	LA	45.16

Prelims: 8:35 p.m. - Fri. Final: 8:22 p.m. - Sat.

National: 35.02 Reggie Wyatt, La Sierra (Riverside) 2009

State Meet: 35.02 Reggie Wyatt, La Sierra (Riverside) 2009

Lane	Name	Gr.	School	Section	Sect. Mark
------	------	-----	--------	---------	------------

Heat 1 of 3 Prelims

1	Victor Rodriguez	12	Marshall	LA	39.43
2	Kyle Hauser	12	Santa Rosa	NC	38.80
3	Christian King	10	Centennial	CE	38.37
4	Dante Thomas	12	Fairfield	SJ	37.86
5	R.J. Frasier	12	Jesuit	SJ	36.89
6	Brandon Phillips	12	Irvine	SS	37.85
7	Shaquille Richardson	12	Los Alamitos	SS	38.23
8	Derek Nelson	12	Davis	SJ	38.73
9	Bejon Bryant	12	Dorsey	LA	39.32

Heat 2 of 3 Prelims

1	Donald Wang	12	Independence	CC	39.65
2	Anthony Williams	12	Enterprise	NO	38.80
3	Jacob Hare	11	Scripps Ranch	SD	38.41
4	Vince Fusco	12	Dana Hills	SD	37.88
5	Jonathan Cabral	11	Agoura	SS	37.29
6	Noah Blue	12	Skyline	OK	37.73
7	Michael Barton	10	DeLaSalle	NC	38.18
8	Mister Marshall-Cotton	10	DeLaSalle	NC	38.71
9	John Paul Williams	12	Westmoor /cc	CC	39.09

Heat 3 of 3 Prelims

1	Jelani Christophe	12	Van Nuys	LA	39.89
2	Craig Farris	12	Stockdale	CE	38.84
3	Alex Allen	11	Mt. Carmel	SD	38.44
4	Sam Barkley	11	Mater Dei	SS	38.02
5	Sean Johnson	12	Buchanan	CE	37.53
6	Austin Hill	12	Roosevelt	SS	37.53
7	Kevin Finley	12	Granite Hills	SD	38.05
8	David Namnath	12	Terra Linda	NC	38.67
9	Ryo Kubozono	12	Cupertino	CC	38.84



KIRBY LEE/IMAGE OF SPORT

KORI CARTER
Claremont High School



FINE FLICKS BY DON GOSNEY

SAM BARKLEY
Mater Dei High School





CIF State Track and Field Championships



GIRLS 200m DASH

Prelims: 8:48 p.m. - Fri. Final: 8:30 p.m. - Sat.

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

Lane	Name	Gr.	School	Section	Sept. Mark
Heat 1 of 3 Prelims					
1	Miya Wilson	11	Wheatland	NO	26.22
2	Lilla McMillan	10	Tamalpais	NC	24.97
3	Montairra Hubbard-Hart	12	Skyline	OK	24.62
4	Strangenae Campbell	11	Pinole Valley	NC	24.21
5	Ashton Purvis	12	St. Elizabeth	NC	23.47
6	Charnell Price	12	St. Mary's Acad.	SS	24.20
7	Angela Gradiska	12	Pinewood	CC	24.60
8	Cekarri Nixon	11	St. Francis	SJ	24.96
9	Katherine Jarvis	12	Lowell	SF	26.11
Heat 2 of 3 Prelims					
2	Darnella Jenkins	11	Deer Valley	NC	25.34
3	Iesha Hardiman	10	Wilcox	CC	24.78
4	Gabrielle Estell	11	Rancho Verde	SS	24.23
5	Jessica Davis	12	Highland	SS	23.72
6	Ashley Smith	12	Millikan	SS	24.05
7	Jasmine Gibbs	10	El Camino	SD	24.57
8	Asheley Bamberg	10	Andrew Hill	CC	24.95
9	Dominique Alexander	12	South	CE	25.87
Heat 3 of 3 Prelims					
2	Dakota Docket	9	Tulare West	CE	25.41
3	Emily Cooper	11	Vista del Lago	SJ	24.86
4	Brittany Adams	12	Inderkum	SJ	24.49
5	Akawaw Ndipagbor	11	Poly/LB	SS	23.91
6	Jenna Puterbaugh	12	Santa Fe Chr	SD	24.02
7	Jasmine Woods	12	El Camino Real	LA	24.52
8	Karly Zlatic	9	La Jolla	SD	24.92
9	Chloe Carlson	9	Centennial /	CE	25.70

BOYS 200m DASH

Prelims: 9:00 p.m. - Fri. Final: 8:38 p.m. - Sat.

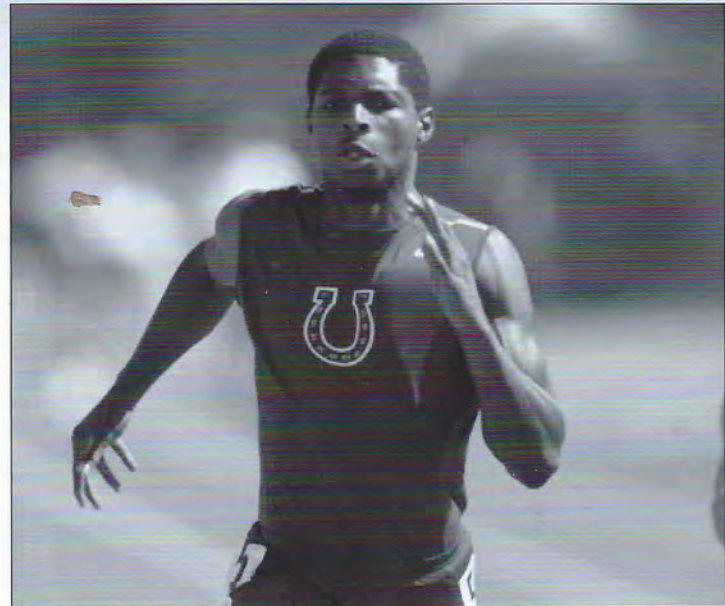
National: 20.13 Roy Martin, Roosevelt (Dallas, Texas) 1985
State Meet: 20.43 Bryshon Nellum, Poly (Long Beach) 2007

Lane	Name	Gr.	School	Section	Sept. Mark
Heat 1 of 4 Prelims					
2	Justin Montgomery	11	Bellarmine	CC	22.10
3	Richard Bourbon	12	Clovis East	CE	21.75
4	Jalen Craver	11	Woodbridge	SS	21.41
5	D'Anthony Thomas	11	Crenshaw	LA	20.61
6	George Farmer	11	Serra	SS	21.41
7	Deondre Anderson	11	Burton	SF	21.72
8	Marcial Lawson	12	Foothill	NO	22.09
Heat 2 of 4 Prelims					
2	Evan Meehan	12	Novato	NC	22.11
3	Julius Travis	11	Gilroy	CC	21.83
4	Robert Woods	12	Serra	SS	21.42
5	Jonathan Downard	12	Crenshaw	LA	20.86
6	Devonte O'Conner	10	Locke	LA	21.40
7	Bassim El-Sabawi	12	Torrey Pines	SD	21.68
8	Todd Herrod	12	Scripps Ranch	SD	22.08
Heat 3 of 4 Prelims					
2	Jason Roascio	11	San Benito Hol.	CC	22.14
3	Joshua Atkinson	11	Granada	NC	21.88
4	Josh Mance	12	Don Lugo	SS	21.53
5	Remontay McClain	11	Covina	SS	21.00
6	Kaelin Clay	12	Poly/LB	SS	21.30
7	Carl Horsley	12	Skyline	OK	21.61
8	Jalen Saunders	12	Pleasant Grove	SJ	22.07
9	Sharmawn Wright	11	Antioch	NC	22.36
Heat 4 of 4 Prelims					
2	Thomas Kozel	12	Healdsburg	NC	22.25
3	Michael Norwood	12	Bakersfield	CE	22.04
4	Jared Pickering	11	Rancho Bernrdo	SD	21.55
5	Davonte Stewart	11	A.B. Miller	SS	21.07
6	Antuan Goodall	12	Taft	LA	21.23
7	Korey Thieleke	12	W. Bakersfield	CE	21.61
8	Shaq Thompson	10	Grant	SJ	22.05
9	Brandin Cooks	11	Lincoln, Stoc	SJ	22.28



KIRBY LEEMAGE OF SPORT

JESSICA DAVIS
Highland High School



FINE FLICKS BY DON GOSNEY

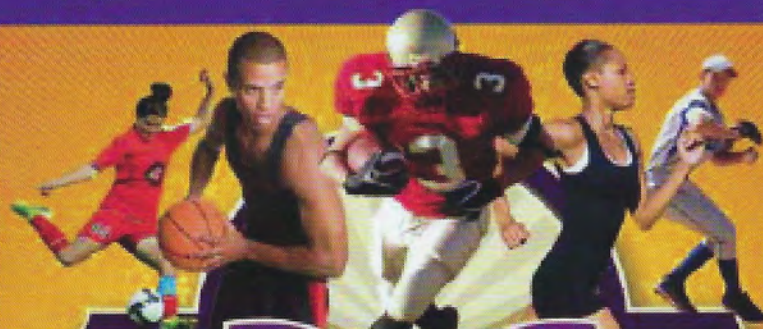
REMONTAY MC CLAIN
West Covina High School







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Play It Safer

CONCUSSION SAFETY TIPS FOR PARENTS

Most athletes play sports without injury. Sometimes a player may receive a blow to the head but not recognize they have an injury that may require medical attention.

The appearance of any of these symptoms may signify a head injury that requires immediate medical attention. Report to the nearest emergency room or call 911.

- Headache
- Nausea
- Balance problems and dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling "foggy"
- Change in sleep pattern
- Difficulty remembering recent events
- Change in personality or increased irritability
- Difficulty concentrating
- May experience initial improvement followed by worsening symptoms. *Symptoms may worsen with exertion.*

HEAT ILLNESS PREVENT TIPS : BEAT THE HEAT

Drink Up. Drink plenty of fluids before practice. To be properly hydrated your urine should be a light color, like weak lemonade. If it is dark like apple juice you are NOT hydrated.

Allow your body time. Your body will adapt to the hot summer heat, but it will take up to 14 days. Start off slowly and increase practice intensity and duration over the first two weeks of training. Start slowly.

Have fluids close within arm's reach. Fluids should be easily accessible during workouts, practice and games. Drink often. Take fluid breaks on a regular schedule and drink at least 7-10 oz every 10-20 minutes.

Drink it – Don't pour it! While it might feel good to pour fluid over your head, it won't help restore body fluids or lower body temperature.



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Clovis Unified Elementary Football Carnival Snack Bar
at Buchanan High School

Buchanan High School Girl's New Year's Basketball Tournament

Make-A-Wish Foundation's Rumble to the Summit Breakfast

Special Olympics Swim Meet – Provide lunches

Special Olympics Softball Tournament – Provide lunches

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SOUTHLAND HIGH SCHOOL
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THAT CHEER THEM ON.

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Check Local Listings



CIF State Track and Field Championships



GIRLS 3200m RUN

BOYS 3200m RUN

Final: 8:46 p.m. - Sat.

Final: 9:03 p.m. - Sat.

National: 9:48.59 Kim Mortensen, Thousand Oaks 1996
State Meet: 9:52.13 Jordan Hasey, Mission College Prep, (SLO) 2008

National: 8:34.23 German Fernandez, Riverbank 2008
State Meet: 8:34.23 German Fernandez, Riverbank 2008

Pos.	Name	Gr.	School	Section	Sect. Mark
1	Lorena Garcia	9	San Pedro	LA	11:46.02
2	Laura Delgado	12	San Pedro	LA	11:28.34
3	Jacklyn Bamberger	9	Palisades	LA	11:23.91
4	Corissa Storms	11	West Valley	NO	11:17.11
5	Marissa Ferrante	12	Aptos	CC	11:10.09
6	Chelsea Janzen	12	Buchanan	CE	11:06.87
7	Hagen Reedy	9	Buchanan	CE	11:06.86
8	Erin Menefee	12	Mt. Carmel	SD	11:03.48
9	Brooke Holt	11	Granite Bay	SJ	11:00.07
10	Grace Orders	11	Campolindo	NC	10:57.88
11	Cassidy Daley	9	Lodi	SJ	10:56.53
12	Lauren Mugnaini	12	Rio Americano	SJ	10:55.94
13	Theresa Devine	12	Marin Catholic	NC	10:55.38
14	Elaine McVay	11	California	NC	10:51.22
15	Nina Anderson	10	Notre Dame	CC	10:49.78
16	Erin Robinson	11	Gunn	CC	10:48.79
17	Lyndsie Etherton	11	Bullard /ce	CE	10:48.77
18	Megan Morgan	12	Torrey Pines	SD	10:44.52
19	Colleen Lillig	12	California	NC	10:43.08
20	Alaina Alvarez	11	Dana Hills	SS	10:41.63
21	Savannah Pio	11	Mira Costa	SS	10:40.76
22	Anna Johnson	11	Great Oak	SS	10:37.69
23	Melanie Powers	12	Corona Del Mar	SS	10:37.34
24	Molly Grabill	11	Rancho Bernrdo	SD	10:37.28
25	Aryn Foland	11	Mira Costa	SS	10:28.48
26	Marisa Cummings	12	Corona Del Mar	SS	10:25.67
27	Catrina McAlister	11	Arcadia	SS	10:24.85
28	Sierra Vega	12	Foothill	SS	10:23.59
29	Melissa Skiba	12	Oak Park	SS	10:22.77
30	Liberty Miller	12	Simi Valley	SS	10:21.72

Pos.	Name	Gr.	School	Section	Sect. Mark
1	Cameron Trinh	11	Skyline	OK	10:16.96
2	Casey Lee	12	Lowell	SF	10:11.41
3	Zach Kaylor	12	Enterprise	NO	9:36.82
4	Javert Solorzano	12	Granada Hills	LA	9:28.90
5	Omar Cortes	11	Santee	LA	9:28.36
6	Pablo Rosales	12	San Pedro	LA	9:25.81
7	Garrett Rowe	12	Mountain View	CC	9:25.69
8	Kellen Levy	12	Clovis West	CE	9:25.22
9	Ben Eversole	11	Castro Valley	NC	9:23.89
10	Justin Vilhauer	11	Redwood	CE	9:20.90
11	Paul Summers	12	Gunn	CC	9:20.08
12	Weston Strum	12	Pioneer	CC	9:17.61
13	Luis Luna	10	Piner	NC	9:16.19
14	Heath Reedy	12	Buchana	CE	9:15.12
15	Reesey Byers	12	Santa Rosa	NC	9:13.90
16	Mike Goodger	12	Carlsbad	SD	9:13.55
17	Grayson Hough	12	Davis	SJ	9:13.51
18	Chris Kigar	11	El Camino	SJ	9:12.62
19	Kurt Ruegg	12	Napa	SJ	9:11.46
20	Sean Davidson	12	Royal	SS	9:08.76
21	Jacob Wood	12	Mt. Carmel	SD	9:08.67
22	Dustin Fay	12	Rim/World	SS	9:06.29
23	Kevin Joerger	12	Thousand Oaks	SS	9:07.77
24	Daniel Rosales	12	Apple Valley	SS	9:05.93
25	Amar Moussa	11	Arcadia	SS	9:05.87
26	Lane Werley	11	ML King	SS	9:05.36
27	Erik Olson	12	Novato	NC	9:05.07
28	Darren Fahy	10	La Costa Cnyn	SD	9:00.49
29	Blake Ahrold	12	Dana Hills	SS	8:59.04
30	Sam Pons	11	So. Pasadena	SS	8:57.25
31	Elias Gedyon	11	Loyola /ss	SS	8:56.37



KIRBY LEE IMAGES

SIERRA VEGA (RIGHT)
Foothill High School



MARGARET GALLAGHER

WESTON STRUM
Pioneer High School



CIF State Track and Field Championships



GIRLS 1600m RELAY

BOYS 1600m RELAY

Prelims: 9:22 p.m. - Fri. Final: 9:28 p.m. - Sat.

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

Lane	School	Section	Section Mark
Heat 1 of 4 Prelims			
1	Frontier	CE	4:02.34
2	Carson	LA	3:56.70
3	Saugus	SS	3:52.81
4	Poly/Long Beach	SS	3:43.68
5	Wilson/Long Beach	SS	3:52.54
6	Scripps Ranch	SD	3:56.56
7	Mountain View	CC	4:00.34
Heat 2 of 4 Prelims			
1	Tulare West	CE	4:03.09
2	Sheldon	SJ	3:56.96
3	Birmingham	LA	3:54.40
4	Serra	SS	3:45.21
5	Highland	SS	3:51.61
6	Taft	LA	3:56.28
7	Edison	CE	4:00.11
Heat 3 of 4 Prelims			
1	Archbishop Mitty	CC	4:04.70
2	Mt. Carmel	SD	3:56.98
3	Fairfield	SJ	3:54.52
4	St. Mary's Academy	SS	3:47.66
5	Harvard Westlake	SS	3:51.13
6	St. Mary's	SJ	3:55.99
7	St. Francis	CC	3:59.76
Heat 4 of 4 Prelims			
1	Chico	NO	4:06.93
2	Newark Memorial	NC	3:57.30
3	St. Mary's	NC	3:55.07
4	Deer Valley	NC	3:48.62
5	Colony	SS	3:48.83
6	Acalanes	NC	3:55.90
7	Vista	SD	3:57.58

Prelims: 9:50 p.m. - Fri. Final: 9:38p.m. - Sat.

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

Lane	School	Section	Section Mark
Heat 1 of 4 Prelims			
1	Centennial	CE	3:22.92
2	Lincoln, Stockton	SJ	3:20.26
3	St. Mary's	NC	3:16.43
4	Serra	SS	3:10.41
5	Deer Valley	NC	3:16.36
6	Davis	SJ	3:19.61
7	Mountain View	CC	3:22.83
Heat 2 of 4 Prelims			
1	Bellarmine	CC	3:24.79
2	Rodriguez	SJ	3:20.51
3	Redondo	SS	3:16.93
4	Poly, Long Beach	SS	3:12.13
5	San Ramon Valley	NC	3:16.04
6	Crenshaw	LA	3:19.29
7	Enterprise	NO	3:22.81
Heat 3 of 4 Prelims			
1	San Benito Hol.	CC	3:24.93
2	Ridgeview	CE	3:20.80
3	Ramona	SD	3:17.80
4	Roosevelt, E.	SS	3:12.79
5	Woodbridge	SS	3:15.97
6	Taft	LA	3:19.06
7	Amador Valley	NC	3:22.43
8	Lincoln	SF	3:31.32
Heat 4 of 4 Prelims			
1	Stockdale	CE	3:27.37
2	El Camino	SD	3:21.17
3	Dorsey	LA	3:18.34
4	La Serna	SS	3:13.91
5	Rio Mesa	SS	3:15.32
6	Notre Dame/SO	SS	3:18.66
7	Steele Canyon	SD	3:21.89
8	Skyline	OK	3:28.00



CHRISTINA SMITH
WILSON (LONG BEACH) HIGH SCHOOL



JAMISON JORDAN
RIO MESA HIGH SCHOOL





CIF State Track and Field Championships



GIRLS POLE VAULT

GIRLS DISCUS

Prelims: 6:00 p.m. - Fri. Final: 5:15 p.m. - Sat.

National: 14-01 Tori Anthony, Castilleja (Palo Alto) 2007
State Meet: 14-01 Tori Anthony, Castilleja (Palo Alto) 2007

Prelims: 3:00 p.m. - Fri. Final: 4:30 p.m. - Sat.

