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# 20 **CAF** 11

## STATE TRACK & FIELD CHAMPIONSHIPS





# 2011 State Track & Field Championships Schedule



## FIELD EVENTS

### Friday Qualifying Times

Report to Field Event Clerk of Course

Event	Reporting Time	Starting Time
Boys' Discus	1:45 p.m.	3:00 p.m.
Boys' Long Jump	1:45 p.m.	3:00 p.m.
Girls' Triple Jump	1:45 p.m.	3:00 p.m.
Boys' High Jump	2:45 p.m.	4:00 p.m.
Girls' Discus	4:30 p.m.	5:30 p.m.
Boys' 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.
Girls' Long Jump	5:00 p.m.	6:00 p.m.
Boys' Triple Jump	5:00 p.m.	6:00 p.m.
Girls' High Jump	5:30 p.m.	6:30 p.m.
Girls' Shot Put	7:00 p.m.	8:00 p.m.

### Saturday Championship Times

Report to Field Event Clerk of Course

Event	Reporting Time	Starting Time
Boys' Discus	3:30 p.m.	4:30 p.m.
Boys' High Jump	4:00 p.m.	5:00 p.m.
Boys' Long Jump	4:00 p.m.	5:00 p.m.
Girls' Triple Jump	4:00 p.m.	5:00 p.m.
Boys' Pole Vault	4:15 p.m.	5:15 p.m.
Girls' Discus	5:30 p.m.	6:30 p.m.
Boys' Shot Put	5:30 p.m.	6:30 p.m.
Girls' High Jump	6:00 p.m.	7:00 p.m.
Girls' Long Jump	6:00 p.m.	7:00 p.m.
Boys' Triple Jump	6:00 p.m.	7:00 p.m.
Girls' Pole Vault	6:15 p.m.	7:15 p.m.
Girls' Shot Put	7:30 p.m.	8:30 p.m.

## TRACK EVENTS

### Friday Qualifying Times

Girls 4x100 Relay		Girls 400 Meter Dash		Girls 300 Meter Hurdles	
Heat 1	5:00	Heat 1	6:33	Heat 1	8:07
Heat 2	5:05	Heat 2	6:38	Heat 2	8:11
Heat 3	5:10	Heat 3	6:43	Heat 3	8:15
		Heat 4	6:48	Heat 4	8:19
Boys 4x100 Relay		Boys 400 Meter Dash		Boys 300 Meter Hurdles	
Heat 1	5:15	Heat 1	6:53	Heat 1	8:25
Heat 2	5:20	Heat 2	6:57	Heat 2	8:29
Heat 3	5:25	Heat 3	7:01	Heat 3	8:33
		Heat 4	7:05		
Girls 1600 Meter Run		Girls 100 Meter Dash		Girls 200 Meter Dash	
Heat 1	5:30	Heat 1	7:10	Heat 1	8:38
Heat 2	5:38	Heat 2	7:14	Heat 2	8:42
		Heat 3	7:18	Heat 3	8:46
Boys 1600 Meter Run		Boys 100 Meter Dash		Boys 200 Meter Dash	
Heat 1	5:45	Heat 1	7:22	Heat 1	8:50
Heat 2	5:52	Heat 2	7:26	Heat 2	8:54
		Heat 3	7:30	Heat 3	8:58
Girls 100 Meter Hurdles		Girls 800 Meter Run		Girls 4x400 Relay	
Heat 1	6:00	Heat 1	7:35	Heat 1	9:10
Heat 2	6:05	Heat 2	7:40	Heat 2	9:17
Heat 3	6:10	Heat 3	7:45	Heat 3	9:24
				Heat 4	9:31
Boys 110 Meter Hurdles		Boys 800 Meter Run		Boys 4x400 Relay	
Heat 1	6:16	Heat 1	7:50	Heat 1	9:38
Heat 2	6:20	Heat 2	7:55	Heat 2	9:45
Heat 3	6:24	Heat 3	8:00	Heat 3	9:52
Heat 4	6:28				

### Saturday Championships

6:00	Girls'	400m Relay
6:10	Boys'	400m Relay
6:21	Girls'	1600m Run
6:32	Boys'	1600m Run
6:49	Girls'	100m High Hurdles
7:00	Boys'	110m High Hurdles
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 LH
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

# 2011 State Track & Field Championships Preview

## L.B. Poly scoring machines, "Fab Five" headline CIF-State Track and Field Championships, presented by Farmers

By Rich Gonzalez

Editor, DyeStatCal/ESPN RISE

(CLOVIS, Calif.) — Coco, Cabral, Cox, Prandini and McClain. Sounds like a law firm, doesn't it?

It's perfectly fitting considering the quintet might produce piles of indisputable evidence this weekend to become regarded as among the greatest talents in the ultra-rich history of California high school track and field. If all goes perfectly, those five will have each presented their cases with closing arguments that could net a stunning combined total of 14 state titles!

But you can be the judge, all while seated inside Buchanan High's Veterans Stadium, where a Mondo-surfaced track, Jumbotron scoreboard and the accompanying bells and whistles make the venue the true cathedral of high school track and field facilities in the state of California.

With eight national leaders and the greatest program in the history of high school track and field serving as our meet headliners, the 2011 CIF-State Track and Field Championships, presented by Farmers, is quickly sizing up to be among the most exciting competitions in the 93-year history of this storied season-ending event.

From record setters to historic doublers, inspiring comebacks to freshmen phenoms, and dominant performers to quick-rising superstars, this meet has it all as top-notch student-athletes from around the state and representing 10 CIF sections come together for the right to be called "CIF State Champion."

As always, Friday's preliminaries will serve to weed out only the best, with a slew of eventual non-qualifiers undoubtedly worthy enough (the numbers don't lie) to be considered a champion in a majority of the other states across the land. By Saturday's finals, however, only the crème de la crème will remain as the Golden State's finest clash for the ultimate crown.

So grab your umbrella (yes, rain is forecast for part of the meet), pack your favorite snacks and pick out a choice seat as you prepare to witness the most prestigious state meet in the nation!

First, let's take a brief look at the Long Beach Poly girls juggernaut as well as the illustrious "Fab Five" crew and the challenges that await them:

Long Beach Poly's girls squad seeks to join Los Angeles Jefferson's boys team (1949-1952) as the only collections to win four consecutive state team titles, with the Jackrabbits slated to score at a record clip as seniors Melia Cox and Akawkaw (pronounced 'Co-Co') Ndipagbor could combine to rack up eight gold medals across seven events on the weekend! The Jackrabbits — positioned to benefit from the slightly more generous 10-8-6-5-4-3-2-1 scoring format debuting this weekend — are pegged to set a state meet record

scoring record after arriving with a blockbuster crew of 15 athletes qualifying across 10 events!

Cox is a vastly improved hurdler in recent weeks and this season's national leader in both events and contributes on Poly's nation-leading 4x100 relay. She seeks to become the first girl to win gold medals in those three events in the same state meet. Ndipagbor sets out for long-sprints supremacy as she is favored in the one-lapper and among the chief entrants in the 200 as well as performing on both sprint relays. She seeks to become the first female to successfully pull off the 100-200-4x100-4x400 gold medal quadruple at the state meet.

Clovis' Jenna Prandini, the hometown girl who singlehandedly scored enough points to claim the runner-up team plaque at last

year's state meet, has been battling a stubborn hamstring ailment in recent weeks, but is showing signs of rounding into top form. She'll seek to defend her long jump title while also vying for the 100- and 200-meter crowns.

Agoura's Johnathan Cabral, who blazed to the fastest high hurdles clocking in state history last weekend, also arrives as the national in leader in the intermediates. He'll zero in on a season-long goal to smash Kevin Craddock's wind-legal state record (13.39), already joining Craddock as the only barrier mavens to rank among the top ten in both events on the all-time California lists.

Covina's Remontay McClain

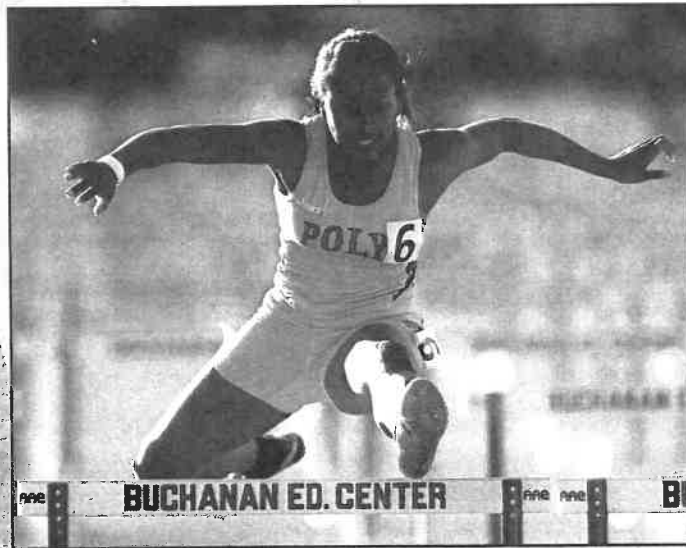
seeks to establish himself in even more rarified air, aiming to become the first short dashes repeat state champion in history while competing in the sport's two sexiest events: the 100- and 200-meter dashes. Pasadena High's Charles Paddock, the 1920 Olympic Games champion at 100 meters, is the only other male to win a pair of California state titles in each, but not in successive years (he did it in 1916 and 1918).

Now let's take a closer look at how the events shape up this weekend:

Hurdling action should headline the weekend, with national-class superstars of Cabral and Cox checking in as perhaps the most precocious Golden State talents during the springtime of 2011.

Cabral remains unbeaten in his senior year, with the University of Oregon-bound power pack riding his trademark powerful aggression to an all-conditions California record 13.27 (aided by a +2.9 meters per second wind current) at the Southern Section Masters Meet. His victory in 13.43 at the Arcadia Invitational remains the national leader in legal wind conditions this season — leaving him just 0.04 seconds off Craddock's all-time California and state meet record — and he owns the top 11 all-conditions performances

See PREVIEW, next page



Melia Cox, Long Beach Poly

# 2011 State Track & Field Championships Preview

*PREVIEW, continued*

in the state this year. Devon Blackmon, the fastest hurdler not named Cabral this year, owns a wind-aided 13.88 performance while Cabral's chief Southern Section nemesis in the highs is red-hot Mater Dei talent Sam Barkley, whose three best career races in the event have all come in the last three weekends. San Diego Section champion Jacob Hare of Scripps Ranch is the only Californian other than Cabral to dip under 14 seconds (he ran 13.99) under wind legal conditions.

Cabral is also shifting into high gear in the intermediate hurdles, with a jaw-dropping final straightaway burst last weekend sealing a 36.19 U.S. leader. He lays claims to five of the top six times in the state this year, his slate only broken up by Scripps Ranch's Hare at 37.38. San Diego Section runner-up Alex Allen of Mt. Carmel and versatile Mater Dei workhorse Charles Michinock are additional leading entries.

For the girls, Cox turned heads with a near-pristine performance in the Southern Section Division 1 Prelims across the 300-meter low hurdles. One week later, she nailed it with a nation-leading 40.94 at the divisional finals, arriving here nearly one second faster than her nearest pursuer. But that would be Clovis West's Alyssa Monteverde, the Arcadia Invitational champion who will be competing just minutes from home and in front of a slew of ardent supporters. Rancho Cucamonga super sophomore Jordie Munford is another national-class talent entered.

The girls high hurdles showcase perhaps the premier matchup of the meet as national leader Cox of Poly roared to a 13.34 wind-legal performance at the Southern Section Masters Meet and Berkeley St. Mary's junior sensation Trinity Wilson – the state freshman class and sophomore class record holder in the event – blazed to an all-conditions career best 13.38 last weekend (the wind gauge malfunctioned, with multiple details deeming the mark unacceptable for record purposes) at the North Coast Section Meet of Champions. Wilson won their midseason showdown at Arcadia, but Cox's proficiency curve has arced mightily since, making the anticipated rematch a major treat!

Long Beach Poly's Akawkaw Ndipagbor and Clovis' Jenna Prandini have a classic duel of their own also pending, with the former checking in as the wind legal state leader (23.62) while the latter boasts a wind-aided 23.66 in recent outings. With these two huge fan favorites locking up, the fireworks could fly! Ndipagbor is favored over Etiwanda's Vanessa Jones and Woodbridge's Gabrielle Scott in the one-lap dash, but durability will be a factor as Ndipagbor is projected to compete eight times (prelims and finals this weekend) in the grueling meet! Quickly improving Kylie Price of Bishop Amat is the slight favorite in the 100, but Prandini and diminutive Louisville speed burner LaToya Williams are very dangerous challengers.

Covina's McClain loomed as the favorite to successfully defend his 100-200 double title, but noticeable hamstring discomfort at the

conclusion of last weekend's Masters Meet half-lap win is reason for concern. McClain's 10.31/20.68 wind legal double (30.99) at the Southern Section Masters Meet two weeks ago was the second-fastest single-meet double in Golden State history, bettered only by legendary Hawthorne dasher Henry Thomas' best outing by a mere one-hundredth of a second! West Covina's Beejay Lee and AB Miller's powerful man-child Devonte Stewart are two leading threats in the deuce (Lee false-started in the 100 two weeks back) while Sherman Oaks Notre Dame sophomore Khalfani Muhammad (10.57/21.11) is among the most gifted sophomores in Golden State annals and Buchanan's Chris Brusenback has quickly evolved into an elite caliber dash talent as well. Long Beach Poly's Shaquille Howard, whose thoroughbred-like gait and impressive stamina tab him as a major late-season recruiting find, is the one-

lap favorite over Dorsey's Rashad Clark in an event revealing a slew of late-season bloomers.

The most dominant distance runner this spring has been Trabuco Hills senior Jantzen Oshier, but two other Southern California twelfth graders — Loyola's Elias Gedyon and Torrey Pines' Matt Carpowich — are ultra-dangerous threats he's well aware of, in the highly anticipated 1600-meter showdown! Oshier twice had to step on the accelerator in the final strides of the Southern Section Masters Meet to remain unbeaten in the four-lapper with a victory margin of just one-hundredth of a second! Oshier (set to attend UC Berkeley) remains the national leader with his scintillating 4:04.24 barnburner at the Orange County championships and courts the best leg speed (1:51.29) of anyone in the field. But the University of Oregon-bound Gedyon has been a monster recently, including quadrupling at the Southern Section Divisional Finals while racking up three individual wins, then recording a lifetime-best 8:57.73 as part of a three-event masterpiece at the Masters Meet. Carpowich twice pushed Oshier into the red zone in high-profile showdowns in midseason, with the Stanford-signed star courting stellar 4:05.72 (converted from the full mile) and 1:51.99 credentials. Central Coast Section standout Chris Waschura of Woodside is a crafty racer who might factor greatly in the medals picture as well. Be sure to keep an eye on "The Kid" as well; Stockdale newbie talent Blake Haney has been on fire in recent weeks, including a state freshmen record 4:12.34 in winning the Central Section Masters title on this same Buchanan track two weeks prior. The precocious 15-year-old is one of only two ninth-grade males competing in individual action this weekend!

San Jacinto's Immanuel Hutchinson (1:50.50) is a true national-class diamond with great racing skills to loom as the favorite at 800 meters, where Long Beach Poly's has #2-ranked Myles Andrews among three Jackrabbit entries in the race. Across 3200 meters, Arcadia senior Ammar Moussa has been unbeaten this spring and

*See PREVIEW, next page*



**Jonathan Cabral, Agoura**

# 2011 State Track & Field Championships Preview

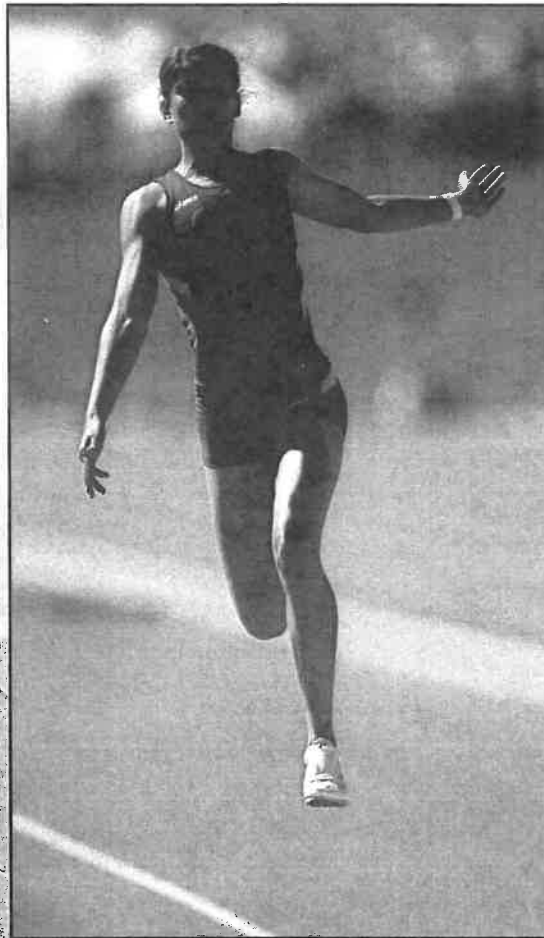
PREVIEW, continued

appears to have unmatched stamina for the meet's longest event, but the Golden State truly shines here, with defending champion and ultra-dangerous Sam Pons leading a parade of seven others with sub-9 minute credentials in this blockbuster field! Riverside King's Lane Werley, signed to attend UCLA in the fall, is a budding collegiate sensation at the longer distances, with junior class All-American candidates Darren Fahy of La Costa Canyon (SD) and red-hot Danny Martinez Jr. of St. John Bosco (SS) also in the deep mix!

A trio of ultra-special distance races are taking shape on the ladies' side, with the two-lap challenge perhaps coming together as the most exciting of the set. Harvard-Westlake junior and defending state champion Amy Weisenbach purred to the #2 time in the nation (2:06.18) at last weekend's Southern Section Masters Meet, but Templeton phenom Savannah Camacho was in close pursuit and eagerly prepares for an all-the-marbles rematch this weekend! Long Beach Poly, which has really emerged as the premier program statewide in this event in recent years, touts a pair of gems in Dynasty Gammage (2:08.72) and Arielle Stevenson (2:10.08), with the four aforementioned girls all placing among the top seven at last year's state meet. Across 1600 meters, ultra-powerful Katherine Delany of JSerra continues to blast onto the national scene, her latest body of proof via a jaw-dropping state leader 4:42.95 to capture last weekend's Southern Section Masters title. But major threats are expected from Torrey Pines senior Alli Billmeyer and Harvard-Westlake junior Cami Chapus. Billmeyer owns four of the seven fastest times in the state this spring, including a stunning 4:45.82 in dual meet action! Chapus, who had been quadrupling (800, 1600, 3200, 4x400) for several weeks in post-season, seeks to reveal an extra gear when the chips are down against top-notch foes this weekend! Billmeyer and Chapus are also leading threats — if not potential co-favorites — in the 3200, where frosh phenom Sarah Baxter of Simi Valley arrives unbeaten in the eight-lapper with a state-leading time of 10:14.11 during a very impressive Arcadia Invitational win and a 10:16.99 triumph in the Southern Section Divisional Finals. Were it not for the fact that this could be Chapus' fourth race of the weekend (prelims of the 1600 and 4x400 and finals of the 1600 and 3200), you could truly expect to (and still might) see three Californians break 10:15 in the same race for the first time in history!

The girls horizontal jump events, where California traditionally excels nationally, have truly begun to heat up in recent weeks after an uncharacteristically slow start. Despite defending triple jump champion and Clovis star Jenna Prandini opting to scratch the event a few days ago (she'll focus on the 100, 200 and long jump), four girls who placed among the top six a year ago all return with greater aspirations. James Logan (NC) senior Ciarra Brewer, the sil-

ver medalist last year, has the three best all-conditions marks in the state this year, including a 43-03.25 performance that ranks as the all-conditions national leader. Shanique Walker of Mt. Pleasant is another top talent, trailing Brewer by just an inch for the state's best legal mark with her 40-08.50 bound at last weekend's Central Coast Section Finals. In the long jump, defending champion Prandini owns the best career mark with a wind-aided 20-07.75 at last year's state prelims, but hasn't spanned within 20 inches of that mark this year, making San Luis Obispo (SS) senior Abrianna Torres the slight favorite. However, with the top five girls in the state this year owning seasonal bests within a mere four centimeters of each other (and that's not counting the always magical Prandini), this runway battle could evolve into a classic back-and-forth highlight reel!



Jenna Prandini, Clovis

If you're looking for a storyline that tugs at the heartstrings, you'll find it in the discus ring. That's where Stockdale senior Alex Collatz, the junior class state record holder in the event (180-09 in 2010) aims to complete an inspiring return — including daily six-hour workouts on the comeback trail — after blowing out her knee during a September volleyball match. Sidelined from throwing for seven months amid surgery, the defending champion and USC-signed talent has been competing for just a month but leads the state (162-08) yet again. Southern Section Masters champion Alex Morgan ranks second in the state at 159-00, a mark that Collatz has bettered at least 32 times in competition over the years. Sac-Joquin Section Masters champion Rebecca Hammar of Buhach Colony owns the best mark in the shot put (47-01), but La Sierra (SS) sophomore Tanya Sapa ranks second in the state (46-06.75) and also had the top mark from the ten state-qualifying meets.

Granite Bay's Katie Zingheim, the Sac-Joquin Section champion who owns 4 of the top 5 pole vault clearances in the state this spring — including a state-leading 13-04 — is the girls favorite in the event while Princeton-bound El Toro senior Adam Bragg is perhaps the hottest post-season performer on the boys side. Zingheim's chief threat is San Diego Masters champion McKenzie Johnson of Clairemont (13-00), with Southern Section Masters champ Victoria Rische of Foothill also showing dangerous consistency of late. For the boys, Bragg and Oak Park junior Connor Stark have each cleared 16 feet or higher a state-leading three times this spring, with Bragg achieving the feat in each of his last two outings including a lifetime-best 16-03. Lemoore senior Kyle Fraley remains the state leader 16-04.00, a dual meet mark achieved in mid-April.

The outcomes of both high jump competitions are proving difficult to forecast. For the boys, Mt. Carmel's Brandon Ford is the state's lone 7-footer this spring, but that mark came during the opening weekend of March. Colony's Miles Poullard, standing at

See PREVIEW, next page

# 2011 State Track & Field Championships Preview

PREVIEW, *continued*

just 6-foot-1, improved by three inches to win the Southern Section Masters Meet at 6-11 while California High's (in San Ramon) Noel Frazier cleared that same height in late April; he is the son of former world class high jumper James Frazier, who cleared 7-06 in 1979. One noteworthy dark horse is Granite Bay senior all-around sensation Kevin Nielsen, who owns a lifetime best of 6-09 (tied for fourth-best among the qualifiers) and has the distinction of being the only California male to rank among the top 100 statewide in four different individual events; he also ranks second nationally in the decathlon. The girls high jump is truly a toss up, especially when none of the top four performers in the state this spring were able to qualify for the prelims! Paso Robles senior Tess Rountree is the top qualifier at 5-07.50 (a dual meet mark) in an event where none of last year's state finalists return.

