

Track & Field

POLE VAULT • 100m • HIGH JUMP

4x100m • 200m • 400m

LONG JUMP • 800m • 1,600m

500m • 1,000m • 2,000m

HIGH JUMP • 400m • 800m

110 HURDLES • 200m • 400m

500m • 1,000m • 2,000m

4x100m • 4x200m

4x400m • 4x800m

4x1,600m • 4x4,000m

LONG JUMP • 5,000m

10,000m • 20,000m

50,000m • 100,000m

200,000m • 400,000m

800,000m • 1,600,000m

3,200,000m • 6,400,000m

12,800,000m • 25,600,000m

51,200,000m • 102,400,000m

204,800,000m • 409,600,000m

1,638,400,000m • 3,276,800,000m

13,111,360,000m • 26,222,720,000m

104,890,880,000m • 209,781,760,000m

839,127,040,000m • 1,678,254,080,000m

6,713,016,320,000m • 13,426,032,640,000m

53,704,130,560,000m • 107,408,261,120,000m

429,633,044,480,000m • 859,266,088,960,000m

3,437,064,355,840,000m • 6,874,128,711,680,000m

27,496,514,846,720,000m • 54,993,029,693,440,000m

219,972,118,773,760,000m • 439,944,237,547,520,000m

CALIFORNIA
1998 STATE
CHAMPIONSHIPS



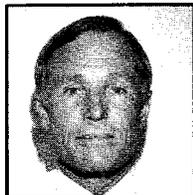


**PROUD TITLE
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OF THE CIF
CHAMPIONSHIPS**

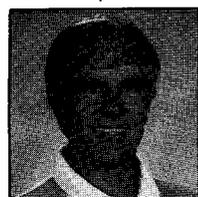
Track and Field Advisory Committee Members



Larry Yeghoian
Chairman
Dir. Secondary Ed.,
Tehachapi Unified



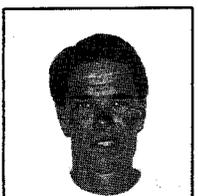
Hal Harkness
State CIF Rules Interpreter
Dir. State Track, 1998



Dennis DeWitt
Boys Cross Country/
Track Coach, Madera
High School



Dan Reinstein
Consultant, President
Cal. Track Starters Association



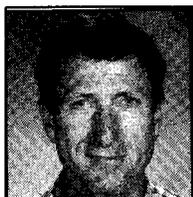
Mike Larsen
Director State Track
1999



Doug Speck
Teacher
Arcadia High School



Dennis McClanahan
Cross Country Coach
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



Lori Larsen
Director State
Track 1999

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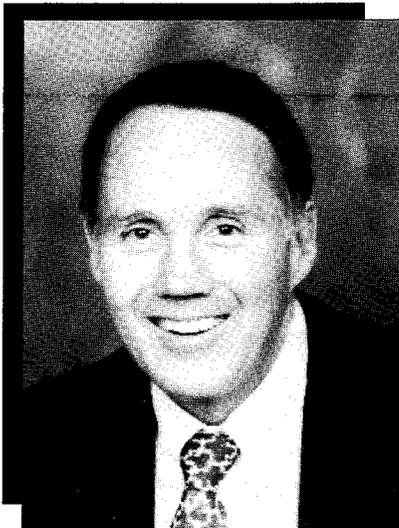
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Special Thanks

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 and Herff Jones.



THE CALIFORNIA INTERSCHOLASTIC FEDERATION WELCOMES YOU



Dr. Ken Gunn
CIF President

On behalf of the entire CIF family, I would like to welcome you to our CIF ARCO *am/pm* State Championship playoffs. To coaches and athletes this event means you have been extremely successful. Only the truly elite are competing at this level. Your hard work and exceptional performance has most certainly "paid off". Please take time to consider the magnitude of your accomplishment and enjoy every moment of this experience. It is something you will remember the rest of your lives. Each of you are already winners.

To parents, schools and communities the fact your teams have advanced to these championships means you have also contributed greatly. I know you are tremendously proud of your athlete(s) and teams. Without your support they would not be here.

To the officials, staff members, and many volunteers who have contributed so much of their time and talent, a sincere thank you. Because of your efforts this event will be an exciting and positive experience for our athletes and their fans. When you realize that there are over 1.2 million students attending the 1000 plus high schools in California, you cannot help but be very impressed with the athletes and teams that are competing in this event.

Dr. Ken Gunn
Principal, Walnut High School

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NANCY LAZENBY BLASER, Central Coast Section
BARBARA FIEGE, LA City Section

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JAN JESSOP, San Diego Section
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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

www.cifstate.org

1998 CIF ARCO *am/pm* STATE MEET

STAFF AND OFFICIALS

ADMINISTRATIVE STAFF

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

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Dave Hurlburt Announcer
 John Dahlem Assistant Announcer
 Dave Smith Assistant Announcer
 Don Chadez Computer Programming
 Lyn Chadez Computer Programming
 Don Chadez Finishlynx & Hytec
 Evaluator
 Barry Sacks Finishlynx & Hytec
 Operator
 Julie McNealy Results Coordinator
 Paul Raya Results Coordinator
 Kathy Harkness Fax Operator
 Art Jackson Field Supervisor
 Jim Parker Athletes/Coaches Gate
 Marian Parker Athletes/Coaches Gate
 John Rouse Hurdle Crew
 Pam Barstow Field Events Crew
 Brian Leighliter Block Crew
 Don Uyeshima Field Events Crew
 Jim Duel Media Director/Program
 Gay Lynn Duel Press Box
 Sharon Hodge Press Box
 Brian Hodge Press Box
 Shayne Shroeder Press Box
 Kristin Chadez Press Box
 Sharon Curfman Press Box
 Kevin Morning Awards Announcer
 Epi Torres Awards
 Joe Torres Awards
 Mike Booker Awards
 Gary Brooks Field Communications
 Bob Seaman Weights and Measures
 Dick McQuarrie Weights and Measures
 Karl Moseley Weights and Measures
 Ernie Archer
 Maria Hernandez

OFFICIALS

Larry Arason Lead Starter
 Ed Austin Starter
 Jack Brisacher Starter
 Joe Harper Starter
 Alan Amundsen Meet Referee
 Michele Buchicchio Jury of Appeals
 Steve Stearns Jury of Appeals
 Dennis McClanahan Jury of Appeals
 Bob Baker Head Field Judge
 Paul Mahoney Finish Line Coordinator
 Daiva Jusionis Finish Line
 Sheila Burrud Finish Line
 Ted Bruins Finish Line
 Connie Corn Finish Line
 Bobby Washington Finish Line
 Neal Campbell Finish Line
 Don Thomas Finish Line
 Sandy Maynard Clerk of Course
 Dan Ryan Assistant Clerk of Course
 Steve Blue Clerking Facilitator
 Marge Fulton Expeditior
 Ruby Olsen Expeditior
 Carlotta Shupp Expeditior
 Lanny Carter Coaches Corner
 Bob Gunther Coaches Corner
 Tim Scalzo Wind Gauge
 August Williams Wind Gauge
 Leroy Stewart Wind Gauge
 Kelly Scalzo Wind Gauge
 Jim Leahy Boys and Girls High Jump
 Vince Cleveland Boys and Girls High Jump
 John Blair Boys and Girls Pole Vault
 Carl Koenig Boys and Girls Pole Vault
 Rick Foster Boys and Girls Pole Vault
 Jim Carson Boys Long Jump/Triple
 Jump
 Shannon Adams Boys Long Jump/Triple
 Jump
 Rena Smith Boys Long Jump/Triple
 Jump
 Ray Fitzhugh Boys Long Jump/Triple
 Jump

Bill Edmonds Boys Long Jump/Triple
 Jump
 Rodger Dubbs Girls Long Jump/
 Triple Jump
 Dick Forstall Girls Long Jump/
 Triple Jump
 Mike Pekar Girls Long Jump/
 Triple Jump
 Jeff Haspell Girls Long Jump/
 Triple Jump
 Ernie Smith Boys and Girls
 Shot Put
 Ned Rogers Boys and Girls
 Shot Put
 Joe Wille Boys and Girls
 Shot Put
 Randy Edwards Boys and Girls Discus
 Jeff Bergman Boys and Girls Discus
 Bob Gross Boys and Girls Discus
 Art Jackson Marshall
 Gary Farrell Marshall
 Bill Crow Marshall
 Herman Moreno Head Umpire
 Ron Battle Head Umpire
 Andrew Bard Umpire
 Alex Bravo Umpire
 Willie Dawson Umpire
 Bill Garner Umpire
 Okeyo Jamal Umpire
 Bob Johnson Umpire
 DeLewis Johnson Umpire
 Dewey Marine Umpire
 George Martin Umpire
 Don Maxwell Umpire
 Anthony McNeal Umpire
 Tom Mew Umpire
 Bill Mocnik Umpire
 Sam Moreno Umpire
 Saul Pacheco Umpire
 David Palmquist Umpire
 Doug Rightmer Umpire
 Paul Suzuki Umpire
 Mo Hanef Umpire
 Keith Morris Umpire
 Bill Marchese Umpire
 Harry Hudson Umpire
 Art Pegg Umpire



1998 Time Schedule

FIELD EVENT QUALIFYING (FRIDAY)

EVENT	REPORTING TIME (Field Event Clerk of Course)	STARTING TIME
Girls' Pole Vault	1:00 p.m.	2:00 p.m.
Girls' Discus	2:00 p.m.	3:00 p.m.
Boys' Discus	4:30 p.m.	5:30 p.m.
Boys' Shot Put	2:00 p.m.	3:00 p.m.
Boys' Pole Vault	5:00 p.m.	6:00 p.m.
Girls' Shot Put	5:00 p.m.	6:00 p.m.
Girls' High Jump	3:00 p.m.	4:00 p.m.
Boys' High Jump	5:30 p.m.	6:30 p.m.
Girls' Long Jump	3:00 p.m.	4:00 p.m.
Girls' Triple Jump	5:30 p.m.	6:30 p.m.
Boys' Long Jump	3:00 p.m.	4:00 p.m.
Boys' Triple Jump	5:30 p.m.	6:30 p.m.

FIELD EVENT CHAMPIONSHIPS (SATURDAY)

EVENT	REPORTING TIME (Field Event Clerk of Course)	STARTING TIME
Girls' Pole Vault	1:00 p.m.	2:00 p.m.
Girls' Discus	2:00 p.m.	3:00 p.m.
Boys' Discus	4:00 p.m.	5:00 p.m.
Boys' Shot Put	2:00 p.m.	3:00 p.m.
Boys' Pole Vault	4:00 p.m.	5:00 p.m.
Girls' Shot Put	4:00 p.m.	5:00 p.m.
Girls' High Jump	2:00 p.m.	3:00 p.m.
Boys' High Jump	4:00 p.m.	5:00 p.m.
Girls' Long Jump	2:00 p.m.	3:00 p.m.
Girls' Triple Jump	4:00 p.m.	5:00 p.m.
Boys' Long Jump	2:00 p.m.	3:00 p.m.
Boys' Triple Jump	4:00 p.m.	5:00 p.m.

All field event competitors must report to the Field Event Clerk of the Course for check in prior to entering the field. Athletes will be allowed on the field one (1) hour prior to the scheduled starting time of their event, or when a facility used for an earlier event is available.

TRACK QUALIFYING (FRIDAY)

5:00	Girls' 400m Relay	(Heat #1)
5:04		(Heat #2)
5:08		(Heat #3)
5:12	Boys' 400m Relay	(Heat #1)
5:16		(Heat #2)
5:20		(Heat #3)
5:24	Girls' 1600m Run	(Heat #1)
5:31		(Heat #2)
5:38	Boys' 1600m Run	(Heat #1)
5:44		(Heat #2)
5:50	Girls' 100m HH	(Heat #1)
5:54		(Heat #2)
5:58		(Heat #3)
6:02	Boys' 110m HH	(Heat #1)
6:06		(Heat #2)
6:10		(Heat #3)

6:14	Girls' 400m Dash	(Heat #1)
6:18		(Heat #2)
6:22		(Heat #3)
6:26	Boys' 400m Dash	(Heat #1)
6:30		(Heat #2)
6:34		(Heat #3)
6:38	Girls' 100m Dash	(Heat #1)
6:42		(Heat #2)
6:46		(Heat #3)
6:50	Boys' 100m Dash	(Heat #1)
6:54		(Heat #2)
6:58		(Heat #3)
7:02	Girls' 800m Run	(Heat #1)
7:07		(Heat #2)
7:12		(Heat #3)
7:17	Boys' 800m Run	(Heat #1)
7:22		(Heat #2)
7:27		(Heat #3)
7:32	Girls' 300m LH	(Heat #1)
7:36		(Heat #2)
7:40		(Heat #3)
7:45	Boys' 300m IH	(Heat #1)
7:49		(Heat #2)
7:53		(Heat #3)
7:58	Girls' 200m Dash	(Heat #1)
8:02		(Heat #2)
8:06		(Heat #3)
8:10	Boys' 200m Dash	(Heat #1)
8:14		(Heat #2)
8:18		(Heat #3)
8:40	Girls' 1600m Relay	(Heat #1)
8:48		(Heat #2)
8:54		(Heat #3)
9:00	Boys' 1600m Relay	(Heat #1)
9:06		(Heat #2)
9:12		(Heat #3)

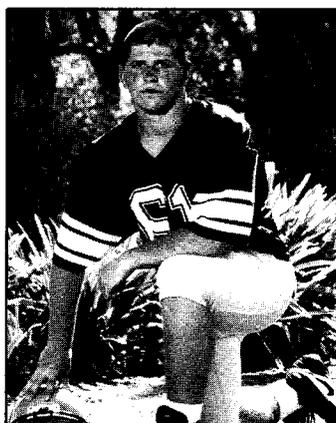
TRACK CHAMPIONSHIPS (SATURDAY)

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

Winners Announced in Expanded CIF ARCO *am/pm* Scholar-Athlete of the Year Program; *Gurrola, Hick Selected as Statewide Winners*



Esther Gurrola
Fillmore High School



Jeffrey Hick
Laguna High School

Esther Gurrola of Fillmore High School and Jeffrey Hick of Laguna Hills High School have been selected as the statewide CIF ARCO *am/pm* Scholar Athletes of the Year and a total of 44 student-athletes have been honored in an expanded format. The new format includes the two statewide winners, 19 section winners and 23 sport specific winners.

The scholar-athlete of the year program began in 1981 with one male and one female winner statewide. The ARCO Corporation, which allotted \$50,000 to the program a year ago, has increased its financial support to a total of \$94,000 in scholarships, while more than doubling the number of scholarships awarded.

The criteria for qualification included possessing a minimum (unweighted) grade point average of 3.70, demonstrating superior athletic ability in at least two years of varsity play within California and having a record of good citizenship. In addition, each applicant was required to complete a student essay entitled "Catching the Spirit" which focuses on the significance of sportsmanship in athletics.

"It's always a pleasure to go through all the incredible applications we receive for this awards program which showcases the best student-athletes from across the state. We are proud of each candidate and of all the winners," said Jack Hayes, CIF executive director.

"We also want to thank ARCO *am/pm* for seeing the value in this program and for stepping forward to expand the program to allow more student-athletes to be honored."

Gurrola, first in her class academically and a Bank of America Achievement Award winner, is a three-sport star at Fillmore High competing in basketball, softball and volleyball. Her leadership skills are evident not only through sports, but in community involvement and in high school activities.

Gurrola served as her basketball team captain as a senior and was co-captain for two years in softball. In addition, she served as ASB vice president, was the coordinator for blood drives, a teen abstinence rally and a Christmas food drive. She initiated an adopt-a-highway trash pickup plan, was an assistant coach for a youth basketball league and was a Fillmore

High representative for Habitat for Humanity which, along with five other high schools, worked to build a house.

Academically, Gurrola has a 4.0 (unweighted) grade point average and had a 1330 score on the SAT. In athletics, she achieved first-team all-league recognition in basketball and softball and was instrumental in her team's success which included two league titles in softball and one in basketball.

With a career interest in biotechnology, Gurrola plans to major in biochemical engineering and has been accepted to Pepperdine University and Cal Lutheran.

"One of the most significant activities that molds my life is athletics," Gurrola wrote in her student essay. "Playing sports does more than just teach me skills or provide me with enjoyable recreation. Excellent athletics includes the spirit of sportsmanship. Just as practice develops my physical strength and skills, so the spirit of sportsmanship is an integral contributor to my moral principles and personal conduct."

Brigham Young University bound Hick is a two-sport standout for Laguna Hills High and had a 1470 on the SAT. A highlight of his athletic career came when Laguna Hills claimed a CIF Southern Section Division VIII Football Championship this past December. A first team all-leaguer as both a junior and senior in football and a team captain, Hick was also active in the community and in school activities.

Hick is the student representative from Laguna Hills High School to the Board of Education. Additionally, he is a church youth group leader and has been involved in school musicals.

Besides football, Hick competes in soccer and track and field. He was Laguna Hills shotput and discus Athlete of the Year as a junior when his team was Pacific Coast League Champions.

Hick career interests are sports medicine and nutrition.

In his essay Hick wrote: "Sportsmanship has taught me a lot about life. When we hit bumps in our life we must gather ourselves mentally and figure out ways to solve our problems. We can not take it out on others when we face trials. When we play with sportsmanship, whether we win or lose the game, there are no real losers. Everyone is a winner because they kept their cool when the chips were down and just had fun."

State Winners (\$5,000 each)

Student	High School
Jeffrey Hick	Laguna Hills
Esther Gurrola	Fillmore

Section Winners - boys (\$2,000 each)

Student	High School
Matthew Antongiovanni	Garces Memorial
Tom Oristian	Archbishop Mitty
Scott Brokaw	Chatsworth
Christopher Kennedy	Anderson Union
Martin Schoen	Novato
Ka-akpema Yelapaala	Jesuit
Nicholas Carter	La Jolla
Gregory Yee	Thurgood Marshall
John Sung Joon Park	Warren

CIF Section Winners



Matthew Antongiovanni
Garces Memorial



Kim Gall
Mission College Prep



Tom Oristian
Archbishop Mitty



Nicole Portley
Aragon



Scott Brokaw
Chatsworth



Elizabeth Bernier
Hamilton



Christopher Kennedy
Anderson Union



Christy Ferlatte
Yreka Union



Teresa Ko
Castro Valley



Martin Schoen
Novato



Annie Jollymore
Skyline



Ka-akpema
Yelpaala
Jesuit



Moriah Cooperson
Vintage



Nicholas Carter
La Jolla



Andrea Clemons
Valhalla



Gregory Yee
Thurgood Marshall

Section Winners -girls (\$2,000 each)

Student

Kim Gall
Nicole Portley
Elizabeth Bernier
Christy Ferlatte
Teresa Ko
Annie Jollymore
Moriah Cooperson
Andrea Clemons
Jennifer Gray
Lyndee Hovsepian

High School

Mission College Prep
Aragon
Hamilton
Yreka Union
Castro Valley
Skyline
Vintage
Valhalla
George Washington SF
Cathedral City



Jennifer Gray
Washington SF



John Sung Joon
Park
Warren



Lyndee Hovsepian
Cathedral City

Individual Sport Winners - boys (\$2,000 each)

Student

Matthew Wise
Justin Alumbaugh
Scott Bratman
Derek Draper
Tyler Mullins
Tyler Girimonte
Fred Luminoso
Min "Eddie" Kyu Kim
Paul Woody
Alexander Vorobiov
Jonathan Palacios
Richard Bravin

High School

Campolindo
De La Salle
Henry Gunn
Central Catholic
Soquel
Dixon
Los Gatos
Fairfax
Torrey Pines
Carmel
Mira Costa
Valhalla

Sport

Cross Country
Football
Basketball
Baseball
Track and Field
Soccer
Wrestling
Tennis
Swimming
Water Polo
Volleyball
Multi-Sport

Individual Sport Winners - girls (\$2,000 each)

Student

Kelly Grimes
Melissa Glazebrook
Ashley Bowles
Suzanne Guy
Chaniqua Ross
Therese Thomason
Stacy Roeck
Sarah Squire
Margaret Dingeldein
Amy Marie Lehman
Melissa Kuo

High School

Scripps Ranch
Archbishop Mitty
Mira Costa
El Toro
Laguna Creek
Marymount
Torrey Pines
Hillsdale
Merced
Riverside Poly
Cypress

Sport

Cross Country
Basketball
Volleyball
Softball
Track and Field
Soccer
Tennis
Swimming
Water Polo
Multi-Sport
Multi-Sport

Mathias Dominated 1948 Championships

Berkeley's Edwards Stadium was the site for the 30th annual CIF State Track and Field Championships and it proved to be a talent-laden meet.

