

CIF State Track and Field Championship Records

BOYS

100 METERS		
10.30	Riley Washington (Southwest, San Diego)	1992
200 METERS		
20.30	Michael Norman (Vista Murrieta)	2015
400 METERS		
45.19	Michael Norman (Vista Murrieta)	2015
800 METERS		
1:46.45	Michael Granville (Bell Gardens)	1996
1600 METERS		
4:00.29	German Fernandez (Riverbank)	2008
3200 METERS		
8:34.23	German Fernandez (Riverbank)	2008
110-METER HIGH HURDLES		
13.39	Kevin Craddock (James Logan, Union City)	2004
300-METER INTERMEDIATE HURDLES		
35.02	Reggie Wyatt, La Sierra (Riverside, CA)	2009
400-METER RELAY		
40.24	Hawthorne	1989
1600-METER RELAY		
3:08.42	Serra (Gardena)	2010
DISCUS THROW		
213-07	Bo Taylor (Newport Harbor, Newport Beach)	2006
HIGH JUMP		
7-03.25	Lee Balkin (Glendale)	1979
LONG JUMP		
26-04.75	James Stallworth (Tulare Union, Tulare)	1989
POLE VAULT		
17-03	Nico Weiler (Los Gatos)	2008
SHOT PUT		
74-04.75	Brent Noon (Fallbrook)	1990
TRIPLE JUMP		
52-05.75	Marcus Hooks (Lakewood)	1986

GIRLS

100 METERS		
11.14	Marion Jones (Thousand Oaks)	1992
200 METERS		
22.52	Allyson Felix (Los Angeles Baptist, North Hills)	2003
400 METERS		
50.74	Monique Henderson (Morse, San Diego)	2000
800 METERS		
2:02.04	Amy Weissenbach (Harvard-Westlake, N. Hollywood)	2011
1600 METERS		
4:33.82	Christine Babcock (Woodbridge, Irvine)	2008
3200 METERS		
9:52.13	Jordan Hasay (Mission Prep, San Luis Obispo)	2008
100-METER HIGH HURDLES		
13.03	Vashti Thomas (Mt. Pleasant, San Jose)	2007
300-METER LOW HURDLES		
40.10	Ebony Collins (Wilson, Long Beach)	2005
400-METER RELAY		
44.70	St. Bernard, Playa del Rey	1997
1600-METER RELAY		
3:35.49	Poly, Long Beach	2004
DISCUS THROW		
186-09	Anna Jelmini (Shafter)	2009
HIGH JUMP		
6-02.00	Latrese Johnson (Clovis)	1985
LONG JUMP		
22-00.50	Marion Jones (Thousand Oaks)	1993
POLE VAULT		
14-02	Rachel Baxter (Canyon, Anaheim)	2016
SHOT PUT		
53-08.00	Anna Jelmini (Shafter)	2009
TRIPLE JUMP		
44-00.50	Juliana Yendork (Walnut)	1991

U.S. National High School Records

BOYS

100 METERS		
10.15	Recorded by four individuals	
200 METERS		
20.13	Roy Martin, Roosevelt (Dallas, TX)	1985
400 METERS		
45.19	Aldrich Bailey, Mansfield Timberview (Arlington, TX)	2012
45.19	Michael Norman (Vista Murrieta, CA)	2015
800 METERS		
1:46.45	Michael Granville (Bell Gardens, CA)	1996
1600 METERS		
3:59.51	Alan Webb, South Lakes (Reston, VA)	2001
3200 METERS		
8:34.23	German Fernandez (Riverbank, CA)	2008
110-METER HIGH HURDLES		
13.10	Dennis Brantley, Worthing (Houston, TX) (manual)	1980
13.30	Chris Nelloms, Dunbar (Dayton, OH) (FAT time)	1990
300-METER INTERMEDIATE HURDLES		
35.02	Reggie Wyatt, La Sierra (Riverside, CA)	2009
400-METER RELAY		
39.76	Wyatt (Fort Worth, TX)	1998
1600-METER RELAY		
3:07.40	Hawthorne (Hawthorne, CA)	1985
DISCUS		
236-06	Mason Finely (Buena Vista, CO)	2009
HIGH JUMP		
7-05.75	James White (Grandview, MO)	2009
LONG JUMP		
26-04.75	James Stallworth, Tulare Union (Tulare, CA)	1989
POLE VAULT		
18-02.25	Eric Eshbach (Orangefield, TX)	1999
SHOT PUT		
77-00	Michael Carter, Jefferson (Dallas, TX)	1979
TRIPLE JUMP		
52-10.50	Charles Mayfield, John Muir (Pasadena, CA)	1980

GIRLS

100 METERS		
11.14	Marion Jones (Thousand Oaks, CA)	1992
200 METERS		
22.52	Allyson Felix, LA Baptist (North Hills, CA)	2003
400 METERS		
50.74	Monique Henderson, Morse (San Diego, CA)	2000
800 METERS		
2:02.04	Amy Wessienbach, Harvard-Westlake, (N. Hollywood, CA)	2011
1600 METERS		
4:33.29	Alexa Efraimson, Camas (Tacoma, WA)	2014
3200 METERS		
9:48.59	Kim Mortensen (Thousand Oaks, CA)	1996
100-METER HIGH HURDLES		
13.03	Vashti Thomas, Mt. Pleasant (San Jose, CA)	2007
300-METER LOW HURDLES		
39.98	Lashinda Demus, Wilson (Long Beach, CA)	2001
400-METER RELAY		
44.50	Poly (Long Beach, CA)	2004
1600-METER RELAY		
3:35.49	Poly (Long Beach, CA)	2004
DISCUS THROW		
191-06	Shelbi Vaughan, Mansfield Legacy (Mansfield, TX)	2012
HIGH JUMP		
6-04	Toni Young (Del City, OK)	2009
6-04	Vashti Cunningham, Bishop Gorman (Nevada)	2015
LONG JUMP		
22-01.75	Kathy McMillan, Hoke County (Raeford, NC)	1976
POLE VAULT		
14-02.75	Morgan LeLeux, New Iberia Catholic (New Iberia, LA)	2011
SHOT PUT		
54-10.75	Michelle Carter (Red Oak, TX)	2003
TRIPLE JUMP		
44-02.25	Ychindria Spears (Luling, TX)	2001

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
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

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>
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, Pasadena	24	Clyde Turner	Cerritos College, Norwalk	June 1-2, 1990
Compton	30	Alonzo Simmons	Cerritos College, Norwalk	May 31-June 1, 1991
Bakersfield	25	Art Dalzell	Cerritos College, Norwalk	June 5-6, 1992
Merced (tie)	36	Greg McKinstry	Cerritos College, Norwalk	June 19, 1993***
North Salinas (tie)	36	Ed Barber	Cerritos College, Norwalk	June 19, 1993***
Muir, Pasadena	36	Clyde Turner	Cerritos College, Norwalk	June 3-4, 1994
Muir, Pasadena	38	Clyde Turner	Cerritos College, Norwalk	June 2-3, 1995
Muir, Pasadena	57	Clyde Turner	Cerritos College, Norwalk	May 31-June 1, 1996
Poly, Long Beach	39	Don Norford	Hughes Stadium, Sacramento	June 6-7, 1997
Poly, Long Beach	42	Don Norford	Cerritos College, Norwalk	June 5-6, 1998
Vallejo	35	Mike Wilson	Hughes Stadium, Sacramento	June 4-5, 1999
Serra, Gardena	38	Richard Gatlin	Cerritos College, Norwalk	June 2-3, 2000
Arroyo Grande	28	James Brown	Hughes Stadium, Sacramento	June 1-2, 2001
Bakersfield	32	Bobby Gridiron	Cerritos College, Norwalk	May 31-June 1, 2002
Helix, La Mesa	23.5	Ray Mounts	Cerritos College, Norwalk	June 6-7, 2003
James Logan, Union City	46	Lee Webb	Hughes Stadium, Sacramento	June 4-5, 2004
Dorsey, Los Angeles	38.5	Ralph Tilley	Hughes Stadium, Sacramento	June 3-4, 2005
Poly, Long Beach	42	Don Norford	Cerritos College, Norwalk	June 2-3, 2006
Poly, Long Beach	46	Don Norford	Hughes Stadium, Sacramento	June 1-2, 2007
Dominguez, Compton	36	Darryl Smith	Cerritos College, Norwalk	May 30-31, 2008
Frontier, La Sierra, Cathedral, Clovis East	20	(Tied for 1st)	VM Stadium, Clovis	June 5-6, 2009
Jesuit, Sacramento	36	Tom McGuire	VM Stadium, Clovis	June 5-4, 2010
Poly, Long Beach	35	Don Norford	VM Stadium, Clovis	June 3-4, 2011
Notre Dame, Shermom Oaks	36	Joe McNab	VM Stadium, Clovis	June 1-2, 2012
Serra, Gardena	47	Lori Smith-Thompson	VM Stadium, Clovis	May 31-June 1, 2013
Mater Dei, Santa Ana	30	Rick Martinez	VM Stadium, Clovis	June 6-7, 2014
Vista Murrieta	37	Coley Candaele	VM Stadium, Clovis	June 5-6, 2015
Vista Murrieta	54	Coley Candaele	VM Stadium, Clovis	June 3-4, 2016

* 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

<i>School</i>	<i>Points</i>	<i>Coach</i>	<i>Location</i>	<i>Dates</i>
Berkeley	13	Willie White	Memorial Stadium, Bakersfield	May 31-June 1, 1974
Washington, Los Angeles	22	Arnice Reddick	Balboa Stadium, San Diego	June 6-7, 1975
Berkeley	20	Willie White	Edwards Stadium, Berkeley	June 4-5, 1976
Locke, Los Angeles	14	Cherie Muller-Williams	Drake Stadium, Westwood	June 3-4, 1977
Hill, San Jose	16	John Johnigan	Memorial Stadium, Bakersfield	June 2-3, 1978
Westchester	24	Pat Nordell	Hughes Stadium, Sacramento	June 1-2, 1979
Kennedy, Granada Hills	48	Dixie Griffen	Edwards Stadium, Berkeley	June 6-7, 1980
Berkeley	64	Willie White	Cerritos College, Norwalk	June 5-6, 1981
Berkeley	48	Willie White	Hughes Stadium, Sacramento	June 4-5, 1982
Berkeley	29	Willie White	Memorial Stadium, Bakersfield	June 4, 1983
Woodside	38	Susie Wilson	Los Angeles Coliseum	June 2, 1984
Muir, Pasadena	55	Jim Brownfield	Hughes Stadium, Sacramento	May 31, 1985
Hawthorne	40	Kye Courtney	Cerritos College, Norwalk	June 6, 1986
Pomona	30	Isaiah Sanders	Hughes Stadium, Sacramento	June 5, 1987
Bakersfield (tie)	28	Scott Semar	Cerritos College, Norwalk	June 3, 1988
Rio Mesa (tie)	28	Brian Fitzgerald/Rick Torres	Cerritos College, Norwalk	June 3, 1988
Muir, Pasadena	36	Jim Brownfield	Cerritos College, Norwalk	June 2-3, 1989
Bakersfield	61	Scott Semar	Cerritos College, Norwalk	June 1-2, 1990
Morningside	28	Ron Tatum	Cerritos College, Norwalk	May 31-June 1, 1991
Poly, Long Beach	39	Don Norford	Cerritos College, Norwalk	June 5-6, 1992
Poly, Long Beach	56	Don Norford	Cerritos College, Norwalk	June 19, 1993***
Skyline, Oakland	36	Darrell Hampton	Cerritos College, Norwalk	June 3-4, 1994
Poly, Long Beach	52	Don Norford	Cerritos College, Norwalk	June 2-3, 1995
Wilson, Long Beach	43	Terry Kennedy	Cerritos College, Norwalk	May 31-June 1, 1996
Poly, Long Beach	49	Don Norford	Hughes Stadium, Sacramento	June 6-7, 1997
Poly, Long Beach (tie)	42	Don Norford	Cerritos College, Norwalk	June 5-6, 1998
Wilson, Long Beach (tie)	42	Terry Kennedy	Cerritos College, Norwalk	June 5-6, 1998
J.W. North, Riverside	42	Charles Leathers	Hughes Stadium, Sacramento	June 4-5, 1999
J.W. North, Riverside	45	Charles Leathers	Cerritos College, Norwalk	June 2-3, 2000
Poly, Long Beach	59	Don Norford	Hughes Stadium, Sacramento	June 1-2, 2001
J.W. North, Riverside	57	Charles Leathers	Cerritos College, Norwalk	May 31-June 1, 2002
Poly, Long Beach	62	Don Norford	Cerritos College, Norwalk	June 6-7, 2003
Poly, Long Beach	80	Don Norford	Hughes Stadium, Sacramento	June 4-5, 2004
Merrill West, Tracy	48	John Harvey	Hughes Stadium, Sacramento	June 3-4, 2005
James Logan, Union City (tie)	37	Lee Webb	Cerritos College, Norwalk	June 2-3, 2006
Wilson, Long Beach (tie)	37	Terry Kennedy	Cerritos College, Norwalk	June 2-3, 2006
Mt. Pleasant, San Jose	44	Steve Nelson	Hughes Stadium, Sacramento	June 1-2, 2007
Poly, Long Beach	39	Don Norford	Cerritos College, Norwalk	May 30-31, 2008
Poly, Long Beach	45	Don Norford	VM Stadium, Clovis	June 5-6, 2009
Poly, Long Beach	51.33	Don Norford	VM Stadium, Clovis	June 4-5, 2010
Poly, Long Beach	72	Don Norford	VM Stadium, Clovis	June 3-4, 2011
Serra, Gardena	60	Lori Smith-Thompson	VM Stadium, Clovis	June 1-2, 2012
Poly, Long Beach	49	Don Norford	VM Stadium, Clovis	May 31-June 1, 2013
Poly, Long Beach	70	Don Norford	VM Stadium, Clovis	June 6-7, 2014
Oaks Christian, Westlake Village	34	Wesley Smith	VM Stadium, Clovis	June 5-6, 2015
Carson	40	JoJo Sablan-Johnson	VM Stadium, Clovis	June 3-4, 2016

