



1996 STATE CHAMPIONSHIPS

In the game →



In the game



ARCO & am/pm salute all those athletes who have that winning spirit.



OFFICE OF THE GOVERNOR
State of California



1996

I am pleased to extend my best regards to everyone participating in California Interscholastic Federation State Championships this year.

High school athletics are about so much more than wins and losses. Rather, they provide participants with lasting friendships, and invaluable lessons in perseverance, teamwork, and self-respect. That's why the Governor's Council on Physical Fitness and Sports supports the CIF State Championships -- because they celebrate the positive role that sports can play in the emotional lives of young athletes, and stress the importance of good health and physical fitness.

I commend the California Interscholastic Federation for ensuring the highest standards of quality and excellence in high school athletic competition for decades. Their efforts have made a profound difference in countless lives, and have helped to build a healthy California.

I know that every athlete here has devoted a great deal of time and energy in preparation for these events, and each should take special pride in the hard work and commitment they have exhibited in reaching the CIF State Championships. Please accept my best wishes for every success in your chosen sport, and in all your future endeavors.

Sincerely,

A handwritten signature in dark ink, which appears to read "Pete Wilson", is located below the word "Sincerely,".

PETE WILSON

THE CALIFORNIA INTERSCHOLASTIC FEDERATION WELCOMES YOU



MARIE M. ISHIDA
CIF President

As President of the California Interscholastic Federation, it is my honor to welcome you to this championship event. I offer my congratulations to all of you, the athletes who have achieved such a high degree of athletic excellence, culminating in this day that you will never forget.

We, in the CIF community, are well aware that your achievement is the result of your hard work and dedication. Your success is also the result of supportive coaches, parents, teachers, school administrators, and board members, who have inspired and helped you toward your goal - the STATE CHAMPIONSHIPS!

CIF's proud heritage began in 1914. We now provide equitable athletic opportunities for over 1.2 million students attending 1,000 plus public and private schools. In the light of these figures, we would hope - whether you win or lose - that the memories of participating in this championship event will be kept in this context: *that you have participated in an event that few ever accomplish.*

Our sincere gratitude is extended to all of the volunteers who gave of their time, energy, and talent to ensure that this event be successful and a positive experience for all who participate and attend.

Marie M. Ishida
Assistant Superintendent, Santa Cruz City School District

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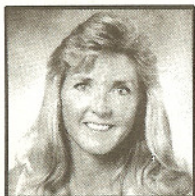
Jerry Laird
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Track and Field



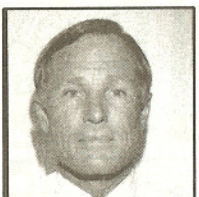
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Track Coach, Madera
High School



Michele Buchicchio
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Track Coach, San Gabriel
High School



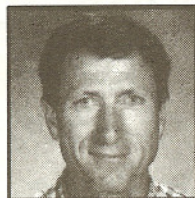
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Meet Director
CIF ARCO *am/pm* State
Track and Field



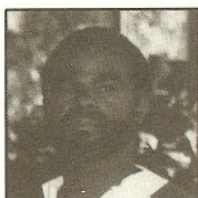
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Teacher
Arcadia High School



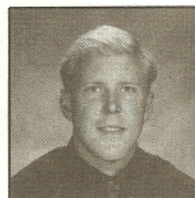
Dennis McClanahan
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Mount Carmel High



Marty Simpson
Meet Director
CIF ARCO *am/pm* State
Cross Country



Floyd Hurndon
Girls Cross Country Coach
Overfelt High



Brian Weaver
Asst. Meet Director
CIF ARCO *am/pm*
Cross Country

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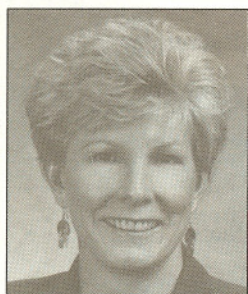
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Special Thanks

A debt of thanks in is order for all coaches, parents and media services that provided photos for this program. Also thanks to CIF statewide sponsors ARCO *am/pm*, Herff Jones, Wilson Sporting Goods, and Tachikara.



JACK HAYES
CIF Executive
Director



MARGARET DAVIS
CIF Associate
Executive Director

WELCOME FROM THE STATE OFFICE OF THE CALIFORNIA INTERSCHOLASTIC FEDERATION

The CIF has a proud heritage in providing equitable athletic competition for 1,189 high schools in California. Since its beginnings in 1914, the CIF has grown to become the largest youth agency in the state, serving more than 500,000 young student-athletes each year who participate in the interscholastic athletic activities of California's secondary schools.

As a problem-solving organization, the CIF retains its original responsibility as a rules enforcing agency, but has expanded its duties to include much more. As the needs of students, coaches and the entire community change, the CIF will continue to meet these changing demands. In its commitment to educating youngsters for a better tomorrow, the CIF will work in partnership with the entire community to assure equity and provide the services, opportunities, and leadership necessary to establish and maintain quality high school athletic programs.

The values of athletics cannot be understated. Sportsmanship, fair play, achieving one's full potential, time management and working together as a team to reach a common goal are just some of the lessons

TODAY'S ATHLETES, TOMORROW'S LEADERS

learned on the athletic facilities of California's high schools. In addition, a myriad of studies show that athletes get higher grades than non-athletes, are more likely to graduate from high school, and are less likely to smoke and become involved in substance abuse than students not involved in athletics.

It's no wonder that California athletes have achieved at all levels. Many of the names are sports legends such as Janet Evans, Cheryl Miller, Pat Haden, Flo Hyman, Lynn Swann, Lisa Leslie, Jason Kidd, Randy Johnson, George Brett, Ann Meyers-Drysdale, Ted Williams and numerous others. Athletes from the "Golden State" have also been Rhodes Scholars, Olympians, and chief executive officers of major California and national corporations.

We are proud of the more than four million alumni from California high schools. We thank you for your attendance and urge you to continue your support of scholar-athletes by attending high school sporting events in your community.



CIF =
Competition
Integrity
Fairness

1996 CIF ARCO *am/pm* STATE MEET STAFF AND OFFICIALS

Administrative

Hal Harkness	Meet Director
Bob McGuire	Meet Manager
Paul Bodenshot	Management
Lanny Carter	Management
Don Chadez	Management
Bob Dugard	Management
Marge Fulton	Management
Ben Gonzalez	Management

Support Staff

Dave Hurlburt	Announcer
John Dahlem	Announcer's Assistant
David Smith	Announcer's Assistant
Don Chadez	Computer Programming
Lyn Chadez	Computer Programming
Paul Raya	Accutrack Reader
Julie McNealy	Recorder
Harry Dolan	Seeder
Kathy Harkness	Fax Operator
Art Jackson	Field Supervisor
Jim Cheffers	Supervisor Credentials/Tickets
Lanny Carter	Coaches Corner
Bob Gunther	Coaches Corner
Brian Leighliter	Hurdle Crew
Mike Goff	Field Events Crew
John Rouse	Block Crew
Marge Fulton	Expeditor
Kuby Olson	Expeditor
Carlotta Shupp	Expeditor
Jim Duel	Media Director/Program
Gay Lynn Duel	Press Box
Kacie Childs	Press Box
Katie Childs	Press Box
Sharon Hargrove	Press Box/Field Fax
Shayne Shroeder	Press Box
Christian Sparks	Press Box
Kevin Morning	Awards Announcer
Epi Torres	Awards
Joe Torres	Awards
Mike Booker	Awards
Dave Capra	Awards
Gary Brooks	Field Communications
Bob Seaman	Weights and Measures
Dick McQuarrie	Weights and Measures
Carl Moseley	Weights and Measures
Laurel Bodenshot	Scoring
Peter Bodenshot	Scoring
Bob Pruitt	Scoring
George Scott	Scoring
Jack Hollander	Scoring

Officials

Dan Reinstein	Lead Starter
Jon Battle	Starter
Herman Moreno	Starter
Larry Arason	Meet Referee
Gil Lemmon	Jury of Appeals
Dennis McClanahan	Jury of Appeals

Steve Stearns	Jury of Appeals
Ed Austin	Head Field Judge
Paul Mahoney	Finish Area Coordinator
Daiva Jusionia	Head Finish Line
Connie Corn	Finish Line
Ted Bruins	Finish Line
Sheila Burrud	Finish Line
James Gin	Finish Line
James Storms	Finish Line
Wes Taylor	Finish Line
Bob Barker	Head Marshall
Sandy Duncan	Clerk of Course
Dan Ryan	Assistant Clerk of Course
Steve Blue	Clerking Facilitator
Kelly Scalzo	Wind Gauge
Tim Scalzo	Wind Gauge
August Williams	Wind Gauge
Jim Leahy	Boys and Girls High Jump
Reena Smith	Boys and Girls High Jump
Jennifer Blair	Boys and Girls Pole Vault
John Blair	Boys and Girls Pole Vault
Rick Foster	Boys and Girls Pole Vault
James Carson	Boys Long Jump/Triple Jump
Shannon McGinnis	Boys Long Jump/Triple Jump
Gene Stemm	Boys Long Jump/Triple Jump
Dick Forstall	Boys Long Jump/Triple Jump
Roger Dubbs	Girls Long Jump/Triple Jump
Jeff Haspell	Girls Long Jump/Triple Jump
Rick Santala	Girls Long Jump/Triple Jump
Barry Siegel	Girls Long Jump/Triple Jump
Ray Fitzhugh	Boys and Girls Shot Put
Ned Rogers	Boys and Girls Shot Put
Ernie Smith	Boys and Girls Shot Put
Joe Willie	Boys and Girls Shot Put
Jeff Bergan	Boys and Girls Discus
Randy Edwards	Boys and Girls Discus
Ron Edwards	Boys and Girls Discus
Jack Brisacher	Umpire Supervisor
Alan Amundsen	Head Umpire
Alex Bravo	Umpire
Bill Crow	Umpire
Jim D'Amore	Umpire
Bill Garner	Umpire
Dewey Marine	Umpire
Don Maxwell	Umpire
Tom Mew	Umpire
Bill Mocnik	Umpire
Sam Moreno	Umpire
Marty Olson	Umpire
Preston O'Neal	Umpire
Saul Pacheco	Umpire
David Palmquist	Umpire
Al Pina	Umpire
Doug Rightmer	Umpire
Larry Stewart	Umpire
Alan Stout	Umpire
Paul Suzuki	Umpire
Don Thomas	Umpire

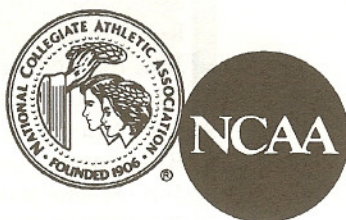


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TIME SCHEDULE

TRACK QUALIFYING (Friday, May 31)

5:00 p.m.	Girls 400m Relay (Heat 1)
5:04 p.m.	Girls 400m Relay (Heat 2)
5:08 p.m.	Girls 400m Relay (Heat 3)
5:12 p.m.	Boys 400m Relay (Heat 1)
5:16 p.m.	Boys 400m Relay (Heat 2)
5:20 p.m.	Boys 400m Relay (Heat 3)
5:24 p.m.	Girls 1600m Run (Heat 1)
5:31 p.m.	Girls 1600m Run (Heat 2)
5:38 p.m.	Boys 1600m Run (Heat 1)
5:44 p.m.	Boys 1600m Run (Heat 2)
5:50 p.m.	Girls 100m HH (Heat 1)
5:54 p.m.	Girls 100m HH (Heat 2)
5:58 p.m.	Girls 100m HH (Heat 3)
6:02 p.m.	Boys 110m HH (Heat 1)
6:06 p.m.	Boys 110m HH (Heat 2)
6:10 p.m.	Boys 110m HH (Heat 3)
6:14 p.m.	Girls 400m Dash (Heat 1)
6:18 p.m.	Girls 400m Dash (Heat 2)
6:22 p.m.	Girls 400m Dash (Heat 3)
6:26 p.m.	Boys 400m Dash (Heat 1)
6:30 p.m.	Boys 400m Dash (Heat 2)
6:34 p.m.	Boys 400m Dash (Heat 3)
6:38 p.m.	Girls 100m Dash (Heat 1)
6:42 p.m.	Girls 100m Dash (Heat 2)
6:46 p.m.	Girls 100m Dash (Heat 3)
6:50 p.m.	Boys 100m Dash (Heat 1)
6:54 p.m.	Boys 100m Dash (Heat 2)
6:58 p.m.	Boys 100m Dash (Heat 3)
7:02 p.m.	Girls 800m Run (Heat 1)
7:07 p.m.	Girls 800m Run (Heat 2)
7:12 p.m.	Girls 800m Run (Heat 3)
7:17 p.m.	Boys 800m Run (Heat 1)
7:22 p.m.	Boys 800m Run (Heat 2)
7:27 p.m.	Boys 800m Run (Heat 3)
7:32 p.m.	Girls 300m LH (Heat 1)
7:36 p.m.	Girls 300m LH (Heat 2)
7:40 p.m.	Girls 300m LH (Heat 3)
7:45 p.m.	Boys 300m IH (Heat 1)
7:49 p.m.	Boys 300m IH (Heat 2)
7:53 p.m.	Boys 300m IH (Heat 3)
7:58 p.m.	Girls 200m Dash (Heat 1)
8:02 p.m.	Girls 200m Dash (Heat 2)
8:06 p.m.	Girls 200m Dash (Heat 3)
8:10 p.m.	Boys 200m Dash (Heat 1)
8:14 p.m.	Boys 200m Dash (Heat 2)
8:18 p.m.	Boys 200m Dash (Heat 3)

8:40 p.m.	Girls 1600m Relay (Heat 1)
8:48 p.m.	Girls 1600m Relay (Heat 2)
8:54 p.m.	Girls 1600m Relay (Heat 3)
9:00 p.m.	Boys 1600m Relay (Heat 1)
9:06 p.m.	Boys 1600m Relay (Heat 2)
9:12 p.m.	Boys 1600m Relay (Heat 3)

FIELD EVENTS QUALIFYING (FRIDAY, MAY 31)

2:00 p.m.	Girls Pole Vault
3:00 p.m.	Girls Discus
3:00 p.m.	Boys Shot Put
4:00 p.m.	Girls High Jump
4:00 p.m.	Girls Long Jump
4:00 p.m.	Boys Long Jump
5:30 p.m.	Boys Discus
6:00 p.m.	Boys Pole Vault
6:00 p.m.	Girls Shot Put
6:30 p.m.	Boys Triple Jump
6:30 p.m.	Boys High Jump
6:30 p.m.	Girls Triple Jump

TRACK CHAMPIONSHIPS (SATURDAY, JUNE 1)

4:00 p.m.	Girls 400m Relay
4:08 p.m.	Boys 400m Relay
4:17 p.m.	Girls 1600m Run
4:28 p.m.	Boys 1600m Run
4:40 p.m.	Girls 100m High Hurdles
4:47 p.m.	Boys 110m High Hurdles
4:55 p.m.	Girls 400m Dash
5:02 p.m.	Boys 400m Dash
5:09 p.m.	Girls 100m Dash
5:15 p.m.	Boys 100m Dash
5:22 p.m.	Girls 800m Run
5:29 p.m.	Boys 800m Run
5:38 p.m.	Girls 300m Low Hurdles
5:45 p.m.	Boys 300m Int. Hurdles
5:53 p.m.	Girls 200m Dash
6:00 p.m.	Boys 200m Dash
6:08 p.m.	Girls 3200m Run
6:25 p.m.	Boys 3200m Run
6:40 p.m.	Girls 1600m Relay
6:50 p.m.	Boys 1600m Relay

FIELD EVENT CHAMPIONSHIPS (SATURDAY, JUNE 1)

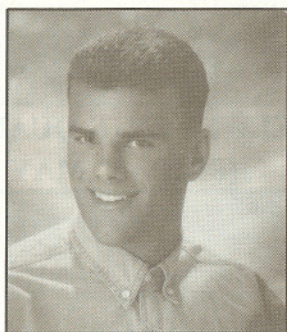
2:00 p.m.	Girls Pole Vault
3:00 p.m.	Girls Discus
3:00 p.m.	Boys Shot Put
3:00 p.m.	Girls High Jump
3:00 p.m.	Girls Long Jump
3:00 p.m.	Boys Long Jump
5:00 p.m.	Boys Discus
5:00 p.m.	Boys Pole Vault
5:00 p.m.	Girls Shot Put
5:00 p.m.	Boys High Jump
5:00 p.m.	Girls Triple Jump
5:00 p.m.	Boys Triple Jump

1995-96 CIF ARCO *am/pm* Scholar-Athletes of the Year Announced

Rea and Merrell Statewide Winners



Susan Rea
Gunn High School



Nathaniel Merrill
Fresno High School

4.33	GPA	4.24
<i>Basketball</i>	Primary Sport	<i>Football</i>
<i>Princeton</i>	College	<i>Stanford</i>
<i>Undecided</i>	Major	<i>History/Sports Medicine</i>

"The two state winners and the 20 section finalists represent the finest in academics and athletics at California high schools. We are most proud of the dedication and achievement of these scholar-athletes and wish them all a productive and bright future." ---

Jack Hayes
CIF
executive
director

Susan Rea of Henry Gunn High School and Nathaniel (Than) Merrill of Fresno High School have been selected as the 1995-96 CIF ARCO *am/pm* State Scholar-Athletes of the Year. Additionally, 20 section scholars have been selected (see below) in the first year of the expanded scholar-athlete program.

Each of the 20 section winners receive a \$2,000 scholarship, courtesy of ARCO *am/pm*, and a plaque provided by the CIF. Rea and Merrill, as the two statewide winners, will receive a \$5,000 scholarship courtesy of ARCO *am/pm*, an expense-paid trip to the state capitol in Sacramento, and a plaque to be presented, June 1, 1996 at a special ceremony held at the CIF ARCO *am/pm* State Track and Field Championships at Cerritos College.

In all, ARCO *am/pm* has contributed \$50,000 to the statewide honor program, by far the largest financial support ever given to this highly acclaimed program.

"The two state winners and the 20 section finalists represent the finest in academics and athletics at California high schools," said Jack Hayes, CIF executive director. "We are most proud of the dedication and achievement of these scholar-

athletes and wish them all a productive and bright future."

Rea, who will attend Princeton University this fall, scored 1580 on the SAT, including 800 - the highest possible total - in math and had a grade point average of 4.33. Her career interests are research and development in science and/or engineering.

Rea's primary sport at Gunn High was basketball, but she also competed in soccer, baseball and volleyball. As a four-year varsity basketball point guard, Rea was twice her team's most valuable player, was team captain and was a first team all-league selection as a senior.

She gained acknowledgement for her skill in baseball as well, as the only girl competing at the varsity level in the SCVAL league. Rea, who competed two years on the varsity baseball team, where she played shortstop, second base and pitched, was featured in the *San Jose Mercury News* and on Channel 4 News in the Bay Area.

A National Merit finalist, Rea has been active in student government since her sophomore year, was a World-Wide Web programmer at Stanford University's Medical School in the summer of 1995, and received the 1996 Bank of America plaque for excellence in math and science.

"You make a lot of friends through athletics and meet different people with varied backgrounds that you may not have met through other channels," said Rea. "Athletics also teaches you how to work together as a team and build skills and confidence in yourself."

The Stanford-bound Merrill competed in football and wrestling at Fresno High School and compiled a 4.24 GPA and an SAT score of 1250. His career interests include history and sports medicine.

In football, Merrill was the starting quarterback for Fresno High's varsity team since his sophomore

year. During his career, Merrill threw for 3,841 yards and tossed 29 touchdown passes. He was the team's most valuable player as well as team captain as a senior and was also voted as his league's offensive player of the year.

Merrill was also an outstanding high school wrestler, compiling a 40-4 record as a senior and finished seventh in the CIF ARCO *am/pm* State Wrestling Championships in the 215-pound weight class. He captured the CIF ARCO *am/pm* Central Section Championship to advance to the state meet.

Merrill was a Bank of America Achievement Award winner in math and science for Fresno High and a nominee for regional competition. His community involvement includes work with a homeless shelter and serving as a swimming instructor and lifeguard for Fresno Parks and Recreation.

"Competing in athletics has forced me to organize my time so that I can balance both school and sports and still accomplish the things I set out to achieve," said Merrill.

Catching the Spirit

The spirit of sports is not in the skill of play, but manifests itself on the court inside the players with integrity.

The spirit is in the person who does not in defeat complain or make excuses for why he was beat.

The spirit is in the person that after the victory does not boast or gloat, just accepts the win with dignity.

The spirit of sports is in every game that is played fair, every time opponents shake hands and mutual admiration is in the air.

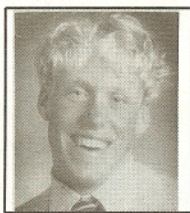
If the players have not caught the spirit when a game is played then it is a loss for them before a single point is made.
By: Terra Chaffee, San Benito High

CIF ARCO *am/pm* Scholar-Athletes of the Year

SECTION WINNERS



**Paige
Bowie**
Clovis West H.S.
CIF Central



**Michael Joseph
Lininski**
St. Francis H.S.
CIF Central Coast



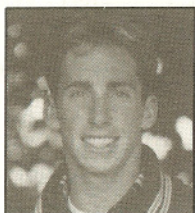
**Clarissa Martin
Dela Cruz**
Bravo Medical
Magnet H.S.
CIF Los Angeles



**Nader N.
Massarweh**
Campolindo H.S.
CIF North Coast



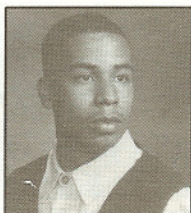
**Gina
Panighetti**
Pleasant Valley H.S.
CIF Northern



**Scott
Hamilton**
Clovis West H.S.
CIF Central



**Heather
Taher**
Archbishop Mitty H.S.
CIF Central Coast



**Terrance
Cain**
Monroe H.S.
CIF Los Angeles



**Heather
Wallace**
Clayton Valley H.S.
CIF North Coast



**David
Eckley**
West Valley H.S.
CIF Northern



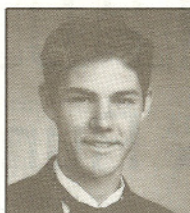
**Thu
Bahn**
Oakland Tech. H.S.
CIF Oakland



**John
Bowlus**
Jesuit H.S.
CIF Sac-Joaquin



**Karin M.
Rinderknecht**
Francis Parker H.S.
CIF San Diego



**Matthew Warren
Baker**
Burbank H.S.
CIF Southern



**Risni
Winardja**
Lincoln H.S.
CIF San Francisco



**Benjamin Jacob
Siegel**
Skyline H.S.
CIF Oakland



**Ann Katherine
Folkins**
St. Francis H.S.
CIF Sac-Joaquin



**Jonathan Boyd
Skaalen**
Coronado H.S.
CIF San Diego



**Kerry
O'Bric**
Edison H.S.
CIF Southern



**Ari
Welkom**
Lowell H.S.
CIF San Francisco

ALAMEDA RUN FOR THE PARKS . . . ALHAMBRA MOONLIGHT 8K . . . AMERICA'S FINEST CITY
 HALF MARATHON . . . AMERICAN RIVER 50 MILE . . . ARCADIA INVITATIONAL . . . AVENUE OF
 THE GIANTS MARATHON . . . BASS LAKE HALF MARATHON . . . BAYSIDE TECHNOLOGY 8K . . .
 BIG FRESNO FAIR CROSS-CITY RACE . . . BIG SUR INTERNATIONAL MARATHON . . .
 BRICKYARD RUN . . . BRIDGE TO BRIDGE RUN . . . CAL INTERNATIONAL MARATHON . . .
 CALIFORNIA / NEVADA CHAMPIONSHIPS . . . CALIFORNIA HIGH SCHOOL STATE MEETS . . .
 CARLSBAD 5000 . . . CHRISTMAS RELAYS . . . CORONADO 15K/5K . . . CULVER CITY
 MARATHON . . . DIPSEA . . . ELECTRIC CITY 5K . . . EPPIE'S GREAT RACE . . . ESCAPE FROM
 ALCATRAZ TRIATHLON . . . EXAMINER BAY TO BREAKERS . . . FATHER'S DAY RUN . . . FRESNO
 RELAYS . . . FOOT LOCKER CROSS COUNTRY CHAMPIONSHIPS . . . GIMME SHELTER 5K . . .
 GOLDEN WEST . . . GREAT RACE 10K . . . HAMPTON PHILLIPS CLASSIC . . . HOULIHAN'S TO
 HOULIHAN'S . . . HUMBOLDT REDWOODS MARATHON & HALF MARATHON . . . JENNER
 MEET . . . JIMMY STEWART MARATHON RELAY . . . JOHNNY MATHIS INVITATIONAL . . . LONG
 BEACH RELAYS . . . LOS ANGELES INVITATIONAL . . . LOS ANGELES MARATHON . . .
 MONSTER MASH DASH 5K . . . MODESTO RELAYS . . . MT. SAC RELAYS . . . MT. WILSON
 TRAIL RACE . . . NAPA VALLEY MARATHON . . . NEWPORT 5K . . . NIKE/CAL POLY SLO
 INVITATIONAL . . . PACIFIC SUN . . . PALM DESERT 5K . . . PALOS VERDES MARATHON . . .
 PIERCE GOLDEN BEAR CHALLENGE . . . PRUCARE EAT & RUN 5K . . . RACE THROUGH THE
 REDWOODS 10K . . . RRCA WOMEN'S DISTANCE FESTIVAL . . . RUN TO THE FAR SIDE . . . RUN
 TO HOME PLATE . . . RUTH ANDERSON 100K . . . SACRAMENTO ZOO ZOOM . . . SAN
 DIEGO MARATHON . . . SAN JOSE MERCURY NEWS . . . SAN FRANCISCO MARATHON . . .
 SANTA ANITA DERBY DAY . . . SEMANA NAUTICA 15K . . . STANFORD INVITATIONAL . . .
 STUDIO CITY 5&10K . . . SUPERBOWL SUNDAY RUN . . . TAHOE RELAY . . . UCLA VS. USC
 DUAL MEET . . . WESTERN STATES 100 . . . WHARF TO WHARF . . .

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Test Your Knowledge on the CIF ARCO *am/pm* State Track and Field Championships

1. For how many years has the CIF ARCO *am/pm* State Track and Field Championships been held?

A) 82
B) 72
C) 62
D) 78

2. Which of the following athletes is not a California state champion in track and field?

A) Amy Acuff
B) Trena Hall
C) Melissa Price
D) Jodi Anderson

3. Coming into the 1996 meet how many state championships has John Muir High School boys' team won?

A) 10
B) 7
C) 6
D) 5

4. Match the athlete with the high school they competed for (one point for each correct answer).

A) Lynn Swann
B) Crissy Mills
C) Suzy Powell
D) Darold Harris
1. Pittsburg
2. Downey Modesto
3. Serra San Mateo
4. Campbell Hall.

5. What team won the first-ever girls' championship? Bonus point if you can name the year.

A) Long Beach Poly
B) John Muir
C) Berkeley
D) Washington LA.

6. Which of the following boys' athletes was a California state champion in track and field?



Who Am I? - Give yourself a bonus point if you can name this outstanding athlete.

A) Barry Bonds
B) Jason Giambi
C) John Elway
D) David Russell

7. What NFL team drafted former California discus state champion Jeff Buckley from Bakersfield High this April? Bonus point if you can name the round Buckley was drafted in.

A) Miami Dolphins
B) San Francisco 49ers
C) Atlanta Falcons
D) Jacksonville Jaguars.

8. Marion Jones won nine individual track and field championships - the most-ever in girls' competition. Can you name the three athletes who have won six titles apiece?

A) Wendy Brown, Natalie Kaaiawahia and Denean Howard
B) Wendy Brown, Juliana Yendork and Natalie Kaaiawahia
C) Juliana Yendork, Wendy Brown and Angela Burnham.
D) Anglea Burnham, Denean Howard, Melisa Weis.

9. How many national high school records are held by California girl athletes in the sport of track and field?

A) 11
B) 10
C) 8
D) 9

10. What athlete did not compete at a California High School?

A) Randy Johnson
B) Rafer Johnson
C) Latrese Johnson
D) Desmond Johnson

Scoring System: 1 point for each correct answer, then add bonus points to your overall score (maximum points 16). 10 or higher = CIF ARCO *am/pm* State Track and Field Champion. 8-9 = Runner-up. 6-7 = Third Place. 4-5 = Fourth Place. 3 or less = Did Not Place - Better Luck Next Year.

Answers: 1. D - 78. 2. A. Amy Acuff was a state champion and National Record holder in the high jump from Corpus Christi High in Calallen, Texas. Her high jump national mark of 6-3 was set in 1992. Trena Hall was from Compton High and a 1984 state record holder in the 800 meters. Melissa Price was from Kingsburg High and is the national record holder in the girls' pole vault (12-3). Jodi Anderson competed at Washington High School in Los Angeles and is a three-time state champion in the long jump. 3. B - John Muir High has won seven titles and would tie Jefferson Los Angeles for most-ever crowns with a championship this year. 4. A-3, B-4, C-2, D-1. 5. C - Berkeley won the first-ever girls' title in 1974. 6. D - David Russell was a state champion in the 100 meters for Henry High School in San Diego in 1977. 7. A - Buckley, who was an offensive lineman for Stanford University and a state champ in the discus, was drafted in the 7th round by Miami. 8. B 9. B - California girls hold 10 of 16 national records in track and field. 10. D - Desmond Johnson competed at St. Augustine High School in Louisiana. **Answer to Who Am I In the Above Photo** - Suzy Powell of Modesto Downey High School. Powell holds the national record in the discus with a 188'4" mark. She set the record in 1994.



History of the CIF ARCO *am/pm* State Championships

State Championships in Track and Field Began in 1915

Suffice to say, the CIF ARCO *am/pm* State Championship history in the state of California is a golden one. For starters, it has spanned the tenure of 15 presidents; Woodrow Wilson, Warren Harding, Calvin Coolidge, Herbert Hoover, Franklin Roosevelt, Harry Truman, Dwight Eisenhower, John Kennedy, Lyndon Johnson, Richard Nixon, Gerald Ford, Jimmy Carter, Ronald Reagan, George Bush and Bill Clinton.

In existence since 1914, the CIF offers state championships in six different sports; cross country, girls' volleyball, wrestling, basketball, track and field and golf.

Track and field, the longest running state championship, was held for the first time at Fresno High in 1915 and reached its 75th anniversary during the 1993 season. Except for the war years from 1941-45, the track and field championships have been held annually.

Early championships were conducted at high schools, YMCA's, universities and fair sites including: the Sacramento Fair in 1918, the San Bernardino Fair of 1919, the Bakersfield Fair in 1920 and the Stockton Fair in 1922.