Six individual winners returned from the previous year, the main attraction being the multi-talented Bob Mathias of Tulare High School.

Mathias, the lone double winner, finished first in the high hurdles and the low hurdles. He also placed fourth in the shot put.

He took the high hurdles championship in 14.5 besting James Jackson of Jordan Los Angeles. His 19.6 in the lows bettered Bud Bryant of El Monte who was second. Had the discus been an official CIF event, Mathias certainly would have been the favorite as he had previously set the California prep record in the discus event.

Mathias scored all 12 of Tulare High's points, but it was Jordan High School that took the team championships with 22 points. Jefferson of Los Angeles finished a close second with 20 5/6 points.

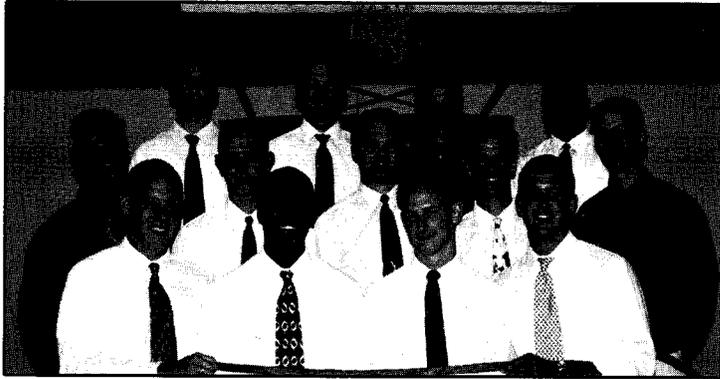
The Olympics were next for Mathias who went on to capture the Gold Medal in the decathlon at the 1948 and 1952 games.

(information taken from *Highlights of the California State Track Meet 1915-75*).



Winter Scholastic Awards

Bethel Christian, North County Christian and West Torrance High's Garner CIF Scholastic State Champions; Individual All-CIF Athletes Also Honored



**Bethel Christian High School
Boys' Basketball**



**North County Christian High School
Girls' Basketball**

The CIF Scholastic State Champions in boys' and girls' basketball and wrestling have been named. In addition, individuals achieving a 3.5 grade point average or above in these winter sports have been honored as Scholastic All-CIF Selections.

Bethel Christian High School, with a cumulative team GPA of 3.69, is the CIF Scholastic State Champion in the sport of boys' basketball. In girls' basketball North County Christian High School won the CIF Scholastic State title with an overall 3.87 GPA and West Torrance won the wrestling scholastic award with a 3.61 GPA. In boys' basketball Laguna Blanca (3.68) and Rocklin (3.63) were second and third respectively to Bethel Christian.

Following North County Christian in girls' basketball were Buchanan Clovis (3.86) and Pinewood Los Altos (3.81). Junipero Serra San Mateo (3.57) was second to North County Christian in wrestling with Hoopa Valley finishing third (3.48). The CIF Scholastic State Champions program honors teams demonstrating the highest collective GPA's (on a 4.0 unweighted scale) statewide in their respective sport.

Each scholastic state champion receives a pennant suitable for display at the school. The first, second and third place team winners receive certificates for each competing team member.

Individual student-athletes maintaining a minimum 3.5 GPA during their season of sport competition are honored as Scholastic All-CIF award winners. For the winter, a total of 2713 student-athletes were

honored with certificates sent to their respective schools.

These two scholastic programs are for teams and individuals competing in sports that offer state championships. For the winter these sports include boys' and girls' basketball and wrestling. Spring award forms were sent to high school principals in March and will include the sports of boys and girls track and field.

The CIF extends its thanks and congratulations to all schools competing in this honors program.

CIF SCHOLASTIC STATE CHAMPIONS

Girls' Basketball

- 1 **North County Christian** 3.87
Patti Scofield, Erica Kambestad, Bethany Mensing, Sarah Neiggemann, Janice Buzzelli, Mary Shannon, Laura Willis, Julie Neiggemann, Faith Frankel.
- 2 **Buchanan Clovis** 3.86
Tiffany Heilbut, Kristin Hein, Melissa Durham, Cassie Martin, Allison Parks, Anne Reynders, Jamie Farley, Janine Soback, Becky Potter, Monica Ulrich, Genae Pratt.
- 3 **Pinewood Los Altos** 3.81
Katie Collins, Lauren Smith-Hams, Angie Riches, Sebnem Kimyacioglu, Antoinette McLean, Alex Cribbs, Kelli Riches, Kacey Scheppeler.

Boys' Basketball

- 1 **Bethel Christian** 3.69
Matthew Aceves, Travis Alkire, Mike

Brown, Mark Carl, Michael Oakley, Kenan Shahla, Tyler Thompson, Jonathan Wangsgard, Jamar Culver, Brandon Eggerth, Daniel Tatum, Cory Royce.

- 2 **Laguna Blanca** 3.68
Cliff Berlow, Jonathan Keith, Chad Lewis, Brian Niehaus, Zadok Sacks, Christopher Tamas, Garrett Wilson, Douglas Geyser, David Bradley, Joshua Ferguson, David Cochran.
- 3 **Rocklin** 3.63
Ryan Burns, Lance Cleland, Bryan Cole, Leo Cravey, Corbett Cutts, Brandon Fernandez, Chris Keck, Daniel Kirk, Robert McAllister, Rubbie Rae, Louie Sanchez, Ryan Swarts, Matthew Ustaszewski.

Wrestling

- 1 **West Torrance** 3.61
Doug Pohlner, Matt Stagner, Soumya Datta, Lucas Ryono, Angela Wiley.
- 2 **Junipero Serra San Mateo** 3.57
Bill Benesi, Brian Cuneo, Kevin Cuneo, Joel Faustino, Ryan Faustino, Rob Isom, Mark Kollerer, Jarrett Miner, Ben Pettigrew, Jordan Roach, Chris Stotts, Wiley Wilson.
- 3 **Hoopa Valley** 3.48
Sabrina Groat, Alesha Jadar, Jeoev Maggio, Deric Manzi, Mario Maggio, Eli Boone, Josh Colegrove, Jonny McKnight, Frank Master, Jeremy Rosenbach, Frankie Myers.

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

1. What high school did Olympic decathlon champion Bob Mathias hail from? Two bonus points if you can name the years (one for each year) Mathias won Gold Medals at the Olympics.

- A) Tulare High School
- B) John Muir High School
- C) San Mateo High School
- D) Riverside North High School

2. Which of the following athletes is a California state champion in track and field?

- A) John Elway
- B) Laura Matson
- C) Nicole Erickson
- D) Janice Wisner

3. What boys' team won the first-ever state title in track and field in 1915?

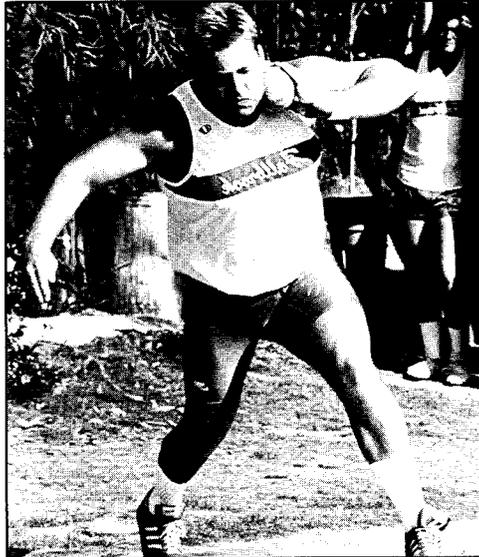
- A) John Muir
- B) Manual Arts LA
- C) Jefferson LA
- D) Visalia

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

- A) Polly Plumer
 - B) Henry Thomas
 - C) Angela Rolfe
 - D) Dale Story
1. Hawthorne
 2. Dorsey LA
 3. University Irvine
 4. Orange

5. What girls' team set the state meet mark for most points scored? Bonus point if you can name the year this feat was accomplished.

- A) Long Beach Poly - 56
- B) Bakersfield - 61
- C) Berkeley - 64
- D) John Muir - 66



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

6. Which of the following boys' athletes did not compete at a California High School?

- A) Terry Bradshaw
- B) James Stallworth
- C) George Porter
- D) Richard Joyce

7. Name the track and field event that the following athletes won state titles in (total of one point if you can match all four).

- A) Henry Ellard
- B) Wendy Brown
- C) Ken Frazier
- D) Ann Regan

8. Four girls won exactly four state championships. Can you name them?

- A) Julia Stamps, Denean Howard, Janeene Vickers, Melisa Weis.
- B) Julia Stamps, Pam Waters, Janice Nichols, Melisa Weis
- C) Julia Stamps, Denean Howard, Angela Burnham, Ann Regan.
- D) Twila Sims, Felice Lipscomb, Angela Rolfe, Julia Stamps.

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. In the history of the state track meet only two athletes have won four consecutive titles in a specific event. Name the two athletes and the event that they won four straight in.

- A) Julia Stamps, Marion Jones
- B) Juliana Yendork, Marion Jones
- C) Wendy Brown, Marion Jones
- D) Natalie Kaaiawahia, Marion Jones
- E) Natalie Kaaiawahia, Julia Stamps

Scoring System: 1 point for each correct answer, then add bonus points to your overall score (maximum points 17). 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. A - Tulare High School (1 point bonus for each year 1948 and 1952). 2. D Janice Wisner, of La Jolla High, was a 100-meter dash state champion in 1974. 3. B - Manual Arts of Los Angeles. Manual Arts finished first in the 880 relay and garnered 25 points. Visalia was second with 18 points. 4. A-3, B-1, C-2, D-4. 5. C - Berkeley scored a record 64 points in winning the 1981 state meet crown - the first of three straight titles for the Yellowjackets. Incidentally, Willie White also coached the boys' team at Berkeley to a state title in 1981. 6. A - Terry Bradshaw hailed from Shreveport Woodlawn High School in Louisiana and was a javelin state champ with a throw of 244-11 in 1966. He later used his right arm to lead the Pittsburgh Steelers to four NFL titles. 7. A. triple jump, B. high jump, long jump and triple jump, C. triple jump, D. 800 meters. 8. A 9. A - California girls hold 11 of 17 recognized national records in track and field (see records page 36). 10. D - Jones in the 100 meters, Kaaiawahia in the shot put. **Answer to Who Am I In the Above Photo - Brent Noon of Fallbrook High School.**



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 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 state championships with the setting at Memorial Stadium, Bakersfield.

Accomplished athletes in various 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 state title in the triple jump in 1979.

More recently, Napoleon Kaufman now with the Oakland Raiders and Curtis Conway, with the Chicago Bears were state titlists in the 200 and 100 meters respectively.

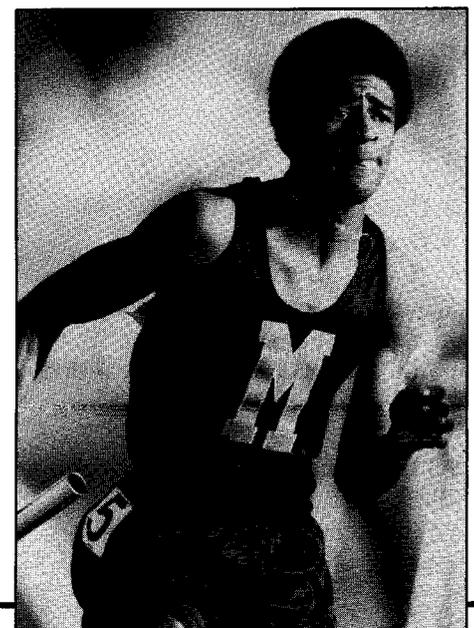
One national high school record was set, two state meet records were broken and Long Beach Poly's boys' and girls' teams both took titles to highlight an extraordinary 1997 state meet held at Hughes Stadium, Sacramento on June 6-7.

St. Bernard of Playa del Rey set the national standard in the girls' 4x100 relay to start off Saturday's championship round in a sizzling 44.70. The old record was also held by a California team as Hawthorne set the mark of 45.11 in 1985. Meanwhile, junior Chaniqua Ross of Laguna Creek High School bested Suzy Powell's (Downey, Modesto) state meet mark in the discus. Ross had a toss of 177'1 compared to Powell's 174'2 in 1994. Powell still holds the national mark in the discus at 188'4. Riverside North High's sensation Nicole Hoxie, a returning state champ, then proceeded to set a state meet mark of 13.35 in the

100 meter high hurdles, breaking Joanna Hayes (North, Riverside) mark of 13.45 set in 1994 and just off the national record of 13.33 by Dawn Boyles of Neptune, New Jersey (1988).

The meet belonged, however, to Long Beach Poly as the Jackrabbits became the first team to win both a girls' and boys' team title in the same year since Berkeley accomplished the feat in 1981. The Long Beach Poly girls' team edged St. Bernard Playa del Rey (49-48.5) to take its fourth overall crown in six years. Only Berkeley with five has more titles on the girls' side. The boys' team came in as underdogs to John Muir, but everything fell in place as the Jackrabbits claimed their first crown since 1965 and sixth overall. Only three teams have won more - Jefferson (8), Muir (8) and Manual Arts LA (7).

Bunmi Oguneleye was a big scorer for the Long Beach Poly girls' winning the long jump (20'00.75) and finishing second in the 400 meters (54.15) to score 18 points. Cynthia Ademiluyi was an individual state champion in the shot put (47'05.25) and Angelita Green was second in



the 800 (2:09.61). In addition, Long Beach Poly excelled in the relays finishing second in the 4X100 relay and fourth in the 4X400 relays.

The boys' used Rambo to turn the title tide - as in Kenyon Rambo the hurdle star. Rambo was a state champ in the 300 meter intermediate hurdles (36.57) and was third in the 110 meter high hurdles. The Jackrabbits had two third place finishers in Marques Anderson (400 meters) and Daryl Rideaux (100 meters) and one fourth placer (Kareem Kelly in the 200 meters).

The 1996 meet saw many highlights as Bell Gardens High School sensation Michael Granville set a national record in the 800 meters and two state meet records were broken.

Granville, who had been challenging Pete Richardson's national mark of 1:47.31 all season long, climaxed his year with a 1:46.41 run in Friday's qualifying meet.

In addition to Granville, Kim Mortensen of Thousand Oaks, who had set a national mark of 9:48.59 in the 3200 meters the previous week, set a state meet record of 9:58.80 and, in the process, outlasted Santa Rosa High's two-time champion Julia Stamps.

In winning its record-tying eighth team title, John Muir boys' set a state meet record of 3:08.66 in the 1600 meter relays. Muir, behind Obea Moore, ran away from the competition with 57 points. Moore was an individual state champion in the 200 meters and in the 400 meters and anchored Muir's relay teams.

In the girls' competition, Long Beach Wilson led by junior Kinshasa Davis, who was first in the 400 meters and third in the 200 meters, edged James Logan, 43-42.

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.

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 titles in track and field.

Muir won the boys' team title in 1995, 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.

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

Muir Pasadena and Jefferson High, Los Angeles have the most boys' titles with eight.

Berkeley High leads the girls' with five state championships. Long Beach Poly is second with four including the 1997 crown and winning back-to-back titles in 1991-92. The Jackrabbits also took the 1995 championship. Poly could tie Berkeley with a crown this year.

1998 marks the 80th renewal of the state championships in track and field and, as always, remarkable team and individual performances will be the norm.

Championships Have a Long Beach Flavor

Long Beach Wilson Girls and Long Beach Poly Boys Heavily Favored in Team Competition

By Richard Gonzalez
Correspondent

Led by speedburners Angela Williams of Chino High School and Darryl Rideaux of Long Beach Poly, this weekend's 80th annual CIF ARCO *am/pm* State Track and Field Championships at Cerritos College could become a record-setting affair.

While Williams chases the all-time National Federation girls' record (11.14 by Marion Jones) in the 100, St. Bernard looks to eclipse its own national mark in the 400-meter relay (44.70) and Long Beach Wilson aims to take down Muir's standard (3:37.69) in the 1,600-meter relay.

Rideaux, a leading figure in the Jackrabbits' jaw-dropping sprint crew, looks to erase Henry Thomas' longstanding state mark (10.25) on the boys' side.

As far as the battle for team plaques are concerned, the Southern Section almost certainly looks to lay claim to both titles once again. Several top-notch programs have once again geared up to time their peak just right, culminating in a truly superb affair over the next two days.

Here's a closer breakdown of all the events - featuring more than 850 athletes from 10 CIF sections - in what is annually considered the nation's premiere state meet.

BOYS SPRINTS/RELAYS

Juniors Darryl Rideaux, Kareem Kelly and Samie Parker - Long Beach Poly's "Terrific Trio" - are among the finest collection of dashmen in the Southern Section history, with the group aiming to take down Muir's meet record (40.35 set last year) in the 400-meter relay. The Jackrabbits, blazing to an unchallenged 40.39 last weekend, are no doubt seething to take down their rivals' mark this weekend.

Rideaux, the state's premier 100-meter sprinter this season, powered his way to a 10.62 clocking at last week's prestigious Southern Section Masters Meet despite battline a very brisk headwind.

Kelly, who false-started in last week's



Relay Wonders - Long Beach Poly looks for a second consecutive team title with its relay teams playing a major role in its success. Pictured (L-R) Aaron Smith, Samie Parker, Darrell Rideaux and Kareem Kelly. photo by Kirby Lee

100, was the hands-down winner in the deuce, ranking as the favorite here.

Defending state champ Justin Fargas (bound for Michigan on a football scholarship), plagued by a hamstring ailment in recent months, looked superb last weekend despite the loss to Rideaux.

USC-bound tailback Miguel Fletcher of Alemany, who looked unbeatable in early spring, has found the going tough in crunch time, now aiming to redeem himself when it counts. Birmingham's Demetrius Patterson is another standout.

In the one-lap sprint, Beverly Hill's Mike Ryan (47.53) and Taft Blaine Bussey (47.52) have been the top performers thus far, with several others looking for a breakthrough race en route to the team title.

Dominguez has everyone back from last year's state 1,600-meter relay champions (3:12.51), downshifting to slower times while going unpushed thus far in 1998.

Serra (Gardena), Long Beach Poly and Dorsey are other baton crews in search of title-winning efforts.

GIRLS SPRINTS/RELAYS

Angela Williams (Chino) pursuit of Marion Jones's national record in the 100 meters could prove to be one of the highlights of the meet. Williams ran an 11.15

last year at the state finals (11.14 is the national record) and finished at 11.40 at the Southern Section finals last weekend. Williams is also the favorite in the 200 with a 23.21 clocking at the section finals.

After Williams in the 100 Taft's Eboni Grayson (11.62 at the Los Angeles Section Finals), Miesha Withers of St. Bernard (11.71 at the Southern Section Finals) and Alexis Weatherspoon of Grant (11.73) are the leading contenders.