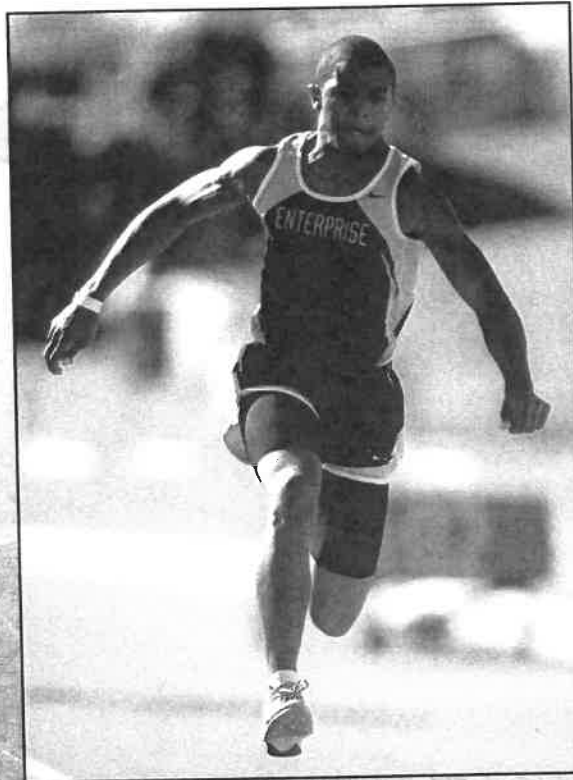
A very interesting scenario reveals itself in the boys shot put, where Southern Section Masters champ Nicholas Scarvelis of Dos Pueblos arrives here with a qualifying mark not as far as the seasonal best for #2 state-ranked Jake Fraser of El Toro (63-05 in league finals action). But one statistic weighs heavily in Scarvelis' favor: consistency. The UCLA-signed weights specialist lays claim to 13 of the top 14 marks thrown in the state this year. Jesuit's Stephen Boals, ranked third in the state at 62-02.50, edged Scarvelis by a quarter-inch to place fourth at state last year in arriving here as the top returnee. The boys discus competition is not as clear cut as the seasonal state list would indicate — former national leader Ma'a Brown of Paramount was eliminated weeks ago and current state leader Jayson Kovar of Ridgecrest Burroughs (SS) had his 207-09 missile occur amid fierce and beneficial wind gusts. Kovar remains among the chief contenders after a fine 189-03 last weekend, but regional rival Ryan Hunter-Simms of San Geronio busted out a career day to win the SS Masters Meet at 192-05. Newport Harbor's Ethan Cochran — the latest high-end pupil under guru throws coach Tony Ciarelli — is another dangerous threat after a pair of 194-foot-plus launches at the Southern Section Divisional Finals.

The boys long jump competition, which appeared on pace to underperform on the "wow" factor this spring, has really enjoyed a momentum surge of late, with a quintet of 24 footers and one more within an inch in gracing the leading entries on the performance lists. Marquise Lee's mammoth 24-08.00 flight pattern at the CIF-SS Division 4 Preliminaries ranks as the national leader in wind-legal conditions while Vista Murrieta's Jovonte Slater exploded for a sensational 24-11.75-inch wind-aided effort at the SS Divisional Finals that registers as the state's best in all conditions this spring! San Diego triple jumping has been notably stellar this spring, with Oceanside El Camino's Jacob Snow unleashing a 24-10.00 wind-aided stunner last weekend to add to the event's now-attractive depth. Questions loom in the triple jump, where

defending champion Jovon Cunningham of Enterprise dazzled with a 50-08.25 eye-popper here last June but has been within four feet of that just once in the last seven weeks. That opens the door for Sultana sophomore Jaelen Spencer, who bounds right on in as a co-favorite after his state-leading 50-02.25 at the Southern Section Divisional Finals two weeks ago. Otay Ranch senior Marques Roberts has rambled to the state's only other 50-foot jump (a wind-aided 50 feet even) and boasts a pair of wind-aided 49-footers as well.

The relays always open up and close down the state meet schedule in high drama, with Long Beach Poly's female sprint arsenal well equipped to satisfy even the most demanding of dash aficionados! The Lady Jackrabbits are fresh off a nation-leading 45.04

tour of the oval across 4x100 at last weekend's Southern Section Masters Meet, with an avoidance of disaster being perhaps the only real need for the weekend as no squad has the sheer speed to threaten Poly. The Jackrabbits (3:41.75) are favored in the long relay as well, but could be threatened by the Chimere Ezumah-led Gardena Serra (SS) crew as well as quick-rising parochial school megapowers Harvard-Westlake and Oaks Christian. For those of you who like to split those relay legs, fire up the thumb and index finger and put Poly's Akawkaw Ndipagbor and Harvard-Westlake's Amy Weissenbach in your crosshairs; the former has clocked a U.S. #2 53.51 for the open 400 and Weissenbach, last year's state champion at 800 meters, is all the way back from injury (lifetime-best 2:06.18 last week) to split in the mid-54's in successive weeks while set to lock down on Ndipagbor for the first time! Regardless of the outcome, look for Long Beach Poly' girls team to handily snare an unprecedented fourth consecutive state crown and rack up its 13th team title as well!



**Jovon Cunningham, Enterprise**

Fortunes for top boys teams in the short relay (4x100) have been marred in recent weeks, with the Golden State losing 3 of the top 4 squads on the state lists due to a variety of mishaps along a very bumpy road to Clovis. State leader Roosevelt (41.01), led by seniors Dameon Burnham and Leran Hutchings, was especially impressive at the Southern Section Finals in stringing together excellent exchanges to roll away to the Division I title. Oaks Christian, with one of the nation's premiere sophomores in Vinnie Saucer, has the speed to contend if it can execute pristine passes. The longer relay pits three squads vying for the team title going head to head: favored Long Beach Poly and talent-stacked Serra and Vista Murrieta. The front-running Jackrabbits are the state leaders (3:13.52) and fueled by the state's premier one-lapper in Shaquille Howard (46.15) while Serra will likely be without injured George Farmer but still ripped a 3:14 performance last week. Vista Murrieta, the defending Nike Track Nationals champions, rattled off a season-best 3:16.38 last week and that occurred without one of its top athletes. So stay tuned, the team title might not be decided until (literally) the final second of the meet! Oh my!



# 2011 State Track & Field Championships



## GIRLS 4x100M RELAY

**PRELIMS: 5:00 p.m. Fri. CHAMPIONSHIPS: 6:00 p.m. Sat.**

National: 44.50 4/23/2004 Poly (Long Beach)  
 State Meet: 44.70 6/7/1997 St. Bernard (Playa del Rey)

Lane	School	Section	Section Mark
<b>Heat 1 of 3 Prelims</b>			
1	Mt. Miguel	SD	49.03
2	Skyline	OK	48.72
3	El Camino Real		47.87
4	Deer Valley	NC	47.45
5	Poly (Lb)	SS	45.04
6	Piedmont Hills	CC	47.20
7	Mt. Pleasant	CC	47.82
8	El Camino	SD	48.53
9	Bishop O'Dowd	NC	48.96
<b>Heat 2 of 3 Prelims</b>			
1	Newark Mem	NC	49.47
2	Torrey Pines	SD	48.78
3	Edison	SJ	48.01
4	Inglewood	SS	47.48
5	Roosevelt, E/Ss	SS	46.41
6	Los Osos	SS	47.09
7	Carson	LA	47.70
8	Independence	CE	48.50
9	Buchanan	CE	48.92
<b>Heat 3 of 3 Prelims</b>			
1	Pleasant Vly	NO	50.48
2	Fairfield	SJ	48.80
3	Archbishop Mitty	CC	48.04
4	Antioch	NC	47.50
5	Rancho Verde	SS	46.46
6	St. Mary's Academy	SS	46.85
7	Taft	LA	47.59
8	Monterey Trail	SJ	48.07
9	Centennial	CE	48.89

## BOYS 4x100M RELAY

**PRELIMS: 5:15 p.m. Fri. CHAMPIONSHIPS: 6:10 p.m. Sat.**

National: 39.76 5/16/1998 Wyatt (Ft Worth (TX))  
 State Meet: 40.24 6/2/1989 Hawthorne

Lane	School	Section	Section Mark
<b>Heat 1 of 3 Prelims</b>			
1	Wheatland	NO	43.35
2	Helix	SD	42.22
3	Monte Vista	NC	42.13
4	Gilroy	CC	41.77
5	Roosevelt, E/Ss	SS	41.16
6	Colony	SS	41.65
7	Centennial	CE	42.12
8	Clayton Valley	NC	42.21
9	Lincoln	SF	43.15
<b>Heat 2 of 3 Prelims</b>			
2	El Camino	SD	42.23
3	Carson	LA	42.16
4	Sierra	SJ	41.97
5	Oaks Christian	SS	41.50
6	Buchanan	CE	41.64
7	St. Mary's	NC	42.07
8	Birmingham	LA	42.21
9	Mt. Miguel	SD	42.63
<b>Heat 3 of 3 Prelims</b>			
2	DeLaSalle	NC	42.35
3	Rocklin	SJ	42.17
4	Bellarmine	CC	41.99
5	Dorsey	LA	41.58
6	Rodriguez	SJ	41.60
7	Palo Alto	CC	42.07
8	Central	CE	42.20
9	Canyon-CC	SS	42.61



**Carisma Lyday, Long Beach Poly**



**Jamison Jordan, Rio Mesa**



# 2011 State Track & Field Championships



## GIRLS 1600M RUN

**PRELIMS: 5:30 p.m. Fri. CHAMPIONSHIPS: 6:21 p.m. Sat.**  
 National: 4:33.82 5/31/2008 Christine Babcock (Woodbridge)  
 State Meet: 4:33.82 5/31/2008 Christine Babcock (Woodbridge)

Lane	Name	Gr. School	Section	Sec. Mark
<b>Heat 1 of 2 Prelims</b>				
1	Cami Chapus	11 Harvard Westlake	SS	4:46.54
2	Alli Billmeyer	12 Torrey Pines	SD	4:47.86
3	Erica Capellino	12 Palos Verdes	SS	4:53.51
4	Macy Bricks	12 Buchanan	CE	4:53.72
5	Nicci Corbin	12 Tesoro	SS	4:54.43
6	Kelly Lawson	10 La Costa Cnyn	SD	4:54.86
7	Stephanie Bulder	12 Saugus	SS	4:55.82
8	Cara Ulizio	10 Redondo	SS	4:56.39
9	Bridget Blum	11 University-SF	NC	5:00.72
10	Caitlin Krol	11 Cathedral Catholic	SD	5:01.10
11	Teresa Mallory	12 Golden Valley	SJ	5:01.83
12	Faith Makau	10 Enochs	SJ	5:02.63
13	Spencer Moore	9 St. Mary's	NC	5:06.68
14	Lora James	12 Shasta	NO	5:10.92
15	Maira Solis	12 Roosevelt	LA	5:17.79
16	Laura Richardson	9 Lincoln	SF	5:30.41
<b>Heat 2 of 2 Prelims</b>				
1	Katherine Delaney	12 Jsera	SS	4:42.95
2	Nikki Hiltz	10 Aptos	CC	4:51.94
3	Jaye Buchbinder	12 Chadwick	SS	4:52.96
4	Erika Reddish	11 Vista Murrieta	SS	4:53.86
5	Sarah Paddon	12 St. Margaret's	SS	4:54.41
6	Allison Sturges	11 Mountain View	CC	4:55.32
7	Lyndsey Mull	11 Redondo	SS	4:55.70
8	Anna Maxwell	9 San Lorenzo VI	CC	4:57.42
9	Carina Novell	11 Granada	NC	5:00.61
10	Madeleine Ankhelyi	10 Vista del Lago	SJ	5:01.43
11	Rachel Meadows	12 Campolindo	NC	5:01.54
12	Katie Kass	11 Clovis West	CE	5:04.42
13	Ali Teliha	10 Bullard	CE	5:05.12
14	Evelyn Gonzalez	11 San Pedro	LA	5:14.57
15	Geena Person	12 Birmingham	LA	5:15.18



**Alli Billmeyer, Torrey Pines**

## BOYS 1600M RUN

**PRELIMS: 5:45 p.m. Fri. CHAMPIONSHIPS: 6:32 p.m. Sat.**  
 National: 3:59.51 4/14/2001 Alan Webb (South Lakes, VA)  
 State Meet: 4:00.29 5/31/2008 German Fernandez (Riverbank)

Lane	Name	Gr. School	Section	Sec. Mark
<b>Heat 1 of 2 Prelims</b>				
1	Jantzen Oshier	12 Trabuco Hills	SS	4:09.06
2	Luis Gutierrez	11 Rancho Cucamng	SS	4:11.23
3	Connor Kaddatz	12 Dana Hills	SS	4:11.44
4	Chris Brewer	12 Rancho Buena V	SD	4:13.33
5	Karl Baranov	12 Marina	SS	4:13.65
6	CJ Albertson	11 Buchanan	CE	4:14.45
7	Evan Malone	10 Redondo	SS	4:14.49
8	Christian Penn	12 Poly (Lb)	SS	4:15.26
9	Trevor Fuhriman	11 Monte Vista	NC	4:15.26
10	Kyle Lynch	12 Rancho Buena V	SD	4:16.28
11	Cody Brazeal	10 Buchanan	CE	4:16.57
12	Omar Cortes	12 Santee	LA	4:17.96
13	Domenic D'Acquisto	12 Enterprise	NO	4:18.29
14	Jacob Cuellar	11 Marshall	LA	4:19.50
15	Riley Martin	12 Vista del Lago	SJ	4:19.65
16	Max Bell	12 Salinas	CC	4:22.60
17	Leo Harrington	12 Lowell	SF	4:30.88
<b>Heat 2 of 2 Prelims</b>				
1	Elias Gedyon	12 Loyola	SS	4:09.07
2	Matt Carpowich	12 Torrey Pines	SD	4:09.92
3	Blake Haney	9 Stockdale	CE	4:12.34
4	Will Conway	12 Notre Dame(SO)	SS	4:13.30
5	Luke Decker	12 Jsera	SS	4:14.01
6	Karson Fronk	12 Great Oak	SS	4:14.27
7	Daniel Milechman	SR Tamalpais	NC	4:14.57
8	Andrew Daedler	12 Brea Olinda	SS	4:14.74
9	Jamie Fehrstrom	Miramonte /nc	NC	4:15.79
10	Dylan Blankenbaker	11 Ramona	SD	4:15.84
11	Benjamin Rainero-de Haan	12 International		4:16.79
12	Jordan Rushing	11 Del Campo	SJ	4:17.87
13	Sean Padgett	12 El Camino Real		4:18.71
14	Chris Waschura	11 Woodside	CC	4:19.00
15	Grant Foster	11 Los Gatos	CC	4:21.44
16	Jacob Huston	11 Center	SJ	4:22.24



**Jantzen Oshier, Trabuco Hills**





# 2011 State Track & Field Championships



## GIRLS 100M Hurdles

**PRELIMS: 6:00 p.m. Fri. CHAMPIONSHIPS: 6:49 p.m.**  
 National: 13.03 6/2/2007 Yashti Thomas (Mt. Pleasant)  
 State Meet: 13.03 6/2/2007 Yashti Thomas (Mt. Pleasant)

Lane	Name	Gr. School	Section	Sec. Mark
<b>Heat 1 of 3 Prelims</b>				
1	Kristen Robinson	10 Skyline	OK	15.24
2	Daria Cook	9 Vacaville	SJ	14.62
3	Devin Collins	11 Granite Hills	SD	14.38
4	Sasha Wallace	10 Holy Names	NC	14.07
5	Melia Cox	12 Poly (Lb)	SS	13.34
6	Brea Buchanan	12 Ayala	SS	13.94
7	Shanice Stewart	12 Carter	SS	14.36
8	Brie Simmons	11 Del Oro	SJ	14.60
9	Paige Haar	10 Archbishop Mitty	CC	15.21
<b>Heat 2 of 3 Prelims</b>				
1	Selah McCarter	11 Mission	SF	15.68
2	Abrianna Torres	12 San Luis Obispo	SS	14.76
3	Joniece Ervin	11 Oceanside	SD	14.51
4	Alyssa Monteverde	12 Clovis West	CE	14.13
5	Trinity Wilson	11 St. Mary's	NC	13.38
6	Daje Pugh	11 Fairfield	SJ	13.90
7	Taylor Larch-Miller	11 Torrey Pines	SD	14.33
8	Hillary Hill	11 Birmingham	LA	14.59
9	Kendall Gustafson	10 Palisades	LA	15.16
<b>Heat 3 of 3 Prelims</b>				
1	Lindsay Quigley	12 Paradise	NO	15.95
2	Kassidy Ellis	11 Frontier	CE	14.93
3	Laurie Henigan	12 Taft	LA	14.52
4	Taylor Craft	10 Newark Mem	NC	14.19
5	Chalese Davis	12 Hercules	NC	13.78
6	Jordie Munford	10 Rancho Cucamong	SS	13.83
7	Shanique Walker	12 Mt. Pleasant	CC	14.26
8	Anginae Monteverde	12 Clovis West	CE	14.55
9	Cydney Leath	11 Mt. Pleasant	CC	15.05

## BOYS 110M Hurdles

**PRELIMS: 6:16 p.m. Fri. CHAMPIONSHIPS: 7:00 p.m. Sat.**  
 National: 13.30 5/26/1990 Chris Nelloms (Dunbar, Dayton, OH)  
 State Meet: 13.39 6/5/2004 Kevin Craddock (James Logan)

Lane	Name	Gr. School	Section	Sec. Mark
<b>Heat 1 of 4 Prelims</b>				
2	Markell Stine	11 Los Altos	CC	14.73
3	D'Amora Cooper	12 Freedom	NC	14.42
4	Devon Blackmon	12 Summit	SS	14.27
5	Johnathon Cabral	12 Agoura	SS	13.27
6	Ramon Vargas	11 Huntington Bch	SS	14.23
7	Kenneth Walker	11 Kennedy-Richmond	NC	14.41
8	Kamara Biawogi	10 Prospect	CC	14.66
<b>Heat 2 of 4 Prelims</b>				
2	Khaleel Green	11 Dorsey	LA	14.89
3	John Brinson	12 Clovis East	CE	14.48
4	Kiethyon Moten	11 Indio	SS	14.32
5	Jacob Hare	12 Scripps Ranch	SD	13.99
6	Michael Barton	11 DeLaSalle	NC	14.22
7	Nick Martinez	11 Elk Grove	SJ	14.39
8	Sean Goetzl	12 Aptos	CC	14.61
<b>Heat 3 of 4 Prelims</b>				
2	Chad McDaniel	12 Fairfax	LA	14.96
3	Paul Lyons	12 Manteca	SJ	14.50
4	Isiah Jackson	11 El Camino	SD	14.35
5	Sam Barkley	12 Mater Dei	SS	14.11
6	Devin Saunders	12 Rancho Bernardo	SD	14.21
7	Payden Law	12 El Diamante	CE	14.38
8	Justin Bowie	12 Birmingham	LA	14.58
<b>Heat 4 of 4 Prelims</b>				
2	Chris Nicolas	12 Wheatland	NO	14.98
3	Bernell Barmore	12 Yuba City	SJ	14.53
4	Julian Todd-Borden	11 La Costa Cnyn	SD	14.36
5	Jonte Turner	12 Indio	SS	14.12
6	Devin Hickey	11 Vista	SD	14.16
7	Allen Williams	12 Bishop O'Dowd	NC	14.36
8	Lee Daniels	12 Roosevelt	CE	14.55
9	Markeen Scott	11 Skyline	OK	15.56



Trinity Wilson, St. Mary's



Johnathon Cabral, Agoura



# 2011 State Track & Field Championships



## GIRLS 400M DASH

**PRELIMS: 6:33 p.m. Fri. CHAMPIONSHIPS: 7:11 p.m. Sat.**  
 National: 50.74 6/3/2000 Monique Henderson (Morse, San Diego)  
 State Meet: 50.74 6/3/2000 Monique Henderson (Morse, San Diego)

Lane	Name	Gr.	School	Section	Sec. Mark
<b>Heat 1 of 4 Prelims</b>					
2	Nicole Lewis	11	West Bakersfield	CE	58.19
3	Dominique Whittington	12	Lemoore	CE	56.88
4	Ilesha Hardiman	11	Wilcox	CC	56.18
5	Akawkaw Ndigpagbor	12	Poly (Lb)	SS	53.51
6	Asheley Bamberg	11	Andrew Hill	CC	56.02
7	Arbony Meighan	12	Carson	LA	56.69
8	Nailah Harris-Murillo	10	Edison	CE	58.09
<b>Heat 2 of 4 Prelims</b>					
2	Che Mandy	9	Lowell	SF	59.13
3	Taylor Hollis	11	Newark Mem	NC	56.98
4	Monay Meggs	12	Carson	LA	56.20
5	Vanessa Jones	12	Etiwanda	SS	53.83
6	Chimere Ezumah	10	Serra	SS	55.95
7	Sarah Griffith	12	San Ramon Vly	NC	56.62
8	Betsy Armitage	10	Clairmont	SD	57.56
<b>Heat 3 of 4 Prelims</b>					
2	Adrienne Hinkston	9	Red Bluff	NO	59.45
3	Chloe Winn	9	Monte Vista	NC	57.09
4	Ellisa Bryant	10	Piedmont Hills	CC	56.25
5	Gabrielle Scott	12	Woodbridge	SS	53.98
6	Alexis Hernandez	10	Mt. Carmel	SD	55.66
7	Nia Domer	10	Rosemont	SJ	56.59
8	Tatiana McCoy	11	Taft	LA	57.56
<b>Heat 4 of 4 Prelims</b>					
2	Chavariana Ryan	12	Skyline	OK	59.63
3	Corryn Barney	11	Patrick Henry	SD	57.15
4	Cierra Jordan	12	Edison	SJ	56.44
5	Azia Walker	12	Poly (Lb)	SS	54.48
6	Morgan Thompson	12	Newbury Park	SS	55.52
7	Cekarri Nixon	12	St. Francis	SJ	56.49
8	Raven Fox	12	Deer Valley	NC	57.34

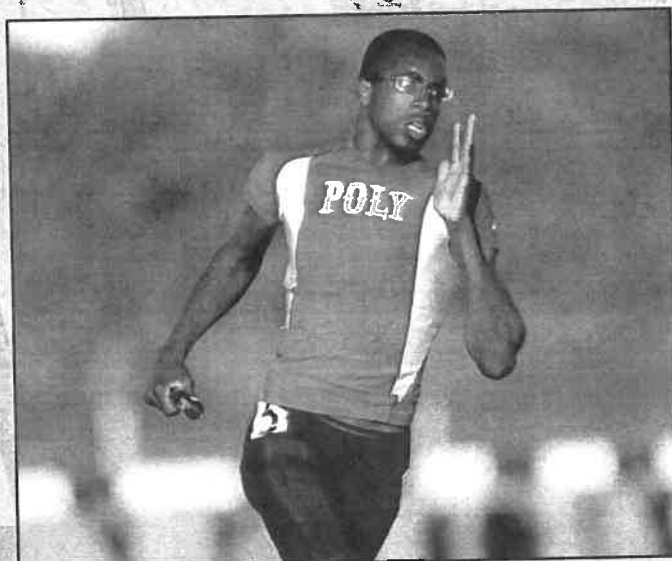
## BOYS 400M DASH

**PRELIMS: 6:53 p.m. Fri. CHAMPIONSHIPS: 7:20 p.m. Sat.**  
 National: 45.25 6/19/1993 Calvin Harrison (North Salinas, CA)  
 State Meet: 45.25 6/19/1993 Calvin Harrison (North Salinas)