National: 190-03 Anna Jelimi, Shafter 2009
State Meet: 186-09 Anna Jelimi, Shafter 2009

Pos.	Name	Gr.	School	Section	Sect. Mark
1	Kelsey Moynahan	11	Enterprise	NO	9-09.00
2	Kaitlin McCallum	10	LJ Country Day	SD	10-03.00
3	Jamie Greenberg	10	Palisades	LA	10-06.00
4	Rachel Bolton	10	Homestead	CC	10-06.00
5	Vicki Warner	11	Del Oro	SJ	10-09.00
6	Jenny Dutton	12	Clovis East	CE	10-09.00
7	Diamara Planell	11	Los Altos	CC	11-00.00
8	Alison Ang	11	Gunn	CC	11-00.00
9	Katie Zingheim	11	Granite Bay	SJ	11-00.00
10	Mimi Lian	9	Rancho Bern	SD	11-03.00
11	Haley Stauber	12	Rosary	SS	11-09.00
12	Mackenzie Landry	11	Del Oro	SJ	11-09.00
13	Natasha Kolbo	12	St. Joseph	SS	11-09.00
14	Madalyn Roberts	11	Mater Dei	SS	11-09.00
15	Victoria Rische	10	Foothill	SS	11-09.00
16	Siera Hearne	12	Paraclete	SS	11-09.00
17	Holly Waseloff	12	Buchanan	CE	11-09.00
18	Anginae Monteverde	11	Clovis West	CE	11-09.00
19	Nicola Garoutte	11	Piedmont	NC	12-00.00
20	Cimran Virdi	10	Las Lomas	NC	12-00.00
22	Lauryann Jiang	12	Las Lomas	NC	12-00.00
23	Carissa Culver	11	Los Alamitos	SS	12-03.00
24	Brooke Arthur	12	Mater Dei	SS	12-03.00
25	Michelle Stone	12	Ursuline	NC	12-03.00
26	Kortney Ross	12	Westview	SD	13-03.00

Pos.	Name	Gr.	School	Section	Sect. Mark
1	Tatjana Pitts	12	Antioch	NC	117-01
2	Kathleen Durand	9	Maria Carrillo	NC	118-02
3	Ashley Heedley	12	Castlemont	OK	120-09
4	Eva Isaacs	12	Campolindo	NC	121-10
5	Chioma Amaechi	12	Lincoln	SF	123-04
6	Lyndsey Carroll	11	El Dorado	SJ	123-09
7	Myshauna Alexander	12	Hamilton	LA	128-00
8	Nneka Anyanwu	11	Westview	SD	128-02
9	Patrice Sapiga	10	Hayward	NC	130-03
10	Alexa Evans	11	West Hills	SD	134-03
11	Sophia Dukes	12	Southwest	SD	135-07
12	Lisette Mendivil	10	Redwood	CE	136-06
13	Rebecca Hammar	11	Buchach Colony	SJ	137-06
14	Meagan McKee	12	Santa Tera	CC	137-08
15	Quinta Ekong	12	Hillsdale	CC	138-03
16	Markita Hinton	12	Atascadero	SS	138-04
17	Jaycee Olsen	12	Corona Del Mar	SS	139-00
18	Chukwunonso Okwelogu	11	Clovis West	CE	139-06
18	Jazmin Porter	12	Shasta	NO	140-00
19	Margarita Matiks	12	Irvine	SS	140-10
20	Brianna French	11	Vacaville	SJ	144-08
21	Viv Devaney	12	SL Obispo	SS	145-07
22	Jillian Weir	12	Homestead	CC	151-11
23	Alex Morgan	11	Ventura	SS	158-05
24	Alex Collatz	11	Stockdale	CE	175-01



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ALEX COLLATZ
Stockdale High School





CIF State Track and Field Championships



BOYS SHOT PUT

BOYS LONG JUMP

Prelims: 3:00 p.m. - Fri. Final: 4:30 p.m. - Sat.

National: 77-00 Michael Carter, Jefferson (Dallas, Texas) 1979
State Meet: 74-04.75 Brent Noon, Fallbrook 1990

Pos.	Name	Gr.	School	Section	Sect. Mark
1	Andrews Bawstun	12	El Camino Real	LA	50-04.00
2	Dallas Wilson	12	Central Valley	NO	50-05.00
3	Mario Yakoo	10	Steele Canyon	SD	50-05.25
4	Andrews Scott	12	Birmingham	LA	51-06.50
5	Khambrell Gomez	12	Dorsey	LA	51-07.00
6	Clayton Desilva	12	Milpitas	CC	51-10.50
7	Tevita Lataimua	12	Mills	CC	52-05.00
8	Ben Teichman	11	San Ramon Vly	NC	53-05.00
9	Scott Brazil	11	Mt. Pleasant	CC	53-05.0
10	Scott Esparza	12	Amador Valley	NC	53-09.50
11	Eric Mason	12	Castro Valley	NC	54-01.00
12	Tyrone Sauls	11	Christian	SD	55-01.50
13	Ma'la Brown	11	Paramount	SS	55-09.00
14	Pat Smith	12	Newbury Park	SS	55-09.00
15	Kody Robison	11	Millikan	SS	56-03.00
16	Jose Aviles	12	La Jolla	SD	56-06.25
17	Jake Taylor	12	Newport Harbor	SS	56-07.00
18	Zach Coniglio	12	Alhambra	NC	57-00.00
19	Cody Temple	11	Liberty	CE	57-05.25
20	Stephen Boals	11	Jesuit	SJ	58-00.00
21	Spencer Moorman	12	San Jacinto	SS	58-04.00
22	Brandon Greenberg	12	Crespi	SS	58-08.00
23	Nicholas Scarvelis	11	Dos Pueblos	SS	58-10.00
24	Albert Millan	12	Livingston	SJ	59-06.00
25	Willy Irwin	12	Clovis East	CE	60-09.25
26	Joe Daou	12	Santa Monica	SS	61-07.00
27	Jeremy Hines	12	Jesuit	SJ	62-11.00
28	Matt Darr	12	Frontier /ce	CE	63-06.50

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

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

Pos.	Name	Gr.	School	Section	Sect. Mark
1	Valentine Ebunilo	12	Narbonne	LA	21-01.00
2	Quincy Nelson	11	Galileo	SF	21-06.00
3	Tymon Jones	12	Taft	LA	21-09.50
4	Jonathan Robertson	12	Birmingham	LA	21-11.00
5	James Williams	12	Enterprise	NO	22-01.25
6	Byron Marshall	10	Valley Christian	CC	22-01.50
7	Mike Kennedy	12	St. Ignatius	CC	22-02.75
8	Lamin Wilson	12	MontereyTrail	SJ	22-03.50
9	David Turner	10	Morse	SD	22-04.75
10	Haran Piggee	11	Galt	SJ	22-06.00
11	DeAngelo Bonner	12	Troy	SS	22-06.00
12	Sava Boyadjiev	12	Terra Linda	NC	22-06.00
13	Terrell Wallace		El Cerrito	NC	22-06.25
14	Blake Selig	10	Rio Mesa	SS	22-06.75
15	Victor Huguley	12	San Leandro	NC	22-06.75
16	Julian Young	12	Rancho Bern.	SD	22-08.50
17	Michael Perry	12	La Salle	SS	22-08.75
18	Chris Mamon	12	Benicia	SJ	22-09.00
19	Evan Grimes	12	Antioch	NC	22-10.00
20	Terrance Nunnery	12	Ventura	SS	22-10.00
21	Taylor Kientzel	12	Santa Cruz	CC	22-10.50
22	Travis Johnson	11	Morse	SD	22-10.75
23	Jovonte Slater	11	Vista Murrieta	SS	22-11.25
23	Hayden Pierce	12	Esperanza	SS	22-11.75
24	Johnny Carter	11	Ridgeview	CE	23-00.75
25	David Allen	12	Madera	CE	23-00.75
26	Niko Di Martino	11	Oaks Christian	SS	23-01.00
27	Dillon Root	11	Redwood	CE	23-01.00
28	Devin Harrison	11	Dana Hills	SS	23-02.50
29	Sean Combs	12	Deer Valley	NC	23-09.25



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Dana Hills High School





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CIF State Track and Field Championships



GIRLS LONG JUMP

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

National: 22-01.75 Kathy McMillan, Hoke Co. (Raeford, North Carolina) 1976
State Meet: 22-00.50 Marion Jones, Thousand Oaks 1993

Pos.	Name	Gr.	School	Section	Sect. Mark
1	Kasey Barnett	12	Chico	NO	16-06.75
2	Janaa Evans	9	Skyline	OK	16-11.00
3	Ritia Bruce	12	Dorsey	LA	17-01.75
4	Kendall Gustafson	9	Palisades	LA	17-02.50
5	Katy Olivero	12	San Joaquin Mem	CE	17-03.50
6	Alva Castillo	12	Fairfax	LA	17-03.75
7	Sharessa Archie	10	Clovis North	CE	17-05.50
8	Hannah Hardy	11	Woodcreek	SJ	17-09.00
9	Jaci Powell	12	Oakdale	SJ	17-10.00
10	Chanelle Norwood	12	American	NC	17-10.25
11	Tatum Souza	12	Napa	SJ	17-11.00
12	Melanie Speech	10	Lowell	SF	17-11.00
13	Khyia Slone	12	Heritage	NC	18-01.25
14	Tiana Carter	12	Mt. Pleasant	CC	18-02.00
15	Mariah Rogers	12	Prospect	CC	18-02.00
16	Adrienne Johnson	12	Carondelet	NC	18-03.50
17	Ilesha Iwobi	12	Oceanside	SD	18-05.50
18	Danielle Littleton	12	Vista	SD	18-05.50
18	Ashlie Curenton	10	Silverado	SS	18-06.50
19	Tessa Runels	11	James Logan	NC	18-07.00
20	Taylor Johnson	12	Oak Park	SS	18-07.75
21	Bonny Rivers	12	Harbor	CC	18-09.50
22	Jenna Prandini	11	Clovis	CE	18-11.50
23	Abrianna Torres	11	S.L. Obisp	SS	18-11.75
24	Kylie Price	11	Bishop Amat	SS	19-01.75
25	Shanice Stewart	11	Carter	SS	19-02.00
26	Jasmine Gibbs	10	El Camino	SD	19-09.00

GIRLS HIGH JUMP

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

National: 6-04 Toni Young, Del City, Oklahoma 2009
State Meet: 6-02 Latrese Johnson, Clovis 1985

Pos.	Name	Gr.	School	Section	Sect. Mark
1	Mariah Fisher-Kendrick	12	Palisades	LA	4-11.00
2	Xava Grooms	11	Granada Hills	LA	5-01.00
3	Taylor Guthrie	11	Redwood	CE	5-01.00
4	Kendall Gustafson	9	Palisades	LA	5-03.00
5	Sarah Una Dia	12	Gilroy	CC	5-03.00
6	Celeste Rietveld	11	Livermore	NC	5-03.00
7	Shayla Woodhouse	12	Scripps Ranch	SD	5-03.00
8	Niah Simmons	10	Buchanan	CE	5-03.00
9	Courtney Rockwood	12	LJ Country Day	SD	5-03.00
10	Courtney Tuck	9	Petaluma	NC	5-03.00
11	Noelle Latham	11	Del Oro	SJ	5-03.00
12	Alyssa Monteverde	11	Clovis West	CE	5-03.00
13	Sabrina Swayzer	12	Washington	NC	5-04.00
14	Daniela Dumitras	12	Live Oak	NO	5-04.00
15	Mariah Slack	9	Vista	SD	5-05.00
16	Nikki Myashita	10	Aptos	CC	5-05.00
17	Zibby Boyer	11	Poly/Pasadena	SS	5-05.00
18	Alexus Dalton	11	Poly/LB	SS	5-05.00
19	Raegan Nizdil	9	Rio Mesa	SS	5-05.00
20	Annie Giebelhaus	11	Lutheran/Orange	SS	5-05.00
21	Lawre'll Dobbins	10	Foothill	SJ	5-05.00
22	Sarah Vaughn	12	Oak Ridge	SJ	5-05.00
23	Stephanie Armstrong	12	Live Oak	CC	5-07.00
24	Jasmine Hall	11	Valencia	SS	5-07.00
25	Taylor Johnson	12	Oak Park	SS	5-07.00
26	Alexis Walker	12	Pasadena	SS	5-07.00
27	Lydia French	12	Thou. Oaks	SS	5-07.00
28	Ashley Smith	12	Millikan	SS	5-07.00
29	Ashley Henry	12	Rancho Cuca	SS	5-07.00
30	Adrienne Johnson	12	Carondelet	NC	5-07.00
31	Tara Richmond	12	Poly/LB	SS	5-09.00



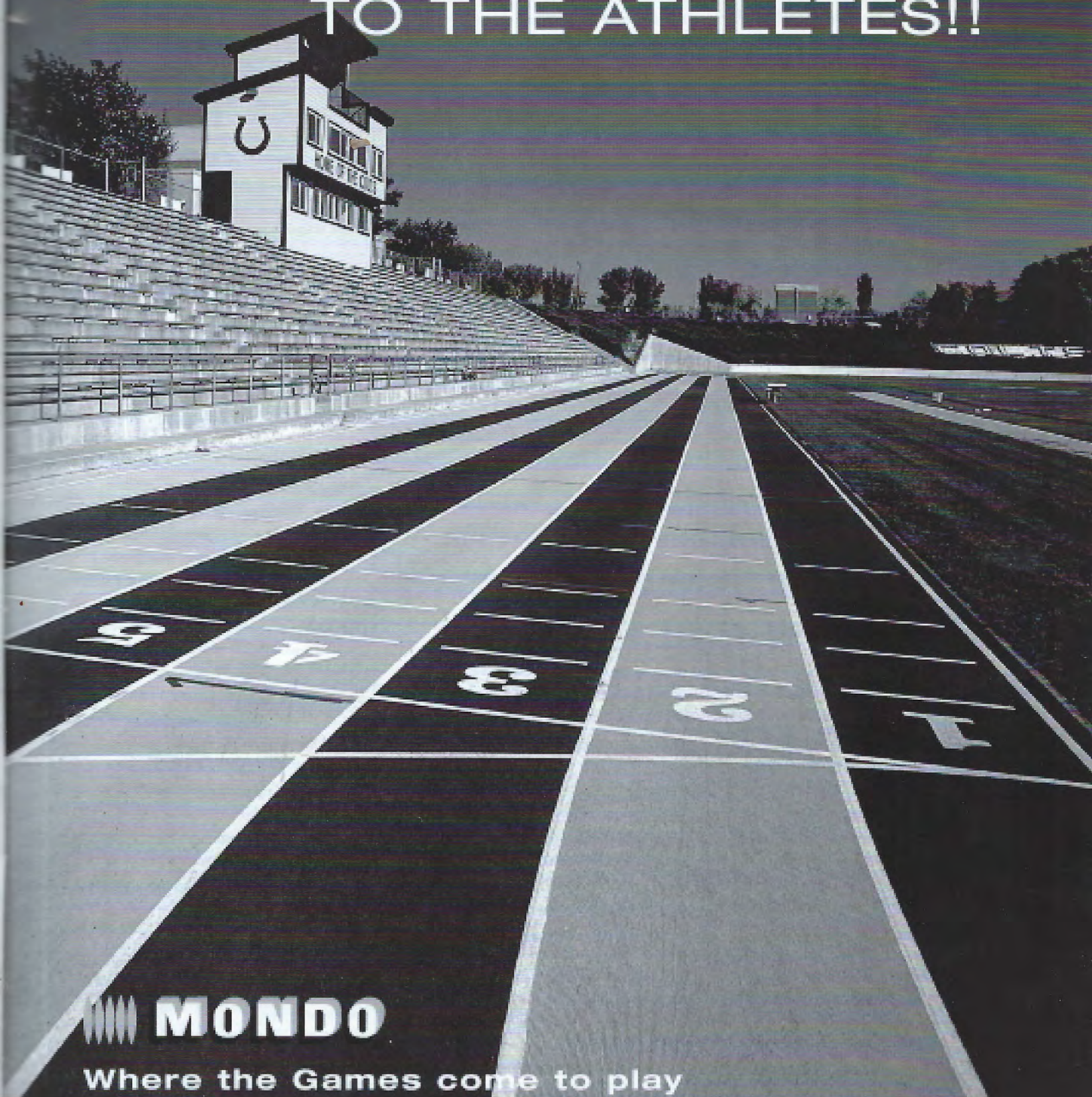
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All-Time CIF Boys Track and Field Top Times/Marks

BOYS 100 METERS

10.25 -Henry Thomas (Hawthorne) 1985
 10.30 -Riley Washington (Southwest, S.D.) 1992
 10.30 -Randal Carroll (Cathedral, LA) 2009
 10.31 -Jahvid Best (Salesian, Richmond) 2007
 10.32 -Bryan Howard (Canyon Springs, Moreno Villy) 1994
 10.32 -Rodney Glass (Notre Dame, Sherman Oaks) 2006
State Championship Record
 10.30 Riley Washington (Southwest, S.D.) 1992

BOYS 200 METERS

20.43 -Bryshon Nellum (Poly, Long Beach) 2007
 20.62 -Sultan McCullough (Muir, Pasadena) 1997
 20.65 -Jahvid Best (Salesian, Richmond) 2007
 20.68c -James Sanford (Pasadena) 1997
 20.73 -Henry Thomas (Hawthorne) 1985
State Championship Record
 20.43 Bryshon Nellum (Poly, Long Beach) 2007

BOYS 400 METERS

45.25 -Calvin Harrison (North Salinas) 1993
 45.38 -Bryshon Nellum (Poly, Long Beach) 2007
 45.81 -Obea Moore (Muir, Pasadena) 1996
 45.84 David Gettis (Dorsey, Los Angeles) 2005
 45.70h -Chip Rish (Marina, Huntington Beach) 1985
State Championship Record
 45.25 Calvin Harrison (North, Salinas) 1993

BOYS 800 METERS

1:46.45 -Michael Granville (Bell Gardens) 1996
 1:47.31 -Pete Richardson (Berkeley) 1981
 1:48.8y -Richard Joyce (Sierra, Whittier) 1965
 1:48.40 -Aaron Richberg (James Logan, Union City) 1995
 1:48.82 -James Levine (Golden Valley, Merced) 1997
State Championship Record
 1:46.45 Michael Granville (Bell Gardens) 1996

BOYS 1600 METERS

4:00.29 German Fernandez (Riverbank) 2008
 4:02.4y -Rich Kimball (DeLaSalle, Concord) 1974
 4:02.62 -Ryan Hall (Big Bear) 2001
 4:05.40y -Mark Schilling (Garden Grove) 1972
 4:04.00 -Mike Stember (Jesusit, Carmichael) 1995
State Championship Record
 4:02.29 German Fernandez (Riverbank) 2008

BOYS 3200 METERS

8:34.23 German Fernandez (Riverbank) 2008
 8:44.0y -Eric Reynolds (Camarillo) 1983
 8:44.6y -Eric Hulst (Laguna Beach) 1976
 8:45.2y -Thom Hunt (Patrick Henry, S.D.) 1976
 8:45.9y -Ralph Serma (Loara, Anaheim) 1975

State Championship Record

8:34.23 German Fernandez (Riverbank) 2008

BOYS 110-METER HIGH HURDLES

13.39 *Kevin Craddock (J. Logan, Union City) 2004
 13.41 -Steve Kerho (Mission Viejo) 1982
 13.48 -Dominique DeGrammont (Tustin) 1997
 13.54 -Marcel Allmond (St. Paul, Santa Fe Springs) 1999
 13.58 -Sharif Paxton (Crenshaw, LA) 1997

State Championship Record

13.39 Kevin Craddock (J. Logan, Union City) 2004

BOYS 300-METER INTERMEDIATE HURDLES

35.03 -Reggie Wyatt (La Sierra, Riverside) 2009
 35.28 -Jeshua Anderson (Taft, Woodland Hills) 2007
 35.32 -George Porter (Cabrillo, Lompoc) 1985
 35.45 -David Klech (California, San Ramon) 2006
 35.86 -Erick Montgomery (Independence, San Jose) 1983

State Championship Record

35.28 Jeshua Anderson (Taft, Woodland Hills) 2007

BOYS 400-METER RELAY

40.14 Poly, Long Beach 1999
 40.24 Hawthorne 1989
 40.28 Muir, Pasadena 1997
 40.39 Poly, Long Beach 1998
 40.53 Serra, Gardena 1996

State Championship Record

40.24 Hawthorne 1989

BOYS 1600-METER RELAY

3:07.40 Hawthorne 1985
 3:08.66 Muir, Pasadena 1996
 3:08.72 Muir, Pasadema 1997
 3:08.94 Berkeley 1981
 3:09.45 Hawthorne 1984

State Championship Record

3:08.66 Muir, Pasadena 1996

BOYS HIGH JUMP

7-04.25 -Teak Wilburn (Chico) 2002
 7-04.00 -Jeremy Fischer (Camarillo) 1994
 7-03.25 -Lee Balkin (Glendale) 1979
 7-03.00 -Tim Polti (Alemany, Mission Hills) 1979
 7-03.00 -Maurice Crumby (Balboa, San Francisco) 1983
 7-03.00 -Jeff Rogers (Overfelt, San Jose) 1985
 7-03.00 -Nick Ross (Vista Murrieta, Murrieta) 2009

State Championship Record

7-03.25 Lee Balkin (Glendale) 1979

BOYS POLE VAULT

17-06.00 -Michael Woepse (Mater Dei, S. Ana) 2010

17-05.00 -Scott Roth (Granite Bay) 2006

17-04.25 -Anthony Curran (Crespi, Encino) 1978

17-04.00 -Ryan Schuler (Granite Bay) 2006

17-03 -Nico Weiler (Los Gatos) 2008

17-03 -Brent Burns (Acalanes, Lafayette) 1987

State Championship Record

17-03 Nico Weiler (Los Gatos) 2008

BOYS LONG JUMP

26-04.75 -James Stallworth (Tulare) 1989
 25-10.75 -Heulon Hewitt (Merced) 1968
 25-09.50 -Gerald Hardeman (Edison, Fresno) 1972
 25-07.00 -James McAlister (Blair, Pasadena) 1970
 25-06.25 -Ted Hammond (Compton) 1973

State Championship Record

26-04.75 James Stallworth (Tulare) 1989

BOYS TRIPLE JUMP

52-10.50 -Charles Mayfield (Muir, Pasadena) 1980
 52-05.75 -Marcus Hooks (Lakewood) 1986
 52-04.75 -Ken Frazier (Mission, San Francisco) 1981
 52-03.50 Randy Williams (Edison, Fresno) 1971
 52-06.25 Dave Tucker (San Joaquin Memorial, Fresno) 1970

State Championship Record

52-05.75 Marcus Hooks (Lakewood) 1986

BOYS SHOT PUT

76-02.00 -Brent Noon (Fallbrook) 1990
 69-06.50 -Brian Blutreich (Capistrano Valley) 1985
 68-05.00 -Dave Kurrasch (Newport Harbor) 1975
 68-00.00 -Steve Montgomery (Lassen, Susanville) 1976
 67-09.75 -John Hubbell (Poly, Long Beach) 1966

State Championship Record

74-04.75 Brent Noon (Fallbrook) 1990

BOYS DISCUS THROW

213-07 -Bo Taylor (Newport Harbor) 2006
 212-01 -Darius Savage (Morse, San Diego) 2006
 210-08 -Brian Blutreich (Capistrano Valley) 1985
 210-01 *Jeff Buckley (Bakersfield) 1991
 209-09 -Sean Shields (Arroyo Grande) 2001

State Championship Record

213-07 Bo Taylor (Newport Harbor, Newport Bch) 2006

Records compiled by Rich Gonzalez with assistance from Mike Kennedy, Doug Speck and Jack Shepard.
 - 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.
 Includes marks from all sanctioned events, not just state championship meet.