Withers has the second best qualifying time in the 200 behind Williams (23.59). LaTrice Borders of Long Beach Wilson should score points in both the 100 (11.90 at section finals) and in the 200 (23.95). Others in contention in the 200 include Tania Woods of Skyline (24.11) and Grayson (24.12).

Ayala's Nakiya Johnson is the top qualifier in the 400 meters (53.36, Southern Section finals) followed by Lashinda Demus of Long Beach Wilson (53.70) and Jayda Bailey of Taft (54.20).

The relays should be quite a show with Long Beach Wilson vying to break Muir's national record in the 1,600-meter relays. Wilson ran a blazing 3:37.97 - just off Muir's national record of 3:37.69 - at the Southern Section Finals.

Wilson also figures as the favorite in

the 400-meter relays with Long Beach Wilson (45.77 at the section finals) and Long Beach Poly (46.12) the top three.

Poly (3:43.22) and Encinal from the north (3:46.17) have the next best qualifying times behind Long Beach Wilson in the 1,600-meter relays.

BOYS DISTANCES

Mission San Jose's Jon Stevens, armed with possibly the nation's best speed among distance runners, aims for a grueling 800-1,600 double title over the next two days.

Stevens, who has motored to repeated sub-1:52 clockings, has to be considered the favorite should he be in the lead pack during the later stages of either race.

Other standouts featured in the 800 include Simi Valley's Ryan Meuse (1:52.57) - the sole returnee from last year's final - who has rediscovered his confidence in recent weeks, and Bonita's David Juiliano (1:54.00), who took up the two-lap race this year after specializing in the intermediate hurdles last spring.

Mission Viejo's Mark Gleason, a triple titlist (800-1,600, 3,200) at the competitive Southern Section Division I finals, and foreign exchange (via Australia) teammate Chris Kemp have both dipped under 4:14 recently to challenge Stevens (4:09.77), with Peninsula's Jason Taylor and Ukiah's Ryan Mack also in the picture.

The 3,200 is among the meet's most wide-open affairs, with Long Beach Poly's Chad Durham (9:11.32), Foot Locker Cross Country Championships West Regional champ Steve Smith of Ayala and Mt. Carmel's Mike Baskin leading a truckload of qualifiers in the sub-9:20 range.

GIRLS DISTANCES

Defending 800 champion Lindsay Hyatt (Placer) has been the nation's two-lap wonder this spring, tackling all comers in rattling off several sub-2:10 clockings during her big meet showdowns.

Barring a disaster up front, the true race figures to be for the runner-up position, with Moore League rivals Kim Gildersleeve (Long Beach Wilson, 2:11.14) and Arlene Bledsoe (Long Beach Poly, 2:12.76) among those giving chase.

Danielle Price (James Logan), Colleen Wrenn (Palo Alto), and Maureen Marques (St. Francis, Central Coast Section) are others giving this race alarming depth.

Montgomery High freshman phenom

Over the Top - Lashinda Demus of Long Beach Wilson is a multi-talented athlete leading Wilson's title hopes. photo by Kirby Lee



Sarah Bej, the latest find in the state's distance-rich tradition, aims to make her state-meet debut in the 1,600 a winning one on the heels of a blazing 4:52.10 section victory.

Among those in the Who's Who of contenders include Mission San Jose's Katie Hotchkiss (4:52.63), Lowell's Jennifer Akana (third last year) and multi-time national cross country finalist Elaine Canchola of powerhouse Nordhoff.

St. Ignatius' Katie Appendrodt is the leading qualifier in the 3,200 (10:40.95), teaming with Bej (10:41.72) and Palo Alto's Katie Brizgys (10:43.20) giving Northern California strong representation against the Southland's super trio of Canchola, University's Allyson Marquand and Canyon's (Canyon Country) Lauren Fleshman.

BOYS HURDLES

Mark Unzueta of Lemoore, third in state last spring, is among the West Coast's leading pole vaulters, riding a 16-3 clearance at sectionals to loom as the odds-on favorite here.

A slew of entrants qualified at 15-0, including Mt. Pleasant's Robert Carbajal, who finished eighth last season.

BB Malone, one of the Golden State's most versatile athletes, is the lone returnee from the 1997 long jump finals, with Stagg's Jerry Preciado (24-4) checking in as the top qualifier.

Jerriod Mack bounded his way to a state-leading 50-0 1/2 triple jump mark last week, hence positioning himself as the favorite this weekend. Clayton Valley's Benson Jones, the previous state leader (49-0 3/4) and Diamond Bar's unbeaten Andy Badger (48-8) are others shining of late.

With the high jump plagued by a list of notable non-qualifiers, El Modena's

Santosh Swamidass (6-9) and Los Altos' (Northern California) Darren Marble - eighth last year - top the prognostications.

GIRLS JUMPS

Defending champion Andria Booker (El Camino, Oceanside) leads seven returnees from last year's triple jump finals, making this among the weekend's showcase events.

Booker leaped 40-11 1/2 to win the San Diego Section with La Mirada's Brianna Glenn (second in 1997) and San Diego Hilltop's Tamara Espinoza (third) leading the challenger's list.

Trabuco Hill's Darnesha Griffith - a relative of sprint icon Florence Griffith-Joyner - emerged as the Southland's brightest new face last weekend, taking masters titles in both the long (19-4 3/4) and high jump (5-9) just minutes apart. Griffith excelled at Vacaville High last spring before relocating southward.

Others contending in the long jump include Lincoln's Laronda Hite (third last year), South's Dee Scott and Glenn.

High jumper Tia Hanson (Cajon) cleared 5-8 at her section meet with Yreka's Susan Schaap (5-7) and Marymount's Michelle Mahlke (third in 1997) also contending.

Tracy O'Hara of Rancho Bernardo soared 12-2 to lead qualifiers in the pole vault with tammate Kathleen Donoghue, Orange County recordholder Katie Rorem (12-1), defending champion Bridget Pearson (Hoover, Glendale) and Brooke Lankard (Golden West) also in the picture.

BOYS THROWS

Training partners Reedus Thurmond of Serra (Gardena) and Richard Legarra of Wilson (Hacienda Heights) have evolved into two of the country's top discus com-

TEAM COMPETITION

If Long Beach Wilson secures its slew of projected points in the sprints, then the Bruins will emerge as the sixth Long Beach squad in the last seven years to claim the title (Poly four times to Wilson's pending second).

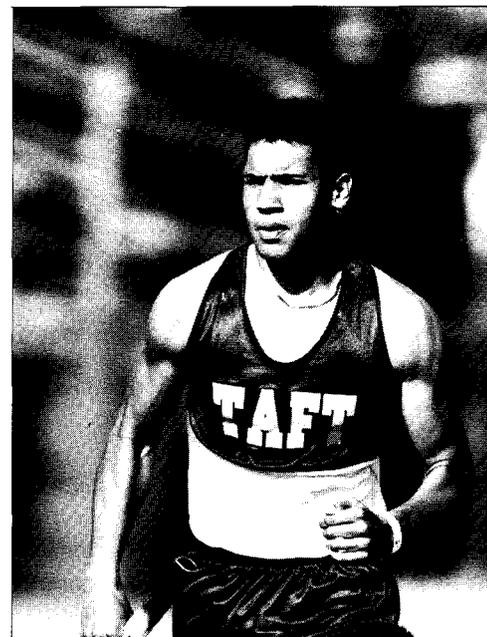
With Latrice Borders, Lashinda Demus, Joni Smith and Kim Gildersleeve leading on the oval, the Bruins are possible scorers in every race from the 100 ranging on to the 800 - as well as both relays.

A three-way battle ensues for the runner-ups plaque with Long Beach Poly expected to forge itself past St. Bernard in the team standings late in the meet, then challenge Taft (Los Angeles) right down to the final running event - the 1,600-meter relay.

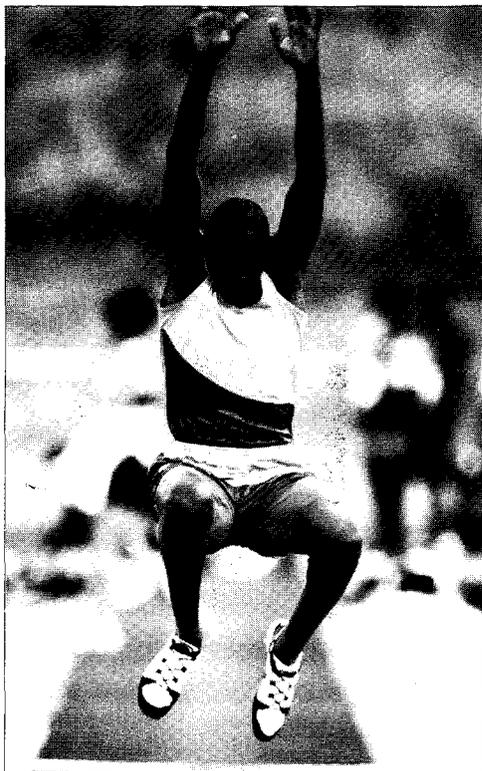
Long Beach Poly is the heavy favorite to successfully defend its boys' team title, with sprinters Darryl Rideaux, Kareem Kelly and Samie Parker and distance runner Chad Durham expected to play a role in all of the team points.

A second successive crown would have Poly successfully supplant once mighty Muir High of Pasadena as the state's jug-

(sprinter Blaine Bussey and its relays), Mission San Jose (with distance ace Jon Stevens) and Mission Viejo (featuring four-lap standouts Mark Gleason and Chris Kemp) are those in the picture.



In the Hunt - Blaine Bussey leads a talented Taft Los Angeles team. photo by Kirby Lee.



Lift Off - Oliver Jackson of Royal is one to watch in the long jump. photo by Kirby Lee.

petitors this year with the former unleashing an eye-popping 209-0 effort at the Arcadia Invitational to lead the nation.

Legarra's best of 194-9 three weeks ago set a CIF-SS Division II and San Gabriel Valley record. Both have Brian Blutreich's state meet record of 203-4 positioned in the crosshairs.

El Capitan's Dan Ames (187-4 to win the San Diego Section) and Bakersfield Van Mounts (fourth last year) are others to watch.

Mounts, the national leader at 69-3 1/2, is a virtual lock to capture his second consecutive shot put crown, with vastly improved Joe Alexandrow of Arroyo Grande (63-4 1/4 at masters) ranking as a viable runner-up candidate.



Focused - Sara Foster of Valencia is looking to challenge for a title in the long jump. photo by Kirby Lee.

GIRLS THROWS

An elite quartet of national-caliber performers leads the field here with senior discus throwers Stephanie Brown (the national leader from Arroyo Grande), April Burton (Bakersfield), defending state champ Chaniqua Ross (Laguna Creek) and Cecilia Barnes-Mileham (Clovis West) playing out the final chapter in their storied rivalry.

In the shot put, Brown and Ross (second and third, respectively, last year) top the list of qualifiers, both looming at the doorstep of 50-foot range this spring.

gernaut.

How far ahead of the competition are this weekend's Jackrabbits? Enough so that the team's points output should surpass the combined totals of the second and third place teams.

But in the most wide-open race for the runner-up position this decade, who would those two teams be?

Well, at least five squads could possibly score between 18-22 points.

Serra (sprints and discus thrower Reedus Thurmond) Dorsey (hurdlers Terry Ellis and Greg Lee and the relays), Taft



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 11 of 17 recognized national high school records, with one in each of the last three years. St. Bernard Playa del Rey is the most recent entry setting the national standard in the 4X100 meter relay at the 1997 state meet. Thousand Oaks High's Kim Mortensen set a record of 9:48.59 in the 3200 meters during the 1996 season. In 1995, Melissa Price of Kingsburgh High set a standard in a new event for girls - the pole vault - with a mark of 12-6. 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).

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 mark; and Mills High standout Leslie Maxie, who holds the national mark in the 300-meter low hurdles (40.18).

On the team side, besides St. Bernard, 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. The newest edition came last year when Michael Granville dazzled a state championship crowd by besting Pete Richardson's (Berkeley High) long standing mark in the 800 meters set in 1981 (1:46.41-1:47.31). Calvin Harrison of North Salinas 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.

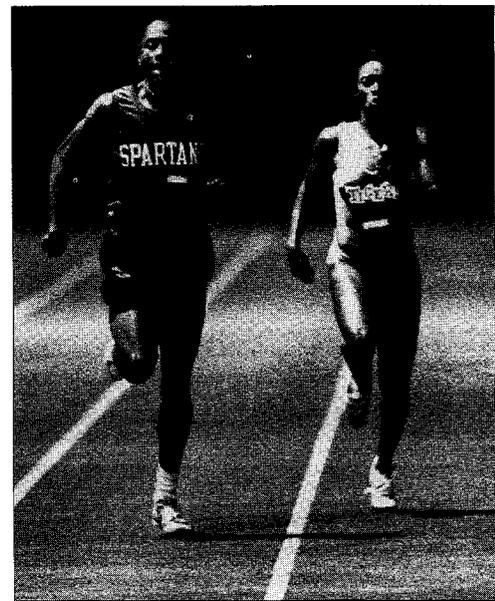
Berkeley High boys set the national mark in the 1600 meter relay, which was bested by Hawthorne High in 1985 (3:07.40). Lompoc's George Porter holds the national record in the 300 meter hurdles (35.32) and James Stallworth of Tulare set the national mark in the long jump in 1989 at 26-4 3/4.

California girls have also made quite a splash nationally holding 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 beat two years ago by Kristine Quance of Granada Hills (1:59.53) and was then broken by Allison Wagner of Eastside High 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 when Denali Knapp of Davis High set a national mark of 53.98 in the 100-yard backstroke.

In the boys swimming competition two



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.

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.

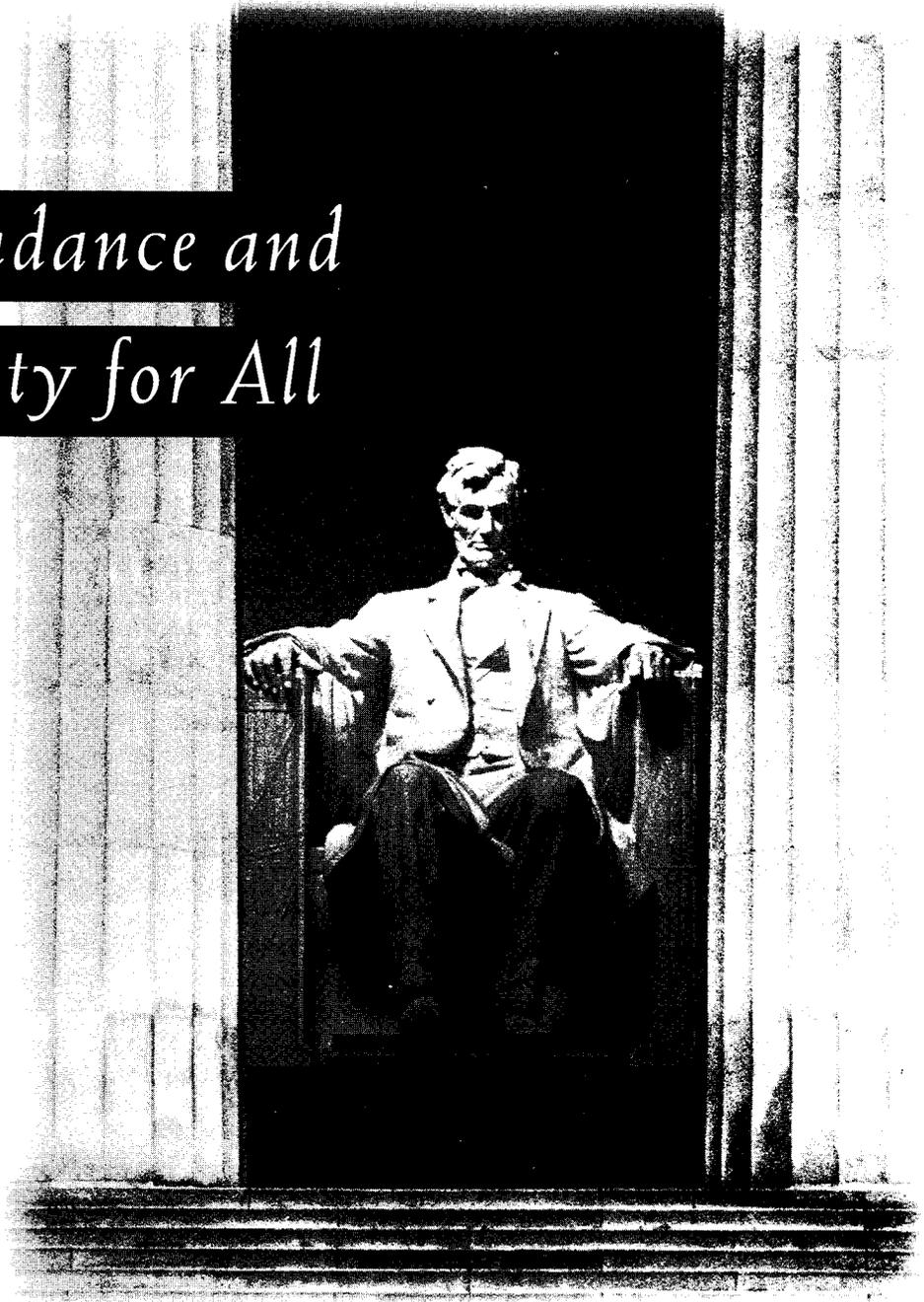
NATIONAL RECORDS HELD IN TRACK AND FIELD BY CALIFORNIA GIRLS

Record Holder	Event
Marion Jones, Thousand Oaks	100m, 11.14 (1992)
Marion Jones, Thousand Oaks	200m, 22.67 (1992)
Denean Howard, Kennedy	400m, 52.39 (1982)
Leslie Maxie, Mills Milbrae	300mLH, 40.1 (1984)
Kim Mortensen, Thous. Oaks	3200m, 9:48.59
Juliana Yendork, Walnut	TJ, 44-0 1/2 (1991)
Suzy Powell, Downey Modesto	Discus, 188-4 (1994)
Natalie Kaaiawahia, Fullerton Union	Shot Put, 53-7 3/4 (1983)
Melissa Price, Kingsburgh	PV, 12-6 (1996)
St. Bernard Playa del Rey H.S.	400m Relay, 44.70 (1997)
John Muir Pasadena	1600m Relay, 3:37.69('85)

NATIONAL RECORDS HELD IN TRACK AND FIELD BY CALIFORNIA BOYS

Record Holder	Event
Calvin Harrison, North Salinas	400m, 45.25 (1993)
Michael Granville, Bell Gardens	800m, 1:46.41 (1996)
George Porter, Lompoc Cabrillo	300mh, 35.32 (1985)
James Stallworth, Tulare	LJ, 26-4 3/4 (1989)
Charles Mayfield, Muir Pasadena	TJ, 52-10 1/2 (1980)
Hawthorne High Hawthorne	1600 meter relay, 3:07.40(1985)