*** 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, SF)	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
1942-45	(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 Cunning (Hoover, Glendale)	9.7
1952	Herb Turner (Alameda)	9.9
1953	Leamon King (Delano)	9.6
1954	James Jackson (Alameda)	9.6
1955	Ken Dennis (Centennial, Compton)	10.0
1956	Willie White (Jefferson, Los Angeles)	9.5
1957	Preston Griffin (Centennial, Compton)	9.6
1958	Hubie Watson (Jordan, Los Angeles)	9.6
1959	Hubie Watson (Jordan, Los Angeles)	9.8
1960	Bill Cowings (Fowler)	9.7
1961	Forrest Beaty (Hoover, Glendale)	9.5
1962	Forrest Beaty (Hoover, Glendale)	9.5
1963	Alvin Mann (Edison, Fresno)	9.6
1964	Jim Hines (McClymonds, Oakland)	9.7
1965	Harold Busby (Muir, Pasadena)	9.5
1966	Phil Underwood (Dorsey, Los Angeles)	9.6
1967	Mel Gray (Montgomery, Santa Rosa)	9.4
1968	Bob Ballard (Bellflower)	9.6
1969	Willie Robinson (Central, El Centro)	9.6
1970	Allen Carter (Bonita, La Verne)	9.8
1971	George Reddick (Hamilton, Los Angeles)	9.6
1972	Carl McCullough (Sacramento)	9.5
1973	Elijah Jefferson (Crawford, San Diego)	9.6w
1974	Elijah Jefferson (Crawford, San Diego)	9.8
1975	Kevin Williams (San Fernando)	9.4
1976	Billy Mullins (Hamilton, Los Angeles)	10.0
1977	David Russell (Patrick Henry, San Diego)	9.91
1978	Michael Sanford (Pasadena)	9.85
1979	Bill Green (Cubberly, Palo Alto)	9.59
1980	Howard Hawkins (Warren, Downey)	10.55
1981	Ken Robinson (Berkeley)	10.60
1982	Low Dunn (J.W. North, Riverside)	10.53
1983	Steve Jones (Burbank, Sacramento)	10.64
1984	Henry Thomas (Hawthorne)	10.44
1985	Ron McCree (Madera)	10.49w
1986	Ron McCree (Madera)	10.57
1987	Quincy Watts (Taft, Woodland Hills)	10.49
1988	Darren Stringer (Vacaville)	10.78
1989	Curtis Conway (Hawthorne)	10.42
1990	Napolean Kaufman (Lompoc)	10.57
1991	Ricky Carrigan (Compton)	10.33w
1992	Riley Washington (Southwest, San Diego)	10.30
1993	Bryan Howard (Canyon Springs, Moreno Valley)	10.43
1994	Pat Johnson (Redlands)	10.43
1995	Marques Holiwell (West Bakersfield)	10.43w
1996	Jim McGee (Sacramento)	10.52
1997	Justin Fargas (Notre Dame, Sherman Oaks)	10.52w

1998	Darrell Rideaux (Poly, Long Beach)	10.43
1999	Kareem Kelly (Poly, Long Beach)	10.47
2000	Warren Rogers (Serra, Gardena)	10.42
2001	Phillip Francis (Fairfax, Los Angeles)	10.53
2002	Matt Bruno (Trabuco Hills, Mission Viejo)	10.55
2003	Chris Henry (Edison, Stockton)	10.56
2004	Kenny O'Neal (Skyline, Oakland)	10.34
2005	Jamere Holland (Taft, Woodland Hills)	10.54
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
2011	Remontay McClain (Covina)	10.39
2012	Khalifani Muhammad (Notre Dame, Sherman Oaks)	10.52w
2013	Khalifani Muhammad (Notre Dame, Sherman Oaks)	10.33
2014	Curtis Godin (Mater Dei, Santa Ana)	10.31
2015	TJ Brock (Chaminade, West Hills)	10.34
2016	TJ Brock (Chaminade, West Hills)	10.43

200-Meter Dash (Boys)

1915	Les Wark (Poly, Long Beach)	22.0
1916	Charley Paddock (Pasadena)	22.4
1917	Charley Paddock (Pasadena)	22.4
1918	Charley Paddock (Pasadena)	22.4
1919	Bob Allen (Redlands)	23.8
1920	Eddie Sudden (Lick-Wilmerding, San Francisco)	21.8
1921	Bob Allen (Redlands)	22.6
1922	Walter Wickersham (Bakersfield)	24.2
1923	Bob Lee (Franklin)	22.2
1924	Archie Woodyard (Jefferson, Los Angeles)	22.5
1925	Walter Floyd (Lincoln, Los Angeles)	22.6
1926	Elam Kirk (El Monte)	22.1
1927	Frank Wycoff (Glendale)	21.0
1928	Frank Lombardi (Los Angeles)	21.4
1929	Jim Wilson (San Diego)	21.4
1930	Ashley Burch (Jordan, Los Angeles)	21.8
1931	Ashley Burch (Jordan, Los Angeles)	21.5
1932	George Anderson (Muir, Pasadena)	21.8
1933	George Anderson (Muir, Pasadena)	21.2
1934	Bainard Worrill (Muir, Pasadena)	21.8
1935	Burt Pierce (Excelsior)	21.2
1936	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
1942-45	(No meet held)	
1946	Ray Gregg (El Monte)	21.9
1947	John Bradley (Hoover, Glendale)	21.5
1948	John Bradley (Hoover, Glendale)	21.5
1949	Ernie Schopper (Lincoln, Los Angeles)	21.6
1950	Guy Blackburn (Jefferson, Los Angeles)	21.3
1951	Leamon King (Delano)	21.4
1952	Herb Turner (Alameda)	21.6
1953	Leamon King (Delano)	21.4
1954	James Jackson (Alameda)	21.2
1955	Bob Poynter (Pasadena)	21.6
1956	Bob Poynter (Pasadena)	21.0
1957	Preston Griffin (Centennial, Compton)	21.3
1958	Mel Clipper (Muir, Pasadena)	20.7
1959	Hubie Watson (Jordan, Los Angeles)	21.6
1960	Bill Cowings (Fowler)	21.0
1961	Forrest Beaty (Hoover, Glendale)	21.5
1962	Richard Stebbins (Fremont, Los Angeles)	20.9
1963	John House (Muir, Pasadena)	21.3
1964	Jim Hines (McClymonds, Oakland)	21.5
1965	Harold Busby (Muir, Pasadena)	21.0
1966	Phil Underwood (Dorsey, Los Angeles)	21.2
1967*	Mel Gray (Montgomery, Santa Rosa)	20.7
1968	Willie Deckard (Dorsey, Los Angeles)	21.7
1969	Willie Robinson (Central, El Centro)	21.7
1970	Jackie White (Santa Ana)	21.5
1971	Chuck Bommarito (Crestmoor, San Bruno)	21.2w
1972	Mike Shavers (Albany)	21.0
1973	Clancy Edwards (Santa Ana)	21.2w
1974	Millard Hampton (Silver Creek, San Jose)	21.1
1975	Billy Mullins (Hamilton, Los Angeles)	21.2
1976	Billy Mullins (Hamilton, Los Angeles)	21.6
1977	David Russell (Patrick Henry, San Diego)	20.97w
1978	Michael Sanford (Pasadena)	21.42

1979	Michael Sanford (Pasadena)	21.00
1980	Ken Robinson (Berkeley)	21.21
1981	Kevin Wilhite (Cordova, Rancho Cordova)	20.81
1982	Antonio Manning (Hamilton, Los Angeles)	21.05w
1983	Henry Thomas (Hawthorne)	21.02
1984	Henry Thomas (Hawthorne)	20.77
1985	Michael Marsh (Hawthorne)	20.83w
1986	Quincy Watts (Taft, Woodland Hills)	21.03
1987	Quincy Watts (Taft, Woodland Hills)	20.99
1988	Bryan Bridgewater (Washington, Los Angeles)	21.00
1989	Barry Smith (Mission, San Francisco)	20.82
1990	Napolean Kaufman (Lompoc)	21.15
1991	Ricky Carrigan (Compton)	20.84w
1992	Gentry Bradley (Pius X, Downey)	20.97w
1993	Calvin Harrison (North Salinas, Salinas)	21.12
1994	Pat Johnson (Redlands)	21.01
1995	Bryan Harrison (Dana Hills, Dana Point)	20.82w
1996	Obea Moore (Muir, Pasadena)	20.91
1997	Andrea Ammons (Skyline, Oakland)	20.91w
1998	Kareem Kelly (Poly, Long Beach)	20.76
1999	Kareem Kelly (Poly, Long Beach)	20.76w
2000	Bennie Robinson (Poly, Long Beach)	20.96
2001	Seth Amoo (Highland, Palmdale)	21.05
2002	Matt Bruno (Trabuco Hills, Mission Viejo)	20.82
2003	Lionel Larry (Dominguez, Compton)	20.97
2004	Derrick Jones (Poly, Long Beach)	21.10
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
2011	Remontay McClain (Covina)	20.95
2012	Khalifani Muhammad (Notre Dame, Shemon Oaks)	21.15w
2013	Khalifani Muhammad (Notre Dame, Sherman Oaks)	20.86
2014	Curtis Godin (Mater Dei, Santa Ana)	20.87
2015	Michael Norman (Vista Murrieta)	20.30
2016	Michael Norman (Vista Murrieta)	20.42

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



Michael Norman set new State meet records in 2015 in the 200 meter dash (20.30) and 400 meter dash (45.19), which also tied the national record.

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	Murel Gillett (Central, El Centro)	48.4
1934	Doug Hammond (Hollywood)	50.3

CIF State Track and Field Individual Champions

400-Meter Dash (Boys) - continued

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
1942-45 (No meet held)		
1946	Norm Stocks (San Diego).....	49.3
1947	Luther Butler (Jefferson, Los Angeles).....	49.4
1948	Fred Thompson (Jordan, Los Angeles).....	49.2
	Luther Butler (Jefferson, Los Angeles).....	49.2
1949	George Adrian (Hollywood).....	49.3
1950	Sherman Miller (Napa).....	48.8
1951	Jack North (Jordan, Long Beach).....	49.7
1952	Lanny Carter (Orange).....	48.8
1953	X.L. Emerson (Richmond).....	49.2
1954	Bruce Kitchen (Riverside).....	48.7
1955	Jerry White (Corcoran).....	48.7
1956	Jerry White (Corcoran).....	46.7
1957	Fred DeWitt (Berkeley).....	47.9
1958	Dixon Farmer (Miramonte, Orinda).....	48.6
1959	Dixon Farmer (Miramonte, Orinda).....	48.6
1960	Ulis Williams (Compton).....	47.2
1961	Ulis Williams (Compton).....	47.8
1962	Manual Diaz (Keppel, Alhambra).....	48.1
1963	Tommy Smith (Lemoore).....	47.3
1964	Fred Banks (Jefferson, Los Angeles).....	47.5
1965	Randy Julian (Bolsa Grande, Garden Grove).....	47.4
1966	Wayne Collett (Gardena).....	47.8
1967	Mike Newton (Whittier).....	47.2
1968	Edesel Garrison (Centennial, Compton).....	46.7
1969	Larance Jones (Lemoore).....	46.6
1970	Rick Brown (Los Altos).....	47.8
1971	Tony Krzyzosiak (Garden Grove).....	46.7
1972	Robert Harrell (Santa Ana).....	47.4
1973	Ron Whitaker (Wilson, San Francisco).....	47.0
1974	Rod Connors (Cordova, Rancho Cordova).....	47.7
1975	John Ware (Sacramento).....	47.2
1976	Darold Harris (Pittsburg).....	47.6
1977	James Sanford (Pasadena).....	46.60
1978	Bill Greene (Cubberly, Palo Alto).....	46.77
1979	Tony Banks (Morse, San Diego).....	47.28
1980	Mike Turner (Centennial, Compton).....	47.51
1981	David Timmons (Oakland).....	47.09
1982	Fabian Cooper (Washington, Los Angeles).....	46.38
1983	Larry Walker (Edison, Fresno).....	47.03
1984	Chip Rish (Marina, Huntington Beach).....	46.82
1985	Chip Rish (Marina, Huntington Beach).....	45.7h
1986	Steve Lewis (American, Fremont).....	46.59
1987	Steve Lewis (American, Fremont).....	46.7h
1988	Travis Hannah (Hawthorne).....	47.02
1989	Beno Bryant (Dorsey, Los Angeles).....	47.52
1990	Mike Sulcer (Muir, Pasadena).....	47.54
1991	Richard Dupree (Roosevelt, Fresno).....	47.21
1992	Derek Shepard (Lincoln, San Francisco).....	46.95
1993	Calvin Harrison (North Salinas, Salinas).....	45.25
1994	James Davis (Will C. Wood, Vacaville).....	46.96
1995	Obea Moore (Muir, Pasadena).....	46.08
1996	Obea Moore (Muir, Pasadena).....	45.81
1997	Eddie Levine (Golden Valley, Merced).....	46.77
1998	Mike Ryan (Beverly Hills).....	47.62
1999	Blaine Bussey (Taft, Los Angeles).....	46.94
2000	Brandon Matlock (Stockdale, Bakersfield).....	47.63
2001	Jason Lovell (Cleveland, Los Angeles).....	47.51
2002	Blake Mackey (Bakersfield).....	47.93
2003	David Gettis (Dorsey, Los Angeles).....	47.41
2004	David Gettis (Dorsey, Los Angeles).....	46.69
2005	David Gettis (Dorsey, Los Angeles).....	45.84
2006	Bryshon Nellum (Poly, Long Beach).....	46.38
2007	Bryshon Nellum (Poly, Long Beach).....	45.54
2008	Joey Hughes (Poly, Long Beach).....	46.28
2009	Reggie Wyatt (La Sierra).....	46.13
2010	Josh Mance (Don Lugo, Chino).....	45.90
2011	Shaquille Howard (Poly, Long Beach).....	47.49
2012	Alex Rohani (Beverly Hills).....	47.34
2013	Mile Parish (Etiwanda).....	46.53
2014	Kemonie Briggs (Wilson, Long Beach).....	46.92
2015	Michael Norman (Vista Murrieta).....	45.19
2016	Michael Norman (Vista Murrieta).....	45.77

800-Meter Run (Boys)