Athletes with 2008 eligibility are listed in italics.
Top Times/Marks Lists courtesy of DyeStatCal.com
(updated thru 5/24/08)

All-Time CIF Girls Track and Field Top Times/Marks

LS 100 METERS

- 11.14 *Marion Jones (Thousand Oaks) 1992
- 11.15 -Angela Williams (Chino) 1998
- 11.27 *Jeneba Tarmoh (Mt. Pleasant, San Jose) 2006
- 11.29 -Allyson Felix (L.A. Baptist, North Hills) 2003
- 11.33 -Jasmine Baldwin (Bishop Amat, La Puente) 2004
- State Championship Record*
- 11.14 Marion Jones (Thousand Oaks) 1992

GIRLS 200 METERS

- 22.11A -Allyson Felix (LA Baptist, North Hills) 2003
- 22.67 *Marion Jones (Thousand Oaks) 1992
- 22.86 -Jasmine Baldwin (B. Amat, La Puente) 2004
- 22.88 -Tania Woods (Skyline, Oakland) 1999
- 22.90 -Kinshasa Davis (Wilson, Long Beach) 1997
- State Championship Record*
- 22.52 Allyson Felix (L.A. Baptist, North Hills) 2003

GIRLS 400 METERS

- 50.74 -Monique Henderson (Morse, S.D.) 2000
- 52.18 -Angel Perkins (Gahr, Cerritos) 2001
- 52.26 -Allyson Felix (LA Baptist, North Hills) 2003
- 52.35 -Sade Williams (Rancho Cucamonga) 2005
- 52.52 -Jasmiine Lee (Poly, Long Beach) 2003
- State Championship Record*
- 50.74 Monique Henderson (Morse, S.D.) 2000

GIRLS 800 METERS

- 2:04.91 -Trena Hull (Compton) 1984
- 2:05.43 -Linda Goen (North, Bakersfield) 1977
- 2:05.87 -Kerri Zaleski (Millikan, L. B.) 1985
- 2:06.08 -Donna Curtis (Culver City) 1981
- 2:06.09 -Dominique Jackson (Farfield) 2007
- State Championship Record*
- 2:04.91 Trena Hull (Compton) 1984

GIRLS 1600 METERS

- 4:33.82 -Christine Babcock (Woodbridge, Irvine) 2008
- 4:38.15 -Alex Kosinski (Oak Ridge, El Dorado Hills) 2007
- 4:39.10 **Jordan Hasay (Mission Prep, SLO) 2007
- 4:39.92 -Polly Plumber (University, Irvine) 1982
- 4:42.50 -Shannon Murakami (Saugus) 2007
- State Championship Record*
- 4:33.82 Christine Babcock (Woodbridge, Irvine) 2007

GIRLS 3200 METERS

- 9:48.59 -Kim Mortensen (Thousand Oaks) 1996
- 9:52.13 *Jordan Hasay (Mission Prep, SLO) 2008
- 9:52.51 -Lauryne Chetelat (Davis) 2008
- 10:04.03 -Christine Babcock (Woodbridge, Irvine) 2008
- 10:04.20 -Cory Schubert (Del Mar, San Jose) 1983

State Championship Record

- 9:52.13 Jordan Hasay (Mission Prep) 2008

GIRLS 100-METER HIGH HURDLES

- 13.03 *Vashti Thomas (Mt. Pleasant, San Jose) 2007
- 13.20 -Nichole Denby (J.W. North, Riverside) 2000
- 13.32 **Julian Purvis (St. Elizabeth, Oakland) 2007
- 13:32 -Ke'Nyia Richardson (Holy Names, Oakland) 2007
- 13.35 -Nicole Hoxie (J.W. North, Riverside) 1997
- State Championship Record*
- 13.03 Vashti Thomas (Mt. Pleasant, San Jose) 2007

GIRLS 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 (Ganesha, Pomona) 1987
- 40.81 -Joanna Hayes (J.W. North, Riverside) 1995
- State Championship Record*
- 40.10 Ebony Collins (Wilson, Long Beach) 2005

GIRLS 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
- State Championship Record*
- 44.70 St. Bernard (Playa Del Rey) 1997

GIRLS 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
- State Championship Record*
- 3:35.49 Poly, Long Beach 2004

GIRLS HIGH JUMP

- 6-02.75 -Latrese Johnson (Clovis) 1985
- 6-02.25 -Wendy Brown (Woodside) 1984
- 6-02.25 -Julie Brouhgton (Woodland) 1989
- 6-02.00 -Sharon Day (Costa Mesa) 2003
- 6-01.00 -Tonya Mendonica (Mt. Whitney, Visalia) 1983
- State Championship Record*
- 6-02.00 Latrese Johnson (Clovis) 1985

GIRLS POLE VAULT

- 14-01.00 -Tori Anthony (Castilleja, Palo Alto) 2007
- 13-08.00 -Shayla Balentine (Morro Bay) 2001
- 13-07.00 -Allison Stokke (Newport Harbor) 2007

- 13-06.00 -Chelsea Johnson (Atascadero) 2002

- 13-05.00 -Kira Costa (San Joaquin Memorial, Fresno) 2003
- 13-05.00 -Kortney Ross (Westview, San Diego) 2010

State Championship Record

- 14-01 Tori Anthony (Castilleja, Palo Alto) 2007

GIRLS LONG JUMP

- 22-00.50 -Marion Jones (Thousand Oaks) 1993
- 20.11.50 *Juliana Yendork (Walnut) 1990
- 20-11.25 Ke'Nyia Richardson (Holy Names, Oakland) 2007
- 20-09.75 Wendy Brown (Woodside) 1984
- 20-08.75 Marlene Harmon (Thousand Oaks) 1980
- State Championship Record*
- 22-00.50 Marion Jones (Thousand Oaks) 1993

GIRLS TRIPLE JUMP

- 44-04.00 -Ke'Nyia Richardson (Holy Names, Oakland) 2007
- 44-00.50 -Juliana Yendork (Walnut) 1991
- 44-00.00 *Brittany Daniels (Merrill West, Tracy) 2004
- 43-01.50 -Vashti Thomas (Mt. Pleasant, San Jose) 2008
- 42-10.50 -Wendy Brown (Woodside) 1984
- State Championship Record*
- 44-00.50 Juliana Yendork (Walnut) 1991

GIRLS SHOT PUT

- 54-04.75 -Anna Jelmini (Shafter) 2009
- 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
- 50-11.75 -Dawn Dumble (Bakersfield) 1990
- State Championship Record*
- 52-11.50 Kristin Heaston (Ygnacio Valley, Concord) 1993

GIRLS DISCUS THROW

- 190-03 -Anna Jelmine (Shafter) 2009
- 188-04 -Suzy Powell (Downey, Modesto) 1994
- 182-06 -Billie Jo Grant (Arroyo Grande) 2003
- 181-03 Stephanie Brown (Arroyo Grande) 1998
- 180-09 *Alex Collatz (Stockdale) 2010
- State Championship Record*
- 186-09 -Anna Jelmine (Shafter) 2009

Records compiled by Rich Gonzalez with assistance from Mike Kennedy, Doug Speck and Jack Shepard.
 - senior; * junior; ** sophomore; *** freshman
 e=converted from yards distance; i=indoor mark;
 A=altitude mark achieved above 3,000m
 Only wind-legal marks, precision-auto times are included.
 Includes marks from all sanctioned events, not just state championship meet.
Athletes with 2008 eligibility are listed in italics.
Top Times/Marks Lists courtesy of DyeStatCal.com
(updated thru 5/24/10)

2010 CIF Top Track and Field Top Times/Marks

BOYS 100 METERS

10.52	Jamison Jordan	12	Rio Mesa	SS
10.53	Remontay McClain	11	Covina	SS
10.54	Jovonte Slater	11	Vista Murireta	SS
10.55	Ronald Frasier	12	Jesuit	SJ
10.55	George Farmer	11	Serra	SS

BOYS 200 METERS

21.00	Remontay McClain	11	Covina	SS
21.04	Jalen Craver	11	Woodbridge	SS
21.07	Davonte Stewart	11	Miller	SS
21.09	Robert Woods	12	Serra	SS
21.23	Jamison Jordan	12	Rio Mesa	SS

BOYS 400 METERS

46.17	Josh Mance	12	Don Lugo	SS
46.17	Robert Woods	12	Serra	SS
46.92	Jalen Craver	11	Woodbridge	SS
47.87	Ryan Healy	12	Redwood	NC
47.89	Jesse White	11	Deer Valley	NC
47.89	Matthew Bedford	12	Harvard-Westlake	SS

BOYS 800 METERS

1:49.18	Sean Krinik	12	Valencia	SS
1:50.38	Greg Dotson	12	Burbank	SS
1:51.59	Ruben Danielsen	12	Rancho Verde	SS
1:51.79	Myles Andrews	11	Poly (LB)	SS
1:51.81	Ray Noble	11	Valley View	SS

BOYS 1600 METERS

4:08.54	Erik Olson	12	Novato	NC
4:10.45	Amar Moussa	11	Arcadia	SS
4:11.12	Chris Brewer	11	Rancho Buena Vista	SD
4:11.20	Justin Vilhauer	11	Redwood	CS
4:11.33	Jantzen Oshier	11	Trabuco Hills	SS

BOYS 3200 METERS

8:55.76	Sam Pons	11	South Pasadena	SS
8:56.37	Elias Gedyon	11	Loyola	SS
8:57.86	Kurt Ruegg	12	Napa	SJ
8:58.46	Ammar Moussa	11	Arcadia	SS
8:59.01	Erik Olson	12	Novato	NC

BOYS 110-METER HIGH HURDLES

13.70	Jonathan Cabral	11	Agoura	SS
13.86	Noah Blue	12	Skyline	OS
13.94	Monte Corley	12	James Logan	NC
13.96	Kevin Finley	12	Granite Hills	SD
14.12	Chris Mamon	12	Benicia	SJ

BOYS 300-METER INTERMEDIATE HURDLES

36.58	Monte Corley	12	James Logan	NC
36.83	Jonathan Cabral	11	Agoura	SS
36.89	Ronald Frasier	12	Jesuit	SJ
37.29	Austin Hill	12	Roosevelt	SS
37.53	Sean Johnson	12	Buchanan	CS

BOYS 400-METER RELAY

40.66	Serra	SS
40.69	Rio Mesa	SS
40.72	Poly (LB)	SS
41.01	Dorsey	LA
41.13	Crenshaw	LA

BOYS 1600-METER RELAY

3:10.41	Serra	SS
3:12.13	Poly (LB)	SS
3:12.79	Roosevelt	SS
3:13.91	La Serna	SS
3:14.87	Rio Mesa	SS

BOYS HIGH JUMP

7-00	Tyler Jordan	12	Ramona	SD
6-10	Harrison Steed	12	J Serra	SS
6-10	Anthony Williams	12	Enterprise	NS
6-10	Deante Kemper	11	Serra	SS
6-10	Todd Barnes	12	Pasadena	SS
6-10	Mason Hahn	12	Lutheran (Orange)	SS
6-10	Nick Ridge	12	Jesuit	SJ

BOYS LONG JUMP

24-05.00	Johnny Carter	11	Ridgeview	CS
23-10.75	Hayden Pierce	12	Esperanza	SS
23-10.00	Niko DiMartino	11	Oaks Christian	SS
23-09.25	Sean Combs	12	Deer Valley	NC
23-06.00	Chris Mamon	12	Benicia	SJ

BOYS TRIPLE JUMP

50-10.00	Johnny Carter	11	Ridgeview	CS
48-10.25	Jovon Cunningham	11	Enterprise	NS
48-10.25	Solomon Ijah	11	Murrieta Vally	SS
48-9.00	Stefan McClure	11	Vista	SD
48-04.75	Travis Johnson	11	Morse	SD

BOYS POLE VAULT

17-06.00	Michael Woepse	12	Mater Dei	SS
16-01.00	Scott Cook	12	Mater Dei	NC
16-00.00	Evan Barr	12	Loyola	SS
15-08.00	Clint Rosser	12	Loyola	SS
15-07.00	Shawn Toney	12	St. Francis (MV)	CC
15-07.00	David Kim	12	Los Almitos	SS
15-07.00	Jeremy Kennedy	12	Marina	SS

BOYS DISCUS THROW

199-09	Willy Irwin	12	Clovis East	CS
194-11	Matt Darr	12	Frontier	CS
194-01	Thomas Hart	12	St. Augustine	SD
186-00	Zach Coniglio	12	Alhambra	NC
184-05	Joe Daou	12	Santa Monica	SS

BOYS SHOT PUT

63-09.75	Jeremy Hines	12	Jesuit	SJ
63-06.50	Matt Darr	12	Frontier	CS
62-05.25	Spencer Moorman	12	San Jacinto	SS
61-07.00	Joe Daou	12	Santa Monica	SS
61-05.50	Willy Irwin	12	Clovis East	CS

GIRLS 100 METERS

11.46	Jenna Prandini	11	Clovis	CS
11.50	Ashton Purvis	12	St. Elizabeth	NC
11.63	Valexsia Droughn	11	Rio Mesa	SS
11.66	Jessica Davis	12	Highland	SS
11.75	Kylie Price	11	Bishop Amat	SS

GIRLS 200 METERS

23.42	Jessica Davis	12	Highland	SS
23.55	Ashley Smith	12	Millikan	SS
23.56	Ashton Purvis	12	St. Elizabeth	NC
23.70	Jenna Puterbaugh	12	Santa Fe Christian	SD
23.76	Charnell Price	12	St. Mary's Academy	SS

GIRLS 400 METERS

53.06	Chizoba Okodogbe	12	Deer Valley	NC
53.30	Chimere Ezumah	9	Serra	SS
53.58	Vanessa Jones	11	Etiwanda	SS
53.64	Akawaw Ndipagbor	11	Poly (LB)	SS
54.12	Thandi Stewart	12	James Logan	NC

GIRLS 800 METERS

2:08.34	Amy Weissenbach	10	Harvard Westlake	SS
2:09.07	Chloe Curtis	12	Redondo	SS
2:09.70	Savannah Camacho	10	Templeton	SS
2:10.07	Paisley Pettway	12	Millikan	SS
2:10.14	Tiffany Lamar	12	Paramount	SS

GIRLS 1600 METERS

4:45.06	Alli Billmeyer	11	Torrey Pines	SD
4:48.97	Chloe Curtis	12	Redondo	SS
4:49.50	Erin Menefee	12	Mt. Carmel	SD
4:49.64	Molly Grabill	11	Rancho Bernardo	SD
4:49.65	Lyndsey Mull	10	Redondo Union	SS

GIRLS 3200 METERS

10:18.70	Alli Billmeyer	11	Torrey Pines	SD
10:21.72	Liberty Miller	12	Simi Valley	SS
10:22.77	Melissa Skiba	12	Oak Park	SS
10:23.59	Sierra Vega	12	Foothill	SS
10:24.85	Catrina Mcalister	11	Arcadia	SS

GIRLS 100-METER HIGH HURDLES

13.49	Trinity Wilson	10	St. Mary's	NC
13.55	Kori Carter	12	Claremont	SS
13.72	Hannah Goranson	12	Valley Christian	CC
13.84	Katie Nelms	12	Leland	CC
13.86	Brea Buchanan	11	Ayala	SS

GIRLS 300-METER LOW HURDLES

41.30	Kori Carter	12	Claremont	SS
41.38	Ashley Cooke	12	Colony	SS
42.43	Alyssa Monteverde	11	Clovis West	CS
42.73	Thandi Stewart	12	James Logan	NC
42.88	Gainna Woodruff	11	St. Mary's Academ	SS

GIRLS 400-METER RELAY

45.29	Poly (LB)	SS
45.66	Serra	SS
45.68	Rancho Verde	SS
46.04	St. Mary's Academy	SS
46.60	Wilson (LB)	SS

GIRLS 1600-METER RELAY

3:43.33	Poly (LB)	SS
3:44.29	Serra	SS
3:47.04	Los Osos	SS
3:47.36	Deer Valley	NC
3:47.66	St. Mary's Academy	SS

GIRLS HIGH JUMP

5-11.00	Alexis Walker	12	Pasadena	SS
5-10.00	Tara Richmond	12	Poly (LB)	SS
5-10.00	Joslyn Barnes	11	North Torrance	SS
5-09.00	Ashley Henry	12	Rancho Cucamonga	SS
5-09.00	Lydia French	12	Thousand Oaks	SS

GIRLS LONG JUMP

20-02.00	Jenna Prandini	11	Clovis	CS
19-09.00	Jasmine Gibbs	10	El Camino	SD
19-08.00	Aylica Herring	12	Rancho Verde	SS
19-03.00	Je'nia Sears	11	Edison	CS
19-01.75	Kylie Price	11	Bishop Amat	SS

GIRLS TRIPLE JUMP

41-04.50	Ciarra Brewer	11	James Logan	NC
40-05.50	Tara Richmond	12	Poly (LB)	SS
39-08.00	Cydney Leath	10	Mt. Pleasant	CC
39-06.25	Shanique Walker	11	Mt. Pleasant	CC
39-05.75	Jenna Prandini	11	Clovis	CS

GIRLS POLE VAULT

13-05	Kortney Ross	12	Westview	SD
13-00	Katie Zingheim	11	Granite Bay	SJ
12-10	Siera Hearne	12	Paraclete	SS
12-09	MacKenzi Landry	11	Del Oro	SJ
12-07	Natasha Kolbo	12	St Joseph's	SS
12-07	Claire Hawkins	12	Santa Margarita	SS

GIRLS DISCUS THROW

180-09	Alex Collatz	11	Stockdale	CS
166-08	Alex Morgan	11	Ventura	SS
155-08	Jasmine Burrell	12	N. Torrance	SS
151-11	Jillian Weir	12	Homestead	CC
147-03	Alexa Evans	11	West Hills	SD

GIRLS SHOT PUT

48-11.00	Chioma Amaechi	12	Lincoln	SF
47-07.00	Jasmine Burrell	12	N. Torrance	SS
46-09.00	Meagan McKee	12	Santa Teresa	CC
46-07.00	Lacie Rasley	11	Shafter	CS
45-09.50	Alex Collatz	11	Stockdale	CS



CIF State Track and Field Championships



BOYS DISCUS

GIRLS SHOT PUT

Prelims: 5:30 p.m. - Fri. Final: 6:30 p.m. - Sat.
 National: 236-06 Mason Finley, (Buena Vista, Co) 2009
 State Meet: 213-07 Bo Taylor, Newport Harbor (Newport Beach) 2006

Prelims: 5:30 p.m. - Fri. Final: 6:30 p.m. - Sat.
 National: 54-10.75 Michelle Carter, Red Oak (Texas) 2003
 State Meet: 52-11.50 Kristin Heaston, Ygnacio Valley (Concord) 1993

Pos.	Name	Gr.	School	Section	Sect. Mark
1	Collin Luu	10	Lincoln	SF	138-04
2	Frankie Martinez	12	San Benito Hol	CC	149-04
3	Chad Dobbins	12	Mission Hills	SD	151-08
4	Cj Nuwzi	12	Silver Creek	CC	152-06
5	Logan Peterson	12	Ramona	SD	157-00
6	Brett Bowers	12	Ukiah	NC	157-06
7	Toni Pole	12	James Logan	NC	160-07
8	Mauricio Cornejo	11	Terra Linda	NC	162-09
9	Erik Kramer	12	Mills	CC	165-04
10	Nicholas Scarvelis	11	Dos Pueblos	SS	169-07
11	Markus Sanders	12	Pitman	SJ	170-02
12	Europa Mataia	12	Anderson	NO	170-09
13	James Kinloch	11	Granite Bay	SJ	171-04
14	Cody Temple	11	Liberty	CE	171-05
15	Brice Sandri	12	El Diamante	CE	171-10
16	Sullivan Parker	11	El Toro	SS	172-02
17	Tim House	12	Oakdale	SJ	176-00
18	Miguel Lopez	12	Esperanza	SS	176-01
19	Kris Kirk	12	Elsinore	SS	176-08
20	Jeremy Hines	12	Jesuit	SJ	176-10
21	Zach Coniglio	12	Alhambra	NC	176-10
22	Jake Fraser	11	El Toro	SS	177-04
23	Will Parsons	11	La Habra	SS	180-07
24	Jacob Budwig	12	Fowler	CE	183-02
25	Matt Darr	12	Frontier	CE	184-07
26	Thomas Hart	12	St. Augustine	SD	194-01
27	Willy Irwin	12	Clovis East	CE	99-09

Pos.	Name	Gr.	School	Section	Sect. Mark
1	Asjia Gomez	11	Hollywood	LA	36-03.25
2	DeAnna Atkins	11	Castlemont	OK	36-09.00
3	Ceara Snyder	12	Willits	NC	38-03.50
4	Myshauna Alexander	12	Hamilton	LA	38-05.25
5	Caitlin Byrd	12	Carson	LA	38-11.75
6	Breane Jemison	10	Carlsbad	SD	39-01.50
7	Abigail Leaupepe	12	Morse	SD	39-03.00
8	Patrice Sapiga	12	Hayward	NC	39-07.75
9	Mariah Counts	11	Poway	SD	39-09.75
10	Jazmin Porter	12	Shasta	NO	39-10.75
11	Stephanie Darosa	12	Mission Prep	CE	40-05.00
12	Brianna French	11	Vacaville	SJ	40-09.00
13	Elizabeth Gordon	12	Archbishop Mitty	CC	41-03.00
14	Rebecca Hammar	11	Buchach Colony	SJ	41-03.50
15	Talei Tagivakatini	12	Albany	NC	41-03.50
16	Alex Collatz	11	Stockdale	CE	41-10.00
17	Courtney Brown	12	El Modena	SS	42-03.00
18	Urina Harrell	10	Serra	SS	42-03.00
19	Alex Morgan	11	Ventura	SS	42-05.00
20	Anamanu Folau	12	Florin	SJ	42-06.00
21	Kristen Wilson	12	Ventura	SS	42-10.00
22	Lacie Rasley	11	Shafter	CE	42-11.50
22	Markita Hinton	12	Atascadero	SS	43-01.00
23	Jillian Weir	12	Homestead	CC	43-08.00
24	Tanya Sapa	9	La Sierra	SS	43-08.00
25	Erinn Jones	12	James Logan	NC	43-08.00
26	Lima Lefiti	12	La Sierra	SS	44-01.00
27	Teresa Loya	12	St. Joseph	SS	44-05.00
28	Meagan McKee	12	Santa Tera	CC	46-09.00
29	Jasmine Burrell	12	No. Torrance	SS	47-07.00
30	Chioma Amaechi	12	Lincoln	SF	48-11.00



SPENDER ALLEN PHOTOS

WILLY IRWIN
Clovis East High School



MARK A. SMITH

MARKITA HINTON
Atascadero High School



CIF State Track and Field Championships



BOYS POLE VAULT

GIRLS TRIPLE JUMP

Prelims: 6:00 p.m. - Fri. Final: 7:15 p.m. - Sat.