Lane	Name	Gr.	School	Section	Sec. Mark
<b>Heat 1 of 4 Prelims</b>					
2	Corey Mason	11	St. Mary's	SJ	49.13
3	Michael Stupka	12	Clayton Valley	NC	48.66
4	Walfrido Rodriguez	12	Mt. Miguel	SD	48.18
5	Shaquille Howard	12	Poly (Lb)	SS	47.15
6	Chris Mitchell	12	Birmingham	LA	48.06
7	Jahmani Lockett	12	Monte Vista	SD	48.56
8	Deondre Anderson	12	Burton	SF	49.12
<b>Heat 2 of 4 Prelims</b>					
2	Makynzee Balucas	11	Buchanan	CE	49.22
3	Nicholas Aly	12	San Pasqual	SD	48.82
4	Evan Crayton-Cragen	12	Bullard	CE	48.19
5	Rashad Clark	11	Dorsey	LA	47.45
6	B J Kelley	12	Central	CE	47.99
7	Sean Young	12	Irvine	SS	48.55
8	Romon Bridge	12	Edison /sj	SJ	49.12
9	Patrick Atkins	12	Skyline	OK	49.73
<b>Heat 3 of 4 Prelims</b>					
2	J'Tier Favors	12	Gunderson	CC	49.35
3	Delvonte Johnson	12	Monterey Trail	SJ	48.84
4	Joshua Narcisse	12	Silverado	SS	48.20
5	Bernard Quinn	11	Vista Murrieta	SS	47.59
6	Andres Vega	12	La Serna	SS	47.99
7	Kameron White	12	Poly (Lb)	SS	48.51
8	Lawrence Doherty	12	International	NC	49.11
9	Rick Standish	12	North Monterey	CC	49.66
<b>Heat 4 of 4 Prelim</b>					
2	Christian Carter	10	San Leandro	NC	49.51
3	Nick Bayley	11	Amador Valley	NC	49.08
4	Greg Veals	12	Dorsey	LA	48.25
5	Pete Lauderdale	12	Serra	SS	47.74
6	Francisco Olliquii	12	Serra	SS	47.98
7	Sean Burd	12	Great Oak	SS	48.42
8	Andre Chapman	12	Bellarminie	CC	49.09
9	Austin Lamkin	12	Enterprise	NO	49.57



Akawkaw Ndigpagbor, Long Beach Poly



Shaquille Howard, Long Beach Poly



# 2011 State Track & Field Championships



## GIRLS 100M DASH

**PRELIMS: 7:10 p.m. Fri. CHAMPIONSHIPS: 7:31 p.m. Sat.**  
 National: 11.14 6/6/1992 Marion Jones (Thousand Oaks)  
 State Meet: 11.14 6/6/1992 Marion Jones (Thousand Oaks)

Lane	Name	Gr. School	Section	Sec. Mark
<b>Heat 1 of 3 Prelims</b>				
1	Ciarra Jones	11 Cosumnes Oaks	SJ	12.39
2	Emily Cooper	12 Vista del Lago	SJ	12.21
3	Janay Pierce	12 University Cty	SD	12.10
4	Brea Buchanan	12 Ayala	SS	11.95
5	Jenna Prandini	12 Clovis	CE	11.51
6	Brena Andrews	10 Independence	CE	11.94
7	La Toya Williams	12 Louisville	SS	12.10
8	Melanie Speech	11 Lowell	SF	12.21
9	Ronieka Robinson	10 Edison	SJ	12.35

<b>Heat 2 of 3 Prelims</b>				
1	Gabrielle Finley	11 Pleasant Vly	NO	12.64
2	Atiya Harvey	11 James Logan	NC	12.21
3	Khadija Suleman	12 Antioch	NC	12.11
4	Alexandria Diaz	10 Piedmont Hills	CC	11.95
5	Jasmine Gibbs	11 El Camino	SD	11.76
6	Carisma Lyday	12 Poly (Lb)	SS	11.86
7	Lilla McMillan	JR Tamalpais	NC	12.09
8	Tekeya Todd	11 Piedmont Hills	CC	12.19
9	Latasha Collins	12 Marshall	LA	12.30

<b>Heat 3 of 3 Prelims</b>				
1	Destiny Barnett-Smith	9 Skyline	OK	12.65
2	Mariah Howard	11 Cleveland	LA	12.26
3	Alexis Ferebee	11 Mission Bay	SD	12.14
4	Strangena Campbell	11 Pinole Valley	NC	11.96
5	Kylie Price	12 Bishop Amat	SS	11.77
6	Ashley Marshall	12 Rancho Verde	SS	11.85
7	Shelby Smallwood	09 Valley Christian Sjose		12.02
8	Lexis Lambert	11 Taft	LA	12.16
9	Dakota Dockett	10 Tulare West	CE	12.27



Kylie Price, Bishop Amat

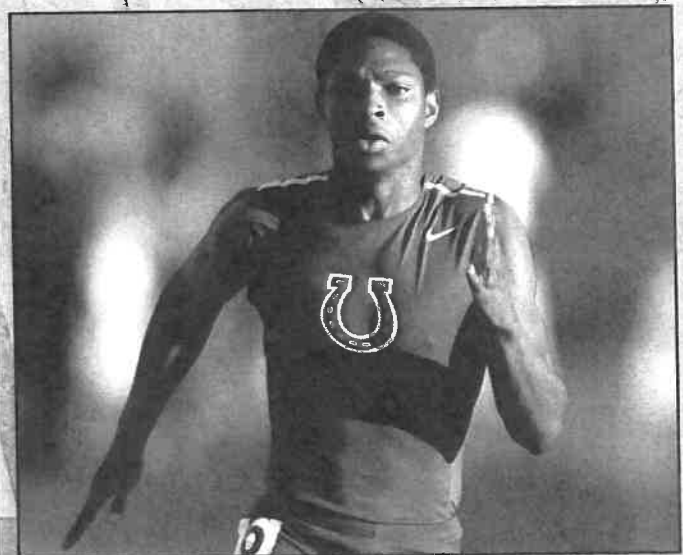
## BOYS 100M DASH

**PRELIMS: 7:22 p.m. Fri. CHAMPIONSHIPS: 7:40 p.m. Sat.**  
 National: 10.15 5/12/1990 Henry Neal (Greenville, TX)  
 State Meet: 10.30 6/6/1992 Riley Washington (Southwest, S. Diego)

Lane	Name	Gr. School	Section	Sec. Mark
<b>Heat 1 of 3 Prelims</b>				
1	Lorne Abby	11 Carson	LA	11.04
2	Maurice Williams	12 Palo Alto	CC	10.90
3	Luis Matos	10 Golden Valley	CE	10.75
4	Breonntae Snelling	12 Kennedy	SJ	10.66
5	Remontay McClain	12 Covina	SS	10.34
6	Hansell Wilson	12 Valhalla	SD	10.66
7	Evan Gray	11 Poway	SD	10.74
8	Gubeladze Lazare	12 Lincoln	SF	10.89
9	Derick Seward	12 Wheatland	NO	11.00

<b>Heat 2 of 3 Prelims</b>				
1	Javen Butler	12 Pittsburg	NC	11.07
2	James Walker	12 Live Oak	CC	10.91
3	Michael Bullard	12 Rocklin	SJ	10.79
4	Jovonte Slater	12 Vista Murrieta	SS	10.68
5	Jared Pickering	12 Rancho Bernrdo	SD	10.50
6	Jourdan Soares	11 Gilroy	CC	10.66
7	Vinnie Saucer	10 Oaks Christian	SS	10.73
8	Marvin Hall	12 Dorsey	LA	10.87
9	Myles Speegle	10 Castro Valley	NC	10.97

<b>Heat 3 of 3 Prelims</b>				
1	Keith Lewis	11 Oakland Tech	OK	11.11
2	Ali Roosevelt	12 St. Mary's	NC	10.91
3	Devonte Stewart	12 Miller, A.B.	SS	10.80
4	Dillon Root	12 Redwood	CE	10.70
5	Khalfani Muhammad	10 Notre Dame(SO)	SS	10.61
6	Chris Brusenback	12 Buchanan	CE	10.65
7	Austin Mitsch	10 Jesuit	SJ	10.72
8	Andre McBride	11 San Leandro	NC	10.82
9	Terrence Hall	12 Fairfax	LA	10.96



Romontay McClain, Covina



# 2011 State Track & Field Championships



## GIRLS 800M RUN

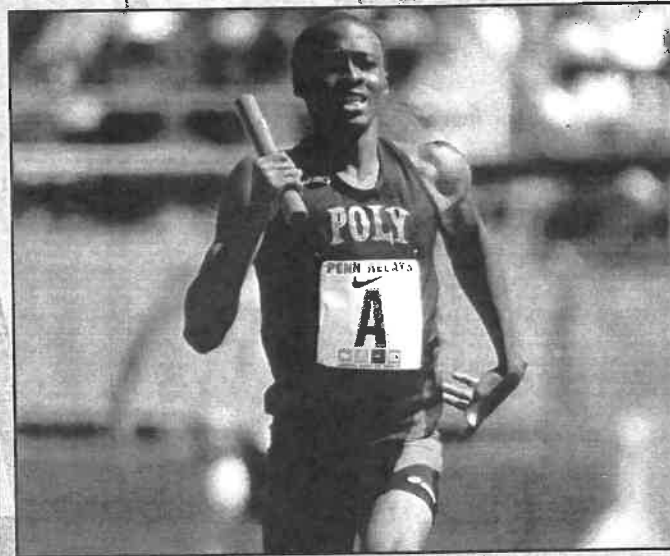
**PRELIMS: 7:35 p.m. Fri. CHAMPIONSHIPS: 7:50 p.m. Sat.**  
 National: 2:02.90 5/23/2008 Chanelle Price (Easton Area, PA)  
 State Meet: 2:04.91 6/2/1984 Trena Hull (Compton)

Lane	Name	Gr. School	Section	Sec. Mark
<b>Heat 1 of 3 Prelims</b>				
1	Amy Weissenbach	11 Harvard-Westlake	SS	2:06.18
2	Jennifer Owen	12 West Ranch	SS	2:10.63
3	Ashley Welker	11 West Ranch	SS	2:11.60
4	Sadia Ibrahim	10 Santa Rosa	NC	2:12.99
5	Megan Huebner	9 La Quinta(LQ)	SS	2:13.03
6	Charlotte Kuzminsky	11 Canyon Crest Acad.	SD	2:14.92
7	Aida Julien	9 Head Royce	NC	2:14.97
8	Sami Ikuma	9 Clovis East	CE	2:15.95
9	Kieran Gallagher	11 Gunn	CC	2:16.02
10	Monique Wang	12 Los Angeles	LA	2:20.95
11	Nancy Andrade	12 Marshall	LA	2:21.95
<b>Heat 2 of 3 Prelims</b>				
1	Savannah Camacho	11 Templeton	SS	2:07.65
2	Hanna Edwards	12 El Toro	SS	2:10.14
3	Sara Van Dyke	12 Marina	SS	2:11.83
4	Megan Thompson	12 Newbury Park	SS	2:12.69
5	Carina Gillespie	10 Otay Ranch	SD	2:13.42
6	Nijae Jones	10 San Leandro	NC	2:14.71
7	Tori Tsolis	12 Presentation	CC	2:15.04
8	Alex Shade	10 Patrick Henry	SD	2:15.56
9	Christine Zavesky	12 Granite Bay	SJ	2:16.20
10	Maira Solis	12 Roosevelt	LA	2:19.54
11	Elizabeth Khuu	12 Washington	SF	2:29.77
<b>Heat 3 of 3 Prelims</b>				
1	Dynasty Gammage	12 Poly (Lb)	SS	2:09.38
2	Arielle Stevenson	12 Poly (Lb)	SS	2:10.08
3	Sydney Gray	12 Beverly Hills	SS	2:12.49
4	Katie Fry	12 Exeter	CE	2:12.64
5	Kody Atkins	11 Chico	NO	2:13.50
6	Madison Ricks	9 California	NC	2:14.00
7	Teresa Mallory	12 Golden Valley	SJ	2:15.48
8	Samantha Ralstin	12 Oak Ridge	SJ	2:15.53
9	Korey Jones	9 Edison	CE	2:16.92
10	Cindy Huang	12 Lynbrook	CC	2:17.92

## BOYS 800M RUN

**PRELIMS: 7:50 p.m. Fri. CHAMPIONSHIPS: 8:00 p.m. Sat.**  
 National: 1:46.45 5/31/1996 Michael Granville (Bell Gardens)  
 State Meet: 1:46.45 5/31/1996 Michael Granville (Bell Gardens)

Lane	Name	Gr. School	Section	Sec. Mark
<b>Heat 1 of 3 Prelims</b>				
1	Immanuel Hutchinson	12 San Jacinto	SS	1:50.50
2	Chris Hall	12 Poly (Lb)	SS	1:52.53
3	Cole Williams	12 The Urban-SF	NC	1:52.56
4	Connor Reck	12 Santa Ynez	SS	1:54.00
5	Carlos Bojorquez	12 Kearny	SD	1:54.01
6	Trevor Ehlenbach	12 San Rafael	NC	1:54.81
7	Sean Gomes	12 Beyer	SJ	1:55.91
8	Darrell Jackson	11 Fairfield	SJ	1:57.00
9	Colton Misono	12 Jesuit	SJ	1:57.02
10	Drew Azevedo	12 Leland	CC	1:58.46
11	William Chen	11 Lowell	SF	2:02.88
<b>Heat 2 of 3 Prelims</b>				
1	Myles Andrews	12 Poly (Lb)	SS	1:51.33
2	Brett Moulton	10 Santiago (Cor)	SS	1:52.28
3	Ezekiel Glass	12 Silverado	SS	1:52.99
4	Edgar Cobian	11 La Sierra	SS	1:53.66
5	Ashraf Mathkour	Miramonte	NC	1:54.19
6	Carl Gracely	Las Lomas	NC	1:54.48
7	Davis Loustalot	12 Frontier	CE	1:56.11
8	Mario Castillo	12 Taft	LA	1:56.65
9	Mufid Taha	12 Marshall	LA	1:57.23
10	Joseph Scott	11 Southeast	LA	1:57.93
<b>Heat 3 of 3 Prelims</b>				
1	Shyan Vaziri	12 Scripps Ranch	SD	1:51.84
2	Angelo Cervantes	12 Savanna	SS	1:52.27
3	Aaron Harris	12 Poly (Lb)	SS	1:53.21
4	Ornar Solis	10 Vista Murrieta	SS	1:53.30
5	Trent Newquist	12 Torrey Pines	SD	1:54.29
6	Jacob Talley	12 Clovis West	CE	1:54.34
7	Ismael Guzman	10 Madera South	CE	1:56.26
8	Dylan Chamberlen	11 Paradise	NO	1:56.35
9	Samuel Parker	12 Menlo	CC	1:57.27
10	Cody Johnson	10 San Lorenzo-VI	CC	1:57.79





# 2011 State Track & Field Championships



## GIRLS 300M HURDLES

**PRELIMS: 8:07 p.m. Fri. CHAMPIONSHIPS: 8:12 p.m. Sat.**  
 National: 39.98 5/19/2001 Lashinda Demus (LB Wilson, CA)  
 State Meet: 40.10 6/4/2005 Ebony Collins

Lane	Name	Gr. School	Section	Sec. Mark
<b>Heat 1 of 4 Prelims</b>				
2	Crystal Lizaola	12 Jordan	LA	46.09
3	Marline Estell	12 Mission Hills	SD	44.69
4	Elysia Hodges	12 San Marcos	SS	43.08
5	Melia Cox	12 Poly (Lb)	SS	41.32
6	Daje Pugh	11 Fairfield	SJ	43.08
7	Kassidy Ellis	11 Frontier	CE	44.43
8	Katie Barton	Acalanes	NC	45.39
<b>Heat 2 of 4 Prelims</b>				
2	Ahmbria Ross	12 Bishop o'Dowd	NC	44.30
3	Dayna Hurd	10 Carson	LA	44.84
4	Iris Chijoke	11 Roosevelt, E	SS	43.48
5	Jordie Munford	10 Rancho Cucamong	SS	41.91
6	Omhuniqua Browne	11 San Marino	SS	43.06
7	Daria Cook	9 Vacaville	SJ	44.43
8	Ashley Black	11 Clovis East	CE	45.19
<b>Heat 3 of 4 Prelims</b>				
2	Jenna Turner	9 Yreka	NO	46.38
3	Kendall Gustafson	10 Palisades	LA	44.99
4	Joniece Ervin	11 Oceanside	SD	43.53
5	Dawnielle Baucham	12 Serra	SS	42.25
6	Gianna Woodruff	12 St. Mary's Academy	SS	43.02
7	Kyra Johnson	11 Piner	NC	44.05
8	Allison Daley	12 Burlingame	CC	45.18
9	Kristen Robinson	10 Skyline	OK	47.33
<b>Heat 4 of 4 Prelims</b>				
2	Cortney Wood	12 Archbishop Mitty	CC	46.39
3	Alexandria Whitmore	12 Fairfield	SJ	45.01
4	Devin Collins	11 Granite Hills	SD	43.67
5	Jade Miller	10 Great Oak	SS	42.91
6	Alyssa Monteverde	12 Clovis West	CE	42.95
7	Erica Wilson	12 Deer Valley	NC	43.87
8	Lauren Madigan	12 St. Francis	CC	45.04
9	Selah McCarter	11 Mission	SF	46.87



Melia Cox, Long Beach Poly

## BOYS 300M HURDLES

**PRELIMS: 8:25 p.m. Fri. CHAMPIONSHIPS: 8:22 p.m. Sat.**  
 National: 35.02 6/5/2009 Reggie Wyatt (La Sierra, Riverside)  
 State Meet: 35.02 6/5/2009 Reggie Wyatt (La Sierra)

Lane	Name	Gr. School	Section	Sec. Mark
<b>Heat 1 of 3 Prelims</b>				
1	Roman Skrovovski	12 Newark Mem	NC	39.93
2	Paul Lyons	12 Manteca	SJ	38.98
3	Casey Wheeler	11 Del Oro	SJ	38.24
4	Zach Lewis	11 Ramona	SS	37.96
5	Johnathon Cabral	12 Agoura	SS	36.19
6	Nick Martinez	11 Elk Grove	SJ	37.92
7	Payden Law	12 El Diamante	CE	38.23
8	Caleb Cunha	12 Ft. Bragg	NC	38.90
9	Charence Lander	12 Eagle Rock	LA	39.92
<b>Heat 2 of 3 Prelims</b>				
1	Justin Bowie	12 Birmingham	LA	40.06
2	Jason Weinrich	12 Chico	NO	39.25
3	Ramon Vargas	11 Huntington Bch	SS	38.26
4	Daityvon McFadden	12 Muir	SS	38.02
5	Jacob Hare	12 Scripps Ranch	SD	37.38
6	Christian King	11 Centennial	CE	37.74
7	John Brinson	12 Clovis East	CE	38.20
8	Kamara Biawogi	10 Prospect	CC	38.87
9	Saul Sanchez	11 Granada Hills	LA	39.84
<b>Heat 3 of 3 Prelims</b>				
1	Markeen Scott	11 Skyline	OK	40.57
2	Markell Stine	11 Los Altos	CC	39.39
3	Scott Medina	12 San Benito Hol	CC	38.34
4	Devin Saunders	12 Rancho Bernrdo	SD	38.06
5	Alex Allen	12 Mt. Carmel	SD	37.61
6	Charles Michinock	12 Mater Dei	SS	37.66
7	Isiah Jackson	11 El Camino	SD	38.06
8	Kenny Grimble	Las Lomas	NC	38.34
9	Kevin Kutchera	11 Granada	NC	39.53



Sam Barkley, Mater Dei



# 2011 State Track & Field Championships



## GIRLS 200M DASH

**PRELIMS: 8:38 p.m. Fri. CHAMPIONSHIPS: 8:30 p.m. Sat.**  
 National: 22.52 6/7/2003 Allyson Felix (Los Angeles Baptist, CA)  
 State Meet: 22.52 6/7/2003 Allyson Felix (Los Angeles Baptist)

Lane	Name	Gr. School	Section	Sec. Mark
Heat 1 of 3 Prelims				
1	Lashall Hamlin	10 Skyline	OK	25.71
2	Iesha Hardiman	11 Wilcox	CC	25.01
3	Cekarri Nixon	12 St. Francis	SJ	24.70
4	Gabrielle Estell	12 Rancho Verde	SS	24.29
5	Jenna Prandini	12 Clovis	CE	23.66
6	Strangena Campbell	11 Pinole Valley	NC	24.24
7	Emily Cooper	12 Vista del Lago	SJ	24.59
8	Alexandria Diaz	10 Piedmont Hills	CC	24.92
9	Arbony Meighan	12 Carson	LA	25.30

Heat 2 of 3 Prelims	Name	Gr. School	Section	Sec. Mark
1	Miya Wilson	12 Wheatland	NO	25.81
2	Njeri Omawahleh	10 Edison	CE	25.07
3	Khadija Suleman	12 Antioch	NC	24.72
4	Jasmine Gibbs	11 El Camino	SD	24.29
5	Akawkaw Ndigabor	12 Poly (Lb)	SS	23.76
6	La Toya Williams	12 Louisville	SS	24.21
7	Alexis Hernandez	10 Mt. Carmel	SD	24.41
8	Lexis Lambert	11 Taft	LA	24.88
9	Taeionna Wilson	12 Antioch	NC	25.27

Heat 3 of 3 Prelims	Name	Gr. School	Section	Sec. Mark
1	Melanie Speech	11 Lowell	SF	25.88
2	Mariah Howard	11 Cleveland	LA	25.11
3	Alexis Ferebee	11 Mission Bay	SD	24.72
4	Brena Andrews	10 Independence	CE	24.34
5	Alexandra Courtall	12 Oaks Christian	SS	24.04
6	Kelly Rhines	11 Los Osos	SS	24.16
7	Nia Dorner	10 Rosemont	SJ	24.35
8	Lilla McMillan	JR Tamalpais	NC	24.75
9	Asheley Bamberg	11 Andrew Hill	CC	25.14



Jenna Prandini, Clovis West

## BOYS 200M DASH

**PRELIMS: 8:50 p.m. Fri. CHAMPIONSHIPS: 8:38 p.m. Sat.**  
 National: 20.13 5/11/1985 Roy Martin (Roosevelt, Dallas, TX)  
 State Meet: 20.43 6/2/2007 Bryshon Nellum (L.B. Poly)

Lane	Name	Gr. School	Section	Sec. Mark
Heat 1 of 3 Prelims				
1	Gubeladze Lazare	12 Lincoln	SF	22.29
2	Shawn Simms	11 Deer Valley	NC	22.08
3	Shaq Thompson	11 Grant	SJ	21.77
4	Hansell Wilson	12 Valhalla	SD	21.58
5	Remontay McClain	12 Covina	SS	20.87
6	Breonntae Snelling	12 Kennedy	SJ	21.57
7	Matt Moreno	10 Buchach Colony	SJ	21.76
8	James Walker	12 Live Oak	CC	22.04
9	Adrian Perez	11 Freedom	NC	22.26

Heat 2 of 3 Prelims	Name	Gr. School	Section	Sec. Mark
1	Rashad Clark	11 Dorsey	LA	22.09
2	Derick Seward	12 Wheatland	NO	21.82
3	Cameron Glasgow	12 Santa Maria	SS	21.62
4	Beejay Lee	12 West Covina	SS	20.96
5	Kameron White	12 Poly (Lb)	SS	21.54
6	Chris Brusenback	12 Buchanan	CE	21.75
7	Luis Matos	10 Golden Valley	CE	22.04
8	Christian Corbin	9 Novato	NC	22.20

Heat 3 of 3 Prelims	Name	Gr. School	Section	Sec. Mark
1	Andre McBride	11 San Leandro	NC	22.11
2	Tier Favors	12 Gunderson	CC	21.84
3	Evan Gray	11 Poway	SD	21.68
4	Jared Pickering	12 Rancho Bernrdo	SD	21.14
5	Khalfani Muhammad	10 Notre Dame(SO)	SS	21.48
6	B.J. Kelley	12 Central	CE	21.69
7	Devonte O'Connor	11 Locke	LA	21.89
8	Gary Moore	12 Sacred Hrt Chr	CC	22.17



Devonte Stewart, AB Miller

# Coach Jim Tracy and His Team Embody the 'Spirit of Sport'

By Kory Kozak / ESPN

Holland Reynolds couldn't see the finish line. All she saw was the wet ground below her as she crawled on her knees, 10 feet from the finish line of the California State Cross Country race. Jim Tracy, her coach at San Francisco University High School, looked on helplessly as his star runner struggled.