1915	Gerald Blankenship (Visalia).....	1:59.8
1916	Colin Kilby (Coalinga).....	2:02.8
1917	Harleigh Baker (Fillmore).....	2:02.0
1918	Ken Saunders (Pasadena).....	2:02.8
1919	Jerry Pearce (Berkeley).....	2:08.2
1920	Paul Stroud (Perris).....	1:59.4
1921	Elmer Boyden (Vallejo).....	1:59.2
1922	Irving Thomas (Manual Arts, Los Angeles).....	2:04.6
1923	Earl Lockhart (Sacramento).....	1:59.0
1924	Ed Cloege (Covina).....	1:59.1
1925	Alex McKinnon (Poly, Los Angeles).....	1:59.8
1926	Doug Knowles (Bakersfield).....	2:01.2
1927	Bill McGeagh (Poly, Los Angeles).....	2:02.8
1928	Herb Welch (Visalia).....	2:01.2
1929	Herb Welch (Visalia).....	1:58.4
1930	Al Hassan (Jefferson, Los Angeles).....	2:00.1
1931	Carl Satterfield (Manual Arts, Los Angeles).....	1:57.6
1932	Ray Cartwright (Santa Ana).....	2:00.6
1933	Bill McCurdy (Tamalpais).....	2:00.1
1934	Mel Nickerson (Poly, Los Angeles).....	1:58.4
1935	Ralph Wood (Carpinteria).....	1:57.6
1936	Jerry Lopez (Placer, Auburn).....	1:57.1
1937	Jim Lawson (Jordan, Los Angeles).....	1:59.7
1938	Leroy Weed (Coachella Valley).....	1:58.8
1939	Paul Christensen (Beverly Hills).....	2:01.3
1940	Roger Lane (San Rafael).....	1:57.7
1941	Thelmo Knowles (Santa Monica).....	1:55.6
1942-45 (No meet held)		
1946	Dan Guest (Santa Monica).....	2:00.5
1947	Jerome Walters (Compton).....	1:57.6
1948	Wilbur Firestone (Compton).....	1:57.8
1949	Wilbur Firestone (Compton).....	1:58.1
1950	Lang Stanley (Jefferson, Los Angeles).....	1:53.9
1951	Gene Jones (Oakland Technical).....	1:58.9
1952	Jim Briggs (Pittsburg).....	1:57.2
1953	Don Bowden (Lincoln, San Jose).....	1:57.1
1954	Don Bowden (Lincoln, San Jose).....	1:52.9
1955	Leonard Havens (Avenal).....	1:57.0
1956	Jerry Siebert (Willits).....	1:53.8
1957	Jim Cerveny (Mission Bay, San Diego).....	1:52.7
1958	Alfred Gentry (Fremont, Los Angeles).....	1:55.4
1959	Dave Dunbar (Westmoor, Daly City).....	1:53.2
1960	Ray VanAsten (Bonita, La Verne).....	1:51.9
1961	Mike Gibeau (Lincoln, San Francisco).....	1:53.1
1962	Doug Parker (Chico).....	1:52.2
1963	Dennis Carr (Lowell, Whittier).....	1:50.9
1964	Bob Hose (Madison, San Diego).....	1:51.7
1965	Richard Joyce (Sierra, Whittier).....	1:48.8
1966	Terry Rogers (Hilltop, Chula Vista).....	1:51.5
1967	Lawrence Banks (Dorsey, Los Angeles).....	1:51.2
1968	George Alfaro (Pittsburg).....	1:52.3
1969	Ricco Sanchez (Canoga Park).....	1:51.6
1970	Rick Brown (Los Altos).....	1:50.6
1971	Perrell Keeling (Morningside, Inglewood).....	1:51.8
1972	Dale Scott (El Cerrito).....	1:49.7
1973	Randy Bishop (Alhambra).....	1:52.4
1974	John Musich (Burbank).....	1:51.0
1975	Conrad Suhr (Leigh, San Jose).....	1:51.0
1976	Wyatt Bishop (Carlmont, Belmont).....	1:54.4
1977	Jim Walters (Estancia, Costa Mesa).....	1:49.4
1978	David Mack (Locke, Los Angeles).....	1:51.83
1979	David Mack (Locke, Los Angeles).....	1:50.18
1980	Peter Quinonez (Tulare).....	1:50.13
1981	Pete Richardson (Berkeley).....	1:47.31
1982	John Phillips (Los Altos).....	1:49.99
1983	Kimmie James (Richmond).....	1:50.63
1984	Eric Schermerhorn (Woodbridge, Irvine).....	1:49.61
1985	Sean Langer (Bakersfield).....	1:51.75
1986	Vincent Thompson (Locke, Los Angeles).....	1:50.25
1987	Don Gabor (Amador Valley, Pleasanton).....	1:52.3h
1988	Mark Senior (Mt. Miguel, Spring Valley).....	1:51.37
1989	Gordon Johnson (Piedmont).....	1:51.88
1990	Craig Magress (Santa Teresa, San Jose).....	1:51.66
1991	Mike Terry (El Modena, Orange).....	1:53.99
1992	Mike Katri (Fortuna).....	1:49.56
1993	Vondre Armour (Bakersfield).....	1:50.13
1994	Michael Granville (Bell Gardens).....	1:49.82
1995	Aaron Richburg (James Logan, Union City).....	1:48.40
1996	Michael Granville (Bell Gardens).....	1:50.68
1997	James Levine (Golden Valley, Merced).....	1:50.62
1998	Jon Stevens (Mission San Jose, San Jose).....	1:52.07

1999	Brandon Shaw (Rancho Verde, Moreno Valley).....	1:53.98
2000	Mike Serratos (Don Lugo, Chino).....	1:51.75
2001	Tykie Harris (San Geronimo).....	1:53.80
2002	Michael Haddon (Woodbridge, Irvine).....	1:51.41
2003	Duane Solomon (Cabrillo, Lompoc).....	1:49.79
2004	Bryan Rodie (Royal, Simi Valley).....	1:52.04
2005	Jesse O'Brien (San Pasqual, Escondido).....	1:53.71
2006	Cory Primm (Westlake, Westlake Village).....	1:50.53
2007	Cory Primm (Westlake, Westlake Village).....	1:50.95
2008	Charles Jock (Mission Bay, San Diego).....	1:51.64
2009	Sean Krinik (Valencia, Placentia).....	1:51.83
2010	Sean Krinik (Valencia, Placentia).....	1:48.20
2011	Immanuel Hutchinson (San Jacinto).....	1:49.63
2012	Alexander Monsivaiz (Army & Navy).....	1:51.34
2013	Ivan Gonzalez (Ridgeview, Bakersfield).....	1:50.71
2014	David Manahan (Harv-Wst, N. Hillywd.).....	1:51.04
2015	Isaac Trevino (Centennial, Bakersfield).....	1:51.55
2016	Isaac Cortes (Great Oak, Temecula).....	1:50.75

1600-Meter Run (Boys)

1915	Gerald Balnkenship (Visalia).....	4:30.0
1916	Andy Silvas (Oakland Technical).....	4:40.6
1917	Whitney Reeves (Pasadena).....	4:37.4
1918	Jerry Pearce (Berkeley).....	4:44.4
1919	Atwood Scovel (San Bernadino).....	4:47.0
1920	Charlie Watts (Berkeley).....	4:36.2
1921	Bill Kerr (Huntington Beach).....	4:30.4
1922	Les Schwoeboda (Petaluma).....	4:40.0
1923	Earl Lockhart (Sacramento).....	4:31.6
1924	Lee Hansen (Manual Arts, Los Angeles).....	4:37.1
1925	Chesley Unruh (El Monte).....	4:35.2
1926	Jack Ferguson (Inglewood).....	4:35.7
1927	Cliff Halstead (Sacramento).....	4:33.6
1928	Dick Brooks (Redlands).....	4:39.0
1929	John Baker (Huntington Beach).....	4:31.1
1930	Phil Morentin (Visalia).....	4:31.0
1931	Phil Morentin (Visalia).....	4:32.8
1932	Virgil Hooper (Antelope Valley).....	4:32.3
1933	Virgil Hooper (Antelope Valley).....	4:29.2
1934	Louis Zamperini (Torrance).....	4:27.8
1935	Elmer Bayer (Paso Robles).....	4:30.4
1936	Simon Scott (Tamalpais).....	4:31.2
1937	Bruce Hammack (Yreka).....	4:30.4
1938	Jack Moore (Stockton).....	4:26.9
1939	John Hall (Torrance).....	4:26.8
1940	Kellen Ramirez (Edison, Fresno).....	4:31.5
1941	Bob Ingram (San Jose).....	4:32.8
1942-45 (No meet held)		
1946	Bob McMillen (Cathedral, Los Angeles).....	4:24.0
1947	Chuck Kohl (Compton, Los Angeles).....	4:29.2
1948	John Woolley (Marshall Fundamental).....	4:29.1
1949	Ellwyn Stribling (Commerce, San Francisco).....	4:25.1
1950	Ron Bauer (Washington, San Francisco).....	4:23.7
1951	Allie Cage (McClymonds, Oakland).....	4:30.7
1952	Fernando Ledesma (Compton).....	4:23.2
1953	Bob Seaman (Reedley).....	4:21.0
1954	Ty Hadley (Bellflower).....	4:25.8
1955	Tod White (Newport Harbor).....	4:20.0
1956	Ron Larrieu (Palo Alto).....	4:20.1
1957	Tim Roelen (San Fernando).....	4:20.2
1958	Woody Covington (Compton).....	4:23.7
1959	Dale Storey (Orange).....	4:11.0
1960	Ben Tucker (Poly, San Francisco).....	4:14.3
1961	Bruce Bess (La Habra).....	4:18.8
1962	Dennis Carr (Lowell, Whittier).....	4:08.7
1963	Tracy Smith (Arcadia).....	4:14.4
1964	Mike Ryan (Wilcox, Santa Clara).....	4:11.2
1965	Tim Danielson (Chula Vista).....	4:08.0
1966	Tim Danielson (Chula Vista).....	4:07.0
1967	Mike Solomon (Westminster).....	4:11.4
1968	Clifton West (Kennedy, Sacramento).....	4:09.0
1969	Decker Underwood (South Torrance, Torrance).....	4:12.1
1970	Brent Tubb (Cleveland, Reseda).....	4:12.9
1971	Brent Tubb (Cleveland, Reseda).....	4:09.6
1972	Mark Schilling (Garden Grove).....	4:05.4
1973	Alvin Gilmore (Lompoc).....	4:11.4
1974	Rick Kimball (De La Salle, Concord).....	4:06.6
1975	John Johnson (Skyline, Oakland).....	4:09.5
1976	Jim Arriola (Gahr, Cerritos).....	4:14.6
1977	Mark Stillman (Willow Glen, San Jose).....	4:06.9
1978	Paul Medvin (University, Los Angeles).....	4:08.91
1979	Paul Medvin (University, Los Angeles).....	4:12.9

CIF State Track and Field Individual Champions

1600-Meter Run (Boys) - continued

1980	Larry Guinne (Castro Valley).....	4:06.18
1981	Jeff Scott (El Camino, Sacramento).....	4:10.06
1982	Tom Grewe (Carpinteria).....	4:08.05
1983	Jim Frey (Yreka).....	4:08.82
1984	Roman Gomez (Belmont, Los Angeles).....	4:09.05
1985	Roman Gomez (Belmont, Los Angeles).....	4:15.93
1986	Mark Mastalir (Jesuit, Carmichael).....	4:07.81
1987	Scott Robinson (Bellarmine, San Jose).....	4:07.95
1988	Reggie Williams (River City, West Sacramento).....	4:08.78
1989	Francis O'Neil (San Pasqual, Escondido).....	4:08.67
1990	Coley Candaale (Carpinteria).....	4:06.26
1991	Daniel DasNeves (Helix, La Mesa).....	4:12.22
1992	Daniel DasNeves (Helix, La Mesa).....	4:09.54
1993	Brian Wilkinson (Merced).....	4:08.13
1994	Mebrahton Keflezighi (San Diego).....	4:07.67
1995	Michael Stember (Jesuit, Carmichael).....	4:04.00
1996	Michael Stember (Jesuit, Carmichael).....	4:06.72
1997	Jon Stevens (Mission, San Jose).....	4:10.08
1998	Jon Stevens (Mission, San Jose).....	4:12.58
1999	Marcus Chandler (Serra, San Diego).....	4:10.44
2000	Evan Fox (West Hills, Santee).....	4:09.44
2001	Ryan Hall (Big Bear, Big Bear Lake).....	4:02.62
2002	Matt Johnsrud (Woodcreek, Roseville).....	4:11.89
2003	Phillip Reid (Rio Mesa, Oxnard).....	4:08.49
2004	Mark Matusak (Loyola, Los Angeles).....	4:15.89
2005	Mark Matusak (Loyola, Los Angeles).....	4:10.72
2006	AJ Acosta (El Camino, Oceanside).....	4:04.95
2007	Hudson Andrews (Royal, Simi Valley).....	4:07.59
2008	German Fernandez (Riverbank).....	4:00.29
2009	Mac Fleet (University City, San Diego).....	4:05.33
2010	Elias Gedyon (Loyola, Los Angeles).....	4:21.12
2011	Jantzen Oshier (Trabucco Hills, Mission Viejo).....	4:00.83
2012	Darren Fahy (La Costa Canyon, Carlsbad).....	4:08.78
2013	Blake Haney (Stockdale, Bakersfield).....	4:06.91
2014	Blake Haney (Stockdale, Bakersfield).....	4:08.52
2015	Austin Tamagno (Brea Olinda).....	4:09.13
2016	Isaac Cortes (Great Oak, Temecula).....	4:04.62

3200-Meter Run (Boys)