1974 featured the first year of girls' competition in the CIF ARCO *am/pm* State Track and Field Championships with the setting at Memorial Stadium, Bakersfield.

Accomplished athletes in vari-

ous sports dot the list of California High School competitors in the track and field state championships.

Names like Dwight Stones, an Olympic medalist in the high jump, Rafer Johnson, a Gold Medalist in the decathlon, Marion Jones a national record holder in the 100 meters, 200 meters and a winner of nine individual state titles and Sherri Howard, an Olympian in the 4 X 400 highlight the list.

Track and field stars from California High schools have gone on to succeed in other sports as well. Lynn Swann from Serra High in San Mateo, James Lofton of Washington, Los Angeles and Dokie Williams of El Camino, Oceanside each made a name for themselves in professional football, and were state champions in the long jump. Henry Ellard, of Hoover Fresno and now with the Washington Redskins, won the CIF ARCO *am/pm* State title in the triple jump in 1979.

Obea Moore of Muir High and Jernae Wright of James Logan High were the stars of the 1995 meet.

Moore scored 18 points by himself finishing first in the 400 meters (46.08) and second in the 200 meters (20.95), and then came back from nearly 25 meters behind to pace Muir to a first place finish in the 1600 meter relays.

Wright also scored 18 points single-handedly winning the long jump (20-8) and placing second in the 100 meters (11.50) to lead James Logan.

One national high school record was set as Kingburg High's Melissa Price went 12-6 in the first-ever girls' pole vault scoring event at the state finals. Price had competed in an exhibition event in the pole vault the previous year with a mark of 11-2.

Other standout performers from the 1995 meet included Julia Stamps, who won her second state title in the 3200 meters (10.15.27). Stamps has won four overall state titles with two in track and

field and two in cross country.

Muir won the boys' team title last year, while the James Logan girls finished second to Long Beach Poly (52-50) in one of the closest finals ever.

The 1994 meet saw two athletes double up as winners in two separate events. Pat Johnson of Redlands High was a state champion in both the 100 and 200 meters, while Mebrahtom Keflezighi, of San Diego High, took a rare double in the 1600 and 3200 meters in a sizzling 8:58.11.

But the meet might best be remembered for Skyline High girls' relay teams and Kenny Haslip leading Muir to a team title.

Haslip took the title in the 300 meter hurdles and finished second in the 110 meter hurdles to pace Muir. It was the relays that catapulted Skyline Oakland to the girls' title over favored Long Beach Poly and Bishop O'Dowd Oakland.

Among the highlights of the meet were Suzy Powell's (Downey, Modesto) attempt to better her national record in the discus. Powell's best throw of 174-2 was just off her national best, but more than 20 feet better than the second place finisher.



Jeremy Fischer of Camarillo, whose best high jump coming into the meet of 7-4 was just short of the national mark of 7-5 1/4, went over 7-0 to claim the individual title in that event.

There's no doubt that the 1993 meet (the 75th edition of the championship) will be remembered as Marion Jones' farewell meet. Jones, perhaps the most celebrated female track and field athlete ever from the Golden State, concluded her high school career in grand fashion winning three individual titles and shattering the state mark of six career championships.

With championships in the 100 meters, the 200 meters and in the long jump - where she set a state record of 22 1/2 - Jones made it nine individual crowns in her four years at both Rio Mesa Oxnard and Thousand Oaks High's. Jones also holds the national record in the 100 and 200 meters.

Jones received a rousing ovation from those in attendance as she made a last victory run around the Cerritos College course.

Andrea Anderson and Aminah Haddad of Long Beach Poly spent most of the day chasing Jones (in both the 100 and 200 meters), but at day's end Long Beach Poly emerged with its second straight team crown.

Other meet highlights from 1993 included a great performance by Calvin Harrison of North Salinas High. Harrison put on quite a show winning in the 200 meters and the 400 meters, where he set both a state and national record with a time of 45.25. He anchored the North Salinas 1600 relay team as well.

Anthony Volsan, who placed third in both the 100 and 200 meters and helped Merced High to a first place finish in the 400 meter relay and Brian Wilkinson, a winner in the 1600 meters, were the main cogs for Merced which tied North Salinas for a team crown.

Three state and one national record was set. In addition to Jones' state record in the long jump and Calvin Harrison's state and national record in the 400, Kristin Heaston of Ygnacio Valley High set a standard in the girls' shot put with a throw of 52-11 1/2.

Other highlights included Milena Glusac's rare double in the 1600 meters and 3200 meters. The



Fallbrook High sensation finished with five career titles, two in cross country and three in track and field.

The 1992 meet was highlighted by Twila Sims' (Lompoc High) double in the 100 meter hurdles and the 300 meter hurdles. Sims took the 300 meter hurdles title in 1989 as well.

Jeff Buckey, who placed first in the discus and second in the shot put, lifted Bakersfield High boys to the team crown, edging Morningside High 25-24. It was the third team title for Bakersfield which previously won back-to-back crowns in 1939-40.

Freshman sprinters Andrea Anderson and Aminah Haddad, who combined for 26 points in the 100 and 200 meters, plus a first place team finish in the 1600 meter relays sparked Long Beach Poly

to the girls' championship, its first.

And then there was Jones. Marion set a national record in the 100 meters in a time of 11.14, besting her own mark of 11.17 set at the 1991 state meet, and then exceeded her own state mark in the 200 meters with a time of 22.71.

Riley Washington of Southwest High set a new standard in the boys' 100 meters with a time of 10.30, surpassing the 10.44 set by Hawthorne's Henry Thomas in 1984.

Janice Nichols of Bakersfield High won her third straight state title in the 300 meters with a time of 54.46, tying Angela Rolfe of Dorsey for the most individual titles in that event.

Over the years the team competition has also been fiercely contested. Manual Arts, Los Angeles took the first-ever boys' title in 1915 and have won seven overall championships

Jefferson High, Los Angeles has the most boys' titles with eight. Like Manual Arts, Muir of Pasadena also has won seven championships and is heavily favored to take its eighth this weekend. The Mustangs have won back-to-back titles entering the 1996 meet.

Berkeley High leads the girls' with five state championships. Long Beach Poly is second with three in the last five years (1991-92, 1995).

The meet will be held at a northern site to be determined in 1997 and is scheduled to rotate north/south on a yearly basis.

Cerritos College has been the championship site since 1988.

1996-97 CIF ARCO am/pm State Championship Schedule

DATE	EVENT	SITE
Nov., 30, 1996	CIF ARCO am/pm State Cross Country	Woodward Park, Fresno
Dec., 3, 1996	North/South Regional Volleyball Finals	School Sites
Dec., 7, 1996	CIF ARCO am/pm State Girls' Volleyball	Cal State Fullerton
March 7-8, 1997	CIF ARCO am/pm State Wrestling	Univ. of Pacific, Spanos Center, Stockton
March 15, 1997	North/South Regional Basketball Finals	Oakland Coliseum/Spanos Center/Arrowhead Pond/Cal State Fullerton
March 21-22, 1997	CIF ARCO am/pm State Basketball	Arrowhead Pond, Anaheim
June 6-7, 1997	CIF ARCO am/pm State Track and Field	TBA

NOTE: dates and sites for southern and northern regional golf championships TBA.

Muir Looks for Record-Tying Eighth Boy's Team Title

Mortensen, Stamps Square off in 3200 Meters

By Richard Gonzales
San Gabriel Valley Tribune

The world's greatest track and field athletes will assemble for the Olympic Games in Atlanta this summer to determine the kings and queens of the globe in their respective events.

But if your niche is watching America's future Olympians compete, there's no better showcase to view such hopefuls than today's 78th annual CIF ARCO *am/pm* State Track and Field Championships at Cerritos College.

After all, 13 of this year's 32 nation-leading marks at the prep level originate from Golden State athletes competing here this weekend, led by U.S. Olympic Trials sprint qualifiers William Obea Moore of Muir and Angela Williams of Chino and super female distance running standouts Kim Mortensen of Thousand Oaks and Julia Stamps of Santa Rosa.

Then there are the "Magical Michaels", Granville and Stember, the state's best 800- and 1600-meter competitors, respectively, in the last 15 years.

But there's sooooo much more, promising to truly make this year's meet one for the record books.

Here's a closer breakdown of the events with more than 850 athletes representing the 10 CIF sections this weekend.

GIRLS SPRINTS

Whether your appetite prefers individual sprint matchups or the relays the plate will be full today.

Sophomore rocket Angela Williams has continued to dominate this spring after a record-setting indoor campaign, blazing to a wind-aided 23.33 last weekend and making it look easy!

Behind Williams' lead (she'll only do the 200), age-group wonders Malika Edmonson (11.73/23.57) of St. Bernard and Miesha Withers (11.87/23.72) of Morningside and the Long Beach Wilson trio of junior Kinshasa Davis (23.73/53.08)

and freshmen Latrice Borders (11.84/24.27) and Joni Smith (24.33/54.26) give the Southern Section impressive depth.

James Logan of Union City senior Jernae Wright was second here in the 100 last year and is joined by the West Coast's latest find, junior Zhauntel Holman of the San Joaquin Valley to give Northern California fine representation.

James Logan (45.64, 10th fastest team in prep history, to win North Coast) and Long Beach Wilson (3:40.07, for ninth-best performance ever) are the heavy relay favorites

BOYS SPRINTS

Obea Moore, already the fastest sophomore 400 runner in history (45.14 last year), became the #6 junior performer in the 200 last week (20.77), his third of four events in a tightly crammed schedule.

The crowd-favorite, Moore promises "no holding back" this weekend as he takes dead aim at individual (20.77/45.25) and relay (3:08.94) state meet records. The Mustangs ran 3:08.75 in late March and welcome back talented Sultan McCullough from injury this week.

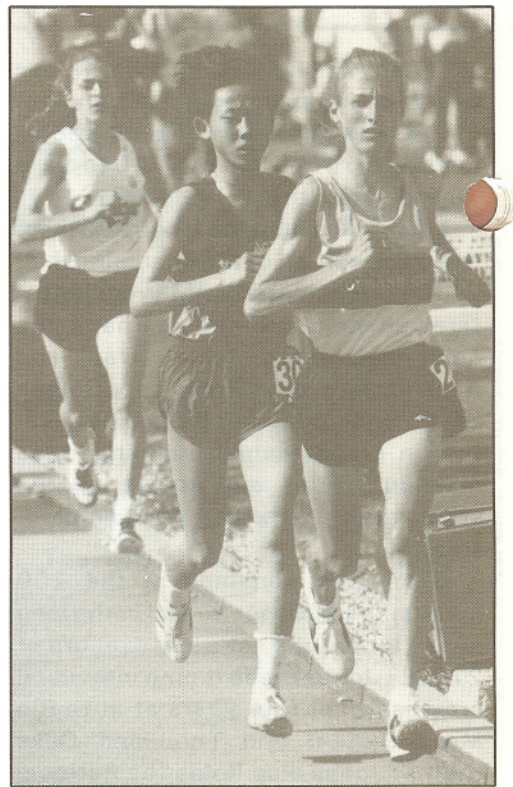
Alemany sophomore Miguel Fletcher has marveled this season, with a recent 10.54 clocking into a modest headwind serving notice he's rarin' and ready!

Fresno Edison's Tierre Sims (a state-leading 10.46), returnee Vince Williams of San Diego (10.53) and the highly versatile Gerald Williams of Lynwood (10.57) are also top entrants in the shorter sprints.

Williams, like Moore, will be mighty busy, competing in the 100, 200, long and triple jumps this weekend

GIRLS DISTANCES

With Thousand Oaks senior Kim Mortensen fresh off a national record (9:48.59) here last weekend and Santa Rosa



Record Setter - Kim Mortensen, of Thousand Oaks High, blazed to a national record 9:48.59 in the 3200 meters at her section finals meet. Mortensen will be challenged by two-time champion Julia Stamps, of Santa Rosa High, in what should be a fantastic showdown. photo by Bill Cockerham, California Track and Running News.

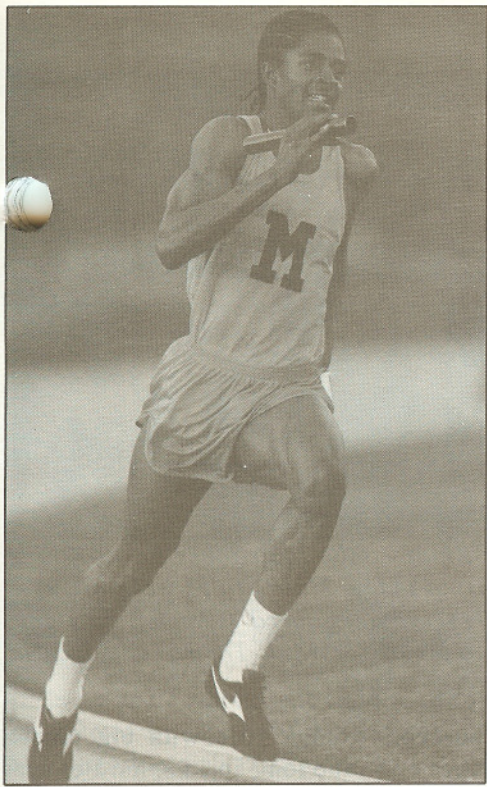
junior Julia Stamps, the defending champ, racing to an unchallenged 10:13.7 amid torrid heat in her section race, this one could be a rocker!

These two cross country national champions (Stamps in '94 and Mortensen last year) have succeeded in eluding each other thus far this spring, making today's showdown the much-anticipated fan favorite.

The 1600 should have quite a nip-and-tuck battle of its own, with St. Lucy's senior Annie Ebner (4:47.5 in midseason) and Carondelet junior Kristen Gordon (4:49.16) ready to clash.

The Oregon-bound Ebner is the last in a long yet storied list of siblings to dominate the nearby San Gabriel Valley over the years, making today's last hurrah quite a special one for the running family.

Several names appear in the fray for the 800 title with nationally-listed senior Candace Miles-Threath of Amador Valley (2:10.80) and freshman phenom Linda Hyatt of Placer High (2:12.1) leading a very deep group here.



"Moore" of the Same? - Obea Moore of John Muir High School thrilled the crowd here a year ago as a sophomore scoring 18 points to lead Muir to its seventh title. What will Moore do for an encore? photo by Ken Grimes.

BOYS DISTANCES

Bell Gardens senior Michael Granville appears ready to close a spectacular prep career in the 800 after winning last weekend's Master Meet in a Southern Section record 1:47.94. The time not only was a personal improvement by .02, it also improved his standing on the provisional list of qualifiers for the U.S. Olympic Trials. His time currently ranks amongst the top 32 athletes that will be invited to compete.

With a six-second advantage over his closest pursuer this week, Granville's focus might be Pete Richardson's 1981 national prep record of 1:47.31.

In the 1600, senior Michael Stember is the latest star to emerge for superb coach Walt Lange and Jesuit High of Carmichael. Stember, recently back from a very lengthy injury, ran a 4:09.00 mile last week on national television at the Prefontaine Classic in Eugene, Ore., to emerge as the state meet favorite despite limited training. Others keeping the defending champion and Stanford-bound Stember honest include San Diego Section champion Larry Henderson (4:13.19) of Mira Mesa and North Coast titlist Micheil Jones (4:12.91) of Livermore. But keep an eye on Daniel Sikiric (4:14.16) of

San Jose Leland and Robert Frichtel (4:13.74) of Hemet, two individuals with blazing sub-1:52 for speed for the 800.

The 3200 figures to be a crap-shoot with Henderson trying the tough distance-double against San Francisco McAteer's Bolota Asmerom and Concord De La Salle's Randy Maestretti. All three have run under 9:10.00 this spring to rank among the national leaders.

GIRLS HURDLES

Two phenomenal hurdlers emerge as strong favorites in separate events after major improvement last week.

In the 100-high hurdles, J.W. North's Nicole Hoxie blazed to over a half-second victory (13.61) at her section's Masters Meet. Barring mishaps over the barriers, she may leave it to Del Mar's Tisha Ponder, Morninside's Rori Kelly and Mission Viejo's Ashley Bethel, among others, to battle for second.

In the long hurdles, however, Ponder might be more dominant after ripping a national-leading 41.71 last weekend, the 10th fastest in prep history, to win the Central Coast title.

BOYS HURDLES



National Challenger - Pete Richardson's (Berkeley High, 1981) national mark of 1:47.31 in the 800 meters could be challenged by Bell Garden's sensation Michael Granville (left). photo by Bill Cockerham, California Track and Running News.



Relay Watch - Long Beach Wilson is one of the favorites in the relays and could challenge for a CIF ARCO am/pm State team title. photo by Bill Cockerham, California Track and Running News.

Seven of this year's 10 fastest high hurdlers nationally came into Friday's qualifying, giving this race scary depth. Any slight miscalculation between the barriers could be the difference between state champion and last place.

Crenshaw's Sharif Paxton comes in with a nation-leading 12.77, but defending champion Joe Naivalu of Sunnyvale Fremont, former national-leader Makio Haywood of Muir, Dominique DeGrammont of Tustin, and Kenyon Rambo of Long Beach Poly are among the big-meet veterans looking to come away with top billing.

In the 300-intermediates, Haywood's fifth-place finish last year dubs him as the top returnee. But clockings of 36.69 and 36.76 over the last two weekends make him an even stronger favorite. Several of the same names as in the high hurdles will be factors here.

GIRLS JUMPS

Defending champions Jernae Wright (long jump) of James Logan, Kelly O'Connor (triple jump) of Esperanza, and Tara Flaming (high jump) of Immanuel Reedley give these events added drama as each competitor aims to keep a grasp on



Top Challenger - Denise Warner of Ponderosa High has a best vault of 11-0, which puts her in the running for a top three placing.

her respective title.

Wright has sored a wind-aided 20-11 1/4 this spring but will be challenged by hurdler Ponder, who exploded for a lifetime best 20-6 leap last weekend.

Ponder will aim to be a giant-killer in the triple jump as well, with her 40-2 3/4 effort last week ranking as the top qualifying mark from the section meets. O'Connor sailed 40-11 3/4 earlier in the season.

Flaming and Laguna Hill's Tayyiba Haneef have both cleared 5-10 this season with Chaminade Liz Giltner and Long Beach Poly's Shavent Williams having 5-9 jumps to their credit.

In the pole vault, state-leading Alexa Harz (11-10) of Peninsula has a slight edge in the form charts over Orange County record-holder Erica Hoernig of Foothill and freshman national record-holder Bridget Pearson of Glendale Hoover, both at 11-8.

BOYS JUMPS

LA City Section four-event champion Clarence Scott of Dorsey is riding a current two year wave atop the prep long jump world. His mid-April leap of 25-4 1/2 is tops in the world among junior (19 and under) competitors in 1996.

The triple jump could be just as anti-climatic, especially if Long Beach Poly's Tye Anderson comes anywhere near the magnificent 50-9 3/4 blockbuster he uncorked last week, one of two fifty-footers in four attempts.

Arroyo Grande's Kevin Wilkinson is the only 7-footer in the high jump field, but several are within reach should he falter, including juniors Darryl Felbach (6-9) of Bear Creek and Elliott Parks (6-10) of El Toro and freshman Gabriel



Looking For Number Eight - John Muir looks for a record-tying eighth championship today. Muir's titles were in 1934, 1936, 1967, 1974, 1994-1995. Pictured from left to right: Deangelo Holmes, Obea Moore, Marquis Thomas and Jucorie Tryon.

Zarate (6-9) of Selma.

Edison's Nate Fox and Del Mar's Steve Harris joined Brethren Christian's Steve Michels as California's only 16-footers in the pole vault last week, with the former handing the admirably consistent Michels (16-5 1/4) his first in-state loss this season.

Several others have "in-practice" 16-foot clearances this season to their credit with their aspirations of an upset looming.

GIRLS THROWS

Carmel's Darlene Tulua has had a big season thus far with the Central Coast champion heaving the shot 47-7 early on. Vavatau Pohahau of Balboa is the only other 45-foot plus performer in the field.

Tulua (a big 165-10 to win the Central Coast title last week), Chaniqua Ross of Laguna Creek (159-10), Cecila Mileham of Clovis West (154-11) and April Burton of Bakersfield (153-2) are all nationally-ranked performers entering the discus.

BOYS THROWS

Madera's J.D. Martin has an excellent shot at a double title with his tosses of 65-1 in the shot put and 192-1 in the discus leading the state. But Jason Hammond of Fowler (65-2) and Victor Leva of Monache (190-10) are two considerable threats to his bid this weekend.

TEAM RACE

In the race for team championships, Muir appears almost a lock for its third

consecutive boys' title with big points expected in the long sprints, hurdles and relay events.

A win would tie Muir for most titles ever (eight) with Jefferson of Los Angeles. Dorsey (with Scott scoring the brunt of its points) and Lynwood (with Williams accounting for all of its) could be among those vying for top-three finishes.

On the girls' side, Logan's talent-laden sprint corps should be more than enough this time to avenge a near miss (2 points) for the team title a year ago. Long Beach Wilson's relays and sprints give the Bruins the edge over Del Mar scoring machine Tisha Ponder for the runner-up spot.



Beware the Smile - Julia Gray of Riverside North may be all smiles, but look on the track. Gray clocked in at 55.65 (400 meters) in her section final meet and figures to give Carla Estes of James Logan and Lana Garner of Morse a run for their money.

Californian's Dominate National High School Records in Track and Field; Swimming

California is truly the "Golden State" when it comes to performances on athletic fields, gyms, pools and other athletic facilities across the state. The National High School Record Book will attest to this. The book is jam-packed with great performances and records by California athletes in a variety of sports.

In the sport of track and field, California athletes are especially well-represented. California girls tracksters hold 10 of 17 national high school records, with Kingsburg High's Melissa Price's pole vault mark (12-6) as the newest edition. Marion Jones, who competed at both Rio Mesa Oxnard High and Thousand Oaks High in her fabulous high school career, owns two records. Jones is the national record setter in the 100 meters (11.14) and the 200 meters (22.67).

Besides Jones, other California greats who have a place in the national record book include: Denean Howard of Kennedy Granada Hills, who holds the national mark in the 400 meters (52.39); Juliana Yendork from Walnut High, a national record-holder in the triple jump (44-0 1/2); Fullerton Union graduate Natalie Kaaiawahia, who set the national record in the shot put (53-7 3/4) in 1983; Suzy Powell of Downey Modesto whose best discus toss of 188-4 is a national best; and Mills High standout Leslie Maxie, who holds the national mark in the 300-meter low hurdles (40.18).

On the team side, Hawthorne girls set the national mark in the 400-meter relay (45.11), and John Muir of Pasadena girls hold the national record in the 1600-meter relay (3:37.69).

Boys track athletes have also fared well nationally, holding six national records and many second and third best national marks. Calvin Harrison of Northridge set a national record of 45.25 in the 400 meters, the only national record for boys in any state during the 1993 season. Charles Mayfield of Muir High, has held onto the national record in the triple

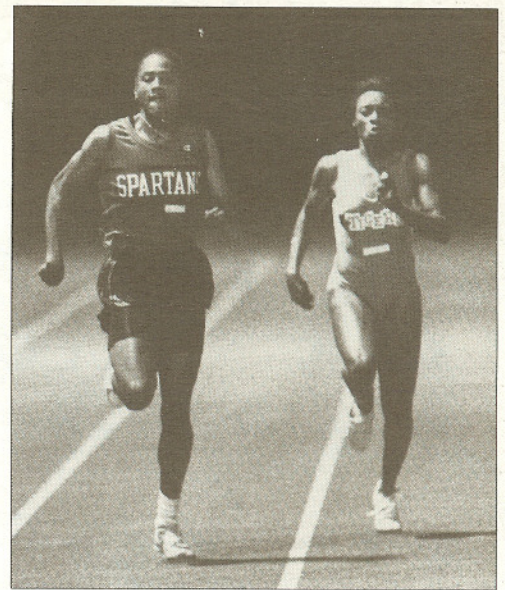
jump (52-10 1/2) since 1980. In 1981, Pete Richardson of Berkeley High set the national standard in the 800 meters (1:47.31), while Berkeley High set the national mark in the 1600 meter relay, which was bested by Hawthorne High in 1985 (3:07.40). Lompoc's George Porter set the national record in the 300 meter hurdles (35.32) and James Stallworth of Tulare set the national mark in the long jump in 1989 at 26-4 3/4.

California girls have also made quite a splash nationally setting six national records in the sport of swimming. Olympic standout and Placentia High graduate Janet Evans holds the national record in the 500-yard freestyle, setting the standard of 4:37.30 in 1988.

Evans also set the national mark in the 200-yard individual medley, a record that was beaten two years ago by Kristine Quance of Granada Hills (1:59.53) and was then broken by Allison Wagner of Eastside High School in Florida. Quance still holds the national mark in the 100-yard breaststroke with a time of 1:01.79 during her stellar 1993 season.

Dara Torrez, from Westlake High, set the 50-yard freestyle national record of 22.69 in 1985. Mission Viejo graduate Cynthia Woodhead still holds the national mark in the 200-yard freestyle (1:45.98), which she set in 1982. Jenna Johnson of Whittier Christian High in La Habra set the national best of 53.98 in the 100-yard butterfly in 1984. California added another national record last year when Denali Knapp of Davis High set a national mark of 53.98 in the 100-yard backstroke.

In the boys swimming competition two national records are held. Upland High graduate Jeff Kostoff still holds the mark in the 500-yard freestyle (4:16.39) which he set in 1983. Woodbridge Irvine High standout Derya Buyukuncu set the national standard in the 100-yard backstroke with a tremendous time of 47.84. The old mark of 48.93 was set by Derek Weatherford of Fort Myers High in Florida.



Sprint Sensation -- Marion Jones set national records in both the 100 and 200 meters as a junior for Thousand Oaks High. In her career, Jones had a record nine individual state titles.

MOST INDIVIDUAL CIF ARCO am/pm STATE TITLES (GIRLS)

- 9, Marion Jones, Rio Mesa Oxnard (1990-91), Thousand Oaks (1992-93) 100m (1990-93) 200m (1990-93) LJ (1993)
- 6, Wendy Brown, Woodside HJ (1984) TJ 1982-84 LJ (1982-84)
- 6, Juliana Yendork, Walnut LJ (1989-91) TJ (1989-91)
- 6, Natalie Kaaiawahia, Fullerton, Shot (1980-83), Discus (1981-83)
- 5, Angela Burnham, Rio Mesa Oxnard 100m (1986, 1988-89) 200m (1988-89)
- 4, Denean Howard, Kennedy Granada Hills 200m (1981-82) 400m (1980 & 1982)
- 4, Janeene Vickers, Pomona 300LH (1986-87) 100MLH (1986-87)
- 4, Melissa Weis, Bakersfield Discus (1988-90) Shot (1989)
- 15 (tied with three titles): Pam Waters, Angela Rolfe, Janice Nichols, Kathy Costello, Ann Reagan, Polly Plumer, Kira Jorgensen, Vicki Cook, Milena Glusac, Felice Lipscomb, Twila Sims, Jodi Anderson, Dawn Dumble, Suzy Powell, Lakeisha Backus.

MOST INDIVIDUAL CIF ARCO am/pm STATE TITLES (BOYS)

- 4, Roman Gomez, Belmont 1600m (1984-85) 3200m (1984-85)
- 3, Bill Cowings, Fowler 200m (1960) 100m (1959-60)
- 3, Forrest Beaty, Hoover Glendale 100m (1961-62) 200m (1961)
- 3, Billy Mullins, Hamilton LA 100m (1976) 200m (1975-76)
- 3, Quincy Watts, Taft 100m (1987) 200m (1986-87)
- 3, Jerry Proctor, Muir Pasadena 100HH (1967) 300IH (1967) LJ (1967)
- 3, Reynaldo Brown, Compton HJ (1967-69)
- 3, Brian Bluetreich, Capistrano Valley -Shot (1984-85) Discus (1985)

BRIGHAM YOUNG UNIVERSITY
**CONGRATULATES
ALL CIF FINALISTS**



NATIONALLY RECOGNIZED
Summer Camps 1996

Baseball July 22-26,
July 29-Aug. 2

Basketball

boys June 3-7, 10-14, 17-21
girls June 24-28, July 1-5
offense only July 29-Aug. 2

Ballet June 24-July 5

Ballroom Youth Aug. 5-7

Cheerleading July 22-26

Clogging June 20-22

Cross Country July 8-12, July
15-19

Diving July 8-12

Football June 24-28, July 1-5

Golf June 17-21, July 15-19

Gymnastics

boys July 1-5

girls July 8-12, July 15-19

Modern Dance and Jazz

June 24-July 5

Soccer July 15-19

Swimming June 17-21,
June 24-28

Tennis June 24-28, July 1-5,
July 8-12

Track and Field June 24-28

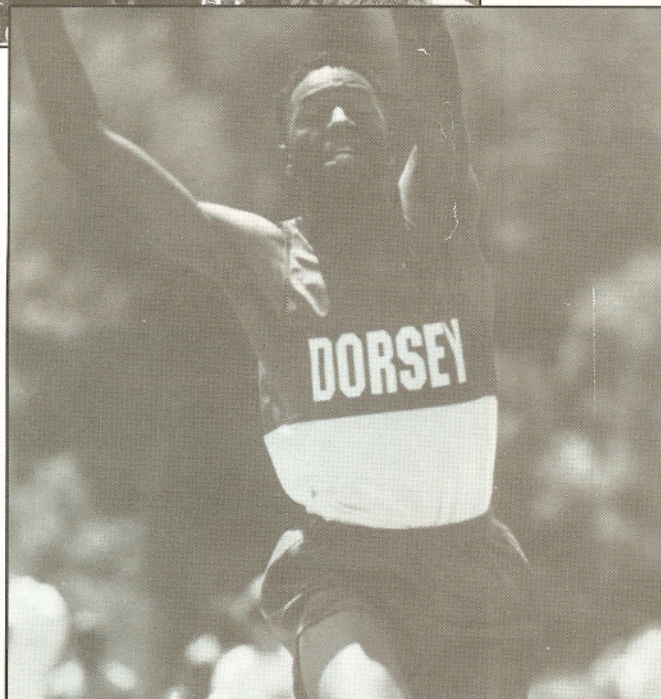
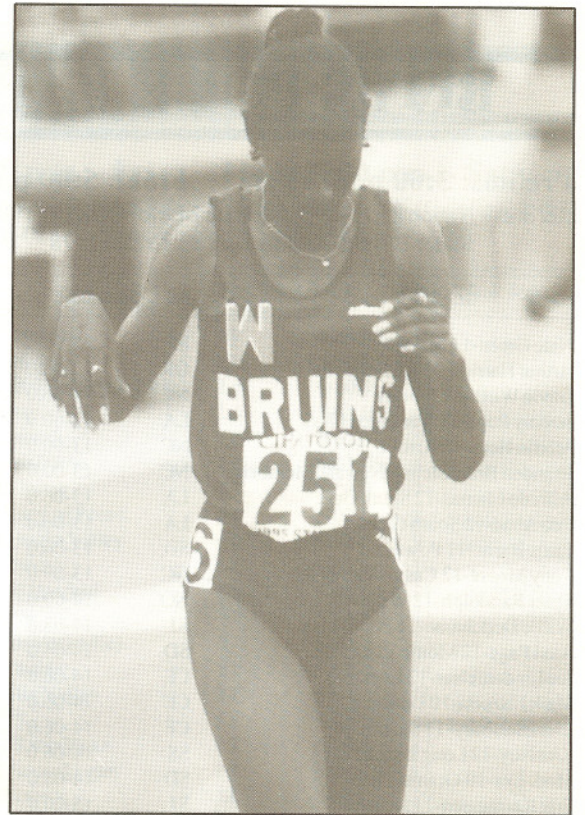
Volleyball July 8-12, 15-19,
22-26, Aug. 5-9

Wrestling July 8-12

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Schedule of Events



top left photo by Ken Grimes, top right photo by Bill Cockerham, California Track and Running News.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

BOYS POLE VAULT

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

Records - National: 17-09.5 Joe Dial, Marlow, OKLA 1981

State: 17-00.5 Antony Curran, Crespi 1978

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Nate Green-11 McAteer	SF	10-00.0	1			
Arthur Harris-10 McClymonds	OK	12-06.0	2			
Gavin Wirth-11 Liberty	NC	12-06.0	3			
Jeremy Pope-11 Verdugo Hills	LA	13-00.0	4			
Martin Heus-12 Arroyo	NC	13-00.0	5			
Brandon Braunstein-9 Newark Memorial	NC	13-00.0	6			
Alfredo Llamas-12 South Gate	LA	13-06.0	7			
Leo Abad-12 South Gate	LA	13-06.0	8			
Chris Burns-11 Poway	SD	13-06.0	9			
Tony Moore-12 Castro Valley	NC	13-09.0	10			
Tyler Randolph-12 Willows	NO	14-00.0	11			
Willie Deitchman-11 Ponderosa	SJ	14-03.0	12			
Axel Page-12 Monte Vista	SD	14-04.0	13			
Joe Lindenfesler-12 Lemoore	CE	14-06.0	14			
Mark Unzueta-10 Lemoore	CE	14-06.0	15			
Chad Salsbury-11 Stockdale	CE	14-06.0	16			
Kim Noy-12 Long Beach Poly	SS	14-06.0	17			
Mark Lee-10 Granite Hills	SD	14-08.0	18			
Erik Rasmussen-11 Johansen	SJ	15-00.0	19			
Dan Ortiz-12 La Puente	SS	15-00.0	20			
Joel Kriwinski-11 Arroyo Grande	SS	15-00.0	21			
Joey Lippman-12 North Monterey	CC	15-00.0	22			
David Gritz-11 Bear Creek	SJ	15-06.0	23			
Steve Michels-12 Brethren	SS	15-06.0	24			
Nguyen Vong-12 Silver Creek	CC	15-06.0	25			
Steve Harris-11 Del Mar	CC	16-00.0	26			
Nate Fox-12 Edison	SS	16-01.0	27			



Steve Michels of Brethren Christian High School placed 7th in the pole vault in 1995.