"I knew she needed to finish. It's within her to finish," said Tracy. "It's purely determination which allows you to finish."

Tracy, who was diagnosed last June with amyotrophic lateral sclerosis — ALS, or Lou Gehrig's Disease — was going for a record eighth state title in 17 years. His runners, realizing this could be Tracy's last season as a coach, were determined to support him the best way they knew how. They entered the California state meet in Fresno last November determined to win that title.

Just before the 3.1-mile race, the girls gathered around Reynolds, their team captain, and she led them in a simple but powerful cheer.

"Let's do it for Jim!"

It was rainy and unseasonably cold and the race would be unlike any Tracy's team had ever run. All five of Tracy's runners would do something extraordinary that day.

Sophomore Jennie Callan, who had missed most of the season because of knee injuries, fell at the start of the race and immediately dropped to last place, 169th out of 169 runners. But she got up, passed more than 150 runners and finished 16th.

Bridget Blum had never led a cross-country race, but she led this one, for more than half the race. She finished third.

Soccer star Adrian Kerester had never run in a state meet. Her soccer schedule never allowed it. She finished 25th overall.

Sophomore Lizzy Teerlink ran the fastest race of her life by more than a minute and came in 36th.

But a cross-country meet is decided by the combined finishes of a school's top five runners, and Reynolds, a junior and the best runner Tracy says he has ever coached, was still on the course with the championship on the line. She had been in the lead pack with Blum for the first 2½ miles.

"All of a sudden my breathing got faster and faster," she said, "and I slowed down and I didn't really realize how many people were passing me."

In the last half-mile of the race, she had become dehydrated and was barely running. Tracy, the winner of the watched in agony as his star runner tried to finish.

"She no sooner gets about three yards from the finish line then she just pitches over and falls down," Tracy said.

A race official went over and told her that he could help her up, but if he did, she would be disqualified. Reynolds started to crawl. Just six feet to the finish line.

It took 20 seconds.

"It never occurred to me that I wouldn't finish," Reynolds said.

"You need to finish because that's the point."

Until three years ago, Tracy, 60, ran 10 miles a day, but muscles in his legs began to fail. The ALS means his muscles are shutting down. There is no cure.

"When you lose something, at some point you realize that it's not coming back," said Tracy. "I've run a million miles, I've run a million hills. I live in San Francisco, the city of hills, but if I go down the slope all the way, I have a feeling I'm not getting back up. And I'll miss that, I'll miss the climb to the top."

Despite wearing braces on his legs and back, Tracy was at every practice this season, even on days when he struggled to stand. He would stumble. He would fall. He would always get up.

"I've seen him, um, get so tired that he almost falls and we need to rush him in a chair," Blum said. "And those moments, it really hits you — the severity of this disease."

Tracy is a volunteer coach for cross country and track and field. He never married, and says his runners are like his children. They are his family and he treats them that way. His runners call his style "brutally honest."

"He is going to tell you exactly what he thinks, and he is going to give you the truth, straight up," said Kerester, a senior. "There's something about him that is really inspiring and makes you want to push yourself to your limits and really kind of kind of push past the boundaries."

That's what Reynolds did. She was University's fifth and last official finisher. She crossed the line in 37th place and was immediately taken to an ambulance and treated for dehydration.

"She had never let the team down ever, so the need to finish is great," said Tracy. "It's like me — I have a physical problem; I'm not going to let it stop me from getting somewhere. I'm not going to make it to the finish line, unless we consider death the finish line. But she got there."

Less than an hour later, Reynolds' teammates told her that she had helped clinch Tracy's eighth state title when she crawled across the line. The girls celebrated with Reynolds in the ambulance.

"It made him proud to be a coach on our team and to have girls that really care about him and will go to any efforts to do well for him," Reynolds said. "That's definitely worth way more than a medal, just that knowledge that you're responsible for making his last season a great one."

As a result, Tracy and the Red Devils girls cross country team were named the National Federation of State High School Associations (NFHS) Spirit of Sport Section 7 (Arizona, California, Hawaii, Nevada, and Utah) winner. The National High School Spirit of Sport Award was created by the NFHS to recognize those individuals who exemplify the ideals of the spirit of sport and represent the core mission of education-based athletics.

Kory Kozak is a producer for ESPN. Quwan Spears, CIF Sports Information Officer, contributed to this story. For more information, visit [www.coachjimtracy.com](http://www.coachjimtracy.com).



Above: Holland Reynolds, right, a member of the San Francisco University High School cross country team, nears the end of the race. Below: Coach Jim Tracy has won eight state titles. Photos by Robin Hauser Reynolds





# 2011 State Track & Field Championships

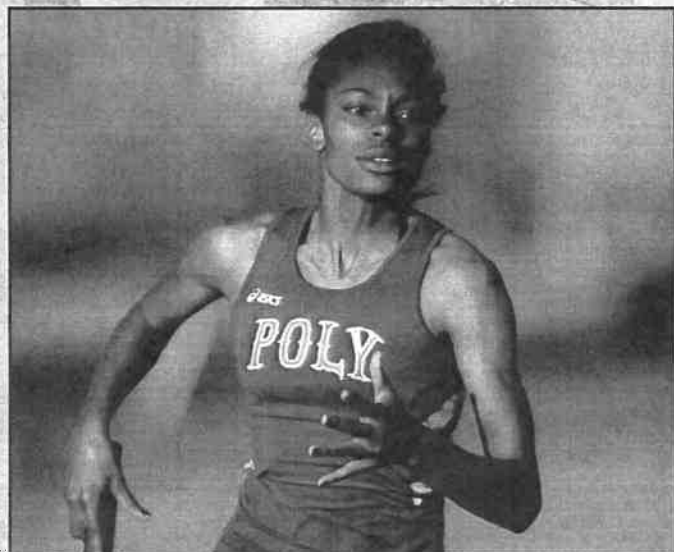


## GIRLS 4x400M RELAY

**PRELIMS: 9:10 p.m. Fri. CHAMPIONSHIPS: 9:28 p.m. Sat.**

National: 3:35.49 6/5/2004 Poly, Long Beach  
State Meet: 3:35.49 6/5/2004 Poly (Long Beach)

Lane	School	Section	Sec. Mark
<b>Heat 1 of 4 Prelims</b>			
2	Tulare West	CE	4:01.62
3	Taft	LA	3:58.82
4	Deer Valley	NC	3:52.48
5	Poly (Lb)	SS	3:41.75
6	Carson	LA	3:52.20
7	Monte Vista	NC	3:58.57
8	Los Gatos	CC	4:01.17
<b>Heat 2 of 4 Prelims</b>			
2	Sacred Hrt Chr	CC	4:01.89
3	Olympian	SD	3:58.91
4	San Leandro	NC	3:54.01
5	Harvard Westlake	SS	3:44.05
6	Mater Dei	SS	3:50.29
7	Antioch	NC	3:56.71
8	Del Oro	SJ	4:01.03
<b>Heat 3 of 4 Prelims</b>			
2	Shasta	NO	4:03.99
3	St. Francis	CC	3:58.99
4	Edison	CE	3:54.46
5	Serra	SS	3:44.29
6	Great Oak	SS	3:48.56
7	Mission Hills	SD	3:56.32
8	Monterey Trail	SJ	4:00.51
<b>Heat 4 of 4 Prelims</b>			
2	Lowell	SF	4:12.55
3	El Camino Real		3:59.23
4	Mt. Carmel	SD	3:55.20
5	Oaks Christian	SS	3:45.93
6	San Marcos	SS	3:47.21
7	Centennial	CE	3:55.64
8	Oakmont	SJ	3:59.26



**Azia Walker, Long Beach Poly**

## BOYS 4x400M RELAY

**PRELIMS: 9:38 p.m. Fri. CHAMPIONSHIPS: 9:38 p.m. Sat.**

National: 3:07.40 4/6/1985 Hawthorne (Hawthorne, CA)  
State Meet: 3:08.42 6/4/2010 Serra (Gardena)

Lane	School	Section	Sec. Mark
<b>Heat 1 of 3 Prelims</b>			
1	St. Francis	CC	3:26.30
2	Castro Valley	NC	3:21.50
3	Fairfax	LA	3:19.74
4	Buchanan	CE	3:18.54
5	Serra	SS	3:14.31
6	Silverado	SS	3:17.62
7	Del Oro	SJ	3:19.70
8	San Benito Hol	CC	3:21.43
9	Vallejo	SJ	3:23.55
<b>Heat 2 of 3 Prelims</b>			
1	Red Bluff	NO	3:26.53
2	St. Mary's	NC	3:21.74
3	Carson	LA	3:19.89
4	Mt. Miguel	SD	3:18.96
5	Poly (Lb)	SS	3:14.67
6	Mater Dei	SS	3:17.53
7	Dorsey	LA	3:19.15
8	Frontier	CE	3:20.67
9	Gilroy	CC	3:23.47
<b>Heat 3 of 3 Prelims</b>			
1	Burton	SF	3:26.93
2	Amador Valley	NC	3:22.11
3	Davis	SJ	3:20.08
4	Scripps Ranch	SD	3:18.96
5	Great Oak	SS	3:15.57
6	Vista Murrieta	SS	3:16.38
7	Centennial	CE	3:19.09
8	Grossmont	SD	3:20.59
9	San Ramon Vly	NC	3:22.31



**Bernard Quinn Vista Murrieta**





# 2011 State Track & Field Championships



## GIRLS 3200M RUN

**CHAMPIONSHIPS: 8:46 p.m. Sat.**

National: 9:48.59 5/24/1996 Kim Mortensen (Thousand Oaks, CA)  
State Meet: 9:52.13 5/31/2008 Jordan Hasay (Mission College Prep)

Lane	Name	Gr. School	Section	Sec. Mark
<b>Section 1 of 1 Timed Finals</b>				
1	Sarah Baxter	9 Simi Valley	SS	10:24.35
2	Alli Billmeyer	12 Torrey Pines	SD	10:30.89
3	Cami Chapus	11 Harvard Westlake	SS	10:33.30
4	Kaylin Mahoney	12 Saugus	SS	10:34.55
5	Rebecca Mehra	11 Palos Verdes	SS	10:36.87
6	Stephanie Bulder	12 Saugus	SS	10:37.26
7	Molly Grabill	12 Rancho Bernrdo	SD	10:37.53
8	Aryn Foland	12 Mira Costa	SS	10:37.74
9	Aimee Trujillo	12 Poway	SD	10:37.83
10	Amanda Honn	9 Huntington Bch	SS	10:39.39
11	Katie Johnson	12 Great Oak	SS	10:39.58
12	Alaina Alvarez	12 Dana Hills	SS	10:40.90
13	Carrie Verdon	Campolindo	NC	10:41.50
14	Shanoah Souza	11 La Costa Cnyn	SD	10:41.61
15	Kelsey Santisteban	12 Castro Valley	NC	10:44.58
16	Anna Maxwell	9 San Lorenzo VI/	CC	10:46.48
17	Karis Frankian	11 Saugus	SS	10:46.55
18	Erin Robinson	12 Gunn	CC	10:48.86
19	Macy Bricks	12 Buchanan	CE	10:50.88
20	Vanessa Fraser	10 Scotts Valley	CC	10:51.58
21	Sophie Meads	9 Davis	SJ	10:56.74
22	Elaine McVay	12 California	NC	10:56.94
23	Brooke Holt	12 Granite Bay	SJ	11:00.97
24	Cassidy Daley	10 Lodi	SJ	11:02.48
25	Jena Pianin	10 Amador Valley	NC	11:03.91
26	Hagen Reedy	10 Buchanan	CE	11:09.20
27	Dana Schmalzel	12 Buchanan	CE	11:10.63
28	Charlene Quintanilla	12 Santee	LA	11:18.31
29	Crystal Morales	10 Santee	LA	11:24.77
30	Alexandra Arellanos	12 Birmingham	LA	11:28.73
31	Autumn May	9 American Chr. Acad	NO	11:37.03



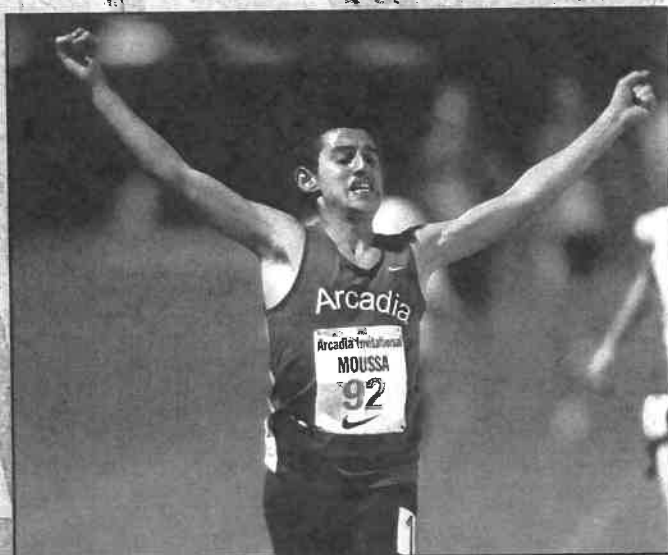
**Sarah Baxter, Simi Valley**

## BOYS 3200M RUN

**CHAMPIONSHIPS: 9:03p.m. Sat.**

National: 8:34.23 5/31/2008 German Fernandez (Riverbank)  
State Meet: 8:34.23 5/31/2008 German Fernandez (Riverbank)

Lane	Name	Gr. School	Section	Sec. Mark
<b>Section 1 of 1 Timed Finals</b>				
1	Elias Gedyon	12 Loyola	SS	8:57.73
2	Heyden Wooff	12 Camarillo	SS	8:57.77
3	Lane Werley	12 King, ML	SS	8:59.14
4	Ammar Moussa	12 Arcadia	SS	9:01.09
5	Sam Pons	12 South Pasadena	SS	9:01.59
6	Danny Martinez	11 St. John Bosco	SS	9:02.15
7	Jonah Diaz	11 Palos Verdes	SS	9:02.45
8	Paul Ross	12 Claremont	SS	9:04.18
9	Kevin Durham	11 El Toro	SS	9:06.82
10	Myles Smith	10 St. John Bosco	SS	9:08.21
11	Kevin Bishop	11 Monta Vista	CC	9:08.74
12	Parker Schuh	12 Mountain View	CC	9:10.19
13	Darren Fahy	11 La Costa Cnyn	SD	9:12.46
14	Luis Luna	11 Piner	NC	9:13.71
15	Trevor Halsted	12 Davis	SJ	9:14.45
16	Matt Carpowich	12 Torrey Pines	SD	9:14.50
17	Brian De La Mora	12 Davis	SJ	9:14.99
18	Will Geiken	12 Los Gatos	CC	9:15.50
19	Chris Kigar	12 El Camino	SJ	9:17.17
20	CJ Albertson	11 Buchanan	CE	9:17.26
21	Ben Eversole	12 Castro Valley	NC	9:19.88
22	Jeff Bickert	12 College Park	NC	9:19.89
23	Forrest Shaffer	12 Petaluma	NC	9:19.94
24	Cameron Barela	12 Mission Hills	SD	9:20.36
25	Kevin Barnard	12 Buchanan	CE	9:21.26
26	Cameron Miller	11 Stockdale	CE	9:21.76
27	Domenic D'Acquisto	12 Enterprise	NO	9:24.88
28	Omar Cortes	12 Santee	LA	9:26.13
29	Grant Stromberg	11 Palsades	LA	9:30.17
30	Angel Alcantar	12 Van Nuys	LA	9:38.31
31	Corey Worthington	12 Lowell	SF	10:14.33
32	Cameron Trinh	12 Skyline	OK	10:49.61



**Ammar Moussa, Arcadia**



# 2011 State Track & Field Championships



## GIRLS HIGH JUMP

**PRELIMS: 6:30 p.m. Fri. CHAMPIONSHIPS: 7:00 p.m. Sat.**  
 National: 6-04 4/25/2009 Toni Young (Del City, OK)  
 State Meet: 6-02 6/1/1985 Latrese Johnson (Clovis)

Lane	Name	Gr. School	Section	Sec. Mark
Flight 1 of 1 Prelims				
1	Bre Mackie	12 Central Valley	NO	5-00.00
2	Devron Martin	9 Marin Academy	NC	5-02.00
3	Jasmine Guinn	11 Berkeley	NC	5-02.00
4	Xava Grooms	12 Granada Hills	LA	5-02.00
5	Celeste Rietveld	12 Livermore	NC	5-02.00
6	Makenna Breitenfeld	12 El Camino Real	LA	5-02.00
7	Lauren Reeves	10 El Diamante	CE	5-03.00
8	Kelly J Airola	9 Calaveras	SJ	5-03.00
9	Nikki Myashita	11 Aptos	CC	5-03.00
10	Jessica Emde	11 Oak Ridge	SJ	5-03.00
11	Asia Chesley	9 Stockdale	CE	5-03.00
12	Katie Reeves	10 El Diamante	CE	5-03.00
13	Jade Martz	10 Point Loma	SD	5-03.00
14	Raegan Nizdil	10 Rio Mesa	SS	5-05.00
15	Michelle McDonald-O'Brien	11 St. Ignatius	CC	5-05.00
16	Hannah McDaniel	12 San Marcos	SS	5-05.00
17	Mariah Slack	10 Vista	SD	5-05.00
18	Machiah Murray	9 Clovis East	CE	5-05.00
19	Annie Gielbelhaus	12 Lutheran (Orange)	SS	5-05.00
20	Kylie McKown	11 Mountain View	CC	5-05.00
21	Tess Rountree	12 Paso Robles	SS	5-05.00
22	Lawre'll Dobbins	11 Foothill	SJ	5-06.00
23	Courtney Tuck	10 Petaluma	NC	5-06.00
24	Kendall Gustafson	10 Palisades	LA	5-06.00
25	Rachel McCoy	10 Miller, A.B.	SS	5-07.00
26	Joslyn Barnes	12 North Torrance	SS	5-07.00
27	Danielle Bryan	11 El Camino	SD	5-07.00



Alexus Dalton, Long Beach Poly

## GIRLS POLE VAULT

**PRELIMS: 6:00 p.m. Fri. CHAMPIONSHIPS: 7:15 p.m. Sat.**  
 National: 14-01 6/2/2007 Tori Anthony (Castilleja)  
 State Meet: 14-01 6/2/2007 Tori Anthony (Castilleja)

Lane	Name	Gr. School	Section	Sec. Mark
Flight 1 of 1 Prelims				
1	Kayla Vasquez	11 West Valley	NO	10-00.00
2	Siobian Anderson	11 Maria Carrillo /nc	NC	10-06.00
3	Andrea Mersino	12 Clovis East	CE	10-09.00
4	Jamie Greenberg	11 Palisades	LA	11-00.00
5	Taylor Jaques	9 Presentation	CC	11-00.00
6	Ariel Chang	10 Mission San Js	NC	11-03.00
7	Mimi Lian	10 Rancho Bernrdo	SD	11-03.00
8	Nicole Falkenstein	11 Buchanan	CE	11-03.00
9	Thresa Vinson	11 Aptos	CC	11-06.00
10	Vicki Warner	12 Del Oro	SJ	11-06.00
11	Kayla Mallett	12 West Torrance	SS	11-09.00
12	Rachel Bolton	11 Homestead	CC	11-09.00
13	Marina Plesons	12 Dos Pueblos	SS	11-09.00
14	Emily Bandy	12 Quartz Hill	SS	11-09.00
15	Madalyn Roberts	12 Mater Dei	SS	11-09.00
16	Kaitlin McCallum	11 Lj Country Day	SD	11-09.00
17	Danielle Steffen	11 Petaluma	NC	11-09.00
18	Anginae Monteverde	12 Clovis West	CE	12-03.00
19	Victoria Rische	11 Foothill	SS	12-03.00
20	Angie Charles	12 Bella Vista	SJ	12-03.00
21	Elena Clarke	12 San Luis Obispo	SS	12-03.00
22	Cimran Virdi	Las Lomas	NC	12-09.00
23	McKenzie Johnson	11 Clairmont	SD	13-00.00
24	Katie Zingheim	12 Granite Bay	SJ	13-01.00



Katie Zingheim, Granite Bay



# 2011 State Track & Field Championships



## GIRLS LONG JUMP

**PRELIMS: 6:00 p.m. Fri. CHAMPIONSHIPS: 7:00 p.m. Sat.**

National: 22-01.75 5/24/1976 Kathy McMillan (Rseford, NC)  
 State Meet: 22-00.50 6/19/1993 Marion Jones (Thousand Oaks)

Lane	Name	Gr.	School	Section	Sec. Mark
Flight 1	Mariah Howard	11	Cleveland	LA	15-10.75
2	Hannah Lopez	10	Birmingham	LA	16-00.00
3	Lanaa Evans	10	Skyline	OK	16-07.00
4	Kierra Miller	11	Carson	LA	17-06.75
5	Brooke Whitburn	10	Pleasant Vly	NO	17-07.00
6	Hannah Hardy	12	Woodcreek	SJ	17-08.25
7	Shanique Walker	12	Mt. Pleasant	CC	17-09.75
8	Jamara Scott	11	Golden Valley	CE	17-09.75
9	Kendal Nielsen	11	Bear River	SJ	17-11.00
10	Cyndney Leath	11	Mt. Pleasant	CC	18-00.25
11	Kortni Smyers-Jones	10	Holy Names	NC	18-00.25
12	Shea Taylor	11	Grace Davis	SJ	18-01.50
13	Monique Yan	10	Steele Canyon	SD	18-02.50
14	Darnella Jenkins	12	Deer Valley	NC	18-02.75
15	Charity Lyons	11	Mt. Miguel	SD	18-02.75
16	Traci Hicks	11	Poly (Lb)	SS	18-03.00
17	Kristin Sato	11	Valley Christian Sjose	CC	18-03.25
18	Melanie Speech	11	Lowell	SF	18-03.25
19	Shanice Stewart	12	Carter	SS	18-03.25
20	Jasmine Guinn	11	Berkeley	NC	18-03.75
21	Ashlie Curenton	11	Silverado	SS	18-04.50
22	Jasmine Gibbs	11	El Camino	SD	18-07.50
23	Je'Nia Sears	12	Edison	CE	18-08.25
24	Faith Anumba	12	Valencia-V	SS	18-10.50
25	Jenna Prandini	12	Clovis	CE	18-11.00
26	Mishe Scott	11	El Camino	SD	18-11.75
27	Abrianna Torres	12	San Luis Obispo	SS	19-00.75
28	Akia Armstrong	10	Roosevelt, E	SS	19-05.50
29	Ciarra Brewer	12	James Logan	NC	19-07.25
30	Kylie Price	12	Bishop Amat	SS	19-07.50