1965	Ralph Gamez (Berkeley).....	9:12.9
1966	Ralph Gamez (Berkeley).....	9:01.6
1967	Pete Romero (Reedley).....	9:00.5
1968	Ruben Chappins (Excelsior, Norwalk).....	9:05.7
1969	Ruben Chappins (Excelsior, Norwalk).....	8:57.0
1970	Ron Johnson (West Torrance, Torrance).....	8:55.6
1971	Dale Fleet (Clairemont, San Diego).....	8:53.8
1972	Curtis Beck (Santa Monica).....	8:52.3
1973	Terry Williams (Lompoc).....	8:54.8
1974	Rick Kimball (De La Salle, Concord).....	8:46.5
1975	Eric Hulst (Laguna Beach).....	8:44.9
1976	Eric Hulst (Laguna Beach).....	8:57.4
1977	Frank Assuma (Eisenhower, Rialto).....	8:52.9
1978	Jeff Nelson (Burbank).....	8:59.28
1979	Jeff Nelson (Burbank).....	8:47.35
1980	Andy DiConti (La Canada).....	8:55.79
1981	Jon Butler (Edison, Huntington Beach).....	8:46.78
1982	Harold Kuphaldt (Bella Vista, Fair Oaks).....	8:51.99
1983	Eric Reynolds (Camarillo).....	8:54.75
1984	Roman Gomez (Belmont, Los Angeles).....	8:58.91
1985	Roman Gomez (Belmont, Los Angeles).....	9:03.05
1986	Eric Mastalir (Jesuit, Carmichael).....	8:44.95
1987	Paul Thomas (Jesuit, Carmichael).....	9:02.82
1988	Reggie Williams (River City, West Sacramento).....	8:59.61
1989	David Welsh (Jesuit, Carmichael).....	8:58.08
1990	Bryan Dameworth (Agoura).....	8:53.26
1991	Dave Hartman (Canyon, Canyon Country).....	8:58.38
1992	Angel Martinez (San Gabriel).....	8:56.34
1993	Matt Farley (Jesuit, Carmichael).....	9:04.39
1994	Mebrahton Keflezighi (San Diego).....	8:58.11
1995	Jason Balkman (Lynbrook, San Jose).....	9:05.31
1996	Aaron Gillen (Yreka).....	9:03.96
1997	Isaiah Festa (Morro Bay).....	9:06.06
1998	Gary Passanisi (Aptos).....	9:05.74
1999	Josh Spiker (Ventura).....	9:02.00
2000	Ryan Hall (Big Bear, Big Bear Lake).....	8:55.12
2001	Yong-Sung Leal (Arroyo, San Lorenzo).....	9:00.49
2002	Kyle Alcorn (Buchanan, Clovis).....	9:00.46
2003	Tim Nelson (Liberty Christian, Redding).....	8:53.59
2004	Yosef Ghebray (James Logan, Union City).....	9:04.20
2005	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).....	8:34.23
2009	Chris Schwartz (Foothill).....	8:51.60
2010	Sam Pons (South Pasadena).....	8:55.40
2011	Elias Gedyon (Loyola, Los Angeles).....	8:50.03
2012	Darren Fahy (La Costa Canyon, Carlsbad).....	9:03.29
2013	Blake Haney (Stockdale, Bakersfield).....	9:01.65
2014	Fred Huxham (Redwood, Larkspur).....	8:54.24
2015	Caleb Webb (Big Bear).....	8:47.30
2016	Cooper Teare (St. Joseph ND, Alameda).....	8:51.85



German Fernandez from Riverbank shattered the previous national record in the 3200 meters by nearly eight seconds with a time of 8:34.23 at the 2008 State meet. This performance followed his near-national record showing earlier in the day in the 1600.

110-Meter High Hurdles (Boys)

1915	Earl Thomson (Poly, Long Beach).....	15.2
1916	Harry Lamport (Manual Arts, Los Angeles).....	16.4
1917	Earl Johnston (Fullerton).....	16.2
1918	Larry Rice (Fresno).....	16.0
1919	Charley Daggis (Claremont).....	16.6
1920	Otto Anderson (Pomona).....	15.8
1921	Jack Houston (Lincoln, Los Angeles).....	16.0
1922	Richard Bleet (Manual Arts, Los Angeles).....	16.6
1923	Ross Nichols (Huntington Beach).....	15.4
1924	Ross Nichols (Huntington Beach).....	15.3
1925	Les Eade (Hollywood).....	15.4
1926	Jim Meeks (Hollywood).....	15.1
1927	Jeddy Welsh (Pasadena).....	14.8
1928	Joe Bills (Poly, Long Beach).....	15.6
1929	Bernie Miller (Hollywood).....	15.4
1930	Bill DuPuy (Inglewood).....	15.4
1931	Art Fisher (Redlands).....	15.5
1932	Jack Ward (Selma).....	15.0
1933	Roy Staley (Santa Monica).....	15.2
1934	Roy Kirpatrick (Central, El Cerrito).....	14.7
1935	Johnny Lindell (Monrovia).....	15.0
1936	Doug Busby (Sacramento).....	15.7
1937	Ray Seares (Wilson, Long Beach).....	15.5
1938	John Biewener (San Diego).....	15.3
1939	Don Diez (Lincoln, Los Angeles).....	14.9
	Sam Johnson (Fillmore).....	14.9
1940	Keith Hale (Bakersfield).....	14.7
	Don Reiss (Burlingame).....	14.7
1941	Omar Cowles (Palo Alto).....	14.3
1942-45	(No meet held)	
1946	Bob Bacon (Redondo).....	14.5
1947	Hugh McElhenny (Washington, Los Angeles).....	14.5
1948	Bob Mathias (Tulare).....	14.5
1949	Jack Davis (Hoover, Glendale).....	14.4
1950	Steve Turner (Glendale).....	14.1
1951	Don Brinker (Fresno).....	14.5
1952	Ancel Robinson (Selma).....	14.7
1953	Harry Healey (Keppel).....	14.4

1954	Rafer Johnson (Kingsburg).....	14.3
1955	Ken Thompson (Centennial, Compton).....	14.1
1956	Dale Messer (Lemoore).....	14.2
1957	Ken Overholser (Glendale).....	14.3
1958	Floyd James (Centennial, Compton).....	14.1
1959	Bob Pierce (Burbank).....	14.3
1960	Robert Bonds (Poly, Riverside).....	13.9
1961	Abe Johnson (McClymonds, Oakland).....	14.2w
1962	Ron White (Dorsey, Los Angeles).....	14.0
1963	Carl Davis (Compton).....	13.9
1964	Earl McCullough (Poly, Long Beach).....	14.1
1965	Bill Persons (San Francisco).....	13.8
	Rich Miller (Monrovia).....	13.8
1966	Donald Parish (Dorsey, Los Angeles).....	13.9
1967	Jerry Proctor (Muir, Pasadena).....	13.7
1968	Kerry Hampton (Poly, San Francisco).....	14.0
1969	Jerry Wilson (Roosevelt, Fresno).....	13.7
1970	Alfonzo Hall (Morningside, Inglewood).....	13.9
1971	Charles Jackson (Lompoc).....	13.6w
1972	Daniel Jones (Palo Verde, Blythe).....	13.6
1973	Mike Johnson (Pasadena).....	13.6w
1974	Fred Shaw (Muir, Pasadena).....	13.7
1975	Robert Gains (Kennedy, Richmond).....	13.3
1976	Lloyd Jones (Ganesha, Pomona).....	14.5
1977	Phillip Johnson (Gardena).....	13.66
1978	Milan Stewart (West Covina).....	13.97
1979	Jim Scannella (San Ramon, Danville).....	13.87
1980	Don Ward (St. Mary's, Berkeley).....	13.73
1981	David Ashford (West Covina).....	13.67
1982	Steve Kerho (Mission Viejo).....	13.41
1983	Mark Boyd (St. Mary's, Berkeley).....	13.93
1984	Raymond Young (Hawthorne).....	14.32
1985	Robert Reading (St. Mary's, Berkeley).....	13.88
1986	Terry Johnson (Katella, Anaheim).....	13.88
1987	Dana Hall (Ganesha, Pomona).....	13.98
1988	Darrell Thompson (Cerritos).....	14.25
1989	William Henry (Arroyo Grande).....	14.05
1990	Curtis Hawkins (Carson).....	14.41
1991	Issac Carson (Jefferson, Los Angeles).....	13.67
1992	Charlie Davidson (Saddleback, Santa Ana).....	13.94w
1993	Drue Powell (Reseda).....	13.87
1994	Gerimi Burleigh (Upland).....	13.93w
1995	Joe Naivalu (Fremont, San Jose).....	14.33
1996	Joe Naivalu (Fremont, San Jose).....	13.68
1997	Dominique DeGrammont (Tustin).....	13.48
1998	Marcell Allmond (St. Paul, Santa Fe Springs).....	13.83
1999	Marcell Allmond (St. Paul, Santa Fe Springs).....	13.54
2000	Christopher Morgan (Taft, Woodland Hills).....	13.95
2001	Christopher Morgan (Taft, Woodland Hills).....	13.59w
2002	Thomas Mack (Bakersfield).....	14.34
2003	Kevin Craddock (James Logan, Union City).....	14.09
2004	Kevin Craddock (James Logan, Union City).....	13.39
2005	Robert Williams (Ramona).....	13.97
2006	Terry Prentice (Diamond Ranch, Pomona).....	14.11
2007	Terry Prentice (Diamond Ranch, Pomona).....	13.53
2008	Devron Walker (Dominguez, Compton).....	13.96
2009	Dale Morgan (Taft, Woodland Hills).....	13.76
2010	Johnathan Cabral (Agoura, Agoura Hills).....	13.54
2011	Johnathan Cabral (Agoura, Agoura Hills).....	13.79
2012	Lloyd Sicard (Serra, Gardena).....	14.09
2013	Marquis Morris (De La Salle, Concord).....	13.90
2014	Misana Viltz (Millikan, Long Beach).....	13.47
2015	Alexander Billing (Simi Valley).....	13.68
2016	Joseph Anderson (Upland).....	13.59

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

CIF State Track and Field Individual Champions

300-Meter IH (Boys) - continued

1992	Demond Smith (Hawthorne)	37.34
1993	Kenny Haslip (Muir, Pasadena)	37.80
1994	Kenny Haslip (Muir, Pasadena)	37.14
1995	Mickey Grimes (Canyon Springs, Moreno Valley)	36.83
1996	Makio Haywood (Muir, Pasadena)	36.18
1997	Kenyon Rambo (Poly, Long Beach)	36.57
1998	Al Williams (Irvine)	37.17
1999	Rico Hatter (Vallejo)	36.53
2000	Trevor Jones (Newport Harbor)	36.60
2001	Jeffrey Hunter (Granite Hills, El Cajon)	36.25
2002	Thomas Mack (Bakersfield)	37.45
2003	Brandon Bornes (Rancho Buena Vista, Vista)	38.00
2004	Kevin Craddock (James Logan, Union City)	35.93
2005	David Klech (California, San Ramon)	36.06
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
2011	Johnathan Cabral (Agoura, Agoura Hills)	36.20
2012	Jarrett Gonzales (Damien, La Verne)	37.30
2013	Lloyd Sicard (Serra, Gardena)	37.06
2014	Marquis Morris (De La Salle, Concord)	36.86
2015	Justin Collins (Carson)	36.67
2016	Koty Burton (La Quinta)	36.34



Reggie Wyatt's 35.02 in the 300-meter intermediate hurdles at the 2009 State meet bettered the national record set by Jeshua Anderson (35.28) at the 2007 State meet.

400-Meter Relay (Boys)

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

2001	Helix (La Mesa)	41.17
2002	Poly (Long Beach)	40.63
2003	Carson (Los Angeles)	41.53
2004	Skyline (Oakland)	40.95
2005	Dorsey (Los Angeles)	40.92
2006	Notre Dame (Sherman Oaks)	41.27
2007	Poly (Long Beach)	40.81
2008	Poly (Long Beach)	41.26
2009	Serra (Gardena)	40.67
2010	Poly (Long Beach)	41.13
2011	Oaks Christian (Westlake Village)	41.19
2012	Notre Dame (Sherman Oaks)	41.13
2013	Serra (Gardena)	40.49
2014	Woodcreek (Roseville)	41.20
2015	Chaminade (West Hills)	40.75
2016	Vista Murrieta	40.32

1600-Meter Relay (Boys)

1968	Centennial (Compton)	3:14.3
1969	Los Angeles	3:15.2
1970	Los Altos (Los Altos)	3:15.6
1971	Castlemont (Oakland)	3:13.2
1972	El Cerrito	3:17.6
1973	Cordova (Rancho Cordova)	3:17.4
1974	Muir (Pasadena)	3:13.8
1975	Ells (Richmond)	3:15.7
1976	Pasadena	3:18.2
1977	Pasadena	3:13.7
1978	Banning (Wilmington)	3:11.57
1979	Locke (Los Angeles)	3:14.04
1980	Centennial (Compton)	3:10.37
1981	Berkeley	3:08.94
1982	Compton	3:14.45
1983	Hawthorne	3:10.11
1984	Hawthorne	3:09.45
1985	Hawthorne	3:14.13
1986	Hawthorne	3:14.79
1987	Hawthorne	3:11.77
1988	Hawthorne	3:10.46
1989	Dorsey (Los Angeles)	3:12.21
1990	Muir (Pasadena)	3:14.00
1991	Morningside (Inglewood)	3:15.01
1992	Morningside (Inglewood)	3:15.37
1993	North Salinas (Salinas)	3:14.19
1994	Muir (Pasadena)	3:12.54
1995	Muir (Pasadena)	3:13.08
1996	Muir (Pasadena)	3:08.66
1997	Dominguez (Compton)	3:12.51
1998	Dominguez (Compton)	3:12.64
1999	Dorsey (Los Angeles)	3:13.01
2000	Serra (Gardena)	3:12.94
2001	Poly (Long Beach)	3:15.11
2002	Poly (Long Beach)	3:12.90
2003	Poly (Long Beach)	3:14.35
2004	Poly (Long Beach)	3:13.74
2005	Dorsey (Los Angeles)	3:12.12
2006	J.W. 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)	3:08.42
2011	Poly (Long Beach)	3:12.44
2012	Rio Mesa (Oxnard)	3:16.21
2013	Serra (Gardena)	3:10.59
2014	Poly (Long Beach)	3:11.86
2015	Wilson (Long Beach)	3:13.46
2016	Vista Murrieta	3:14.97

Discus Throw (Boys)

1915	Cifford Merritt (Santa Rosa)	113-00
1916	Wayne Weeks (Santa Rosa)	117-00
1917	Roy Evans (Chaffey)	122-11
1918	Johnny Boyle (Los Angeles)	114-02.75
1919	Johnny Boyle (Los Angeles)	120-06
1920	Clarence Houser (Oxnard)	123-08
1921	Clarence Houser (Oxnard)	135-00.50
1922	Clarence Houser (Oxnard)	144-03.20
1923	Eric Krenz (Stockton)	128-04.25
1924	Robert Patton (Poly, Riverside)	124-06.50
1925	Eddie Moeller (San Diego)	126-00.62
1926	Eddie Moeller (San Diego)	141-00
1927	Fred Steiner (Chaffey)	135-08
1928	Dudley Stephens (Woodland)	135-00.37