National: 18-02.25 Eric Eshbach, Orangefield (Texas) 1999
State Meet: 17-03 Nico Weiler, Los Gatos 2008

Pos.	Name	Gr.	School	Section	Sect. Mark
1	Chris Watanabe	12	Trinity	NO	13-00.00
2	David Coneway	12	Marshall	LA	13-06.00
3	Jake Lindstrom	12	St. Ignatius	CC	13-06.00
4	John Paul Williams	12	Westmoore	CC	13-06.00
5	Alex Hamidzadeh	11	El Camino Real	LA	13-09.00
6	Kyle Maxwell	12	Atwater	SJ	14-03.00
7	Daniel Spencer	12	Carlsbad	SD	14-06.00
8	Colin Barber 10	12	San Ramon Vly	NC	14-06.00
9	Charles Smith-Stewart	12	Marin Catholic	NC	14-06.00
10	Benjamin Berthet	12	Los Gatos	CC	14-08.00
11	James Van Wyck	11	DeLaSalle	NC	14-09.00
12	Clint Rosser	12	Loyola	SS	15-00.00
13	Evan Barr	11	Loyola	SS	15-00.00
14	Caleb Gagliardi	12	Clovis West	CE	15-00.00
15	Kyle Fraley	11	Lemoore	CE	15-00.00
16	Ian Rock	11	Davis	SJ	15-00.00
17	Jeremy Kennedy	12	Marina	SS	15-00.00
18	Jeremy McGrath	12	La Jolla	SD	15-00.00
19	Mike Loschavo 12	12	Huntington Bch	SS	15-00.00
20	Michael McElory	12	Buchanan	CE	15-00.00
21	Alex Kalish	12	Campolindo	NC	15-00.00
22	Adam Bragg	11	El Toro	SS	15-00.00
23	Dillon Fox	12	La Costa Cnyn	SD	15-00.00
24	Aaron Ainley	12	Clovis	CE	15-06.00
25	Connor Stark	10	Oak Park	SS	15-06.00
26	Brian Hanson	12	Oak Ridge	SJ	15-06.00
26	Andrew Ramay	11	Liberty	CE	15-06.00
27	Jesse Phillips	12	Katella	SS	15-06.00
28	Scott Cook	12	Mater Dei	SS	16-00.00

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

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

Pos.	Name	Gr.	School	Section	Sect. Mark
1	Katherine Gao	11	Lowell	SF	34-11.50
2	Ritia Bruce	12	Dorsey	LA	35-06.00
3	Zsatiera White	12	Carson	LA	35-06.75
4	Kasey Barnett	12	Chico	NO	36-01.75
5	Kayla Phillips	9	Crenshaw	LA	36-03.00
6	Brienna Crimmins	12	Rosemont	SJ	36-08.75
7	Sharessa Archie	10	Clovis No.	CE	36-09.00
8	Jaclyn Lam	11	Lincoln, St	SJ	37-01.50
9	Kiare Tanner	9	Stockdale	CE	37-01.75
10	Jade Hodge	11	St. Mary's	SJ	37-04.00
11	T'Keyah Gray	12	Elsinore	SS	37-11.25
12	Kayla Mallet	11	W.Torrance	SS	38-00.25
13	Vanora Guerard	10	La Jolla	SD	38-01.00
14	Olympia Jewett	12	Culver City	SS	38-02.75
15	Tamika Smith	10	El Camino	SD	38-03.00
16	Ilesha Iwobi	12	Oceanside	SD	38-05.00
17	Tessa Runels	11	James Logan	NC	38-06.50
18	Jaci Powell	12	Oakdale	SJ	38-07.00
19	Tiana Carter	12	Mt. Pleasant	CC	38-09.25
20	Shanique Walker	11	Mt. Pleasant	CC	39-01.75
21	Sasha Wallace	9	Holy Names	NC	39-03.00
22	Tara Richmond	12	Poly/LB	SS	39-04.50
23	Cydney Leath	10	Mt. Pleasant	CC	39-08.00
24	Jenna Prandini	11	Clovis	CE	40-02.50
25	Ciarra Brewer	11	James Logan	NC	41-04.50



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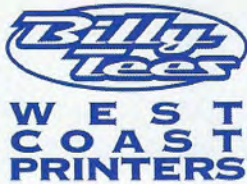
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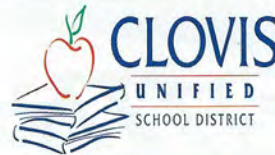
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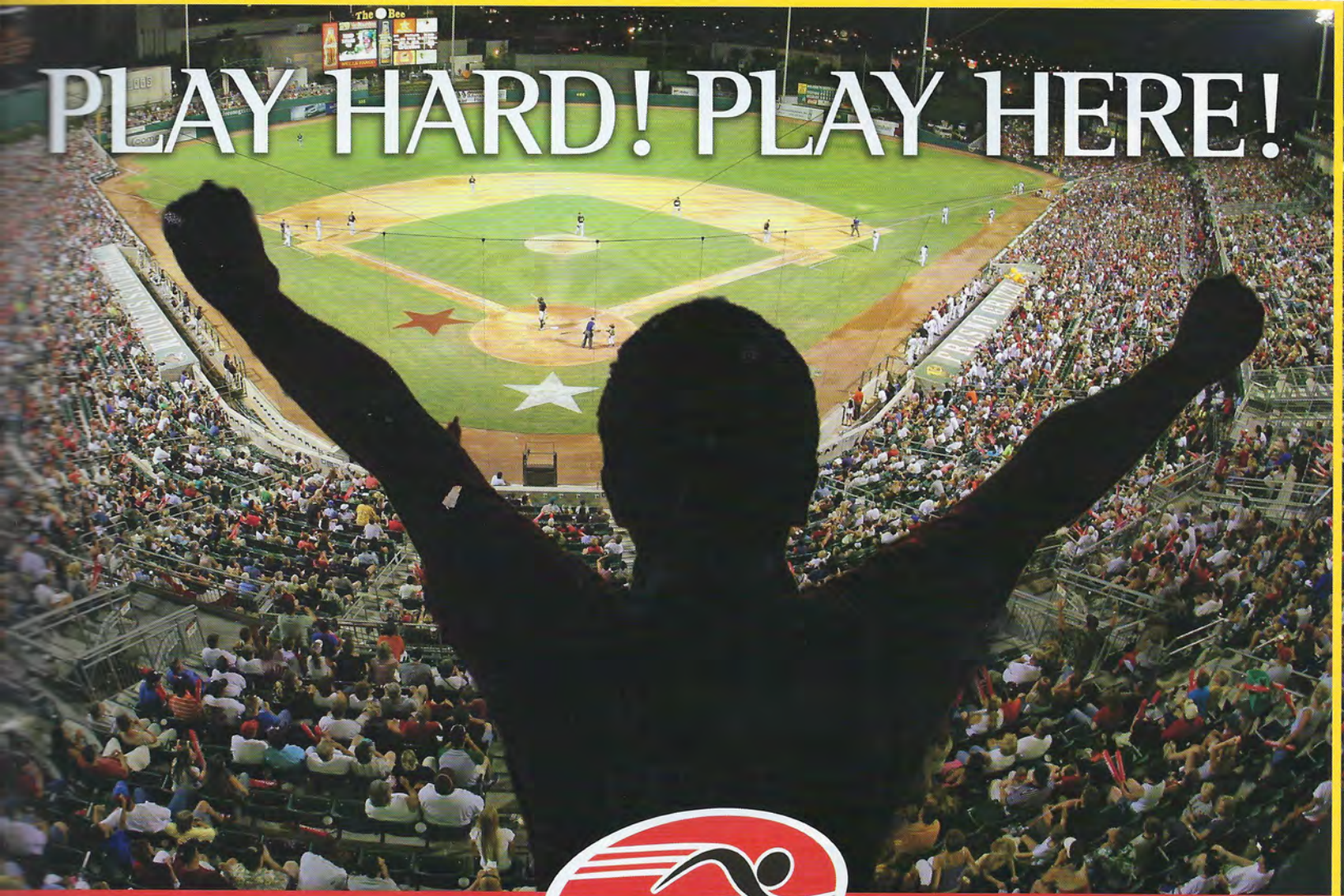
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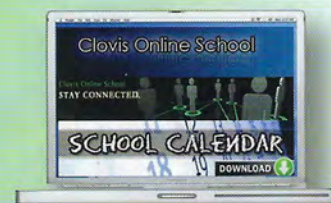


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CIF State Track and Field Championships



BOYS TRIPLE JUMP

BOYS HIGH JUMP

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

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

Pos.	Name	Gr.	School	Section	Sect. Mark
1	Tony Wong	12	Lowell	SF	41-11.50
2	Jonathan Robertson	12	Birmingham	LA	43-00.50
3	Marcus Eggleston	10	Dorsey	LA	43-00.50
4	Arthur Dyson	12	Carson	LA	43.07.00
5	Ricky Strehlow	10	Wilcox	CC	45-02.50
6	Idarre Coles	12	Redwood	CE	45-07.00
7	Will Kaigler	11	Merrill West	SJ	45-08.50
8	Isaiah Jenkins	12	Mt. Whitney	CE	45-09.00
9	Jonte Grant	11	Hayward	NC	45-09.25
10	Elijah Mitchell	11	Merrill West	SJ	45-10.50
11	Alan Williams	11	Bishop O'Dowd	NC	46-00.00
12	Victor Johnson	12	James Logan	NC	46-00.25
13	Maurice Williams	11	Palo Alto	CC	46-01.50
14	Henry Vildosola	12	Woodcrest Chr.	SS	46-02.50
15	Jamal Harris	12	Loyola	SS	46-03.00
15	Ignacio Rodriguez	12	Paramount	SS	46-03.25
16	Jaelen Spencer	9	Sultana	SS	46-06.00
17	Jordan Hines	11	Eastlake	SD	46-06.00
18	Justin Lovingood	12	Summit	SS	46-07.50
19	Brett Crider	12	Placer	SJ	46-10.00
20	Nick Taylor	12	Vista Murrieta	SS	47-01.50
21	Drew Huusfeldt	12	Esperanza	SS	47-02.25
22	Keremiah Crockett	11	Dublin	NC	47-02.50
23	Taylor Kientzel	12	Santa Cruz	CC	47-08.00
24	Solomon Ijah	11	Murrieta Vally	SS	47-09.25
25	Jovon Cunningham	11	Enterprise	NO	47-11.50
26	Travis Johnson	11	Morse	SD	48-01.00
27	James Williams	12	Enterprise	NO	48-04.50
28	Justin Malishan	12	Mission Hills	SD	48-06.00
29	Stefan McClure	11	Vista	SD	48-09.00
30	Johnny Carter	11	Ridgeview	CE	49-03.50

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

National: 7-05.75 James White, Grandville, Maryland 2009
State Meet: 7-03.25 Lee Balkin, Glendale 1979

Pos.	Name	Gr.	School	Section	Sect. Mark
1	Paul Logan	11	Palisades	LA	6-02.00
2	Philmore Daley	12	Lemoore	CE	6-02.00
3	Scott Greathouse	12	Los Altos	CC	6-04.00
4	Andre Rawls	12	California	NC	6-04.00
5	Tyler Nigro	12	Palo Alto	CC	6-04.00
6	Kellan O'Donnell	12	Analy	NC	6-05.00
7	Idarre Coles	12	Redwood	CE	6-06.00
8	Troy Watkins	12	Woodcrest Chr.	SS	6-06.00
9	Corey Winston	12	Poly/LB	SS	6-06.00
10	Harrison Steed	12	Jserra	SS	6-06.00
11	Mario Giovannoni	12	Napa	SJ	6-06.00
12	Michael Staab	12	Madera	CE	6-06.00
13	Aaron Hale	12	Upland	SS	6-06.00
14	Tosh Semlacher	12	Jesuit	SJ	6-06.00
15	Ronnie Turner	11	Antelope Vally	SS	6-06.00
16	Bryant Mitchell	12	Mt. Miguel	SD	6-06.00
17	Alex Campbell	11	Scripps Ranch	SD	6-06.00
18	Noel Frazier	10	California	NC	6-07.00
19	Brandon Ford	11	Mt. Carmel	SD	6-08.00
20	Cody Crampton	10	Canyon-Ana	SS	6-08.00
21	Steve Williams	12	Downey	SS	6-08.00
22	Deante Kemper	11	Serra	SD	6-08.00
23	Maurice Spikes	12	St. Mary's	NC	6-08.00
24	Nick Ridge	12	Jesuit	SJ	6-08.00
25	Tyler Jordan	12	Ramona	SD	6-10.00
25	Anthony Williams	12	Enterprise	NO	6-10.00



KIBRY LEE IMAGES

IDARE COLES
Redwood High School



FINE FLOCKS BY DON GOSNEY

NICK ROSS
Vista Murrieta High School



CIF State Track and Field Championship Records

BOYS

100 METERS	
10.30	Riley Washington (Southwest, San Diego) 1992
200 METERS	
20.43	Bryshon Nellum (Poly, Long Beach)..... 2007
400 METERS	
45.25	Calvin Harrison (North Salinas)..... 1993
800 METERS	
1:46.45	Michael Granville (Bell Gardens) 1996
1600 METERS	
4:00.29	German Fernandez (Riverbank) 2008
3200 METERS	
8:34.23	German Fernandez (Riverbank) 2008
110-METER HIGH HURDLES	
13.39	Kevin Craddock (James Logan, Union City) 2004
300-METER INTERMEDIATE HURDLES	
35.28	Jeshua Anderson (Taft, Woodland Hills) 2007
400-METER RELAY	
40.24	Hawthorne 1989
1600-METER RELAY	
3:08.66	John Muir, Pasadena 1996
DISCUS THROW	
213-07	Bo Taylor (Newport Harbor, Newport Beach) 2006
HIGH JUMP	
7-03.25	Lee Balkin (Glendale)..... 1979
LONG JUMP	
26-04.75	James Stallworth (Tulare) 1989
POLE VAULT	
17-03	Nico Weiler (Los Gatos) 2008
SHOT PUT	
74-04.75	Brent Noon (Fallbrook)..... 1990
TRIPLE JUMP	
52-05.75	Marcus Hooks (Lakewood) 1986
h -- hand timed	

GIRLS

100 METERS	
11.14	Marion Jones (Thousand Oaks)..... 1992
200 METERS	
22.52	Allyson Felix (Los Angeles Baptist, North Hills) 2003
400 METERS	
50.74	Monique Henderson (Morse, San Diego)..... 2000
800 METERS	
2:04.91	Trena Hull (Compton)..... 1984
1600 METERS	
4:33.82	Christine Babcock (Woodbridge, Irvine)..... 2008
3200 METERS	
9:52.13	Jordan Hasay (Mission Prep, San Luis Obispo) 2008
100-METER HIGH HURDLES	
13.03	Vashti Thomas (Mt. Pleasant, San Jose) 2007
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	
186-09	Anna Jelimi (Shafter)..... 2009
HIGH JUMP	
6-02	Latrese Johnson (Clovis) 1985
LONG JUMP	
22-00.50	Marion Jones (Thousand Oaks) 1993
POLE VAULT	
14-01	Tori Anthony (Castilleja, Palo Alto) 2007
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, California) 1996
1600 METERS	
3:59.51	Alan Webb, South Lakes (Reston, Virginia)..... 2001
3200 METERS	
8:34.23	German Fernandez (Riverbank, Calif.) 2008
110-METER HIGH HURDLES	
13.30	Chris Nelloms, Dunbar (Dayton, Ohio)..... 1990
300-METER INTERMEDIATE HURDLES	
35.02	Reggie Wyatt, La Sierra (Riverside, California)..... 2009
400-METER RELAY	
39.76	Wyatt (Fort Worth, Texas) 1998
1600-METER RELAY	
3:07.40	Hawthorne (Hawthorne, California)..... 1985
DISCUS THROW	
236-06	Mason Finely, Buena Vista (Buena Vista, Colorado) .. 2009
HIGH JUMP	
7-05.75	James White, Grandville (Grandville, Maryland) 2009
LONG JUMP	
26-04.75	James Stallworth (Tulare, California) 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, California) ... 1980

GIRLS

100 METERS	
11.14	Marion Jones (Thousand Oaks, California)..... 1992
200 METERS	
22.52	Allyson Felix, LA Baptist (North Hills, California)..... 2003
400 METERS	
50.74	Monique Henderson, Morse (San Diego, California) .. 2000
800 METERS	
2:02.90	Chanelle Price, Easton Area (Pennsylvania) 2008
1600 METERS	
4:33.82	Christine Babcock, Woodbridge (Irvine, Calif.)..... 2008
3200 METERS	
9:48.59	Kim Mortensen (Thousand Oaks, California) 1996
100-METER HIGH HURDLES	
13.03	Vashti Thomas, Mt. Pleasant (San Jose, California) ... 2007
300-METER LOW HURDLES	
39.98	Lashinda Demus, Wilson (Long Beach, California)..... 2001
400-METER RELAY	
44.50	Poly (Long Beach, California) 2004
1600-METER RELAY	
3:35.49	Poly (Long Beach, California) 2004
DISCUS THROW	
190-03	Anna Jelimi, Shafter (Shafter, California) 2009
HIGH JUMP	
6-04	Toni Young, Del City (Del City, Oklahoma) 2009
LONG JUMP	
22-01.75	Kathy McMillan, Hoke County (Raeford, North Carolina) ... 1976
POLE VAULT	
14-01	Tori Anthony, Castilleja (Palo Alto, California) 2007
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 TEAM CHAMPIONS

<i>School</i>	<i>Points</i>	<i>Coach</i>	<i>Location</i>	<i>Dates</i>
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

CIF State Track and Field Team Champions

BOYS TEAM CHAMPIONS

<i>School</i>	<i>Points</i>	<i>Coach</i>	<i>Location</i>	<i>Dates</i>
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
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	Clyde 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
Poly, Long Beach	42	Don Norford	Cerritos College, Norwalk	June 2-3, 2006
Poly, Long Beach	46	Don Norford	Hughes Stadium, Sacramento	June 1-2, 2007
Dominguez, Compton	36	Darryl Smith	Cerritos College, Norwalk	May 30-31, 2008
Frontier, La Sierra, Cathedral, Clovis East 20		(Tied for 1st)	VM Stadium, Clovis	June 5-6, 2009

* 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.