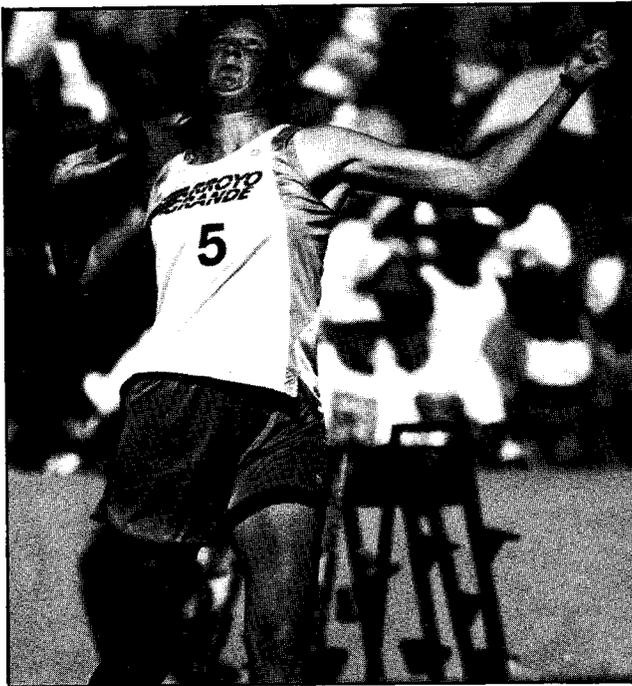
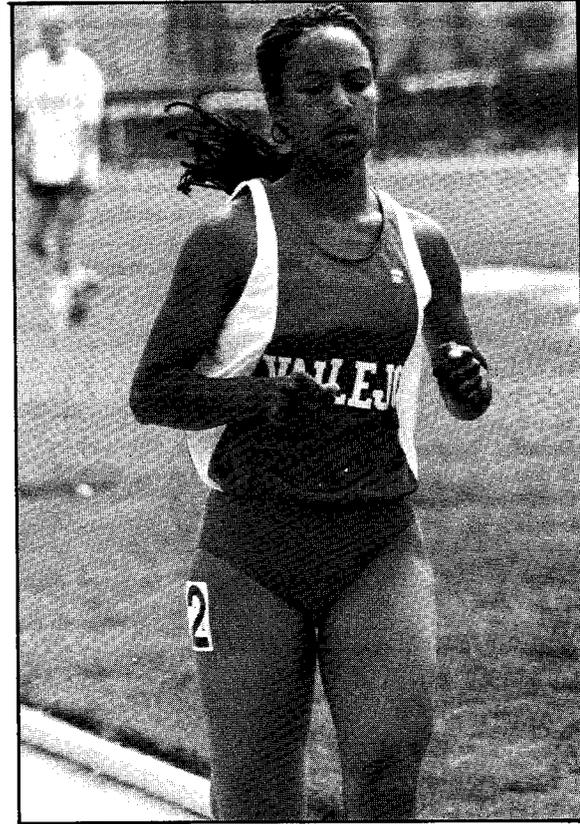
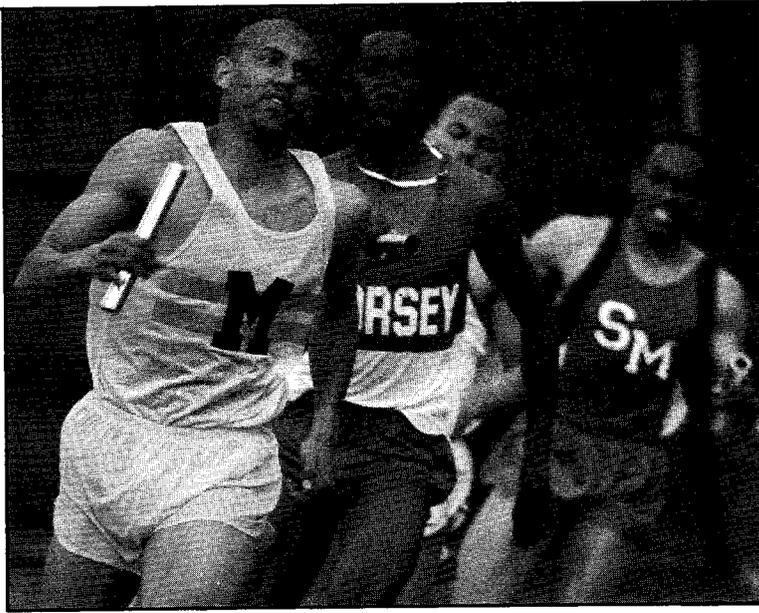
*With Abundance and
Opportunity for All*



ARCO is dedicated to the principles of fairness and inclusion, and seeks to forge partnerships with a diverse array of individuals and organizations.



Schedule of Events



CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS 400m RELAY

BOYS 400m RELAY

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

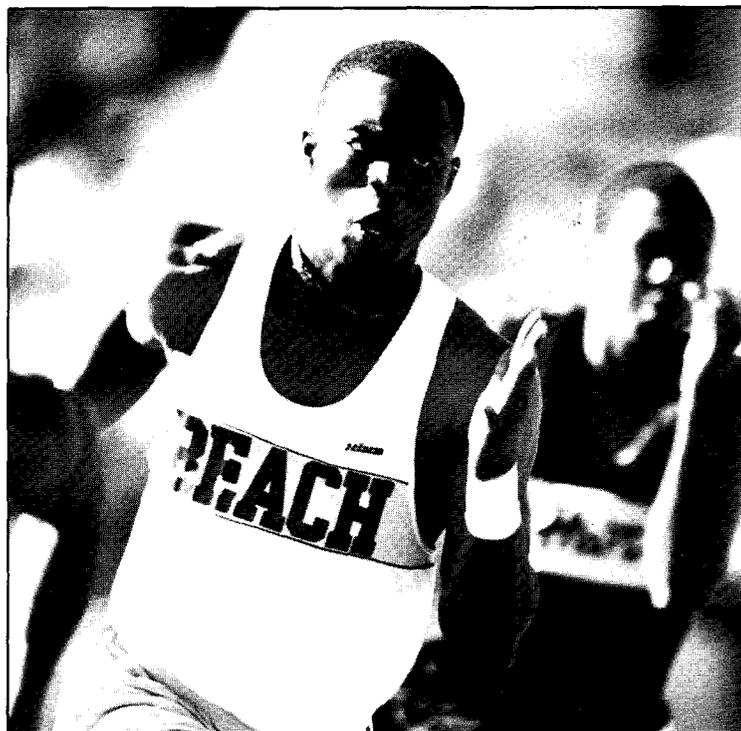
Prelims: 5:12 p.m. - Fri. Final: 4:08 p.m. - Sat.

Records - National: 44.70 St. Bernard (Playa del Rey, CA) 1997
State: 44.70 St. Bernard (Playa del Rey, CA) 1997

Records - National: 39.9h Jasper (Jasper, TX) 1991
State: 40.35 John Muir (Pasadena, CA) 1997

School	Sect.	Sect. Mark	Pos	Place	Mark
West Valley	NO	50.37			
Valley	SJ	49.03			
Mt. Miguel	SD	48.03			
Gahr	SS	47.44			
St. Bernard	SS	45.77			
Encinal	NC	47.15			
Skyline	OK	48.02			
Crenshaw	LA	48.89			
Laguna Creek	SJ	49.50			
Lincoln Stockton	SJ	50.14			
Clovis West	CE	49.04			
Foothill	CE	48.11			
Morse	SD	47.50			
L.B. Wilson	SS	46.11			
San Lorenzo	NC	46.94			
EL Cerrito	NC	47.84			
Dorsey	LA	48.78			
Independence	CC	49.45			
Washington-SF	SF	51.78			
Oak Grove	CC	49.15			
Menlo	CC	48.17			
Muir	SS	47.63			
L.B. Poly	SS	46.12			
Taft	LA	46.29			
Lincoln	SD	47.65			
Bishop O'Dowd	NC	48.70			
Roosevelt	CE	49.38			

School	Sect.	Mark	Pos.	Place	M
Archbishop Mitty	CC	42.72			
Castro Valley	NC	42.53			
Brookside Christian	SJ	42.24			
Gardena	LA	41.74			
L.B. Poly	SS	40.39			
Taft	LA	41.70			
Culver City	SS	42.18			
St. Francis-CC	CC	42.53			
San Pasqual	SD	42.64			
Pleasant Valley	NO	43.28			
Tulare Union	CE	42.54			
Bakersfield	CE	42.24			
Mc Clymonds	OK	41.81			
University City	SD	40.66			
Rowland	SS	41.66			
De LaSalle	NC	42.01			
Lincoln Stockton	SJ	42.44			
Amador Valley	NC	42.64			
Lowell	SF	44.07			
James Logan	NC	42.54			
North Salinas	CC	42.33			
Dorsey	LA	41.89			
Serra-SS	SS	40.91			
Loyola	SS	41.47			
Vallejo	SJ	41.89			
Roosevelt	CE	42.34			
St. Augustine	SD	42.59			



Miya Edmonson leads St. Bernard Playa del Rey's 400 meter relay team. photo by Kirby Lee.

Kareem Kelly of Long Beach Poly was 4th in the 200 meters last year in addition to running the relays. photo by Kirby Lee

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS 1600m RUN

Prelims: 5:24 p.m. - Fri. Final: 4:17 p.m. - Sat.

Records - National: 4:39.40 Laura Matson (Bloomfield Hills, MI) 1991
State: Polly Plummer (University, Irvine) 1982

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Terry Vega	12 San Geronio	SS	5:06.86			
Jennifer Burris	12 Ayala	SS	5:02.42			
Kersti Miller	12 Miramonte	NC	5:01.85			
Spring Dawson	10 Vallejo	SJ	4:59.68			
Sara Bej	09 Montgomery	NC	4:52.10			
Anne-Elyse Smith	12 Aptos	CC	4:58.20			
Courtney Baird	11 Helix	SD	5:01.71			
Lauren Gustafson	10 Mills	CC	5:02.43			
Valerie Flores	10 San Pedro	LA	5:04.08			
Veronica Sanchez	12 Wasco	CE	5:12.80			
Karen Vasko	10 Mt. Carmel	SD	5:12.90			
Andrea Palacio	10 Clovis West	CE	5:15.70			
Melissa Peralta	12 South Gate	LA	5:15.92			
Kyra Patterson	12 San Luis Obispo	SS	5:07.00			
Katie Martin	11 Irvington	NC	5:03.81			
Desiree Davila	09 Hilltop	SD	5:02.28			
Angela Sanchez	09 Capuchino	CC	5:00.10			
Katie Hotchkiss	11 Mission San Jose	NC	4:52.63			
Jennifer Akana	12 Lowell	SF	4:57.84			
Elaine Canchola	12 Nordhoff	SS	5:01.58			
Tiffany Burgess	11 Birmingham	LA	5:02.74			
Christa Fitzgerald	12 Dana Hills	SS	5:03.97			
Ali Nicolas	10 Lincoln Stockton	SJ	5:12.00			
Randi Fee	10 Placer	SJ	5:13.78			
Christie Gregory	11 Clovis	CE	5:15.40			
Erinn Gulbrandsen	11 Pleasant Valley	NO	5:18.18			
Emily Dixon	12 Skyline	OK	5:26.21			



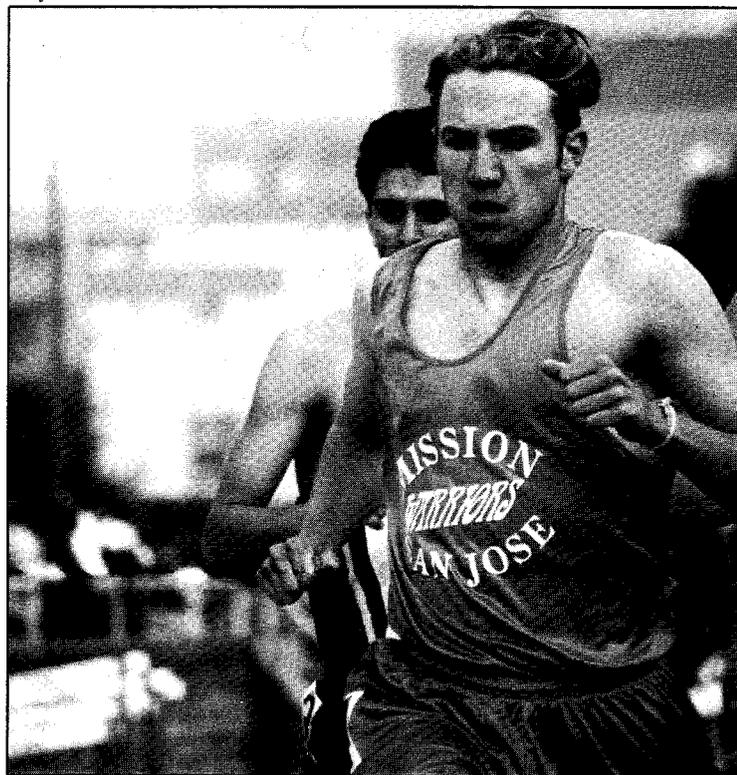
Jennifer Akana of Lowell SF was third in the 1600 meters at the 1997 state meet.

BOYS 1600m RUN

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

Records - National: 3:58.30 Jim Ryun (East, Wichita, KN) 1965
State: 4:04.00 Michael Stember (Jesuit, Carmichael) 1995

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Erik Aguilar	12 Porterville	CE	4:22.20			
Marcus Chandler	11 Serra-Sd	SD	4:21.20			
Adam Tucker	12 St. Francis-CC	CC	4:18.1			
Mark Gleason	12 Mission Viejo	SS	4:13.56			
Jon Stevens	12 Mission San Jose	NC	4:09.77			
Jason Taylor	12 Peninsula	SS	4:13.79			
Joma DeWald	12 Soquel	CC	4:16.90			
Andre Young	11 Marshall	LA	4:20.80			
David Ulibarri	11 Sierra	SJ	4:21.89			
Scott MacDonald	12 James Logan	NC	4:22.66			
Emiliano Figueroa	12 Johansen	SJ	4:24.24			
Philip Ogilvie	12 Delta	NO	4:25.45			
Juan Chavira	12 Hanford	CE	4:31.10			
Zach Ardell-Smith	10 San Leandro	NC	4:22.14			
Justin Nouroth	12 Vista	SD	4:21.63			
Michael Altieri	12 Jesuit	SJ	4:19.04			
Martin Brix	12 University	SS	4:14.48			
Chris Kemp	11 Mission Viejo	SS	4:13.54			
Ryan Mack	11 Ukiah	NC	4:13.81			
James DeBruhl	11 Chino	SS	4:15.0			
Neil Mc Donagh	10 St. Ignatius	CC	4:19.04			
Jon Rankin	10 Monte Vista	SD	4:21.83			
Mike Pestorich	12 Clovis West	CE	4:22.50			
Kenzo Bergeron	12 Hamilton	LA	4:24.28			
Alejandro Limos	11 Belmont	LA	4:25.10			
Jin Daikoku	09 Lowell	SF	4:39.72			
Esayas Messele	11 Oakland Tech	OK	4:52.22			



Jon Stevens of Mission San Jose High School. photo by Willie Eashman Jr., *Student Sports Magazine*.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS 100m HH

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

Records - National: 13.23 Dominique Calloway (Lakewood, CO) 1996
State: 13.23 Nicole Hoxie (JW North, Riverside) 1997

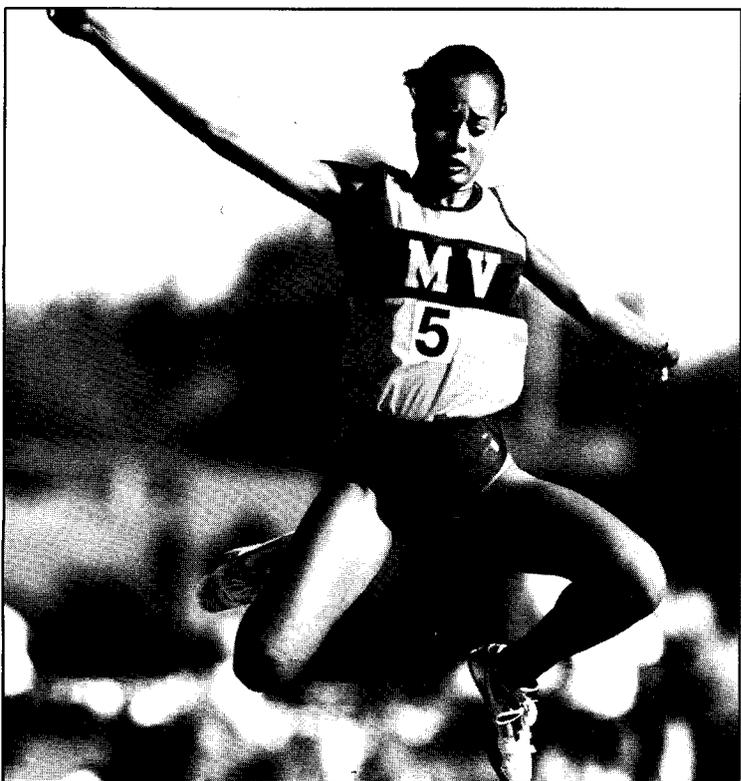
Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Rachael Mintz	11 East Nicolaus	NO	16.22			
Dee Scott	11 South	CE	15.04			
Frances Santin	12 Taft	LA	14.78			
Kelly Watson	12 Milpitas	CC	14.54			
Natasha Neal	12 James Logan	NC	13.93			
Dana Bethel	9 Mission Viejo	SS	14.53			
Alisha Carter	12 Rancho Bernardo	SD	14.69			
Simone Brooks	10 Berkeley	NC	15.02			
Angela Terry	12 Grant-LA	LA	15.64			
Dahlia Lerma	10 Inter. Studies Aca	SF	18.22			
Dwan Dansby	11 Yuba City	SJ	15.12			
Carolyn King	12 Carondelet	NC	14.80			
Carrie McGraw	12 Mission San Jose	NC	14.63			
Nicole Denby	10 J.W. North	SS	14.20			
Andria Booker	12 EL Camino-Sd	SD	14.49			
Tamara Gulley	10 Oak Grove	CC	14.66			
Randi Smith	12 Beverly Hills	SS	14.83			
Brooke Lankard	12 Golden West	CE	15.54			
Jessica Leslie	11 Oakland	OK	18.39			
Melissa Ferguson	11 Dixon	SJ	15.12			
Latanya Agurs	12 Grossmont	SD	14.82			
Mandi Ruziecki	11 Tehachapi	CE	14.64			
Ashley Bethel	12 Mission Viejo	SS	14.29			
Kristia Groves	12 Gardena	LA	14.33			
Zahelia Showe	12 L.B. Poly	SS	14.66			
Chanel Day	11 Laguna Creek	SJ	14.83			
Latoya Phillips	10 Archbishop Mitty	CC	15.27			

BOYS 110m HH

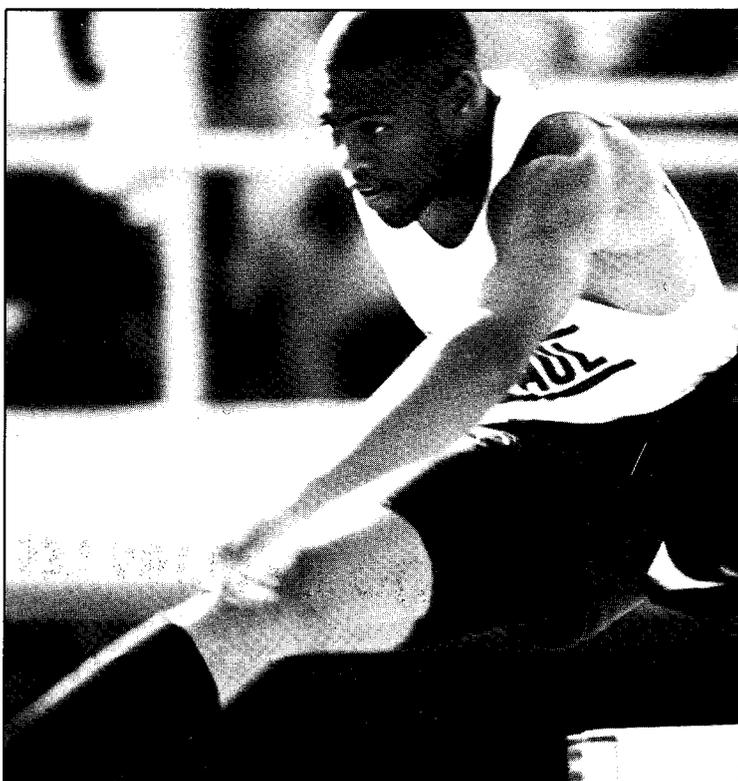
Prelims: 6:02 p.m. - Fri. Final: 4:47 p.m. - Sat.