1929	Dudley Stephens (Woodland)	134-09
1930	Gordon Dunn (Fresno)	130-05.12
1931	George Theodoratus (Sacramento)	132-01.50
1932	Arlo Munch (Poly, Long Beach)	130-11.50
1949	John Henry Johnson (Pittsburg)	145-02
1950	Louie 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 Darnes (Poly, San Francisco)	178-08
1961	Bob Stoecker (Los Altos)	188-06.50
1962	Bob Stoecker (Los Altos)	185-11.50
1963	Stan McDonald (Edison, Fresno)	178-01
1964	Bill Staley (Los 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 Pearce (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 Schaefer (The 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
2011	Ethan Cochran (Newport Harbor, Newport)	185-09
2012	Ethan Cochran (Newport Harbor, Newport)	196-04
2013	Brenden Song (West Hills, Santee)	188-08
2014	Rocky Fenton (San Clemente)	184-10
2015	Charles Lenford (Oceanside)	195-04
2016	Bronson Osborn (Esperanza, Anaheim)	200-10

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

CIF State Track and Field Individual Champions

High Jump (Boys) - continued

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
1942-45	(No meet held)	
1946	Wilfred Schlange (Citrus).....	6-02
	Dick Smith (Roosevelt, Fresno).....	6-02
1947	Daryl Butts (Excelsior, Norwalk).....	6-00
	Walter Kirk (Porterville).....	6-00
1948	Dick Brombach (Poly, Long Beach).....	6-03
	Ed Young (Jefferson, Los Angeles).....	6-03
1949	Norman Woods (Jefferson, Los Angeles).....	6-03
1950	Ralph Bonham (Pomona).....	6-02.50
1951	Vern Wilson (San Jose).....	6-02
1952	Bernie Allard (Fresno).....	6-05.50
1953	Bernie Nelson (Hoover, San Diego).....	6-04
1954	Dick Daily (Hayward).....	6-05.50
1955	Charlie Dumas (Centennial, Compton).....	6-08.87
1956	Curtis Chappel (Jefferson, Los Angeles).....	6-03.25
1957	Robert Avant (Hart, Newhall).....	6-08
1958	Ray Nickleberry (Oxnard).....	6-08
	Paul Stuber (Bellflower).....	6-08
1959	Paul Stuber (Bellflower).....	6-07.25
1960	Archie Green (Oakland).....	6-06.25
	Roger Olsen (Willow Glen, San Jose).....	6-06.25
1961	Richard Jones (Bakersfield).....	6-08.25
1962	Richard Jones (Bakersfield).....	6-07.50
	Otis Burrell (Jefferson, Los Angeles).....	6-07.50
	Bob Channell (McLane, Fresno).....	6-07.50
1963	Ed Caruthers (Santa Ana Valley, Santa Ana).....	6-08
1964	Greg Heet (Lowell, Whittier).....	6-07.75
1965	Ken Brown (Castlemont, Oakland).....	6-08.50
1966	Tom Clyburn (Balboa, San Francisco).....	6-10
1967	Reynaldo Brown (Compton).....	6-09.25
1968	Reynaldo Brown (Compton).....	7-00
1969	Reynaldo Brown (Compton).....	7-00
1970	Jerry Culp (Oceanside).....	7-00.25
1971	Dwight Stones (Glendale).....	7-01.50
1972	Carl Miles (Poly, Long Beach).....	6-10
1973	Randy Turner (Wilson, San Francisco).....	6-06
1974	Charles Hatch (Wilson, San Francisco).....	7-00
1975	Johnny Washington (Fremont, Los Angeles).....	7-00
1976	John Lane (American, Fremont).....	6-11
1977	Dennis Smith (Santa Monica).....	7-02
1978	Brad Harris (Los Alamitos).....	6-11
1979	Lee Balkin (Glendale).....	7-03.25
1980	Greg Denby (Crenshaw, Los Angeles).....	6-10
1981	Anthony Caire (Pius X, Downey).....	7-01
1982	Maurice Crumby (Balboa, San Francisco).....	7-00
1983	Maurice Crumby (Balboa, San Francisco).....	7-02
1984	Kenny Burke (Westlake, Westlake Village).....	7-00
1985	Mark Webster (Homestead, Cupertino).....	6-09
1986	Derrick Moore (Millikan, Long Beach).....	6-10
1987	Luis Juico (Piedmont Hills, San Jose).....	7-01
1988	Reggie Bettor (Antelope Valley).....	7-00
1989	Mark Wilson (Charter Oak, Covina).....	7-00
1990	Kevin Carlson (Katella, Anaheim).....	7-00
1991	Avery Anderson (J.W. North, Riverside).....	7-02
1992	Griffin Childers (Woodland).....	6-11
1993	Jeff Nadeau (Monroe, North Hills).....	7-02
1994	Jeremy Fischer (Camarillo).....	7-00
1995	Michael Wilkins (Red Bluff).....	7-00
1996	Elliott Parks (El Toro, Lake Forest).....	6-10
1997	Jason Howard (Ridgeview, Bakersfield).....	7-01
1998	Darren Marble (Los Altos).....	6-08
1999	Gabe Zarete (Parlier).....	6-11
2000	Ebon Glenn (St. Mary's, Berkeley).....	7-00

2001	Teak Wilburn (Chico).....	6-10
2002	Cole Herron (Sanger).....	6-11
2003	Cole Herron (Sanger).....	6-10
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
2011	Crampton Cody (Canyon, Anaheim).....	6-11
2012	Noel Frazier (California, San Ramon).....	6-10.25
2013	Eric Moore (Carter, Rialto).....	6-11
2014	Eric Moore (Carter, Rialto).....	7-00.25
2015	Michael Burke (Lemoore).....	6-11
2016	Darius Carbin (Mt. Pleasant, San Jose).....	7-00

Long Jump (Boys)

1915	Ernest Plavan (Santa Ana).....	21-02.00
1916	Harry Lampion (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 Rehwal (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
1942-45	(No meet held)	
1946	Carl Monser (Alameda).....	22-02.25
1947	Hugh McElhenry (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	Efften Jones (Delano).....	23-05.75
1960	Walt Roberts (Compton).....	24-07.25
1961	Robert McKeever (Fremont, Los Angeles).....	24-03.00
1962	James Kennedy (Lincoln, San Diego).....	24-05.75
1963	Jerry Williams (Berkeley).....	24-03.50
1964	Bobby Bonds (Poly, Riverside).....	25-03.00
1965	Manuel Murrell (Poly, Long Beach).....	24-09.75
1966	Doyle Steel (San Diego).....	25-03.25
1967	Jerry Proctor (Muir, Pasadena).....	25-04.50
1968	Heulon Hewitt (Merced).....	24-07.00
1969	James McAllister (Blair, Pasadena).....	24-02.25
1970	Lynn Swann (Serra, San Mateo).....	24-02.75
1971	Randy Williams (Edison, Fresno).....	26-03.25w
1972	Carl McCullough (Sacramento).....	24-07.00
1973	Jerry Herndon (Cajon, San Bernadino).....	25-04.50w
1974	James Lofton (Washington, Los Angeles).....	24-03.50
1975	Paul Wilson (Fontana).....	24-08.50
1976	Larry Doubly (Manual Arts, Los Angeles).....	25-03.75w
1977	Kurt Durham (Oakland).....	25-00.75
1978	Dokie Williams (El Camino, Oceanside).....	25-01.25
1979	George Gaffney (Lemoore).....	24-01.75
1980	Charles Mayfield (Muir, Pasadena).....	23-04.75
1981	Ed Tave (Muir, Pasadena).....	25-00.50

1982	Eric Thomas (Norte Del Rio, Sacramento).....	24-04.75
1983	Johnny Cleveland (Soquel).....	24-06.50
1984	Joe Richardson (Pasadena).....	24-11.00
1985	Larry Nelson (Simi Valley).....	24-03.25
1986	Curtis Rodgers (Hiram Johnson, Sacramento).....	23-10.00
1987	Percy Knox (Antelope Valley, Lancaster).....	24-06.50
1988	Diatory Gildersleeve (Grant, Sacramento).....	24-05.50w
1989	James Stallworth (Tulare Union, 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 (Walnut).....	23-09.50
2003	Derrell 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
2011	Jovante Slater (Vista Murrieta, Murrieta).....	24-10.50
2012	Adoree Jackson (Serra, Gardena).....	25-00.50
2013	Nate Moore (Castro Valley).....	24-11.75
2014	Nate Moore (Castro Valley).....	25-08.75
2015	Gregory Yann (Rio Mesa, Oxnard).....	24-06.00
2016	Isaiah Holmes (Oakmont, Roseville).....	25-05.00

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, Los Angeles).....	10-06
1920	Leroy Goodenough (Fillmore).....	11-10
1921	Harold Shoebridge (Anaheim).....	12-00
1922	Harry Smith (San Diego).....	11-11.50
1923	Leo Barnes (Hollywood).....	12-03.37
	Harry Smith (San Diego).....	12-03.62
1924	Leo Barnes (Hollywood).....	12-11.50
1925	Jack Williams (Inglewood).....	12-09.62
1926	Marshall Beeman (Armijo Fairfield).....	12-04
	Conrad Boyle (Manual Arts, Los Angeles).....	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
1942-45	(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

CIF State Track and Field Individual Champions

Pole Vault (Boys) - continued

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 (Ganesha, Pomona).....	13-03
	Gary Down (Anaheim).....	13-03
1961	Mike Graves (El Cajon).....	14-02.50
1962	Eric Berge (Costa Mesa).....	14-03
	Bob Richardson (Ganesha, Pomona).....	14-03
1963	Bill Fosdick (Andrew Hill, San Jose).....	14-08.75
1964	Paul Wilson (Warren, Downey).....	15-04.25
1965	Paul Wilson (Warren, Downey).....	15-06.50
1966	Wayne Meyers (Foothill, Sacramento).....	15-00.75
1967	Tom Reynolds (Morningside, Inglewood).....	14-10
1968	Steve Smith (South Torrance, Torrance).....	15-03.50
1969	Steve Smith (South Torrance, Torrance).....	16-00
1970	Tom Lindsay (La Sierra, Carmichael).....	14-10.50
1971	Tim Quinn (Monroe, Sepulveda).....	15-02
1972	Hubert Black (Fremont, Los Angeles).....	15-02
1973	Tim Curran (Crespi, Encino).....	16-02.75
1974	Jim Knaub (Lakewood).....	15-06
1975	Keith Schimmel (Villa Park).....	15-06
1976	Tim Hintnaus (Aviation, Redondo Beach).....	15-02
1977	Anthony Curran (Crespi, Encino).....	16-00
1978	Anthony Curran (Crespi, Encino).....	17-00.25
1979	Clark Elliot (Bellflower).....	15-06
1980	Greg Stull (Troy, Fullerton).....	15-10
1981	Doug Wicks (South Bakersfield, Bakersfield).....	15-02
1982	Scott Christensen (Acalanes, Lafayette).....	15-06
1983	Mike Kibort (Saratoga).....	15-06
1984	Ivar Moen (Los Gatos).....	16-02
1985	Brent Burns (Acalanes, Lafayette).....	16-02
1986	Steve Toney (Menlo-Atherton, Atherton).....	16-02
1987	Steve Slocum (Foothill, Santa Ana).....	15-06
1988	Tom Richards (San Marcos).....	16-00
1989	Jim Lawrence (Del Mar, San Jose).....	15-06
1990	Ed Lasquette (Mt. Pleasant, San Jose).....	15-10
1991	David Cox (Foothill, Fresno).....	16-06
1992	Clarence Phelps (Christian Brothers, Sacramento).....	16-00
1993	Scott Slover (Leland, San Jose).....	16-02
1994	Scott Slover (Leland, San Jose).....	16-10
1995	Mike Brown (Torrey Pines, Encinitas).....	16-04
1996	Steve Michels (Brethren Christian, Cypress).....	16-02
1997	David Gritz (Bear Creek, Stockton).....	16-07
1998	Mark Unzueta (Lemoore).....	16-02
1999	Brandon Braunstein (Newark Memorial, Newark).....	16-02
2000	Shane Hackett (Verdugo Hills, Tujunga).....	16-04
2001	Mike Landers (Golden Valley, Merced).....	16-03
2002	David Moore (Miramonte, Orinda).....	16-06
2003	Ryan Shuler (Granite Bay).....	16-00
2004	Scott Roth (Granite Bay).....	16-04
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 Woeppe (Mater Dei, Santa Ana).....	16-05
2010	Scott Cook (Mater Dei, Santa Ana).....	16-03
2011	Ian Rock (Davis).....	16-02
2012	Peter Chapman (Murrieta Valley, Murrieta).....	16-04
2013	Luigi Colella (Thousand Oaks).....	16-04
2014	Carl Johansson (Lutheran, Orange).....	17-00
2015	Austin Laut (Oak Ridge, El Dorado Hills).....	15-09
2016	Jeff Gordon (Marina, Huntington Beach).....	16-08