CIF State Track and Field Team Champions

GIRLS TEAM CHAMPIONS

<i>School</i>	<i>Points</i>	<i>Coach</i>	<i>Location</i>	<i>Dates</i>
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
Poly, Long Beach (tie)	42	Don Norford	Cerritos College, Norwalk	June 5-6, 1998
Wilson, Long Beach (tie)	42	Terry Kennedy	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
James Logan, Union City (tie)	37	Lee Webb	Cerritos College, Norwalk	June 2-3, 2006
Wilson, Long Beach (tie)	37	Terry Kennedy	Cerritos College, Norwalk	June 2-3, 2006
Mt. Pleasant, San Jose	44	Steve Nelson	Hughes Stadium, Sacramento	June 1-2, 2007
Poly, Long Beach	39	Don Norford	Cerritos College, Norwalk	May 30-31, 2008
Poly, Long Beach	45	Don Norford	VM Stadium, Clovis	June 5-6, 2009

*** 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	Mack Robinson (Muir, Pasadena)	10.0
1935	Bob Frick (San Ramon)	9.6
1936	Mickey Anderson (Muir, Pasadena)	9.7
1937	Bryant Allen (Jefferson)	9.8
1938	Bill Van Leuven (Wilson, Long Beach)	9.8
1939	Jack Trout (Bakersfield)	9.9
1940	Eddie Morris (Huntington Beach)	9.7
1941	Al Jackson (Edison, Fresno)	9.8
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Art Williams (Riverside)	10.0
1947	John Bradley (Hoover, Glendale)	9.9
1948	Bill Fell (Compton)	9.7
1949	Ernie Schopper (Lincoln, Los Angeles)	9.9
1950	Gary Green (Jefferson, Los Angeles)	9.9
1951	Bob Cuning (Hoover, Glendale)	9.7
1952	Herb Turner (Alameda)	9.9
1953	Leamon King (Delano)	9.6
1954	James Jackson (Alameda)	9.6
1955	Ken Dennis (Centennial, Compton)	10.0
1956	Willie White (Jefferson, Los Angeles)	9.5
1957	Preston Griffin (Centennial, Compton)	9.6
1958	Hubie Watson (Jordan, Los Angeles)	9.6
1959	Hubie Watson (Jordan, Los Angeles)	9.8
1960	Bill Cowings (Fowler)	9.7
1961	Forrest Beaty (Hoover, Glendale)	9.5
1962	Forrest Beaty (Hoover, Glendale)	9.5
1963	Alvin Mann (Edison, Fresno)	9.6
1964	Jim Hines (McClymonds, Oakland)	9.7
1965	Harold Busby (Muir, Pasadena)	9.5
1966	Phil Underwood (Dorsey, Los Angeles)	9.6
1967	Mel Gray (Montgomery, Santa Rosa)	9.4
1968	Bob Ballard (Bellflower)	9.6
1969	Willie Robinson (Central, El Centro)	9.6
1970	Allen Carter (Bonita, La Verne)	9.8
1971	George Reddick (Hamilton, Los Angeles)	9.6
1972	Carl McCullough (Sacramento)	9.5
1973	Elijah Jefferson (Crawford, San Diego)	9.6w
1974	Elijah Jefferson (Crawford, San Diego)	9.8
1975	Kevin Williams (San Fernando)	9.4
1976	Billy Mullins (Hamilton, Los Angeles)	10.0
1977	David Russell (Patrick Henry, San Diego)	9.91
1978	Michael Sanford (Pasadena)	9.85
1979	Bill Green (Cubberly, Palo Alto)	9.59
1980	Howard Hawkins (Warren, Downey)	10.55
1981	Ken Robinson (Berkeley)	10.60
1982	Lew Dunn (J.W. North, Riverside)	10.53
1983	Steve Jones (Burbank, Sacramento)	10.64
1984	Henry Thomas (Hawthorne)	10.44
1985	Ron McCree (Madera)	10.49w
1986	Ron McCree (Madera)	10.57
1987	Quincy Watts (Taft, Woodland Hills)	10.49
1988	Darren Stringer (Vacaville)	10.78
1989	Curtis Conway (Hawthorne)	10.42
1990	Napoleon Kaufman (Lompoc)	10.57
1991	Ricky Carrigan (Compton)	10.33w
1992	Riley Washington (Southwest, San Diego)	10.30
1993	Bryan Howard (Canyon Springs, Moreno Valley)	10.43

1994	Pat Johnson (Redlands)	10.43
1995	Marques Holliwell (West Bakersfield)	10.43w
1996	Jim McGee (Sacramento)	10.52
1997	Justin Fargas (Notre Dame, Sherman Oaks)	10.52w
1998	Darrell Rideaux (Poly, Long Beach)	10.43
1999	Kareem Kelly (Poly, Long Beach)	10.47
2000	Warren Rogers (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
2006	Rodney Glass (Notre Dame, Sherman Oaks)	10.52
2007	Jahvid Best (Salesian, Oakland)	10.31
2008	Randall Carroll (Cathedral, Los Angeles)	10.42
2009	Randall Carroll (Cathedral, Los Angeles)	10.38

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 Worrill (Muir, Pasadena)	21.8
1935	Burt Pierce (Excelsior)	21.2
1936	Bob Brady (Gridley)	21.6
1937	Bryant Allen (Jefferson, Los Angeles)	21.2
1938	Eddie Morris (Huntington Beach)	21.6
1939	Eddie Morris (Huntington Beach)	21.4
1940	Eddie Morris (Huntington Beach)	21.3
1941	Glen Willis (San Diego)	21.7
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Ray Gregg (El Monte)	21.9
1947	John Bradley (Hoover, Glendale)	21.5
1948	John Bradley (Hoover, Glendale)	21.5
1949	Ernie Schopper (Lincoln, Los Angeles)	21.6
1950	Guy Blackburn (Jefferson, Los Angeles)	21.3
1951	Leamon King (Delano)	21.4
1952	Herb Turner (Alameda)	21.6
1953	Leamon King (Delano)	21.4
1954	James Jackson (Alameda)	21.2
1955	Bob Poynter (Pasadena)	21.6
1956	Bob Poynter (Pasadena)	21.0
1957	Preston Griffin (Centennial, Compton)	21.3
1958	Mel Clipper (Muir, Pasadena)	20.7
1959	Hubie Watson (Jordan, Los Angeles)	21.6
1960	Bill Cowings (Fowler)	21.0
1961	Forrest Beaty (Hoover, Glendale)	21.5
1962	Richard Stebbins (Fremont, Los Angeles)	20.9
1963	John House (Muir, Pasadena)	21.3
1964	Jim Hines (McClymonds, Oakland)	21.5
1965	Harold Busby (Muir, Pasadena)	21.0
1966	Phil Underwood (Dorsey, Los Angeles)	21.2
1967	Mel Gray (Montgomery, Santa Rosa)	20.7*
1968	Willie Deckard (Dorsey, Los Angeles)	21.7
1969	Willie Robinson (Central, El Centro)	21.7
1970	Jackie White (Santa Ana)	21.5
1971	Chuck Bommarito (Crestmoor, San Bruno)	21.2w
1972	Mike Shavers (Albany)	21.0
1973	Clancy Edwards (Santa Ana)	21.2w
1974	Millard Hampton (Silver Creek, San Jose)	21.1
1975	Billy Mullins (Hamilton, Los Angeles)	21.2
1976	Billy Mullins (Hamilton, Los Angeles)	21.6
1977	David Russell (Patrick Henry, San Diego)	20.97w
1978	Michael Sanford (Pasadena)	21.42

1979	Michael Sanford (Pasadena)	21.00
1980	Ken Robinson (Berkeley)	21.21
1981	Kevin Wilhite (Cordova, Rancho Cordova)	20.81
1982	Antonio Manning (Hamilton, Los Angeles)	21.05w
1983	Henry Thomas (Hawthorne)	21.02
1984	Henry Thomas (Hawthorne)	20.77
1985	Michael Marsh (Hawthorne)	20.83w
1986	Quincy Watts (Taft, Woodland Hills)	21.03
1987	Quincy Watts (Taft, Woodland Hills)	20.99
1988	Bryan Bridgewater (Washington, Los Angeles)	21.00
1989	Barry Smith (Mission, San Francisco)	20.82
1990	Napoleon Kaufman (Lompoc)	21.15
1991	Ricky Carrigan (Compton)	20.84w
1992	Gentry Bradley (Plus X, Downey)	20.97w
1993	Calvin Harrison (North Salinas, Salinas)	21.12
1994	Pat Johnson (Redlands)	21.01
1995	Bryan Harrison (Dana Hills, Dana Point)	20.82w
1996	Obea Moore (Muir, Pasadena)	20.91
1997	Andrea Ammons (Skyline, Oakland)	20.91w
1998	Kareem Kelly (Poly, Long Beach)	20.76
1999	Kareem Kelly (Poly, Long Beach)	20.76w
2000	Bennie Robinson (Poly, Long Beach)	20.96
2001	Seth Amoo (Highland, Palmdale)	21.05
2002	Matt Bruno (Trabuco Hills, Mission Viejo)	20.82
2003	Lionel Larry (Dominguez, Compton)	20.97
2004	Derrick Jones (Poly, Long Beach)	21.10
2005	Jamere Holland (Taft, Woodland Hills)	20.88w
2006	Bryson Nellum (Poly, Long Beach)	20.96
2007	Bryson Nellum (Poly, Long Beach)	20.43
2008	Randall Carroll (Cathedral, Los Angeles)	20.91
2009	Randall Carroll (Cathedral, Los Angeles)	21.08

*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	Thormond Clarke (Los Angeles)	50.2
1921	Ed Shaw (Monrovia)	52.2
1922	Ed Shaw (Monrovia)	54.4
1923	Vernon Hanford (Manual Arts, Los Angeles)	52.6
1924	Wilburn Talbot (Analy, Sebastopol)	51.6
1925	Walter Hanson (Concord, Mt. Diablo)	51.0
1926	Cliff Gantt (Poly, Los Angeles)	50.0
1927	Percy McArthur (Huntington Park)	51.0
1928	Carl Childreth (Poly, Long Beach)	50.2
1929	Irvine Warburton (San Diego)	49.6
1930	Carl Satterfield (Manual Arts, Los Angeles)	50.3
1931	John McCarthy (Fairfax)	48.7
1932	John Routt (Jefferson, Los Angeles)	50.1
1933	Murel Gillett (Central, El Centro)	48.4
1934	Doug Hammond (Hollywood)	50.3
1935	Howard Upton (Turlock)	48.9
1936	George Gray (Wilson, Long Beach)	49.9
1937	Wilbur Miller (Jefferson, Los Angeles)	49.7
1938	Bob Hogan (Piedmont)	50.4
1939	Ken Horn (Fowler)	50.5
1940	Duane Lewis (Compton)	48.8
1941	O.B. Hughes (Whittier)	49.9
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Norm Stocks (San Diego)	49.3
1947	Luther Butler (Jefferson, Los Angeles)	49.4
1948	Fred Thompson (Jordan, Los Angeles)	49.2
	Luther Butler (Jefferson, Los Angeles)	49.2
1949	George Adrian (Hollywood)	49.3
1950	Sherman Miller (Napa)	48.8
1951	Jack North (Jordan, Long Beach)	49.7
1952	Lanny Carter (Orange)	48.8
1953	X.L. Emerson (Richmond)	49.2
1954	Bruce Kitchen (Riverside)	48.7
1955	Jerry White (Corcoran)	48.7
1956	Jerry White (Corcoran)	46.7
1957	Fred DeWitt (Berkeley)	47.9
1958	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

In 1980, running event distances transitioned from yards to meters.

w -- wind aided result

CIF State Track and Field Individual Champions

1962	Manual Diaz (Keppel, Alhambra).....	48.1	1949	Wilbur Firestone (Compton).....	1:58.1	1936	Simon Scott (Tamalpais).....	4:31.2
1963	Tommie Smith (Lemoore).....	47.3	1950	Lang Stanley (Jefferson, Los Angeles).....	1:53.9	1937	Bruce Hammack (Yreka).....	4:30.4
1964	Fred Banks (Jefferson, Los Angeles).....	47.5	1951	Gene Jones (Oakland Technical).....	1:58.9	1938	Jack Moore (Stockton).....	4:26.9
1965	Randy Julian (Bolsa Grande, Garden Grove).....	47.4	1952	Jim Briggs (Pittsburg).....	1:57.2	1939	John Hall (Torrance).....	4:26.8
1966	Wayne Collett (Gardena).....	47.8	1953	Don Bowden (Lincoln, San Jose).....	1:57.1	1940	Kellen Ramirez (Edison, Fresno).....	4:31.5
1967	Mike Newton (Whittier).....	47.2	1954	Don Bowden (Lincoln, San Jose).....	1:52.9	1941	Bob Ingram (San Jose).....	4:32.8
1968	Edesel Garrison (Centennial, Compton).....	46.7	1955	Leonard Havens (Avenal).....	1:57.0	1942	(No meet held)	
1969	Larance Jones (Lemoore).....	46.6	1956	Jerry Siebert (Willits).....	1:53.8	1943	(No meet held)	
1970	Rick Brown (Los Altos).....	47.8	1957	Jim Cerveny (Mission Bay, San Diego).....	1:52.7	1944	(No meet held)	
1971	Tony Krzyzosiak (Garden Grove).....	46.7	1958	Alfred Gentry (Fremont, Los Angeles).....	1:55.4	1945	(No meet held)	
1972	Robert Harrell (Santa Ana).....	47.4	1959	Dave Dunbar (Westmoor, Daly City).....	1:53.2	1946	Bob McMillen (Cathedral, Los Angeles).....	4:24.0
1973	Ron Whitaker (Wilson, San Francisco).....	47.0	1960	Ray VanAsten (Bonita, La Verne).....	1:51.9	1947	Chuck Kohl (Compton, Los Angeles).....	4:29.2
1974	Rod Connors (Cordova, Rancho Cordova).....	47.7	1961	Mike Gibeau (Lincoln, San Francisco).....	1:53.1	1948	John Woolley (Marshall Fundamental).....	4:29.1
1975	John Wade (Sacramento).....	47.2	1962	Doug Parker (Chico).....	1:52.2	1949	Ellwyn Stribling (Commerce, San Francisco).....	4:25.1
1976	Darold Harris (Pittsburg).....	47.6	1963	Dennis Carr (Lowell, Whittier).....	1:50.9	1950	Ron Bauer (Washington, San Francisco).....	4:23.7
1977	James Sanford (Pasadena).....	46.60	1964	Bob Hose (Madison, San Diego).....	1:51.7	1951	Allie Cage (McClymonds, Oakland).....	4:30.7
1978	Bill Greene (Cubberly, Palo Alto).....	46.77	1965	Richard Joyce (Sierra, Whittier).....	1:48.8	1952	Fernando Ledesma (Compton).....	4:23.2
1979	Tony Banks (Morse, San Diego).....	47.28	1966	Terry Rogers (Hilltop, Chula Vista).....	1:51.5	1953	Bob Seaman (Reedley).....	4:21.0
1980	Mike Turner (Centennial, Compton).....	47.51	1967	Lawrence Banks (Dorsey, Los Angeles).....	1:51.2	1954	Ty Hadley (Bellflower).....	4:25.8
1981	Dave Timmons (Oakland).....	47.09	1968	George Alfaro (Pittsburg).....	1:52.3	1955	Tod White (Newport Harbor).....	4:20.0
1982	Fabian Cooper (Washington, Los Angeles).....	46.38	1969	Ricco Sanchez (Canoga Park).....	1:51.6	1956	Ron Larrieu (Palo Alto).....	4:20.1
1983	Larry Walker (Edison, Fresno).....	47.03	1970	Rick Brown (Los Altos).....	1:50.6	1957	Tim Roelen (San Fernando).....	4:20.2
1984	Chip Rish (Marina, Huntington Beach).....	46.82	1971	Perzell Keeling (Morningside, Inglewood).....	1:51.8	1958	Woody Covington (Compton).....	4:23.7
1985	Chip Rish (Marina, Huntington Beach).....	45.7h	1972	Dale Scott (El Cerrito).....	1:49.7	1959	Dale Storey (Orange).....	4:11.0
1986	Steve Lewis (American, Fremont).....	46.59	1973	Randy Lopez (Alhambra).....	1:52.4	1960	Ben Tucker (Poly, San Francisco).....	4:14.3
1987	Steve Lewis (American, Fremont).....	46.7h	1974	John Musich (Burbank).....	1:51.0	1961	Bruce Bess (La Habra).....	4:18.8
1988	Travis Hannah (Hawthorne).....	47.02	1975	Conrad Suhr (Leigh, San Jose).....	1:51.0	1962	Dennis Carr (Lowell, Whittier).....	4:08.7
1989	Beno Bryant (Dorsey, Los Angeles).....	47.52	1976	Wyatt Bishop (Carlmont, Belmont).....	1:54.4	1963	Tracy Smith (Arcadia).....	4:14.4
1990	Mike Sulcer (Muir, Pasadena).....	47.54	1977	Jim Walters (Estancia, Costa Mesa).....	1:49.4	1964	Mike Ryan (Wilcox, Santa Clara).....	4:11.2
1991	Richard Dupree (Roosevelt, Fresno).....	47.21	1978	David Mack (Locke, Los Angeles).....	1:51.83	1965	Tim Danielson (Chula Vista).....	4:08.0
1992	Derek Shepard (Lincoln, San Francisco).....	46.95	1979	David Mack (Locke, Los Angeles).....	1:50.18	1966	Tim Danielson (Chula Vista).....	4:07.0
1993	Calvin Harrison (North Salinas, Salinas).....	45.25	1980	Peter Quinonez (Tulare).....	1:50.13	1967	Mike Solomon (Westminster).....	4:11.4
1994	James Davis (Will C. Wood, Vacaville).....	46.96	1981	Pete Richardson (Berkeley).....	1:47.31	1968	Clifton West (Kennedy, Sacramento).....	4:09.0
1995	Obea Moore (Muir, Pasadena).....	46.08	1982	John Phillips (Los Altos).....	1:49.99	1969	Decker Underwood (South Torrance, Torrance).....	4:12.1
1996	Obea Moore (Muir, Pasadena).....	45.81	1983	Kimmie James (Richmond).....	1:50.63	1970	Brent Tubb (Cleveland, Reseda).....	4:12.9
1997	Eddie Levine (Golden Valley, Merced).....	46.77	1984	Eric Schermerhorn (Woodbridge, Irvine).....	1:49.61	1971	Brent Tubb (Cleveland, Reseda).....	4:09.6
1998	Mike Ryan (Beverly Hills).....	47.62	1985	Sean Langer (Bakersfield).....	1:51.75	1972	Mark Schilling (Garden Grove).....	4:05.4
1999	Blaine Bussey (Taft, Los Angeles).....	46.94	1986	Vincent Thompson (Locke, Los Angeles).....	1:50.25	1973	Alvin Gilmore (Lompoc).....	4:11.4
2000	Brandon Matlock (Stockdale, Bakersfield).....	47.63	1987	Don Gabor (Amador Valley, Pleasanton).....	1:52.3h	1974	Rick Kimball (De La Salle, Concord).....	4:06.6
2001	Jason Lovell (Cleveland, Los Angeles).....	47.51	1988	Mark Senior (Mt. Miguel, Spring Valley).....	1:51.37	1975	John Johnson (Skyline, Oakland).....	4:09.5
2002	Blake Mackey (Bakersfield).....	47.93	1989	Gordon Johnson (Piedmont).....	1:51.88	1976	Jim Arriola (Gahr, Cerritos).....	4:14.6
2003	David Gettis (Dorsey, Los Angeles).....	47.41	1990	Craig Magress (Santa Teresa, San Jose).....	1:51.66	1977	Mark Stillman (Willow Glen, San Jose).....	4:06.9
2004	David Gettis (Dorsey, Los Angeles).....	46.69	1991	Mike Terry (El Modena, Orange).....	1:53.99	1978	Paul Medvin (University, Los Angeles).....	4:08.91
2005	David Gettis (Dorsey, Los Angeles).....	45.84	1992	Mike Katri (Fortuna).....	1:49.56	1979	Paul Medvin (University, Los Angeles).....	4:12.9
2006	Bryshon Nellum (Poly, Long Beach).....	46.38	1993	Vondre Armour (Bakersfield).....	1:50.13	1980	Larry Guinne (Castro Valley).....	4:06.18
2007	Bryshon Nellum (Poly, Long Beach).....	45.54	1994	Michael Granville (Bell Gardens).....	1:49.82	1981	Jeff Scott (El Camino, Sacramento).....	4:10.06
2008	Joey Hughes (Poly, Long Beach).....	46.28	1995	Aaron Richburg (James Logan, Union City).....	1:48.40	1982	Tom Grewe (Carpinteria).....	4:08.05
2009	Reggie Wyatt (La Sierra).....	46.13	1996	Michael Granville (Bell Gardens).....	1:50.68	1983	Jim Frey (Yreka).....	4:08.82
800-Meter Run (Boys)			1997	James Levine (Golden Valley, Merced).....	1:50.62	1984	Roman Gomez (Belmont, Los Angeles).....	4:09.05
1915	Gerald Blankenship (Visalia).....	1:59.8	1998	Jon Stevens (Mission San Jose, San Jose).....	1:52.07	1985	Roman Gomez (Belmont, Los Angeles).....	4:15.93
1916	Colin Kilby (Coalinga).....	2:02.8	1999	Brandon Shaw (Rancho Verde, Moreno Valley).....	1:53.98	1986	Mark Mastalir (Jesusit, Carmichael).....	4:07.81
1917	Harleigh Baker (Fillmore).....	2:02.0	2000	Mike Serratos (Don Lugo, Chino).....	1:51.75	1987	Scott Robinson (Bellarmine, San Jose).....	4:07.95
1918	Ken Saunders (Pasadena).....	2:02.8	2001	Tykie Harris (San Geronio).....	1:53.80	1988	Reggie Williams (River City, West Sacramento).....	4:08.78
1919	Jerry Pearce (Berkeley).....	2:08.2	2002	Michael Haddan (Woodbridge, Irvine).....	1:51.41	1989	Francis O'Neil (San Pasqual, Escondido).....	4:08.67
1920	Paul Stourd (Perris).....	1:59.4	2003	Duane Solomon (Cabrillo, Lompoc).....	1:49.79	1990	Coley Candaele (Carpinteria).....	4:06.26
1921	Elmer Boyden (Vallejo).....	1:59.2	2004	Bryan Rodie (Royal, Simi Valley).....	1:47.09	1991	Daniel DasNeves (Helix, La Mesa).....	4:12.22
1922	Irving Thomas (Manual Arts, Los Angeles).....	2:04.6	2005	Jesse O'Brien (San Pasqual, Escondido).....	1:53.71	1992	Daniel DasNeves (Helix, La Mesa).....	4:09.54
1923	Earl Lockhart (Sacramento).....	1:59.0	2006	Cory Primm (Westlake, Westlake Village).....	1:50.53	1993	Brian Wilkinson (Merced).....	4:08.13
1924	Ed Cloege (Covina).....	1:59.1	2007	Cory Primm (Westlake, Westlake Village).....	1:50.95	1994	Mebrahtom Keflezighi (San Diego).....	4:07.67
1925	Alex McKinnon (Poly, Los Angeles).....	1:59.8	2008	Charles Jock (Mission Bay, San Diego).....	1:51.64	1995	Michael Stember (Jesusit, Carmichael).....	4:04.00
1926	Doug Knowles (Bakersfield).....	2:01.2	2009	Sean Krinik (Valencia, Placentia).....	1:51.83	1996	Michael Stember (Jesusit, Carmichael).....	4:06.72
1927	Bill McGeagh (Poly, Los Angeles).....	2:02.8	1600-Meter Run (Boys)			1997	Jon Stevens (Mission, San Jose).....	4:10.08
1928	Herb Welch (Visalia).....	2:01.2	1915	Gerald Blankenship (Visalia).....	4:30.0	1998	Jon Stevens (Mission, San Jose).....	4:12.58
1929	Herb Welch (Visalia).....	1:58.4	1916	Andy Silvas (Oakland Technical).....	4:40.6	1999	Marcus Chandler (Serra, San Diego).....	4:10.44
1930	Al Hassan (Jefferson, Los Angeles).....	2:00.1	1917	Whitney Reeves (Pasadena).....	4:37.4	2000	Evan Fox (West Hills, Santee).....	4:09.44
1931	Carl Satterfield (Manual Arts, Los Angeles).....	1:57.6	1918	Jerry Pearce (Berkeley).....	4:44.4	2001	Ryan Hall (Big Bear, Big Bear Lake).....	4:02.62
1932	Ray Cartwright (Santa Ana).....	2:00.6	1919	Atwood Scovel (San Bernardino).....	4:47.0	2002	Matt Johnsrud (Woodcreek, Roseville).....	4:11.89
1933	Bill McCurdy (Tamalpais).....	2:00.1	1920	Charlie Watts (Berkeley).....	4:36.2	2003	Phillip Reid (Rio Mesa, Oxnard).....	4:08.49
1934	Mel Nickerson (Poly, Los Angeles).....	1:58.4	1921	Bill Kerr (Huntington Beach).....	4:30.4	2004	Mark Matusak (Loyola, Los Angeles).....	4:15.89
1935	Leah Wood (Carpinteria).....	1:57.6	1922	Les Schwoebda (Petaluma).....	4:40.0	2005	Mark Matusak (Loyola, Los Angeles).....	4:10.72
1936	Jerry Lopez (Placer, Auburn).....	1:57.1	1923	Earl Lockhart (Sacramento).....	4:31.6	2006	AJ Acosta (El Camino, Oceanside).....	4:04.95
1937	Jim Lawson (Jordan, Los Angeles).....	1:59.7	1924	Lee Hansen (Manual Arts, Los Angeles).....	4:37.1	2007	Hudson Andrews (Royal, Simi Valley).....	4:07.59
1938	Leroy Weed (Coachella Valley).....	1:58.8	1925	Chesley Unruh (El Monte).....	4:35.2	2008	German Fernandez (Riverbank, Modesto).....	4:00.29
1939	Paul Christensen (Beverly Hills).....	2:01.3	1926	Jack Ferguson (Inglewood).....	4:35.7	2009	Mac Fleet (University City, San Diego).....	4:05.33
1940	Roger Lane (San Rafael).....	1:57.7	1927	Cliff Halstead (Sacramento).....	4:33.6	3200-Meter Run (Boys)		
1941	Thelmo Knowles (Santa Monica).....	1:55.6	1928	Dick Brooks (Redlands).....	4:39.0	1965	Ralph Gamez (Berkeley).....	9:12.9
1942	(No meet held)		1929	John Baker (Huntington Beach).....	4:31.1	1966	Ralph Gamez (Berkeley).....	9:01.6
1943	(No meet held)		1930	Phil Morentin (Visalia).....	4:31.0	1967	Pete Romero (Reedley).....	9:00.5
1944	(No meet held)		1931	Phil Morentin (Visalia).....	4:32.8	1968	Ruben Chappins (Excelsior, Norwalk).....	9:05.7
1945	(No meet held)		1932	Virgil Hooper (Antelope Valley).....	4:32.3	1969	Ruben Chappins (Excelsior, Norwalk).....	8:57.0
1946	Dan Guest (Santa Monica).....	2:00.5	1933	Virgil Hooper (Antelope Valley).....	4:29.2	1970	Ron Johnson (West Torrance, Torrance).....	8:55.6
1947	Jerome Walters (Compton).....	1:57.6	1934	Louis Zamperini (Torrance).....	4:27.8	1971	Dale Fleet (Clairmont, San Diego).....	8:53.8
1948	Wilbur Firestone (Compton).....	1:57.8	1935	Elmer Bayer (Paso Robles).....	4:30.4	1972	Curtis Beck (Santa Monica).....	8:52.3