Records - National: 12.90 Reynaldo Nehemiah (Scotch Plains, NJ) 1977
State: 13.41 Steve Kerbo (Mission Viejo) 1982

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Rand LeBaron	12 Yreka	NO	15.56			
Aaron Ellis	12 Damien	SS	14.64			
Cal Steffler	12 Fallbrook	SD	14.52			
James Brown	12 Dana Hills	SS	14.34			
Greg Lee	11 Dorsey	LA	13.92			
Cameron McClure	11 Golden West	CE	14.26			
Frank Lake	11 Fairfield	SJ	14.46			
Rich Nero	12 St. Mary's	NC	14.60			
Brandon Orlando	12 Gilroy	CC	14.96			
Ronald Cuenca	12 MC Ateer	SF	15.77			
Alex Ware	11 Los Altos	CC	14.69			
Jason Wheeler	12 Hogan	SJ	14.59			
Charles Amej	12 James Logan	NC	14.41			
Terry Ellis	11 Dorsey	LA	13.98			
Tim Bogdanof	12 Buchanan	CE	14.15			
Raymond Wells	12 Mt. Miguel	SD	14.45			
Arthur Hoskins	11 Jordan	SS	14.61			
Quantis Cann	11 St. Mary's	NC	14.88			
Dwayne Lefall	11 McClymonds	OK	16.13			
Terry Jenkins	11 Muir	SS	14.78			
Thomas Hocker	12 Silver Creek	CC	14.60			
Rico Hatter	11 Vallejo	SJ	14.41			
Marlin Beaver	12 Newark Memorial	NC	14.00			
Marcell Allmond	11 St. Paul	SS	14.02			
Devery Hughes	12 Fremont-LA	LA	14.44			
Dustin Hollins	12 Mt. Miguel	SD	14.61			
Joseph Mealy	11 Selma	CE	14.82			



Ashley Bethel of Mission Viejo High School.



Marcell Allmond of St. Paul High School.

photo by Kirby Lee.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS 400m DASH

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

Records - National: 52.39 Denean Howard (Kennedy, Gran. Hills, CA) '82
State: 52.39 Denean Howard (Kennedy, Gran. Hills, CA) 1982

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Deborah McCarter	12 Fremont-LA	LA	61.40			
Jasmine Washington	11 St. Ignatius	CC	57.86			
Chloe Jarvis	10 St. Francis	SJ5	57.03			
Malinda Malone	10 Cleveland	LA	55.44			
Nakiya Johnson	11 Ayala	SS	53.36			
Kadrina Coffee	12 St. Bernard	SS	55.35			
Aroline Neal	10 Rancho Buena Vista	SD	56.95			
Dominique Haley	11 Leland	CC	57.77			
Roshawn Perkins	10 Point Arena	NC	58.04			
Sally Fortson	11 Johansen	SJ	59.25			
Jini Hogg	11 Inter. Studies Aca	SF	57.91			
Aisha Margain	10 San Lorenzo	NC	57.43			
Julia Gray	12 J.W. North	SS	55.50			
Lashinda Demus	9 L.B. Wilson	SS	53.70			
Monique Henderson	09 Morse	SD	54.63			
Amy Taylor	11 Rancho Bernardo	SD	56.64			
Bo Alade	12 Foothill	CE	57.65			
Rometra Craig	10 Menlo	CC	58.23			
Jenny Jeffries	11 West Valley	NO	59.12			
Heather Clark	11 Vacaville	SJ	58.37			
T'Carra Penick	09 San Lorenzo	NC	57.45			
Sharita Reed	12 Encinal	NC	55.82			
Jayda Bailey	10 Taft	LA	54.20			
Joni Smith	11 L.B. Wilson	SS	54.43			
Racquel Johnson	12 Westchester	LA	56.13			
Lenore Harris	11 Wasco	CE	57.63			
Amber Newsome	11 Stockdale	CE	58.05			



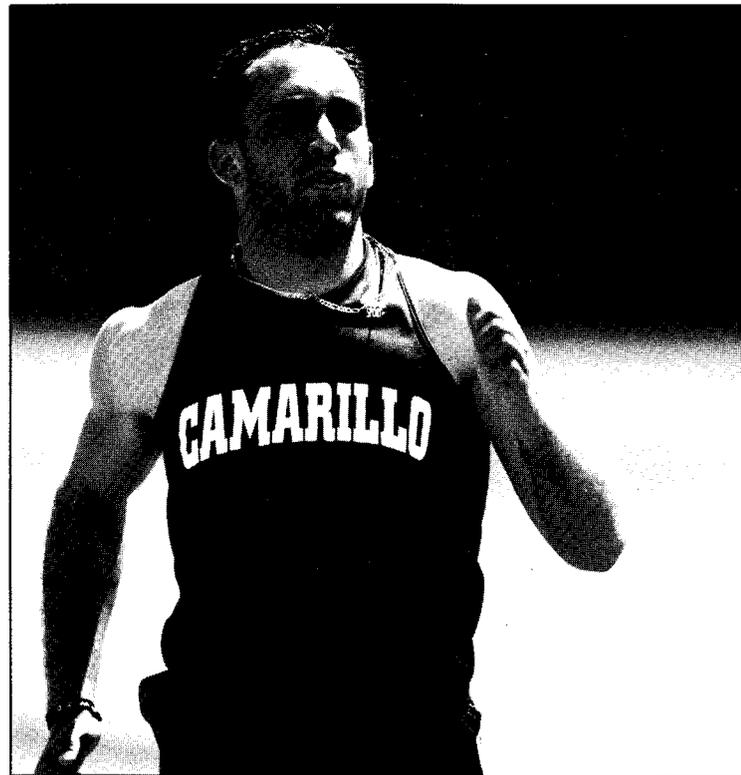
Katrina Coffee of St. Bernard Playa del Rey. photo by Kirby Lee

BOYS 400m DASH

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
Land Adams	11 Mc Clymonds	OK	49.95			
BB Malone	12 Redwood	CE	48.99			
Matt Lea	12 Camarillo	SS	48.67			
Raheem Barnes	11 Gardena	LA	48.12			
Blaine Bussey	11 Taft	LA	47.52			
Tyrol Springs	12 North Salinas	CC	48.03			
Ricky Sharpe	12 Mt. Carmel	SD	48.44			
Kwamin Taylor	12 St. Mary's	NC	48.87			
Nate Huggins	12 Bakersfield	CE	49.84			
Joe Ernst	11 Red Bluff	NO	50.46			
Denye Versher	10 St. Mary's	NC	49.29			
Lawrence Jones	12 Taft	LA	48.53			
Desmond McGill	12 Serra-SS	SS	48.16			
Mike Ryan	11 Beverly Hills	SS	47.53			
Maurice Douglas	11 San Diego	SD	47.93			
Giovanni Miles	11 Vallejo	SJ	48.28			
Jesse Carney	10 El Camino	SJ	48.87			
Shaka Dickson	12 Central	CE	49.72			
Raymond Filion	12 Lowell	SF	51.13			
Jacy Russel	12 Yuba City	SJ	49.13			
Arthur Crockett	11 Del Mar	CC	48.69			
Rod Arzu	12 Notre Dame/S.O.	SS	48.19			
Arthur Orange	11 Rancho Buena Vista	SD	47.77			
Ernesto Salinas	12 Gilroy	CC	47.78			
Jafar Williams	12 St. Mary's	NC	48.25			
Hassen Dickens	12 Dominguez	SS	48.85			
Kimani Lovan	11 St. Mary's	NC	49.32			



Matt Lea of Camarillo High School

photo by Kirby Lee

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS 100m DASH

BOYS 100m DASH

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

Records - National: 11:14 Marion Jones (Thousand Oaks, CA) 1991
State: 11:14 Marion Jones (Thousand Oaks, CA) 1991

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Trenae Owens	12 Mt. Miguel	SD	12.53			
Melinda Smedley	11 Lincoln Stockton	SJ	12.25			
Adrena Williams	10 James Logan	NC	12.04			
Tania Woods	11 Skyline	OK	11.91			
Angela Williams	12 Chino	SS	11.40			
Latrice Borders	11 L.B. Wilson	SS	11.90			
Nikki Pogue	11 Menlo	CC	12.13			
Katrina Keith	09 EL Cerrito	NC	12.20			
Kennesha Phillips	09 Roosevelt	CE	12.52			
Keisha Mierez	11 Castle Park	SD	12.56			
Yahvoh Totimeh	12 Valley	SJ	12.28			
Sierra Hauser-Pric	09 Notre Dame/S.O.	SS	12.04			
Sani Roseby	10 Monterey	CC	11.95			
Eboni Grayson	12 Taft	LA	11.62			
Deneeka Torrey	12 Taft	LA	11.86			
Erin Dangerfield	11 Bishop O'Dowd	NC	12.01			
Reshundra Smiley	09 Ceres	SJ	12.18			
Macklin Harris	12 Enterprise	NO	12.52			
Tanika Page	10 MC Ateer	SF	13.11			
Kameelah Allen	10 Mt. Miguel	SD	12.40			
Jamara Smith	10 James Logan	NC	12.15			
Tiffany Bennett	10 Centennial-CE	CE	11.97			
Miesha Withers	12 St. Bernard	SS	11.71			
Alexis Weatherspoon	09 Grant-LA	LA	11.73			
Amaris Buchanan	12 Gahr	SS	12.00			
Tanisha Webb	11 Wilcox	CC	12.16			
Tiffany Randolph	11 Hanford	CE	12.41			

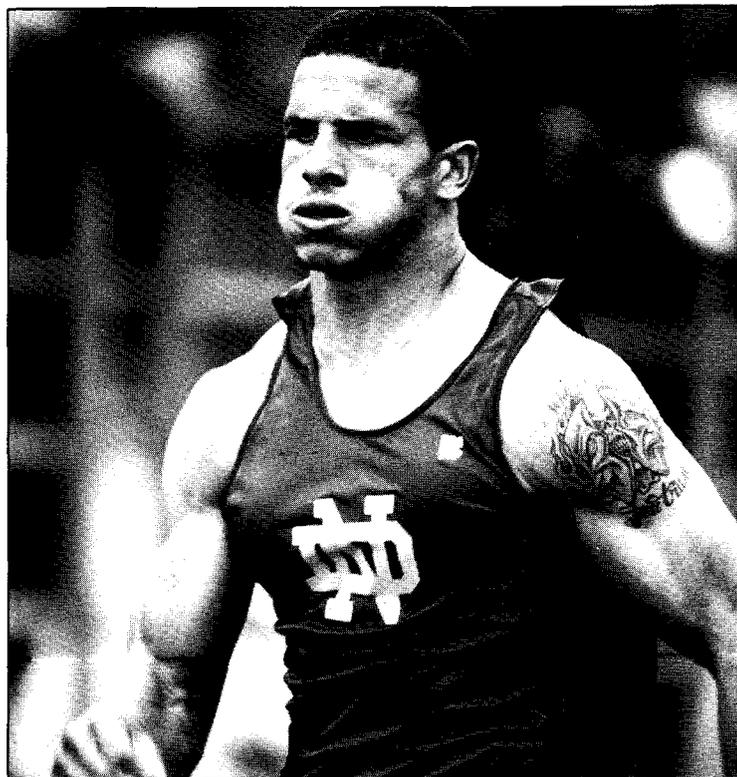
Prelims: 6:50 p.m. - Fri. Final: 5:15 p.m. - Sat.

Records - National: 9.9h Henry Neal (Greenville, TX) 1990
State: 10.30 Riley Washington (Southwest, San Diego) 1992

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Daryl Wilshire	12 Amador Valley	NC	11.07			
Paul Jones	12 Rowland	SS	10.95			
Justin Fargas	12 Notre Dame/S.O.	SS	10.68			
Edward Miller	12 Delano	CE	10.63			
Ric Cottengim	11 Elk Grove	SJ	10.46			
Willie Dixon	10 Brookside Chr.	SJ	10.60			
Devon Ward	12 University City	SD	10.65			
Allan Amunuson	11 Marin Catholic	NC	10.93			
Arvin Wu	12 El Camino-CC	CC	11.08			
D.J. Williams	10 De LaSalle	NC	11.07			
Donte Mack	11 Del Mar	CC	10.96			
Lamont Long	10 University City	SD	10.74			
Darrell Rideaux	11 L.B. Poly	SS	10.62			
Ike Okenwa	12 Morse	SD	10.46			
Demetrus Patterson	12 Birmingham	LA	10.59			
D.J. McCoy	12 Bakersfield	CE	10.65			
Lawrence Parks	12 Mc Clymonds	OK	10.84			
Daniel Jackson	12 Pleasant Valley	NO	11.03			
Charles Lawrence	10 MC Ateer	SF	11.48			
Curtis Nettles	12 Culver City	SS	10.98			10.70
Atari Callen	11 De LaSalle	NC	10.83			
Donte Stallworth	12 Grant-Sj	SJ	10.60			
Machtier Clay	11 Carson	LA	10.54			
Quincy Wright	12 El Camino Real	LA	10.54			10.71
Marcel Armstrong	12 McLane	CE	10.64			
Miguel Fletcher	12 Alemany	SS	10.84			
Ronald Nunn	10 St. Francis-CC	CC	11:03			



Angela Williams of Chino High School hopes to top the national mark set by Marion Jones (11.14).
photo by Kirby Lee



Defending state champion Justin Fargas of Notre Dame Sherman Oaks High School. photo by Kirby Lee

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS 800m RUN

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

Records - National: 2:04.50 Joetta Clark (Maplewood, Columbia, NJ) '80
State: 2:04.91 Trena Hull (Compton) 1984

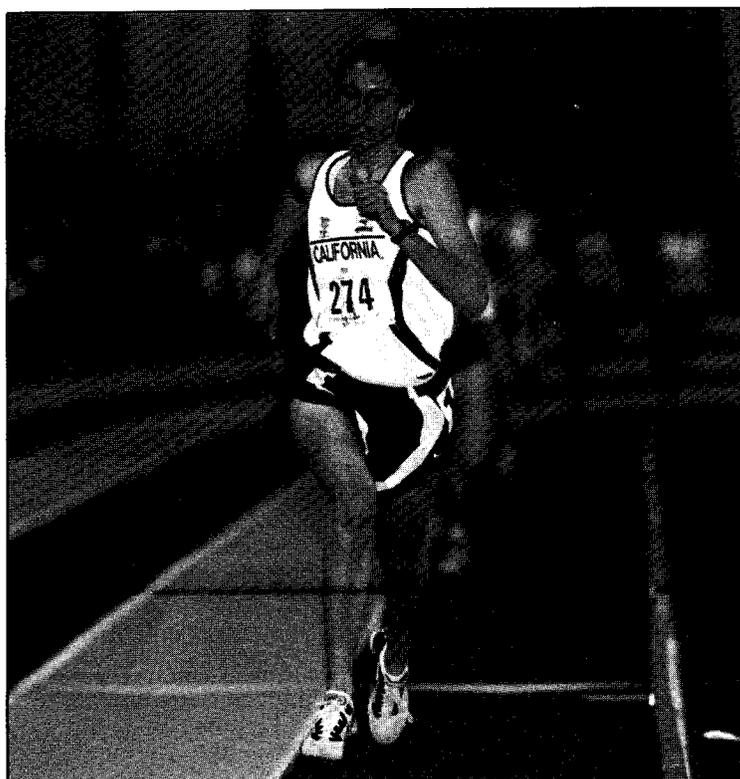
Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Vanessa Lewis	12 Fremont-LA	LA	2:21.91			<u>2:13.3</u>
Amy LaPine	11 Los Gatos	CC	2:18.41			<u>2:13.6</u>
Samantha Piper	11 Coronado	SD	2:16.37			<u>2:14.9</u>
Dirkje Dunharn	10 Analy	NC	2:14.68			<u>2:15.7</u>
Lindsay Hyatt	11 Placer	SJ	2:10.14			<u>2:11.3</u>
Tara Gregory	12 Crescenta Valley	SS	2:13.82			
Camille Dredge	11 Torrey Pines	SD	2:16.32			
Jenny Navarette	10 Mt. Whitney	CE	2:18.30			
Jamie Newman	11 El Camino Real	LA	2:21.69			
Sopagna Eap	11 Lowell	SF	2:23.31			
Michaela Williams	12 Beyer	SJ	2:18.82			
Maureen Marquess	10 St. Francis	CC	2:16.81			
Maika Nelson	12 Brea Olinda	SS	2:15.39			<u>2:15.90</u>
Kim Gildersleeve	11 L.B. Wilson	SS	2:11.14			<u>2:11.</u>
Danielle Price	12 James Logan	NC	2:13.66			
Lesley Bravin	10 Valhalla	SD	2:16.19			
Colleen Wrenn	12 Palo Alto	CC	2:17.38			<u>2:15.09</u>
Jackie Jackson	10 Dorsey	LA	2:21.64			
Jenee Erickson	11 West Valley	NO	2:23.38			
Sandi Russler	11 Clovis West	CE	2:19.30			
Diana Rancourt	12 Montgomery	NC	2:17.01			
Katie Scarlett	10 Woodland	SJ	2:16.03			<u>2:13.81</u>
Arlene Bledsoc	11 L.B. Poly	SS	2:12.76			<u>2:13.07</u>
Jessica Marr	11 Hayward	NC	2:12.76			
Ashley Furst	11 Laguna Hills	SS	2:16.07			
Judith Fischer	12 Stockdale	CE	2:17.30			
Heidelle Santin	12 Taft	LA	2:20.09			

BOYS 800m RUN

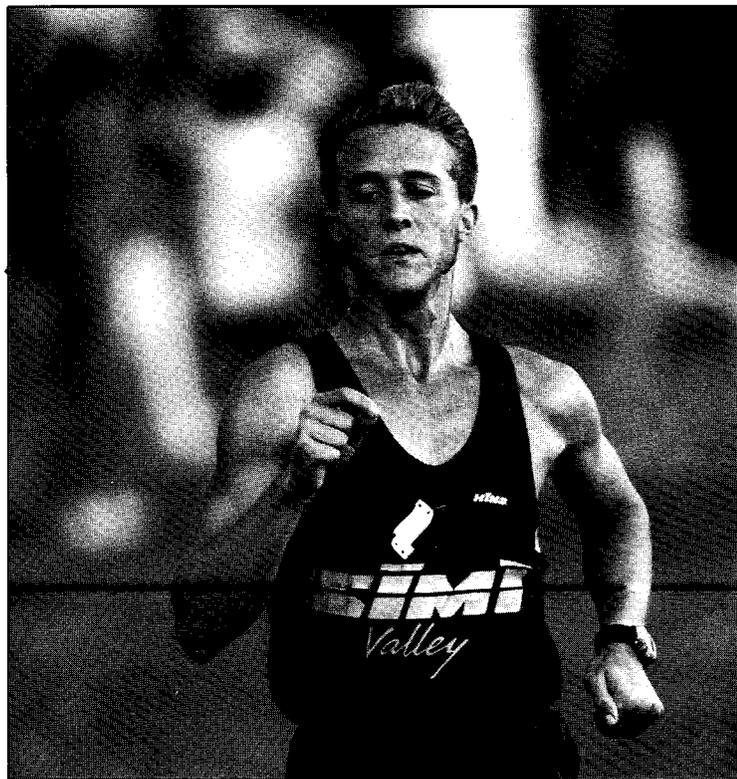
Prelims: 7:17 p.m. - Fri. Final: 5:29 p.m. - Sat.