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

1924	Cecil White (Modesto).....	49-07.37
1925	Herb Fleishhacker (Menlo Park).....	49-02.00
1926	Maurely 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	Wilbur 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
1942-45	(No meet held)	
1946	John Helwig (Mt. Carmel, Los Angeles).....	59-05.12
1947	Bob Cameron (Washington, Los Angeles).....	53-10.87
1948	Bob Cameron (Washington, Los Angeles).....	59-07.25
1949	Elmer Willhoite (Merced).....	57-03.23
1950	Hal Norris (Grossmont, San Diego).....	56-05.50
1951	Leon Patterson (Taft).....	59-02.50
1952	Leon Patterson (Taft).....	60-09.87
1953	Don Vick (Chaffey).....	60-07.75
1954	Dick Bronson (Grossmont, San Diego).....	59-07.12
1955	uncan Ward (Santa Monica).....	59-04.50
1956	Homer Robertson (Pacific, San Bernardino).....	63-09.50
1957	Clark Bronson (Pasadena).....	64-00.75
1958	Jack Slocumbe (Millikan, Long Beach).....	61-04.50
1959	Mike Parker (Turlock).....	57-08.00
1960	Matthew Baggett (Berkeley).....	60-07.00
1961	Bill Pace (El Rancho, Pico Rivera).....	64-03.50
1962	Jim O'Brien (DeAnza, Richmond).....	62-02.25
1963	Bruce Wilhelm (Fremont, Sunnyvale).....	63-04.75
1964	Bob Brannan (Los Gatos).....	62-07.25
1965	Steve Marcus (Palisades, Pacific Palisades).....	63-11.25
1966	John Hubbell (Poly, Long Beach).....	66-11.00
1967	John Buehler (Whittier).....	65-03.25
1968	Pete Schmock (San Dieguito, Encinitas).....	63-11.00
1969	Sam Cunningham (Santa Barbara).....	61-02.00
1970	Randy Withrow (Pasadena).....	63-08.75
1971	Mark Stevens (Newport Harbor).....	67-02.25
1972	Randy Cross (Crespi, Encino).....	65-07.25
1973	Jim Niedhart (Newport Harbor).....	67-03.25
1974	David Kurrasch (Santa Ana).....	63-10.50
1975	David Kurrasch (Santa Ana).....	65-09.50
1976	Steve Montgomery (Lassen, Susanville).....	68-00.00
1977	Craig Polley (Sunny Hills, Fullerton).....	62-04.25
1978	Dave Porath (Atwater).....	65-10.75
1979	Don Mosebar (Mt. Whitney, Visalia).....	62-06.75
1980	Scott Garnett (Muir, Pasadena).....	64-04.25
1981	John Frazier (Antelope Valley, Lancaster).....	63-08.75
1982	Pat Kyle (Buena Park).....	60-04.00
1983	Curt Sisco (Vacaville).....	63-09.50
1984	Brian Blutreich (Capistrano Valley, Mission Viejo).....	64-07.25
1985	Brian Blutreich (Capistrano Valley, Mission Viejo).....	68-04.00
1986	Brian Boggess (El Capitan, Lakeside).....	61-04.00
1987	Dave Bultman (Royal, Simi Valley).....	67-00.00
1988	Kaleaph Carter (Edison, Huntington Beach).....	64-00.25
1989	Brent Noon (Fallbrook).....	66-01.50
1990	Brent Noon (Fallbrook).....	74-04.75
1991	Mark Parliri (Esperanza, Anaheim).....	61-05.50
1992	Pete Swanson (San Benito, Hollister).....	61-03.25
1993	Tyson Lingenfelder (Upland).....	60-09.50
1994	Chris DeMartine (St. Ignatius, San Francisco).....	58-11.50
1995	Matt Pentecost (Loyola, Los Angeles).....	62-03.75
1996	Jason Hammond (Fowler).....	64-04.00
1997	Van Mounts (Bakersfield).....	67-00.75
1998	Van Mounts (Bakersfield).....	66-07.00
1999	Rhuben Williams (Eagle Rock, Los Angeles).....	62-08.50
2000	Rhuben Williams (Eagle Rock, Los Angeles).....	63-02.50
2001	David Guerin (Leuzinger, Lawndale).....	62-10.75
2002	Noah Bryant (Carpinteria).....	65-07.75
2003	Jared Bray (Mission Bay, San Diego).....	63-03.25
2004	Mark Lewis (Arroyo Grande).....	63-05.50
2005	Danny Rohr (Arroyo Grande).....	60-06.25
2006	Darius Savage (Morse, San Diego).....	66-03.25
2007	Joe Canavan (Palm Desert).....	67-01.50
2008	Dayshan Ragans (Foothill, Bakersfield).....	62-10.00
2009	Matt Darr (Frontier, Bakersfield).....	62-01.25

2010	Matt Darr (Frontier, Bakersfield).....	63-09.75
2011	Nicholas Scarvelis (Dos Pueblos, Goleta).....	64-00.00
2012	Ethan Cochran (Newport Harbor, Newport).....	62-04.25
2013	Nick Ponzio (Great Oak, Temecula).....	66-02.50
2014	Dotun Ogundej (Madison, San Diego).....	65-05.50
2015	Matt Katnik (St. John Bosco, Bellflower).....	72-00.00
2016	Bronson Osborn (Esperanza, Anaheim).....	69-10.75

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	Offord Rollins (Wasco).....	51-04.75
1992	Tony Parrish (Marina, Huntington Beach).....	49-01.00w
1993	Tony Parrish (Marina, Huntington Beach).....	50-11.75
1994	Von Ware (Rancho Buena Vista, Vista).....	50-06.00
1995	Michael Turner (Morningside, Inglewood).....	49-02.00w
1996	Tye Anderson (Poly, Long Beach).....	49-11.75
1997	Anthony Colson (Center, Antelope).....	49-11.25w
1998	Benson Jones (Clayton Valley, Concord).....	51-01.50w
1999	Kyle Carano (Hoover, Fresno).....	52-02.50w
2000	Jamil Smith (Palmdale).....	49-04.25
2001	Jamil Smith (Palmdale).....	49-08.00
2002	Nathan Atkins (Cerritos).....	49-07.75
2003	Rudy Burgess (Desert, Edwards AFB).....	50-04.25
2004	Nkosinza Balumbu (James Logan, Union City).....	50-06.00
2005	Nkosinza Balumbu (James Logan, Union City).....	49-07.50
2006	Richard Sherman (Dominguez, Compton).....	50-08.00
2007	Jonathan Clark (Loyola, Los Angeles).....	49-00.25w
2008	Johnny Carter (Ridgeview, Bakersfield).....	49-00.75w
2009	Hammed Suleman (Deer Valley, Antioch).....	49-07.50
2010	Jovon Cunningham (Enterprise, Redding).....	50-08.25
2011	Marques Roberts (Otay Ranch, Chula Vista).....	49-06.50
2012	Klyvens Delunay (Claremont).....	51-07.00w
2013	Nate Moore (Castro Valley).....	50-11.75
2014	Nate Moore (Castro Valley).....	51-04.00
2015	Ron Smith (St. Mary's College, Berkeley).....	49-00.25
2016	Morrell Osling (Antelope Valley, Lancaster).....	48-09.25

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 (Ganesha, Pomona).....	11.69
1983	Lisa Winston (Jordan, Long Beach).....	11.73
1984	Gail Devers (Sweetwater, National City).....	11.51
1985	Tesha Giddens (Locke, Los Angeles).....	11.58
1986	Angela Burnham (Rio Mesa, Oxnard).....	11.78
1987	Janeene Vickers (Pomona).....	11.76
1988	Angela Burnham (Rio Mesa, Oxnard).....	11.52
1989	Angela Burnham (Rio Mesa, Oxnard).....	11.31w
1990	Marion Jones (Rio Mesa, Oxnard).....	11.67w
1991	Marion Jones (Rio Mesa, Oxnard).....	11.17
1992	Marion Jones (Thousand Oaks).....	11.14
1993	Marion Jones (Thousand Oaks).....	11.61
1994	Heather Sumpter (Muir, Pasadena).....	11.69
1995	Lakeisha Backus (Wilson, Long Beach).....	11.39w
1996	Malika Edmonson (St. Bernard, Marina del Rey).....	11.82w
1997	Angela Williams (Chino).....	11.15
1998	Angela Williams (Chino).....	11.10w
1999	Tania Woods (Skyline, Oakland).....	11.41

CIF State Track and Field Individual Champions

100-Meter Dash (Girls) - continued

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
2011	Jenna Prandini (Clovis).....	11.69
2012	Ariana Washington (Poly, Long Beach).....	11.47
2013	Ariana Washington (Poly, Long Beach).....	11.39
2014	Ariana Washington (Poly, Long Beach).....	11.22
2015	Zaria Francis (Rio Mesa, Oxnard).....	11.31
2016	Lauren Williams (Oaks Christian, Westlake Village)....	11.39

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
2011	Jenna Prandini (Clovis).....	23.81
2012	Ariana Washington (Poly, Long Beach).....	23.41
2013	Ariana Washington (Poly, Long Beach).....	23.22
2014	Ariana Washington (Poly, Long Beach).....	22.96
2015	Zaria Francis (Rio Mesa, Oxnard).....	23.09
2016	Celera Barnes (St. Bonaventure, Ventura).....	23.25

400-Meter Dash (Girls)

1974	Veronica Venezia (Terra Linda, San Rafael).....	56.4
1975	Jodi Anderson (Washington, Los Angeles).....	55.3
1976	Marquita Belk (Silver Creek, San Jose).....	55.2
1977	Valerie Brisco (Locke, Los Angeles).....	55.14
1978	Arlise Emerson (Westminster).....	54.3
1979	Sherri Howard (San Geronio, San Bernardino)....	53.65
1980	Denean Howard (Kennedy, Granada Hills).....	53.04
1981	Gervaise McCraw (Ganesha, Pomona).....	54.15
1982	Denean Howard (Kennedy, Granada Hills)....	52.39
1983	Leslie Maxie (Mills, Millbrae).....	53.19
1984	Chewaukii Knighten (Locke, Los Angeles)....	52.67
1985	Chewaukii Knighten (Locke, Los Angeles)....	52.72
1986	Princess Bennett (Compton).....	53.56
1987	Angela Rolfe (Dorsey, Los Angeles).....	53.55
1988	Angela Rolfe (Dorsey, Los Angeles).....	54.26
1989	Angela Rolfe (Dorsey, Los Angeles).....	53.97
1990	Janice Nichols (Bakersfield).....	53.89
1991	Janice Nichols (Bakersfield).....	54.19

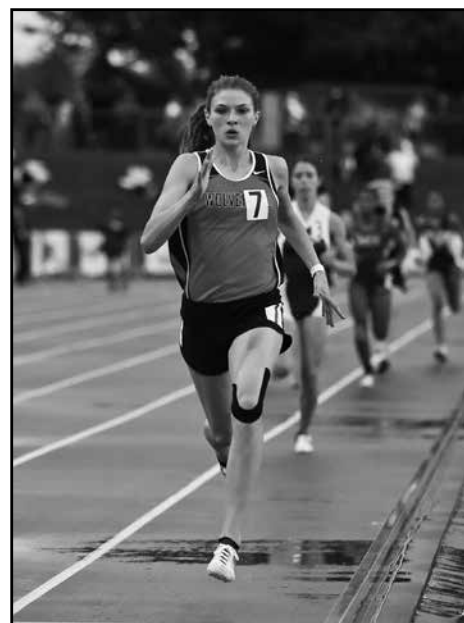
1992	Janice Nichols (Bakersfield).....	54.46
1993	Asha Jaysinghe (Arcadia).....	55.45
1994	Latasha Gilliam (Pittsburg).....	53.93
1995	Angela Williams (Chino).....	53.40
1996	Kinshasa Davis (Wilson, Long Beach).....	52.67
1997	Kinshasa Davis (Wilson, Long Beach).....	52.66
1998	Monique Henderson (Morse, San Diego).....	53.41
1999	Monique Henderson (Morse, San Diego).....	52.87
2000	Monique Henderson (Morse, San Diego).....	50.74
2001	Monique Henderson (Morse, San Diego).....	51.34
2002	Christina Hardeman (Wilcox, Santa Clara)....	54.09
2003	Jasmine Lee (Poly, Long Beach).....	53.17
2004	Jasmine Lee (Poly, Long Beach).....	52.93
2005	Sa'de Williams (Rancho Cucamonga).....	52.35
2006	Sa'de Williams (Rancho Cucamonga).....	53.21
2007	Jasmine Joseph (Poly, Long Beach).....	53.15
2008	Akawakaw Ndipagbor (Poly, Long Beach).....	53.35
2009	Turquoise Thompson (Serra, Gardena).....	53.10
2010	Chimere Ezumah (Serra, Gardena).....	52.97
2011	Akawakaw Ndipagbor (Poly, Long Beach).....	53.38
2012	Renetia James (Serra, Gardena).....	53.98
2013	Nia Dorer (Cordova, Rancho Cordova).....	53.00
2014	Kaelin Roberts (Poly, Long Beach).....	52.52
2015	Hannah Waller (Buchanan, Clovis).....	53.13
2016	Kaelin Roberts (Carson).....	52.28

800-Meter Run (Girls)

1974	Kathy Costello (Pleasant Hill).....	2:10.4
1975	Kathy Costello (Pleasant Hill).....	2:09.2
1976	Alice Trumbley (Coalinga).....	2:13.3
1977	Ann Regan (Camden, San Jose).....	2:08.0
1978	Ann Regan (Camden, San Jose).....	2:07.93
1979	Ann Regan (Camden, San Jose).....	2:10.22
1980	Marilyn Davis (Miramonte, Orinda).....	2:09.73
1981	Donna Curtis (Culver City).....	2:06.08
1982	Rennie Durrand (Laguna Beach).....	2:06.36
1983	Kerri Zaleski (Millikan, Long Beach).....	2:06.41
1984	Trena Hull (Compton).....	2:04.91
1985	Kristen Dowell (Santa Teresa, San Jose).....	2:10.07
1986	Laura Chapel (University City, San Diego) ..	2:08.66
1987	Kimberly McAllister (Locke, Los Angeles) ..	2:12.92
1988	Kathy Roldan (Mt. Whitney, Visalia).....	2:12.11
1989	Kim Toney (Atascadero).....	2:09.33
1990	Kim Toney (Atascadero).....	2:06.13
1991	Nicole Teter (West Valley, Cottonwood).....	2:08.14
1992	Miesha Marzell (Bishop O'Dowd, Oakland) ..	2:10.29
1993	Miesha Marzell (Bishop O'Dowd, Oakland) ..	2:09.13
1994	Kristie Johnston (Central, Fresno).....	2:09.98
1995	Kristie Johnston (Central, Fresno).....	2:08.86
1996	Lindsay Hyatt (Placer, Auburn).....	2:11.24
1997	Lindsay Hyatt (Placer, Auburn).....	2:09.16
1998	Lindsay Hyatt (Placer, Auburn).....	2:07.90
1999	Lindsay Hyatt (Placer, Auburn).....	2:06.74
2000	Liz Morse (Corona del Mar).....	2:08.16
2001	Shannon Rowbury (Sacred Heart Cathedral, SF) ..	2:10.31
2002	Jamillah Titus (Vintage, Napa).....	2:08.62
2003	Ashley Freeman (Wilson, Long Beach).....	2:08.86
2004	Alysia Johnson (Canyon, Canyon Country) ..	2:08.97
2005	Libby Jenke (Menlo, Atherton).....	2:10.39
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 (Harvard Westlake, N. Hlywd) ..	2:07.52
2011	Amy Weissenbach (Harvard Westlake, N. Hlywd) ..	2:02.04
2012	Amy Weissenbach (Harvard Westlake, N. Hlywd) ..	2:05.70
2013	Mikaela Smith (Clovis North, Clovis).....	2:08.39
2014	Mikaela Smith (Clovis North, Clovis).....	2:06.85
2015	Erica Schroeder (San Marcos, Santa Barbara) ..	2:07.08
2016	Alyssa Brewer (California, San Ramon).....	2:06.86

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



Amy Weissenbach broke the national record by 0.86 seconds with her time of 2:02.04 in the 800 meters during the 2011 State Championships. Her time also bested the the previous State meet record set in 1984.