**Abrianna Torres, San Luis Obispo**

## GIRLS TRIPLE JUMP

**PRELIMS: 3:00 p.m. Fri. CHAMPIONSHIPS: 5:00 p.m. Sat.**

National: 44-02.25 5/11/2001 Ychindria Spears (Lubing, TX)  
 State Meet: 44-00.50 5/31/1991 Juliana Yendork (Walnut)

Lane	Name	Gr.	School	Section	Sec. Mark
Flight 1	Hannah Lopez	10	Birmingham	LA	34-10.75
2	Kristy Hardiman	12	Carson	LA	34-10.75
3	Selah McCarter	11	Mission	SF	35-04.00
4	Kierra Miller	11	Carson	LA	35-09.50
5	Marisa Kwiatkowski	9	Wilcox	CC	36-09.50
6	Brooke Whitburn	10	Pleasant Vly	NO	37-02.50
7	Kendal Nielsen	11	Bear River	SJ	37-04.50
8	Jamara Scott	11	Golden Valley	CE	37-05.25
9	Sheree Collins	11	Lincoln	SD	37-05.50
10	Yajaira Castro	11	Tulare Union	CE	37-07.50
11	Danylle Kurywchak	11	Ponderosa	SJ	37-08.00
12	Jannell Hadnot	10	Tokay	SJ	37-11.50
13	Sharessa Archie	11	Clovis North	CE	38-00.25
14	Alexandria Young	10	Mater Dei	SD	38-01.50
15	Jenny Thompson	12	Piedmont	NC	38-06.50
16	Faith Anumba	12	Valencia-V	SS	38-08.25
17	Rachel Toliver	10	St. Mary's Academy	SS	38-09.00
18	Abrianna Torres	12	San Luis Obispo	SS	38-09.25
19	Adrianna May	12	Poly (Lb)	SS	38-10.00
20	Kayla Mallett	12	West Torrance	SS	39-00.75
21	Tessa Runels	12	James Logan	NC	39-02.25
22	Sasha Wallace	10	Holy Names	NC	39-04.50
23	Tarnika Smith	11	El Camino	SD	39-04.50
24	Melia Cox	12	Poly (Lb)	SS	39-10.25
25	Cyndney Leath	11	Mt. Pleasant	CC	40-06.00
26	Shanique Walker	12	Mt. Pleasant	CC	40-08.50
27	Ciarra Brewer	12	James Logan	NC	43-03.25



**Ciarra Brewer, James Logan**



# 2011 State Track & Field Championships



## GIRLS SHOT PUT

**PRELIMS: 8:00 p.m. Fri. CHAMPIONSHIPS: 8:30 p.m. Sat.**  
 National: 54-10.75 5/9/2003 Michelle Carter (Red Oak, TX)  
 State Meet: 53-08 6/6/2009 Kristin Heaston (Ygnacio Valley)

Lane	Name	Gr. School	Section	Sec. Mark
Flight 1	Jessica Betkhoodu	11 Kennedy	LA	32-02.50
2	Breelyn Afusia	11 Carson	LA	35-08.75
3	Deanna Atkins	12 Castlemont	OK	36-02.75
4	Thomesha Smith	12 Chatsworth	LA	37-00.75
5	Zoe Davis	12 Drake	NC	37-06.00
6	Brielle Rowe	11 Mountain View	CC	38-00.25
7	Meaggan Rector	11 Red Bluff	NO	38-04.50
8	Chantell Taito	10 Deer Valley	NC	39-05.00
9	Cathy Cai	11 Lincoln	SF	39-08.00
10	Morgan Laney	11 Del Norte	NC	39-08.50
11	Victoria Odufuwa	12 Cordova	SJ	40-06.50
12	Tyhana Cooper	10 Sacred Hrt Chr	CC	40-07.00
13	Danielle Ioramo	11 James Logan /nc	NC	40-07.50
14	Pamela Makanesi	12 Katella	SS	40-08.75
15	Samantha Sinclair	11 Mountain View	CC	40-09.50
16	Heather Vermillion	12 Redwood	CE	40-10.25
17	Brianna French	12 Vacaville	SJ	41-01.50
18	Nwanneka (Nikki) Okwelogu	10 Clovis West	CE	41-02.00
19	Itohan Aikhionbare	12 La Salle	SS	41-04.00
20	Lacie Rasley	12 Shafter	CE	42-03.50
21	Jakayla Daniels	11 El Camino	SD	42-05.00
22	Deja Watkins	12 North, JW	SS	42-06.25
23	Nneka Anyanwu	12 Westview	SD	42-07.00
24	Alex Morgan	12 Ventura	SS	43-00.00
25	Breana Jemison	11 Carlsbad	SD	43-02.25
26	Rebecca Hammar	12 Buchach Colony	SJ	43-09.00
27	Tanya Sapa	10 La Sierra	SS	44-07.25



Rebecca Hammar, Buchach Colony

## GIRLS DISCUS THROW

**PRELIMS: 5:30 p.m. Fri. CHAMPIONSHIPS: 6:30 p.m. Sat.**  
 National: 190-03 5/9/2009 Anna Jelmini (Shafter, CA)  
 State Meet: 186-09 6/6/2009 Anna Jelmini (Shafter)

Lane	Name	Gr. School	Section	Sec. Mark
Flight 1	Jaylyn Allston	10 Lincoln	SF	114-11
2	Cady Gambrell	12 Fortuna	NC	121-10
3	Brianna Cueva	10 Watsonville	CC	122-00
4	Alice Buckley	12 College Prep	NC	122-10
5	Krystal Alnas	11 San Benito Hol	CC	123-00
6	Deanna Atkins	12 Castlemont	OK	124-03
7	Kathleen Durand	10 Maria Carrillo	NC	124-11
8	Brielle Rowe	11 Mountain View	CC	125-02
9	Hanna Person	12 Shasta	NO	127-03
10	Cheyenne Toney	11 Nevada Un.	SJ	127-05
11	Pamela Makanesi	12 Katella	SS	131-11
12	Lindsay Brooks	12 Fortuna	NC	132-06
13	Heather Hawes	12 Nipomo	SS	132-07
14	Amber Panapa	12 St. Bon'vture	SS	137-01
15	Breana Jemison	11 Carlsbad	SD	137-02
16	Deja Watkins	12 North, JW	SS	138-07
17	Nneka Anyanwu	12 Westview	SD	139-00
18	Okwe Chukwunonso	12 Clovis West	CE	139-06
19	Lacie Rasley	12 Shafter	CE	143-11
20	Nwanneka (Nikki) Okwelogu	10 Clovis West	CE	144-01
21	Rebecca Hammar	12 Buchach Colony	SJ	147-11
22	Brianna French	12 Vacaville	SJ	148-01
23	Alexa Evans	12 West Hills	SD	154-11
24	Alex Morgan	12 Ventura	SS	156-05
25	Lisette Mendivil	11 Redwood	CE	156-10
26	Alex Collatz	12 Stockdale	CE	161-11



Alex Collatz, Stockdale



# 2011 State Track & Field Championships

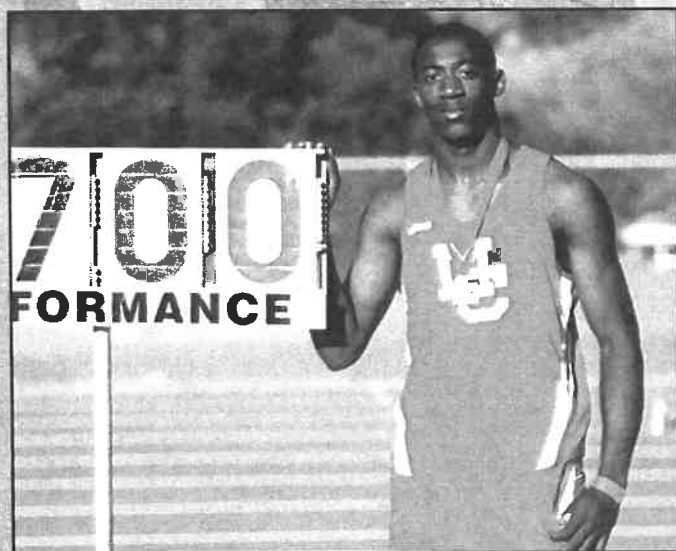


## BOYS HIGH JUMP

**PRELIMS: 4:00 p.m. Fri. CHAMPIONSHIPS: 5:00 p.m. Sat.**

National: 7-05.75 4/22/2009 James White (Grandville, MD)  
State Meet: 7-03.25 6/2/1979 Lee Balkin (Glendale)

Lane	Name	Gr. School	Section	Sec. Mark
Flight 1	Michael Torres	11 Biggs	NO	6-00.00
2	Joey Descalso	12 St. Francis	CC	6-03.00
3	Victor Du	10 Palo Alto	CC	6-03.00
4	Jonte Grant	12 Hayward	NC	6-04.00
5	Ross Stribbling	11 Dorsey	LA	6-04.00
6	Malik Johnson	11 El Camino Real		6-04.00
7	Jason Weinrich	12 Chico	NO	6-04.00
8	Mike Kicenski	12 Freedom	NC	6-05.00
9	Nnamdi Agude	12 Santiago (Cor)	SS	6-05.00
10	Taylor Smith	10 Buchanan	CE	6-05.00
11	Crampton Cody	11 Canyon-Ana	SS	6-05.00
12	Phillip Hanley	12 Thousand Oaks	SS	6-05.00
13	Londeen McCovery	11 Cosumnes Oaks	SJ	6-05.00
14	Alex Campbell	12 Scripps Ranch	SD	6-05.00
15	Will Findlay	12 Oak Ridge	SJ	6-05.00
16	Winston Lawson	12 Segerstrom	SS	6-05.00
17	Matt Redden	11 Oak Ridge	SJ	6-05.00
18	Bevan Wernhoff	12 Frontier	CE	6-05.00
19	Arik Smith	12 Bakersfield	CE	6-05.00
20	Billy Eng	12 Heritage	NC	6-06.00
21	Kevin Nielsen	12 Granite Bay	SJ	6-07.00
22	Oscar Munson	12 San Clemente	SS	6-07.00
23	Ronnie Turner	12 Antelope Valley	SS	6-07.00
24	Adam Aguirre	11 Cantwell-SHM	SS	6-07.00
25	L J Moore	10 Central	CE	6-07.00
26	Noel Frazier	11 California	NC	6-08.00
27	Brandon Ford	12 Mt. Carmel	SD	6-09.00
28	Deante Kemper	12 Serra	SD	6-09.00
29	Stephen Dorsey	11 Monterey	CC	6-09.00
30	Miles Poullard	11 Colony	SS	6-11.00



Brandon Ford, Mt. Carmel

## BOYS POLE VAULT

**PRELIMS: 6:00 p.m. Fri. CHAMPIONSHIPS: 5:15 p.m. Sat.**

National: 18-02.25 5/14/1999 Eric Eshbach, (Orangefield, TX)  
State Meet: 17-03 5/31/2008 Nico Weiler (Los Gatos)

Lane	Name	Gr. School	Section	Sec. Mark
Flight 1	Alex Hamidzadeh	12 El Camino Real		12-07.00
2	Jesus Morales	11 Liberty	NC	13-06.00
3	Marshall Wentworth	11 Piedmont	NC	14-00.00
4	Noah Julyk	Las Lomas	NC	14-00.00
5	Austin Decker	11 North Monterey	CC	14-00.00
6	Justin Gildemeister	12 Sutter	NO	14-00.00
7	Adam Thomas	10 Benicia	SJ	14-02.00
8	Zack Logan	12 Rancho Bernrdo	SD	14-02.00
9	Reed White	11 Vacaville	SJ	14-05.00
10	Marc Toney	10 St. Francis	CC	14-06.00
11	James Van Wyck	12 DeLaSalle	NC	14-06.00
12	Brett Huff	12 Christian	SD	14-08.00
13	Ryan Zacchilli	11 Rancho Bernrdo	SD	14-08.00
14	Alan Inouye	12 Clovis	CE	15-02.00
15	Brad Beekman	12 Clovis East	CE	15-02.00
16	Peter Chapman	11 Murrieta Vally	SS	15-02.00
17	Connor Stark	11 Oak Park	SS	15-02.00
18	Kyle Fraley	12 Lemoore	CE	15-02.00
19	Andrew Ramay	12 Liberty	CE	15-02.00
20	Keith Rayburn	12 North Monterey	CC	15-05.00
21	Jan Rock	12 Davis	SJ	15-06.00
22	Scott Greenman	11 Clovis	CE	15-08.00
23	Evan Barr	12 Loyola	SS	15-08.00
24	Mark Sakioka	12 Newport Harbor	SS	15-08.00
25	Adam Bragg	12 El Toro	SS	16-02.00



Evan Barr, Loyola



# 2011 State Track & Field Championships



## BOYS LONG JUMP

**PRELIMS: 3:00 p.m. Fri. CHAMPIONSHIPS: 5:00 p.m. Sat.**

National: 26-04.75 6/3/1989 James Stallworth (Tulare, CA)  
 State Meet: 26-04.75 6/3/1989 James Stallworth (Tulare)

Lane	Name	Gr.	School	Section	Sec. Mark
Flight 1	Devante Stewart	12	San Pedro	LA	21-03.00
2	Marcus Eggleston	11	Dorsey	LA	21-08.25
3	Kevin Adekayode	12	Chatsworth	LA	21-09.00
4	Quincy Nelson	12	Galileo	SF	21-10.25
5	Keith Lewis	11	Oakland Tech	OK	21-10.50
6	Nick Moran	11	McKinleyville	NC	21-10.75
7	Jonte Grant	12	Hayward	NC	22-03.25
8	Khalil Johnson	10	St. Francis	CC	22-04.50
9	Amritpal Singh	12	Independence	CE	22-07.00
10	Colin Dahlberg	12	Red Bluff	NO	22-08.50
11	Xavier Menifield	10	Sierra Canyon	SS	22-08.50
12	Nate Moore	9	Bishop O'Dowd	NC	22-08.75
13	Jourdan Soares	11	Gilroy	CC	22-09.00
14	Jordan Monteiro-Williams	11	McClatchy	SJ	22-09.00
15	Ryan Collier	12	Northwood	SS	22-09.50
16	Lee Hightower	12	Loyola	SS	22-09.50
17	Rico Jones	12	Rodriguez	SJ	22-10.00
18	Stas DellaMorte	12	Menlo Atherton	CC	22-10.50
19	Travis Johnson	12	Morse	SD	23-03.00
20	Johnny Jackson	12	St. Augustine	SD	23-03.00
21	Marquise Cherry	12	Diamond Ranch	SS	23-03.25
22	Aaron Rattler	12	Escondido	SD	23-04.25
23	Dillon Root	12	Redwood	CE	23-06.00
24	Willie Alexander	11	Central	CE	23-06.00
25	Ian Rock	12	Davis	SJ	23-07.75
26	Marquise Lee	12	Serra	SS	23-09.50
27	Trevell Wallace	12	El Cerrito	NC	23-11.00
28	Hansell Wilson	12	Valhalla	SD	24-02.00
29	Jovonte Slater	12	Vista Murrieta	SS	24-02.00
30	Jacob Snow	12	El Camino	SD	24-10.00

## BOYS TRIPLE JUMP

**PRELIMS: 6:00 p.m. Fri. CHAMPIONSHIPS: 7:00 p.m. Sat.**

National: 52-10.50 5/6/1980 Charles Mayfield (Muir, Pasadena, CA)  
 State Meet: 52-05.75 6/6/1986 Marcus Hooks (Lakewood)

Lane	Name	Gr.	School	Section	Sec. Mark
Flight 1	Davion Roberts	12	Jefferson	LA	43-00.50
2	Regis Bula	11	Dorsey	LA	43-02.75
3	Jamal Mayo	11	Skyline	OK	43-09.00
4	Jovon Cunningham	12	Enterprise	NO	43-11.00
5	Jeremy Thompson	12	Valley Christian Spose	CC	44-03.75
6	Dubem Awuzie	11	Oak Grove	CC	44-04.00
7	Eugene Aaron	12	Frederick Douglas	LA	44-04.25
8	Ricky Strehlow	11	Wilcox	CC	45-06.00
9	Vernon Sampson	12	Tulare West	CE	45-08.25
10	Trent Trammel	12	Bishop O'Dowd	NC	45-10.00
11	Willie Alexander	11	Central	CE	46-00.00
12	Jeffry Prothro	10	James Logan	NC	46-00.50
13	Soloman Ijah	12	Murrieta Vally	SS	46-04.50
14	Donte Deayon	11	Summit	SS	46-06.00
15	Thomas Clanton	12	Steele Canyon	SD	46-08.00
16	Bernell Barmore	12	Yuba City	SJ	46-09.00
17	Myles Williams	12	Perris	SS	47-00.75
18	Keremiah Crockett		Dublin	NC	47-02.50
19	Jaelen Spencer	10	Sultana	SS	47-04.50
20	Jonte Grant	12	Hayward	NC	47-07.00
21	Seth Barsarian	12	Clovis	CE	47-08.00
22	Deon Pinder	11	Merrill West	SJ	48-04.00
23	Jack Phouminavong	12	Bear Creek	SJ	48-05.25
24	Travis Johnson	12	Morse	SD	48-08.00
25	Klyvens Delaunay	11	Claremont	SS	48-10.00
26	Marques Roberts	12	Otay Ranch	SD	49-07.50



**Jovonte Slater, Vista Murrieta**



**Jovon Cunningham, Enterprise**



# 2011 State Track & Field Championships



## BOYS SHOT PUT

**PRELIMS: 5:30 p.m. Fri. CHAMPIONSHIPS: 6:30 p.m. Sat.**  
 National: 77-00 5/5/1979 Michael Carter (Jefferson, Dallas, TX)  
 State Meet: 74-04.75 6/2/1990 Brent Noon (Fallbrook)

Lane	Name	Gr. School	Section	Sec. Mark
Flight 1	Simon Quan	11 Wallenburg	SF	47-04.75
2	Chris Street	11 Hamilton	LA	49-01.75
3	Sam Perrella	10 Redwood	NC	50-11.50
4	Jeremiah Allison	11 Dorsey	LA	51-01.25
5	Christopher James	11 West Adams Prep	LA	51-01.50
6	LaQuise Taylor	12 Edison	CE	52-08.25
7	Tyler Wolf	12 Yreka	NO	53-00.50
8	Tray Woods	12 Helix	SD	53-03.00
9	Carl Nahigan	11 St. Mary's	SJ	53-06.50
10	Curtis Bleasdale	11 Vacaville	SJ	53-07.50
11	Isaiah Saole	12 Carlsbad	SD	54-04.50
12	Javier Contreras	10 Madera	CE	54-09.50
13	Drew Domres	11 Mt. Whitney	CE	54-10.25
14	Moises Ramos	12 Coachella Valley		55-07.00
15	Tyrone Sauls	12 Christian	SD	55-07.50
16	Brad Bolton	12 El Toro	SS	55-08.00
17	Cody Bickham	11 St. Francis	CC	56-00.50
18	Mauricio Cornejo	12 Terra Linda	NC	56-03.50
19	Richie Casas	12 North Monterey	CC	56-06.00
20	Ma'a Brown	12 Paramount	SS	56-11.50
21	Garrett Weinreich	11 Arroyo Grande	SS	56-11.50
22	Jake Rounds	12 Heritage	NC	57-00.00
23	Scott Brazil	12 Mt. Pleasant	CC	57-00.25
24	Ben Teichman	12 San Ramon Vly	NC	57-06.00
25	Sullivan Parker	12 El Toro	SS	58-06.00
26	Ryan Andrews	12 Newport Harbor	SS	58-07.50
27	Kody Robison	12 Millikan	SS	58-09.00
28	Stephen Boals	12 Jesuit	SJ	59-06.00
29	Jake Fraser	12 El Toro	SS	61-04.50
30	Nicholas Scarvelis	12 Dos Pueblos	SS	63-03.50

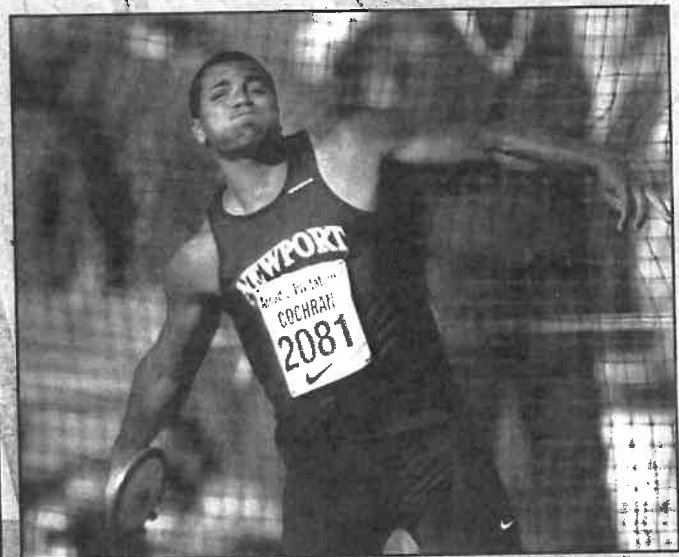
## BOYS DISCUS THROW

**PRELIMS: 3:00 p.m. Fri. CHAMPIONSHIPS: 4:30 p.m. Sat.**  
 National: 236-06 4/26/2009 Mason Finley (Buena Vista, CO)  
 State Meet: 213-07 6/2/2006 Bo Taylor (Newport Harbor)

Lane	Name	Gr. School	Section	Sec. Mark
Flight 1	Colin Luu	11 Lincoln	SF	152-03
2	Stanley Gagliano	11 McKinleyville	NC	153-03
3	Chima Ikeme	12 Gilroy	CC	153-04
4	Richie Casas	12 North Monterey	CC	154-02
5	Gary Randolph	12 Healdsburg	NC	155-06
6	Brian Hamilton	11 West Bakersfield	CE	161-11
7	Sean Boozel	12 Steele Canyon	SD	162-03
8	Brent Courtney	12 Carlsbad	SD	163-02
9	Aaron Russell	12 Poway	SD	165-09
10	Mauricio Cornejo	12 Terra Linda	NC	166-00
11	Kevin Sundberg	10 Fowler	CE	167-00
12	Tyler Lamott	12 Chico	NO	169-05
13	Matthew Bender	11 Shafter	CE	170-11
14	Stephen Boals	12 Jesuit	SJ	171-09
15	Alex Horncliff	12 Heritage	NC	173-00
16	Nick Budincich	11 Loyola	SS	174-04
17	Troy Niklas	12 Servite	SS	174-05
18	Cody Bickham	11 St. Francis	CC	174-10
19	Mason Miller	12 Esperanza	SS	175-02
20	Steve Michaelson	11 Newport Harbor	SS	176-06
21	Nicholas Scarvelis	12 Dos Pueblos	SS	177-05
22	Curtis Bleasdale	11 Vacaville	SJ	181-03
23	Ethan Cochran	11 Newport Harbor	SS	182-11
24	James Kinloch	12 Granite Bay	SJ	183-06
25	Jake Fraser	12 El Toro	SS	185-09
26	Jayson Kovar	11 Burrough(Rid)	SS	189-03
27	Ryan Hunter-Simms	11 San Geronio	SS	192-05