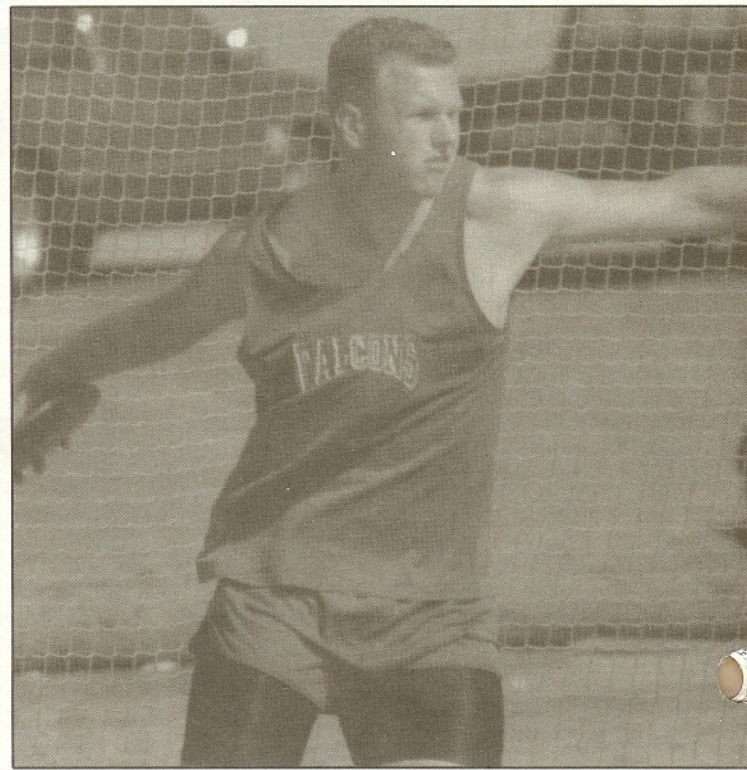
BOYS DISCUS

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

Records - National: 224-03.0 Kamy Keshmiri, Reno, NV 1987

State: 203.04.0 Blutreich, Capo Valley, Powell, Redwood 85/90

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	M
Roger Finau-12 Skyline	OK	118-03.0	1			
William Scott-12 Galileo	SF	135-08.0	2			
Erick Campos-11 Eagle Rock	LA	140-00.0	3			
Frank Escubedo-11 Eagle Rock	LA	140-00.0	4			
Darrin Ransom-12 James Logan	NC	147-02.0	5			
Robert Acevedo-11 Banning	LA	150-00.0	6			
Andrew Jessee-11 Capital Chr.	NO	151-00.0	7			
Josh Young-12 Piedmont Hills	CC	151-07.0	8			
Rocci Doria-11 Amador Valley	NC	155-10.0	9			
Willie Hall-12 Montgomery	NC	155-11.0	10			
John Antonnini-12 St. Ignatius	CC	156-00.0	11			
Mike Lopez-12 Arroyo	SS	161-04.0	12			
Sam McMullen-12 Calvary Chapel	SS	161-05.0	13			
John Badovinac-11 Jesuit	SJ	163-03.0	14			
John Shann-12 Lodi	SJ	163-06.0	15			
Tooran Gilliam-11 San Diego	SD	163-06.0	16			
Luke Mackay-9 Central Catholic	SJ	163-08.0	17			
Anthony Gabriel-11 Morse	SD	164-09.0	18			
Brian Chase-11 Cardinal Newman	NC	167-01.0	19			
Sean Jarne-12 Esperanza	SS	168-03.0	20			
Jason Hammond-12 Fowler	CE	170-10.0	21			
Willie Howard-12 Los Altos	CC	171-01.0	22			
Scott Moser-11 Huntington Beach	SS	175-05.0	23			
Tony Sotelo-12 Ramona	SD	176-02.0	24			
John Bello-12 Rancho Cucamonga	SS	181-04.0	25			
J.D. Martin-12 Madera	CE	186-08.0	26			
Victor Leyva-12 Monache	CE	190-10.0	27			



Christian Brothers High's Jon Gagnon was 10th in the discus during the 1995 meet.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS SHOT PUT

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

Records - National: 53-07.75 Natalie Kaaiawahia, Fullerton, CA 1983

State: 52-11.50 Kristin Heaston, Ygnacio Valley 1993

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Elizabeth Tuputala-12 Castlemont	OK	32-07.5	1			
Lupe Brambila-11 Monroe	LA	37-00.5	2			
Dana Lawson-11 Clayton Valley	NC	38-00.25	3			
Marisela Rooney-12 Woodland	SJ	38-03.5	4			
Karol-Lyn Sanderson-11 Granada Hills	LA	38-04.0	5			
Cami Nilmeyer-12 Burlingame	CC	38-04.5	6			
Sandre Sahourieh-12 Westmoor	CC	38-08.0	7			
Mary Alessi-10 Helix	SD	38-08.75	8			
Amanda Tagaleo'o-12 El Camino	SD	38-11.0	9			
Nicole Sanders-11 Orange Glen	SD	39-03.5	10			
Candace Webb-12 Bishop O'Dowd	NC	39-04.5	11			
Marissa Wilson-10 Montgomery	NC	39-05.5	12			
Marie Philman-12 Edison	SS	39-06.0	13			
Rachel Rosemeyer-9 Campolindo	NC	39-06.75	14			
Brandi Smith-11 Madera	CE	39-07.5	15			
Jennifer Vail-12 Palm Springs	SS	39-09.0	16			
Stacy Davidson-12 Reedley	CE	40-01.75	17			
Bell Jordan-10 Lincoln (Stockton)	SJ	40-03.0	18			
Vavatau Pohahau-12 Balboa	SF	41-09.0	19			
Cheree Hicks-12 Littlerock	SS	41-09.75	20			
Stephanie Brown-10 Arroyo Grande	SS	41-11.0	21			
Kristin Bryden-11 Anderson	NO	42-00.0	22			
Kristina Wallace-12 Clovis	CE	42-04.0	23			
Cynthia Ademiluyi-11 Long Beach Poly	SS	42-04.0	24			
Tanisha Hunter-12 Locke	LA	42-09.5	25			
Darlene Tulua-12 Carmel	CC	43-03.0	26			
Chaniqua Ross-10 Laguna Creek	SJ	43-06.25	27			



Kristin Bryden of Anderson High School figures to be a top challenger in the shot put.

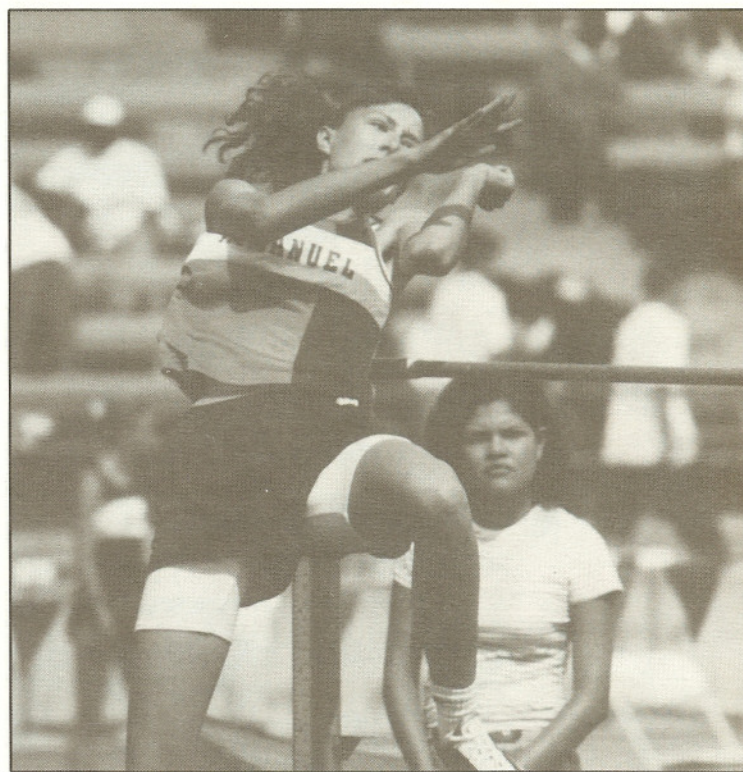
GIRLS HIGH JUMP

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

Records - National: 6-03.0 Amy Acuff, Corpus Cristi, TX (Calallen) 1992

State: 6-02.0 Latrese Johnson, Clovis 1985

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Adia Thurman-11 Washington	SF	4-04.00	1			
Jamila Cooksey-11 Skyline	OK	5-00.0	2			
Alexandria Delgado-10 Huntington Park	LA	5-00.0	3			
Mia Gramata-11 Dorsey	LA	5-02.0	4			
Kim Pickup-12 Chatsworth	LA	5-02.0	5			
Loren Gualco-11 Notre Dame	CC	5-02.0	6			
Holly McClain-12 Milpitas	CC	5-02.0	7			
Heidi Nolte-12 Our Lady of Peace	SD	5-02.0	8			
Kristy Johnson-12 Ygnacio Valley	NC	5-03.0	9			
Erin Nichols-12 Acalanes	NC	5-03.0	10			
Lacretia McKinney-10 Hanford	CE	5-04.0	11			
Callie Lemont-12 Ceres	SJ	5-04.0	12			
Tait Holden-12 Wood (Vacaville)	SJ	5-04.0	13			
Melissa Grubb-11 Atwater	SJ	5-04.0	14			
Jessica Saltzman-11 Big Valley	NO	5-04.0	15			
Kim Stone-12 York	CC	5-04.0	16			
Melissa Guanella-11 Santa Rosa	NC	5-04.0	17			
Karen Townsend-12 James Logan	NC	5-04.0	18			
Yolanda McGirt-10 Lincoln	SD	5-04.0	19			
Lisa Underhill-11 Rancho Buena Vista	SD	5-04.0	20			
Brittney Roberts-9 Bullard	CE	5-06.0	21			
Tayyiba Haneff-11 Laguna Hills	SS	5-06.0	22			
Shavent Williams-12 Long Beach Poly	SS	5-06.0	23			
Tia Hanson-10 Cajon	SS	5-06.0	24			
Jennifer Thomas-11 Centennial (Corona)	SS	5-06.0	25			
Tara Flaming-12 Immanuel	CE	5-08.0	26			
Liz Gittner-11 Chaminade	SS	5-08.0	27			



Defending CIF ARCO *am/pm* State champ Tara Flaming of Immanuel High in Reedley.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS LONG JUMP

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

Records - National: 22-01.75 Kathy McMillian, Raeford, NC 1976
State: 22-00.5 Marion Jones, Thousand Oaks 1993

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Lachelle Lash-12 Gardena	LA	16-08.25	1			
Rickisha Herron-12 Birmingham	LA	16-11.5	2			
Ciara Johnson-11 McAteer	SF	17-04.25	3			
Demetria Beverly-12 Oak. Technical	OK	17-04.5	4			
April Horne-11 Clovis West	CE	17-05.0	5			
Reena Sihota-12 Selma	CE	17-07.5	6			
Dominique Green-10 James Logan	NC	17-07.5	7			
Tosha Thomas-10 Bakersfield	CE	17-08.0	8			
Macklin Harris-10 Enterprise	NO	17-08.0	9			
Akiba McKinney-11 Monte Vista	SD	17-11.25	10			
Latanya Collier-12 Banning	LA	18-00.25	11			
Kameelah Elarms-11 Piedmont Hills	CC	18-00.5	12			
Jessica Burnham-12 Los Altos	CC	18-00.75	13			
Pia McAllister-11 Clayton Valley	NC	18-00.75	14			
Zakirah Sanford-12 Lincoln	SD	18-04.25	15			
Danniel Martin-11 Valley	SJ	18-06.25	16			
Connie Smith-12 Modesto	SJ	18-06.25	17			
Richelle Perkins-12 Bishops	SD	18-06.75	18			
Julie Tinker-12 Valley	SJ	18-10.5	19			
Rosalyn Grant-12 Ganesha	SS	18-11.5	20			
Reynda King-11 St. Mary's	SS	19-00.0	21			
Monique Harris-10 Cerritos	SS	19-00.5	22			
Kelly O'Connor-12 Esperanza	SS	19-02.25	23			
Kerry O'Bric-12 Edison	SS	19-04.75	24			
Carla Estes-11 James Logan	NC	19-09.75	25			
Jernae Wright-12 James Logan	NC	20-01.5	26			
Tisha Ponder-12 Del Mar	CC	20-06.0	27			



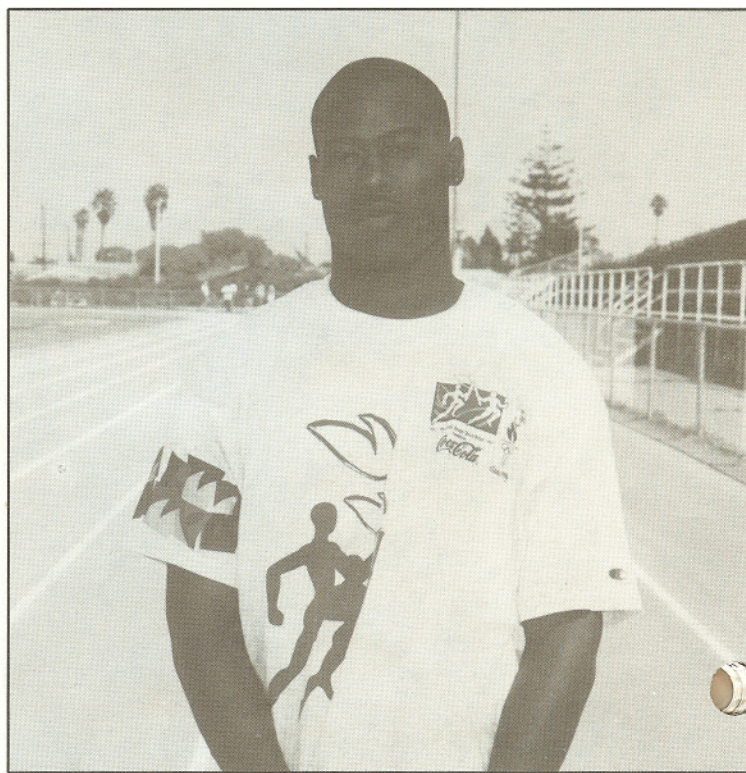
Defending champ Jernae Wright of James Logan.

BOYS LONG JUMP

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

Records - National: 26-04.75 James Stallworth, Tulare, CA 1989
State: 26-04.75 James Stallworth, Tulare 1989

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Naeem Amir-12 Castro Valley	NC	21-02.5	1			
Chris Janoras-11 Tennyson	NC	21-03.0	2			
Kenney Nears-11 Kearny	SD	21-04.75	3			
Ronald Evans-10 McAteer	SF	21-05.0	4			
Duran Archie-10 Hoover	CE	21-05.5	5			
Saleem Mahdi-12 Pittsburg	NC	21-05.5	6			
Hasani White-12 McClymonds	OK	21-06.25	7			
Tim Brent-11 Tulare Western	CE	22-01.5	8			
B.B. Malone-10 Redwood	CE	22-03.5	9			
Peter Slater-12 Pleasant Valley	NO	22-05.5	10			
Dennis Gibbs-12 Lompoc	SS	22-06.0	11			
Anthony Sanford-12 Lincoln	SD	22-06.75	12			
Javier Baylon-12 South Gate	LA	22-07.25	13			
Robert Nero-11 Chino	SS	22-07.75	14			
Howard Moore-12 De La Salle	NC	22-08.0	15			
Bryan McMillan-12 Bellarmine	CC	22-09.0	16			
Felick Vallot-12 Modesto	SJ	22-09.75	17			
Ryan Capalbo-12 Loyola	SS	22-09.75	18			
Kenny Pearson-10 Franklin	SJ	22-10.5	19			
Lawrence Owusu-12 El Camino	SD	23-01.75	20			
Myron Washington-12 Mt. Pleasant	CC	23-03.5	21			
Jim McGee-Sacramento	SJ	23-05.5	22			
Mike Nealy-11 Yerba Buena	CC	23-06.5	23			
Patrice McCall-11 Carson	LA	23-07.25	24			
Lafayette Bailey-12 Littlerock	SS	23-08.24	25			
Clarence Scott-12 Dorsey	LA	24-03.25	26			
Gerald Williams-12 Lynwood	SS	24-04.0	27			



Ronnie Jenkins of Hueneme High placed 7th in 1995.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS POLE VAULT

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

Records - National: 12-6 Melissa Price, Kingsburg 1995

State: 12-6 Melissa Price, Kingsburg 1995

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Amy Tran-10 Lowell		SF	7-01.0	1		
Brooke Page-12 Granada Hills		LA	8-00.0	2		
Kim Pickup-12 Chatsworth		LA	8-00.0	3		
Jennifer Capehart-11 JF Kennedy		LA	8-06.0	4		
Laura Eckley-11 West Valley		NO	9-00.0	5		
Amy Bei-9 Montgomery		NC	9-00.0	6		
Shail Pec-Crouse-9 Santa Rosa		NC	9-00.0	7		
Leslie Smith-11 Orange Glen		SD	9-00.0	8		
Becky Studebaker-11 South Fork		NC	9-09.0	9		
Kyla Pavlina-10 Kingsburg		CE	10-00.0	10		
Jennifer Swanson-12 Gilroy		CC	10-00.0	11		
Iran Serrano-9 Gonzales		CC	10-00.0	12		
Kim Trout-10 Escondido		SD	10-00.0	13		
Kylene Nixon-11 Poway		SD	10-00.0	14		
Denise Warner-12 Ponderosa		SJ	10-03.0	15		
Christa Epperly-12 Nevada Union		SJ	10-03.0	16		
Shelley Hill-12 Beyer		SJ	10-03.0	17		
Marylou Badillo-12 Mt. Pleasant		CC	10-04.5	18		
Allison Knode-10 Kingsburg		CE	10-06.0	19		
Katie Rorem-10 Marina		SS	10-06.0	20		
Shannon Flett-12 Acalanes		NC	10-06.5	21		
Brooke Lankard-10 Golden West		CE	11-00.0	22		
Trish Johnson-11 Atascadero		SS	11-00.0	23		
Erica Hoernig-12 Foothill		SS	11-00.0	24		
Bridget Pearson-9 Hoover		SS	11-00.0	25		
Alexa Harz-12 Peninsula		SS	11-00.0	26		



Shannon Flett of Acalanes High placed 6th at 10-2 in the first year of the girls' pole vault event in 1995. Photo by: Bill Cockerham, *California Track and Running News*.

GIRLS 400m RELAY

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

Records - National: 45.11 Hawthorne, CA 1985

State: 45.13 Berkeley 1981

School	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Skyline		OK	49.96	1		
Foothill		CE	48.69	2		
El Camino		SD	48.36	3		
Valley		SJ	47.34	4		
James Logan		NC	45.64	5		
Poly Long Beach		SS	46.92	6		
Westchester		LA	48.18	7		
Lincoln		SD	48.60	8		
Edison		SJ	49.34	9		
Lowell		SF	50.14	1		
Pittsburg		NC	48.75	2		
Los Gatos		CC	48.43	3		
El Cerrito		NC	47.38	4		
St. Bernard		SS	46.26	5		
Wilson Long Beach		SS	46.52	6		
Dorsey		LA	47.69	7		
Hamilton		LA	48.58	8		
Clovis		CE	49.04	9		
West Valley		NO	50.67	1		
Golden West		CE	48.87	2		
Vallejo		SJ	48.44	3		
Palmdale		SS	47.47	4		
Morse		SD	46.44	5		
Morningside		SS	46.45	6		
St. Francis		CC	47.68	7		
Benicia		NC	48.52	8		
Gunn		CC	48.87	9		



Defending champion Long Beach Poly (L-R): Aisma Washington, Detra King, Zahalea Showe, Rasmida Green and LaToya Thomas.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

BOYS 400m RELAY

Prelims: 5:12 p.m. - Fri. Final: 4:08 p.m. - Sat.

Records - National: 39.9 Austin Jasper HS, Texas 1991

State: 40.24 Hawthorne 1989

School	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Sacramento		SJ	43.04	1		
Rancho Bernardo		SD	42.64	2		
Franklin		SJ	42.23	3		
Crenshaw		LA	41.75	4		
Serra		SS	41.04	5		
Poly Long Beach		SS	41.68	6		
Del Mar		CC	42.00	7		
James Logan		NC	42.55	8		
St. Francis		CC	42.87	9		
Pleasant Valley		NO	44.09	1		
Pittsburg		NC	42.66	2		
Morningside		SS	42.10	3		
Lemoore		CE	41.81	4		
Muir		SS	41.10	5		
De La Salle		NC	41.67	6		
Bakersfield		CE	41.93	7		
McClymonds		OK	42.54	8		
John F. Kennedy		SJ	42.81	9		
McAteer		SF	44.21	1		
San Diego		SD	42.75	2		
Milpitas		CC	42.38	3		
Jordan		SS	41.89	4		
Edison		CE	41.45	5		
Dorsey		LA	41.56	6		
University City		SD	41.92	7		
Birmingham		LA	42.46	8		
St. Mary's		NC	42.77	9		

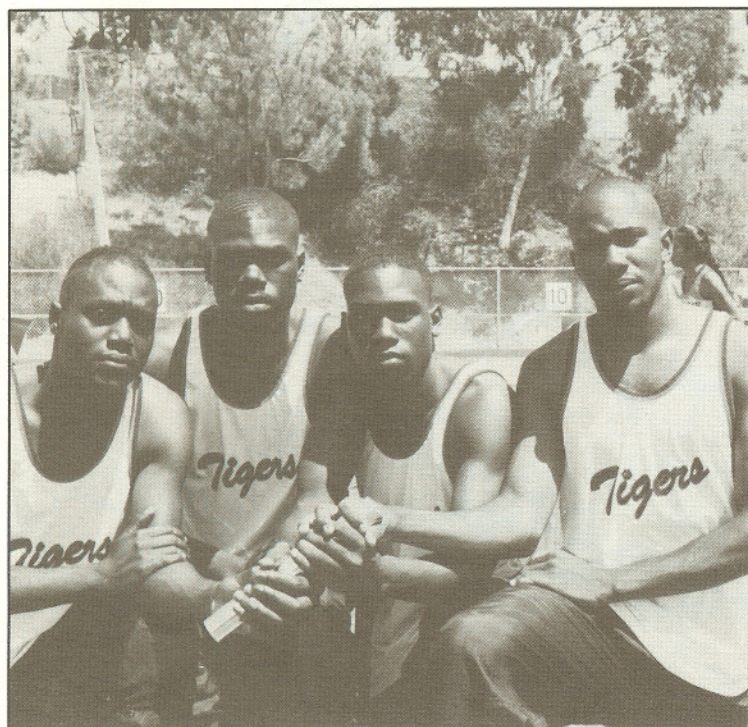
GIRLS 1600m Run

Prelims: 5:24 p.m. - Fri. Final: 4:11 p.m. - Sat.

Records - National: 4:39.4 Laura Matson, Bloomfield, MI (Andover) 1985

State: 4:39.92 Polly Plummer, Irvine (University) 1982

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Julie Ott-11 University		SD	5:11.37	1		
Ashley Holt-12 Menlo-Atherton		CC	5:07.70	2		
Tiffany Hansen-11 Redwood		NC	5:04.90	3		
Jennifer Burris-10 Ayala		SS	5:01.49	4		
Kristen Gordon-11 Carondelet		NC	4:49.16	5		
Shaluinn Fullove-12 Louisville		SS	5:01.15	6		
Deborah Bleisch-12 Silver Creek		CC	5:04.00	7		
Shelby Horgan-11 Temescal Canyon		SS	5:06.70	8		
Tricia Matson-11 Fallbrook		SD	5:10.36	9		
Rachelle Stewart-10 Vacaville		SJ	5:15.00	10		
Yvonne Liebig-10 JF Kennedy		SJ	5:15.86	11		
Juli Lawson-9 Clovis		CE	5:16.40	12		
Melissa Peralta-10 South Gate		LA	5:23.31	13		
Sarah Wilkins-9 Rancho Bernardo		SD	5:12.69	1		
Lancisha McPherson-12 Silver Creek		CC	5:07.13	2		
Claire Tillotson-11 Redondo		SS	5:04.40	3		
Tracy Cohn-11 Stockdale		CE	5:01.71	4		
Annie Ebner-12 St. Lucy's		SS	4:58.70	5		
Kelly Howisey-11 Clayton Valley		NC	5:00.86	6		
Jennifer Akana-10 Lowell		SF	5:02.94	7		
Meghan Andrade-9 Carondelet		NC	5:06.55	8		
Stephanie McCarty-12 Madera		CE	5:07.84	9		
Abbey Cortright-9 Yreka		NO	5:14.15	10		
Tiffany Burgess-9 Birmingham		LA	5:16.02	11		
Kara Barnard-12 Pacific Palisades		LA	5:16.52	12		
Heather Clark-9 Vacaville		SJ	5:25.46	13		
Emily Dixon-9 Skyline		OK	5:29.40	14		



Morse High finished third here a year ago (L-R): Tawaii Jones, Ray Carter, Kendall Pinson and Lydell Burston.



Kristen Gordon of Carondelet High was a fifth place finisher in the 1600 meters at last year's state meet.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS DISCUS

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

Records - National: 188-4 Suzy Powell, Modesto, CA (Downey) 1994
State: 176-07 Suzy Powell, Modesto (Downey) 1993

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Talanoa Fatafehi-11 Fremont	OK	86-05.5	1			
Ivory Sagucio-10 Eagle Rock	LA	100-00.0	2			
Vavatau Pohahau-12 Balboa	SF	101-09.0	3			
Sabrina Duey-12 Fortuna	NC	108-09.0	4			
Melissa Reis-10 James Logan	NC	115-10.0	5			
Elizabeth Ross-12 California	NC	116-10.0	6			
Jessie Hardcastle-11 East Union	SJ	122-09.0	7			
Amy Thiel-10 Fremont Christian	CC	123-02.0	8			
Allison Thompson-12 Orange Glen	SD	124-01.0	9			
Marissa Wilson-10 Montgomery	NC	126-00.0	10			
Jackie Hotchkiss-12 Overfelt	CC	126-09.0	11			
Stephanie Brown-10 Arroyo Grande	SS	127-01.0	12			
Katrina Crouch-11 El Capitan	SD	131-09.0	13			
Christina Magana-12 Fallbrook	SD	132-11.0	14			
Mary Kailihiwa-12 Loretto	SJ	133-07.0	15			
Cheree Hicks-12 Littlerock	SS	135-03.0	16			
Kristin Bryden-11 Anderson	NO	136-10.0	17			
Sonya Bryant-12 Marina	SS	142-10.0	18			
Marie Philman-12 Edison	SS	144-00.0	19			
Mandy Buckey-12 Bakersfield	CE	149-04.0	20			
Carrie Axton-11 Los Amigos	SS	150-00.0	21			
April Burton-9 Bakersfield	CE	153-02.0	22			
Ma Mileham-10 Clovis West	CE	154-11.0	23			
Chaniqua Ross-10 Laguna Creek	SJ	159-10.0	24			
Darlene Tulua-12 Carmel	CC	165-10.0	25			



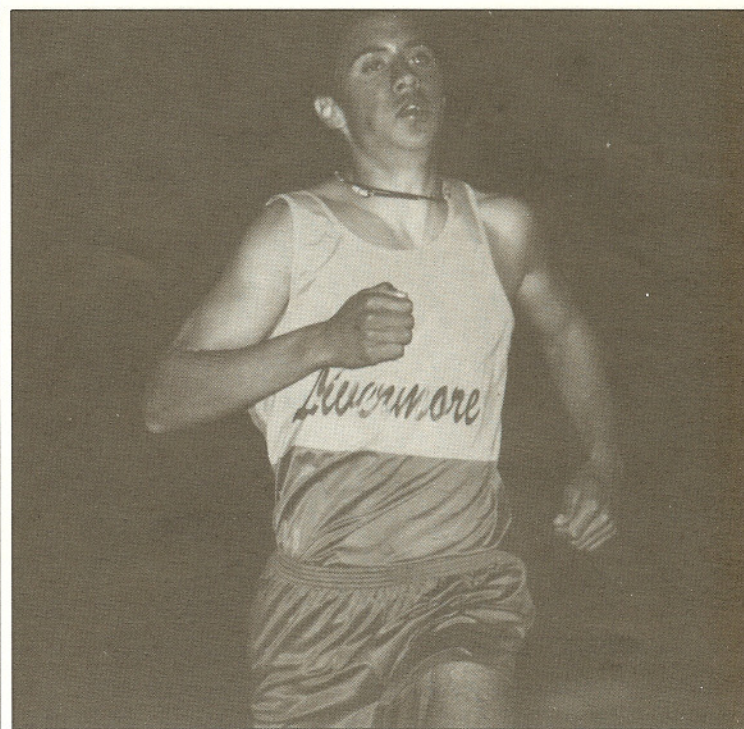
Clovis West High's Cecilia Barnes-Mileham.