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 (Rancho Buena Vista).....	4:49.54
1989	Kira Jorgensen (Rancho Buena Vista).....	4:49.55
1990	Becky Spies (Livermore).....	4:48.74
1991	Becky Spies (Livermore).....	4:45.11
1992	Shelley Taylor (Edison, Huntington Beach) ..	4:48.52
1993	Milena Glusac (Fallbrook).....	4:50.83
1994	Elissa Riedy (Mission San Jose, Fremont)....	4:54.28
1995	Elissa Riedy (Mission San Jose, Fremont)....	4:45.35
1996	Annie Ebinger (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 Beach) ..	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	Sammy Silva (Academy OLP, San Diego).....	4:47.67
2010	Chloe Curtis (Redondo).....	4:46.63
2011	Cami Chapus (Harvard Westlake, N. Hollywood) ..	4:40.88
2012	Nikki Hiltz (Aptos).....	4:42.45
2013	Anna Maxwell (San Lorenzo Valley, Felton)....	4:47.33
2014	Sarah Robinson (Gunn, Palo Alto).....	4:44.25
2015	Amanda Gehrich (Tesoro, Rancho Santa Margarita) ..	4:39.33
2016	Amanda Gehrich (Tesoro, Rancho Santa Margarita) ..	4:45.51

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 Glusac (Fallbrook).....	10:28.62

CIF State Track and Field Individual Champions

3200-Meter Run (Girls) - continued

1993	Milena Glusac (Fallbrook).....	10:42.68
1994	Julia Stamps (Rincon Valley Christian, Santa Rosa).....	10:26.51
1995	Julia Stamps (Santa Rosa).....	10:15.27
1996	Kim Mortensen (Thousand Oaks).....	9:52.80
1997	Julia Stamps (Santa Rosa).....	10:15.17
1998	Sara Bei (Montgomery, Santa Rosa).....	10:31.06
1999	Lauren Fleshman (Canyon, Canyon Country).....	10:18.81
2000	Anita Siraki (Hoover, Glendale).....	10:18.50
2001	Sara Bei (Montgomery, Santa Rosa).....	10:11.11
2002	Clara Horowitz (Head Royce, Oakland).....	10:31.01
2003	Claire Rethmeier (San Pasqual, Escondido).....	10:27.32
2004	Lindsay Flacks (Harvard Westlake, N. Hollywood).....	10:26.25
2005	Tori Tyler (Gunn, Palo Alto).....	10:38.90
2006	Jordan Hasay (Mission Prep, San Luis Obispo).....	10:13.55
2007	Jordan Hasay (Mission Prep, San Luis Obispo).....	10:06.76
2008	Jordan Hasay (Mission Prep, San Luis Obispo).....	9:52.13
2009	Jordan Hasay (Mission Prep, San Luis Obispo).....	10:05.29
2010	Molly Grabbil (Rancho Bernardo, San Diego).....	10:20.25
2011	Sarah Baxter (Simi Valley).....	10:13.00
2012	Sarah Baxter (Simi Valley).....	10:12.00
2013	Sarah Baxter (Simi Valley).....	10:10.71
2014	Bethan Knights (Northwood, Irvine).....	10:00.19
2015	Destiny Collins (Great Oak, Temecula).....	9:53.79
2016	Fiona O'Keefe (Davis).....	10:12.02

100-Meter Low Hurdles (Girls)

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

* from 1974-76, race was 80 Meters

100-Meter High Hurdles (Girls)

1993	Bisa Grant (Bishop O'Dowd, Oakland).....	14.11
1994	Davetta Shepard (Kennedy, Sacramento).....	13.73w
1995	Joanna Hayes (J.W. North, Riverside).....	13.45
1996	Nicole Hoxie (J.W. North, Riverside).....	13.87
1997	Nicole Hoxie (J.W. North, Riverside).....	13.35
1998	Natasha Neal (James Logan, Union City).....	13.57
1999	Nichole Denby (J.W. North, Riverside).....	13.42w
2000	Nichole Denby (J.W. North, Riverside).....	13.20
2001	Lashinda Demus (Wilson, Long Beach).....	13.39w
2002	Talia Stewart (James Logan, Union City).....	14.03
2003	Ashlee Brown (J.W. North, Riverside).....	13.58
2004	Talia Stewart (James Logan, Union City).....	13.31
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
2011	Trinity Wilson (St. Mary's, Berkeley).....	13.41
2012	Sasha Wallace (Holy Names, Oakland).....	13.33
2013	Sasha Wallace (Castro Valley).....	13.43
2014	Mecca McGlaston (Dublin).....	13.54
2015	Jasmyne Graham (Eleanor Roosevelt, Corona).....	13.17
2016	Tara Davis (Agoura, Agoura Hills).....	13.38

300-Meter Low Hurdles (Girls)

1981	Audrey Williams (Saugus).....	42.26
1982	Gayle Kellon (Walnut).....	41.09
1983	Gayle Kellon (Walnut).....	41.71
1984	Leslie Maxie (Mills, Millbrae).....	40.90
1985	Leslie Maxie (Mills, Millbrae).....	41.80
1986	Janeene Vickers (Pomona).....	41.32
1987	Janeene Vickers (Pomona).....	40.96
1988	Michelle Decoux (Bishop O'Dowd, Oakland).....	42.16

1989	Twila Sims (Lompoc).....	42.54
1990	Felice Lipscomb (Santa Monica).....	41.69
1991	Erin Blunt (San Pasqual, Escondido).....	43.02
1992	Twila Sims (Lompoc).....	42.75
1993	Angela Harris (Skyline, Oakland).....	42.78
1994	Angela Harris (Skyline, Oakland).....	42.78
1995	Joanna Hayes (J.W. North, Riverside).....	41.20
1996	Tisha Ponder (Del Mar, San Jose).....	42.22
1997	Ryan Peters (Skyline, Oakland).....	41.47
1998	Natasha Neal (James Logan, Union City).....	40.86
1999	Lashinda Demus (Wilson, Long Beach).....	40.44
2000	Lashinda Demus (Wilson, Long Beach).....	40.41
2001	Ashlee Brown (J.W. North, Riverside).....	41.81
2002	Ashlee Brown (J.W. North, Riverside).....	41.67
2003	McKenzie Hill (Wilson, Long Beach).....	41.31
2004	Talia Stewart (James Logan, Union City).....	41.31
2005	Ebony Collins (Wilson, Long Beach).....	40.10
2006	Ebony Collins (Wilson, Long Beach).....	40.13
2007	Jamesha Youngblood (Hercules).....	41.08
2008	Kori Carter (Claremont).....	41:28
2009	Kori Carter (Claremont).....	41.26
2010	Kori Carter (Claremont).....	40.44
2011	Melia Cox (Poly, Long Beach).....	41.80
2012	Daje Pugh (Fairfield).....	40.57
2013	Jade Miller (Great Oak, Temecula).....	41.02
2014	Hannah Labrie-Smith (Cathedral Catholic, San Diego).....	41.67
2015	Jasmyne Graham (Eleanor Roosevelt, Corona).....	40.73
2016	Jurnee Woodward (Vacaville).....	40.62

400-Meter Relay (Girls)

1974	Berkeley.....	47.5
1975	Muir (Pasadena).....	48.0
1976	Muir (Pasadena).....	47.6
1977	Crawford (San Diego).....	46.14
1978	Jordan (Los Angeles).....	47.14
1979	Westchester.....	47.95
1980	Kennedy (Granada Hills).....	45.81
1981	Berkeley.....	45.13
1982	Dorsey (Los Angeles).....	45.42
1983	Hawthorne.....	46.56
1984	Hawthorne.....	45.99
1985	Hawthorne.....	45.95
1986	Hawthorne.....	45.54
1987	St. Francis (Mountain View).....	45.95
1988	Hawthorne.....	47.10
1989	Muir (Pasadena).....	46.46
1990	Bakersfield.....	46.49
1991	Morningside (Inglewood).....	46.38
1992	Morningside (Inglewood).....	46.34
1993	Poly (Long Beach).....	45.74
1994	Wilson (Long Beach).....	46.17
1995	Poly (Long Beach).....	45.1h
1996	James Logan (Union City).....	45.20
1997	St. Bernard (Playa del Rey).....	44.70
1998	St. Bernard (Playa del Rey).....	46.00
1999	San Lorenzo Valley.....	45.90
2000	Berkeley.....	45.96
2001	Wilson (Long Beach).....	45.40
2002	Poly (Long Beach).....	45.50
2003	Poly (Long Beach).....	45.04
2004	Poly (Long Beach).....	45.11
2005	Wilson (Long Beach).....	44.84
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
2011	Poly (Long Beach).....	45.70
2012	Serra (Gardena).....	45.92
2013	Poly (Long Beach).....	44.93
2014	Poly (Long Beach).....	45.19
2015	Oaks Christian (Westlake Village).....	45.66
2016	Carson.....	45:06

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
2011	Serra (Gardena).....	3:43.21
2012	Serra (Gardena).....	3:46.45
2013	Piedmont Hills (San Jose).....	3:41.14
2014	Poly (Long Beach).....	3:38.05
2015	St. Mary's College (Berkeley).....	3:43.33
2016	Carson.....	3:42.80

Discus Throw (Girls)

1976	Kathy Middleton (Poway).....	134-05
1977	Karen Stampfl (Lassen, Susanville).....	137-08
1978	Christi Pyle (Hoover, Glendale).....	149-03
1979	Leslie Deniz (Gridley).....	167-01
1980	Leslie Deniz (Gridley).....	172-11
1981	Natalie Kaaiawahia (Fullerton).....	162-10
1982	Jacque Norton (Mission Viejo).....	160-02
1983	Natalie Kaaiawahia (Fullerton).....	170-01
1984	Stacy Horn (Cordova, Rancho Cordova).....	159-01
1985	Lil Ili (Nogales, La Puente).....	162-02
1986	Tracy Crawford (Southwest, San Diego).....	156-02
1987	Dawn Dumble (Bakersfield).....	144-10
1988	Melissa Weis (Bakersfield).....	159-07
1989	Melissa Weis (Bakersfield).....	168-00
1990	Melissa Weis (Bakersfield).....	169-11
1991	Celeste McVey (Redlands).....	160-11
1992	Suzy Powell (Downey, Modesto).....	169-08
1993	Suzy Powell (Downey, Modesto).....	168-11
1994	Suzy Powell (Downey, Modesto).....	174-02
1995	Nadia Lopez (Arroyo Grande).....	152-06
1996	Chaniqua Ross (Laguna Creek, Elk Grove).....	158-04
1997	Chaniqua Ross (Laguna Creek, Elk Grove).....	177-01
1998	Stephanie Brown (Arroyo Grande).....	181-03
1999	April Burton (Bakersfield).....	153-10
2000	Jill Camarena (Woodland).....	151-01
2001	Rachel Varner (Bakersfield).....	162-09
2002	Billie Jo Grant (Arroyo Grande).....	174-00
2003	Billie Jo Grant (Arroyo Grande).....	174-04
2004	Missy Faubus (Centennial, Bakersfield).....	166-09
2005	Alexaree 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
2011	Alex Morgan (Ventura).....	153-08
2012	Lisette Mendivil (Redwood, Visalia).....	155-10
2013	Nikki Okwelogu (Clovis West, Clovis).....	173-09
2014	Stamatia Scarvelis (Dos Pueblos, Goleta).....	163-07
2015	Ronna Stone (Valley Christian, San Jose).....	161-09
2016	Pamela Amaechi (Lincoln).....	164-01

CIF State Track and Field Individual Champions

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 Fundamental, Pasadena)	5-10
1982	Katrina Johnson (Marshall Fundamental, Pasadena)	5-11
1983	Tonya Mendonca, Mt. Whitney, Visalia)	6-01
1984	Wendy Brown (Woodside)	6-01.25
1985	Latrese Johnson (Clovis)	6-02
1986	Yleana Carrasco (Anaheim)	5-10
1987	Lynn Patrick (Serra, San Diego)	5-10
1988	Crissy Mills (Campbell Hall, North Hollywood) ..	5-10
1989	Crissy Mills (Campbell Hall, North Hollywood) ..	6-00
1990	Chi Johnson (Menlo-Atherton, Atherton)	5-08
1991	Tanya Smith (Cordova, Rancho Cordova)	5-11
1992	Kristy Kieruff (Esperanza, Anaheim)	5-10
1993	Tracye Lawyer (Cate, Carpinteria)	5-10
1994	Kristy Kieruff (Esperanza, Anaheim)	5-10
1995	Tara Fleming (Immanuel, Reedley)	6-00
1996	Liz Giltner (Chaminade, Canoga Park)	5-10
1997	Tayyiba Haneef (Laguna Hills)	5-09
1998	Tia Hanson (El Cajon)	5-08
1999	Kim Stone (York, Monterey)	5-09
2000	Schquay Brignac (Taft, Los Angeles)	5-09
2001	Chaunte Howard (J.W. North, Riverside)	5-10
2002	Sharon Day (Costa Mesa)	5-11
2003	Sharon Day (Costa Mesa)	5-10
2004	Allie Miller (Los Altos)	5-09.25
2005	Desirae Gonder (Stockdale)	5-09
2006	Jasmine Day (Costa Mesa)	5-09
2007	Whitney Sisler (La Costa Canyon, Carlsbad) ...	5-10
2008	Tara Richmond (Poly, Long Beach)	5-11
2009	Adrienne Johnson (Carondelet, Concord)	5-08
2010	Lydia French (Thousand Oaks)	5-10
2011	Rachel McCoy (A.B. Miller, Fontana)	5-08
2012	Claire Kieffer-Wright (South Pasadena)	5-10
2013	Rachel McCoy (Miller, Fontana)	6-00.75
2014	Asia Chesley (Stockdale, Bakersfield)	5-10
2015	Erinn Beattie (Buena, Ventura)	5-09
2016	Cassidy Palka (Oaks Christian, Westlake Village) ...	5-09

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	Elzuna 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

2011	Jenna Prandini (Clovis)	19-11.75
2012	Alexis Faulknor (Serra, Gardena)	20-03.00w
2013	Courtney Corrin (Harv.Westlk. N. Holywd) ...	20-09.25
2014	Margaux Jones (Redlands)	20-04.75
2015	Courtney Corrin, (Harv.Westlk. N. Holywd) ...	20-10.25
2016	Rhesa Forst (Clovis North)q	20-07.50

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	Bryson 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
2011	Angeline Monteverde (Clovis West, Fresno) ...	13-06
2012	Taylor Jaques (Presentation, San Jose)	13-04.25
2013	Kaitlyn Merritt (Santa Margarita, Rancho SM) ..	13-03.75
2014	Greta Wagner (Los Gatos)	13-00.25
2015	Kaitlyn Merritt (Santa Margarita, Rancho SM) ...	13-03
2016	Rachel Baxter (Canyon, Anaheim)	14-02



Tori Anthony became the first high school girl to pole vault higher than 14 feet when she jumped 14-01 at the 2007 state meet. She held the national record until 2011.