In 1980, running event distances transitioned from yards to meters.

w -- wind aided result

CIF State Track and Field Individual Champions

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 Mastair (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	Michael Cybulski (Royal, Simi Valley)	9:02.57



German Fernandez from Riverbank shattered the previous national record in the 3200 meters by nearly eight seconds at the 2008 state meet. This performance followed his near-national record showing earlier in the day in the 1600.

2006	Michael Cybulski (Royal, Simi Valley)	8:53.77
2007	Eric Avila (Bonita Vista, Chula Vista)	9:01.77
2008	German Fernandez (Riverbank, Modesto)	8:34.23
2009	Chris Schwartz (Foothill)	8:51.60

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 Daggs (Claremont)	16.6
1920	Otto Anderson (Pomona)	15.8
1921	Jack Houston (Lincoln, Los Angeles)	16.0
1922	Richard Bleet (Manual Arts, Los Angeles)	16.6
1923	Ross Nichols (Huntington Beach)	15.4

1924	Ross Nichols (Huntington Beach)	15.3
1925	Les Eade (Hollywood)	15.4
1926	Jim Meeks (Hollywood)	15.1
1927	Jeddy Welsh (Pasadena)	14.8
1928	Joe Bills (Poly, Long Beach)	15.6
1929	Bernie Miller (Hollywood)	15.4
1930	Bill DuPuy (Inglewood)	15.4
1931	Art Fisher (Redlands)	15.5
1932	Jack Ward (Selma)	15.0
1933	Roy Staley (Santa Monica)	15.2
1934	Roy Kirpatrick (Central, El Cerrito)	14.7
1935	Johnny Lindell (Monrovia)	15.0
1936	Doug Busby (Sacramento)	15.7
1937	Ray Seares (Wilson, Long Beach)	15.5
1938	John Biewener (San Diego)	15.3
1939	Don Diez (Lincoln, Los Angeles)	14.9
	Sam Johnson (Fillmore)	14.9
1940	Keith Hale (Bakersfield)	14.7
	Don Reiss (Burlingame)	14.7
1941	Omar 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	Robert Bonds (Poly, Riverside)	13.9
1961	Abe Johnson (McClymonds, Oakland)	14.2w
1962	Ron White (Dorsey, Los Angeles)	14.0
1963	Carl Davis (Compton)	13.9
1964	Earl McCullough (Poly, Long Beach)	14.1
1965	Bill Persons (San Francisco)	13.8
	Rich Miller (Monrovia)	13.8
1966	Donald Parish (Dorsey, Los Angeles)	13.9
1967	Jerry Proctor (Muir, Pasadena)	13.7
1968	Kerry Hampton (Poly, San Francisco)	14.0
1969	Jerry Wilson (Roosevelt, Fresno)	13.7
1970	Alfonzo Hall (Morningside, Inglewood)	13.9
1971	Charles Jackson (Lompoc)	13.6w
1972	Daniel Jones (Palo Verde, Blythe)	13.6
1973	Mike Johnson (Pasadena)	13.6w
1974	Fred Shaw (Muir, Pasadena)	13.7
1975	Robert Gains (Kennedy, Richmond)	13.3
1976	Lloyd Jones (Ganesha, Pomona)	14.5
1977	Phillip Johnson (Gardena)	13.66
1978	Milan Stewart (West Covina)	13.97
1979	Jim Scannella (San Ramon, Danville)	13.87
1980	Don Ward (St. Mary's, Berkeley)	13.73
1981	David Ashford (West Covina)	13.67
1982	Steve Kerho (Mission Viejo)	13.41
1983	Mark Boyd (St. Mary's, Berkeley)	13.93
1984	Raymond Young (Hawthorne)	14.32
1985	Robert Reading (St. Mary's, Berkeley)	13.88
1986	Terry Johnson (Katella, Anaheim)	13.88
1987	Dana Hall (Ganesha, Pomona)	13.98
1988	Darrell Thompson (Cerritos)	14.25
1989	William Henry (Arroyo Grande)	14.05
1990	Curtis Hawkins (Carson)	14.41
1991	Issac Carson (Jefferson, Los Angeles)	13.67
1992	Charlie Davidson (Saddleback, Santa Ana)	13.94w
1993	Drue Powell (Reseda)	13.87
1994	Gerimi Burleigh (Upland)	13.93w
1995	Joe Naivalu (Fremont, San Jose)	14.33
1996	Joe Naivalu (Fremont, San Jose)	13.68
1997	Dominique DeGrammont (Tustin)	13.48
1998	Marcell Allmond (St. Paul, Santa Fe Springs)	13.83
1999	Marcell Allmond (St. Paul, Santa Fe Springs)	13.54
2000	Christopher Morgan (Taft, Woodland Hills)	13.95
2001	Christopher Morgan (Taft, Woodland Hills)	13.59w
2002	Thomas Mack (Bakersfield)	14.34
2003	Kevin Craddock (James Logan, Union City)	14.09

2004	Kevin Craddock (James Logan, Union City)	13.39
2005	Robert Williams (Ramona)	13.97
2006	Terry Prentice (Diamond Ranch, Pomona)	14.11
2007	Terry Prentice (Diamond Ranch, Pomona)	13.53
2008	Devron Walker (Dominguez, Compton)	13.96
2009	Dale Morgan (Taft, Woodland Hills)	13.76

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 Valery (Hawthorne)	37.14
1988	John Montgomery (Independence, San Jose)	36.43
1989	John Prudenti (Siena, Napa)	37.28
1990	Rocky Morris (Andrew Hill, San Jose)	37.46
1991	Keith Williams (Escondido)	37.28
1992	Demond Smith (Hawthorne)	37.34
1993	Kenny Haslip (Muir, Pasadena)	37.80
1994	Kenny Haslip (Muir, Pasadena)	37.14
1995	Mickey Grimes (Canyon Springs, Moreno Valley)	36.83
1996	Makio Hayward (Muir, Pasadena)	36.18
1997	Kenyon Rambo (Poly, Long Beach)	36.57
1998	Al Williams (Irvine)	37.17
1999	Rico Hatter (Vallejo)	36.53
2000	Trevor Jones (Newport Harbor)	36.60
2001	Jeffrey Hunter (Granite Hills, El Cajon)	36.25
2002	Thomas Mack (Bakersfield)	37.45
2003	Brandon Borne (Rancho Buena Vista, Vista)	38.00
2004	Kevin Craddock (James Logan, Union City)	35.93
2005	David Klech (California, San Ramon)	36.06
2006	David Klech (California, San Ramon)	35.87
2007	Jeshua Anderson (Taft, Woodland Hills)	35.28
2008	Brian Bauchman (West Torrance)	37.26
2009	Reggie Wyatt (La Sierra)	36.71

400-Meter Relay (Boys)

1968	Centennial (Compton)	41.5
1969	Castlemont (Oakland)	41.4
1970	Santa Ana	41.6
1971	El Cerrito	41.0
1972	Wilson (San Francisco)	41.3
1973	Wilson (San Francisco)	41.5
1974	Kennedy (Richmond)	41.2
1975	Ells (Richmond)	41.2
1976	Kennedy (Barstow)	41.4
1977	Pasadena	41.61
1978	El Cerrito	41.55
1979	Pasadena	41.45
1980	Washington (Los Angeles)	41.51
1981	Berkeley	40.86
1982	Oakland	41.09
1983	Edison (Fresno)	40.83
1984	Berkeley	40.93
1985	Muir (Pasadena)	41.32
1986	Hiram Johnson (Sacramento)	41.30
1987	Muir (Pasadena)	40.78
1988	Oakland	41.33
1989	Poly (Long Beach)	41.82
1990	San Bernardino	41.05
1991	Compton	41.68
1992	Morningside (Inglewood)	42.04
1993	Merced	41.42
1994	El Camino (Oceanside)	41.16
1995	Skyline (Oakland)	40.78
1996	Serra (Gardena)	40.63
1997	Muir (Pasadena)	40.35
1998	Poly (Long Beach)	40.45
1999	Vallejo	40.94
2000	Serra (Gardena)	40.97
2001	Helix (La Mesa)	41.17
2002	Poly (Long Beach)	40.63
2003	Carson (Los Angeles)	41.53
2004	Skyline (Oakland)	40.95
2005	Dorsey (Los Angeles)	40.92
2006	Notre Dame (Sherman Oaks)	41.27

In 1980, running event distances transitioned from yards to meters.

w -- wind aided result

CIF State Track and Field Individual Champions



Jeshua Anderson's 35.28 in the 300-meter intermediate hurdles at the 2007 state meet bettered the national record that had stood for more than 20 years (1985 - George Porter, Cabrillo, Lompoc, CA - 35.32)

2007	Poly (Long Beach)	40.81
2008	Poly (Long Beach)	41.26
2009	Serra (Gardena)	40.67

1600-Meter Relay (Boys)

1968	Centennial (Compton)	3:14.3
1969	Los Angeles	3:15.2
1970	Los Altos (Los Altos)	3:15.6
1971	Castlemont (Oakland)	3:13.2
1972	El Cerrito	3:17.6
1973	Cordova (Rancho Cordova)	3:17.4
1974	Muir (Pasadena)	3:13.8
1975	Ells (Richmond)	3:15.7
1976	Pasadena	3:18.2
1977	Pasadena	3:13.7
1978	Banning (Wilmington)	3:11.57
1979	Locke (Los Angeles)	3:14.04
1980	Centennial (Compton)	3:10.37
1981	Berkeley	3:08.94
1982	Compton	3:14.45
1983	Hawthorne	3:10.11
1984	Hawthorne	3:09.45
1985	Hawthorne	3:14.13
1986	Hawthorne	3:14.79
1987	Hawthorne	3:11.77
1988	Hawthorne	3:10.46
1989	Dorsey (Los Angeles)	3:12.21
1990	Muir (Pasadena)	3:14.00
1991	Morningside (Inglewood)	3:15.01
1992	Morningside (Inglewood)	3:15.37
1993	North Salinas (Salinas)	3:14.19
1994	Muir (Pasadena)	3:12.54
1995	Muir (Pasadena)	3:13.08
1996	Muir (Pasadena)	3:08.66
1997	Dominguez (Compton)	3:12.51
1998	Dominguez (Compton)	3:12.64
1999	Dorsey (Los Angeles)	3:13.01
2000	Serra (Gardena)	3:12.94
2001	Poly (Long Beach)	3:15.11
2002	Poly (Long Beach)	3:12.90
2003	Poly (Long Beach)	3:14.35
2004	Poly (Long Beach)	3:13.74
2005	Dorsey (Los Angeles)	3:12.12
2006	JW North (Riverside)	3:10.36
2007	Poly (Long Beach)	3:10.92
2008	Dominguez (Compton)	3:09.59
2009	Lutheran (Orange)	3:14.53

Discus Throw (Boys)

1915	Cifford Merritt (Santa Rosa)	113-00
1916	Wayne Weeks (Santa Rosa)	117-00
1917	Roy Evans (Chaffey)	122-11
1918	Johnny Boyle (Los Angeles)	114-02.75
1919	Johnny Boyle (Los Angeles)	120-06
1920	Clarence Houser (Oxnard)	123-08
1921	Clarence Houser (Oxnard)	135-00.50
1922	Clarence Houser (Oxnard)	144-03.20
1923	Eric Krenz (Stockton)	128-04.25
1924	Robert Patton (Poly, Riverside)	124-06.50
1925	Eddie Moeller (San Diego)	126-00.62
1926	Eddie Moeller (San Diego)	141-00
1927	Fred Steiner (Chaffey)	135-08
1928	Dudley Stephens (Woodland)	135-00.37
1929	Dudley Stephens (Woodland)	134-09
1930	Gordon Dunn (Fresno)	130-05.12
1931	George Theodoratus (Sacramento)	132-01.50
1932	Arlo Munch (Poly, Long Beach)	130-11.50
1949	John Henry Johnson (Pittsburg)	145-02
1950	Louie Iigara (Lemoore)	145-01.25
1951	Leon Patterson (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
2006	Darius Savage (Morse, San Diego)	205-06
2007	Derek Johnson (Agoura, Agoura Hills)	203-06
2008	Dayshan Ragans (Foothill, Bakersfield)	202-06
2009	Matt Darr (Frontier, Bakersfield)	192-00

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 Osdel (Compton)	5-11
1927	Lynford Scott (Eureka)	6-00.75
1928	Henry Lassalette (La Puente)	6-02.12
	Bob Van Osdel (Compton)	6-02.12
1929	Walter Marty (Fresno)	6-04.25
1930	Kermit Plowman (Sequoia)	6-00.50
1931	Paul Jacques (Santa Ana)	6-04.12
1932	Cornelius Johnson (Los Angeles)	6-03
1933	Cornelius Johnson (Los Angeles)	6-04.75
1934	Delos Thurber (Glendale)	6-05.87
1935	Les Steers (Palo Alto)	6-02
1936	Les Steers (Palo Alto)	6-00.75
1937	Les Steers (Palo Alto)	6-04
1938	Gil La Cava (Beverly Hills)	6-07.12
1939	Bill Stewart (Torrance)	6-04
1940	Jack Newman (Poly, Long Beach)	6-04.12
1941	Henry Caldwell (Edison, Fresno)	6-01
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Wilfred Schlange (Citrus)	6-02
	Dick Smith (Roosevelt, Fresno)	6-02
1947	Daryl Butts (Excelsior, Norwalk)	6-00
	Walter Kirk (Porterville)	6-00
1948	Dick Brombach (Poly, Long Beach)	6-03
	Ed Young (Jefferson, Los Angeles)	6-03
1949	Norman Woods (Jefferson, Los Angeles)	6-03
1950	Ralph Bonham (Pomona)	6-02.50
1951	Vern Wilson (San Jose)	6-02
1952	Bernie Allard (Fresno)	6-05.50
1953	Bernie Nelson (Hoover, San Diego)	6-04
1954	Dick Daily (Hayward)	6-05.50
1955	Charlie Dumas (Centennial, Compton)	6-08.87
1956	Curtis Chappel (Jefferson, Los Angeles)	6-03.25
1957	Robert Avant (Hart, Newhall)	6-08
1958	Ray Nickleberry (Oxnard)	6-08
	Paul Stuber (Bellflower)	6-08
1959	Paul Stuber (Bellflower)	6-07.25
1960	Archie Green (Oakland)	6-06.25
	Roger Olsen (Willow Glen, San Jose)	6-06.25
1961	Richard Jones (Bakersfield)	6-08.25
1962	Richard Jones (Bakersfield)	6-07.50
	Otis Burrell (Jefferson, Los Angeles)	6-07.50
	Bob Channell (McLane, Fresno)	6-07.50
1963	Ed Caruthers (Santa Ana Valley, Santa Ana)	6-08
1964	Greg Heet (Lowell, Whittier)	6-07.75
1965	Ken Brown (Castlemont, Oakland)	6-08.50
1966	Tom Clyburn (Balboa, San Francisco)	6-10
1967	Reynaldo Brown (Compton)	6-09.25
1968	Reynaldo Brown (Compton)	7-00
1969	Reynaldo Brown (Compton)	7-00
1970	Jerry Culp (Oceanside)	7-00.25
1971	Dwight Stones (Glendale)	7-01.50
1972	Carl Miles (Poly, Long Beach)	6-10
1973	Randy Turner (Wilson, San Francisco)	6-06
1974	Charles Hatch (Wilson, San Francisco)	7-00
1975	Johnny Washington (Fremont, Los Angeles)	7-00
1976	John Lane (American, Fremont)	6-11
1977	Dennis Smith (Santa Monica)	7-02
1978	Brad Harris (Los Alamitos)	6-11
1979	Lee Balkin (Glendale)	7-03.25
1980	Greg Denby (Crenshaw, Los Angeles)	6-10
1981	Anthony Caire (Pius X, Downey)	7-01
1982	Maurice Crumby (Balboa, San Francisco)	7-00
1983	Maurice Crumby (Balboa, San Francisco)	7-02
1984	Kenny Burke (Westlake, Westlake Village)	7-00
1985	Mark Webster (Homestead, Cupertino)	6-09
1986	Derrick Moore (Millikan, Long Beach)	6-10
1987	Luis Juico (Piedmont Hills, San Jose)	7-01
1988	Reggie Bettor (Antelope Valley)	7-00
1989	Mark Wilson (Charter Oak, Covina)	7-00
1990	Kevin Carlson (Katella, Anaheim)	7-00
1991	Avery Anderson (J.W. North, Riverside)	7-02
1992	Griffin Childers (Woodland)	6-11

w -- wind aided result

In 1980, running event distances transitioned from yards to meters.