BOYS 1600m RUN

Prelims: 5:38 p.m. - Fri. Final: 4:28 p.m. - Sat.

Records - National: 3:58.30 Jim Ryun, Wichita, KA (East) 1965
State: 4:05.4 Mark Schilling, Garden Grove 1972; 4:04.00 Michael Stember, Jesuit 1995

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Eduardo Sanchez-12 Garfield	LA	4:19.62	1			
TW Burchmore-12 Morro Bay	SS	4:16.90	2			
Sean Philips-12 Dos Pueblos	SS	4:16.20	3			
Daniel Sikiric-12 Leland	CC	4:14.16	4			
Michael Jones-12 Livermore	NC	4:12.91	5			
Robert Frichtel-12 Hemet	SS	4:13.74	6			
Jon Stevens-10 Mission San Jose	NC	4:15.33	7			
Enrique Torres-12 Silver Creek	CC	4:16.70	8			
Chad Schmidt-12 North Bakersfield	CE	4:17.73	9			
Ka-akpema Yelapaala-10 Jesuit	SJ	4:19.07	10			
James Adams-11 Ramona	SD	4:21.61	11			
Gavin Chamberlain-11 Oak Ridge	SJ	4:23.01	12			
Ryan Wade-11 Central Valley	NO	4:30.56	13			
Alex Sanchez-11 De La Salle	NC	4:18.46	1			
Sal Martinez-12 Ventura	SS	4:17.09	2			
Mike Woiciechowski-12 Clayton Valley	NC	4:16.21	3			
Jesse Barragan-12 Wilson Long Beach	SS	4:14.81	4			
Larry Henderson-12 Mira Mesa	SD	4:13.19	5			
Michael Stember-12 Jesuit	SJ	4:13.42	6			
Andrew Wulf-11 Bellarmine	CC	4:15.20	7			
Juan Chavira-10 Hanford	CE	4:16.39	8			
Jacob Ekins-12 Bullard	CE	4:17.16	9			
Brent Bolton-12 Scripps Ranch	SD	4:21.21	10			
Ali Benmohamed-11 Monroe	LA	4:21.79	11			
Manuel Lopez-11 Belmont	LA	4:22.92	12			
Jesus Enriquez-12 Skyline	OK	4:32.23	13			
Matt Lethin-12 Lowell	SF	4:32.80	14			



Fifth place finisher Michael Jones of Livermore will have tough competition from the likes of Michael Granville. Photo by: Ken Grimes

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS 100m HURDLES

Prelims: 5:50 p.m. - Fri. Final: 4:40 p.m. - Sat.

Records - National: 13.33 Dawn Bowles (Neptune HS) S. Plainfield, NJ 88
State: 13.34 Janeene Vickers, Pomona 1987

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Rene Warner-11 McAteer	SF	15.92	1			
Francis Santin-10 Taft	LA	15.31	2			
Michelle Steingart-11 St. Francis	CC	14.88	3			
Michelle Perry-11 Quartz Hill	SS	14.34	4			
Nicole Hoxie-11 North (Riverside)	SS	13.61	5			
Kenisha Barnes-12 San Juan	SJ	14.31	6			
Katie Schuckle-11 Santa Rosa	NC	14.86	7			
Laren Parker-12 Bakersfield	CE	15.27	8			
Brandy Scott-12 Crawford	SD	15.83	9			
Brianna Doolittle-12 Torrey Pines	SD	15.93	1			
Carlotta Eckford-12 Tracy	SJ	15.34	2			
Janae Mitchell-10 El Cerrito	NC	14.88	3			
Ayana Grant-12 Bishop O'Dowd	NC	14.46	4			
Rory Kelly-12 Morningside	SS	14.15	5			
Ashley Bethel-10 Mission Viejo	SS	14.27	6			
Brandi Jenkins-12 Golden West	CE	14.69	7			
Jonae Hunt-11 Westchester	LA	15.11	8			
Tiara Anderson-9 West Valley	NO	15.67	9			
Kava Tonga-10 Skyline	OK	19.02	1			
Bahed Hernandez-12 Mt. Carmel	SD	15.52	2			
Khameel Fleming-11 Dorsey	LA	14.97	3			
Angie Polk-11 Cerritos	SS	14.58	4			
Tisha Ponder-12 Del Mar	CC	14.17	5			
Lisa O'Reilly-11 St. Mary's	SJ	14.24	6			
Tamisha Allen-11 North Salinas	CC	14.64	7			
Stephanie Fong-12 Mission San Jose	NC	15.25	8			
Nicole Vance-12 Stockdale	CE	15.63	9			



Rori Kelly of Morningside was 2nd in the 100 meter high hurdles in 1995.

BOYS 110m HURDLES

Prelims: 6:02 p.m. - Fri. Final: 4:47 p.m. - Sat.

Records - National: 12.9 Renaldo Nehemiah, Fanwood, NJ (Scotch Plains) 77
State: 13.41 Steve Kerho, Mission Viejo 1982

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Stevonne Smith-11 University	LA	15.47	1			
Donte Joseph-11 Pinole Valley	NC	14.94	2			
John Bull-12 Mountain View	CC	14.53	3			
Pat Swanson-12 Esperanza	SS	14.19	4			
Joe Naivalu-12 Fremont	CC	13.65	5			
Sharif Paxton-11 Crenshaw	LA	14.02	6			
Jasson Rossow-12 Elk Grove	SJ	14.53	7			
Mike Sturgeon-11 Elsie Allen	NC	14.85	8			
William Benton-12 Galileo	SF	15.33	9			
Mike Freeman-12 Washington	NC	15.39	1			
Kevin Carter-11 South Bakersfield	CE	14.97	2			
John Knowles-11 Fairfield	SJ	14.54	3			
Mark Roman-12 Central	CE	14.29	4			
Dominique Degrammont-11 Tustin	SS	13.74	5			
Wilbert Moore-12 Paramount	SS	13.91	6			
Lamont Webb-12 Merrill West	SJ	14.49	7			
Jake Kuritz-12 Torrey Pines	SD	14.71	8			
Derrick Johnson-12 Carson	LA	15.33	9			
Rick Lavender-11 McClymonds	OK	17.15	1			
David Landingham-11 Corning	NO	15.05	2			
Nima Salimi-12 Rancho Bernardo	SD	14.65	3			
Reggie DePass-11 Montgomery	SD	14.45	4			
Makio Haywood-12 Muir	SS	13.85	5			
Kenyon Rambo-11 Long Beach Poly	SS	13.89	6			
Glen Valdez-12 Stockdale	CE	14.46	7			
Matua Magua-11 Independence	CC	14.81	8			
Chris Barsndale-12 Montgomery	NC	15.05	9			



Mark Roman, of Central High School, was sixth in the 110 m hurdles as a junior.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS 400m RUN

Prelims: 6:14 p.m. - Fri. Final: 4:55 p.m. - Sat.

Records - National: 52.39 Denean Howard, Granada Hills (Kennedy) 1980
State: 52.39 Denean Howard, Granada Hills (Kennedy) 1980

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Michaela Williams-10 Beyer	SJ	59.86	1			
Annetta Wells-11 University	LA	58.78	2			
Rose Sczawinski-11 Los Gatos	CC	56.86	3			
Julia Gray-10 North (Riverside)	SS	55.85	4			
Carla Estes-11 James Logan	NC	53.81	5			
Sancik Saavedra-11 El Cerrito	NC	55.84	6			
Lacretia McKinney-10 Hanford	CE	56.61	7			
Tiffany Smith-9 Taft	LA	58.00	8			
LaToya Ashworth-9 Fremont	OK	59.73	9			
Ginny Greene-10 Modoc	NO	1:00.43	1			
Corrine Atkins-11 Buchanan	CE	59.01	2			
Kamilia Williams-11 Sacred Heart Cath.	CC	56.97	3			
LaToya Thomas-9 Long Beach Poly	SS	56.22	4			
Lana Garner-12 Morse	SD	54.09	5			
Joni Smith-9 Wilson (Long Beach)	SS	55.00	6			
Turshika Bennett-12 Bishop O'Dowd	NC	56.36	7			
Nikelola Balogun-11 Westchester	LA	57.56	8			
Vishani Miller-9 JF Kennedy	SJ	59.34	9			
Denisha David-12 Lowell	SF	1:00.64	1			
Janie Milner-11 Modesto	SJ	59.09	2			
Anna Edge-12 Rancho Buena Vista	SD	57.11	3			
Regine Caruthers-11 St. Bernard	SS	56.30	4			
Kinshasa Davis-11 Wilson (Long Beach)	SS	54.69	5			
Crystal Miles-Threat-12 Amador Valley	NC	55.51	6			
Shavone Jennings-12 Woodside	CC	56.36	7			
Ryneshia Rankin-11 Morse	SD	57.55	8			
Yolanda Moore-11 Bullard	CE	59.26	9			



Carla Estes of James Logan High was 2nd in the 300 meters last year. Photo by Ken Grimes.

BOYS 400m RUN

Prelims: 6:26 p.m. - Fri. Final: 5:02 p.m. - Sat.

Records - National: 45.25 Calvin Harrison, North Salinas, CA 1993
State: 45.25 Calvin Harrison, North Salinas, CA 1993

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Anthony Brown-12 Foothill	NO	50.42	1			
B.B. Malone-10 Redwood	CE	49.30	2			
Tony Berrian-11 Atwater	SJ	48.66	3			
Anthony Cephas-12 Fairfax	LA	48.12	4			
Obea Moore-11 Muir	SS	46.14	5			
Ray Carter-12 Morse	SD	48.10	6			
Brent Williams-12 A.B. Miller	SS	48.64	7			
Jelani Hogg-11 Riordan	CC	48.96	8			
Kwamin Taylor-10 St. Mary's	NC	49.34	9			
William D'Marcus-12 Lincoln	SF	51.09	1			
Mike Dean-11 Washington	NC	49.30	2			
Malachi Davis-12 Davis	SJ	48.72	3			
Guillermo Macias-12 Bishop Amat	SS	48.34	4			
Lydell Burston-12 Morse	SD	47.36	5			
Jucorie Tryon-11 Muir	SS	47.94	6			
Curtis Napoleon-12 Del Mar	CC	48.63	7			
Darrell Lugan-12 Banning	LA	48.89	8			
Atnaf Harris-11 Edison	CE	49.69	9			
Kendall Pinson-11 Morse	SD	49.44	1			
Steve Neuman-12 Rancho Cotate	NC	49.32	2			
Kohl Adu-12 Los Angeles	LA	48.76	3			
Marques Anderson-11 Long Beach Poly	SS	48.48	4			
Howard Moore-12 De La Salle	NC	47.73	5			
Tim Brown-11 McClymonds	OK	47.74	6			
Eddie Levine-11 Golden Valley	CE	48.49	7			
Mike Harris-12 Golden West	CE	48.77	8			
Eric Stuart-12 St. Francis	CC	50-23	9			



Lydell Burston of Morse High returns after a 6th place finish in 1995.

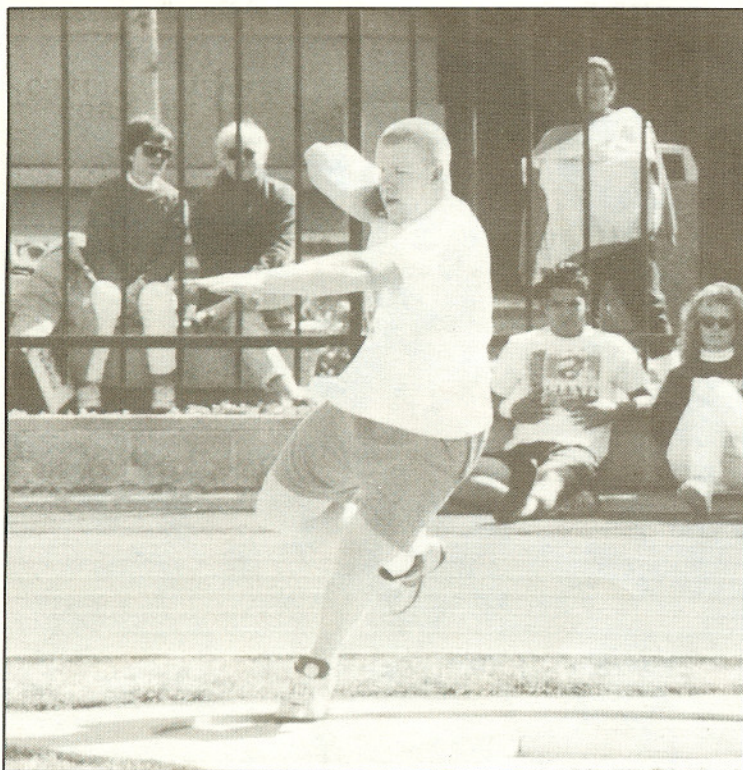
CIF ARCO am/pm STATE CHAMPIONSHIPS

BOYS SHOT PUT

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

Records - National: 77-00.0 Michael Carter, Dallas, TX (Jefferson) 1979
State: 74-04.75 Brent Noon (Fallbrook) 1990

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Roger Finau-12 Skyline	OK	43-01.0	1			
Joshua Grate-12 McAteer	SF	45-07.0	2			
Jeff Macrea-12 El Camino Real	LA	49-01.5	3			
Alvin Marin-12 Dorsey	LA	49-02.25	4			
Mike Judkins-12 Yreka	NO	49-07.25	5			
James Agnew-12 Manual Arts	LA	50-02.0	6			
Rocci Doria-11 Amador Valley	NC	50-05.5	7			
Andrew Ball-11 Mt. Diablo	NC	50-07.0	8			
Marcus Matheney-11 St. Bernard	NC	51-03.5	9			
Chris Blakes-12 Woodland	SJ	52-08.0	10			
Rich Nichols-12 Corona del Mar	SS	53-01.25	11			
Roscoe Jordan-12 Yerba Buena	CC	53-02.5	12			
Mike Lopez-12 Arroyo	SS	54-00.75	13			
Brodie Reidrich-11 Edison	SS	54-02.0	14			
Dan Noll-12 El Toro	SS	54-05.75	15			
Mike Rainis-11 St. Paul	SS	54-07.0	16			
Greg Dickey-11 Atwater	SJ	55-00.5	17			
Roy Rivas-10 Carlsbad	SD	55-02.0	18			
Josh Young-12 Piedmont Hills	CC	55-05.0	19			
Raul Gussa-12 San Diego	SD	56-05.5	20			
John Badovinac-11 Jesuit	SJ	57-10.25	21			
Brian Chase-11 Cardinal Newman	NC	57-11.0	22			
Willie Howard-12 Los Altos	CC	58-05.0	23			
Jason Hammond-12 Fowler	CE	60-00.0	24			
Tony Sotelo-12 Ramona	SD	60-04.5	25			
J.D. Martin-12 Madera	CE	62-06.0	26			
Van Mounts-10 Bakersfield	CE	63-11.75	27			



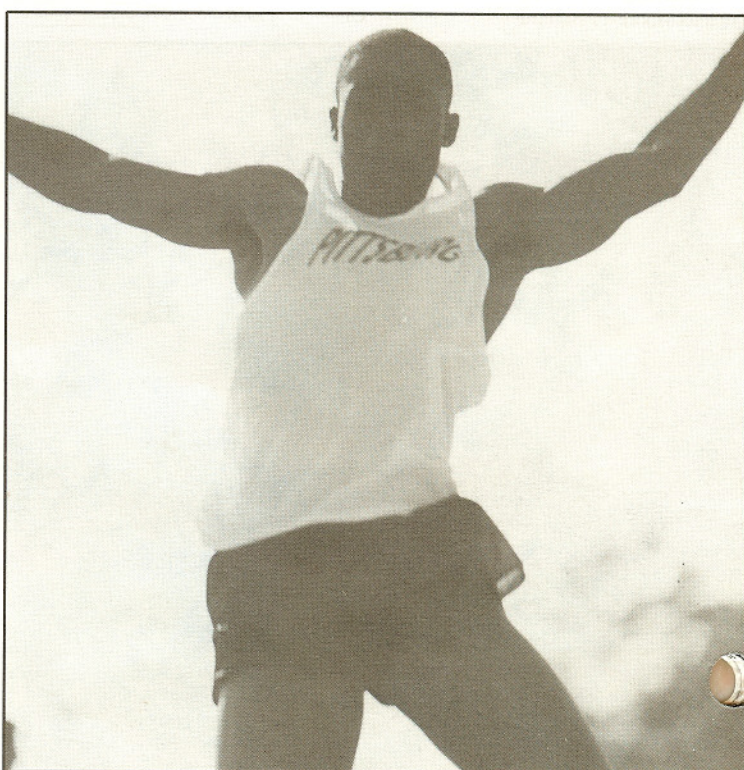
J.D. Martin of Madera was 2nd in last years' CIF ARCO am/pm State Championships.

BOYS HIGH JUMP

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

Records - National: 7-05.25 Dothel Edwards, Athens, GA (Cedar Shoals) 84
State: 7-03.25 Lee Balkin, Glendale 1979

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Vernon Pope-12 Washington	SF	5-08.0	1			
Eric Culberson-11 McClymonds	OK	5-10.0	2			
Scott Lurth-11 McClymonds	OK	6-04.0	3			
David Landingham-11 Corning	NO	6-04.0	4			
Darren Marble-10 Los Altos	CC	6-04.0	5			
Scott Portman-12 Burlingame	CC	6-04.0	6			
Jeff Twining-11 San Dieguito	SD	6-04.0	7			
Ryan Mitchell-12 Sweetwater	SD	6-05.0	8			
Mike Bacon-12 Reedley	CE	6-06.0	9			
Darryl Taylor, Westchester	LA	6-06.0	10			
Jason Muldrow, Westchester	LA	6-06.0	11			
Cornelius Thompson, 12 Elk Grove	SJ	6-06.0	12			
Broderick Jones-12 Vallejo	SJ	6-06.0	13			
John Bull-12 Mountain View	CC	6-06.0	14			
Steve Dawson-12 Antioch	NC	6-06.0	15			
Jeff Poisson-12 Cardinal Newman	NC	6-06.0	16			
Ray Guanella-12 Santa Rosa	NC	6-06.0	17			
Mauri Ray-12 Bonita Vista	SD	6-06.0	18			
Matt Castiglione-12 Clovis	CE	6-08.0	19			
Kevin Wilkinson-12 Arroyo Grande	SS	6-08.0	20			
DeJuan Hawkins-12 Newbury Park	SS	6-08.0	21			
Gabe Cottle-11 Upland	SS	6-08.0	22			
Mitch Naber-12 Arroyo Grande	SS	6-08.0	23			
Matt Hurd-12 Antioch	NC	6-08.0	24			
Gabriel Zarate-9 Selma	CE	6-09.0	25			
Darryl Felbach-11 Bear Creek	SJ	6-09.0	26			
Elliot Parks-11 El Toro	SS	6-10.0	27			



Pittsburgh High's Saleem Mahdi turned in a 7th place performance here last year. Photo by Ken Grimes.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS TRIPLE JUMP

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

Records - National: 44-0.5 Juliana Yendork, Walnut, CA 1991

State: 44-0.5 Juliana Yendork, Walnut, CA 1991

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Natasha Wright-11 Bravo Medical Magnet	LA	33-06.0	1			
Amy Tran-10 Lowell	SF	34-00.5	2			
Nina Onwubere-11 Banning	LA	34-06.5	3			
Jessica Saltzman-11 Big Valley	NO	35-08.25	4			
Rickisha Herron-12 Birmingham	LA	36-00.0	5			
Miesha Henry-12 South Bakersfield	CE	36-01.25	6			
Demetria Beverly-12 Oakland Technical	OK	36-02.75	7			
Blossom Adakama-12 Elk Grove	SJ	36-08.0	8			
Pia McAllister-11 Clayton Valley	NC	36-09.25	9			
Reena Sihota-12 Selma	CE	37-01.0	10			
Juanita Allison-11 Upper Lake	NC	37-03.0	11			
Connie Smith-12 Modesto	SJ	37-04.0	12			
Jamie Sams-12 Tulare Western	CE	37-07.25	13			
Casey Whyte-12 San Pasqual	SD	37-07.5	14			
Kristy Johnson-12 Ygnacio Valley	NC	37-09.25	15			
Evelyn Shih-11 Gunn	CC	37-09.5	16			
Andrea Lacson-12 James Logan	NC	37-11.0	17			
Shirley Anku-11 Rancho Buena Vista	SD	37-11.0	18			
Marylou Badillo-12 Mt. Pleasant	CC	38-01.25	19			
Ebony Poe-11 Cerritos	SS	38-02.75	20			
Kerry O'Bric-12 Edison	SS	38-06.0	21			
Peyton-11 Santa Monica	SS	38-07.5	22			
dy Prieto-12 North Torrance	SS	38-11.75	23			
Andria Booker-10 El Camino	SD	39-05.25	24			
Julie Tinker-12 Valley	SJ	39-10.5	25			
Kelly O'Connor-12 Esperanza	SS	39-11.0	26			
Tisha Ponder-12 Del Mar	CC	40-02.75	27			



Kelly O'Connor of Esperanza High is the defending CIF ARCO *am/pm* State champion in the triple jump.

BOYS TRIPLE JUMP

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

Records - National: 52-10.5 Charles Mayfield, Pasadena (Muir) 1980

State: 52-04.75 Ken Frazier (Mission, SF) 1981

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mar
Amadeo Garcia-11 Balboa	SF	39-05.0	1			
Ryan Fernandez-10 Skyline	OK	41-01.5	2			
Rashad Jennings-11 Bakersfield	CE	43-09.25	3			
B.B. Malone-10 Redwood	CE	44-01.25	4			
Kidefu Evans-12 El Camino Real	LA	44-01.75	5			
Jemel Jones-12 Fremont	LA	44-04.75	6			
Jeff Dixon-12 Mission San Jose	NC	44-07.25	7			
Peter Slater-12 Pleasant Valley	NO	45-00.5	8			
Naeem Amiri-12 Castro Valley	NC	45-01.25	9			
Tarn Grewal-12 Irvington	NC	45-04.0	10			
Dominic Young-12 Venice	LA	45-05.25	11			
Courtney Holmes-12 St. Mary's	NC	45-06.75	12			
Mike Cordoba-10 North Salinas	CC	45-07.75	13			
David Vargas-12 Palma	CC	45-11.0	14			
Ryan Pearce-12 Bakersfield	CE	46-01.25	15			
Anthony Sanford-12 Lincoln	SD	46-07.75	16			
Scott Tolone-12 St. Mary's	SJ	46-09.0	17			
Erik Vann-11 Canyon Springs	SS	46-09.0	18			
Joe Augustine-11 Yuba City	SJ	46-09.5	19			
Anthony Colson-11 Center	SJ	46-09.5	20			
Rajan Montero-12 Jordan (Long Beach)	SS	46-10.0	21			
DeJuan Hawkins-12 Newbury Park	SS	47-00.0	22			
Tyriff Rudder-11 Mt. Miguel	SD	47-03.0	23			
Justin Cox-12 Rancho Buena Vista	SD	47-03.75	24			
Myron Washington-12 Mt. Pleasant	CC	47-04.0	25			
Gerald Williams-12 Lynwood	SS	47-10.75	26			
Tye Anderson-12 Long Beach Poly	SS	50-09.5	27			



Gerald Williams looks to place two notches higher after a third place standing last year.

Photo by: Bill Cockerham, *California Track and Running News*.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

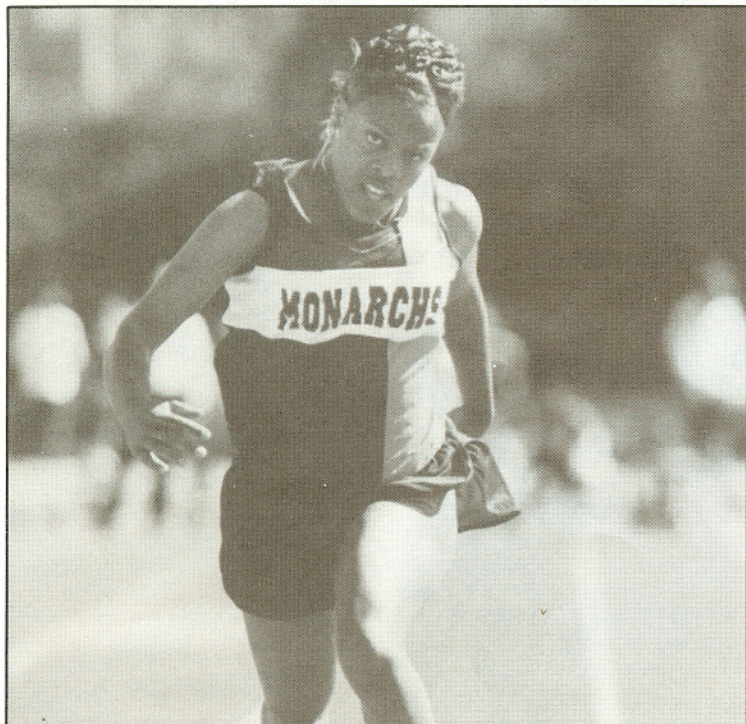
GIRLS 100m RUN

Prelims: 6:38 p.m. - Fri. Final: 5:09 p.m. - Sat.

Records - National: 11.14 Marion Jones, Thousand Oaks 1992

State: 11.14 Marion Jones, Thousand Oaks 1992

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
LaVera Harris-11 Clovis	CE	12.72	1			
Tiffany Freow-10 Morse	SD	12.33	2			
LaTroya Mucker-12 Hamilton	LA	12.24	3			
Sunny Butler-11 Morningside	SS	11.87	4			
Zhauntel Holman-11 Valley	SJ	11.54	5			
Latrice Borders-9 Wilson (Long Beach)	SS	11.84	6			
Kerry Blaschke-9 St. Francis	CC	12.20	7			
Natasha Neal-10 James Logan	NC	12.33	8			
Anita McCallum-9 Skyline	OK	12.60	9			
Macklin Harris-10 Enterprise	NO	12.69	1			
DeCola Groce-9 Morse	SD	12.36	2			
Bo Alade-10 Foothill	CE	12.29	3			
Crystal Watson-12 Edison	SJ	11.95	4			
Malika Edmonson-11 St. Bernard	SS	11.59	5			
Zahalea Snowe-10 Long Beach Poly	SS	11.81	6			
Akiba McKinney-11 Monte Vista	SD	12.10	7			
Enjoli Smith-11 Gilroy	CC	12.32	8			
Trinity Davis-12 Encinal	NC	12.59	9			
Amy Hill-11 Lowell	SF	12.64	1			
Capricia Thompson-12 Clovis	CE	12.45	2			
Janice Thomas-11 Dorsey	LA	12.30	3			
Pilar Arroyo-12 Tracy	SJ	11.97	4			
Miesha Withers-10 Morningside	SS	11.66	5			
Jemae Wright-12 James Logan	NC	11.72	6			
Damesha Craig-11 St. Francis	CC	12.05	7			
Eboni Grayson-10 Taft	LA	12.30	8			
Benecia Newhouse-11 Benicia	NC	12.51	9			



Akiba McKinney of Monte Vista High was 7th in 1995.

Photo by: Fred Greaves, San Diego Union-Tribune.

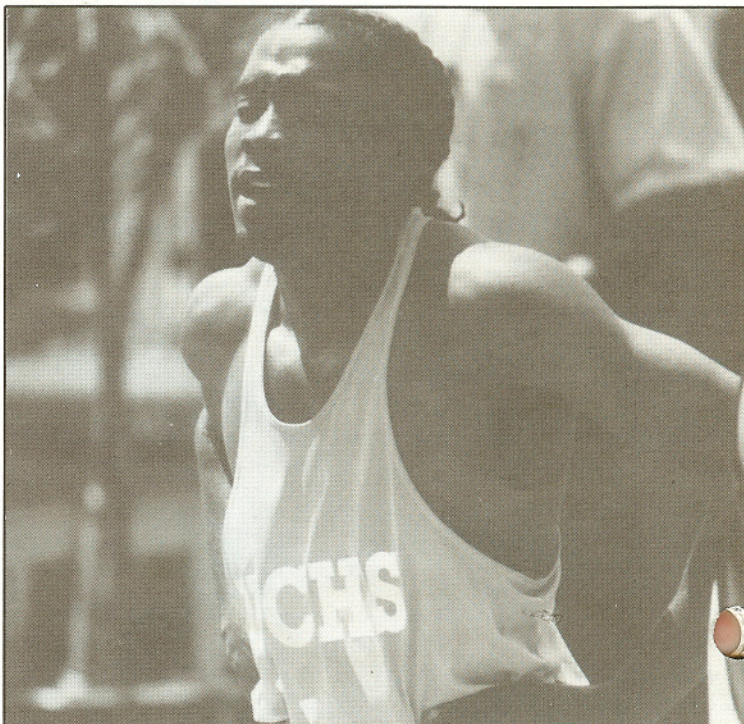
BOYS 100m RUN

Prelims: 6:50 p.m. - Fri. Final: 5:06 p.m. - Sat.