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

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Ontae Chaney	10 Cleveland	LA	1:57.68			
Steve Smith	12 Granada	NC	1:56.18			
Andre Young	11 Marshall	LA	1:55.56			
Temo Trujillo	12 North Monterey	CC	1:54.82			
Gabe Orosco	12 Tulare Union	CE	1:53.50			
David Juiliano	12 Bonita	SS	1:54.72			
Phil Tabor	12 Casa Roble	SJ	1:55.44			
Brian Nichols	11 Paradise	NO	1:56.18			
Clinton DiChoso	12 Downey	SJ	1:57.52			
Eddie Johnson	12 MC Ateer	SF	2:00.79			
Mike Rostkowski	12 De LaSalle	NC	1:56.31			
D.J. Ozan	11 Del Mar	CC	1:55.82			
Evan Fox	10 West Hills	SD	1:54.96			
Soan Ricketts	10 Rancho Bernardo	SD	1:53.51			
Ryan Meuse	12 Simi Valley	SS	1:54.58			
Ruben Camargo	12 Sultana	SS	1:55.41			
Stephen Nestinger	11 Santa Clara	CC	1:56.17			
Jesus Zamora	11 Kennedy-LA	LA	1:57.34			
Leland Lemmons	12 Mc Clymonds	OK	2:04.32			
Michael Herring	11 Hanford	CE	1:56.69			
David Rios	12 Colfax	SJ	1:55.85			
Matthew Torres	12 Nordhoff	SS	1:55.08			
Mohamed Aden	11 Kearny	SD	1:53.61			
Jon Stevens	12 Mission San Jose	NC	1:53.68			
Chris Burns	11 Ontario	SS	1:55.11			
Ryan Preston	12 Moreau Catholic	NC	1:56.17			
Ryan Smithhart	11 Buchanan	CE	1:57.09			



Lindsay Hyatt of Placer High in Auburn looks for a third straight title in the 800 meter run.



Ryan Meuse of Simi Valley was 6th in the 800 meters in 1997.
photo by Kirby Lee

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS 300m LH

BOYS 300m LH

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

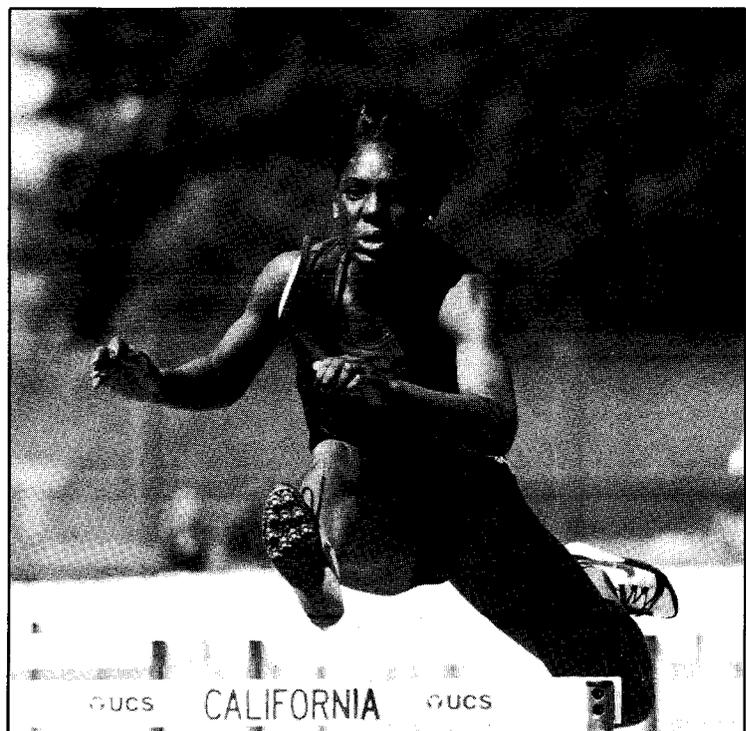
Prelims: 7:45 p.m. - Fri. Final: 5:45 p.m. - Sat.

Records - National: 40.18 Leslie Maxie, Millbrae (Mills, CA) 1984
State: 40.26 Janeene Vickers (Pomona) 1987

Records - National: 35.32 George Porter (Cabrillo, Lompoc, CA) 1985
State: 35.50 George Porter (Cabrillo, Lompoc, CA) 1985

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Lenore Harris	11 Wasco	CE	46.04			
Dee Scott	11 South	CE	45.34			
Monique Anderson	11 Gardena	LA	44.40			
Kelly Watson	12 Milpitas	CC	43.60			
Natasha Neal	12 James Logan	NC	42.39			
Chanel Day	11 Laguna Creek	SJ	43.54			
Lashinda Demus	9 L.B. Wilson	SS	44.23			
Sarah Brown	12 Woodland	SJ	45.14			
Artency Nelson	12 Silver Creek	CC	45.99			
Ileah Jackson	11 Big Valley	NO	47.37			
Leann Slater	12 Leland	CC	45.43			
Trisha Mathews	12 EL Camino	SD	44.60			
Amanda Shanklin	11 Santa Margarita	SS	43.68			
Detra King	11 L.B. Poly	SS	42.52			
Frances Santin	12 Taft	LA	43.27			
Ebony Kirton	11 Encinal	NC	44.15			
Nikki Dulln	10 Rancho Bernardo	SD	44.94			
Cindy Wong	11 Mt. Whitney	CE	45.76			
Camille Hearst	10 Lowell	SF	49.90			
Melissa Ferguson	11 Dixon	SJ	45.44			
Deneeka Torrey	12 Taft	LA	44.63			
Carolyn King	12 Carondelet	NC	43.97			
Randi Smith	12 Beverly Hills	SS	42.62			
Carrie McGraw	12 Mission San Jose	NC	43.07			
Becky Rauth	11 Harvard/Westlake	SS	44.01			
Ryan Peters	12 Skyline	OK	44.71			
Amber Martin	11 West Hills	SD	45.61			

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Jason Peters	12 Chico	NO	39.91			
David Clagett	11 San Pasqual	SD	39.08			
Rico Hatter	11 Vallejo	SJ	38.54			
Terry Jenkin	11 Muir	SS	38.10			
Guy McGowan	12 Leigh	CC	37.32			
Marcell Allmond	11 St. Paul	SS	38.02			
Terry Ellis	11 Dorsey	LA	38.45			
Joe Gutierrez	11 Sweetwater	SD	38.98			
Cameron McClure	11 Golden West	CE	39.35			
Humphrey Garrett	10 Skyline	OK	40.92			
Jordan Lewis	11 Shafter	CE	39.11			
Robert Hall	12 Los Banos	SJ	38.54			
Greg Lee	11 Dorsey	LA	38.11			
Elmo Traylor	12 Muir	SS	37.69			
Leonard Lexion	12 San Bernardino	SS	37.99			
Rich Nero	12 St. Mary's	NC	38.35			
Raymond Wells	12 Mt. Miguel	SD	38.83			
Kevin Mackey	12 Northgate	NC	39.31			
Ronald Cuenca	12 MC Ateer	SF	42.65			
Rico Paredes	12 Yerba Buena	CC	39.14			
Marlin Beaver	12 Newark Memorial	NC	38.64			
Bruce Giron	11 Monte Vista	NC	38.31			
Tim Bogdanof	12 Buchanan	CE	37.77			
Al Williams	12 Irvine	SS	37.86			
Thomas Hocker	12 Silver Creek	CC	38.34			
Devery Hughes	12 Fremont-LA	LA	38.70			
Pat McGlashan	12 Vacaville	SJ	39.14			



Natasha Neal of James Logan High School is one of the favorites in this event. photo by Ken Grimes

Tim Bogdanof of Buchanan High School is a serious challenger in both hurdles.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS 200m DASH

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

Records - National: 22.67 Marion Jones (Thous. Oaks, CA) 1992
State: 22.83 Marion Jones (Thous. Oaks) 1992

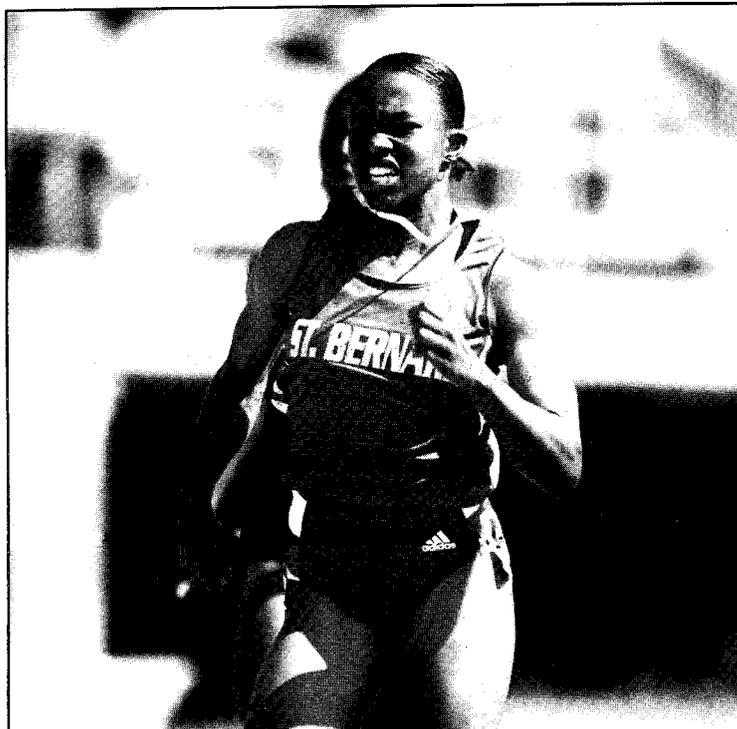
Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Jamie Stanfield	09 Bullard	CE	25.55			
Yahvoh Totimeh	12 Valley	SJ	25.14			
Adrena Williams	10 James Logan	NC	24.87			
Sani Roseby	10 Monterey	CC	24.34			
Angela Williams	12 Chino	SS	23.21			
Sierra Hauser-Pric	09 Notre Dame/S.O.	SS	24.17			
Tiffany Bennctt	10 Centennia	CE	24.72			
Aroline Neal	10 Rancho Buena Vista	SD	25.09			
Kristin Tucker	11 Monte Vista	SD	25.53			
Macklin Harris	12 Enterprise	NO	26.31			
Katrina Keith	09 EL Cerrito	NC	25.18			
Bo Alade	12 Foothill	CE	24.87			
Racquel Johnson	12 Westchester	LA	24.37			
Miesha Withers	12 St. Bernard	SS	23.59			
Eboni Grayson	12 Taft	LA	24.12			
Shakeerah Merritt	10 L.B. Poly	SS	24.65			
Tanesha Webb	11 Wilcox	CC	25.01			
Shequilla Smith	11 J.F. Kennedy	SJ	25.45			
Kristen Ray	10 Washington	SF	27.23			
Melinda Smedley	11 Lincoln Stock	SJ	25.21			
Nikki Pogue	11 Menlo	CC	24.94			
Stephanie Fabia	10 Eagle Rock	LA	24.55			
Latrice Borders	11 L.B. Wilson	SS	23.95			
Tania Woods	11 Skyline	OK	24.11			
Aisha Margain	10 San Lorenzo	NC	24.55			
Erin Dangerfield	11 Bishop O'Dowd	NC	24.98			
Amy Taylor	11 Rancho Bernardo	SD	25.43			

BOYS 200m DASH

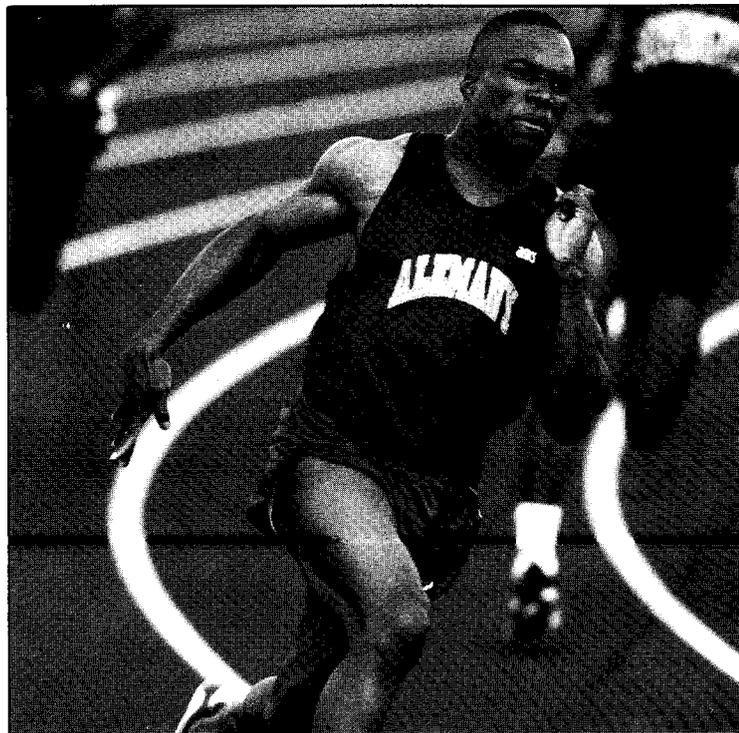
Prelims: 8:15 p.m. - Fri. Final: 6:00 p.m. - Sat.

Records - National: 20.0h Roy Martin (Roosevelt, Dallas TX) 1985
State: 20.77 Henry Thomas (Hawthorne) 1984

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Jeremy Grant	12 Elsie Allen	NC	22.48			
Robert Grant	12 Skyline	OK	22.05			
Tyrol Springs	12 North Salinas	CC	21.87			
Ric Cottengim	11 Elk Grove	SJ	21.34			
Ike Okenwa	12 Morse	SD	20.97			
Demetrus Patterson	12 Birmingham	LA	21.33			
Miguel Fletcher	12 Alemany	SS	21.49			
Arvin Wu	12 El Camino	CC	22.03			
Paki Gordon	11 St. Mary's	NC	22.42			
Jeremiah Johnston	12 West Valley	NO	22.51			
Chandler White	12 St. Mary's	NC	22.09			
Atari Callen	11 De LaSalle	NC	21.91			
Darrell Rideaux	11 L.B. Poly	SS	21.37			
Kareem Kelly	11 L.B. Poly	SS	20.98			
Quincy Wright	12 El Camino Real	LA	21.26			
Maurice Washington	11 Stagg	SJ	21.82			
Gus Ezell	12 Roosevelt	CE	21.99			
Arthur Crockett	11 Del Mar	CC	22.22			
Martin Suen	11 Lowell	SF	23.18			
Ray Blackburn	12 Jurupa Valley	SS	22.10			
BB Malone	12 Redwood	CE	21.93			
Arthur Orange	11 Rancho Buena Vista	SD	21.41			
Devon Ward	12 University City	SD	21.07			
Tyrone Reynolds	12 Gardena	LA	21.12			
Warren Rogers	10 Serra-SS	SS	21.48			
Albert Hollis	10 Christian Brothers	SJ	21.98			
James Johnson	11 Tulare Western	CE	22.17			



Miesha Withers of St. Bernard Playa del Rey High School will also play a big role in the relays.
photo by Kirby Lee



Miguel Fletcher of Alemany High School was third in the 200 meters last year. photo by Kirby Lee

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS 3200m RUN

BOYS 3200m RUN

Final: 6:06 p.m. - Sat.

Records - National: 9:48.59 Kim Mortensen (Thousand Oaks, CA) 1996
State: 9:52.80 Kim Mortensen (Thousand Oaks, CA) 1996

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Jamie Witt	10 Folsom	SJ1	10:51.33			
Elaine Canchola	12 Nordhoff	SS	10:49.63			
Allison Marquand	11 University	SS	10:48.63			
Katie Brizgys	11 Palo Alto	CC	10:43.20			
Katie Appendrodt	12 St. Ignatius	CC	10:40.95			
Sara Bej	09 Montgomery	NC	10:41.72			
Lauren Fleshman	11 Canyon/CC	SS	10:46.44			
Nicole Portley	12 Aragon	CC	10:49.13			
Kimi Welsh	12 Yucaipa	SS	10:51.17			
Trina Cox	11 Santa Rosa	NC	10:52.39			
Joy Dahlberg	10 Hesperia	SS	10:58.46			
Angela Petersen	09 Parker	SD	10:58.67			
Katy Berks	12 Campolindo	NC	11:03.19			
Robyn Stevens	09 Vacaville	SJ	11:05.59			
Valerie Flores	10 San Pedro	LA	11:10.55			
Veronica Sanchez	12 Wasco	CE	11:11.91			
Kelly Grimes	12 Scripps Ranch	SD	11:13.25			
Lanelle Cox	11 Escondido	SD	11:13.53			
Michi Hirakawa-Won	09 Lowell	SF	11:14.22			
Susa Chan	09 Monte Vista	NC	11:16.26			
Kimberly Smith	09 Clovis West	CE	11:19.07			
Ariadna Serralde	12 Bell	LA	11:19.48			
Jennifer Toler	11 Clovis West	CE	11:20.03			
Jennifer Smith	12 Bear River	SJ	11:26.76			
Erika Dolezal	11 Birmingham	LA	11:36.96			
Allegra Porter	10 Dunsmuir	NO	11:40.59			
Emily Dixon	12 Skyline	OK	12:23.32			

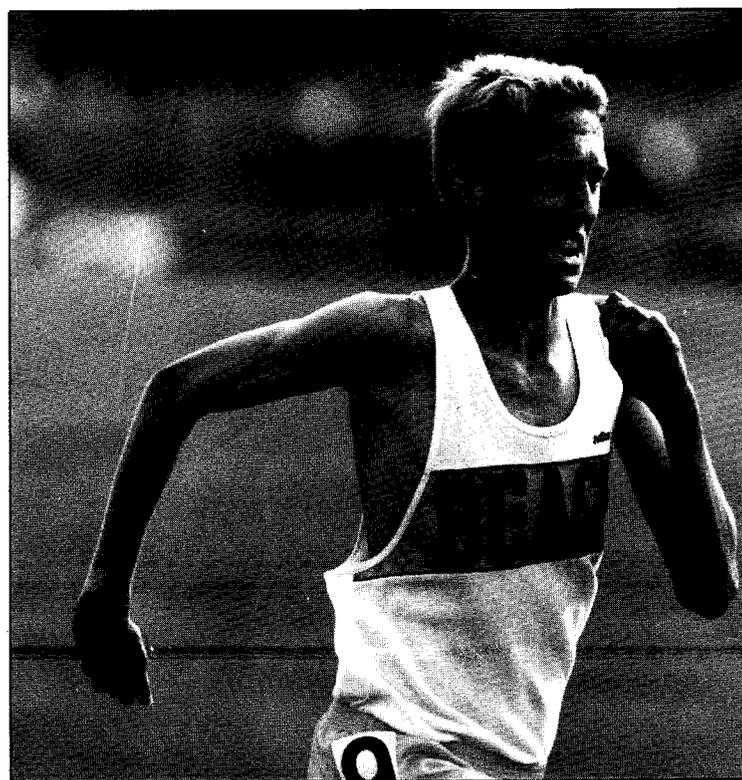
Final: 6:25 p.m. - Sat.