CIF State Track and Field Individual Champions

1993	Jeff Nadeau (Monroe, North Hills).....	7-02	1980	Charles Mayfield (Muir, Pasadena).....	23-04.75	1954	Bob McKay (Inglewood).....	13-00
1994	Jeremy Fischer (Camarillo).....	7-00	1981	Ed Tave (Muir, Pasadena).....	25-00.50		Joe Rose (Hoover, Glendale).....	13-00
1995	Michael Wilkins (Red Bluff).....	7-00	1982	Eric Thomas (Norte Del Rio, Sacramento).....	24-04.75		Stan Gaunt (Mt. Diablo).....	13-00
1996	Elliott Parks (El Toro, Lake Forest).....	6-10	1983	Johnny Cleveland (Soquel).....	24-06.50	1955	Nathaniel Finney (Jordan, Los Angeles).....	13-04
1997	Jason Howard (Ridgeview, Bakersfield).....	7-01	1984	Joe Richardson (Pasadena).....	24-11.00	1956	Bill Logan (El Cajon).....	13-06
1998	Darren Marble (Los Altos).....	6-08	1985	Larry Nelson (Simi Valley).....	24-03.25		Tim Helms (Shingle Springs, El Dorado).....	13-06
1999	Gabe Zarete (Parlier).....	6-11	1986	Curtis Rodgers (Hiram Johnson, Sacramento).....	23-10.00	1957	Voyce Hendrix (Riverside).....	13-06
2000	Ebon Glenn (St. Mary's, Berkeley).....	7-00	1987	Percy Knox (Antelope Valley, Lancaster).....	24-06.50	1958	John Rose (Hoover, Glendale).....	14-01
2001	Teak Wilburn (Chico).....	6-10	1988	Diatry Gildersleeve (Grant, Sacramento).....	24-05.50w	1959	Bob Looney (Santa Barbara).....	13-08.75
2002	Cole Herron (Sanger).....	6-11	1989	James Stallworth (Tulare).....	26-04.75	1960	Mike Flanagan (Ganesha, Pomona).....	13-03
2003	Cole Herron (Sanger).....	6-10	1990	Jerome Price (University City, San Diego).....	25-03.25		Gary Down (Anaheim).....	13-03
2004	Ed Wright (St. Mary's, Berkeley).....	6-10.25	1991	Steve Stanley (Gardena).....	25-01.25w	1961	Mike Graves (El Cajon).....	14-02.50
2005	Fletcher Carlyle (Vintage, Napa).....	6-09	1992	Eugene Dreher (Antelope Valley, Lancaster).....	24-01.50w	1962	Eric Berge (Costa Mesa).....	14-03
2006	Casey Ryan (Argonaut, Jackson).....	6-09	1993	LeAndrew Childs (Inglewood).....	24-00.00w		Bob Richardson (Ganesha, Pomona).....	14-03
2007	Daniel Kirkpatrick (Trabuco Hills, Mission Viejo).....	6-11	1994	Tyree Washington (La Sierra, Riverside).....	23-09.25w	1963	Bill Fosdick (Andrew Hill, San Jose).....	14-08.75
2008	Harrison Steed (J Serra, San Juan Capistrano).....	7-01	1995	Clarence Scott (Fremont, Los Angeles).....	24-07.75	1964	Paul Wilson (Warren, Downey).....	15-04.25
2009	Nick Ross (Vista Murrieta, Murrieta).....	7-01	1996	Gerald Williams (Lynwood).....	24-10.50	1965	Paul Wilson (Warren, Downey).....	15-06.50
Long Jump (Boys)			1997	Marvin Brown (Will C. Wood, Vacaville).....	24-05.25	1966	Wayne Meyers (Foothill, Sacramento).....	15-00.75
1915	Ernest Plavan (Santa Ana).....	21-02.00	1998	BB Malone (Redwood, Visalia).....	24-01.00w	1967	Tom Reynolds (Morningside, Inglewood).....	14-10
1916	Harry Lampert (Manual Arts, Los Angeles).....	21-05.25	1999	Robert Kennedy (El Camino, Sacramento).....	25-02.00	1968	Steve Smith (South Torrance, Torrance).....	15-03.50
1917	Gene Davis (Poly, Los Angeles).....	21-10.50	2000	Oliver Jackson (Royal, Simi Valley).....	24-04.25	1969	Steve Smith (South Torrance, Torrance).....	16-00
1918	Roy Hasselbach (Fresno).....	21-10.50	2001	Trevell Quinley (Merrill West, Tracy).....	24-05.75w	1970	Tom Lindsay (La Sierra, Carmichael).....	14-10.50
1919	Harold Miller (Oakland Technical).....	20-11.25	2002	Ronald Hill (Walnut).....	23-09.50	1971	Tim Quinn (Monroe, Sepulveda).....	15-02
1920	Verden Nash (Chino).....	21-00.50	2003	Derrell Hutsona (Helix, La Mesa).....	25-05.75	1972	Hubert Black (Fremont, Los Angeles).....	15-02
1921	Verden Nash (Chino).....	21-10.50	2004	Demitri Mosby (Gahr, Cerritos).....	24-03.75	1973	Tim Curran (Crespi, Encino).....	16-02.75
1922	Verden Nash (Huntington Beach).....	21-05.25	2005	Andre Crenshaw (Antelope Valley, Lancaster).....	22-08.00	1974	Jim Knaub (Lakewood).....	15-06
1923	Tom Kaer (Red Bluff).....	23-02.75	2006	Terry Prentice (Diamond Ranch, Pomona).....	23-10.50	1975	Keith Schimmel (Villa Park).....	15-06
1924	Virgil Elliot (Huntington Beach).....	22-03.50	2007	Terry Prentice (Diamond Ranch, Pomona).....	23-08.50w	1976	Tim Hintnaus (Aviation, Redondo Beach).....	15-02
1925	Fred Osborne (Fullerton).....	21-08.50	2008	Cameron Gillette (La Mirada).....	24-01.75w	1977	Anthony Curran (Crespi, Encino).....	16-00
1926	Walter Rehwald (Lincoln, Los Angeles).....	21-08.50	2009	Chase Wheeler (De La Salle, Concord).....	25-02.25	1978	Anthony Curran (Crespi, Encino).....	17-00.25
1927	Frank Wycoff (Glendale).....	22-05.00	Pole Vault (Boys)			1979	Clark Elliot (Bellflower).....	15-06
1928	Dick Barber (Poly, Long Beach).....	23-05.75	1915	Lincoln Hall (Santa Paula).....	11-06	1980	Greg Stull (Troy, Fullerton).....	15-10
1929	Wells Ruby (Hollywood).....	22-07.25	1916	Lincoln Hall (Santa Paula).....	11-09	1981	Doug Wicks (South Bakersfield, Bakersfield).....	15-02
1930	George Shehtanian (Tulare).....	22-02.62	1917	Vance Wilbur (Sacramento).....	11-00	1982	Scott Christensen (Acalanes, Lafayette).....	15-06
1931	Floyd Wilson (Riverside).....	23-02.62	1918	Eric Richardson (Ukiah).....	11-06	1983	Mike Kibort (Saratoga).....	15-06
1932	Tom White (Poly, Long Beach).....	22-10.50	1919	Dick Emmons (Manual Arts).....	10-06	1984	Ivar Moen (Los Gatos).....	16-02
1933	Don Skinner (Manual Arts).....	22-08.00	1920	Leroy Goodenough (Fillmore).....	11-10	1985	Brent Burns (Acalanes, Lafayette).....	16-02
1934	Don Skinner (Manual Arts).....	23-08.50	1921	Harold Shoebridge (Anaheim).....	12-00	1986	Steve Toney (Menlo-Atherton, Atherton).....	16-02
1935	Jimmy Montgomery (El Monte).....	23-00.25	1922	Harry Smith (San Diego).....	11-11.50	1987	Steve Slocum (Foothill, Santa Ana).....	15-06
1936	Eddie Arnold (Muir).....	23-01.75	1923	Leo Barnes (Hollywood).....	12-03.37	1988	Tom Richards (San Marcos).....	16-00
1937	Bill Bugbee (Montebello).....	23-01.00		Harry Smith (San Diego).....	12-03.62	1989	Jim Lawrence (Del Mar, San Jose).....	15-06
1938	Bill Bugbee (Montebello).....	23-07.12	1924	Leo Barnes (Hollywood).....	12-11.50	1990	Ed Lasquette (Mt. Pleasant, San Jose).....	15-10
1939	Jim Jurkovich (Fresno).....	24-00.50	1925	Jack Williams (Inglewood).....	12-09.62	1991	David Cox (Foothill, Fresno).....	16-06
1940	Glenn Shoop (Long Beach, Jordan).....	22-02.50	1926	Marshall Beeman (Armiijo Fairfield).....	12-04	1992	Clarence Phelps (Christian Brothers, Sacramento).....	16-00
1941	Ray Meagher (Bakersfield).....	23-05.75		Conrad Boyle (Manual Arts).....	12-04	1993	Scott Slover (Leland, San Jose).....	16-02
1942	(No meet held)			Bill Hubard (San Diego).....	12-04	1994	Scott Slover (Leland, San Jose).....	16-10
1943	(No meet held)			Jerry Stewart (Los Angeles).....	12-04	1995	Mike Brown (Torrey Pines, Encinitas).....	16-04
1944	(No meet held)		1927	Bill Miller (San Diego).....	12-00	1996	Steve Michels (Brethren Christian, Cypress).....	16-02
1945	(No meet held)		1928	Bill Miller (San Diego).....	12-09.50	1997	David Gritz (Bear Creek, Stockton).....	16-07
1946	Carl Monser (Alameda).....	22-02.25	1929	Bill Miller (San Diego).....	12-06	1998	Mark Unzueta (Lemoore).....	16-02
1947	Hugh McElhenny (Washington, Los Angeles).....	22-10.50	1930	Dave Crow (Poly, Long Beach).....	12-06	1999	Brandon Braunstein (Newark Memorial, Newark).....	16-02
1948	George Brown (Jordan, Los Angeles).....	23-02.25	1931	Joe Ramsey (Inglewood).....	12-08.25	2000	Shane Hackett (Verdugo Hills, Tujunga).....	16-04
1949	George Brown (Jordan, Los Angeles).....	24-06.25		Matt Stankovich (Poly, Los Angeles).....	12-08.25	2001	Mike Landers (Golden Valley, Merced).....	16-03
1950	William Johnson (Jefferson, Los Angeles).....	24-02.75	1932	Bill Sefton (Poly, Los Angeles).....	13-00	2002	David Moore (Miramonte, Orinda).....	16-06
1951	Bill Holland (Jefferson, Los Angeles).....	22-05.75	1933	Ed Harrison (Santa Monica).....	12-07	2003	Ryan Shuler (Granite Bay).....	16-00
1952	Rollin Garrison (Compton).....	23-05.25	1934	Dick Clark (Hoover, Glendale).....	12-10	2004	Scott Roth (Granite Bay).....	16-04
1953	Monte Upshaw (Piedmont).....	23-05.00		Rich Rodriguez (Poly, Los Angeles).....	12-10	2005	Scott Roth (Granite Bay).....	17-01
1954	Monte Upshaw (Piedmont).....	25-04.25	1935	Dick Clark (Hoover, Glendale).....	12-10.50	2006	Scott Roth (Granite Bay).....	16-11
1955	Bobby Baines (Jordan, Los Angeles).....	23-03.50	1936	Dave Bodkins (Inglewood).....	12-11	2007	Nico Weiler (Los Gatos).....	17-02
1956	Oscar Bean (Jefferson, Los Angeles).....	24-09.00	1937	Baylor Maynard (Belmont, Los Angeles).....	13-01.25	2008	Nico Weiler (Los Gatos).....	17-03
1957	Luther Hayes (Lincoln, San Diego).....	23-08.50	1938	Floyd Doty (Lodi).....	12-10.75	2009	Michael Woeppe (Mater Dei, Santa Ana).....	16-05
1958	Steve Rogers (Brawley).....	24-06.00		Lawrence McLanahan (Sacramento).....	12-10.75	Shot Put (Boys)		
1959	Efften Jones (Delano).....	23-05.75	1939	Frank Ferguson (Inglewood).....	13-03.75	1915	Wayne Weeks (Santa Rosa).....	46-02.37
1960	Walt Roberts (Compton).....	24-07.25		Clarence Humberger (Glendale).....	13-03.75	1916	Wayne Weeks (Santa Rosa).....	47-04.25
1961	Robert McKeever (Fremont, Los Angeles).....	24-03.00	1940	Frank Ferguson (Inglewood).....	13-00	1917	Jim Blewett (Manual Arts, Los Angeles).....	47-09.25
1962	James Kennedy (Lincoln, San Diego).....	24-05.75		Irving Moore (Piedmont).....	13-00	1918	Jennings Robertson (Sutter).....	44-06.00
1963	Jerry Williams (Berkeley).....	24-03.50	1941	Chet Hartmann (San Benito).....	12-06	1919	Ernst Hartmann (Poly, Los Angeles).....	42-03.00
1964	Bobby Bonds (Poly, Riverside).....	25-03.00		Irving Moore (Piedmont).....	12-06	1920	Clarence Houser (Oxnard).....	49-09.00
1965	Manuel Murrell (Poly, Long Beach).....	24-09.75		Ernie Sontag (Taft, Fresno).....	12-06	1921	Clarence Houser (Oxnard).....	52-00.00
1966	Doyle Steel (San Diego).....	25-03.25	1942	(No meet held)		1922	Clarence Houser (Oxnard).....	55-04.75
1967	Jerry Proctor (Muir, Pasadena).....	25-04.50	1943	(No meet held)		1923	Cecil White (Modesto).....	48-00.50
1968	Heulon Hewitt (Merced).....	24-07.00	1944	(No meet held)		1924	Cecil White (Modesto).....	49-07.37
1969	James McAllister (Blair, Pasadena).....	24-02.25	1945	(No meet held)		1925	Herb Fleishhacker (Menlo Park).....	49-02.00
1970	Lynn Swann (Serra, San Mateo).....	24-02.75	1946	Bill Mays (Oxnard).....	12-06.50	1926	Maurey Luterman (Poly, Los Angeles).....	49-00.25
1971	Randy Williams (Edison, Fresno).....	26-03.25w		Phil Quilter (Pasadena).....	12-06.50	1927	Harold Falter (Glendale).....	49-09.62
1972	Carl McCullough (Sacramento).....	24-07.00	1947	George Mattos (Pacific Grove).....	12-06	1928	Garrett Arbelbide (Huntington Park).....	48-10.50
1973	Jerry Herndon (Cajon, San Bernardino).....	25-04.50w	1948	Don Barnes (Fullerton).....	12-06	1929	Nelson Gray (Chaffey).....	53-05.50
1974	James Lofton (Washington, Los Angeles).....	24-03.50	1949	Jack Widman (Lomita Narbonne).....	13-04.50	1930	Don Carter (Franklin, Los Angeles).....	52-08.25
1975	Paul Wilson (Fontana).....	24-08.50	1950	Dick McDonald (Wilson, Long Beach).....	13-00.50	1931	Don Carter (Franklin, Los Angeles).....	52-10.00
1976	Larry Doubly (Manual Arts, Los Angeles).....	25-03.75w		Harold Red (Lemoore).....	13-00.50	1932	Bob Pyle (Pasadena).....	53-06.00
1977	Kurt Durham (Oakland).....	25-00.75	1951	Clarke Merrill (Belmont, Los Angeles).....	13-00	1933	Jim Donaldson (Hollywood).....	53-03.00
1978	Dodie Williams (El Camino, Oceanside).....	25-01.25	1952	Ron Morris (Burroughs, Burbank).....	13-03.75	1934	Ray Young (Riis, Los Angeles).....	55-10.00
1979	George Gaffney (Lemoore).....	24-01.75	1953	Ron Morris (Burroughs, Burbank).....	13-09.12	1935	John Raitt (Fullerton).....	55-05.25

In 1980, running event distances transitioned from yards to meters.

w -- wind aided result

CIF State Track and Field Individual Champions

1938	Joe Hill (CSD, Berkeley)	54-05.25
1937	Wilbur Thompson (Modesto)	55-08.75
1936	Mario Russo (Pittsburg)	55-05.75
1935	Frank Minini (Paso Robles)	54-01.00
1934	Ben Steele (Santa Rosa)	54-04.12
1941	George Souza (Vallejo)	52-04.25
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	John Helwig (Mt. Carmel, Los Angeles)	59-05.12
1947	Bob Cameron (Washington, Los Angeles)	53-10.87
1948	Bob Cameron (Washington, Los Angeles)	59-07.25
1949	Elmer Willhoite (Merced)	57-03.23
1950	Hal Norris (Grossmont, San Diego)	56-05.50
1951	Leon Patterson (Taft)	59-02.50
1952	Leon Patterson (Taft)	60-09.87
1953	Don Vick (Chaffey)	60-07.75
1954	Dick Bronson (Grossmont, San Diego)	59-07.12
1955	Duncan Ward (Santa Monica)	59-04.50
1956	Homer Robertson (Pacific, San Bernardino)	63-09.50
1957	Clark Slonson (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 Schmuck (San Diego, Encinitas)	63-11.00
1969	Sam Cunningham (Santa Barbara)	61-02.00
1970	Randy Withrow (Pasadena)	63-08.75
1971	Mark Stevens (Newport Harbor)	67-02.25
1972	Randy Cross (Crespi, Encino)	65-07.25
1973	Jim Niedhart (Newport Harbor)	67-03.25
1974	David Kurrasch (Santa Ana)	63-10.50
1975	David Kurrasch (Santa Ana)	65-09.50
1976	Steve Montgomery (Lassen, Susanville)	68-00.00
1977	Craig Polley (Sunny Hills, Fullerton)	62-04.25
1978	Dave Porath (Atwater)	65-10.75
1979	Don Mosebar (Mt. Whitney, Visalia)	62-06.75
1980	Scott Garnett (Muir, Pasadena)	64-04.25
1981	John Frazier (Antelope Valley, Lancaster)	63-08.75
1982	Pat Kyle (Buena Park)	60-04.00
1983	Curt Sisco (Vacaville)	63-09.50
1984	Brian Blutreich (Capistrano Vly, Mission Viejo)	64-07.25
1985	Brian Blutreich (Capistrano Vly, Mission Viejo)	63-04.00
1986	Brian Boggess (El Capitan, Lakeside)	61-04.00
1987	Dave Bultman (Royal, Simi Valley)	67-00.00
1988	Kaleaph Carter (Edison, Huntington Beach)	64-00.25
1989	Brent Noon (Fallbrook)	66-01.50
1990	Brent Noon (Fallbrook)	74-04.75
1991	Mark Parlin (Esperanza, Anaheim)	61-05.50
1992	Pete Swanson (San Benito, Hollister)	61-03.25
1993	Tyson Lingenfelter (Upland)	60-09.50
1994	Chris DeMartine (St. Ignatius, San Francisco)	58-11.50
1995	Matt Pentecost (Loyola, Los Angeles)	62-03.75
1996	Jason Hammond (Fowler)	64-04.00
1997	Van Mounts (Bakersfield)	67-00.75
1998	Van Mounts (Bakersfield)	66-07.00
1999	Rhuben Williams (Eagle Rock, Los Angeles)	62-08.50
2000	Rhuben Williams (Eagle Rock, Los Angeles)	63-02.50
2001	David Guerin (Leuzinger, Lawndale)	62-10.75
2002	Noah Bryant (Carpinteria)	65-07.75
2003	Jared Bray (Mission Bay, San Diego)	63-03.25
2004	Mark Lewis (Arroyo Grande)	63-05.50
2005	Danny Rohr (Arroyo Grande)	60-06.25
2006	Darius Savage (Morse, San Diego)	66-03.25
2007	Joe Canavan (Palm Desert)	67-01.50
2008	Dayshan Ragans (Foothill, Bakersfield)	62-10.00
2009	Matt Darr (Frontier, Bakersfield)	62-01.25
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
2006	Richard Sherman (Dominguez, Compton)	50-08.00
2007	Jonathan Clark (Loyola, Los Angeles)	49-00.25w
2008	Johnny Carter (Ridgeview, Bakersfield)	49-00.75w
2009	Hammed Suleman (Deer Valley, Antioch)	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
2006	Jeneba Tarmoh (Mt. Pleasant, San Jose)	11.59
2007	Jeneba Tarmoh (Mt. Pleasant, San Jose)	11.27
2008	Ashton Purvis (St. Elizabeth, Oakland)	11.92
2009	Valexia Droughn (Rio Mesa, Oxnard)	11.54