Records - National: 9.9 Henry Neal, Greenville, TX 1990

State: 10.30 Riley Washington, Southwest 1992

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Joe Flood-12 McAteer	SF	11.14	1			
Anthony Sanford-12 Lincoln	SD	10.92	2			
George Jordan-12 Pittsburg	NC	10.73	3			
Vince Williams-12 University City	SD	10.56	4			
Jim McGee, Sacramento	SJ	10.33	5			
Phillip Pipersburg-12 Santa Barbara	SS	10.54	6			
Tierre Sams-11 Edison	CE	10.73	7			
Wynzell Lynn-12 South Bakersfield	CE	10.80	8			
J'Sharlon Jones-12 Skyline	OK	11.02	9			
Vince Daglow-12 De Anza	NC	11.26	1			
Damon Anderson-12 Westchester	LA	10.95	2			
Aaron Bryant-10 Wilcox	CC	10.75	3			
Kris Richard-11 Serra	SS	10.59	4			
E.J. Jackson-12 Beyer	SJ	10.41	5			
Miguel Fletcher-10 Alemany	SS	10.50	6			
Clarence Scott-12 Dorsey	LA	10.68	7			
Alex Tinsley-12 Gilroy	CC	10.79	8			
Emon Thomas-12 Bakersfield	CE	11.06	9			
Kevin Cantwell-12 Durham	NO	11.32	1			
Bobby Miller-12 Dorsey	LA	10.97	2			
Leon Callen-12 De La Salle	NC	10.77	3			
Michael Sanford-12 Pasadena	SS	10.60	4			
Daunte Burks-12 JF Kennedy	SJ	10.42	5			
Gerald Williams-12 Lynwood	SS	10.47	6			
Damon Hamm-12 Milpitas	CC	10.67	7			
David Currie-11 Pittsburg	NC	10.78	8			
Tawaiin Jones-11 Morse	SD	10.97	9			



University City's (San Diego) Vince Williams was 4th in the 100 and 5th in the 200.

Photo by: Bill Cockerham, California Track and Running News.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS 800m RUN

Prelims: 7:02 p.m. - Fri. Final: 5:22 p.m. - Sat.

Records - National: 2:04.5 Joletta Clark, Maplewood, NJ (Columbia) 1980
State: 2:04.91 Trena Hull, Compton 1984

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Shauna James-12 Westchester	LA	2:21.66	1			
Katie Crabb-12 Pleasant Valley	NO	2:17.32	2			
Driscana Carey-11 University	SD	2:15.94	3			
Tara Gregory-10 Crescenta Valley	SS	2:15.26	4			
Candace Miles-Threat-12 Amador Valley	NC	2:10.80	5			
Anna Behrens-12 Peninsula	SS	2:14.94	6			
Ally Lombardi-11 Los Gatos	CC	2:15.77	7			
Ashley Holt-12 Menlo-Atherton	CC	2:17.30	8			
Anne Marie Franco-12 Skyline	OK	2:21.30	9			
Margaret Roche-9 Grant	LA	2:25.11	1			
Ali Pearson-12 Turlock	SJ	2:17.64	2			
LaTanya Sumlin-12 North Bakersfield	CE	2:16.36	3			
Lina Biber-Ferro-10 Los Gatos	CC	2:15.39	4			
Jennifer Bridgeman-11 James Logan	NC	2:11.75	5			
Kerri Bock-Willmes-11 Carondelet	NC	2:12.30	6			
Christa Fitzgerald-10 Dana Hills	SS	2:15.55	7			
Erin Dehahn-9 Hilltop	SD	2:17.03	8			
Kelly Cohn-12 Stockdale	CE	2:20.77	9			
Susan Chou-11 Lowell	SF	2:25.20	1			
Stephanie Kindreich-11 El Capitan	SD	2:17.71	2			
Anda Boice-12 Folsom	SJ	2:16.74	3			
Cara Motter-12 Brawley	SS	2:15.54	4			
Kelly Piatanesi-10 Carondelet	NC	2:11.89	5			
Sharon Rhetta-12 Long Beach Poly	SS	2:13.40	6			
Lindsay Hyatt-9 Placer	SJ	2:15.78	7			
Rachelle Loftus-11 Buchanan	CE	2:16.77	8			
Betty Butler-12 Dorsey	LA	2:19.76	9			



Martina Ze of Livermore High finished 2nd in the 800 meters in 1995.

BOYS 800m RUN

Prelims: 7:17 p.m. - Fri. Final: 5:29 p.m. - Sat.

Records - National: 1:47.31 Pete Richardson, Berkeley 1981
State: 1:47.31 Pete Richardson, Berkeley 1981

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Ryan Wade-11 Central Valley	NO	1:58.94	1			
Ryan Carroll-11 Merced	SJ	1:55.92	2			
Luke Leininger-12 Clayton Valley	NC	1:55.30	3			
Beebe Rutledge-12 Los Gatos	CC	1:54.37	4			
Michael Granville-12 Bell Gardens	SS	1:48.76	5			
Jess Strutzel-12 Huntington Beach	SS	1:54.33	6			
Rich Townsend-12 Eureka	NC	1:55.12	7			
Ted Peszynski-12 Monroe	LA	1:55.57	8			
Mike Staton-12 Patrick Henry	SD	1:57.97	9			
Darron Dale-12 Skyline	OK	2:00.43	1			
Armando Negrete-12 Clovis	CE	1:56.49	2			
Luis Oliveras-12 Centennial	CE	1:55.34	3			
Garrick Goods-12 Dorsey	LA	1:54.45	4			
Ajani Brown-12 Crawford	SD	1:53.83	5			
Alex Rodriguez-12 Tennyson	NC	1:54.08	6			
Demond Todd-12 Wilson (Long Beach)	SS	1:55.04	7			
Mark Hassell-11 Barstow	SS	1:55.72	8			
Jamar Powell-11 Vallejo	SJ	1:57.52	9			
Paul Choi-11 Lowell	SF	2:03.44	1			
Mike Tahaka-11 Golden West	CE	1:56.92	2			
Ryan Freeman-12 Amador Valley	NC	1:55.37	3			
Tom Newman-12 Los Gatos	CC	1:54.48	4			
James Levine-11 Golden Valley	SJ	1:53.94	5			
Kareem Morrell-12 San Jose	CC	1:54.08	6			
Carlos Aguilar-12 Pacific Palisades	LA	1:54.68	7			
Kevin Elliott-11 Mira Mesa	SS	1:55.87	8			
Dustin Diaz-10 West Hills	SD	1:57.26	9			



James Levine of Golden Valley High was 4th here a year ago. Photo by: Marci Stenberg, Merced Sun-Star.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS 300m HURDLES

Prelims: 7:32 p.m. - Fri. Final: 5:38 p.m. - Sat.

Records - National: 40.18 Leslie Maxie, Millbrae, CA (Mills) 1984

State: 40.26 Janeene Vickers, (Pomona) 1987

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Sarah Brown-10 Woodland	SJ	47.34	1			
Cindy Wong-9 Mt. Whitney	CE	45.96	2			
Satin Lewis-12 Cleveland	LA	45.31	3			
Nicole Thomas-12 Morningside	SS	44.37	4			
Tisha Ponder-12 Del Mar	CC	41.71	5			
Michelle Steingart-11 St. Francis	CC	43.88	6			
Carrie McGraw-10 Mission San Jose	NC	45.04	7			
Miata Holmes-12 Carondelet	NC	45.84	8			
Nicole Rodriguez-11 Granite Hills	SD	46.60	9			
April Smith-11 Ponderosa	SJ	47.64	1			
Bahed Hernandez-12 Mt. Carmel	SD	45.99	2			
Silvia-Aidee Acero-12 Hilltop	SD	45.32	3			
Katie Schuckle-11 Santa Rosa	NC	44.14	4			
Nicole Hoxie-11 North (Riverside)	SS	42.76	5			
Hannah Cooper-11 Hawthorne	SS	43.84	6			
Leanne Slater-10 Pioneer	CC	45.04	7			
Jonae Hunt-11 Westchester	LA	45.75	8			
Tiara Anderson-9 West Valley	NO	46.34	9			
Eseta Lavaka-10 Fremont	OK	52.65	1			
Amy Nazarov-11 Central	CE	46.00	2			
Lisa O'Reilly-11 St. Mary's	SJ	45.44	3			
Stacy Herbert-12 Buena	SS	44.50	4			
Francis Santin-10 Taft	LA	43.47	5			
Michelle Perry-11 Quartz Hill	SS	43.66	6			
Brandi Jenkins-12 Golden West	CE	44.81	7			
Odessa Balumbu-12 James Logan	NC	45.64	8			
Myesah Kirtman-11 Lowell	SF	46.23	9			



1995 5th placer Nicole Thomas of Morninside High in Inglewood.

BOYS 300m HURDLES

Prelims: 7:45 p.m. - Fri. Final: 5:45 p.m. - Sat.

Records - National: 35.32 George Porter, Lompoc, CA (Cabrillo) 1985

State: 35.50 George Porter, Lompoc, CA (Cabrillo) 1985

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Kevin Mackey-10 Nortgate	NC	40.30	1			
Tim Bogdanof-10 Buchanan	CE	39.70	2			
Glen Valdez-12 Stockdale	CE	39.00	3			
Jake Kuritz-12 Torrey Pines	SD	38.42	4			
Makio Haywood-12 Muir	SS	36.76	5			
Matt Blasdel-12 Santa Margarita	SS	38.03	6			
Josh Oldog-12 Del Oro	SJ	38.94	7			
Domonik Moorer-12 Locke	LA	39.58	8			
David Landingham-11 Corning	NO	40.23	9			
Tino Ratliff-10 McAteer	SF	41.95	1			
Jasson Rossow-12 Elk Grove	SJ	39.74	2			
Jason Andrews-11 Rancho Cotate	NC	39.00	3			
Dominique Degrammont-11 Tustin	SS	38.54	4			
Joe Naivalu-12 Fremont	CC	37.17	5			
Reggie DePass-11 Montgomery	SD	37.71	6			
Guy McGowan-10 Leigh	CC	38.90	7			
Lamont Webb-12 Merrill West	SJ	39.54	8			
Jonathan Pigford-12 Manual Arts	LA	40.12	9			
Terrico Nicholson-11 McClymonds	OK	44.78	1			
Charles Anthony-12 Narbonne	LA	39.92	2			
Anthony Murrill-12 Edison	CE	39.25	3			
Chris Barndsdales-12 Washington	NC	48.79	4			
Wilbert Moore-12 Paramount	SS	37.20	5			
Kenyon Rambo-11 Long Beach Poly	SS	37.44	6			
Sadat Piggee-11 Castle Park	SD	38.82	7			
Brian Carroll-11 Saratoga	CC	39.26	8			
Tony Moore-12 Castro Valley	NC	40.00	9			



Makio Haywood of Muir turned in a 5th place performance in the 300 meter hurdles at the 1995 state meet.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

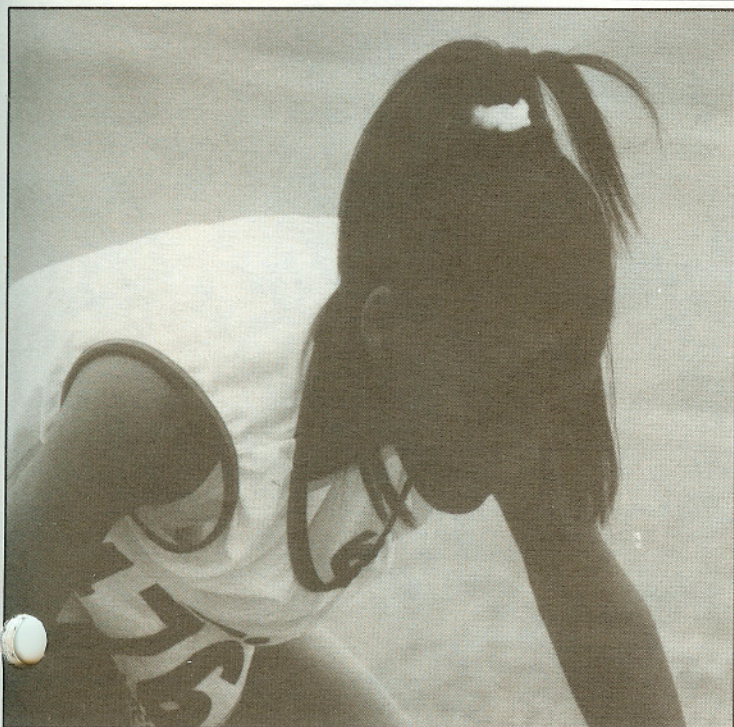
GIRLS 200m Run

Prelims: 7:58 p.m. - Fri. Final: 5:53 p.m. - Sat.

Records - National: 22.67 Marion Jones, Thousand Oaks 1992

State: 22.71 Marion Jones, Thousand Oaks 1992

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
April Jackson-10 West Valley	NO	26.16	1			
Nikelola Balogun-11 Westchester	LA	25.68	2			
Enjoli Smith-11 Gilroy	CC	25.02	3			
LaTroya Mucker-12 Hamilton	LA	24.45	4			
Angela Williams-10 Chino	SS	23.33	5			
Latrice Borders-9 Wilson (Long Beach)	SS	24.37	6			
Kerry Blaschke-9 St. Francis	CC	24.94	7			
Trinity Davis-12 Encinal	NC	25.52	8			
Amber Newsome-9 Stockdale	CE	26.16	9			
Myka Hammock-12 Oakland Technical	OK	27.00	1			
Benecia Newhouse-11 Benicia	NC	25.70	2			
Atiba Green-12 University City	SD	25.16	3			
Joni Smith-9 Wilson (Long Beach)	SS	24.54	4			
Malika Edmonson-11 St. Bernard	SS	23.73	5			
Zhauntel Holman-11 Valley	SJ	24.20	6			
Crystal Watson-12 Edison	SJ	24.94	7			
Annetta Wells-11 University	LA	25.35	8			
Felecia Jiles-11 Pittsburg	NC	25.95	9			
Ciara Johnson-11 McAteer	SF	27.50	1			
Latetia McKinney-10 Hanford	CE	25.88	2			
Latetia McKinney-10 Foothill	CE	25.25	3			
Shaunte Williams-10 Armijo	SJ	24.68	4			
Kinshasa Davis-11 Wilson (Long Beach)	SS	23.74	5			
Damesha Craig-11 St. Francis	CC	24.14	6			
Lana Garner-12 Morse	SD	24.68	7			
Casey Loveland-10 Granite Hills	SD	25.29	8			
Monica Van Wegan-11 Amador Valley	NC	25.90	9			



Lana Garner of Morse High was 7th in the 200 meters and 4th in the 400 meters in 1995. Photo by: Bill Cockerham, *California Track and Running News*.

BOYS 200m RUN

Prelims: 8:10 p.m. - Fri. Final: 6:00 p.m. - Sat.

Records - National: 20.0 Roy Martin, Dallas, TX (Roosevelt) 1985

State: 20.77 Henry Thomas, Hawthorne 1984

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Cornell Coleman-9 James Logan	NC	22.62	1			
LaVell Robinson-12 Christian Brothers	SJ	22.00	2			
Tierre Sams-11 Edison	CE	21.88	3			
Gerald Williams-12 Lynwood	SS	21.48	4			
Obea Moore-11 Muir	SS	20.77	5			
Felton Charles-12 McClymonds	OK	21.45	6			
Jeff Hesse-11 Cupertino	CC	21.82	7			
Joseph Hunter-10 Vacaville	SJ	21.97	8			
Jafar Williams-10 St. Mary's	NC	22.56	9			
Damon Francis-12 North Hollywood	LA	22.63	1			
LeRoy Jordan-12 Bellarmine	CC	22.08	2			
Anthony Sanford-12 Lincoln	SD	21.88	3			
Damon Hamm-12 Milpitas	CC	21.52	4			
Miguel Fletcher-10 Alemany	SS	21.19	5			
Kevin Griswold-12 Garden Grove	SS	21.25	6			
Wynzell Lynn-12 South Bakersfield	CE	21.77	7			
George Jordan-12 Pittsburg	NC	21.96	8			
Joe Flood-12 McAteer	SF	22.43	9			
Kevin Cantwell-12 Durham	NO	23.00	1			
Anthony Cephas-12 Fairfax	LA	22.13	2			
Emon Thomas-12 Bakersfield	CE	21.92	3			
Lydell Burston-12 Morse	SD	21.65	4			
Vince Williams-12 University City	SD	21.19	5			
Phillip Pipersburg-12 Santa Barbara	SS	21.20	6			
E.J. Jackson-12 Beyer	SJ	21.68	7			
Leon Callen-12 De La Salle	NC	21.93	8			
Damon Anderson-12 Westchester	LA	22.43	9			



In addition to anchoring the Muir High relay teams, Obea Moore was 2nd in the 200 and 1st in the 400.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS 1600m RELAY

Prelims: 8:40 p.m. - Fri. Final: 6:40 p.m. - Sat.

Records - National: 3:37.69 Pasadena, CA (Muir) 1985

State: 3:37.71 Kennedy (Granada Hills) 1981

School	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
West Valley		NO	4:04.34	1		
Westchester		LA	3:59.55	2		
Dorsey		LA	3:56.19	3		
St. Francis		CC	3:52.71	4		
Wilson (Long Beach)		SS	3:41.44	5		
Muir		SS	3:51.17	6		
Amador Valley		NC	3:55.16	7		
Gunn		CC	3:59.49	8		
Stockdale		CE	4:01.15	9		
Taft		LA	4:04.35	1		
John F. Kennedy		SJ	4:00.34	2		
Clovis		CE	3:58.31	3		
St. Bernard		SS	3:52.13	4		
James Logan		NC	3:43.39	5		
JW North		SS	3:49.61	6		
Morse		SD	3:53.42	7		
Clovis West		CE	3:59.45	8		
Hilltop		SD	4:01.13	9		
Lowell		SF	4:18.70	1		
Woodland		SJ	4:00.45	2		
Valley		SJ	3:59.01	3		
Carondelet		NC	3:53.13	4		
Poly (Long Beach)		SS	3:44.05	5		
El Cerrito		NC	3:45.83	6		
Los Gatos		CC	3:53.14	7		
Rancho Buena Vista		SD	3:59.43	8		
Fremont		OK	4:00.58	9		



James Logan High placed 3rd in the 1600 meter relays at last year's CIF ARCO *am/pm* State Championships.

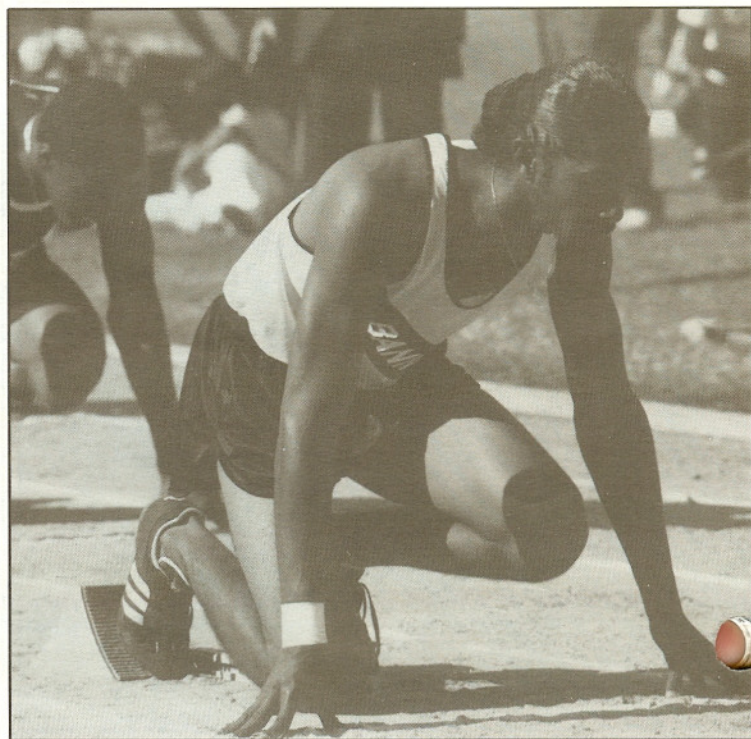
BOYS 1600m RELAY

Prelims: 9:00 p.m. - Fri. Final: 6:50 p.m. - Sat.

Records - National: 3:07.40 Hawthorne, CA 1985

State: 3:08.94 Berkeley 1981

School	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Pleasant Valley		NO	3:27.46	1		
Hilltop		SD	3:22.98	2		
McClymonds		OK	3:20.20	3		
Dominguez		SS	3:18.39	4		
Muir		SS	3:11.64	5		
Crenshaw		LA	3:18.09	6		
St. Mary's		NC	3:20.04	7		
South Bakersfield		CE	3:20.56	8		
Clayton Valley		NC	3:24.46	9		
De La Salle		NC	3:25.85	1		
Carlsbad		SD	3:23.01	2		
Los Gatos		CC	3:20.35	3		
Dorsey		LA	3:18.51	4		
Morse		SD	3:14.99	5		
Aleman		SS	3:17.29	6		
Taft		LA	3:19.60	7		
Bakersfield		CE	3:20.91	8		
Vallejo		SJ	3:24.20	9		
Lowell		SF	3:34.30	1		
Franklin		SJ	3:23.86	2		
Gunn		CC	3:20.48	3		
Edison		CE	3:19.04	4		
Golden Valley		SJ	3:17.15	5		
Poly (Long Beach)		SS	3:17.26	6		
Del Mar		CC	3:19.43	7		
Villa Park		SS	3:21.33	8		
Washington		NC	3:23.90	9		



Darrell Logan leads Banning High's (Los Angeles) 1600 meter relay team.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS



GIRLS 3200m RUN

Final: 6:08 p.m. - Sat.

Records - National: 9:48.59 Kim Mortensen, Thousand Oaks 1996* (pending)
State: 10:08.14 Cory Schubert, San Jose (Del Mar) 1983

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Anne Gunnison-11 McClatchy	SJ		11:02.31	1		
Trina Cox-9 Santa Rosa	NC		10:52.1	2		
Heather Garritson-10 Buena Park	SS		10:44.00	3		
Allison Marquard-9 University	SS		10:40.03	4		
Kim Mortensen-12 Thousand Oaks	SS		9:48.59	5		
Julia Stamps-11 Santa Rosa	NC		10:13.7	6		
Kim Welsh-10 Yucaipa	SS		10:42.68	7		
Danielle Day-11 Quartz Hill	SS		10:45.20	8		
Kristen Koppes-12 Foothill	NO		10:53.78	9		
Tina Bowen-12 San Ramon	NC		11:03.3	10		
Heather Wallace-12 Clayton Valley	NC		11:03.8	11		
Marissa Hurwitz-12 Bishops	SD		11:05.12	12		
Jaymie Harper-11 Santana	SD		11:05.31	13		
Emily Allison-12 Leland	CC		11:07.53	14		
Nicole Portley-10 Aragon	CC		11:10.50	15		
Tracy Cohn-11 Stockdale	CE		11:11.74	16		
Jen Schindler-11 Ponderosa	SJ		11:12.07	17		
Shana Driscoll-12 St. Ignatius	CC		11:12.28	18		
Lori Giacinti-11 University	SD		11:13.21	19		
Angela Ruiz-11 Reedley	CE		11:18.06	20		
Emily Lawson-11 Clovis	CE		11:18.27	21		
Orlando Lucero-12 Lowell	SF		11:22.50	22		
Yvonne Liebige-10 JF Kennedy	SJ		11:29.59	23		
Melissa Peralta-10 South Gate	LA		11:44.39	24		
Genevieve Cruise-10 Pacific Palisades	LA		11:49.01	25		
Brandi Page-12 Granada Hills	LA		12:02.80	26		
Stephanie Garcia-10 Skyline	OK		13:38.58	27		



Julia Stamps of Santa Rosa High looks for her third straight title, but Thousand Oak's Kim Mortensen is the favorite after a national record 9:48.59 run at her section finals.

BOYS 3200m RUN

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

Records - National: 8:41.5 Steve Prefontaine, Coos Bay, OR (Marshfield) 1969
State: 8:44.9 Eric Hulst, Laguna Beach 1976

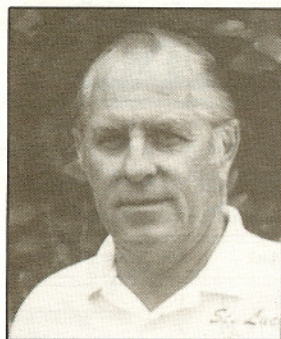
Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Micheil Jones-12 Livermore	NC		9:22.14	1		
Isaiah Festa-10 Morro Bay	SS		9:18.29	2		
Brad Hansen-11 St. Ignatius	CC		9:17.22	3		
David Lopez-11 Hoover	SS		9:15.75	4		
Will Bernaldo-12 Nordhoff	SS		9:14.22	5		
Juan Chavira-10 Hanford	CE		9:15.40	6		
Michael Kasahun-11 Fresno	CE		9:15.87	7		
Sean Clendaniel-12 Yucaipa	SS		9:17.48	8		
Erik Landriz-12 Santa Barbara	SS		9:21.62	9		
Steve Hackworth-12 Nevada Union	SJ		9:22.88	10		
Paul Wellman-12 St. Ignatius	CC		9:23.25	11		
Jim Ryan-Nelson-12 Napa	SJ		9:24.06	12		
Dave Rodrique-11 Mission San Jose	NC		9:24.13	13		
Brian Pruyn-12 Vintage	SJ		9:24.18	14		
Randy Maestretti-12 De La Salle	NC		9:26.20	15		
Ricardo Dominguez-12 Overfelt	CC		9:26.55	16		
Larry Henderson-12 Mira Mesa	SD		9:26.62	17		
David McQuitty-12 Grossmont	SD		9:27.60	18		
Aaron Gillen-12 Yreka	NO		9:27.75	19		
Eduardo Sanchez-12 Garfield	LA		9:28.05	20		
Enrique Henriquez-11 San Leandro	NC		9:31.15	21		
Galen Reid-12 Ramona	SD		9:31.61	22		
Jose Perezchica-10 McFarland	CE		9:37.04	23		
Ali Benmohamed-11 Monroe	LA		9:43.48	24		
Jose Marino-11 Crenshaw	LA		9:45.42	25		
Bolota Asmerom-12 McAteer	SF		10:11.17	26		
Daniel Gohlke-12 Skyline	OK		10:22.53	27		



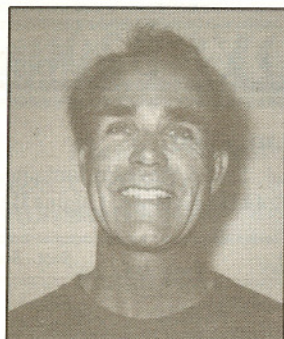
Grossmont High's David McQuitty placed 2nd in 1995.

1996 CIF ARCO am/pm State Track and Field Honor Coaches

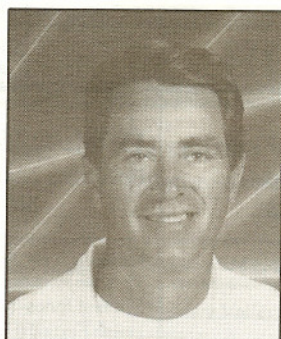
Honor Coaches are selected by the Track and Field Coaches Alliance, and are honored for their contributions to the sport.



Ted Daudel
St. Lucy's High



Randy Quiram
Monache High



Jim White
McFarland High



Sheryll Hite
Eisenhower High



Bob Hall
Corning Union High

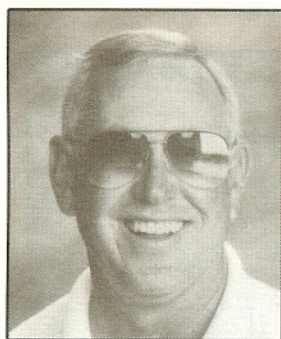
A 16-year coaching veteran, Ted Daudel has been the cross country and track and field coach at St. Lucy's High School in Glendora for 11 years. Prior to coaching at St. Lucy's, Daudel was an assistant coach at Damien High School in La Verne. When Daudel started the track and field program at St. Lucy's in 1991 he had 13 athletes. In 1996, 94 athletes make up the St. Lucy's program. A highlight for Daudel came in 1995 when his team won the Baseline League title. He has volunteered his time with AAU and USA Track and Field.

Randy Quiram is currently in his 12th season in charge of the cross country and track and field programs at Monache High School. His coaching philosophy is to model good values and morals and to help his athletes become responsible adults. He serves as the East Yosemite League representative to the CIF Central Section in both cross country and track and field. In addition to coaching, Quiram serves as the Department Chair for physical education at Monache High. Quiram graduated from Fresno State in 1972.

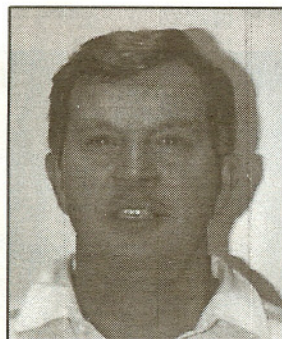
The name Jim White and McFarland High School conjures up images of cross country championships. White's boys' cross country team has won four straight CIF ARCO am/pm State Championships in a row (1992-95) and a record five overall titles. His track and field teams have been successful as well, garnering 13 league championships over the last 13 seasons. White was the California Coaches Association Coach of the Year in 1994 and has been named California Running News Coach of the Year six times.

The girls' and boys' track and field coach at Eisenhower High School in Rialto for the past eight seasons, Sheryll Hite has had spectacular success. Her boys' teams have won five league titles, while her girls' teams have three league championships. Since 1989, the boys' dual meet record is 52-10, while the girls' are 50-12. She was named the *San Bernardino Sun's* Coach of the Year in 1991 and from 1994-96 has been an instructor with AAF-CIF Track and Field Clinics. She coached collegiately in Cairo, Egypt for two years.

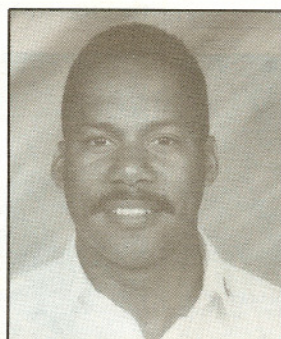
A 20-year veteran coach, Bob Hall has been at Corning Union High School the last 12 years. His accomplishments include winning 11 league and six section track and field championships, as well as eight combined league championships in football and basketball. He has also coached numerous state track meet qualifiers. Hall began at Gridley High School in 1976 and then coached for seven seasons at Modoc High. As a coach, Hall strives to have all athletes take pride in themselves as well as the school and community they represent.