Shot Put (Girls)

1974	Kathy Devine (Mission Bay, San Diego)	47-04.50
1975	Kathy Devine (Mission Bay, San Diego)	42-03.25
1976	Becky Daniel (Newport Harbor)	42-09.75
1977	Debra Thorntana (Sacramento)	43-09.00
1978	Kerry Zwart (Crescenta Valley, La Crescenta) ...	45-11.50
1979	Susie Ray (Villa Park)	49-06.50
1980	Natalie Kaaiawahia (Fullerton)	48-04.50
1981	Natalie Kaaiawahia (Fullerton)	51-08.50
1982	Natalie Kaaiawahia (Fullerton)	50-03.00
1983	Natalie Kaaiawahia (Fullerton)	52-07.50
1984	Pam Alexander (Arlington, Riverside)	46-03.50
1985	Elaina Oden (Irvine)	46-11.75
1986	Brandi Gail (Rowland, Rowland Heights) ...	45-02.50
1987	Kim Lassair (Northgate, Walnut Creek)	39-06.25
1988	Dawn 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	Althea Moses (Morningside)	40-09.75
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
2011	Breana Jemison (Carlsbad)	43-01.25
2012	Stamatia Scarvelis (Dos Pueblos, Goleta) ...	47-03.25
2013	Stamatia Scarvelis (Dos Pueblos, Goleta) ...	50-07.75
2014	Stamatia Scarvelis (Dos Pueblos, Goleta) ...	52-02.00
2015	Elena Bruckner (Valley Christian, San Jose) ...	50-02.50
2016	Elena Bruckner (Valley Christian, San Jose) ...	49-05.75

Triple Jump (Girls)

1982	Wendy Brown (Woodside)	39-08.75
1983	Wendy Brown (Woodside)	40-03.00
1984	Wendy Brown (Woodside)	42-10.50
1985	Sheila Hudson (Rio Linda)	41-10.00w
1986	Felicia Harris (San Lorenzo)	40-02.00
1987	Kim Lassair (Northgate, Walnut Creek)	39-06.25
1988	Althea Moses (Morningside)	40-09.75
1989	Juliana Yendork (Walnut)	41-10.00
1990	Juliana Yendork (Walnut)	42-00.25
1991	Juliana Yendork (Walnut)	43-06.50
1992	Kayla Montgomery (Clovis West, Fresno) ...	39-11.25
1993	Cheaza Figueroa (Quartz Hill)	40-01.25
1994	Tamieka Porter (Orange Glen, Escondido) ...	38-11.50
1995	Kelly O'Connor (Esperanza, Anaheim)	40-06.50
1996	Kelly O'Connor (Esperanza, Anaheim)	40-02.50
1997	Andrea Booker (El Camino, Oceanside) ...	40-00.00w
1998	Andrea Booker (El Camino, Oceanside) ...	40-00.25w
1999	Heather Contreras (Sutter)	40-03.75
2000	Blessing Ufodiama (Poly, Long Beach)	40-08.75
2001	Candace Bauchman (Poly, Long Beach) ...	42-04.50
2002	Michelle Sanford (Woodbridge, Irvine) ...	41-05.25
2003	Brittany Daniels (Merrill West, Tracy)	42-04.75
2004	Brittany Daniels (Merrill West, Tracy)	42-08.00
2005	Brittany Daniels (Merrill West, Tracy)	44-05.50w
2006	Ke'Nyia Richardson (Holy Names, Oakland) ...	43-03.25
2007	Ke'Nyia Richardson (Holy Names, Oakland) ...	45-04.25w
2008	Vashti Thomas (Mt. Pleasant, San Jose) ...	42-00.50
2009	Ciarra Brewer (James Logan, Union City) ...	42-11.50
2010	Jenna Prandini (Clovis)	42-07.25
2011	Ciarra Brewer (James Logan, Union City) ...	41-11.00
2012	Sasha Wallace (Holy Names, Oakland)	41-05.75
2013	Sasha Wallace (Castro Valley)	41-09.50
2014	Ashley Anderson (Carson)	41-03.00
2015	Kennedy Jones (Castro Valley)	42-05.25
2016	Tara Davis (Agoura, Agoura Hills)	41-05.50

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

w -- wind aided result
h -- hand timed

CIF State Track and Field Multiple Championships

BOYS RECORDS

Most Team State Championships

- 10 Poly, Long Beach.....(1928, 1932, 1959, 1964-65, 1997-98, 2006-07, 2011)
- 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, twice(1983-85, 1987-89)
- 3 Muir, Pasadena (1994-96)
- 2 Vista Murrieta.....(2015-16)

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 Randall Carroll (Cathedral, Los Angeles)..... 100m (2008-09); 200m (2008-09)
- 4 Roman Gomez (Belmont, Los Angeles)..1600m (1984-85); 3200m (1984-85)
- 4 Remontay McClain (Covina)..... 100m (2010-11); 200m (2010-11)
- 4 Eddie Morris (Huntington Beach)..... 100yd (1940); 220yd (1938-40)
- 4 Khalfani Muhammad (Notre Dame, Sherman Oaks)..100m (2012-13); 200m (2012-13)
- 4 Bryshon Nellum (Poly, Long Beach)..... 200m (2006-07); 400m (2006-07)
- 4 Michael Norman (Visat Murrieta) 200m (2015-16); 400m (2015-16)
- 4 Terry Prentice (Diamond Ranch, Pomona) 110HH (2006-07); LJ (2006-07)
- 4 Frank Wykoff (Glendale)..... 100yd (1927); 220yd (1927-28); LJ (1927)
- 4 Nate Moore (Castro Valley)TJ (2013-2014); LJ (2013-2014)
- 3 Forrest Beaty (Hoover, Glendale) 100yd (1961-62); 200yd (1961)
- 3 Brian Bluetreich (Capistrano Valley, Mission Viejo)..... Shot (1984-85); Discus (1985)
- 3 John Bradley (Hoover, Glendale) 100yd (1947); 220yd (1947-48)
- 3 Reynaldo Brown (Compton).....HJ (1967-69)
- 3 Johnathan Cabral (Agoura, Agoura Hills) 110HH (2010-11); 300IH (2011)
- 3 Ethan Cochran (Newport Harbor, Newport)..... Discus (2011-12); Shot (2012)
- 3 Bill Cowings (Fowler)..... 100yd (1959-60); 200yd (1960)
- 3 Kevin Craddock (James Logan, Union City)... 110HH (2003-04); 300IH (2004)
- 3 Matt Darr (Frontier, Bakersfield)..... Discus (2009); Shot (2009-10)
- 3 Dixon Farmer (Miramonte) 440yd (1958); 440yd; 180LH (1959)
- 3 David Gettis (Dorsey, Los Angeles) 400m (2003-05)
- 3 Lincoln Hall (Santa Paula).....PV (1914-16)
- 3 Blake Haney (Stockdale, Bakersfield) 1600m (2013-14); 3200m (2013)
- 3 Mort Kaer (Red Bluff) 220LH (1922-23); LJ (1923)
- 3 Leamon King (Delano)..... 220yd (1951, 1953); 100yd (1953)
- 3 Roy Kirpatrick (Entral, El Centro) 220LH (1933-34); 120HH (1934)
- 3 Harry Lamport (Manual Arts, LA)..... 120HH (1916); 220LH (1916); LJ (1916)
- 3 Hugh McElhenny (Washington, LA) .. 120HH (1947); 180LH (1947); LJ (1947)
- 3 Bill Miller (San Diego).....PV (1927-29)
- 3 Obea Moore (Muir, Pasadena) 200m (1996); 400m (1995-96)
- 3 Billy Mullins (Hamilton, Los Angeles) 100yd (1976); 200yd (1975-76)
- 3 Verden Nash (Chino 1920-21); Huntington Beach (1922) LJ (1920-22)
- 3 Leon Patterson (Taft)..... Discus (1951); Shot (1951-52)
- 3 Jerry Proctor (Muir, Pasadena)..... 110HH (1967); 300IH (1967); LJ (1967)
- 3 Scott Roth (Granite Bay).....PV (2004-06)
- 3 Darius Savage (Morse, San Diego) Discus (2005-06), Shot (2006)
- 3 Les Steers (Palo Alto).....HJ (1935-37)
- 3 Monte Upshaw (Piedmont) LJ (1953-54); 180 LH (1954)
- 3 Hubie Watson (Jordan, Los Angeles)..... 100yd (1958-59); 220yd (1959)
- 3 Quincy Watts (Taft) 100m (1987); 200m (1986-87)
- 3 Wayne Weeks (Santa Rosa) Shot (1915-16); Discus (1916)

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

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

GIRLS RECORDS

Most Team State Championships

- 14 Poly, Long Beach(1992-93, 1995, 1997-98, 2001, 2003-04, 2008-11, 2013-14)
- 5 Berkeley (1974, 1976, 1981-83)
- 3 J.W. North, Riverside..... (1999-00, 2002)
- 3 Wilson, Long Beach(1996, 1998, 2006)
- 2 Bakersfield(1988, 1990)
- 2 Muir, Pasadena(1985, 1989)

Most Consecutive Team State Championships

- 4 Poly, Long Beach (2008-11)
- 3 Berkeley (1981-83)
- 2 J.W. North, Riverside..... (1999-2000)
- 2 Poly, Long Beach, three times.....(1992-93, 1997-98, 2003-04, 2013-14)

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)
- 6 Ariana Washington (Poly, Long Beach)..... 100m (2012-14); 200m (2012-14)
- 5 Angela Burnham (Rio Mesa, Oxnard)100m (1986, 1988-89); 200m (1988-89)
- 5 Kori Carter (Claremont) 100HH (2009-10); 300LH (2008-10)
- 5 Allyson Felix (Los Angeles Baptist, No. Hills) ... 100m (2001-03); 200m (2002-03)
- 5 Monique Henderson (Morse, San Diego) 200m (2000); 400m (1998-2001)
- 5 Jenna Prandini (Clovis) ... LJ (2010-11); TJ (2010); 100m (2011); 200m (2011)
- 5 Angela Williams (Chino) .100m (1997-98); 200m (1998); 400m (1995); LJ (1998)
- 4 Brittany Daniels (Merrill West, Tracy) TJ (2003-05); LJ (2005)
- 4 Jordan Hasay (Mission Prep, San Luis Obispo)..... 3200m (2006-09)
- 4 Denean Howard (Kennedy, Granada Hills) . 200m (1981-82); 400m (1980, 1982)
- 4 Lindsay Hyatt (Placer, Auburn) 800m (1996-99)
- 4 Anna Jelmini (Shafter) Discus (2008-09); Shot (2008-09)
- 4 Ashton Purvis (St. Elizabeth, Oakland)... 100m (2008, 2010); 200m (2009-10)
- 4 Julia Stamps (Rincon Valley Christian, Santa Rosa 1994); (Santa Rosa 1995-97)
..... 3200m (1994-95, 1997); 1600m (1997)
- 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 Janeene Vickers (Pomona) 300LH (1986-87); 100LH (1986-87)
- 4 Melisa Weis (Bakersfield)..... Discus (1988-90); Shot (1989)
- 4 Stamatia Scarvelis (Dos Pueblos, Goleta)..... Shot (2012-2014); Discus (2014)
- 3 Jodi Anderson (Washington, Los Angeles) LJ (1974-76)
- 3 Christine Babcock (Woodbridge, Irvine)..... 1600m (2006-08)
- 3 Lakeisha Backus (Wilson, Long Beach) 100m (1995); 200m (1994-95)
- 3 Sarah Baxter (Simi Valley) 3200m (2011-13)
- 3 Sara Bei (Montgomery, Santa Rosa)..... 1600m (1998); 3200m (1998, 2001)
- 3 Ashlee Brown (J.W. North, Riverside) 100HH (2003); 300LH (2001-02)
- 3 Stephanie Brown (Arroyo Grande).....Shot (1996, 1998); Discus (1998)
- 3 Ebony Collins (Wilson, Long Beach) 300LH (2005-06); 100m (2005)
- 3 Vicki Cook (Alemany, Mission Hills) 3200m (1980-82)
- 3 Kathy Costello (Pleasant Hill) 800m (1974-75); 1600m (1975)
- 3 Kinshasa Davis (Wilson, Long Beach)..... 400m (1996-97); 200m (1997)
- 3 Dawn Dumble (Bakersfield)..... Discus (1988-90); Shot (1989)
- 3 Milena Glusac (Fallbrook) 1600m (1993); 3200m (1992-93)
- 3 Kira Jorgensen (Vista) 1600m (1987-89)
- 3 Felice Lipscomb (Santa Monica) 100LH (1989-90); 300LH (1990)
- 3 Janice Nichols (Bakersfield) 400m (1990-92)
- 3 Polly Plumer (University, Irvine) 1600m (1980-82)
- 3 Suzy Powell (Downey, Modesto) Discus (1992-94)
- 3 Ann Regan (Camden, San Jose) 800yd (1977-79)
- 3 Angela Rolfe (Dorsey, Los Angeles) 400m (1987-89)
- 3 Twila Sims (Lompoc) 300LH (1989, 1992); 100LH (1992)
- 3 Talia Stewart (James Logan, Union City).. 100HH (2002, 2004); 300LH (2004)
- 3 Pam Waters (Bell)..... 200m (1975-76); 100m (1976)
- 3 Angela Williams (Chino) 100m (1997-98); 200m (1998)
- 3 Amy Weissenbach (Harvard Westlake, N. Hollywood) 800m (2010-12)

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