200-Meter Dash (Girls)

1974	Janice Wiser (La Jolla)	24.2
1975	Pam Waters (Bell, Los Angeles)	24.4
1976	Pam Waters (Bell, Los Angeles)	24.8
1977	Kim Robinson (Westchester, Los Angeles)	23.97
1978	Kelia Bolton (Andrew Hill, San Jose)	23.99
1979	Gwen Loud (Westchester, Los Angeles)	23.54
1980	Sherri Howard (Kennedy, Granada Hills)	23.19
1981	Denean Howard (Kennedy, Granada Hills)	23.73
1982	Denean Howard (Kennedy, Granada Hills)	23.59w
1983	Lisa Winston (Jordan, Long Beach)	23.83
1984	Paulette Blalock (Compton)	23.59

1985	Tami Stiles (Hawthorne)	23.45
1986	Tami Stiles (Hawthorne)	24.02
1987	Maddette Smith (Quartz Hill)	24.12
1988	Angela Burnham (Rio Mesa, Oxnard)	23.45
1989	Angela Burnham (Rio Mesa, Oxnard)	23.56
1990	Marion Jones (Rio Mesa, Oxnard)	23.71
1991	Marion Jones (Rio Mesa, Oxnard)	22.91w
1992	Marion Jones (Thousand Oaks)	22.83
1993	Marion Jones (Thousand Oaks)	23.14
1994	Lakeisha Backus (Wilson, Long Beach)	23.21
1995	Lakeisha Backus (Wilson, Long Beach)	23.01w
1996	Malika Edmonson (St. Bernard, Marina del Rey)	23.47
1997	Kinshasa Davis (Wilson, Long Beach)	22.90
1998	Angela Williams (Chino)	23.02
1999	Tania Woods (Skyline, Oakland)	22.88
2000	Monique Henderson (Morse, San Diego)	23.19
2001	Angel Perkins (Gahr, Cerritos)	22.85w
2002	Allyson Felix (Los Angeles Baptist, North Hills)	22.83
2003	Allyson Felix (Los Angeles Baptist, North Hills)	22.52
2004	Jasmin Baldwin (Bishop Amat, La Puente)	22.86
2005	Khrystal Carter (Valley Christian, San Jose)	23.44w
2006	Jeneba Tarmoh (Mt. Pleasant, San Jose)	23.29
2007	Jeneba Tarmoh (Mt. Pleasant, San Jose)	23.20
2008	Jessica Davis (Highland, Palmdale)	23.46
2009	Ashton Purvis (St. Elizabeth, Oakland)	23.46

400-Meter Dash (Girls)

1974	Veronica Venezia (Terra Linda, San Rafael)	56.4
1975	Jodi Anderson (Washington, Los Angeles)	55.3
1976	Marquita Belk (Silver Creek, San Jose)	55.2
1977	Valerie Brisco (Locke, Los Angeles)	55.14
1978	Arise Emerson (Westminster)	54.3
1979	Sherri 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
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
2006	Sa'de Williams (Rancho Cucamonga)	53.21
2007	Jasmine Joseph (Poly, Long Beach)	53.15
2008	Akawkaw Ndiapagbor (Poly, Long Beach)	53.35
2009	Turquoise Thompson (Serra, Gardena)	53.10

800-Meter Run (Girls)

1974	Kathy Costello (Pleasant Hill)	2:10.4
1975	Kathy Costello (Pleasant Hill)	2:09.2
1976	Alice Trumbley (Coalinga)	2:13.3
1977	Ann Regan (Camden, San Jose)	2:08.0
1978	Ann Regan (Camden, San Jose)	2:07.93
1979	Ann Regan (Camden, San Jose)	2:10.22
1980	Marilyn Davis (Miramonte, Orinda)	2:09.73
1981	Donna Curtis (Culver City)	2:06.08
1982	Rennie Durrand (Laguna Beach)	2:06.36
1983	Kerri Zaleski (Millikan, Long Beach)	2:06.41
1984	Trena Hull (Compton)	2:04.91
1985	Kristen Dowell (Santa Teresa, San Jose)	2:10.07
1986	Laura Chapel (University City, San Diego)	2:08.66
1987	Kimberly McAllister (Locke, Los Angeles)	2:12.92
1988	Kathy Roldan (Mt. Whitney, Visalia)	2:12.11
1989	Kim Toney (Atascadero)	2:09.33
1990	Kim Toney (Atascadero)	2:06.13
1991	Nicole Teter (West Valley, Cottonwood)	2:08.14
1992	Miesha Marzell (Bishop O Dowd, Oakland)	2:10.29

In 1980, running event distances transitioned from yards to meters.

w -- wind aided result

CIF State Track and Field Individual Champions

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	Livia Jenke (Menlo, Atherton)	2:10.39
2006	Haley Lawrence (Aliso Niguel, Aliso Viejo)	2:10.57
2007	Dominique Jackson (Fairfield)	2:06.09
2008	Anniya Louis (Culver City)	2:10.29
2009	Aly Drake (Valencia)	2:07.45

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. Geme (Corona del Mar, Newport Bch)	4:50.40



Christine Babcock topped the girls 1600 meters national standard twice in 2008, including her blistering 4:33.82 in the state championships which was her third straight state title in the event.

In 1980, running event distances transitioned from yards to meters.

2006	Christine Babcock (Woodbridge, Irvine)	4:41.29
2007	Christine Babcock (Woodbridge, Irvine)	4:38.85
2008	Christine Babcock (Woodbridge, Irvine)	4:33.82
2009	Sammy Silva (Academy OLP, San Diego)	4:47.67

3200-Meter Run (Girls)

1977	Roxanne Bier (Independence, San Jose)	10:39.7
1978	Cheri Williams (Livermore)	10:17.71
1979	Lisa Scaduto (Santa Monica)	10:34.94
1980	Vicki Cook (Alemany, Mission Hills)	10:14.78
1981	Vicki Cook (Alemany, Mission Hills)	10:12.31
1982	Vicki Cook (Alemany, Mission Hills)	10:16.27
1983	Cory Schubert (Del Mar, San Jose)	10:08.14
1984	Kristen O'Hara (Palos Verde)	10:11.82
1985	Rebecca Chamberlain (Leigh, San Jose)	10:23.85
1986	Laurie Chapman (Gunderson, San Jose)	10:12.86
1987	Mary Mendoza (Presentation, San Jose)	10:33.04
1988	Karen Hecox (South Hills, West Covina)	10:16.14
1989	Rayna Cervantes (Montebello)	10:32.95
1990	Deena Drossin (Agoura)	10:29.60
1991	Deena Drossin (Agoura)	10:30.71
1992	Milena Glusac (Fallbrook)	10:28.62
1993	Milena Glusac (Fallbrook)	10:42.68
1994	Julia Stamps (Rincon Valley Chr., Santa Rosa)	10:26.51
1995	Julia Stamps (Santa Rosa)	10:15.27
1996	Kim Mortensen (Thousand Oaks)	9:52.80
1997	Julia Stamps (Santa Rosa)	10:15.17
1998	Sara Bei (Montgomery, Santa Rosa)	10:31.06
1999	Lauren Fleshman (Canyon, Canyon Country)	10:18.81
2000	Anita Siraki (Hoover, Glendale)	10:18.50
2001	Sara Bei (Montgomery, Santa Rosa)	10:11.11
2002	Clara Horowitz (Head Royce, Oakland)	10:31.01
2003	Claire Rethmeier (San Pasqual, Escondido)	10:27.32
2004	Lindsay Flacks (Harvard-Westlake, N. Hollywood)	10:26.25
2005	Tori Tyler (Gunn, Palo Alto)	10:38.90
2006	Jordan Hasay (Mission Prep, San Luis Obispo)	10:13.55
2007	Jordan Hasay (Mission Prep, San Luis Obispo)	10:06.76
2008	Jordan Hasay (Mission Prep, San Luis Obispo)	9:52.13
2009	Jordan Hasay (Mission Prep, San Luis Obispo)	10:05.29

100-Meter Low Hurdles (Girls)

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

* from 1974-76, race was 80 Meters

100-Meter High Hurdles (Girls)

1993	Bisa Grant (Bishop O'Dowd, Oakland)	14.11
1994	Davetta Shepard (Kennedy, Sacramento)	13.73w
1995	Joanna Hayes (J.W. North, Riverside)	13.45
1996	Nicole Hoxie (J.W. North, Riverside)	13.87
1997	Nicole Hoxie (J.W. North, Riverside)	13.35
1998	Natasha Neal (James Logan, Union City)	13.57
1999	Nichole Denby (J.W. North, Riverside)	13.42w
2000	Nichole Denby (J.W. North, Riverside)	13.20
2001	Lashinda Demus (Wilson, Long Beach)	13.39w
2002	Talia Stewart (James Logan, Union City)	14.03
2003	Ashlee Brown (J.W. North, Riverside)	13.58
2004	Talia Stewart (James Logan, Union City)	13.31
2005	Leslie Mercado (Diamond Ranch, Pomona)	13.58w
2006	Julian Purvis (St. Elizabeth, Oakland)	13.93
2007	Vashti Thomas (Mt. Pleasant, San Jose)	13.03
2008	Vashti Thomas (Mt. Pleasant, San Jose)	13.44
2009	Kori Carter (Claremont)	13.59

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
2006	Ebony Collins (Wilson, Long Beach)	40.13
2007	Jamesha Youngblood (Hercules)	41.08
2008	Kori Carter (Claremont)	41.28
2009	Kori Carter (Claremont)	41.26

400-Meter Relay (Girls)

1974	Berkely	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
2006	Wilson (Long Beach)	45.19
2007	Rancho Verde (Moreno Valley)	45.74
2008	St. Mary's Academy (Inglewood)	46.41
2009	Poly (Long Beach)	45.88

1600-Meter Relay (Girls)

1974	Berkeley	3:46.4
1975	Washington (Los Angeles)	3:44.5
1976	Fremont (Los Angeles)	3:55.9
1977	Locke (Los Angeles)	3:52.1
1978	Fremont (Los Angeles)	3:51.3
1979	San Geronio (San Bernardino)	3:44.05
1980	Kennedy (Granada Hills)	3:37.98
1981	Kennedy (Granada Hills)	3:37.71
1982	Dorsey (Los Angeles)	3:41.72
1983	Dorsey (Los Angeles)	3:46.24
1984	Locke (Los Angeles)	3:38.65
1985	Muir (Pasadena)	3:43.30
1986	Compton	3:42.31
1987	Poly (Long Beach)	3:45.20
1988	Hawthorne	3:47.32
1989	Hawthorne	3:46.59
1990	Morningside (Inglewood)	3:44.16
1991	Poly (Long Beach)	3:48.85
1992	Poly (Long Beach)	3:45.91
1993	Poly (Long Beach)	3:42.75
1994	Skyline (Oakland)	3:41.90
1995	Poly (Long Beach)	3:39.53
1996	Wilson (Long Beach)	3:38.50
1997	St. Bernard (Playa del Rey)	3:39.43
1998	Wilson (Long Beach)	3:36.32
1999	Wilson (Long Beach)	3:39.01

w -- wind aided result

CIF State Track and Field Individual Champions

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
2006	Wilson (Long Beach)	3:37.14
2007	Bishop O'Dowd (Oakland)	3:47.42
2008	Poly (Long Beach)	3:40.87
2009	Serra (Gardena)	3:42.91

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
2006	Sarah Robles (San Jacinto)	158-00
2007	Hilary Fraser (El Toro, Lake Forest)	159-07
2008	Anna Jelmini (Shafter)	169-04
2009	Anna Jelmini (Shafter)	186-09

High Jump (Girls)

1974	Pam Blackburn (Cubberley, Palo Alto)	5-08
1975	Kim Maddox (Los Angeles)	5-08
1976	Kari Gosswiller (Upland)	5-10
1977	Kari Gosswiller (Upland)	5-09
1978	Sue McNeal (Carlsbad)	5-10.25
1979	Tonya Alston (Chico)	5-09
1980	Karen Lysaght (St. Francis, Sacramento)	6-00
1981	Katrina Johnson (Marshall Fund., Pasadena)	5-10
1982	Katrina Johnson (Marshall Fund., Pasadena)	5-11
1983	Tonya Mendonca (Mt. Whitney, Visalia)	6-01
1984	Wendy Brown (Woodside)	6-01.25
1985	Latrese Johnson (Clovis)	6-02
1986	Yleana Carrasco (Anaheim)	5-10
1987	Lynn Patrick (Serra, San Diego)	5-10
1988	Crissy Mills (Campbell Hall, North Hollywood)	5-10
1989	Crissy Mills (Campbell Hall, North Hollywood)	6-00
1990	Chi Johnson (Menlo-Atherton, Atherton)	5-08
1991	Tanya Smith (Cordova, Rancho Cordova)	5-11
1992	Kristy Kieruff (Esperanza, Anaheim)	5-10
1993	Tracye Lawyer (Cate, Carpinteria)	5-10
1994	Kristy Kieruff (Esperanza, Anaheim)	5-10
1995	Tara Fleming (Immanuel, Reedley)	6-00
1996	Liz Giltner (Chaminade, Canoga Park)	5-10
1997	Tayyiba Haneef (Laguna Hills)	5-09
1998	Tia Hanson (El Cajon)	5-08
1999	Kim Stone (York, Monterey)	5-09
2000	Schquay Brignac (Taft, Los Angeles)	5-09
2001	Chaunte Howard (J.W. North, Riverside)	5-10
2002	Sharon Day (Costa Mesa)	5-11
2003	Sharon Day (Costa Mesa)	5-10
2004	Allie Miller (Los Altos)	5-09.25
2005	Desirae Gonder (Stockdale)	5-09
2006	Jasmine Day (Costa Mesa)	5-09

2007	Whitney Sisler (La Costa Canyon, Carlsbad)	5-10
2008	Tara Richmond (Poly, Long Beach)	5-11
2009	Adrienne Johnson (Carondelet, Concord)	5-08

Long Jump (Girls)

1974	Jodi Anderson (Washington, Los Angeles)	19-07.00
1975	Jodi Anderson (Washington, Los Angeles)	19-06.50w
1976	Jodi Anderson (Washington, Los Angeles)	20-00.25
1977	Lisa Gourdine (El Toro, Lake Forest)	19-01.00
1978	Kathy Hayes (Madera)	19-03.00
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	Bunimi 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	Elizuna 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
2006	Amber Purvis (Benicia)	19-10.25
2007	Jamesha Youngblood (Hercules)	20-11.75w
2008	Vashti Thomas (Mt. Pleasant, San Jose)	20-00.25
2009	Karynn Dunn (Diamond Ranch, Pomona)	20-03.25w

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
2006	Tori Anthony (Castilleja, Palo Alto)	13-03
2007	Tori Anthony (Castilleja, Palo Alto)	14-01
2008	Emily Mattoon (Rancho Bernardo, San Diego)	12-06
2009	Kortney Ross (Westview, San Diego)	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 Thorntana (Sacramento)	43-09.00
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)	50-03.00
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)	44-01.00
1990	Dawn Dumble (Bakersfield)	49-03.50
1991	Mika Hilaire (Pittsburg)	45-04.25
1992	Kristin Heaston (Ygnacio Valley, Concord)	45-03.50
1993	Kristin Heaston (Ygnacio Valley, Concord)	52-11.50

1994	Delores Tuimolou (Channel Islands, Oxnard)	46-10.00
1995	Rebecca Morrison (Presentation, San Jose)	47-06.75
1996	Stephanie Brown (Arroyo Grande)	43-00.25
1997	Cynthia Ademiluyi (Poly, Long Beach)	47-05.25
1998	Stephanie Brown (Arroyo Grande)	48-10.75
1999	Jill Camarena (Woodland)	48-06.00
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)	50-05.00
2004	Megan Howard (Arroyo Grande)	49-11.75
2005	Julie Dufresne (Harbor, Santa Cruz)	47-07.50
2006	Erin Delaney (Paso Robles)	45-05.25
2007	Rosario Sanchez (Selma)	47-10
2008	Anna Jelmini (Shafter)	48-03.50
2009	Anna Jelmini (Shafter)	50-05.75

Triple Jump (Girls)

1982	Wendy Brown (Woodside)	39-08.75
1983	Wendy Brown (Woodside)	40-03.00
1984	Wendy Brown (Woodside)	42-10.50
1985	Sheila Hudson (Rio Linda)	41-10.00w
1986	Felicia Harris (San Lorenzo)	40-02.00
1987	Kim Lassair (Northgate, Walnut Creek)	39-06.25
1988	Stacy Thompson (Morse, San Diego)	39-01.00
1989	Juliana Yendork (Walnut)	41-10.00
1990	Juliana Yendork (Walnut)	42-00.25
1991	Juliana Yendork (Walnut)	43-06.50
1992	Kayla Montgomery (Clovis West, Fresno)	39-11.25
1993	Cheaza Figueroa (Quartz Hill)	40-01.25
1994	Tamieka Porter (Orange Glen, Escondido)	38-11.50
1995	Kelly O'Connor (Esperanza, Anaheim)	40-06.50
1996	Kelly O'Connor (Esperanza, Anaheim)	40-02.50
1997	Andrea Booker (El Camino, Oceanside)	40-00.00w
1998	Andrea Booker (El Camino, Oceanside)	40-00.25w
1999	Heather Contreras (Sutter)	40-03.75
2000	Blessing Ufodiama (Poly, Long Beach)	40-08.75
2001	Candace Bauchman (Poly, Long Beach)	42-04.50
2002	Michelle Sanford (Woodbridge, Irvine)	41-05.25
2003	Brittany Daniels (Merrill West, Tracy)	42-04.75
2004	Brittany Daniels (Merrill West, Tracy)	42-08.00
2005	Brittany Daniels (Merrill West, Tracy)	44-05.50w
2006	Ke'Nyia Richardson (Holy Names, Oakland)	43-03.25
2007	Ke'Nyia Richardson (Holy Names, Oakland)	45-04.25w
2008	Vashti Thomas (Mt. Pleasant, San Jose)	42-00.50
2009	Ciarra Brewer (James Logan, Union City)	42-11.50



Tori Anthony (Castilleja, Palo Alto) became the first high school girl to pole vault higher than 14 feet when she jumped 14-01 at the 2007 state meet, resetting the previous national record of 13-09.

In 1980, running event distances transitioned from yards to meters.

w -- wind aided result

CIF State Track and Field Multiple Championships

BOYS RECORDS

Most Team State Championships

9 Poly, Long Beach	(1928, 1932, 1959, 1964-65, 1997-98, 2006-07)
8 Jefferson, Los Angeles	(1938, 1949-52, 1956, 1962, 1964)
8 Muir, Pasadena	(1934, 1936, 1967, 1974, 1990, 1994-96)
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)
4 Bryshon Nellum (Poly, Long Beach)	200m (2006-07); 400m (2006-07)
4 Terry Prentice (Diamond Ranch, Pomona)	110HH (2006-07); LJ (2006-07)
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)
3 Scott Roth (Granite Bay)	PV (2004-06)
3 Darius Savage (Morse, San Diego)	Discus (2005-06); Shot (2006)

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

10 Poly, Long Beach	(1992-93, 1995, 1997-98, 2001, 2003-04, 2008-09)
5 Berkeley	(1974, 1976, 1981-83)
3 J.W. North, Riverside	(1999-00, 2002)
3 Wilson, Long Beach	(1996, 1998, 2006)
2 Muir, Pasadena	(1985, 1989)
2 Bakersfield	(1988, 1990)

Most Consecutive Team State Championships

3 Berkeley	(1981-83)
2 Poly, Long Beach	(1992-93, 1997-98, 2003-04, 08-09)
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 Kaaiahahia (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	(Rincon Valley Christian, Santa Rosa 1994); (Santa Rosa 1995-97) 3200 (1994-95, 1997); 1600 (1997)
4 Jordan Hasay (Mission Prep, San Luis Obispo)	3200m (2006-09)
4 Lindsay Hyatt (Placer, Auburn)	800m (1996-99)
4 Brittany Daniels (Merrill West, Tracy)	TJ (2003-05); LJ (2005)
4 Jeneba Tarmoh (Mt. Pleasant, San Jose)	100m (2006-07); 200m (2006-07)
4 Vashiti Thomas (Mt. Pleasant, San Jose)	100HH (2007-08); LJ (2008); TJ (2008)
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)
3 Ebony Collins (Wilson, Long Beach)	300LH (2005-06); 100m (2005)
3 Christine Babcock (Woodbridge, Irvine)	1600m (2006-08)

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

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