Mike Stewart
Newbury Park High



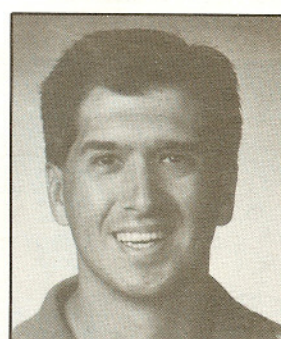
Dan Kelly
Loyalton High



Keith Adams
Galileo High



Gary Clark
Hayward High



Greg Wright
Bear Creek High

An attest to Mike Stewart's career is the number of quality athletes he has coached at Newbury Park High. Those include Denise Ball, Melissa Sutton and Jeff Wilson, who all advanced to the cross country nationals. Stewart coaches both the boys' and girls' track and field teams at Newbury Park, where he has been the last 16 years. Prior to that, he coached for eight seasons at Moorpark Junior College. He has been the meet director for the Marmonte League for the past five years.

Dan Kelly began teaching at Loyalton High School in 1969 and coached football, and basketball. He started the track and field program in 1985 which, at the time, was a club program. Three years later it became an official team and in the first year the junior varsity won the CIF Northern Section Championship (1988). In 1989, his varsity boys' team was a co-champion in the CIF Northern Section. Kelly graduated from Sacramento State, where he served as student athletic trainer.

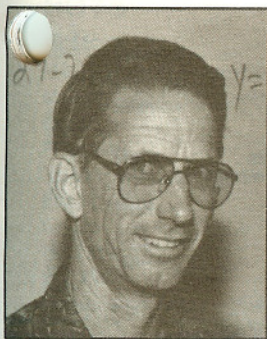
Kevin Adams has coached track and field for 19 years, the last 14 at Galileo High School in San Francisco. A graduate of San Francisco State, Adams also coaches football and basketball at Galileo. His boys' track and field teams have been runner-up for the section crown in each of the last three seasons and won five consecutive championships from 1982-86, when Adams served as an assistant. Adams spends the summer as a coach, volunteer and consultant with all levels of USA Track and Field.

Gary Clark has been a successful track and football coach at Hayward High for 30 years. Between 1965 and 1978, the Farmers won 16 dual meet and league meet championships, with a 73-26 record. He served as co-director of the CIF State Championships for two years and was meet director for the CIF North Coast Section Championships on three occasions. A crowning moment came in 1973 when five of his athletes qualified for the state track meet. Clark also serves as athletic director at Hayward High School.

The assistant principal and athletic director at Bear Creek High School, Greg Wright has coached the track and field program since 1991. His teams have compiled a 35-5 dual meet record over that time and, in 1995, took the CIF Sacramento Section ARCO am/pm Championship. In addition to track and field, Wright coached football for eight seasons and cross country for one season at Bear Creek High. He has had a number of athletes qualify for the state meet in track including, most recently, Demetrius Guidry.

1996 CIF ARCO am/pm State Track and Field Honor Coaches

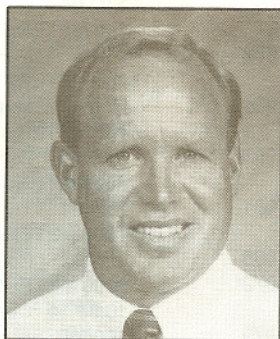
Honor Coaches are selected by the Track and Field Coaches Alliance and are honored for their contributions to the sport.



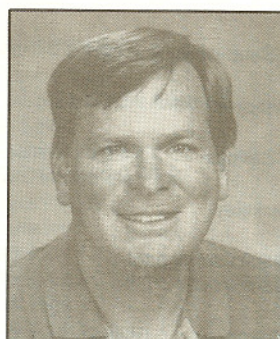
Timothy Jordan
Elk Grove High



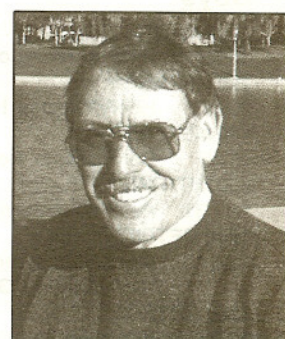
Steve C. Hernandez
Nogales High



Don Jones
Rancho Bernardo High



Terrence Ward
Bellarmine Prep High



Hal Daner
Gunn High

The head cross country coach at Elk Grove High School for 29 years, Timothy Jordan specializes in distance runners in assisting the track and field program. He served as the head track and field coach for Elk Grove in 1993 when both the varsity and junior varsity boys' took Delta League titles. That year, the varsity compiled a 9-1 dual meet record. A member of the California Coaches Alliance, Jordan has coached numerous state meet athletes including Aaron Ross, Jamie King, Mark Spencer, Sonja Vischer and Spencer Pederson.

Involved in coaching for 23 years, Steve Hernandez was the 1990 Bilingual Teacher of the Year for the Los Angeles area in 1990. He coaches both the boys' and girls' track and field programs at Nogales High and has had a great deal of success with both. His boys' have won five league championships in his 10 years in charge, while his girls' team has garnered three league crowns in his four years heading up that program. The highlight of his coaching career came in 1992 when his boys captured the CIF Southern Section Championship.

The 1995 boys' Track and Field Coach of the Year in San Diego, Don Jones has built a successful boys' and girls' program at Rancho Bernardo High School. His boys' have run off three consecutive league titles and a 44-8 dual meet record, while the girls' team claimed the 1996 Palomar League Championship. His 1994 girls' team was runner-up for the CIF San Diego Section title and, in seven seasons, have a 37-12-1 dual meet record. In addition to coaching, Jones is the treasurer of the San Diego County Track Coaches Association.

Terrence Ward has served as the track and field/cross country coach at Bellarmine Prep since 1980. The success of his track and field and cross country teams is unprecedented in the West Catholic Athletic League, as league titles seem to be the "norm." His track teams have captured two CIF Central Coast Section championships with a number of qualifiers to the state meet. Ward's overall record at Bellarmine and St. Ignatius High's are a combined 267-17. He was the USA International Sports Coach (19 and under) in 1991, 1993 and 1994.

The track and field coach at Gunn High School since 1977, Harold (Hal) Daner has led both his male and female athletes to many successes. His girls' teams have won two SCVAL titles (1980 and 1982), while the boys' have captured eight league crowns (1982, '84-89, '90-92). The 1986 boys' team won the CIF Central Coast Section Region II Championship. Daner served 10 years as the co-director of the CCS Region II meets, and was the SCVAL Representative to the CCS Track and Field Committee from 1981-93.



Steve Caminiti
Reseda High



John Millar
Clayton Valley High



Sherri K. Edwards
Ramona High

Steve Caminiti has been coaching track and field since 1976, first at Crespi High School and since 1986 at Reseda High. The boys' varsity team at Reseda has a 63-15 dual meet record and has won four league titles (1987, 1988, 1995, 1996). In addition, he coached Drue Powell, who was a 1993 state champion in the 100 meter high hurdles. His girls' cross country team advanced to the CIF ARCO am/pm Los Angeles City Section Finals in both 1994 and 1995. Caminiti served on the LA City Section track advisory committee in 1994.

During John Millar's 15 years as track and field coach at Clayton Valley High School the program has achieved tremendous success and growth. Now, more than 100 uniformed athletes participate in the track and field program. His philosophy is simple: everyone is welcome, make track and field fun, and encourage personal goals. This approach must work as his girls' team has won eight consecutive league titles and the boys' three titles in a row. He credits his success to gifted athletes, hard work and tremendous assistant coaches.

In the past five years in charge of the Ramona High track program, Sherri Edwards has built the team from 30 athletes to 110. Her 1996 team was the co-champion in the Avocado League. Edwards has served as a member of the CIF San Diego Section Advisory Committee for the past three years. In addition, she has been a speaker at the Amateur Athletic Foundation (AAF) coaching clinics. For the past two years she has attended the USA Track and Field convention as an appointed member of the women's development committee.



Hamilton High's La Troya Mucker.

CIF ARCO *am/pm* STATE TRACK AND FIELD CHAMPIONSHIP RECORDS

Boys

100 METERS			
10.30	Riley Washington, (Southwest) San Diego	1992	
200 METERS			
20.77	Henry Thomas, Hawthorne	1984	
400 METERS			
45.25	Calvin Harris, North Salinas	1993	
800 METERS			
1:47.31	Pete Richardson, Berkeley	1981	
1600 METERS			
4:04.00	Michael Stember, Jesuit Carmichael	1995	
4:05.4	Mark Schilling, Garden Grove	1972*	
3200 METERS			
8:44.9	Eric Hulst, Laguna Beach	1975	
110 METER HIGH HURDLES			
13.41	Steve Kerho, Mission Viejo	1982	
300 METER INTERMEDIATE HURDLES			
35.50	George Porter, (Cabrillo) Lompoc	1985	
400 METER RELAY			
40.78	John Muir, Pasadena	1987	
	Skyline, Oakland	1995	
1600 METER RELAY			
3:08.94	Berkeley	1981	
HIGH JUMP			
7'3 1/4"	Lee Balkin, Glendale	1979	
LONG JUMP			
26'4 3/4"	James Stallworth, Tulare	1989	
POLE VAULT			
17'1/2"	Anthony Curran, (Crespi) Encino	1978	
TRIPLE JUMP			
52'4 3/4"	Ken Frazier (Mission) San Francisco	1981	
SHOT PUT			
74'4 3/4"	Brent Noon, Fallbrook	1990	
DISCUS THROW			
203'4"	Brian Blutreich, (Cap. Valley) Mission Viejo	1985	
	Rob Powell, Redwood	1990	

*mile record

Girls

100 METERS			
11.14	Marion Jones, Thousand Oaks	1992	
200 METERS			
22.83	Marion Jones, Thousand Oaks	1992	
400 METERS			
52.39	Denean Howard, (Kennedy) Granada Hills	1982	
800 METERS			
2:04.91	Trena Hull, Compton	1984	
1600 METERS			
4:39.92	Polly Plumer, (University) Irvine	1982	
3200 METERS			
10:08.14	Cory Schubert, (Del Mar) San Jose	1983	
100 METER LOW HURDLES			
13.34	Janeene Vickers, Pomona	1987**	
100 METER HIGH HURDLES			
13:45	Joanna Hayes, North Riverside	1995	
300 METER LOW HURDLES			
40.26	Janeene Vickers, Pomona	1987	
400 METER RELAY			
45.13	Berkeley	1981	
1600 METER RELAY			
3:37.71	Kennedy, Granada Hills	1981	
HIGH JUMP			
6'2"	Latrese Johnson, Clovis	1985	
LONG JUMP			
22'0 1/2"	Marion Jones, Thousand Oaks	1993	
POLE VAULT			
12-6	Melissa Price, Kingsburg	1995	
TRIPLE JUMP			
43'11 1/2	Juliana Yendork, Walnut	1991	
SHOT PUT			
52'11 1/2"	Kristin Heaston, Ygnacio Valley	1993	
DISCUS THROW			
174'2"	Suzy Powell, Downey Modesto	1994	

**discontinued after 1993 season

U.S. NATIONAL HIGH SCHOOL RECORDS

Boys

100 METERS			
9.9	Henry Neal, Greenville, TX	1990	
200 METERS			
20.0	Roy Martin, Dallas, TX, Roosevelt	1985	
400 METERS			
45.25	Calvin Harrison, North Salinas, CA	1993	
800 METERS			
1:47.31	Pete Richardson, Berkeley, CA	1981	
1600 METERS			
3:58.30	Jim Ryun, Wichita, KS, East	1965	
3200 METERS			
8:41.50	Steve Prefontaine, Coos Bay, OR, Marshfield	1969	
110 METER HIGH HURDLES			
12.9	Renaldo Nehemiah, Fairwood, NJ, Scotch Plains	1977	
300 METER INTERMEDIATE HURDLES			
35.32	George Porter, Lompoc, CA, Cabrillo	1985	
400 METER RELAY			
39.9	Jasper, TX	1991	
1600 METER RELAY			
3:07.40	Hawthorne, CA	1985	
HIGH JUMP			
7'5 1/4"	Dothel Edwards, Athens, GA, Cedar Shoals	1984	
LONG JUMP			
26'4 3/4	James Stallworth, Tulare	1989	
POLE VAULT			
17'9 1/2"	Joe Dial, Narlow, OK	1981	
TRIPLE JUMP			
52'10 1/2"	Charles Mayfield, Pasadena, CA, John Muir	1980	
SHOT PUT			
77' 0"	Michael Carter, Dallas, TX, Jefferson	1979	
DISCUS THROW			
224' 3"	Kamy Keshmiri, Reno, NV	1987	

Girls

100 METERS			
11.14	Marion Jones, Thousand Oaks, CA	1992	
200 METERS			
22.67	Marion Jones, Thousand Oaks, CA	1992	
400 METERS			
52.39	Denean Howard, Granada Hills, CA, Kennedy	1982	
800 METERS			
2:04.5	Joletta Clark, Maplewood, NJ, Columbia	1980	
1600 METERS			
4:39.4	Laura Matson, Andover, Bloomfield Hills, MI	1985	
3200 METERS			
10:03.07	Erin Keogh, Langley, VA, McLean	1987	
100 METER HIGH HURDLES			
13.33	Dawn Boyles, Neptune, New Jersey	1988	
300 METER LOW HURDLES			
40.18	Leslie Maxie, Millbrae, CA, Mills	1984	
400 METER RELAY			
45.11	Hawthorne, CA	1985	
1600 METER RELAY			
3:37.69	Pasadena, CA John Muir	1985	
HIGH JUMP			
6'3	Amy Acuff, Corpus Christi, Calallen TX	1992	
LONG JUMP			
22' 1 3/4"	Kathy McMillian, Raeford, NC, Hoke County	1976	
POLE VAULT			
12-6	Melissa Price, Kingsburg	1995**	
TRIPLE JUMP			
44-0 1/2	Juliana Yendork, Walnut, CA	1991	
SHOT PUT			
53'7 3/4"	Natalie Kaaiawahia, Fullerton, CA	1983	
DISCUS THROW			
188'4"	Suzy Powell, Downey Modesto, CA	1994	

PAST CIF ARCO *am/pm* STATE TRACK AND FIELD TEAM CHAMPIONS

BOYS

School	Points	Coach	Location	Dates
Manual Arts, Los Angeles	25	Otto Fritsch	Fresno High	4/3/1915
Manual Arts, Los Angeles	37 1/2	Otto Fritsch	YMCA Field, Los Angeles	4/8/1916
Coalinga	25	Charles Geer	Berkeley	4/28/1917
Pasadena	25	George Main	Sacramento Fair	4/27/1918
Manual Arts, Los Angeles	21	Sid Foster	San Bernardino High	4/26/1919
Los Angeles	18	Glenn Whittle	Bakersfield Fair	4/24/1920
Lincoln, Los Angeles	17	Tommy Davis	Berkeley	4/30/1921
Huntington Beach	16	Ray Walker	Stockton Fair	5/6/1922
Hollywood	17 1/2	William Paige	Occidental College, Los Angeles	5/12/1923
Manual Arts, Los Angeles	26	Sid Foster	Taft High	5/10/1924
Manual Arts, Los Angeles	16	Sid Foster	Stanford Stadium	5/9/1925
Polytechnic, Los Angeles	17	Edward Leahy	Los Angeles Coliseum	5/8/1926
Glendale	35	Norman Hayhurst	Modesto High	5/7/1927
Polytechnic, Long Beach	21	Norman Baker	Selma High	5/5/1928
San Diego	22 3/4	Glenn Broderick	Los Angeles Coliseum	5/11/1929
Sacramento (tie)	11	Lawrence Janssen	Berkeley	5/10/1930
San Diego (tie)	11	Glenn Broderick		
Santa Ana (tie)	11	G.A. "Tex" Oliver		
Polytechnic, Los Angeles	19 1/2	Edward Leahy	Visalia	5/23/1931
Polytechnic, Long Beach	22 1/2	Norman Baker	Modesto Junior College	5/2/1932
Central, El Centro	18	J.H. Armstrong	Los Angeles Coliseum	5/20/1933
Muir, Pasadena	15 1/2	Albion Walton	Edwards Stadium, Berkeley	5/26/1934
Fullerton	14	Harold Lang	Ratcliffe Stadium, Fresno	5/25/1935
Muir, Pasadena	18	Albion Walton	Gridley High	5/23/1936
Jefferson, Los Angeles	23 1/2	Harold Edelson	Wilson High, Long Beach	5/22/1937
San Diego	18 1/2	Glenn Broderick	San Benito High, Hollister	5/28/1938
Bakersfield	16	"Cap" Haralson	Los Angeles Coliseum	5/27/1939
Bakersfield	18 1/2	"Cap" Haralson	Visalia High	5/25/1940
Edison, Fresno	22	Harold Bicknell	Spartan Stadium, San Jose	5/24/1941
Redondo	21	Harold Grant	Compton College	5/25/1946*
Vashington, Los Angeles	24	Gail Wyatt	Visalia High	5/31/1947
Jordan, Los Angeles	22	Bill Zazueta	Edwards Stadium, Berkeley	5/29/1948
Jefferson, Los Angeles	28 1/2	Estel Johnson	Los Angeles Coliseum	5/28/1949
Jefferson, Los Angeles	40	Estel Johnson	Hughes Stadium, Sacramento	5/27/1950
Jefferson, Los Angeles	16 1/2	Estel Johnson	Edwards Stadium, Berkeley	5/26/1951
Jefferson, Los Angeles	30 1/2	Estel Johnson	Los Angeles Coliseum	5/24/1952
Manual Arts, Los Angeles	16 3/5	Charles Toney	Ratcliffe Stadium, Fresno	5/29/1953
Alameda	19	Lewis Jolley	Edwards Stadium, Berkeley	5/29/1954
Centennial, Compton	29	Bill Gill	Los Angeles Coliseum	5/28/1955
Jefferson, Los Angeles	24 2/3	Estel Johnson	Chico State College	6/2/1956
Berkeley	23	Rich Hacker	Edwards Stadium, Berkeley	6/1/1957
Compton (tie)	11	Ernest Hartman	Veterans Stadium, Long Beach	5/31/1958
Manual Arts, Los Angeles (tie)	11	Charles Toney		
Polytechnic, Long Beach	14	Leon Forman	Memorial Stadium, Bakersfield	5/29/1959
Jordan, Los Angeles	15	Jesse Flores	Stanford Stadium	6/4/1960
Centennial, Compton	11	Bill Gill	East Los Angeles College	6/3/1961
Jefferson, Los Angeles	14	John Childress	Modesto Junior College	6/2/1962
Edison, Fresno	15	Frank Fletcher	Edwards Stadium, Berkeley	5/31-6/1/1963
Jefferson, Los Angeles (tie)	13	Andy Bakjian	Los Angeles Coliseum	6/5-6/1964
Polytechnic, Long Beach (tie)	13	Leon Forman		
Polytechnic, Long Beach	19	Leon Forman	Memorial Stadium, Bakersfield	6/4-5/1965
Dorsey, Los Angeles	22	Rod Richard	Edwards Stadium, Berkeley	6/3-4/1966
Muir, Pasadena	26	Walter Opp	Balboa Stadium, San Diego	6/2-3/1967
Centennial, Compton	26	Bill Gill	Edwards Stadium, Berkeley	5/31-6/1/1968
Los Angeles	22	E. Bravo	UCLA	6/6-7/1969
Los Altos	29	Leo Long	Edwards Stadium, Berkeley	6/5-6/1970
Lompoc	13	Frank Hiatt	UCLA	6/4-5/1971
Sacramento	18**	Scotty Bingham	Oroville High	6/1-2/1972
Wilson, San Francisco	20	Adam Banks	Woodland High	6/1-2/1973
Muir, Pasadena	23**	Walter Opp	Memorial Stadium, Bakersfield	5/31-6/1/1974
Harry Elis, Richmond	22	Silvester Greenwood	San Diego	6/6-7/1975
Hamilton, Los Angeles (tie)	12	Gene Broadwater	U.C. Berkeley	6/4-5/1976
San Fernando, Los Angeles (tie)	12	John Wachtler		
Pasadena	26	Bob Pruitt	UCLA	6/3-4/1977
El Camino, Oceanside	16	Nill Kovacevich	Memorial Stadium, Bakersfield	6/2-3/1978
Pasadena	16	Art Large	Hughes Stadium, Sacramento	6/1-2/1979
Berkeley	41	Willie White	Edwards Stadium, Berkeley	6/6-7/1980
Berkeley	58	Willie White	Cerritos College, Norwalk	6/5-6/1981
Crenshaw, Los Angeles (Tie)	20	Bob Volles	Hughes Stadium, Sacramento	6/4-5/1982
Mission Viejo (Tie)	20	Gene Gurley		

PAST CIF ARCO *am/pm* STATE TRACK & FIELD TEAM CHAMPIONS

BOYS (cont.)

School	Points	Coach	Location	Dates
Hawthorne	40**	Kye Courtney	Memorial Stadium, Bakersfield	6/4/1983
Hawthorne	52	Kye Courtney	Los Angeles Coliseum	6/2/1984
Hawthorne	29	Kye Courtney	Sacramento	5/31/1985
Taft, Woodland Hills	26	Tom Stevenson	Cerritos College, Norwalk	6/6/1986
Hawthorne	34	Kye Courtney	Sacramento	6/5/1987
Hawthorne	34	Kye Courtney	Cerritos College, Norwalk	6/3/1988
Hawthorne	40	Kye Courtney	Cerritos College, Norwalk	6/2-3/1989
Muir	24	Clyde Turner	Cerritos College, Norwalk	6/1-2/1990
Compton	30	Alonzo Simmons	Cerritos College, Norwalk	5-31-6-1/1991
Bakersfield	25	Art Dalzell	Cerritos College, Norwalk	6/5-6/1992
Merced (tie)	36	Greg MCKinstry	Cerritos College, Norwalk	6-19/1993***
North Salinas (tie)	36	Ed Barber		
Muir Pasadena	36	Clyde Turner	Cerritos College, Norwalk	6/3-4/1994
Muir Pasadena	38	Clyde Turner	Cerritos College, Norwalk	6/2-3/1995

* No meets held during the World War II period (1941-45)

** Reported figures for finals. Scoring system was 5-3-2-1 from 1915 to 1928; 5-3-2-1 1/2 from 1929 to 1965; 6-4-3-2-1 from 1966 to 1979; and 10-8-6-5-4-3 since 1980

*** Meet rescheduled due to rain

GIRLS

School	Points	Coach	Location	Dates
Berkeley	13	Willie White	Memorial Stadium, Bakersfield	5/31-6/1/1974
Washington, Los Angeles	22	Arnice Reddick	San Diego	6/6-7/1975
Berkeley	20	Willie White	U.C. Berkeley	6/4-5/1976
Locke, Los Angeles	14	Cherie Muller-Williams	UCLA	6/3-4/1977
Hill, San Jose	16	John Johnigan	Memorial Stadium, Bakersfield	6/2-3/1978
Westchester	24	Pat Nordell	Hughes Stadium, Sacramento	6/1-2/1979
Kennedy, Granada Hills	48	Dixie Griffen	Edwards Stadium, Berkeley	6/6-7/1980
Berkeley	64	Willie White	Cerritos College, Norwalk	6/5-6/1981
Berkeley	48	Willie White	Hughes Stadium, Sacramento	6/4-5/1982
Berkeley	29	Willie White	Memorial Stadium, Bakersfield	6/4/1983
Woodside	38	Susie Wilson	Los Angeles Coliseum	6/2/1984
Muir, Pasadena	55	Jim Brownfield	Sacramento	5/31/1985
Hawthorne	40	Kye Courtney	Cerritos College, Norwalk	6/6/1986
Pomona	30	Isaiah Sanders	Sacramento	6/5/1987
Bakersfield (tie)	28	Scott Semar	Cerritos College, Norwalk	6/3/1988
Rio Mesa (tie)	28	Brian Fitzgerald/Rick Torres		
Muir, Pasadena	36	Jim Brownfield	Cerritos College, Norwalk	6/2-3/1989
Bakersfield	61	Scott Semar	Cerritos College, Norwalk	6/1-2/1990
Morningside	28	Ron Tatum	Cerritos College, Norwalk	5-31-6-1/1991
Long Beach Poly	39	Don Norford	Cerritos College, Norwalk	6/5-6/1992
Long Beach Poly	56	Don Norford	Cerritos College, Norwalk	6-19/1993***
Skyline Oakland	36	Darrell Hampton	Cerritos College, Norwalk	6/3-4/1994
Long Beach Poly	52	Don Norford	Cerritos College, Norwalk	6/2-3/1995

Scoring system used were 5-3-1 in 1974; 5-4-3-2-1 from 1976 to 1979; and 10-8-6-4-2-1 since 1980.

*** Meet rescheduled due to rain

CIF ARCO *am/pm* STATE TRACK AND FIELD TEAM RECORDS

BOYS

Most State Championships

- 8 - Jefferson, Los Angeles (1938, 49-52, 56, 62, 64)
- 7 - Manual Arts, Los Angeles (1915, 16, 19, 24, 25, 53, 58)
- 7 - Muir, Pasadena (1934, 36, 67, 74, 90, 94-95)
- 6 - Hawthorne (1983-85, 1987-89)
- 5 - Polytechnic, Long Beach (1928, 32, 59, 64-65)

Most Consecutive State Championships

- 4 - Jefferson, Los Angeles (1949-52)
- 3 - Hawthorne (twice; 1983-85, 1987-89)

GIRLS

Most State Championships

- 5 - Berkeley (1974, 76, 1981-83)
- 3 - Long Beach Poly (1991-92, 94)

- 2 - Muir, Pasadena (1985, 1989)

- 2 - Bakersfield (1988, 1990)

Most Consecutive State Championships

- 3 - Berkeley (1981-83)
- 2 - Long Beach Poly (1991-92)

Note: Boys CIF ARCO *am/pm* State Track and Field Championships began in 1915 and have been held annually since - excluding the World War II years (1941-45); The CIF ARCO *am/pm* Girls State Track and Field Championships were initiated in 1974 and have been held annually since.

CIF ARCO am/pm STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS (Boys)

100-Meter Dash

1957 - Preston Griffin (Centennial, Compton)	9.6
1958 - Hubie Watson (Jordan, L.A.)	9.6
1959 - Bill Cowings (Fowler)	9.7
1960 - Bill Cowings (Fowler)	9.7
1961 - Forrest Beaty (Hoover, Glendale)	9.5
1962 - Forrest Beaty (Hoover)	9.5
1963 - Alvin Mann (Edison, Fresno)	9.6
1964 - Jim Hines (McClmonds, Oak.)	9.7
1965 - Harold Busby (Muir, Pasadena)	9.5
1966 - Phil Underwood (Dorsey, L.A.)	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 - Alle Carter (Bonita, La Verne)	9.8
1971 - George Reddick (Hamilton, L.A.)	9.6
1972 - Carl McCullough (Sacramento)	9.5
1973 - Elijah Jefferson (Crawford, S.D.)	9.6w
1974 - Elijah Jefferson (Crawford, S.D.)	9.8
1975 - Kevin Williams (San Fernando)	9.4
1976 - Billy Mullins (Hamilton, L.A.)	10.4
1977 - David Russell (Henry, S.D.)	9.61
1978 - Michael Sanford (Pasadena)	9.85
1979 - Bill Green (Cubberley, Palo Alto)	9.59
1980 - Howard Hawkins (Warren, Downey)	10.55
1981 - Ken Robinson (Berkeley)	10.60
1982 - Lew Dunn (North, Riverside)	10.53
1983 - Steve Jones (Burbank, Sacramento)	10.64
1984 - Henry Thomas (Hawthorne)	10.44
1985 - Ron McCree (Madera)	10.49
1986 - Ron McCree (Madera)	10.57
1987 - Quincy Watts (Taft)	10.49
1988 - Darren Stringer (Vacaville)	10.78
1989 - Curtis Conway (Hawthorne)	10.42
1990 - Napoleon Kaufman (Lompoc)	10.57
1991 - Ricky Carrigan (Compton)	10.33w
1992 - Riley Washington (Southwest)	10.30
1993 - Bryan Howard (Canyon Springs)	10.43
1994 - Pat Johnson (Redlands)	10.43
1995 - Marques Holwell (West Bakersfield)	10.43w

200-Meter Dash

1957 - Preston Griffin (Centennial, Compton)	21.3
1958 - Mel Clipper (Muir, Pasadena)	20.7
1959 - Hubie Watson (Jordan, L.A.)	21.6
1960 - Bill Cowings (Fowler)	21.0
1961 - Forest Beaty (Hoover, Glendale)	21.5
1962 - Richard Stebbins (Fremont, L.A.)	20.9
1963 - John House (Muir, Pasadena)	21.3
1964 - Jim Hines (McClmonds, Oak.)	21.5**
1965 - Harold Busby (Muir, Pasadena)	21.0
1966 - Phil Underwood (Dorsey, L.A.)	21.2
1967 - Mel Gray (Montgomery, Santa Rosa)	20.7**
1968 - Willie Deckard (Dorsey, L.A.)	21.7
1969 - Willie Robinson (Central, El Centro)	21.7
1970 - Jackie White (Santa Ana)	21.5
1971 - Chuck Bommarito (Crestmoor, San Bruno)	21.2
1972 - Mike Shavers (Albany)	21.0
1973 - Clancy Edwards (Santa Ana)	21.2
1974 - Millard Hampton (Silver Creek, San Jose)	21.1
1975 - Billy Mullins (Hamilton, L.A.)	21.2
1976 - Billy Mullins (Hamilton, L.A.)	21.6
1977 - David Russell (Henry, S.D.)	20.97
1978 - Michael Sanford (Pasadena)	21.42
1979 - Michael Sanford (Pasadena)	21.00
1980 - Ken Robinson (Berkeley)	21.21
1981 - Kevin Wilhite (Cordova)	20.81
1982 - Antonio Manning (Hamilton)	21.05
1983 - Henry Thomas (Hawthorne)	21.02
1984 - Henry Thomas (Hawthorne)	20.77
1985 - Michael March (Hawthorne)	20.83
1986 - Quincy Watts (Taft, Woodland Hills)	21.03
1987 - Quincy Watts (Taft)	20.99
1988 - Bryan Bridgewater (Washington)	21.00
1989 - Barry Smith (Mission)	20.82
1990 - Napoleon Kaufman (Lompoc)	21.15
1991 - Ricky Carrigan (Compton)	20.84w
1992 - Gentry Bradley (Plux X)	20.97
1993 - Calvin Harrison (North Salinas)	21.12
1994 - Pat Johnson (Redlands)	21.01
1995 - Bryan Harrison (Dana Hills)	20.82w

** Turn (Since 1967, to 220 and then 200 meters were run exclusively around one turn.)

400-Meter Dash

1958 - Dixon Farmer (Miramonte, Orinda)	48.6
1959 - Dixon Farmer (Miramonte)	48.6
1960 - Ullis Williams (Compton)	47.2
1961 - Ullis Williams (Compton)	47.8
1962 - Manual Diaz (Keppel, Alhambra)	47.8
1963 - Tommie Smith (Lemoore)	47.3
1964 - Fred Banks (Jefferson, L.A.)	47.5
1965 - Randy Julian (Bolsa Grande, Garden Grove)	47.4
1966 - Mike Newton (Whittier)	47.2
1967 - Mike Newton (Whittier)	47.2
1968 - Edesel Garrison (Centennial, Compton)	46.7
1969 - Larance Jons (Lemoore)	46.8
1970 - Rick Brown (Los Altos)	47.8
1971 - Tony Kryosiak (Garden Grove)	46.7
1972 - Robert Harrell (Santa Ana)	47.4
1973 - Ron Whitaker (Wilson, S.F.)	47.0
1974 - Rod Connors (Cordova)	47.7
1975 - John Ware (Sacramento)	47.2
1976 - Darold Harris (Pittsburg)	47.6
1977 - James Sanford (Pasadena)	46.60
1978 - Bill Green (Cubberley, 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)	46.38
1983 - Larry Walker (Edison, Fresno)	47.03
1984 - Chip Rish (Marina)	46.82
1985 - Chip Rish (Marina)	45.7
1986 - Steve Lewis (American, Fremont)	46.59
1987 - Steve Lewis (American, Fremont)	46.7
1988 - Travis Hannah (Hawthorne)	47.02
1989 - Beno Bryant (Dorsey)	47.52
1990 - Mike Sulcer (Muir)	47.54
1991 - Richard Dupree (Roosevelt)	47.21
1992 - Derek Shephard (Lincoln)	46.95
1993 - Calvin Harrison (North Salinas)	45.25
1994 - James Davis (Wood Vacaville)	46.96
1995 - Obea Moore (Muir Pasadena)	46.08

800-Meter Run

1957 - Jim Cerveny (Mission Bay, S.D.)	1:52.7
1958 - Alfred Gentry (Fremont, L.A.)	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, S.F.)	1:53.1
1962 - Doug Parker (Chico)	1:52.2
1963 - Dennis Carr (Lowell, Whittier)	1:50.9
1964 - Bob Hose (Madison, S.D.)	1:57.7
1965 - Richard Joyce (Sierra, Whittier)	1:48.8
1966 - Terry Rogers (Hilltop, Chula Vista)	1:51.5
1967 - Lawrence Banks (Dorsey, L.A.)	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 - Percell Keeling (Morningside, Inglewood)	1:51.9
1972 - Dale Scott (El Cerrito)	1:49.7
1973 - Randy Lopez (Alhambra)	1:52.4
1974 - John Musich (Burbank)	1:51.0
1975 - Conrad Suhr (Leigh, San Jose)	1:51.0
1976 - Wyatt Bishop (Carlmont, Belmont)	1:54.4
1977 - Jim Walters (Estancia, Costa Mesa)	1:49.4
1978 - David Mack (Locke, L.A.)	1:53.83
1979 - David Mack (Locke)	1:50.17
1980 - Peter Quinonez (Tulare)	1:50.11
1981 - Pete Richardson (Berkeley)	1:47.31
1982 - John Phillips (Los Altos)	1:49.99
1983 - Kimmie James (Richmond)	1:50.63
1984 - Eric Schemerhorn (Woodbridge)	1:49.61
1985 - Sean Langer (Bakersfield)	1:51.75
1986 - Vincent Thompson (Locke, L.A.)	1:50.25
1987 - Don Gabor (Amador Valley)	1:52.3
1988 - Mark Senior (Mt. Miguel)	1:51.37
1989 - Gordon Johnson (Piedmont)	1:51.88
1990 - Craig Magress (Santa Teresa)	1:51.66
1991 - Mike Terry (El Modena)	1:53.99
1992 - Mike Katri (Fortuna)	1:49.56

800-Meter Run (Cont.)