Records - National: 8:41.50 Steve Prefontaine (Coos Bay, OR) 1969
State: 8:44.9h Eric Hulst, Laguna Beach 1975

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Justin Wood	12 Nevada Union	SJ	9:19.24			
Jason Finch	11 Granite Hills	SD	9:16.69			
Ronnie Buchanan	12 Righetti	SS	9:13.31			
Steve Smith	12 Ayala	SS	9:12.83			
Chad Durham	12 L.B. Poly	SS	9:11.32			
Aaron Sharp	12 Santa Clara	SS	9:12.06			
Jose Herrera	11 Loara	SS	9:13.19			
Mike Baskin	12 Mt. Carmel	SD	9:14.19			
Michael Altieri	12 Jesuit	SJ	9:19.16			
Gary Passanisi	12 Aptos	CC	9:19.52			
Eddie Alaniz	10 Mt. Pleasant	CC	9:21.49			
Juan Chavira	12 Hanford	CE	9:21.68			
Andrew Hill	11 Los Altos	CC	9:22.60			
Jose Perezchica	12 Mc Farland	CE	9:23.60			
Paulo Carvalho	12 Modesto	SJ	9:25.17			
Fernando Cabada	10 Buchanan	CE	9:26.86			
David Romero	12 EL Camino	SD	9:28.02			
Andre Young	11 Marshall	LA	9:30.52			
Jorge Lopez	12 Belmont	LA	9:31.95			
Edgar Flores	11 Garfield	LA	9:32.27			
Ryan Mack	11 Ukiah	NC	9:32.69			
Matt Laye	11 Granada	NC	9:34.54			
Carl Moren	12 Piedmont	NC	9:35.94			
Matt Occhione	12 Clayton Valley	NC	9:36.18			
Noah Balgooyen	12 Pleasant Valley	NO	9:41.98			
Richie Jong	12 Lowell	SF	10:18.28			
Esayas Messele	11 Oakland Tech	OK	10:27.70			



Trina Cox gives Santa Rosa High another outstanding distance runner.



Chad Durham of Long Beach Poly. photo by Kirby Lee.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS 1600m RELAYS

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

Records - National: 3:37.69 John Muir (Pasadena, CA) 1985
State: 3:37.71 Kennedy (Granada Hills, CA) 1981

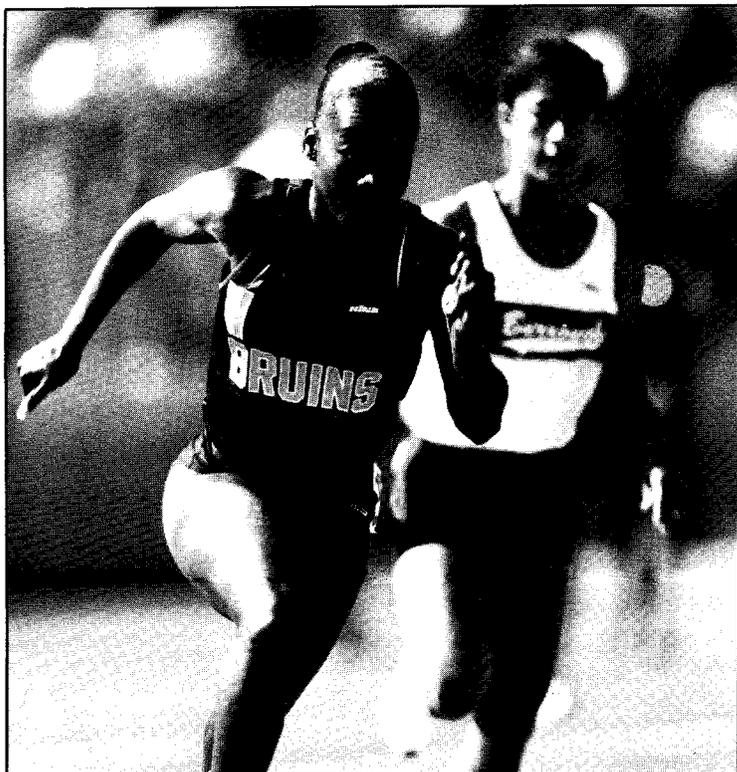
School	Sect.	Sect. Mark	Pos	Place	Mark
West Valley	NO	4:06.38			
Dorsey	LA	3:58.22			
Crenshaw	LA	3:56.38			
Vallejo	SJ	3:53.04			
L.B. Wilson	SS	3:37.97			
Notre Dame/S.O.	SS	3:51.00			
Carondelet	NC	3:55.73			
Laguna Creek	SJ	3:57.98			
Clovis West	CE	4:02.94			
Clovis	CE	4:07.76			
Milpitas	CC	3:59.32			
Castle Park	SD	3:56.41			
Taft	LA	3:52.72			
L.B. Poly	SS	3:43.32			
San Lorenzo	NC	3:50.44			
Valhalla	SD	3:54.92			
Leland	CC	3:57.66			
Skyline	OK	4:00.33			
Lowell	SF	4:11.55			
St. Ignatius	CC	3:59.71			
Rancho Bernardo	SD	3:56.65			
Gahr	SS	3:51.39			
Encinal	NC	3:46.17			
J.W. North	SS	3:49.36			
Mission San Jose	NC	3:54.20			
Placer	SJ	3:57.42			
Stockdale	CE	4:00.00			

BOYS 1600m RELAYS

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

Records - National: 3:07.40 Hawthorne (Hawthorne, CA) 1985
State: 3:08.66 Muir (Pasadena) 1996

School	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mar
James Logan		NC	3:24.02			
McClymonds		OK	3:21.03			
St. Mary's		NC	3:19.88			
Serra-SS		SS	3:17.01			
Dominguez		SS	3:14.34			
Morse		SD	3:16.79			
Gunderson		CC	3:19.24			
Lincoln Stockton		SJ	3:21.01			
Moreau Catholic		NC	3:22.61			
Pleasant Valley		NO	3:27.03			
Ridgeview		CE	3:21.59			
Silver Creek		CC	3:20.03			
Vallejo		SJ	3:17.30			
Taft		LA	3:14.49			
Loyola		SS	3:16.59			
San Pasqual		SD	3:19.05			
Rancho Buena Vista		SD	3:20.94			
Foothill		NC	3:22.46			
Washington-SF		SF	3:29.67			
Stagg		SJ	3:21.78			
Bakersfield		CE	3:20.67			
Dorsey		LA	3:17.59			
L.B. Poly		SS	3:14.75			
Notre Dame/S.O.		SS	3:15.46			
Cleveland		LA	3:18.07			
St. Francis-CC		CC	3:20.71			
Tulare Union		CE	3:22.00			



Latrice Borders leads Long Beach Wilson in the relays. photo by Kirby Lee



Long Beach could challenge in both relays (L-R) Aaron Smith, Darrell Rideaux, Sammie Parker and Kareem Kelly.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

BOYS HIGH JUMP

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

Records - National: 7-05.25 Dothel Edwards, Athens, GA 1984
State: 7-03.25 Lee Balkin, Glendale 1979

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Jonathan Robinson	11 Galileo	SF	5'10.00"			
Brendan Rielly	12 Arcata	NC	6'02.00"			
Jason Anhorn	12 Hilltop	SD	6'02.00"			
Steve Carpenter	11 Ygnacio Valley	NC	6'02.00"			
Richard Robinson	11 Mc Clymonds	OK	6'02.00"			
Brandon Hazelett	10 Granite Bay	SJ	6'04.00"			
Alvin Roddy	11 Selma	CE	6'04.00"			
Matt McDonald	12 Oakdale	SJ	6'04.00"			
Vincent Boatwright	11 Hayward	NC	6'04.00"			
Ryan Vincent	12 Torrey Pines	SD	6'04.00"			
LeShawn Cubit	12 Sultana	SS	6'04.00"			
Patrick Abandy	11 Ayala	SS	6'04.00"			
Jason Gatewood	11 Rancho Buena Vista	SD	6'04.00"			
Justin May	11 Coming	NO	6'05.00"			
Jason Wallace	11 Nevada Union	SJ	6'06.00"			
Kevin Weaver	11 McKinleyville	CE	6'06.00"			
Stan Wright	11 Ridgeview	CE	6'06.00"			
Knut Solberg	11 King City	CC	6'06.00"			
Dustin Evanger	12 North Monterey	CC	6'06.00"			
Chris Sims	10 Clovis	CE	6'06.00"			
Paulo Achio	10 San Dimas	SS	6'06.00"			
Joe Charlsworth	11 Torrance	SS	6'06.00"			
Ricky Duff	12 Manual Arts	LA	6'06.00"			
Chris Robertson	12 Fremont-LA	LA	6'06.00"			
Quincy Brown	12 Gardena	LA	6'06.00"			
Darren Marble	12 Los Altos	CC	6'08.00"			
Santosh Swamidass	12 El Modena	SS	6'09.00"			

BOYS POLE VAULT

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

Records: - National: 17-9.05 Joe Dial Marlow, OK 1981
State: 17-00.5 Anthony Curran, Crespi 1978

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Arthur Harris	12 Mc Clymonds	OK	13'00.00"			
John Stoval	12 Washington-Nc	NC	13'06.00"			
Amir Shiekh	11 James Logan	NC	13'06.00"			
Wes Gray	12 West Valley	NO	13'06.00"			
Jimmy Camilo	12 Gardena	LA	13'06.00"			
Garret Largent	11 Buchanan	CE	14'00.00"			
Dan Kassab	11 Peninsula	SS	14'00.00"			
Tony Hall	12 Covina	SS	14'00.00"			
Sam Boswell	11 Covina	SS	14'00.00"			
Jason Lueck	11 St. Ignatius	CC	14'06.00"			
Justin Nikbakhsh-T	12 Archbishop Mitty	CC	14'06.00"			
Jimmy Radford	12 Walnut	SS	14'06.00"			
Ben Shelton	12 Centennial/Corona	SS	14'06.00"			
Conner Swegle	12 De LaSalle	NC	14'06.00"			
Graham Taft	12 Bella Vista	SJ	14'06.00"			
Jon Struckmann	12 Oakmont	SJ	14'06.00"			
Patrick Turner	12 Granada Hills	LA	14'07.00"			
Mark Lee	12 Granite Hills	SD	14'08.00"			
Mark Gomez	12 Rancho Bernardo	SD	14'08.00"			
Aaron Hampton	12 Mt. Carmel	SD	14'08.00"			
Charlie Hahn	12 Woodcreek	SJ	15'00.00"			
Brandon Braunstein	11 Newark Memorial	NC	15'00.00"			
Robert Carbajal	12 Mt. Pleasant	CC	15'00.00"			
Adam Giovanetti	11 Lemoore	CE	15'00.00"			
William Harty	12 Monroe	LA	15'00.00"			
Mark Unzueta	12 Lemoore	CE	16'03.00"			



Jerroid Mack of St. Mary's is a favorite in the triple jump.
photo by Willie Eashman Jr., *Student Sports Magazine*.

DID YOU KNOW?

The 1963 state meet marked the first time that the championships were held over a two-day period. It also proved to be a great meet for pole vaulters as the top four vaulters all broke the previous meet mark of 14-3. Bill Fosdick of Andrew High School won at 14-8 3/4. In fourth place with a vault of 14-4 was none other than Pomona High's standout Bob Seagren. Seagren, of course, would go onto bigger fame by winning the Olympic Gold Medal in the pole vault in 1968 at 17-8 1/2 and a Silver Medal in 1972.

CIF ARCO am/pm STATE CHAMPIONSHIPS

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, CA 1989

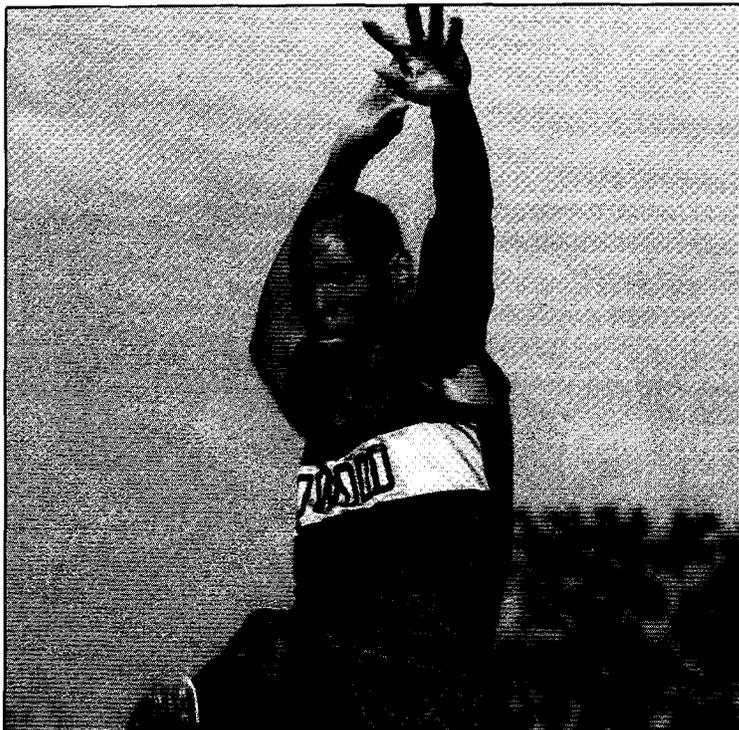
Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Charles Lawrence	10 MC Ateer	SF	19'11.50"			XXX
Ryan Fernandez	12 Skyline	OK	21'00.00"			✓ 31'2" 21'4"
Robin Watkins	12 Deer Valley	NC	21'06.50"			✓ 20'10"
Jayson Semensow	12 Escondido	SD	21'08.50"			✓ ✓ ✓
Sean Hall	12 Chico	NO	21'09.25"			✓ ✓ 21'10"
Aaron Barker	12 Foothill	NC	21'11.25"			✓ 21'3" 21'9"
Devin Houston	11 Fremont-LA	LA	22'00.75"			✓ ✓ F
J.L. Lewis	12 Dorsey	LA	22'02.50"			✓ 20'10" 21'8"
Ray Carmel	12 Channel Islands	SS 22'10"	22'03.00"			• 21'3" 22'10"
Marquise Strange	12 Cathedral City	SS	22'03.00"			✓ ✓ ✓
Gary Love	12 Jefferson	LA	22'03.75"			22'6" ✓ ✓
Benson Jones	12 Clayton Valley	NC 22'6"	22'04.50"			✓ ✓ ✓
Michael Mitchell	11 Paramount	SS	22'04.50"			F ✓ ✓ ✓
Desmond McGill	12 Serra-SS	SS	22'06.25"			21'10" 22'2"
Charles James	12 Morse	SD 22'11"	22'08.00"			22'11" 22'7"
BB Malone	12 Redwood	CE 23'2"	22'08.25"			• 22'9" 22'7"
Oliver Jackson	10 Royal	SS 22'6"	22'09.25"			22'6" ✓ ✓
Vincent Ibia	11 Silver Creek	CC 22'10"	23'00.00"			• 22'10" ✓ ✓
Dan Littlefield	11 Sonoma Valley	NC 23'2"	23'01.00"			23'0" 23'2"
Steven Baker	10 Gunn	CC 22'1"	23'02.75"			22'1" 21' ✓
Robert Kennedy	11 EL Camino	SJ 22'4"	23'03.50"			22'4" ✓
Donald Strickland	12 Archbishop Riordan	CC 23'2"	23'04.25"			• 23'2" 22' ✓
Jonathan Lott	10 Kings Christian	CE 22'0"	23'05.00"			22'2" 21'7" ✓
Robert Hall	12 Los Banos	SJ 20'7"	23'10.25"			✓ ✓ ✓
Duran Archie	12 Hoover-CE	CE 23'0"	23'10.50"			• ✓ 23'4"
Daniel Herman	12 Granite Hills	SD 23'5"	23'11.50"			• F 23'5" 22'
Jerry Preciado	11 Stagg	SJ 23'9"	24'04.00"			• 23'9" 23'7"

BOYS TRIPLE JUMP

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

Records: - National: 52-10.5 Charles Mayfield, Muir (Pasadena) 1980
State: 52-04.75 Ken Frazier, Mission (San Francisco) 1981

Name	Gr. School	Sect.	Sect. Mark	Pos	Place	Mark
Deangelo Nedd	11 El Camino Real	LA	43'00.75"			
May Nayak	12 Acalanes	NC	43'10.50"			
Oleg Voloshko	12 Washington-SF	SF	43'11.00"			
Edell Shepard	12 Dorsey	LA	44'07.00"			
Darryl Bowman	12 San Rafael	NC	44'08.00"			
Sean Hall	12 Chico	NO	44'10.50"			
Tony Ortiz	10 Helix	SD	44'11.75"			
Chris Ruckel	12 South Hills	SS	45'00.75"			
Joe Thomas	11 Buena Park	SS	45'02.25"			
Eric Hollins	12 Escondido	SD	45'05.00"			
Roshod Higgs	10 Independence	CC	45'06.25"			
J.L. Lewis	12 Dorsey	LA	45'06.50"			
Ben Forbes	12 Marina	SS	45'07.50"			
McKINLEY Jean-Gill	11 Hoover-Sd	SD	45'08.75"			
Kassim Osgood	12 North Salinas	CC	46'00.25"			
Royce Jennings	11 Bakersfield	CE	46'04.75"			
Vincent Ibia	11 Silver Creek	CC	46'05.00"			
Jacob Navas	11 Alta Loma	SS	46'05.25"			
Caleb Brownell	12 Davis	SJ	46'06.50"			
Ryan Fernandez	12 Skyline	OK	47'03.50"			
Maurice Washington	11 Stagg	SJ	47'11.75"			
Gerado Carrasco	11 Shafter	CE	48'01.00"			
Jerry Preciado	11 Stagg	SJ	48'02.00"			
Duran Archie	12 Hoover-CE	CE	48'04.25"			
Andy Badger	12 Diamond Bar	SS	48'08.00"			
Benson Jones	12 Clayton Valley	NC	49'00.75"			
Jerriod Mack	12 St. Mary's	NC	50'00.50"			



B.B. Malone of Redwood High School in Visalia.



Edell Sheppard of Dorsey Los Angeles. photo by Willie Eashman Jr., Student Sports Magazine

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

BOYS SHOT PUT

Prelims: 3:00 p.m. - Fri. Final: 3:00 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
Sam Morgan	12 Washington-Sf	SF	42'04.00"			
Marquez Olagbosele	12 Castlemont	OK	46'00.00"			
Evan Armstrong	12 Verdugo Hills	LA	50'09.50"			
Pat Fay	12 Northgate	NC	51'09.50"			
Mike Bigby	12 EL Cerrito	NC	51'11.25"			
Lamons Walker	11 Condord	NC	52'00.50"			
Skyler McKnight	11 Reseda	LA	52'11.50"			
Tyrone Evans	11 Lincoln Stockton	SJ	53'07.25"			
Matt Hennessy	12 Tamalpais	NC	54'10.75"			
Amin Nikfar	11 Wilcox	CC	54'11.00"			
Brandon Goldstein	12 Piedmont Hills	CC	55'02.00"			
Anton Alves	12 Enterprise	NO	55'11.00"			
Adam Fell	12 Madera	CE	56'02.00"			
Hector Torres	12 Rosemead	SS	56'02.75"			
Viki Makihele	12 San Marcos-SS	SS	57'03.00"			
Pete Bjorkland	11 Los Altos	CC	57'03.00"			
Rodney Leslie	11 Ridgeview	CE	57'03.50"			
Rusty Price	10 Atwater	SJ	57'08.00"			
Dan Ames	11 EL Capitan	SD	57'08.50"			
Roy Rivas	12 Carlsbad	SD	57'09.25"			
Rhuben Williams	10 Eagle Rock	LA	58'02.50"			
Joe Weber	11 Pacific	SS	59'04.75"			
Richard Legarra	12 Wilson/HH	SS	59'05.75"			
Scott Wiegand	12 Arcadia	SS	59'09.50"			
Lucais MacKay	11 Hughson	SJ	61'01.00"			
Joe Alexandrow	12 Arroyo Grande	SS	63'04.25"			
VanMounts	12 Bakersfield	CE	66'01.50"			

BOYS DISCUS

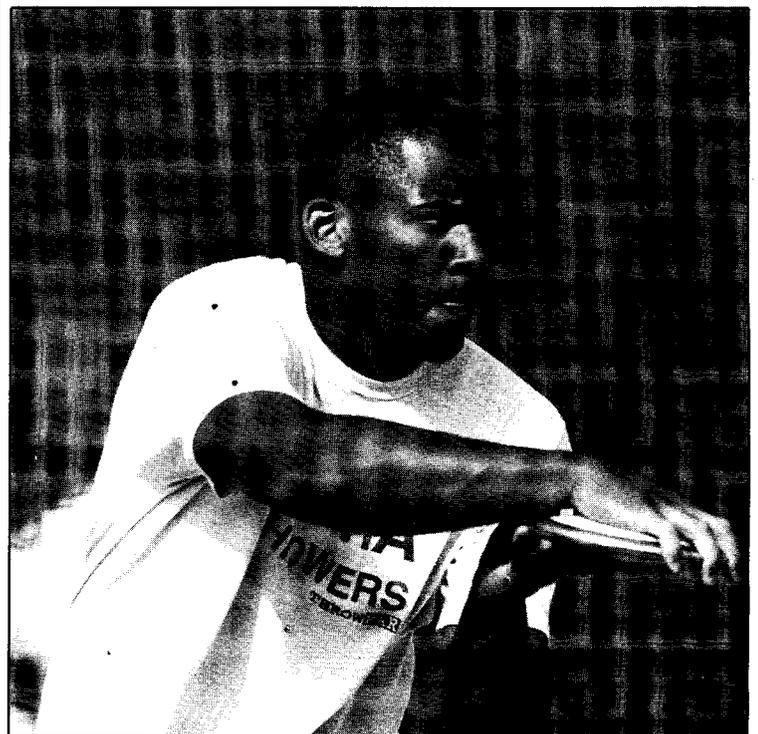
Prelims: 5:30 p.m. - Fri. Final: 5:00 p.m. - Sat.