Stephen Boals, Jesuit



Ethan Cochran, Newport Harbor

# All-Time CIF Boys Track & Field Top Times/Marks

## BOYS 100 METERS

- 10.25 Henry Thomas (Hawthorne) 1985  
10.30 Riley Washington (Southwest, San Diego) 1992  
10:30 Randal Carroll (Cathedral, LA) 2009  
10.31 Jahvid Best (Salesian, Richmond) 2007  
10.32 Bryan Howard (Canyon Springs, Moreno Valley) 1994  
10.32 Rodney Glass (Notre Dame, Sherman Oaks) 2006  
**State Championship Record**  
10.30 Riley Washington (Southwest, San Diego) 1992

## BOYS 200 METERS

- 20.43 Bryshon Nellum (Poly, Long Beach) 2007  
20.53 Brian Bridgewater (Washington, Los Angeles) 1988  
20.62 Sultan McCullough (Muir, Pasadena) 1997  
20.65 Jahvid Best (Salesian, Richmond) 2007  
20.67 Quincy Watts (Taft, Woodland Hills) 1987  
**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  
45.70h Chip Rush (Marina, Huntington Beach) 1985  
45.81 Obea Moore (Muir, Pasadena) 1996  
45.84 David Gettis (Dorsey, Los Angeles) 2005  
**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  
1:48.20 Sean Krinik (Valencia/Placentia) 2010  
1:48.40 Aaron Richberg (James Logan, Union City) 1995  
1:48.80yh Richard Joyce (Sierra, Whittier) 1965  
**State Championship Record**  
1:46.45 Michael Granville (Bell Gardens) 1996

## BOYS 1600 METERS

- 4:00.29 German Fernandez (Riverbank) 2008  
4:02.40 Rich Kimball (De La Salle, Concord) 1974  
4:02.62 Ryan Hall (Big Bear) 2001  
4:04.00 Mike Stember (Jesuit, Carmichael) 1995  
4:05.40yh Mark Schilling (Garden Grove) 1972  
**State Championship Record**  
4:00.29 German Fernandez (Riverbank) 2008

## BOYS 3200 METERS

- 8:34.23 German Fernandez (Riverbank) 2008  
8:44.60yh Eric Hulst (Laguna Beach) 1976  
8:45.20yh Thom Hurt (Patrick Henry, S.D.) 1976

- 8:45.90 Ralph Serna (Loara, Anaheim) 1975  
8:46.5yh Rich Kimball (De La Salle, Concord) 1974

### **State Championship Record**

- 8:34.23 German Fernandez (Riverbank) 1975

## BOYS 110 METER HIGH HURDLES

- 13.39 \*Kevin Craddock (James Logan, Union City) 2004  
13.41 Steve Kerho (Mission Viejo) 1982  
13:43 Jonathan Cabral (Agoura) 2011  
13.48 Dominique DeGrammont (Tustin) 1997  
13.54 Marcel Allmond (St. Paul, Santa Fe Springs) 1996  
**State Championship Record**  
13.39 Kevin Craddock (James Logan, Union City) 2004

## BOYS 300 METER INTERMEDIATE HURDLES

- 35.02 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  
3:08.42 Serra, Gardena 2010  
3:08.66 Muir, Pasadena 1996  
3:08.72 Muir, Pasadena 1997  
3:08.94 Berkeley 1981  
**State Championship Record**  
3:08.66 Muir, Pasadena 1996

## BOYS HIGH JUMP

- 7 04.50 – Maurice Crumby (Balboa, San Francisco) 1983  
7 04.25 Teak Wilburn (Chico) 2002  
7 04.00 Jeremy Fischer (Camarillo) 1994  
7 03.25 Lee Balkin (Glendale) 1979  
7 03.00 Tim Pelt (Alemany, Mission Hills) 1979  
7 03.00 Maurice Crumby (Balboa, S.F.) 1983

- 7 03.00 Jeff Rogers (Overfelt, San Jose) 1985  
7 03.00 – Nick Ross (Vista Murrieta, Murrieta) 2009

### **State Championship Record**

- 7 3.25 Lee Balkin (Glendale) 1979

## BOYS POLE VAULT

- 17 06.25 – Nico Weiler (Los Gatos) 2007  
17 06.00 Michael Woepse (Mater Dei, Santa Ana)  
17 05.50 Brent Burns (Aclanes, Lafayette) 1987  
17 05.00 Scott Roth (Granite Bay) 2006  
17 04.25 Anthony Curran (Crespi, Encino) 1978  
**State Championship Record**  
17 03.00 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 07.00 Jerry Proctor (Muir, Pasadena) 1967  
**State Championship Record**  
26 04.75 James Stallworth (Tulare) 1989

## BOYS TRIPLE JUMP

- 52 40.50 Charles Mayfield (Muir, Pasadena) 1980  
52 06.25 Dave Tucker (San Joaquin Memorial, Fresno) 1970  
52 05.75 Marcus Hooks (Lakewood) 1986  
52 04.75 Ken Frazier (Mission, San Francisco) 1981  
52 03.50 Randy Williams (Edison, Fresno) 1971  
**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  
69 03.50 Van Mounts (Bakersfield) 1998  
68 05.00 Dave Kurrasch (Newport Harbor) 1975  
68 00.00 Steve Montgomery (Lassen, Susanville) 1976  
**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 Shield (Arroyo Grande) 2001  
**State Championship Record**  
213 07 Bo Taylor (Newport Harbor, Newport) 2006



# All-Time CIF Girls Track & Field Top Times/Marks

## GIRLS 100 METERS

- 11.14 \*Marion Jones (Thousand Oaks) 1992
- 11.15 Angela Williams (Chino) 1988
- 11.17 Ashton Purvis (St. Elizabeth, Oakland) 2010
- 11.24 \*Jeneba Tarmoh (Mt. Pleasant, San Jose) 2006
- 11.28 \*Angela Burnham (Rio Mesa, Oxnard) 1988

### State Championship Record

- 11.14 Marion Jones (Thousand Oaks) 1992

## GIRLS 200 METERS

- 22.52 Allyson Felix (LA Baptist, North Hills) 2003
- 22.67 \*Marion Jones (Thousand Oaks) 1992
- 22.86 Jasmine Baldwin (Bishop Amat, La Puente) 2004
- 22.88 Tania Woods (Skyline, Oakland) 1999
- 22.90 Kinshasa Davis (Wilson, Long Beach) 1997
- 22.90 Ashton Purvis (St. Elizabeth, Oakland) 2010

### State Championship Record

- 22.52 Allyson Felix (Los Angeles Baptist, No. Hills) 2003

## GIRLS 400 METERS

- 50.74 Monique Henderson (Morse, San Diego) 2000
- 52.18 Angel Perkins (Gahr, Cerritos) 2001
- 52.26 Allyson Felix (LA Baptist, North Hills) 2003
- 52.35 Sade Williams (Rancho Cucamonga) 2005
- 52.39 Denean Howard (Kennedy, Granada Hills) 1982

### State Championship Record

- 50.74 Monique Henderson (Morse, San Diego) 2000

## GIRLS 800 METERS

- 2:04.91 Trena Hull (Compton) 1984
- 2:05.87 Kerri Zaleski (Millikan, L.B.) 1984
- 2:06.01 Donna Curtis (Culver City) 1981
- 2:06.09 Dominique Jackson (Fairfield) 2007
- 2:06.18 Amy Weissenbach (Harvard Westlake, N. Hollywood) 2011

### 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

- 4:38.82 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 Laurynne Chetelat (Davis) 2008

- 10:04.03 Christine Babcock (Woodbridge, Irvine) 2008
- 10:04.20y Cory Schubert (Del Mar, San Jose) 1983

### State Championship Record

- 9:52.13 Jordan Hasay (Mission Prep, SLO) 2008

## GIRLS 100 METER HIGH HURDLES

- 13.03 Vashiti 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 Vashiti 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 (Ganessa, Pomona) 1987
- 40.44 Kori Carter (Claremont) 2010

### 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 Julieann Brougton (Woodland) 1989
- 6 02.00 Sharon Day (Costa Mesa) 2003
- 6 01.00 Tonya Mendonica (Mt. Whitney, Visalia) 1983

### State Championship Record

- 6 2.00 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 00.50 Juliana Yendork (Walnut) 1991
- 44 00.00 Brittany Daniels (Merrill West, Tracy) 2004
- 44 03.25 Ke'Nyia Richardson (Holy Names, Oakland) 2007
- 43 01.50 Vashiti 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 Natalie Kaaiawahia (Fullerton) 1983
- 53 07.50 Karen Freberg (San Luis Obispo) 2001
- 50 11.75 Dawn Dumble (Bakersfield) 1990
- 52 11.50 Kristin Heaston (Ygnacio Valley, Concord) 1993

### State Championship Record

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

## GIRLS DISCUS THROW

- 190 03 Anna Jelimi (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 Jelimi (Shafter) 2009

# CIF State Track & Field Leaders

## Boys Leaders

### 100 Meters

- 10.31 Remontay McClain, 12, Covina, SS
- 10:48, Beejay Lee, West Covina, 12, SS
- 10:51 Devonte Stewart, 12, AB Miller, SS
- 10:57 Khalfani Muhammad, 10, Notre Dame (SO) SS
- 10:59 George Farmer, 12, Serra, SS

### 200 Meters

- 20.68 Remontay McClain, 12, Covina, SS
- 20.89 Devonte Stewart, 12, AB Miller, SS
- 20.96 Beejay Lee, 12, West Covina, SS
- 21.11 Khalfani Muhammed, 10, Notre Dame (SO) SS
- 21.13 Jared Pickering, 12, Rancho Bernardo, SD

### 400 Meters

- 47.15 Shaquille Howard, 12, Poly (LB), SS
- 47.40 Walfrido Rodriguez, 12, Mt. Miguel, SD
- 47.45 Rashad Clark, 11, Dorsey, LA
- 47.59 Bernard Quinn, 11, Vista Murrieta, SS
- 47.72 Lajon White, Rancho Cucamonga, SS

### 800 Meters

- 1:50.50 Immanuel Hutchinson, 12, San Jacinto, SS
- 1:51.08 Myles Andrews, 12, Poly (LB), SS
- 1:51.29 Jantzen Oshier, 12, Trabuco Hills, SS
- 1:51.62 Shyan Vaziri, 12, Scripps Ranch, SD
- 1:51.80 Brett Moulton, 10, Santiago (Cor), SS

### 1600 Meters

- 4:04.24 Jantzen Oshier, 12, Trabuco Hills, SS
- 4:05.72 Matt Carpovich, 12, Torrey Pines, SD
- 4:07.55 Ammar Moussa, 12, Arcadia, SS
- 4:09.07 Elias Gedyon, 12, Loyola, SS
- 4:10.37 Sam Pons, 12, S. Pasadena, SS

### 3200 Meters

- 8:49.59 Ammar Moussa, 12, Arcadia, SS
- 8:55.53 Darren Fahy, 11, La Costa Canyon, SS
- 8:56.84 Lane Werley, 12, ML King, SS
- 8:57.73 Elias Gedyon, 12, Loyola, SS
- 8:57.77 Heyden Wooff, 12, Camarillo, SS

### 110 Hurdles

- 13.43 Johnathan Cabral, 12, Agoura, SS
- 13.99 Jacob Hare, 12, Scripps Ranch, SD
- 14.16 Devin Hickey, 11, Vista, SD
- 14.16 Alan Williams, 12, Bishop O'Dowd, NC
- 14.20 Sam Barkley, 12, Mater Dei, SS

### 300 Hurdles

- 36.19 Johnathan Cabral, 12, Agoura, SS
- 37.38 Jacob Hare, 12, Scripps Ranch, SD
- 37:51 Sam Barkley, 12, Mater Dei, SS
- 37.61 Alex Allen, 12, Mt. Carmel, SD
- 37.66 Charles Michinock, 12, Mater Dei, SS

### High Jump

- 7-0 Brandon Ford, 12, Mt. Carmel, SD
- 6-11 Miles Poullard, 11, Colony, SS
- 6-11 Noel Frazier, 11, California, NC
- 6-10 Deante Kemper, 12, Serra, SD
- 6-10 Evan Eggenberg, 12, Stockdale, CE

### Long Jump

- 24-8 Marquise Lee, 12, Serra, SS
- 24-3 Jovonte Slater, 12, Vista Murrieta, SS
- 24-2 Hansell Wilson, 12, Valhalla, SD
- 24-1 Jacob Snow, 12, El Camino, SD
- 23-11 Trevell Wallace, 12, El Cerrito, NC

### Triple Jump

- 50-2.25 Jaalen Spencer, 10, Sultana, SS
- 49-4.25 Johnny Carter, 12, Ridgeway, CE
- 49-3.50 Jovon Cunningham, 12, Enterprise, NO

- 49-3.50 Stefan McClure, 12, Vista, SD
- 48-10.00 Klyvens Delaunay, 11, Claremont, SS

### Pole Vault

- 16-4 Kyle Fraley, 12, Lemoore, CE
- 16-3 Mark Sakioka, 12, Newport Harbor, SS
- 16-3 Adam Bragg, 12, El Toro, SS
- 16-3 Andrew Ramay, 12, Liberty, CE
- 16-2 Evan Barr, 12, Loyola, SS

### Discus

- 207-9 Jayson Kovar, 11, Burroughs, SS
- 201-4 Ma'a Brown, 12, Paramount, SS
- 195-4 Ethan Coachran, 11, Newport Harbor, SS
- 192-5 Ryan Hunter-simms, 11, San Geronio, SS
- 190-0 Will Parsons, 12, La Habra, SS

### Shot Put

- 65-4.00 Nicholas Scarvelis, 12, Dos Pueblos, SS
- 63-5.00 Jake Fraser, 12, El Toro, SS
- 62-2.50 Stephen Boals, 12, Jesuit, SS
- 60-6.50 Mason Miller, 12, Esperanza, SS
- 59-9.75 Ryan Andrews, 12, Newport Harbor, SS

### 400 Relay

- 41.01 Roosevelt, SS
- 41.13 Rio Mesa, SS
- 41.29 Notre Dame (SO) SS
- 41.34 Serra (Gardena) SS
- 41.50 Oaks Christian, SS

### 1600 Relay

- 3:13.52 Poly (Long Beach), SS
- 3:14.28 Serra (Gardena) SS
- 3:15.57 Great Oak, SS
- 3:16.38 Vista Murrieta, SS
- 3:17.05, Indio, SS

## Girls Leaders

### 100 Meters

- 11.75 Kylie Price, 12, Bishop Amat, SS
- 11.78 La Toya Williams, 12, Louisville, SS
- 11.79 Jenna Prandini, 12, Clovis, CE
- 11.85 Ashley Marshall, 12, Rancho Verde, SS
- 11.86 Carisma Lyday, 12, Poly (Long Beach), SS

### 200 Meters

- 22.62 Akawkaw Ndipagbor, 12, Poly (Long Beach), SS
- 23.89 La Toya Williams, 12, Louisville, SS
- 23.95 Jenna Prandini, 12, Clovis, CE
- 24.01 Arianna Washington, 9, Poly (Long Beach), SS
- 24.04 Alexandra Courtmail, 12, Oaks Christian, SS

### 400 Meters

- 53.51 Akawkaw Ndipagbor, 12, Poly (Long Beach), SS
- 53.83 Vanessa Jones, 12, Etiwanda, SS
- 53.98 Gabrielle Scott, 12, Woodbridge, SS
- 54.48 Azia Walker, 12, Poly (Long Beach), SS
- 54.55 Chimere Ezumah, 10, Serra (Gardena), SS

### 800 Meters

- 2:06.18 Amy Weissenbach, 11, Harvard-Westlake, SS
- 2:07.65 Savannah Camacho, 11, Templeton, SS
- 2:08.72 Dynasty Gammage, 12, Poly (Long Beach), SS
- 2:10.08 Arielle Stevensen, 12, Poly (Long Beach), SS
- 2:10.14 Hanna Edwards, 12, El Toro, SS

### 1600 Meters

- 4:42.95 Katherine Delaney, 12, Serra, SS
- 4:45.92 Alli Billmeyer, 12, Torrey Pines, SD
- 4:46.54 Cami Chapus, 11, Harvard-Westlake, SS
- 4:51.10 Erica Capellino, 12, Palos Verdes, SS
- 4:51.15 Savannah Camacho, 11, Templeton, SS

### 3200 Meters

- 10:14.11 Sarah Baxter, 9, Simi Valley, SS
- 10:18.92 Alli Billmeyer, 12, Torrey Pines, SD
- 10:19.47 Cami Chapus, 11, Harvard-Westlake, SS
- 10:22.71 Molly Grabill, 12, Rancho Bernardo, SD
- 10:29.76 Carrie Verdon, 11, Campolindo, NC

### 100 Hurdles

- 13.34 Melia Cox, 12 Poly (Long Beach), SS
- 13.50 Trinity Wilson, 11, St. Mary's, NC
- 13.83 Jordie Munford, 10, Rancho Cucamonga, SS
- 13.90 Daje Pugh, 11, Fairfield, SJ
- 13.94 Brea Buchanan, 12, Ayala, SS

### 300 Hurdles

- 40.94 Melia Cox, 12, Poly (Long Beach), SS
- 41.90 Alyssa Monteverde, 12, Clovis West, CE
- 41.91 Jordie Munford, 10, Rancho Cucamonga, SS
- 42.17 Ifeoma Onumonu, 11, Los Osos, SS
- 42.25 Dawnielle Baucham, 12, Serra, SS

### High Jump

- 5-8.00 Zibby Boyer, 12, Poly (Long Beach), SS
- 5-8.00 Jessica Gannon, 12, Folsom, SJ
- 5-8.00 Leah Carter, 10, Rocklin, SJ
- 5-8.00 Alexis Dalton, 12, Poly (Long Beach), SS
- 5-7.50 Tess Rountree, 12, Paso Robles, SS

### Long Jump

- 19-11.50 Abrianna Torres, 12, San Luis Obispo, SS
- 19-10.75 Ashlie Curenton, 11, Silverado, SS
- 19-7.50 Kylie Price, 12, Bishop Amat, SS
- 19-7.25 Ciarra Brewer, 12, James Logan, NC
- 19-6.00 Alexis Armstrong, 10, Roosevelt, SS

### Triple Jump

- 40-9.50 Ciarra Brewer, 12, James Logan, NC
- 40-8.50 Shanique Walker, 12, Mt. Pleasant, CC
- 40-6.00 Cydney Leath, 11, Mt. Pleasant, CC
- 40-4.75 Melia Cox, 12, Poly (Long Beach), SS
- 40.4.25 Rachel Toliver, 10, St. Mary's Academy, SS

### Pole Vault

- 13-4.00 Katie Zingheim, 12, Granite Bay, SJ
- 13-0.00 McKenzie Johnson, 11, Claremont, SD
- 12-9.75 Victoria Rische, 11, Fontana, SS
- 12-9.00 Cimran Virdi, 11, Las Lomas, NC
- 12-9.00 Anginae Monteverde, 12, Clovis West, CE

### Discus Throw

- 162-8.00 Alex Collatz, 12, Stockdale, CE
- 159-0.00 Alex Morgan, 12, Ventura, SS
- 157-9.00 Alexa Evans, 12, West Hills, SD
- 156-10.00 Lissette Mendivil, 11, Redwood, CE
- 153-11.00 Nenny Okwelogu, 12, Clovis West, CE

### Shot Put

- 47-1.00 Rebecca Hammar, 12, Buhach Colony, SJ
- 46-6.75 Tanya Sapa, 10, La Sierra, SS
- 45-4.50 Brenna Jemison, 11, Carlsbad, SD
- 44-11.75 Lacie Rasley, 12, Shafter, CE
- 43-9.25 Brianna French, 12, Vacaville, CE

### 400 Relay

- 45.04 Poly (Long Beach), SS
- 46.41 Roosevelt, SS
- 46.42 Serra (Gardena) SS
- 46.46 Rancho Verde, SS
- 46.74 Los Osos, SS

### 1600 Relay

- 3:41.75 Poly (Long Beach), SS
- 3:42.58 Serra (Gardena), SS
- 3:44.05 Harvard-Westlake, SS
- 3:45.93 Oaks Christian, SS
- 3:47.21 San Marcos, SS

# CIF State Track and Field Championship Records

## BOYS

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

## GIRLS

<b>100 METERS</b>		
11.14	Marion Jones (Thousand Oaks)	1992
<b>200 METERS</b>		
22.52	Allyson Felix (Los Angeles Baptist, North Hills)	2003
<b>400 METERS</b>		
50.74	Monique Henderson (Morse, San Diego)	2000
<b>800 METERS</b>		
2:04.91	Trena Hull (Compton)	1984
<b>1600 METERS</b>		
4:33.82	Christine Babcock (Woodbridge, Irvine)	2008
<b>3200 METERS</b>		
9:52.13	Jordan Hasay (Mission Prep, San Luis Obispo)	2008
<b>100-METER HIGH HURDLES</b>		
13.03	Vashti Thomas (Mt. Pleasant, San Jose)	2007
<b>300-METER LOW HURDLES</b>		
40.10	Ebony Collins (Wilson, Long Beach)	2005
<b>400-METER RELAY</b>		
44.70	St. Bernard, Playa del Rey	1997
<b>1600-METER RELAY</b>		
3:35.49	Poly, Long Beach	2004
<b>DISCUS THROW</b>		
186-09	Anna Jelimi (Shafter)	2009
<b>HIGH JUMP</b>		
6-02	Latrese Johnson (Clovis)	1985
<b>LONG JUMP</b>		
22-00.50	Marion Jones (Thousand Oaks)	1993
<b>POLE VAULT</b>		
14-01	Tori Anthony (Castilleja, Palo Alto)	2007
<b>SHOT PUT</b>		
52-11.50	Kristin Heaston (Ygnacio Valley, Concord)	1993
<b>TRIPLE JUMP</b>		
44-00.50	Juliana Yendork (Walnut)	1991

# U.S. National High School Records

## BOYS

<b>100 METERS</b>		
10.15	Henry Neal (Greenville, Texas)	1990
<b>200 METERS</b>		
20.13	Roy Martin, Roosevelt (Dallas, Texas)	1985
<b>400 METERS</b>		
45.25	Calvin Harrison, North Salinas (Salinas, Calif.)	1993
<b>800 METERS</b>		
1:46.45	Michael Granville (Bell Gardens, California)	1996
<b>1600 METERS</b>		
3:59.51	Alan Webb, South Lakes (Reston, Virginia)	2001
<b>3200 METERS</b>		
8:34.23	German Fernandez (Riverbank, Calif.)	2008
<b>110-METER HIGH HURDLES</b>		
13.30	Chris Nelloms, Dunbar (Dayton, Ohio)	1990
<b>300-METER INTERMEDIATE HURDLES</b>		
35.02	Reggie Wyatt, La Sierra (Riverside, California)	2009
<b>400-METER RELAY</b>		
39.76	Wyatt (Fort Worth, Texas)	1998
<b>1600-METER RELAY</b>		
3:07.40	Hawthorne (Hawthorne, California)	1985
<b>DISCUS THROW</b>		
236-06	Mason Finely, Buena Vista (Buena Vista, Colorado)	2001
<b>HIGH JUMP</b>		
7-05.75	James White, Grandville (Grandville, Maryland)	2009
<b>LONG JUMP</b>		
26-04.75	James Stallworth (Tulare, California)	1989
<b>POLE VAULT</b>		
18-02.25	Eric Eshbach (Orangefield, Texas)	1999
<b>SHOT PUT</b>		
77-00	Michael Carter, Jefferson (Dallas, Texas)	1979
<b>TRIPLE JUMP</b>		
52-10.50	Charles Mayfield, John Muir (Pasadena, California)	1980