1993 - Vondre Armour (Bakersfield)	1:50.13
1994 - Michael Granville (Bell Gardens)	1:49.82
1995 - Aaron Richberg (James Logan)	1:48.40

1600-Meter Run

1957 - Tim Roelen (San Fernando)	4:20.2
1958 - Woody Covington (Compton)	4:23.7
1959 - Dale Story (Orange)	4:11.0
1960 - Ben Tucker (Polytechnic, S.F.)	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)	4:08.4
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)	4:12.1
1970 - Brent Tubb (Cleveland, Reseda)	4:12.9
1971 - Brent Tubb (Cleveland)	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, L.A.)	4:08.91
1979 - Paul Medvin (University)	4:12.82
1980 - Larry Guinne (Castro Valley)	4:06.18
1981 - Jeff Scott (El Camino, Sacramento)	4:10.06
1982 - Tome Grewe (Carpinteria)	4:08.05
1983 - Jim Frey (Yreka)	4:08.82
1984 - Roman Gomez (Belmont)	4:09.05
1985 - Roman Gomez (Belmont)	4:15.93
1986 - Mark Mastilir (Jesuit, Carmichael)	4:07.81
1987 - Scott Robinson (Bellarmine)	4:07.95
1988 - Reggie Williams (River City)	4:08.78
1989 - Francis O'Neil (San Pasqual)	4:08.67
1990 - Coley Candaele (Carpinteria)	4:06.26
1991 - Daniel DasNeves (Helix)	4:12.22
1992 - Daniel DasNeves (Helix)	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

3200-Meter Run

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)	8:57.0
1970 - Ron Johnson (West, Torrance)	8:55.6
1971 - Dale Fleet (Claremont, S.D.)	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)	8:57.3
1977 - Frank Assumma (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)	8:51.99
1983 - Eric Reynolds (Camarillo)	8:54.75
1984 - Roman Gomez (Belmont)	8:58.91
1985 - Roman Gomez (Belmont)	9:03.05
1986 - Eric Mastilir (Jesuit, Carmichael)	8:44.95
1987 - Paul Thomas (Jesuit, Carmichael)	9:02.82
1988 - Reggie Williams (River City)	8:59.61
1989 - David Welsh (Jesuit)	8:58.08
1990 - Bryan Dameworth (Agoura)	8:53.26
1991 - Dave Hartman (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

CIF ARCO *am/pm* STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS (Boys)

110-Meter High Hurdles

1957 - Ken Overholser (Glendale)	14.3
1958 - Floyd James (Centennial, Compton)	14.1
1959 - Bob Pierce (Burbank)	14.3
1960 - Robert Bonds (Polytechnic, Riverside)	13.9
1961 - Abe Johnson (McClymonds, Oak.)	14.2w
1962 - Ron White (Dorsey, L.A.)	14.0
1963 - Carl Davis (Compton)	13.9
1964 - Earl McCullough (Polytechnic, Long Beach)	14.1
1965 - Bill Persons (San Francisco)	13.8
Rich Miller (Monrovia)	13.8
1966 - Donald Parish (Dorsey, L.A.)	13.9
1967 - Jerry Proctor (Muir, Pasadena)	13.7
1968 - Kerry Hampton (Polytechnic, S.F.)	14.0
1969 - Jerry Wilson (Roosevelt, Fresno)	13.7
1970 - Alfonso 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, Berk.)	13.88
1986 - Terry Johnson (Katella, Anaheim)	13.88
1987 - Dana Hall (Ganesha)	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)	13.67
1992 - Charlie Davidson (Saddleback)	13.94
1993 - Drue Powell (Reseda)	13.87
1994 - Gerimi Burleigh (Upland)	13.93
1995 - J. Naivalu (Fremont)	14.33

300-Meter Intermediate Hurdles

1957 - Jesse Bradfor (Shafter)	19.0
1958 - David Douglas (East Bakersfield)	19.0
1959 - Dixon Farmer (Miramonte, Orinda)	19.2
1960 - Robert Bonds (Polytechnic, Riverside)	18.8
1961 - Bill Mackey (East Bakersfield)	19.1
1962 - Ed Moody (McClymonds, Oakland)	18.3
1963 - Alvin Mann (Edison, Fresno)	18.9
1964 - Earl McCulloch (Polytechnic, Long Beach)	18.4
1965 - Manuel Murrell (Polytechnic, Long Beach)	18.2*
1966 - George Farmer (Puenete, La Puente)	18.7
1967 - Jerry Proctor (Muir, Pasadena)	18.7**
1968 - Roy Hamley (Lowell, Whittier)	18.8
1969 - Jerry Wilson (Roosevelt, Fresno)	18.3
1970 - Milt Turner (Castlemont, Oakland)	18.6
1971 - Charles Jackson (Lompoc)	18.5
1972 - Daniel Jones (Palo Verde, Blythe)	18.7
1973 - Randall Jeffrey (Los Angeles)	18.7
1974 - Fred Shaw (Muir, Pasadena)	18.9**
1975 - Dedy Cooper (Ellis, Richmond)	36.5
1976 - Charles White (San Francisco)	36.7
1977 - Andre Phillips (Silver Creek, San Jose)	36.43
1978 - Gary Lee (Polytechnic, Long Beach)	36.58
1979 - Gary Lee (Polytechnic, 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)	36.10
1985 - George Porter (Cabrillo)	35.50
1986 - Rodney Bradshaw (Saugus)	37.30
1987 - Yki Vallery (Hawthorne)	37.14
1988 - John Montgomery (Independence)	36.43
1989 - John Prudenti (Siena)	37.28
1990 - Rocky Morris (Andrew Hill)	37.46
1991 - Keith Williams (Escondido)	37.28
1992 - Demond Smith (Hawthorne)	37.34
1993 - Kenny Haslip (Muir Pasadena)	37.80

1994 - Kenny Haslip (Muir Pasadena)	37.14
1995 - Mickey Grimes (Canyon Springs)	36.83

400-Meter Relay

1968 - Centennial, Compton	
1969 - Castlemont, Oakland	
1970 - Santa Ana	
1971 - El Cerrito	
1972 - Wilson, San Francisco	
1973 - Wilson, San Francisco	
1974 - Kennedy, Richmond	
1975 - Ellis, Richmond	
1976 - Kennedy, Barstow	
1977 - Pasadena	
1978 - El Cerrito	
1979 - Pasadena	
1980 - Washington, Los Angeles	
1981 - Berkeley	
1982 - Oakland	
1983 - Edison, Fresno	
1984 - Berkeley	40.83
1985 - Muir, Pasadena	41.32
1986 - Johnson, Sacramento	41.30
1987 - Muir, Pasadena	40.78
1988 - Oakland	41.33
1989 - Long Beach Poly	41.82
1990 - San Bernardino	41.05
1991 - Compton	41.68
1992 - Morningside	42.04
1993 - Merced	41.42
1994 - El Camino San Diego	41.16
1995 - Skyline	40.78

1600-Meter Relay

1968 - Centennial, Compton	3:14.3
1969 - Los Angeles	3:15.2
1970 - Los Altos	3:15.6
1971 - Castlemont, Oakland	3:13.2
1972 - El Cerrito	3:17.6
1973 - Cordova, Rancho Cordova	3:17.4
1974 - Muir, Pasadena	3:13.8
1975 - Ellis, Richmond	3:15.7
1976 - Pasadena	3:18.2
1977 - Pasadena	3:13.7
1978 - Banning, Wilmington	3:11.57
1979 - Locke, Los Angeles	3:14.04
1980 - Centennial, Compton	3:10.37
1981 - Berkeley	3:08.94
1982 - Compton	3:14.45
1983 - Hawthorne	3:10.11
1984 - Hawthorne	3:09.45
1985 - Hawthorne	3:14.13
1986 - Hawthorne	3:14.79
1987 - Hawthorne	3:11.77
1988 - Hawthorne	3:10.46
1989 - Dorsey	3:12.21
1990 - Muir Pasadena	3:14.00
1991 - Morningside	3:15.01
1992 - Morningside	3:15.37
1993 - North Salinas	3:14.19
1994 - Muir Pasadena	3:12.54
1995 - Muir Pasadena	3:13.08

High Jump

1957 - Robert Avant (Hart, Newhall)	6-8
1958 - Ray Nickleberry (Oxnard)	6-8
Paul Stuber (Bellflower)	6-8
1959 - Paul Stuber (Bellflower)	6-7 1/4
1960 - Archie Green (Oakland)	6-6 1/4
Roger Olsen (Willow Glen, San Jose)	6-6 1/4
1961 - Richard Jones (Bakersfield)	6-8 1/4
1962 - Richard Jones (Bakersfield)	6-7 1/2
Otis Burrell (Jefferson, L.A.)	6-7 1/2
Bob Channell (McLane, Fresno)	6-7 1/2
1963 - Ed Caruthers (Valley, Santa Ana)	6-8
1964 - Gregg Heet (Lowell, Whittier)	6-7 3/4
1965 - Ken Brown (Castlemont, Oakland)	6-8 1/2
1966 - Tom Clyburn (Balboa, S.F.)	6-10
1967 - Reynaldo Brown (Compton)	6-9 1/4
1968 - Reynaldo Brown (Compton)	7-0

1969 - Reynaldo Brown (Compton)	7-0
1970 - Jerry Culp (Oceanside)	7-0 1/4
1971 - Dwight Stones (Glendale)	7-1 1/2
1972 - Carl Miles (Polytechnic, Long Beach)	6-10
1973 - Randy Turner (Wilson, S.F.)	6-6
1974 - Charles Hatch (Wilson, S.F.)	7-0
1975 - Johnny Washington (Fremont, L.A.)	7-0
1976 - John Lane (American, Fremont)	6-11
1977 - Dennis Smith (Santa Monica)	7-2
1978 - Brad Harris (Los Alamitos)	6-11
1979 - Lee Balkin (Glendale)	7-3 1/4
1980 - Greg Denby (Crenshaw, L.A.)	6-10
1981 - Anthony Caire (Pius X, Downey)	7-1
1982 - Maurice Crumby (Balboa, S.F.)	7-2
1983 - Kenny Burke (Westlake)	7-0
1984 - Kenny Burke (Westlake)	7-0
1985 - Mark Webster (Homestead, Cupertino)	6-9
1986 - Derrick Moore (Millikan, Long Beach)	6-10
1987 - Luis F. Juico (Piedmont Hills)	7-1
1988 - Reggie Bettor (Antelope Valley)	7-0
1989 - Mark Wilson (Charter Oak)	7-0
1990 - Kevin Carlson (Katella)	7-0
1991 - Avery Anderson (North, Riv.)	7-2
1992 - Griffin Childers (Woodland)	6-11
1993 - Jeff Nadeau (Monroe LA)	7-2
1994 - Jeremy Fischer (Camarillo)	7-0
1995 - Michael Wilkins (Red Bluff)	7-0

Long Jump

1957 - Luther Hayes (Lincoln, S.D.)	23-8 1/2
1958 - Steve Rogers (Brawley)	24-6
1959 - Efften Jones (Delano)	23-5 3/4
1960 - Walt Roberts (Compton)	24-7 1/4
1961 - Robert McKeever (Fremont, L.A.)	24-3
1962 - James Kennedy (Lincoln, S.D.)	24-5 3/4
1963 - Jerry Williams (Berkeley)	24-3 1/2
1964 - Bobby Bonds (Polytechnic, Riverside)	25-3
1965 - Manuel Murrell (Polytechnic, L.B.)	24-9 3/4
1966 - Doyle Steel (San Diego)	25-3 1/4
1967 - Jerry Proctor (Muir, Pasadena)	25-4 1/2
1968 - Heulon Hewitt (Merced)	24-7
1969 - Lynn Swann (Serra, San Mateo)	24-2 3/4
1970 - Lynn Swann (Serra, San Mateo)	24-2 3/4
1971 - Randy Williams (Edison, Fresno)	26-3 1/4
1972 - Carl McCullough (Sacramento)	24-7
1973 - Jerry Herndon (Cajon, San Bernardino)	25-4 1/2
1974 - James Lofton (Washington, L.A.)	24-3 1/2
1975 - Paul Wilson (Fontana)	24-8 1/2
1976 - Larry Doubly (Manual Arts, L.A.)	25-3 3/4
1977 - Kurt Durham (Oakland)	25-0 3/4
1978 - Dokie Williams (El Camino, Oceanside)	25-1 1/4
1979 - George Gaffney (Lemoore)	24-1 3/4
1980 - Charles Mayfield (Muir, Pasadena)	23-4 3/4
1981 - Ed Tave (Muir, Pasadena)	25-0 1/2
1982 - Eornell Archie (Norte Del Rio)	24-4 3/4
1983 - Johnny Cleveland (Soquel)	24-6 1/2
1984 - Joe Richardson (Pasadena)	24-11
1985 - Larry Nelson (Simi Valley)	24-3 1/4
1986 - Curtis Rodgers (Johnson, Sacramento)	23-10
1987 - Percy Knox (Antelope Valley)	24-6 1/2
1988 - Diatroy Gildersleeve (Grant)	24-5 1/2
1989 - James Stallworth (Tulare)	26-4 3/4
1990 - Jerome Price (University City, S.D.)	25-3 1/4
1991 - Steve Stanley (Gardena)	25-1 1/4
1992 - Eugene Dreher (Antelope Valley)	24-1 1/2
1993 - LeAndrew Childs (Inglewood)	24-0
1994 - Tyree Washington (La Sierra)	23-9 1/4
1995 - Clarence Scott (Fremont)	24-7 3/4

Pole Vault

1957 - Voyce Hendrix (Riverside)	13-6
1958 - John Rose (Hoover, Glendale)	14-1
1959 - Bob Looney (Santa Barbara)	13-8 3/4
1960 - Mike Flanagan (Ganesha, Pomona)	13-3
Gary Down (Anaheim)	13-3
1961 - Mike Graves (El Cajon)	14- 2 1/4
1962 - Eric Berge (Costa Mesa)	14-3
Bob Richardson (Ganesha, Pomona)	
1963 - Bill Fosdick (Hill, San Jose)	14-8 3/4
1964 - Paul Wilson (Warren, Downey)	14-4 1/4

CIF ARCO am/pm STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS (Boys/Girls)

1965 - Paul Wilson (Warren)	15-6 1/2
1966 - Wayne Meyers (Foothill, Sacramento)	15-0 3/4
1967 - Tom Reynolds (Morningside)	14-10
1968 - Steve Smith (South, Torrance)	15-3 1/2
1969 - Steve Smith (South)	16-0
1970 - Tom Lindsay (LaSierra, Carmichael)	14-101/2
1971 - Tim Quinn (Monroe, Sepulveda)	15-2
1972 - Hubert Black	15-2
1973 - Tim Curran (Crespi, Encino)	16-2 3/4
1974 - Jim Knaub (Lakewood)	16-6
1975 - Keith Schimmel (Villa Park)	15-6
1976 - Tim Hintnaus (Aviation, Redondo Bch)	15-2
1977 - Anthony Curran (Crespi, Encino)	16-0
1978 - Anthony Curran (Crespi)	17-0 1/4
1979 - Clark Eliot (Bellflower)	15-6
1980 - Greg Stull (Troy, Fullerton)	15-10
1981 - Doug Wicks (South, Bakersfield)	15-2
1982 - Scott Christensen (Acalanes)	15-6
1983 - Mike Kibort (Saratoga)	15-6
1984 - Moen Ivar (Los Gatos)	16-2
1985 - Brent Burns (Acalanes, Lafayette)	16-2
1986 - Steve Toney (Menlo-Atherton, Ath.)	16-2
1987 - Steve Slocum (Foothill, Santa Ana)	15-6
1988 - Tom Richards (San Marcos)	16-0
1989 - Jim Lawrence (Del Mar)	15-6
1990 - Ed Lasquette (Mt. Pleasant)	15-10
1991 - David Cox (Hoover)	16-6
1992 - Clarence Phelps (Christian Brothers)	16-0
1993 - Scott Slover (Leland San Jose)	16-2
1994 - Scott Slover (Leland San Jose)	16-10
1995 - Mike Brown (Torrey Pines)	16-4

Triple Jump

1939 - Jack Laughner (Wilson, Long Beach)	44-8 1/2
1973 - Willie Banks (Oceanside)	49-7 1/4
1974 - Willie Banks (Oceanside)	50-9
1975 - Mike Dobbins (Merced)	49-3
1976 - Greg Caldwell (Fremont, Los Angeles)	51-812w
1977 - Dokie Williams (El Camino, Oceanside)	51-0 1/2
1978 - Dokie Williams (El Camino)	50-4 1/4
1979 - Henry Ellard (Hoover, Fresno)	48-2 1/2
1980 - Freeman Miller (Fremont, Los Angeles)	50-8
1981 - Ken Frazier (Mission, S.F.)	50-10 3/4
1982 - Archie Cornell (Fresno)	50-3 1/4
1983 - Torrey Barr (McLane, Fresno)	50-2 1/2
1984 - Joe Richardson (Pasadena)	51-8 1/4
1985 - Terrence Strong (Bakersfield)	51-912w
1986 - Marcus Hooks (Lakewood)	51-4 1/4
1987 - Joel Smith (Cordova)	50-10
1988 - Tyrone Scott (Mesa Verde)	50-6
1989 - Lenny McGill (Orange Glen)	51-1 1/4
1990 - Poupheet Singbandith (Magnolia)	51-7 3/4
1991 - Offord Rollins (Wasco)	51-4 3/4
1992 - Tony Parrish (Marina)	49-1
1993 - Tony Parrish (Marina)	50-113/4
1994 - Von Ware (Rancho Buena Vista-SD)	50-6
1995 - Michael Turner (Morningside)	49-2

Shot Put (Boys)

1957 - Clark Branson (Pasadena)	64-0 3/4
1958 - Jack Slocombe (Millikan, Long Beach)	61-4 1/2
1959 - Mike Parker (Turlock)	57-8
1960 - Matthew Baggett (Berkeley)	60-7
1961 - Bill Pace (El Rancho, Pico Rivera)	64-3 1/2
1962 - Jim O'Brien (DeAnza, Richmond)	62-2 1/4
1963 - Bruce Wilsheim (Fremont, Sunnyvale)	63-4 3/4
1964 - Bob Brannan (Los Gatos)	62-7 1/4
1965 - Steve Marcus (Pacific Palisades)	63-111/4
1966 - John Hubbell (Polytechnic, Long Bch)	66-11
1967 - John Buehler (Whittier)	65-3 1/4
1968 - Pete Schmonck (San Dieguito, Encinitas)	63-11
1969 - Sam Cunningham (Santa Barbara)	61-2
1970 - Randy Withrow (Pasadena)	63-8 3/4
1971 - Mark Stevens (Newport Harbor)	67-2 1/4
1972 - Randy Cross (Crespi, Encino)	65-7 1/4
1973 - Jim Niedhart (Newport Harbor)	67-2 1/4
1974 - Dave Kurrasch (Santa Ana)	63-101/2
1975 - Dave Kurrasch (Santa Ana)	65-9 1/2
1976 - Steve Montgomery (Lassen, Susanville)	68-0
1977 - Craig Polley (Sunny Hills, Fullerton)	62-4 1/4
1978 - Dave Porath (Atwater)	65-103/4

1979 - Don Mosebar (Mt. Whitney, Visalia)	62-6 3/4
1980 - Scott Garnett (Muir, Pasadena)	64-4 1/4
1981 - John Frazier (Antelope Valley, Lancaster)	63-83/4
1982 - Pat Kyle (Buena Park)	60-4
1983 - Curt Sisco (Vacaville)	63-9 1/2
1984 - Brian Blutreich (Capistrano Valley)	64-7 1/4
1985 - Brian Blutreich (Capistrano Valley)	68-4
1986 - Brian Boggess (El Capitan, Lakeside)	61-4
1987 - Dave Bultman (Royal, Simi Valley)	67-0
1988 - Kaleaph Carter (Edison, Hunt. Beach)	64-0 1/4
1989 - Brent Noon (Fallbrook)	66-1 1/2
1990 - Brent Noon (Fallbrook)	74-4 3/4
1991 - Mark Parlin (Esperanza)	61-5 1/2
1992 - Pete Swanson (San Benito)	61-3 1/4
1993 - Tyson Lingenfelter (Upland)	60-9 1/2
1994 - Chris DeMartine (St. Ignatius)	58-111/2
1995 - Matt Pentecost (Loyola)	62-3 3/4

Discus Throw (Boys)

1959 - Ron Sindow (San Rafael)	176-1
1960 - Alex Darnes (Polytechnic, S.F.)	178-8
1961 - Bob Stoecker (Los Altos)	188-61/2
1962 - Bob Stoecker (Los Altos)	185-11 1/2
1963 - Stan McDonald (Edison, Fresno)	178-1
1964 - Bill Staley (Las Lomas, Walnut Creek)	181-2
1965 - Bruce Naglee (Baltimore, San Jose)	172-31/2
1966 - Jim Peters (Piedmont)	189-1
1967 - Fred DeBernardi (Hart, Newhall)	178-2
1968 - Rory Kenward (San Marcos, Santa Barb.)	183-11
1969 - Chris Adams (Los Altos)	188-0
1970 - Chris Adams (Los Altos)	201-3
1971 - Bob Otto (Porterville)	184-9
1972 - Scott Overton (Los Altos)	185-10
1973 - Lonnie Shelton (Foothill, Bakersfield)	195-5
1974 - Ray Burton (Vacaville)	193-0
1975 - Mike Alberg (Lodi)	171-11
1976 - Scott Endler (Hoover, Fresno)	192-10
1977 - David Thompson (Santa Ynez)	190-0
1978 - David Porath (Atwater)	199-5
1979 - Hand Kraychir (San Jacinto)	192-9
1980 - Paul Dender (Shafter)	192-9
1981 - Antonio Dobbins (Burroughs, Ridge.)	180-10
1982 - Antonio Dobbins (Burroughs)	191-1
1983 - Barry Estes (Clovis)	183-4
1984 - Tambi Wenj (Fountain Valley)	185-11
1985 - Brian Blutreich (Capistrano Valley, Mission Viejo)	203-4
1986 - Jeff Hooper (Del Campo, Fair Oaks)	187-4
1987 - Dave Bultman (Royal, Simi Valley)	193-6
1988 - John Wirtz (Leland)	192-10
1989 - Derrick Stevens (Bakersfield)	188-2
1990 - Rob Powell (Redwood)	203-4
1991 - Jeff Buckley (Bakersfield)	182-5
1992 - Jeff Buckley (Bakersfield)	186-10
1993 - Chad Peare (Trabuco Hills)	182-2
1994 - Jeremy Staat (Bakersfield)	183-8
1995 - Chad Jones (Arroyo Grande)	183-9

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)	11.39

200-Meter Dash (Girls)

1974 - Janice Wiser (La Jolla)	24.2
1975 - Pam Waters (Bell)	24.4
1976 - Pam Waters (Bell)	24.8
1977 - Kim Robinson (Westchester)	23.97
1978 - Kella Bolton (Hill, San Jose)	23.53
1979 - Gwen Loud (Westchester)	23.535
1980 - Sheri Howard (Kennedy, Granada Hills)	23.19
1981 - Denean Howard (Kennedy, Gran. Hills)	23.73
1982 - Denean Howard (Kennedy)	23.53
1983 - Lisa Winston (Jordan, L.B.)	23.83
1984 - Paulette Blalock (Compton)	23.59
1985 - Tami Stiles (Hawthorne)	23.45
1986 - Tami Stiles (Hawthorne)	24.02
1987 - Hadette Smith (Quartz Hill)	24.12
1988 - Angela Burnham (Rio Mesa)	23.45
1989 - Angela Burnham (Rio Mesa)	23.56
1990 - Marion Jones (Rio Mesa)	23.71
1991 - Marion Jones (Rio Mesa)	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)	23.01

400-Meter Dash (Girls)

1974 - Vernoica Venezis (Terra Linda, San Rafael)	56.4
1975 - Jodi Anderson (Washington, L.A.)	55.3
1976 - Marquite Belk (Silver Creek, San Jose)	55.2
1977 - Valerie Brisco (Locke, L.A.)	55.14
1978 - Arlise Emerson (Westminster)	54.3
1979 - Sherri Howard (San Geronio, San Bernardino)	53.65
1980 - Denean Howard (Kennedy, Gran. Hills)	53.04
1981 - Gervaise McGraw (Ganesha, Pomona)	54.15
1982 - Denean Howard (Kennedy, Gran. Hills)	52.39
1983 - Leslie Maxie (Mills, Millbrae)	53.19
1984 - Choo Choo Knighten (Locke, L.A.)	52.67
1985 - Choo Choo Knighten (Locke)	52.78
1986 - Princess Bennett (Compton)	53.56
1987 - Angela Rolfe (Dorsey)	53.55
1988 - Angela Rolfe (Dorsey)	54.26
1989 - Angela Rolfe (Dorsey)	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

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)	2:07.93
1979 - Ann Regan (Camden)	2:10.21
1980 - Marilyn Davis (Miramonte, Orida)	2:09.73
1981 - Donna Curtis (Culver City)	2:06.08
1982 - Rennie Durand (Laguna Beach)	2:06.36
1983 - Kerri Zaleski (Millikan, L.B.)	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, S.D.)	2:08.66
1987 - Kimberly McAllister (Locke, L.A.)	2:12.92
1988 - Kathy Roldan (Mt. Whitney)	2:12.11
1989 - Kim Toney (Atascadero)	2:09.33
1990 - Kim Toney (Atascadero)	2:06.13
1991 - Nicole Teter (West Valley)	2:08.14
1992 - Miesha Marzell (Bishop O'Dowd)	2:10.29
1993 - Miesha Marzell (Bishop O'Dowd)	2:09.13
1994 - Kristie Johnston (Central)	2:09.98
1995 - Kristie Johnston (Central)	2:08.68

Girls Champions

100-Meter Dash (Girls)

1974 - Janice Wiser (La Jolla)	10.8
1975 - Sandra Howard (Manual Arts, L.A.)	10.7
1976 - Pam Waters (Bell)	11.0
1977 - Jeanette Bolden (Centennial, Compton)	10.48w
1978 - Kella Bolton (Hill, San Jose)	10.92
1979 - Gwen Loud (Westchester)	10.62
1980 - Sharon Ware (Berkeley)	11.42
1981 - Sharon Ware (Berkeley)	11.66
1982 - Gervaise McGraw (Ganesha, Pomona)	11.69
1983 - Lisa Winston (Jordan, Long Beach)	11.73
1984 - Gail Devers (Sweetwater)	11.51
1985 - Tesha Giddens (Locke, L.A.)	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)	11.31
1990 - Marion Jones (Rio Mesa, Oxnard)	11.67w
1991 - Marion Jones (Rio Mesa, Oxnard)	11.17

CIF ARCO am/pm STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS (Girls)