## GIRLS

<b>100 METERS</b>		
11.14	Marion Jones (Thousand Oaks, California)	1992
<b>200 METERS</b>		
22.52	Allyson Felix, LA Baptist (North Hills, California)	2003
<b>400 METERS</b>		
50.74	Monique Henderson, Morse (San Diego, California)	2000
<b>800 METERS</b>		
2:02.90	Chanelle Price, Easton Area (Pennsylvania)	2008
<b>1600 METERS</b>		
4:33.82	Christine Babcock, Woodbridge (Irvine, Calif.)	2008
<b>3200 METERS</b>		
9:48.59	Kim Mortensen (Thousand Oaks, California)	1996
<b>100-METER HIGH HURDLES</b>		
13.03	Vashti Thomas, Mt. Pleasant (San Jose, California)	2007
<b>300-METER LOW HURDLES</b>		
39.98	Lashinda Demus, Wilson (Long Beach, California)	2001
<b>400-METER RELAY</b>		
44.50	Poly (Long Beach, California)	2004
<b>1600-METER RELAY</b>		
3:35.49	Poly (Long Beach, California)	2004
<b>DISCUS THROW</b>		
190-03	Anna Jelimi, Shafter (Shafter, California)	2009
<b>HIGH JUMP</b>		
6-04	Toni Young, Del City (Del City, Oklahoma)	2009
<b>LONG JUMP</b>		
22-01.75	Kathy McMillan, Hoke County (Raeford, North Carolina)	1976
<b>POLE VAULT</b>		
14-01	Tori Anthony, Castilleja (Palo Alto, California)	2007
<b>SHOT PUT</b>		
54-10.75	Michelle Carter (Red Oak, Texas)	2003
<b>TRIPLE JUMP</b>		
44-02.25	Ychindria Spears (Luling, Texas)	2001
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# 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

<b>School</b>	<b>Points</b>	<b>Coach</b>	<b>Location</b>	<b>Dates</b>
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	Cyde Turner	Cerritos College, Norwalk	June 2-3, 1995
Muir, Pasadena	57	Clyde Turner	Cerritos College, Norwalk	May 31-June 1, 1996
Poly, Long Beach	39	Don Norford	Hughes Stadium, Sacramento	June 6-7, 1997
Poly, Long Beach	42	Don Norford	Cerritos College, Norwalk	June 5-6, 1998
Vallejo	35	Mike Wilson	Hughes Stadium, Sacramento	June 4-5, 1999
Serra, Gardena	38	Richard Gatlin	Cerritos College, Norwalk	June 2-3, 2000
Arroyo Grande	28	James Brown	Hughes Stadium, Sacramento	June 1-2, 2001
Bakersfield	32	Bobby Gridiron	Cerritos College, Norwalk	May 31-June 1, 2002
Helix, La Mesa	23.5	Ray Mounts	Cerritos College, Norwalk	June 6-7, 2003
James Logan, Union City	46	Lee Webb	Hughes Stadium, Sacramento	June 4-5, 2004
Dorsey, Los Angeles	38.5	Ralph Tilley	Hughes Stadium, Sacramento	June 3-4, 2005
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
Jesuit, Sacramento	36	Tom McGuire	VM Stadium, Clovis	June 5-4, 2010

\* 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 1980-2009; 10-8-6-5-4-3-2-1 since 2010.

# CIF State Track and Field Team Champions

## GIRLS TEAM CHAMPIONS

<b>School</b>	<b>Points</b>	<b>Coach</b>	<b>Location</b>	<b>Dates</b>
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
Poly, Long Beach	51.33	Don Norford	VM Stadium, Clovis	June 4-5, 2010

\*\*\* 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 1980-2009; 10-8-6-5-4-3-2-1 since 2010

# 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 Cunningham (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 Beatty (Hoover, Glendale)	9.5
1962	Forrest Beatty (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
2010	Remontay McClain (Covina)	10.45

### 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 Worrell (Muir, Pasadena)	21.8
1935	Burt Pierce (Excelsior)	21.2
1936	Burt Brady (Gridley)	21.6
1937	Bryant Allen (Jefferson, Los Angeles)	21.2
1938	Eddie Morris (Huntington Beach)	21.6
1939	Eddie Morris (Huntington Beach)	21.4
1940	Eddie Morris (Huntington Beach)	21.3
1941	Glen Willis (San Diego)	21.7
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Ray Gregg (El Monte)	21.9
1947	John Bradley (Hoover, Glendale)	21.5
1948	John Bradley (Hoover, Glendale)	21.5
1949	Ernie Schopper (Lincoln, Los Angeles)	21.6
1950	Guy Blackburn (Jefferson, Los Angeles)	21.3
1951	Leamon King (Delano)	21.4
1952	Herb Turner (Alameda)	21.6
1953	Leamon King (Delano)	21.4
1954	James Jackson (Alameda)	21.2
1955	Bob Poynter (Pasadena)	21.6
1956	Bob Poynter (Pasadena)	21.0
1957	Preston Griffin (Centennial, Compton)	21.3
1958	Mel Clipper (Muir, Pasadena)	20.7
1959	Hubie Watson (Jordan, Los Angeles)	21.6
1960	Bill Cowings (Fowler)	21.0
1961	Forrest Beatty (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	Genry 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	Bryshon Nellum (Poly, Long Beach)	20.96
2007	Bryshon Nellum (Poly, Long Beach)	20.43
2008	Randall Carroll (Cathedral, Los Angeles)	20.91
2009	Randall Carroll (Cathedral, Los Angeles)	21.08
2010	Remontay McClain (Covina)	20.85

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

### 400-Meter Dash (Boys)

1915	George Conn (Pasadena)	50.0
1916	Mark Kellog (Fresno)	51.4
1917	Dick Seltzer (Redlands)	53.0
1918	George Schiller (Poly, Los Angeles)	49.6
1919	Jeff Wilcox (Harvard)	54.2
1920	Thurmond Clarke (Los Angeles)	50.2
1921	Ed Shaw (Monrovia)	52.2
1922	Ed Shaw (Monrovia)	54.4
1923	Vernon Hanford (Manual Arts, Los Angeles)	52.6
1924	Wilburn Talbot (Analay, 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	Muel 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 Kilchen (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	Ullis Williams (Compton)	47.2
1961	Ullis Williams (Compton)	47.8

w -- wind aided result

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





# CIF State Track and Field Individual Champions

1970	Ron Johnson (West Torrance, Torrance).....	8:55.6
1971	Dale Fleet (Clairemont, San Diego).....	8:53.8
1972	Curtis Beck (Santa Monica).....	8:52.3
1973	Terry Williams (Lompoc).....	8:54.8
1974	Rick Kimball (De La Salle, Concord).....	8:46.5
1975	Eric Hulst (Laguna Beach).....	8:44.9
1976	Eric Hulst (Laguna Beach).....	8:57.4
1977	Frank Assuma (Eisenhower, Rialto).....	8:52.9
1978	Jeff Nelson (Burbank).....	8:59.28
1979	Jeff Nelson (Burbank).....	8:47.35
1980	Andy DiConti (La Canada).....	8:55.79
1981	Jon Butler (Edison, Huntington Beach).....	8:46.78
1982	Harold Kuphaldt (Bella Vista, Fair Oaks).....	8:51.99
1983	Eric Reynolds (Camarillo).....	8:54.75
1984	Roman Gomez (Belmont, Los Angeles).....	8:58.91
1985	Roman Gomez (Belmont, Los Angeles).....	9:03.05
1986	Eric 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

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	Jin 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
	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	Charie 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
2010	Jonathan Cabral (Agoura).....	13.54

## 300-Meter Intermediate Hurdles (Boys)

1975	Dedy Cooper (Ells, Richmond).....	36.5
1976	Charles White (San Fernando).....	36.7
1977	Andre Phillips (Silver Creek, San Jose).....	36.43
1978	Gary Lee (Poly, Long Beach).....	36.58
1979	Gary Lee (Poly, Long Beach).....	36.22
1980	Don Ward (St. Mary's, Berkeley).....	36.57
1981	Walter Murray (Berkeley).....	36.26
1982	Steve Kerho (Mission Viejo).....	35.85
1983	Danny Harris (Perris).....	35.52
1984	George Porter (Cabrillo, Lompoc).....	36.10
1985	George Porter (Cabrillo, Lompoc).....	35.50
1986	Rodney Bradshaw (Saugus, Santa Clarita).....	37.30
1987	Yki Vallery (Hawthorne).....	37.14
1988	John Montgomery (Independence, San Jose).....	36.43
1989	John Prudenti (Siena, Napa).....	37.28
1990	Rocky Morris (Andrew Hill, San Jose).....	37.46
1991	Keith Williams (Escondido).....	37.28
1992	Demond Smith (Hawthorne).....	37.34
1993	Kenny Haslip (Muir, Pasadena).....	37.80
1994	Kenny Haslip (Muir, Pasadena).....	37.14
1995	Mickey Grimes (Canyon Springs, Moreno Valley).....	36.83
1996	Makio Haywood (Muir, Pasadena).....	36.18
1997	Kenyon Rambo (Poly, Long Beach).....	36.57
1998	Al Williams (Irvine).....	37.17
1999	Rico Hatter (Vallejo).....	36.53
2000	Trevor Jones (Newport Harbor).....	36.60
2001	Jeffrey Hunter (Granite Hills, El Cajon).....	36.25
2002	Thomas Mack (Bakersfield).....	37.45
2003	Brandon Bomes (Rancho Buena Vista, Vista).....	38.00
2004	Kevin Craddock (James Logan, Union City).....	35.93
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 Baucham (West Torrance).....	37.26
2009	Reggie Wyatt (La Sierra).....	36.71
2010	R.J. Frasier (Jesuit, Sacramento).....	36.90

## 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	EJ Camino (Oceanside).....	41.16
1995	Skyline (Oakland).....	40.78
1996	Serra (Gardena).....	40.63
1997	Muir (Pasadena).....	40.36
1998	Poly (Long Beach).....	40.45
1999	Vallejo.....	40.94



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.

2003	Tim Nelson (Liberty Christian, Redding).....	8:53.59
2004	Yusef Ghebray (James Logan, Union City).....	9:04.20
2005	Michael Cybulski (Royal, Simi Valley).....	9:02.57
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
2010	Sam Pons (South Pasadena).....	8:55.40

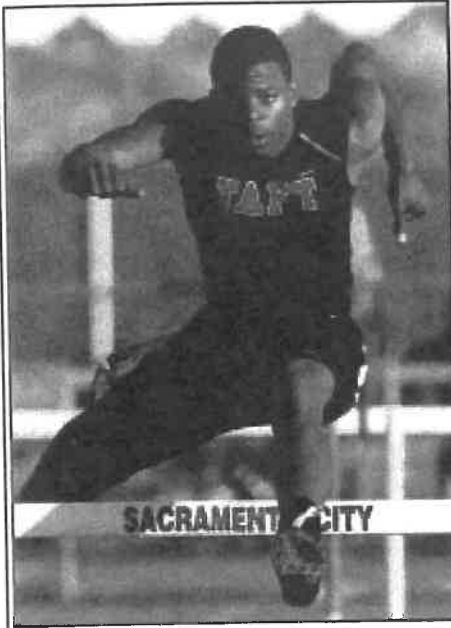
## 110-Meter High Hurdles (Boys)

1915	Earl Thomson (Poly, Long Beach).....	15.2
1916	Harry Lamport (Manual Arts, Los Angeles).....	16.4
1917	Earl Johnston (Fullerton).....	16.2
1918	Larry Rice (Fresno).....	16.0
1919	Charley Daggis (Claremont).....	16.6

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)

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
2010	Serra (Gardena)	3:08.72

## 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	Alo Munch (Poly, Long Beach)	130-11.50
1949	John Henry Johnson (Pittsburg)	145-02
1950	Louie Irigara (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 Dames (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	Jarred 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
2010	Willy Irwin (Clovis East)	207-08

## High Jump (Boys)

1915	Millard Webster (Santa Paula)	5-09.50
1916	Titus Moore (Pasadena)	5-08.50
1917	Lloyd Hill (Coalinga)	5-09.25
1918	Harold Muller (San Diego)	5-01.75
1919	Harold Muller (Oakland Technical)	5-06
1920	Oliver Corey (Chaffey)	6-00
1921	Al Fisher (Lincoln, Los Angeles)	6-00.37
1922	Ed Shaw (Monrovia)	5-10.75
1923	Henry Coggeshall (Poly, Los Angeles)	5-11
1924	Henry Coggeshall (Poly, Los Angeles)	6-01.25
1925	Al Bowen (Santa Monica)	6-01.50
1926	Olympus Carter (Jordan, Los Angeles)	5-11
	Bob Van 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 Schlang (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)	6-08.25
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

w -- wind aided result

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

# CIF State Track and Field Individual Champions

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 Beltor (Antelope Valley)	7-00
1989	Mark Wilson (Charter Oak, Covina)	7-00
1990	Kevin Carlson (Katella, Anaheim)	7-00
1991	Avery Anderson (J.W. North, Riverside)	7-02
1992	Griffin Childers (Woodland)	6-11
1993	Jeff Nadeau (Monroe, North Hills)	7-02
1994	Jeremy Fischer (Camarillo)	7-00
1995	Michael Wilkins (Red Bluff)	7-00
1996	Elliott Parks (El Toro, Lake Forest)	6-10
1997	Jason Howard (Ridgeview, Bakersfield)	7-01
1998	Darren Marble (Los Altos)	6-08
1999	Gabe Zarele (Parlier)	6-11
2000	Ebon Glenn (St. Mary's, Berkeley)	7-00
2001	Teak Wilburn (Chico)	6-10
2002	Cole Herron (Sanger)	6-11
2003	Cole Herron (Sanger)	6-10
2004	Ed Wright (St. Mary's, Berkeley)	6-10.25
2005	Fletcher Carlyle (Vintage, Napa)	6-09
2006	Casey Ryan (Argonaut, Jackson)	6-09
2007	Daniel Kirkpatrick (Trabuco Hills, Mission Viejo)	6-11
2008	Harrison Steed (J Serra, San Juan Capistrano)	7-01
2009	Nick Ross (Vista Murrieta, Murrieta)	7-01
2010	Tyler Jordan (Romona)	6-11

## Long Jump (Boys)

1915	Ernest Plavan (Santa Ana)	21-02.00
1916	Harry Lamport (Manual Arts, Los Angeles)	21-05.25
1917	Gene Davis (Poly, Los Angeles)	21-10.50
1918	Roy Hasselbach (Fresno)	21-10.50
1919	Harold Miller (Oakland Technical)	20-11.25
1920	Verden Nash (Chino)	21-00.50
1921	Verden Nash (Chino)	21-10.50
1922	Verden Nash (Huntington Beach)	21-05.25
1923	Mort Kaer (Red Bluff)	23-02.75
1924	Virgil Elliot (Huntington Beach)	22-03.50
1925	Fred Osborne (Fullerton)	21-08.50
1926	Walter Rehwald (Lincoln, Los Angeles)	21-08.50
1927	Frank Wycoff (Glendale)	22-05.00
1928	Dick Barber (Poly, Long Beach)	23-05.75
1929	Wells Ruby (Hollywood)	22-07.25
1930	George Shehtanian (Tulare)	22-02.62
1931	Floyd Wilson (Riverside)	23-02.62
1932	Tom White (Poly, Long Beach)	22-10.50
1933	Don Skinner (Manual Arts)	22-08.00
1934	Don Skinner (Manual Arts)	23-08.50
1935	Jimmy Montgomery (El Monte)	23-00.25
1936	Eddie Arnold (Muir)	23-01.75
1937	Bill Bugbee (Montebello)	23-01.00
1938	Bill Bugbee (Montebello)	23-07.12
1939	Jim Jurkovich (Fresno)	24-00.50
1940	Glenn Shoop (Long Beach, Jordan)	22-02.50
1941	Ray Meagher (Bakersfield)	23-05.75
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Carl Monser (Alameda)	22-02.25
1947	Hugh McElhenny (Washington, Los Angeles)	22-10.50
1948	George Brown (Jordan, Los Angeles)	23-02.25
1949	George Brown (Jordan, Los Angeles)	24-06.25
1950	William Johnson (Jefferson, Los Angeles)	24-02.75
1951	Bill Holland (Jefferson, Los Angeles)	22-05.75
1952	Rollin Garrison (Compton)	23-05.25
1953	Monte Upshaw (Piedmont)	23-05.00
1954	Monte Upshaw (Piedmont)	25-04.25
1955	Bobby Baines (Jordan, Los Angeles)	23-03.50
1956	Oscar Bean (Jefferson, Los Angeles)	24-09.00
1957	Luther Hayes (Lincoln, San Diego)	23-08.50
1958	Steve Rogers (Brawley)	24-06.00
1959	Efthen Jones (Delano)	23-05.75
1960	Walt Roberts (Compton)	24-07.25
1961	Robert McKeever (Fremont, Los Angeles)	24-03.00
1962	James Kennedy (Lincoln, San Diego)	24-05.75
1963	Jerry Williams (Berkeley)	24-03.50
1964	Bobby Bonds (Poly, Riverside)	25-03.00
1965	Manuel Murrell (Poly, Long Beach)	24-09.75
1966	Doyle Steel (San Diego)	25-03.25
1967	Jerry Proctor (Muir, Pasadena)	25-04.50
1968	Heulton Hewitt (Merced)	24-07.00
1969	James McAllister (Blair, Pasadena)	24-02.25

1970	Lynn Swann (Serra, San Mateo)	24-02.75
1971	Randy Williams (Edison, Fresno)	26-03.25w
1972	Carl McCullough (Sacramento)	24-07.00
1973	Jerry Herndon (Cajon, San Bernardino)	25-04.50w
1974	James Lofton (Washington, Los Angeles)	24-03.50
1975	Paul Wilson (Fontana)	24-08.50
1976	Larry Doubley (Manual Arts, Los Angeles)	25-03.75w
1977	Kurt Durham (Oakland)	25-00.75
1978	Dokie Williams (El Camino, Oceanside)	25-01.25
1979	George Gaffney (Lemoore)	24-01.75
1980	Charles Mayfield (Muir, Pasadena)	23-04.75
1981	Ed Tave (Muir, Pasadena)	25-00.50
1982	Eric Thomas (Norte Del Rio, Sacramento)	24-04.75
1983	Johnny Cleveland (Soquel)	24-06.50
1984	Joe Richardson (Pasadena)	24-11.00
1985	Larry Nelson (Simi Valley)	24-03.25
1986	Curtis Rodgers (Hiram Johnson, Sacramento)	23-10.00
1987	Percy Knox (Antelope Valley, Lancaster)	24-06.50
1988	Dialory Gildersleeve (Grant, Sacramento)	24-05.50w
1989	James Stallworth (Tulare)	26-04.75
1990	Jerome Price (University City, San Diego)	25-03.25
1991	Steve Stanley (Gardena)	25-01.25w
1992	Eugene Dreher (Antelope Valley, Lancaster)	24-01.50w
1993	LeAndrew Childs (Inglewood)	24-00.00w
1994	Tyree Washington (La Sierra, Riverside)	23-09.25w
1995	Clarence Scott (Fremont, Los Angeles)	24-07.75
1996	Gerald Williams (Lynwood)	24-10.50
1997	Marvin Brown (Will C. Wood, Vacaville)	24-05.25
1998	BB Malone (Redwood, Visalia)	24-01.00w
1999	Robert Kennedy (El Camino, Sacramento)	25-02.00
2000	Oliver Jackson (Royal, Simi Valley)	24-04.25
2001	Trevell Quinley (Merrill West, Tracy)	24-05.75w
2002	Ronald Hill (Wainut)	23-09.50
2003	Derrrell Hutsona (Helix, La Mesa)	25-05.75
2004	Demitri Mosby (Gahr, Cerritos)	24-03.75
2005	Andre Crenshaw (Antelope Valley, Lancaster)	22-08.00
2006	Terry Prentice (Diamond Ranch, Pomona)	23-10.50
2007	Terry Prentice (Diamond Ranch, Pomona)	23-08.50w
2008	Cameron Gillette (La Mirada)	24-01.75w
2009	Chase Wheeler (De La Salle, Concord)	25-02.25
2010	Niko DiMartino (Oaks Christian, Westlake Village)	23-10.50

## Pole Vault (Boys)

1915	Lincoln Hall (Santa Paula)	11-06
1916	Lincoln Hall (Santa Paula)	11-09
1917	Vance Wilbur (Sacramento)	11-00
1918	Eric Richardson (Ukiah)	11-06
1919	Dick Emmons (Manual Arts)	10-06
1920	Leroy Goodenough (Fillmore)	11-10
1921	Harold Shoebridge (Anaheim)	12-00
1922	Harry Smith (San Diego)	11-11.50
1923	Leo Barnes (Hollywood)	12-03.37
	Harry Smith (San Diego)	12-03.62
1924	Leo Barnes (Hollywood)	12-11.50
1925	Jack Williams (Inglewood)	12-09.62
1926	Marshall Beeman (Armiijo Fairfield)	12-04
	Conrad Boyle (Manual Arts)	12-04
	Bill Hubbard (San Diego)	12-04
	Jerry Stewart (Los Angeles)	12-04
1927	Bill Miller (San Diego)	12-00
1928	Bill Miller (San Diego)	12-09.50
1929	Bill Miller (San Diego)	12-06
1930	Dave Crow (Poly, Long Beach)	12-06
1931	Joe Ramsey (Inglewood)	12-08.25
	Matt Stankovich (Poly, Los Angeles)	12-08.25
1932	Bill Sefton (Poly, Los Angeles)	13-00
1933	Ed Harrison (Santa Monica)	12-07
1934	Dick Clark (Hoover, Glendale)	12-10
	Rich Rodriguez (Poly, Los Angeles)	12-10
1935	Dick Clark (Hoover, Glendale)	12-10.50
1936	Dave Bodkins (Inglewood)	12-11
1937	Baylor Maynard (Belmont, Los Angeles)	13-01.25
1938	Floyd Doty (Lodi)	12-10.75
	Lawrence McLanahan (Sacramento)	12-10.75
1939	Frank Ferguson (Inglewood)	13-03.75
	Clarence Humberger (Glendale)	13-03.75
1940	Frank Ferguson (Inglewood)	13-00
	Irving Moore (Piedmont)	13-00
1941	Chet Hartmann (San Benito)	12-06
	Irving Moore (Piedmont)	12-06
	Ernie Sontag (Taft, Fresno)	12-06
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	