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)	4:51.08
1980 - Polly Plumer (University, Irvine)	4:46.71
1981 - Polly Plumer (University)	4:42.43
1982 - Polly Plumer (University)	4:44.93
1983 - Cory Schubert (Di Mar, San Jose)	4:44.93
1984 - Shannon Clark (Mt. View)	4:47.52
1985 - Shannon Clark (Mt. View)	4:49.14
1986 - Darcy Arreola (Grossmont, Le Mesa)	4:45.13
1987 - Kira Jorgensen (Vista)	4:45.98
1988 - Kira Jorgensen (Vista)	4:49.54
1989 - Kira Jorgensen (Vista)	4:49.55
1990 - Becky Spies (Livermore)	4:48.74
1991 - Becky Spies (Livermore)	4:45.11
1992 - Shelley Taylor (Edison, Hunt. Bch.)	4:48.52
1993 - Milena Glusac (Fallbrook)	4:50.83
1994 - Elissa Riedy (Mission San Jose)	4:54.28
1995 - Elissa Riedy (Mission San Jose)	4:45.35

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)	10:35.0
1980 - Vicki Cook (Alemany, Mission Hills)	10:14.78
1981 - Vicki Cook (Alemany)	10:12.31
1982 - Vicki Cook (Alemany)	10:16.27
1983 - Cory Shubert (Del Mar, San Jose)	10:08.14
1984 - Kristen O'Hara (Palos Verde)	10:11.82
1985 - Rebecca Chamberlain (Leigh, S. Jose)	10:23.85
1986 - Laurie Chapman (Gunderson, S. Jose)	10:12.86
1987 - Mary Mendoza (Presentation)	10:33.04
1988 - Karen Hecox (South Hills)	10:16.14
1989 - Rayna Cervantes (Montebello)	10:32.95
1990 - Deena Drossin (Agoura)	10:29.60
1991 - Deena Drossin (Agoura)	10:30.71
1992 - Milena Glusac (Fallbrook)	10:28.62
1993 - Milena Glusac (Fallbrook)	10:42.68
1994 - Julia Stamps (Rincon Valley Jr.)	10:26.51
1995 - Julia Stamps (Santa Rosa)	10:15.27

100-Meter Low Hurdles (Girls)

1974 - Yvonne Boone (Fremont, Oakland)	11.1
1975 - Yvonne Boone (Fremont)	10.1
1976 - Tuti Lee (Merced)	10.7
1977 - Kris Costello (Lynbrook, San Jose)	13.97
1978 - Kris Costello (Lynbrook)	13.83
1979 - Janet Yarborough (Clovis)	14.01
1980 - Judy Young (Berkeley)	13.52w
1981 - Sherifa Sanders (Berkeley)	13.74
1982 - Natalie Spinks (Skyline)	13.88
1983 - Chewaukii Knighten (Locke, L.A.)	13.88
1984 - Gail Devers (Sweetwater)	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)	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
1993 - Bisa Grant (Bishop O'Dowd)	14.11

100-Meter High Hurdles (Girls)

1994 - Davetta Shepard (JF Kennedy)	13.73
1995 - Joanna Hayes (North Riverside)	13.45

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)	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)	42.16
1989 - Twila Sims (Lompoc)	42.54

1990 - Felice Lipscomb (Santa Monica)	41.69
1991 - Erin Blunt (San Pasqual)	43.02
1992 - Twila Sims (Lompoc)	42.75
1993 - Angela Harris (Skyline Oak.)	42.78
1994 - Angela Harris (Skyline Oak.)	42.78
1995 - Joanna Hayes (North Riverside)	41.20

400-Meter Relay (Girls)

1974 - Berkeley	
1975 - Muir, Pasadena	
1976 - Muir, Pasadena	
1977 - Crawford, San Diego	
1978 - Jordan, Los Angeles	
1979 - Westchester	
1980 - Kennedy, Granada Hills	
1981 - Berkeley	
1982 - Dorsey, Los Angeles	
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	46.38
1992 - Morningside	46.34
1993 - Long Beach Poly	45.74
1994 - Wilson Long Beach	46.17
1995 - Long Beach Poly	45.1

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	3:51.93
1979 - San Geronio, San Bernardino	3:44.05
1980 - Kennedy, Granada Hills	3:37.98
1981 - Kennedy, Granada Hills	3:37.17
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 - Long Beach Poly	3:45.20
1988 - Hawthorne	3:47.32
1989 - Hawthorne	3:46.59
1990 - Morningside, Inglewood	3:44.16
1991 - Long Beach Poly	3:48.85
1992 - Long Beach Poly	3:45.91
1993 - Long Beach Poly	3:42.75
1994 - Skyline Oakland	3:41.90

High Jump

1974 - Pam Blackburn (Bubberley, Palo Alto)	5-8
1975 - Kim Maddox (Los Angeles)	5-8
1976 - Kari Gossweiler (Upland)	5-10
1977 - Kari Gossweiler (Upland)	5-9
1978 - Sue McNeal (Carlsbad)	5-10 1/4
1979 - Tonya Alston (Chico)	5-9
1980 - Karen Lysaght (St. Francis, Sac.)	6-0
1981 - Katrina Johnson (Marshall, Pasadena)	5-10
1982 - Katrina Johnson (Marshall, Pasadena)	5-11
1983 - Tonya Mendonca (Mt. Whitney, Visalia)	6-1
1984 - Wendy Brown (Woodside)	6-1 1/4
1985 - Latrese Johnson (Clovis)	6-2
1986 - Yleana Carrasco (Anaheim)	5-10
1987 - Lynn Patrick (Serra, San Diego)	5-10
1988 - Crissy Mills (Campbell Hall)	5-10
1989 - Crissy Mills (Campbell Hall)	6-0
1990 - Chi Johnson (Menlo-Atherton)	5-8
1991 - Tanya Smith (Cordova)	5-11
1992 - Kristy Kieruff (Esperanza)	5-10
1993 - Tracie Lawyer (Cate Carpinteria)	5-10
1994 - Kristy Kieruff (Esperanza Anaheim)	5-10
1995 - Tara Flaming (Immanuel Reedley)	6-0

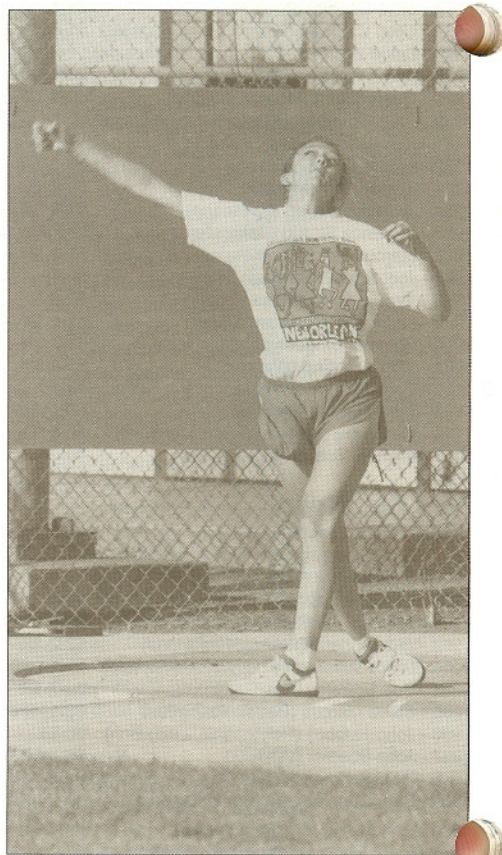
Long Jump

1974 - Jodi Anderson (Washington, L.A.)	19-7
1975 - Jodi Anderson (Washington)	19-6 1/2

1976 - Jodi Anderson (Washington)	20-0 1/4
1977 - Lisa Gouridine (El Toro)	19-1
1978 - Kathy Hayes (Madera)	19-3
1979 - Gwen Loud (Westchester)	20-4 1/2
1980 - Marlene Harmon (Thousand Oaks)	20-8 3/4
1981 - Chris Mose (El Cajon)	18-10 1/4
1982 - Wendy Brown (Woodside)	19-10 1/2
1983 - Gail Devers (Sweetwater)	19-6
1984 - Wendy Brown (Woodside)	20-9 3/4
1985 - Yvette Roberts (Washington UnionEaston)	19-1
1986 - Madette Smith (Quartz Hills)	20-4 3/4
1987 - Karen Lawson (St. Francis, Mt. View)	19-1 1/2
1988 - Tonya Conner (Barstow)	19-5 3/4
1989 - Juliana Yendork (Walnut)	20-2 1/2
1990 - Juliana Yendork (Walnut)	20-1 1/2
1991 - Juliana Yendork (Walnut)	20-7 1/2
1992 - Kam Warner (West, Bakersfield)	20-6 1/4
1993 - Marion Jones (Thousand Oaks)	22-0 1/2
1994 - Tara Dettinger (Foothill, Sac.)	19-7 1/2
1995 - Jernae Wright (James Logan)	20-8

Triple Jump

1982 - Wendy Brown (Woodside)	
1983 - Wendy Brown (Woodside)	40-3
1984 - Wendy Brown (Woodside)	42-10 1/2
1985 - Sheila Hudson (Rio Linda)	41-10w
1986 - Felicia Harris (San Lorenzo)	40-2
1987 - Kim Lassair (Northgate)	39-6 1/4
1988 - Stacy Thompson (Morse)	39-1
1989 - Juliana Yendork (Walnut)	41-10
1990 - Juliana Yendork (Walnut)	42-0 1/4
1991 - Juliana Yendork (Walnut)	43-6 1/2
1992 - Kayla Montgomery (Clovis West)	39-11 1/4
1993 - Cheaza Figueroa (Quartz Hill)	40-1 1/4
1994 - Tamioka Porter (Orange Glen)	38-11 1/2
1995 - Kelly O'Conner (Esperanza)	40-6 1/2



Three-Time Champ - Suzy Powell of Downey High in Modesto won three CIF ARCO am/pm State titles in the shot put and also set a National High School Record with a toss of 188-4.

CIF ARCO am/pm STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS (Girls)

Shot Put

1974 - Kathy Devine (Mission Bay, San Diego)	47-4 1/2
1975 - Kathy Devine (Mission Bay)	42-3 3/4
1976 - Becky Daniel (Newport Harbor)	42-9 3/4
1977 - Debra Thorntana (Sacramento)	43-9
1978 - Kerry Zwart (Cresenta Valley)	45-11 1/2
1979 - Susie Ray (Villa Park)	48-4 1/2
1980 - Natalie Kaaiawahia (Fullerton)	48-4 1/2
1981 - Natalie Kaaiawahia (Fullerton)	51-8 1/2
1982 - Natalie Kaaiawahia (Fullerton)	50-3
1983 - Natalie Kaaiawahia (Fullerton)	52-7 1/2
1984 - Pam Alexander (Arlington)	46-3 1/2
1985 - Elaine Oden (Irvine)	46-11 3/4
1986 - Brandi Gail (Rowland, Hac. Heights)	45-2 1/2
1987 - Jenny Whelchel (Agoura)	43-9 1/2
1988 - Dawn Dumble (Bakersfield)	48-2 1/2
1989 - Melisa Weis (Bakersfield)	44-1
1990 - Dawn Dumble (Bakersfield)	49-3 1/2
1991 - Mika Hilaire (Pittsburg)	45-4 1/4
1992 - Kristin Heaston (Ygnacio Valley)	45-3 1/2
1993 - Kristin Heaston (Ygnacio Valley)	52-11 1/2
1994 - Delores Tuimoloau (Channel Island)	46-10
1995 - Rebecca Morrison (Presentation)	47-6 3/4

Discus Throw

1976 - Kathy Middleton (Poway)	134-5
1977 - Karen Stampfil (Lassen, Susanville)	137-8
1978 - Christi Pyle (Hoover, Glendale)	149-3
1979 - Leslie Deniz (Gridley)	167-1
1980 - Leslie Deniz (Gridley)	172-11
1981 - Natalie Kaaiawahia (Fullerton)	162-10
1982 - Jacque Norton (Mission Viejo)	160-2
1983 - Natalie Kaaiawahia (Fullerton)	170-1
1984 - Stacy Horn (Cordova)	159-1
1985 - Lill Lli (Nogales, La Puente)	162-2
1986 - Tracy Crawford (South East, S.D.)	156-2
1987 - Dawn Dumble (Bakersfield)	144-10
1988 - Melisa Weis (Bakersfield)	159-7
1989 - Melisa Weis (Bakersfield)	168-0
1990 - Melisa Weis (Bakersfield)	169-11
1991 - Celeste Mc Vey (Redlands)	160-11
1992 - Suzy Powell (Downey Modesto)	169-8
1993 - Suzy Powell (Downey Modesto)	168-11
1994 - Suzy Powell (Downey Modesto)	174-2
1995 - Nadia Lopez (Arroyo Grande)	152-6

Pole Vault

1995 - Melissa Price (Kingsburg)	12-6
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Record Setter -Melissa Price of Kingsburgh High set a national standard of 12-6 in the girls pole vault last season. It was the first time that the girls pole vault event was conducted at the state championships.



1600 Phenom - Michael Stember of Jesuit High in Carmichael set a new record in the boys' 1600 meter run with his mark of 4:04.00 at the 1995 championship.

MOST INDIVIDUAL TITLES (GIRLS)

- 9 - Marion Jones, Rio Mesa Oxnard (1990-91), Thousand Oaks (1992-93) 100m (1990-93) 200m (1990-93) LJ (1993)
- 6 - Wendy Brown, Woodside HJ (1984) TJ (1982-84) LJ ('82-84)
- 6 - Juliana Yendork, Walnut LJ (1989-91) TJ (1989-91)
- 6 - Natalie Kaaiawahia, Fullerton, Shot ('80-83) Discus ('81 & '83)
- 5 - Angela Burnham, Rio Mesa Oxnard 100m (1986, 1988-89) 200m (1988-89)
- 4 - Denean Howard, Kennedy Granada Hills 200m (1981-82) 400m (1980 & 1982)
- 4 - Janeene Vickers, Pomona 300LH ('86-87) 100MLH ('86-87)
- 4 - Melisa Weis, Bakersfield Discus (1988-90) Shot (1989)
- 3 - Pam Waters, Bell 200m (1975-76) 100m (1976)
- 3 - Angela Rolfe, Dorsey LA 400m (1987-89)
- 3 - Janice Nichols, Bakersfield 300m (1990-92)
- 3 - Kathy Costello, Pleasant Hill 1600m (1975) 800m (1974-75)
- 3 - Ann Reagan, Camden San Jose 800m (1977-79)
- 3 - Polly Plumer, University Irvine 1600m (1980-82)
- 3 - Kira Jorgensen, Vista 1600m (1987-89)
- 3 - Vicki Cook, Alemany Mission Hills 3200m (1980-82)
- 3 - Milena Glusac, Fallbrook 3200m (1992-93) 1600m (1993)
- 3 - Felice Lipscomb, Santa Monica 100MLH (1989-90) 300MLH (1990)
- 3 - Twila Sims, Lompoc 300LH (1989, 1992) 100LH (1992)
- 3 - Jodi Anderson, Washington LA, LJ (1974-76)
- 3 - Dawn Dumble, Bakersfield, Discus (1988-90) Shot (1989)
- 3 - Suzy Powell, Downey Modesto, Shot (1992-94)
- 3 - Lakeisha Backus, Long Beach Wilson 100m (95) 200m (94-95)

MOST INDIVIDUAL TITLES (BOYS)

- 4 - Roman Gomez, Belmont 1600m (1984-85) 3200m (1984-85)
- 3 - Bill Cowings, Fowler 200m (1960) 100m (1959-60)
- 3 - Forrest Beaty, Hoover Glendale 100m (1961-62) 200m ('61)
- 3 - Billy Mullins, Hamilton LA 100m (1976) 200m (1975-76)
- 3 - Quincy Watts, Taft 100m (1987) 200m (1986-87)
- 3 - Jerry Proctor, Muir Pas. 110HH ('67) 300IH ('67) LJ ('67)
- 3 - Reynaldo Brown, Compton HJ (1967-69)
- 3 - Brian Bluetreich, Capistrano Valley - Shot (84-85) Discus (85)



Muir Takes Second Straight Boys' Crown; Long Beach Poly Makes it Three Titles in Four Years

Price Sets National Record of 12-6 in First-Ever Girls Pole Vault Scoring Event

John Muir High of Pasadena, behind the spectacular performance of sophomore Obea Moore, took its second straight CIF/ARCO *am/pm* State Track and Field Championship in the boys competition. While on the girls side, Long Beach Poly made it three titles in the last four years, edging James Logan of Union City, 52-50, on the strength of first place finishes in both relay events.

One National High School record was set as Kingsburg High's Melissa Price broke her own mark in the pole vault with a spectacular 12-6 clearance. It was the first time that the girls pole vault was conducted as a scoring event at the state championships in California.

In addition to the national record, one state meet record was set and another tied as a two-day crowd of 17,062 (11,362 on Saturday) on June 2-3 witnessed a spectacular meet from start to finish. Skyline High tied a record of 40.78 in the 400 meter relays that was set in 1978 by Muir. Michael Stember of Jesuit High in Carmichael set a state meet record of 4:04.00 in the 1600 meters.

Muir scored 38 points in taking back-to-back titles and its seventh overall championship. Only Jefferson Los Angeles, with eight team titles, has more state championships than Muir in boys track and field. Muir's titles have come in 1934, 1936, 1967, 1974, 1990, 1994-1995.

Moore scored 18 points by himself finishing first in the 400 meters (46.08) and second in the 200 meters (20.95), and then came back from nearly 25 meters behind to pace Muir to a first place finish in the 1600 meter relays.

Dana Hills, behind Bryan Harrison, finished second in the boys' team standing with 18 points. Harrison placed first in the 200 meters (20.82) and third in the 100 meters. Morningside, which finished second in the 1600 meter relays, was third overall in the team competi-



National Record Holder -- Melissa Price of Kingsburg High set a National standard of 12-6 in the girls Pole Vault. She broke her own mark of 12-1.

tion with 18 points.

As is often the case, the relays played a significant role as Long Beach Poly needed all it could muster to stave off James Logan in the girls team race. While Long Beach Poly took both relay events, James Logan dropped the baton and did not place in the 400 meter relays. James Logan figured to place no lower than third in that race, which could have lifted the Colts to their first-ever title.

Senior Andrea Anderson played a crucial role for the Jackrabbits finishing third in both the 100 (11.52) and 200 meters (23.74). Naeemah Withey was second in the 300 meter hurdles (41.89), Pam Simpson was second in the long jump (20-5 1/2) and Shavent Williams was fourth in the high jump at 5-8 for Long Beach Poly.

It marks the third overall state championship for Long Beach Poly which won in 1991 and 1992 and finished third in 1993. Berkeley, with five titles, is the only school with more girls team championships than Long Beach Poly.

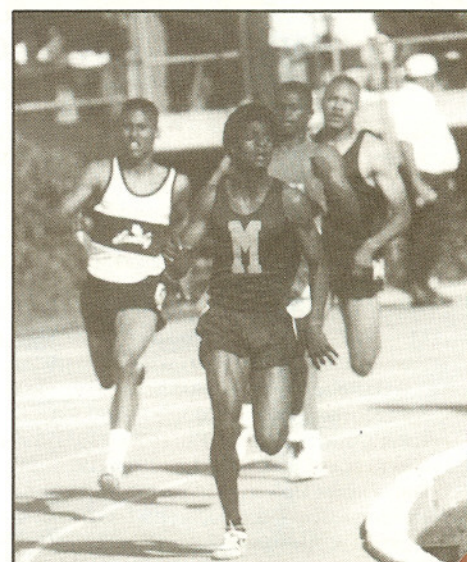
Jernae Wright, like Moore on the

boys side, scored 18 points single-handedly winning the long jump (20-8) and placing second in the 100 meters (11.50) to lead James Logan. Kelli White was second in the 200 meters (23.38) and fourth in the 100 meters (11.56) and Carla Estes was second in the 400 meters (53.65) and third in the long jump (19-2 1/2) for the Colts.

North High in Riverside finished third, Wilson of Long Beach was fourth and Esperanza placed fifth in the girls team finals.

Lakeisha Backus doubled up with first place finishes in the 100 meters (11.39) and the 200 meters (23.01) for Long Beach Wilson. Joanna Hayes also took titles in two events taking the 100 meter hurdles title in 13.45 and then winning in the 300 meter hurdles 41.20 to pace Riverside North.

Other outstanding performers included Julie Stamps who won her second state title in the 3200 meters (10.15.27). Stamps, only a sophomore, has now won three state titles, two in track and field and one in cross country.



Moore, Moore, Moore -- Obea Moore was crucial to Muir's title finishing first in the 400 meters and second in the 200 meters. photo by Bill Cockerham, California Track and Running News.

1995 CIF ARCO am/pm State Track and Field Championship Results

Girls Results

Girls 100 Meters

1. Lakeisha Backus, Wilson Long Beach-SS	11.39
2. Jernae Wright, James Logan U. City-NC	11.50
3. Andrea Anderson, Long Beach Poly-SS	11.52

Girls 200 Meters

1. Lakeisha Backus, Wilson Long Beach-SS	23.01
2. Kelli White, James Logan Union City-NC	23.38
3. Andrea Anderson, Long Beach Poly-SS	23.74

Girls 400 Meters

1. Angela Williams, Chino-SS	53.40
2. Carla Estes, James Logan Union City-NC	53.65
3. Julia Gray, North Riverside-SS	54.86

Girls 800 Meters

1. Kristie Johnson, Central Fresno-C	2:08.68
2. Martina Ze, Livermore-NC	2:12.34
3. Angie Milner, Modesto-SJ	2:13.06

Girls 1600 Meters

1. Elissa Riedy, Mission San Jose-NC	4:45.35
2. Courtney Pugmire, Esperanza Ana.-SS	4:50.47
3. Annie Ebner, St. Lucy's-SS	4:52.73

Girls 3200 Meters

1. Julia Stamps, Santa Rosa-NC	10:15.27
2. Amy Skiersz, Agoura-SS	10:28.23
3. Courtney Pugmire, Esperanza-SS	10:38.40

Girls 400 Meter Relay

1. Long Beach Poly-SS	45.1
2. Long Beach Wilson-SS	45.8
3. John Muir Pasadena-SS	46.6

Girls 1600 Meter Relay

1. Long Beach Poly-SS	3:39.53
2. J. W. North, Riverside-SS	3:46.16
3. James Logan Union City-NC	3:46.67

Girls 100 Meter Hurdles

1. Joanna Hayes, North Riverside-SS	13.45
2. Rori Kelly, Morningside, Inglewood-SS	14.18
3. Ashley Bethel, Mission Viejo-SS	14.19

Girls 300 Meter Hurdles

1. Joanne Hayes, North Riverside-SS	41.20
2. Nacemah Withey, Long Beach Poly-SS	41.89
3. Davetta Shepard, Salesian-NC	43.13

Girls High Jump

1. Tara Flaming, Immanuel Reedley-C	6-0
2. Tracy Lawyer, Cate Carpinteria-SS	5-9
3. Camilla Churchill, Bishop O'Dowd-NC	5-9

Girls Long Jump

1. Jernae Wright, James Logan U. City-NC	20-8
2. Pam Simpson, Long Beach Poly-SS	20-5 1/2
3. Carla Estes, James Logan Union City-NC	19-2 1/2

Girls Triple Jump

Kelly O'Conner, Esperanza Anaheim-SS	40-6 1/2
Darnesha Griffith, Trabucco Hills-SS	39-2 1/2
3. Kerry O'Bric, Edison Hunt. Beach-SS	39-0 3/4

Girls Shot Put

1. Rebecca Morrison, Presentation-CC	47-6 3/4
2. Tina Eutale, Jefferson-CC	44-11 1/4
3. Darlene Tulua, Carmel-CC	42-4 3/4

Girls Discus

1. Nadia Lopez, Arroyo Grande-SS	152-6
2. Mandy Buckey, Bakersfield-C	150-2
3. Darlene Tulua, Carmel-CC	147-8

Girls Pole Vault

1. Melissa Price, Kingsburg-C	12-6*
2. Kristie Draher, Mira Mesa-SD	10-10
3. Paula Serrano, San Marcos-SD	10-6

*National High School Record

Girls Final Team Standings

1. Long Beach Poly-SS	52 points
2. James Logan Union City-NC	50
3. North Riverside-SS	34

Boys Results

Boys 100 Meters

1. Marques Holiwell, West Bakersfield-C	10.43
2. James Hinex, Grant Sacramento-SJ	10.45
3. Bryan Harrison, Dana Hills-SS	10.51

Boys 200 Meters

1. Bryan Harrison, Dana Hills-SS	20.82
2. Obea Moore, Muir Pasadena-SS	20.95
3. Marques Holiwell, West Bakersfield-C	21.30

Boys 400 Meters

1. Obea Moore, Muir Pasadena-SS	46.08
2. Tyree Washington, La Sierra-SS	46.57
3. Jerome Davis, Burroughs Ridgecrest-SS	47.23

Boys 800 Meters

1. Aaron Richberg, James Logan U. City-NC	1:48.40
2. Michael Granville, Bell Gardens-SS	1:48.47
3. Brandon Pacheco, Brethren-SS	1:52.02

Boys 1600 Meters

1. Michael Stember, Jesuit Carmichael-SJ	4:04.00
2. Brandon Pacheco, Brethren-SS	4:08.59
3. Larry Henderon, Mira Mesa-SD	4:09.58

Boys 3200 Meters

1. Jason Balkman, Lynbrook S. Jose-CC	9:05.31
2. Jim McLarty, Ayala Chino-SS	9:07.79
3. Dave McQuitty, Grossmont-SD	9:10.44

Boys 400 Meter Relay

1. Skyline Oakland-O	40.78
2. Bakersfield-C	41.09
3. John Muir Pasadena-SS	41.36

Boys 1600 Meter Relay

1. John Muir Pasadena-SS	3:13.08
2. Morningside, Inglewood-SS	3:13.30
3. Morse-SD	3:16.27

Boys 100 Meter Hurdles

1. J. Naivalu, Fremont-CC	14.33
2. Kenyon Rambo, Long Beach Poly-SS	14.34
3. Jackie Jenkins, Golden West-C	14.39

Boys 300 Meter Hurdles

1. Mickey Grimes, Canyon Springs-SS	36.83
2. Chey Walker, West Covina-SS	37.11
3. Felix Sanchez, Univ. City-SD	37.30

Boys High Jump

1. Michael Wilkins, Red Bluff-N	7-0
2. David Larsen, Stockdale-C	7-0
3. John Roby, Corcoran-C	6-9

Boys Long Jump

1. Clarence Scott, Fremont-LA	24-7 3/4
2. Jimmy Devine, Ramona-SS	23-8 3/4
3. Jeff Nord, Los Altos-CC	22-11 3/4

Boys Triple Jump

1. Michael Turner, Morningside, Ing.-SS	49-2
2. Tye Anderson, Long Beach Poly-SS	48-5
3. Gerald Williams, Lynwood-SS	48-3

Boys Shot Put

1. Matt Pentecost, Loyola-SS	62-3 1/4
2. J. D. Martin, Madera-C	60-7
3. Brian Chase, Cardinal Newman-NC	6--3 1/2

Boys Discus

1. Chad Jones, Arroyo Grande-SS	183-9
2. Randy Hein, Dana Hills-SS	176-3
3. Jason Hammond-Fowler-C	176-0

Boys Pole Vault

1. Mike Brown, Torrey Pines-SD	16-4
2. Scott Wenholtz, Gilroy-CC	15-6
3. Bevan Hart, Chr. Brothers-SJ	15-6

Boys Final Team Standings

1. John Muir, Pasadena-SS	38 points
2. Dana Hills, Dana Point-SS	24
3. Morningside, Inglewood-SS	18



1600 Champ - Elissa Riedy of Mission San Jose was the champion in the 1600 meters (4:45.35).

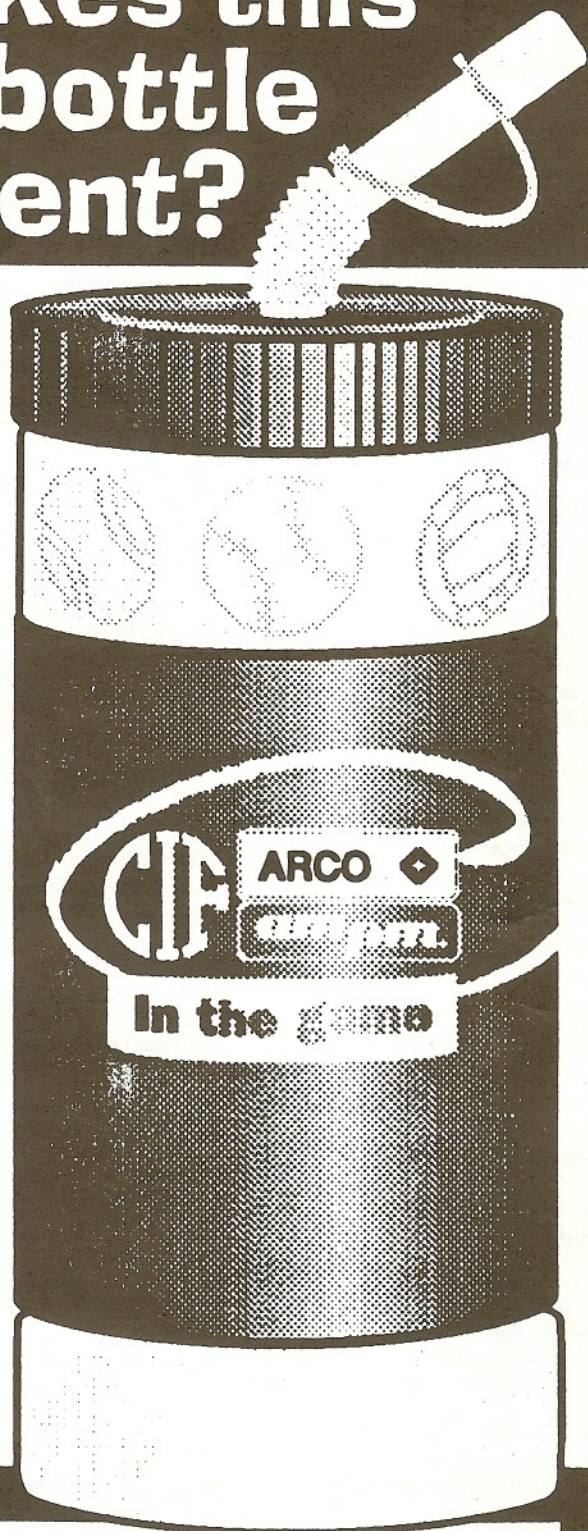
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