1945	(No meet held)	
1946	Bill Mays (Oxnard)	12-06.50
	Phil Quilter (Pasadena)	12-06.50
1947	George Mattos (Pacific Grove)	12-06
1948	Don Barnes (Fullerton)	12-06
1949	Jack Widman (Lomita Narbonne)	13-04.50
1950	Dick McDonald (Wilson, Long Beach)	13-00.50
	Harold Red (Lemoore)	13-00.50
1951	Clarke Merrill (Belmont, Los Angeles)	13-00
1952	Ron Morris (Burroughs, Burbank)	13-03.75
1953	Ron Morris (Burroughs, Burbank)	13-09.12
1954	Bob McKay (Inglewood)	13-00
	Joe Rose (Hoover, Glendale)	13-00
	Stan Gaunt (Mt. Diablo)	13-00
1955	Nathaniel Finney (Jordan, Los Angeles)	13-04
1956	Bill Logan (El Cajon)	13-06
	Tim Helms (Shingle Springs, El Dorado)	13-06
1957	Voyce Hendrix (Riverside)	13-06
1958	John Rose (Hoover, Glendale)	14-01
1959	Bob Looney (Santa Barbara)	13-08.75
1960	Mike Flanagan (Ganesh, Pomona)	13-03
	Gary Down (Anaheim)	13-03
1961	Mike Graves (El Cajon)	14-02.50
1962	Eric Berge (Costa Mesa)	14-03
	Bob Richardson (Ganesh, Pomona)	14-03
1963	Bill Fosdick (Andrew Hill, San Jose)	14-08.75
1964	Paul Wilson (Warren, Downey)	15-04.25
1965	Paul Wilson (Warren, Downey)	15-06.50
1966	Wayne Meyers (Foothill, Sacramento)	15-00.75
1967	Tom Reynolds (Morningside, Inglewood)	14-10
1968	Steve Smith (South Torrance, Torrance)	15-03.50
1969	Steve Smith (South Torrance, Torrance)	16-00
1970	Tom Lindsay (La Sierra, Carmichael)	14-10.50
1971	Tim Quinn (Monroe, Sepulveda)	15-02
1972	Hubert Black (Fremont, Los Angeles)	15-02
1973	Tim Curran (Crespi, Encino)	16-02.75
1974	Jim Knaub (Lakewood)	15-06
1975	Keith Schimmel (Villa Park)	15-06
1976	Tim Hintnaus (Aviation, Redondo Beach)	15-02
1977	Anthony Curran (Crespi, Encino)	16-00
1978	Anthony Curran (Crespi, Encino)	17-00.25
1979	Clark Elliot (Bellflower)	15-06
1980	Greg Stull (Troy, Fullerton)	15-10
1981	Doug Wicks (South Bakersfield, Bakersfield)	15-02
1982	Scott Christensen (Acalanes, Lafayette)	15-06
1983	Mike Kibort (Saratoaga)	15-06
1984	Ivar Moen (Los Gatos)	16-02
1985	Brent Burns (Acalanes, Lafayette)	16-02
1986	Steve Toney (Menlo-Atherton, Atherton)	16-02
1987	Steve Slocum (Foothill, Santa Ana)	15-06
1988	Tom Richards (San Marcos)	15-00
1989	Jim Lawrence (Del Mar, San Jose)	15-06
1990	Ed Lasquette (Mt. Pleasant, San Jose)	15-10
1991	David Cox (Foothill, Fresno)	16-06
1992	Clarence Phelps (Christian Brothers, Sacramento)	16-00
1993	Scott Slover (Leland, San Jose)	16-02
1994	Scott Slover (Leland, San Jose)	16-10
1995	Mike Brown (Torrey Pines, Encinitas)	16-04
1996	Steve Michels (Brethren Christian, Cypress)	16-02
1997	David Gritz (Bear Creek, Stockton)	16-07
1998	Mark Unzueta (Lemoore)	16-02
1999	Brandon Braunstein (Newark Memorial, Newark)	16-02
2000	Shane Hackett (Verdugo Hills, Tujunga)	16-04
2001	Mike Landers (Golden Valley, Merced)	16-03
2002	David Moore (Miramonte, Orinda)	16-06
2003	Ryan Shuler (Granite Bay)	16-00
2004	Scott Roth (Granite Bay)	16-04
2005	Scott Roth (Granite Bay)	17-01
2006	Scott Roth (Granite Bay)	16-11
2007	Nico Weiler (Los Gatos)	17-02
2008	Nico Weiler (Los Gatos)	17-03
2009	Michael Woepspe (Mater Dei, Santa Ana)	16-05
2010	Scott Cook (Mater Dei, Santa Ana)	16-03

## Shot Put (Boys)

1915	Wayne Weeks (Santa Rosa)	46-02.37
1916	Wayne Weeks (Santa Rosa)	47-04.25
1917	Jim Blewett (Manual Arts, Los Angeles)	47-09.25
1918	Jennings Robertson (Sutter)	44-06.00
1919	Ernst Hartmann (Poly, Los Angeles)	42-03.00
1920	Clarence Houser (Oxnard)	49-09.00
1921	Clarence Houser (Oxnard)	52-00.00
1922	Clarence Houser (Oxnard)	55-04.75
1923	Cecil White (Modesto)	48-00.50

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

w -- wind aided result

# CIF State Track and Field Individual Champions

1924	Cecil White (Modesto).....	49-07.37
1925	Herb Fleishhacker (Menlo Park).....	49-02.00
1926	Maurey Lauterman (Poly, Los Angeles).....	49-00.25
1927	Harold Falter (Glendale).....	49-09.62
1928	Garrett Arbelbide (Huntington Park).....	48-10.50
1929	Nelson Gray (Chaffey).....	53-05.50
1930	Don Carter (Franklin, Los Angeles).....	52-08.25
1931	Don Carter (Franklin, Los Angeles).....	52-10.00
1932	Bob Pyle (Pasadena).....	53-06.00
1933	Jim Donaldson (Hollywood).....	53-03.00
1934	Ray Young (Riis, Los Angeles).....	55-10.00
1935	John Raitt (Fullerton).....	55-05.25
1936	Joe Hill (CSD, Berkeley).....	54-05.25
1937	Willie Thompson (Modesto).....	55-08.75
1938	Mario Russo (Pittsburg).....	55-05.75
1939	Frank Minini (Paso Robles).....	54-01.00
1940	Ben Steele (Santa Rosa).....	54-04.12
1941	George Souza (Vallejo).....	52-04.25
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	John Heiwig (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 Branson (Grossmont, San Diego).....	59-07.12
1955	Duncan Ward (Santa Monica).....	59-04.50
1956	Homer Robertson (Pacific, San Bernardino).....	63-09.50
1957	Clark Branson (Pasadena).....	64-00.75
1958	Jack Slocombe (Millikan, Long Beach).....	61-04.50
1959	Mike Parker (Turlock).....	57-08.00
1960	Matthew Baggett (Berkeley).....	60-07.00
1961	Bill Pace (El Rancho, Pico Rivera).....	64-03.50
1962	Jim O'Brien (DeAnza, Richmond).....	62-02.25
1963	Bruce Wilhelm (Fremont, Sunnyvale).....	63-04.75
1964	Bob Brannan (Los Gatos).....	62-07.25
1965	Steve Marcus (Palisades, Pacific Palisades).....	63-11.25
1966	John Hubbell (Poly, Long Beach).....	66-11.00
1967	John Buehler (Whittier).....	66-03.25
1968	Pete Schmock (San Dieguito, Encinitas).....	63-11.00
1969	Sam Cunningham (Santa Barbara).....	61-02.00
1970	Randy Withrow (Pasadena).....	63-08.75
1971	Mark Stevens (Newport Harbor).....	67-02.25
1972	Randy Cross (Crespi, Encino).....	65-07.25
1973	Jim Niedhart (Newport Harbor).....	67-03.25
1974	David Kurrasch (Santa Ana).....	63-10.50
1975	David Kurrasch (Santa Ana).....	65-09.50
1976	Steve Montgomery (Lassen, Susanville).....	68-00.00
1977	Craig Polley (Sunny Hills, Fullerton).....	62-04.25
1978	Dave Porath (Atwater).....	65-10.75
1979	Don Mosebar (Mt. Whitney, Visalia).....	62-06.75
1980	Scott Garnett (Muir, Pasadena).....	64-04.25
1981	John Frazier (Antelope Valley, Lancaster).....	63-08.75
1982	Pat Kyle (Buena Park).....	60-04.00
1983	Curt Sisco (Vacaville).....	63-09.50
1984	Brian Blutreich (Capistrano Vly, Mission Viejo).....	64-07.25
1985	Brian Blutreich (Capistrano Vly, Mission Viejo).....	68-04.00
1986	Brian Boggess (El Capitan, Lakeside).....	61-04.00
1987	Dave Bultman (Royal, Simi Valley).....	67-00.00
1988	Kaleaph Carter (Edison, Huntington Beach).....	64-00.25
1989	Brent Noon (Fallbrook).....	66-01.50
1990	Brent Noon (Fallbrook).....	74-04.75
1991	Mark Parlin (Esperanza, Anaheim).....	61-05.50
1992	Pete Swanson (San Benito, Hollister).....	61-03.25
1993	Tyson Lingenfelter (Upland).....	60-09.50
1994	Chris DeMartino (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
2010	Matt Darr (Frontier, Bakersfield).....	63-09.75

## 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	Oford 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
2010	Jovon Cunningham (Enterprise, Redding).....	50-08.25

## GIRLS CHAMPIONS

### 100-Meter Dash (Girls)

1974	Janice Wiser (La Jolla).....	10.8
1975	Sandi Howard (Manual Arts, Los Angeles).....	10.7
1976	Pam Waters (Bell, Los Angeles).....	11.0
1977	Jeanette Bolden (Centennial, Compton).....	10.48w
1978	Kelia Bolton (Andrew Hill, San Jose).....	10.92
1979	Gwen Loud (Westchester, Los Angeles).....	10.62
1980	Sharon Ware (Berkeley).....	11.42
1981	Sharon Ware (Berkeley).....	11.66
1982	Gervaise McCraw (Ganessa, Pomona).....	11.69
1983	Lisa Winston (Jordan, Long Beach).....	11.73
1984	Gail Devers (Sweetwater, National City).....	11.51
1985	Tisha 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
2010	Ashton Purvis (St. Elizabeth, Oakland).....	11.17

### 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
2010	Ashton Purvis (St. Elizabeth, Oakland).....	22.90

### 400-Meter Dash (Girls)

1974	Veronica Venezie (Terra Linda, San Rafael).....	56.4
1975	Jodi Anderson (Washington, Los Angeles).....	55.3
1976	Marquita Belk (Silver Creek, San Jose).....	55.2
1977	Valerie Brisco (Locke, Los Angeles).....	55.14
1978	Arise Emerson (Westminster).....	54.3
1979	Sherri Howard (San Geronico, San Bernardino).....	53.65
1980	Denean Howard (Kennedy, Granada Hills).....	53.04
1981	Gervaise McCraw (Ganessa, Pomona).....	54.15
1982	Denean Howard (Kennedy, Granada Hills).....	52.39
1983	Leslie Maxie (Mills, Millbrae).....	53.19
1984	Chewakii Knighten (Locke, Los Angeles).....	52.67
1985	Chewakii 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	Akwawak Ndipagbor (Poly, Long Beach).....	53.35
2009	Turquoise Thompson (Serra, Gardena).....	53.10
2010	Chimera Ezumah (Serra, Gardena).....	52.97

### 800-Meter Run (Girls)

1974	Kathy Costello (Pleasant Hill).....	2:10.4
1975	Kathy Costello (Pleasant Hill).....	2:09.2

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

w -- wind aided result



# CIF State Track and Field Individual Champions

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 Teler (West Valley, Cottonwood)	2:08.14
1992	Miesha Marzell (Bishop O'Dowd, Oakland)	2:10.29
1993	Miesha Marzell (Bishop O'Dowd, Oakland)	2:09.13
1994	Kristie Johnson (Central, Fresno)	2:09.98
1995	Kristie Johnson (Central, Fresno)	2:08.86
1996	Lindsay Hyatt (Placer, Auburn)	2:11.24
1997	Lindsay Hyatt (Placer, Auburn)	2:09.16
1998	Lindsay Hyatt (Placer, Auburn)	2:07.90
1999	Lindsay Hyatt (Placer, Auburn)	2:06.74
2000	Liz Morse (Corona del Mar)	2:08.16
2001	Shannon Rowbury (Sacred Heart Cathedral, SF)	2:10.31
2002	Jamillah Titus (Vintage, Napá)	2:08.62
2003	Ashley Freeman (Wilson, Long Beach)	2:08.86
2004	Alysia Johnson (Canyon, Canyon Country)	2:08.97
2005	Libby Jenke (Menlo, Atherton)	2:10.39
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
2010	Amy Weissenbach (Har.-W.lake, N. Hollywood)	2:07.52

## 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 Giusac (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
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	Sarmy Silva (Academy OLP, San Diego)	4:47.67
2010	Chloe Curtis (Redondo)	4:46.63

## 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 Hexco (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 Giusac (Fallbrook)	10:28.62
1993	Milena Giusac (Fallbrook)	10:42.68
1994	Julia Stamps (Rincon Valley Chr., Santa Rosa)	10:26.51
1995	Julia Stamps (Santa Rosa)	10:15.27
1996	Kim Mortensen (Thousand Oaks)	9:52.80
1997	Julia Stamps (Santa Rosa)	10:15.17

1998	Sara Bei (Montgomery, Santa Rosa)	10:31.06
1999	Lauren Fleschman (Canyon, Canyon Country)	10:18.81
2000	Anita Siraki (Hoover, Glendale)	10:18.50
2001	Sara Bei (Montgomery, Santa Rosa)	10:11.11
2002	Clara Horowitz (Head Royce, Oakland)	10:31.01
2003	Claire Rethmeier (San Pasqual, Escondido)	10:27.32
2004	Lindsay Flacks (Harvard-Westlake, N. Hollywood)	10:26.25
2005	Tori Tyler (Gunn, Palo Alto)	10:38.90
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
2010	Molly Grabill (Rancho Bernardo, San Diego)	10:20.25

## 100-Meter Low Hurdles (Girls)

1974*	Yvonne Boone (Fremont, Oakland)	11.1
1975*	Yvonne Boone (Fremont, Oakland)	10.1
1976*	Tuti Lee (Merced)	10.7
1977	Kris Costello (Lynbrook, San Jose)	13.97
1978	Kris Costello (Lynbrook, San Jose)	13.83
1979	Janet Yarborough (Clovis)	14.01
1980	Judy Young (Berkeley)	13.52w
1981	Sherrita Sanders (Berkeley)	13.74
1982	Natalie Spinks (Skyline, Oakland)	13.88w
1983	Chewakui Knighten (Locke, Los Angeles)	13.88
1984	Gail Devries (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	Phelima 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
2010	Kori Carter (Claremont)	13.33

## 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	Jamsha Youngblood (Hercules)	41.08
2008	Kori Carter (Claremont)	41.28
2009	Kori Carter (Claremont)	41.26
2010	Kori Carter (Claremont)	40.44

## 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
2010	Rancho Verde (Moreno Valley)	45.74

## 1600-Meter Relay (Girls)

1974	Berkeley	3:46.4
1975	Washington (Los Angeles)	3:44.5
1976	Fremont (Los Angeles)	3:55.9
1977	Locke (Los Angeles)	3:52.1
1978	Fremont (Los Angeles)	3:51.3
1979	San Geronio (San Bernardino)	3:44.05
1980	Kennedy (Granada Hills)	3:37.98
1981	Kennedy (Granada Hills)	3:37.71
1982	Dorsey (Los Angeles)	3:41.72
1983	Dorsey (Los Angeles)	3:46.24
1984	Locke (Los Angeles)	3:38.65
1985	Muir (Pasadena)	3:43.30
1986	Compton	3:42.31
1987	Poly (Long Beach)	3:45.20
1988	Hawthorne	3:47.32
1989	Hawthorne	3:46.59
1990	Morningside (Inglewood)	3:44.16
1991	Poly (Long Beach)	3:48.85
1992	Poly (Long Beach)	3:45.91
1993	Poly (Long Beach)	3:42.75
1994	Skyline (Oakland)	3:41.90
1995	Poly (Long Beach)	3:39.53
1996	Wilson (Long Beach)	3:38.50
1997	St. Bernard (Playa del Rey)	3:39.43
1998	Wilson (Long Beach)	3:36.32
1999	Wilson (Long Beach)	3:39.01
2000	J.W. North (Riverside)	3:41.11
2001	Wilson (Long Beach)	3:35.72
2002	Poly (Long Beach)	3:35.99
2003	Poly (Long Beach)	3:35.78
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
2010	Poly (Long Beach)	3:39.15

## 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 Ill (Nogales, La Puente)	162-02
1986	Tracy Crawford (Southwest, San Diego)	156-02
1987	Dawn Dunble (Bakersfield)	144-10
1988	Melissa Weis (Bakersfield)	159-07
1989	Melissa Weis (Bakersfield)	168-00
1990	Melissa Weis (Bakersfield)	169-11
1991	Celeste McVey (Redlands)	160-11
1992	Suzy Powell (Downey, Modesto)	169-08
1993	Suzy Powell (Downey, Modesto)	168-11
1994	Suzy Powell (Downey, Modesto)	174-02
1995	Nadia Lopez (Arroyo Grande)	152-06
1996	Chaniqua Ross (Laguna Creek, Elk Grove)	158-04
1997	Chaniqua Ross (Laguna Creek, Elk Grove)	177-01

w -- wind aided result

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

# CIF State Track and Field Individual Champions

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	Alexaraee 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
2010	Alex Collatz (Stockdale, Bakersfield)	170-09

## 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	Yeana 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	Desiraee 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
2010	Lydia French (Thousand Oaks)	5-10

## 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	Bunmi Ogunleye (Poly, Long Beach)	20-00.75w
1998	Angela Williams (Chino)	19-07.75w
1999	Sani Roseby (Monterey)	19-08.75w
2000	Michelle Sanford (Woodbridge, Irvine)	19-07.25
2001	Elizunia 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
2010	Jenna Prandini (Clovis)	20.05.75

## Pole Vault (Girls)

1995	Melissa Price (Kingsburg)	12-06
1996	Alexa Harz (Peninsula, Rolling Hills Estates)	12-01.25
1997	Bridget Pearson (Hoover, Glendale)	12-00
1998	Tracy O'Hara (Rancho Bernardo, San Diego)	12-08
1999	Kathleen Donoghue (Rancho Bernardo, San Diego)	12-08.25
2000	Lara Chen (Temple City)	12-04
2001	Shayla Ballentine (Morro Bay)	13-08
2002	Chelsea Johnson (Atascadero)	13-03
2003	Kira Costa (San Joaquin Memorial, Fresno)	13-05
2004	Allison Stokke (Newport Harbor, Newport Beach)	12-08
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
2010	Kortney Ross (Westview, San Diego)	13-06

## Shot Put (Girls)

1974	Kathy Devine (Mission Bay, San Diego)	47-04.50
1975	Kathy Devine (Mission Bay, San Diego)	42-03.25
1976	Becky Daniel (Newport Harbor)	42-09.75
1977	Debra Thomtana (Sacramento)	43-09.00
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 Dunble (Bakersfield)	48-02.50
1989	Melissa Weis (Bakersfield)	44-01.00
1990	Dawn Dunble (Bakersfield)	49-03.50
1991	Mika Hilaire (Pittsburg)	45-04.25
1992	Kristin Heaston (Ygnacio Valley, Concord)	45-03.50
1993	Kristin Heaston (Ygnacio Valley, Concord)	52-11.50
1994	Delores Tuimoloua (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
2010	Jasmine Burrell (North Torrance)	47-06.50

## Triple Jump (Girls)

1982	Wendy Brown (Woodside)	39-08.75
1983	Wendy Brown (Woodside)	40-03.00
1984	Wendy Brown (Woodside)	42-10.50
1985	Sheila Hudson (Rio Linda)	41-10.00w
1986	Felicia Harris (San Lorenzo)	40-02.00
1987	Kim Lassair (Northgate, Walnut Creek)	39-06.25
1988	Stacy Thompson (Morse, San Diego)	39-01.00
1989	Juliana Yendork (Walnut)	41-10.00
1990	Juliana Yendork (Walnut)	42-00.25
1991	Juliana Yendork (Walnut)	43-06.50
1992	Kayla Montgomery (Clovis West, Fresno)	39-11.25
1993	Cheaza Figueroa (Quartz Hill)	40-01.25
1994	Tamiaka 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
2010	Jenna Prandini (Clovis)	42-07.25



Brittany Daniels of Merrill West in Tracy is one three girls in State Meet history to win the triple jump championship three times.



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.

w -- wind aided result

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

# 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)
- 4 Randall Carroll (Cathedral, Los Angeles) ..... 100m (2008-09); 200 m (2008-09)
- 3 Lincoln Hall (Santa Paula) ..... PV (1914-16)
- 3 Wayne Weeks (Santa Rosa) ..... Shot (1915-16); Discus (1916)
- 3 Harry Lampont (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)
- 3 Matt Darr (Frontier, Bakersfield) ..... Discus (2009); Shot (2009-10)

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

- 11 Poly, Long Beach ..... (1992-93, 1995, 1997-98, 2001, 2003-04, 2008-10)
- 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)
- 3 Poly, Long Beach ..... (1992-93, 1997-98, 2003-04, 08-10)
- 2 J.W. North, Riverside ..... (1999-2000)

### Most Individual State Championships

- 9 Marion Jones (Rio Mesa, Oxnard 1990-91); (Thousand Oaks 1992-93) ..... 100m (1990-93); 200m (1990-93); LJ (1993)
- 6 Natalie Kaaiawahia (Fullerton) ..... Shot (1980-83); Discus (1981, 1983)
- 6 Wendy Brown (Woodside) ..... LJ (1982-84); TJ (1982-84); HJ (1984)
- 6 Juliana Yendork (Walnut) ..... LJ (1989-91); TJ (1989-91)
- 5 Angela Burnham (Rio Mesa, Oxnard) ..... 100m (1986, 1988-89); 200m (1988-89)
- 5 Angela Williams (Chino) ..... 100m (1997-98); 200m (1998); 400m (1995); LJ (1998)
- 5 Kori Carter (Claremont) ..... 100HH (2009-10); 300LH (2008-10)
- 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 Anna Jelmini (Shafter) ..... Discus (2008-09); Shot (2008-09)
- 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 Vashti Thomas (Mt. Pleasant, San Jose) ..... 100HH (2007-08); LJ (2008); TJ (2008)
- 4 Ashton Purvis (St. Elizabeth, Oakland) ..... 100m (2008, 2010); 200m (2009-10)
- 3 Kathy Costello (Pleasant Hill) ..... 800m (1974-75); 1600m (1975)
- 3 Jodi Anderson (Washington, Los Angeles) ..... LJ (1974-76)
- 3 Pam Waters (Bell) ..... 200m (1975-76); 100m (1976)
- 3 Ann Regan (Camden, San Jose) ..... 800m (1977-79)
- 3 Vicki Cook (Alemany, Mission Hills) ..... 3200m (1980-82)
- 3 Polly Plumer (University, Irvine) ..... 1600m (1980-82)
- 3 Kira Jorgensen (Vista) ..... 1600m (1987-89)
- 3 Angela Roife (Dorsey, Los Angeles) ..... 400m (1987-89)
- 3 Dawn Dumble (Bakersfield) ..... Discus (1988-90); Shot (1989)
- 3 Felice Lipscomb (Santa Monica) ..... 100LH (1989-90); 300LH (1990)
- 3 Twila Sims (Lompoc) ..... 300LH (1989, 1992); 100LH (1992)
- 3 Janice Nichols (Bakersfield) ..... 400m (1990-92)
- 3 Suzy Powell (Downey, Modesto) ..... Discus (1992-94)
- 3 Milena Glusac (Fallbrook) ..... 1600m (1993); 3200m (1992-93)
- 3 Lakeisha Backus (Wilson, Long Beach) ..... 100m (1995); 200m (1994-95)
- 3 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.

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