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	Mark
Lyle Coleman	10 Skyline	OK	80'06.00"			
Edgardo Gonzalez	9 South Gate	LA	111'05.00"			
Leonard Mitchell	11 Washington-Sf	SF	118'05.00"			
Juvenal Rolon	11 Eagle Rock	LA	139'04.00"			
Rhuben Williams	10 Eagle Rock	LA	143'06.00"			
Kevin Sullivan	12 Montgomery	NC	150'04.00"			
Joe Berro	12 Redwood	NC	151'02.00"			
Robbie Christianse	12 Las Lomas	NC	153'03.00"			
Anton Alves	12 Enterprise	NO	158'03.00"			
Matt Hennessy	12 Tamalpais	NC	159'02.00"			
Brett Nichols	12 King City	CC	159'07.00"			
Jim Grassi	12 Archbishop Mitty	CC	162'07.00"			
Chris Ranglas	12 Buchanan	CE	164'08.00"			
Wade Green	11 LA Jolla	SD	166'07.00"			
Travis Jones	10 Mira Mesa	SD	167'00.00"			
Brandon Goldstein	12 Piedmont Hills	CC	168'09.00"			
Matt Crisp	11 Redwood	CE	168'10.00"			
Brent Beneway	12 Hart	SS	169'11.00"			
Joe Alexandrow	12 Arroyo Grande	SS	171'03.00"			
Bryan Harris	11 Tokay	SJ	172'02.00"			
ED Wangler	12 Woodland	SJ	176'03.00"			
VanMounts	12 Bakersfield	CE	176'05.00"			
Richard Legarra	12 Wilson/HH	SS	182'07.00"			
Tim Adrian	11 Moorpark	SS	183'00.00"			
Lucais MacKay	11 Hughson	SJ	184'04.00"			
Dan Ames	11 EL Capitan	SD	187'04.00"			
Reedus Thurman	12 Serra-SS	SS	200'04.00"			



Rhuben Williams of Eaglerock High School.
photo by Kirby Lee



Reedus Thurmond of Serra was second in the discus at the 1997 state meet. photo by Kirby Lee.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS HIGH JUMP

Prelims: 4:00 p.m. - Fri. Final: 3:00 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
Dahlia Lerma	10 Inter. Studies Aca	SF	4'08.00"			
Jamilla Cooksey	12 Skyline	OK	4'08.00"			
Shannon Fleming	10 University City	SD	5'00.00"			
Carie Comstock	12 Granite Hills	SD	5'02.00"			
Mandisa Lyons	12 Fairfield	SJ	5'02.00"			
Tricia Bratford	10 Cleveland	LA	5'02.00"			
Sarah Soroken	12 California	NC	5'03.00"			
Joanna Parker	10 North	CE	5'03.00"			
Brittany Roberts	11 Bullard	CE	5'04.00"			
Toni Muratore	09 Atwater	SJ	5'04.00"			
Lauren Dududjian	12 Del Oro	SJ	5'04.00"			
Kelly Dahl	09 Kingsburg	CE	5'04.00"			
Georgette Countee	12 Dorsey	LA	5'04.00"			
Michelle Mahlke	11 Marymount	SS	5'04.00"			
Aubrey Preston	11 Vista	SD	5'04.00"			
Amber Nixon	10 Amador Valley	NC	5'04.00"			
Spring Harris	11 St. Mary's	NC	5'04.00"			
Jenna Grimaldi	09 St. Ignatius	CC	5'06.00"			
Nikki Avery	10 Lemoore	CE	5'06.00"			
Aoife Keane	09 St. Ignatius	CC	5'06.00"			
Sandra Butler	12 Gunderson	CC	5'06.00"			
Stevie Nicholas	10 Sunny Hills	SS	5'06.00"			
Schquay Brignac	09 Cleveland	LA	5'06.00"			
Sara Foster	10 Valencia/V	SS	5'06.00"			
Susan Schaap	11 Yreka	NO	5'07.00"			
Tia Hanson	12 Cajon	SS	5'08.00"			
Damesha Griffith	12 Trabuco Hills	SS	5'09.00"			

GIRLS POLE VAULT

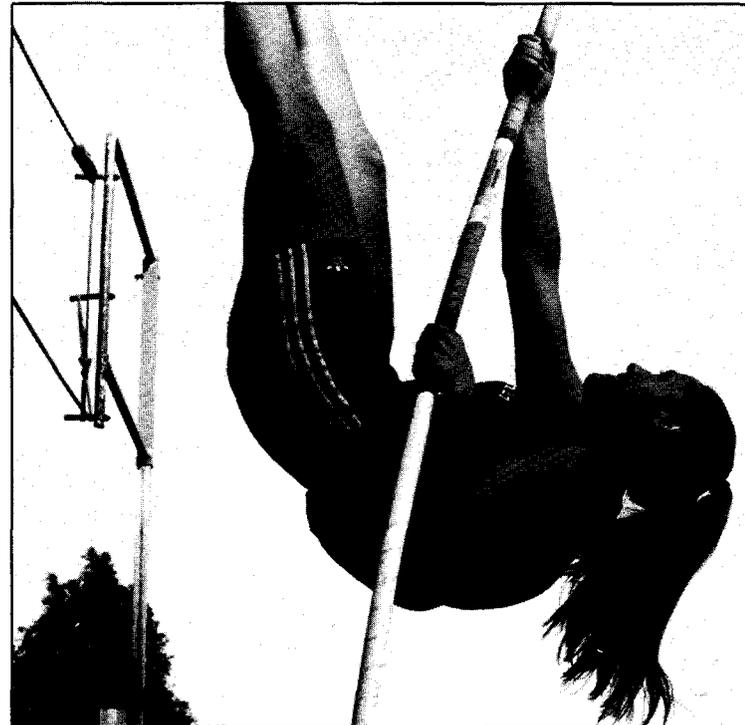
Prelims: 2:00 p.m. - Fri. Final: 2:00 p.m. - Sat.

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

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Kim Lawson	11 Chatsworth	LA	8'00.00"			
Karla Cuevas	12 Belmont	LA	8'00.00"			
Melissa Astete	09 Birmingham	LA	8'06.00"			
Shail Pec-Crouse	11 Santa Rosa	NC	9'06.00"			
Christi Bolanes	12 Amador Valley	NC	9'09.00"			
Erin Mann	11 San Ramon Valley	NC	10'00.00"			
Holly Caprio	11 North	CE	10'00.00"			
Buffie Ryan	10 Soquel	CC	10'00.00"			
Sarah Harcrow	12 Hughson	SJ	10'03.00"			
Andrea Koplín	11 Los Banos	SJ	10'03.00"			
Katie Eckley	09 West Valley	NO	10'03.00"			
Karen Bewley	11 Atascadero	SS	10'06.00"			
Amy Bei	11 Montgomery	NC	10'06.00"			
Leora Ward	11 Peninsula	SS	10'06.00"			
Vanessa Yebra	12 Gonzales	CC	10'06.00"			
Jennifer Ruff	12 Ponderosa	SJ	10'07.00"			
Iran Serrano	11 Gonzales	CC	10'09.50"			
Allison Knode	12 Kingsburg	CE	11'00.00"			
Bridget Pearson	11 Hoover	SS	11'00.00"			
Caroline Rebello	10 Marina	SS	11'00.00"			
Natalie Dennison	11 Rancho Bernardo	SD	11'02.00"			
Brooke Lankard	12 Golden West	CE	11'06.00"			
Katie Rorem	12 Marina	SS	11'06.00"			
Kathleen Donoghue	11 Rancho Bernardo	SD	11'08.00"			
Tracy O'Hara	12 Rancho Bernardo	SD	12'02.00"			



Schquay Brignac of Cleveland Los Angeles High School. photo by Kirby Lee



Bridget Pearson of Hoover Glendale could challenge Melissa Price's national mark of 12-6.

CIF ARCO *am/pm* STATE CHAMPIONSHIPS

GIRLS LONG JUMP

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

Records - National: 20-01.75 Kathy McMillian, Raeford, NC 1976
State: 20-00.5 Marion Jones, Thousand Oaks 1993

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Paula Thomas	12 Fremont-LA	LA	15'08.50"			
Tessie NG	12 Lowell	SF	15'09.50"			
Montiqua Sargent	12 James Logan	NC	17'00.75"			
Alexis Weatherspoo	09 Grant-LA	LA	17'01.50"			
Alicia Quarries	11 Beyer	SJ	17'01.75"			
Natalie Shorters	11 Dorsey	LA	17'01.75"			
Macklin Harris	12 Enterprise	NO	17'02.50"			
Vishani Miller	11 J.F. Kennedy	SJ	17'06.00"			
Raanee Mahali	12 St. Mary's	NC	17'07.50"			
Kristia Groves	12 Gardena	LA	17'08.00"			
Dominique Green	12 James Logan	NC	17'08.50"			
Tosha Thomas	12 Bakersfield	CE	17'08.50"			
Adrienne Farringto	11 Rancho Bernardo	SD	17'10.00"			
Shanita Bryant	10 Ygnacio Valley	NC	17'10.25"			
Tiffany Jones	9 Eisenhower	SS	18'01.00"			
Keri Jones	12 Gunderson	CC	18'01.25"			
LA Ronda Hite	12 Lincoln	SD	18'02.25"			
Lauren Chesnut	10 Laguna Creek	SJ	18'02.50"			
Brianna Glenn	12 La Mirada	SS	18'03.75"			
Elzunia Lamb	09 Hollister	CC	18'05.25"			
Shaneka Beavers	10 Porterville	CE	18'05.50"			
Angela Williams	12 Chino	SS	18'07.00"			
Andria Booker	12 EL Camino	SD	18'07.25"			
Bumni Ogunleye	12 L.B. Poly	SS	18'09.25"			
Tinishia Johnson	09 Archbishop Mitty	CC	18'09.50"			
Dee Scott	11 South	CE	19'00.00"			
Damesha Griffith	12 Trabuco Hills	SS	19'04.75"			

GIRLS TRIPLE JUMP

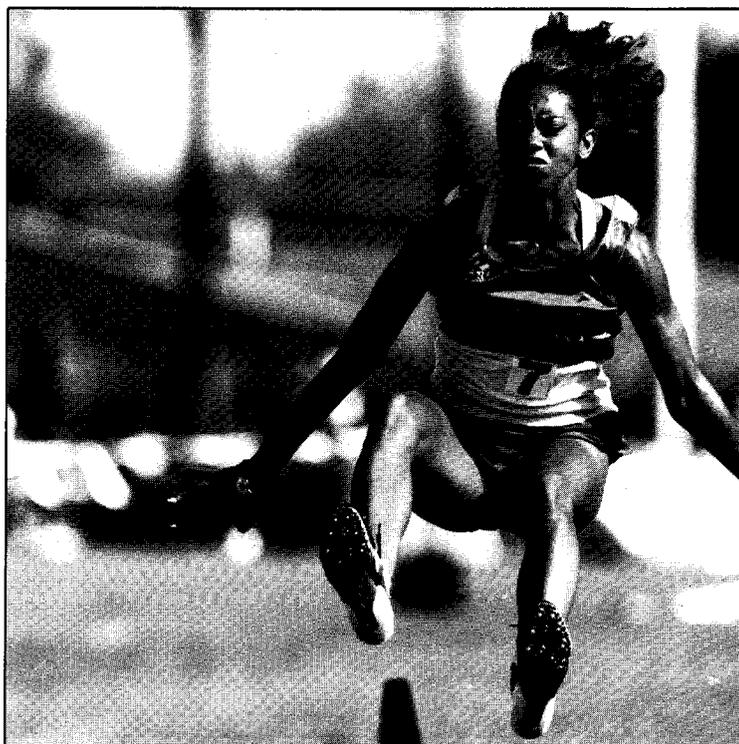
Prelims: 6:30 p.m. - Fri. Final: 5:00 p.m. - Sat.

Records - National: 44-05.5 Juliana Yendork, Walnut, CA 1991
State: 44-05.5 Juliana Yendork, Walnut, CA 1991

Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Amy Tran	12 Lowell	SF	34'09.00"			
Tina Lopez	11 Central	CE	36'01.50"			
Andrea Kincaid	11 Skyline	OK	36'04.50"			
Savanna Williams	09 Vallejo	SJ	36'10.00"			
Crystal Simmons	11 Barstow	SS	37'03.75"			
Beau Carter	12 Rancho Cucamonga	SS	37'04.25"			
Beth Johnson	12 James Logan	NC	37'04.75"			
Brittany Roberts	11 Bullard	CE	37'05.25"			
Yolanda Onwubere	12 Banning	LA	37'06.25"			
Nikki Gillot	12 North Monterey	CC	37'08.00"			
Ika Eliashvili	12 Birmingham	LA	37'08.00"			
Tamillya Brown	10 San Lorenzo	NC	37'08.25"			
Shaneka Beavers	10 Porterville	CE	37'09.50"			
Jamara Smith	10 James Logan	NC	37'09.50"			
Desirea English	11 St. Mary's	NC	37'10.50"			
Anna Doty	10 Merced	SJ	38'01.50"			
Damesha Griffith	12 Trabuco Hills	SS	38'02.25"			
Tinishia Johnson	09 Archbishop Mitty	CC	38'03.00"			
Blessing Ufodiama	10 L.B. Poly	SS	38'04.00"			
Lauren Chesnut	10 Laguna Creek	SJ	38'05.50"			
Heather Contreras	11 Sutter	NO	38'07.00"			
Adrienne Farringto	11 Rancho Bernardo	SD	38'08.75"			
Shawna Adkins	12 Piedmont Hills	CC	38'11.50"			
Brianna Glenn	12 La Mirada	SS	39'01.50"			
Tamara Espinoza	12 Hilltop	SD	39'05.00"			
Eboni Grayson	12 Taft	LA	39'06.00"			
Andria Booker	12 EL Camino	SD	40'11.50"			



Bumni Ogunleye of Long Beach Poly. photo by Kirby Lee



Brianna Glenn of La Mirada was second in the triple jump at last year's state meet. photo by Kirby Lee

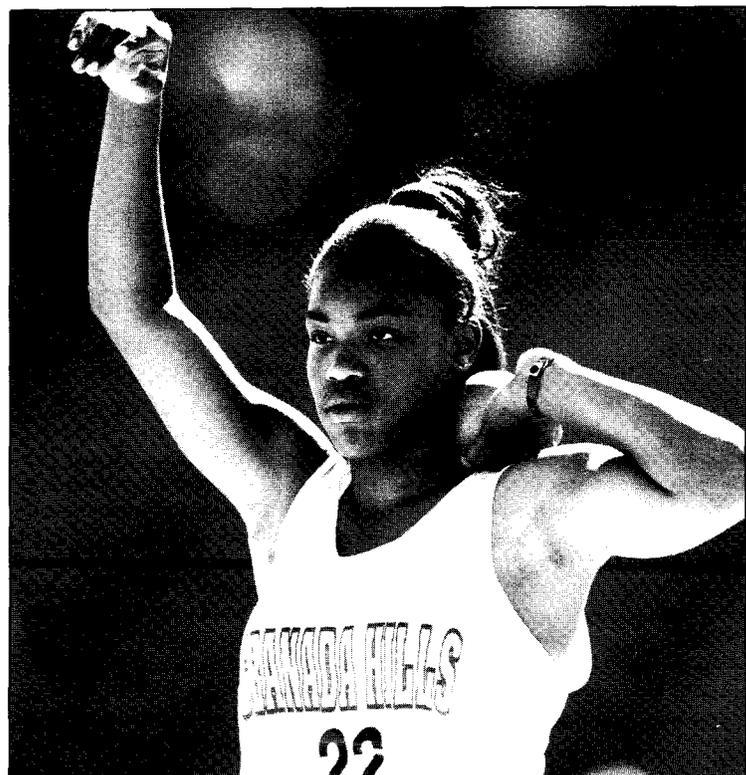
CIF ARCO *am/pm* STATE CHAMPIONSHIPS

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
Tajuana Gray	11 Oakland	OK	31'01.00"			
Nkechi Nzerem	12 Lowell	SF	32'07.50"			
Diane Williams	12 Hillsdale	CC	37'05.75"			
Monique McClure	12 Banning	LA	37'08.75"			
Jessica Byrne	12 Ramona-Sd	SD	37'10.00"			
Anna Pacheco	11 Carlsbad	SD	38'02.00"			
Candace Hill	10 Hoover-CE	CE	38'03.50"			
Serena Boykin	10 Dorsey	LA	38'03.50"			
Jenn Santos	12 Los Altos	CC	38'10.75"			
Jamie Bryant	12 Bullard	CE	39'07.50"			
April Burton	12 Bakersfield	CE	39'08.50"			
Amanda Garcia	10 Carondelet	NC	40'01.75"			
Monica Crawford	11 Butte Valley	NO	41'02.00"			
Faith Matranga	12 Healdsburg	NC	41'02.75"			
Theresa Hahn	12 Granada	NC	41'03.75"			
Cecilia Barnes-Mil	12 Clovis West	CE	41'05.00"			
Michelle Daggs	10 Bishop O'Dowd	NC	41'06.00"			
Nicole Kraus	12 St. Lucy's	SS	41'06.50"			
Katie McKeever	09 Woodland	SJ	42'10.25"			
Karen Freeberg	9 Arroyo Grande	SS	42'11.00"			
Angela Foster	12 Ventura	SS	43'01.50"			
Jill Camarena	10 Woodland	SJ	43'07.50"			
Jessica Cosby	10 Granada Hills	LA	44'04.50"			
Vanessa Shields	12 Arroyo Grande	SS	44'05.50"			
Amy Thiel	12 Fremont Christian	CC	45'07.50"			
Stephanie Brown	12 Arroyo Grande	SS	49'05.50"			
Chaniqua Ross	12 Laguna Creek	SJ	49'09.25"			



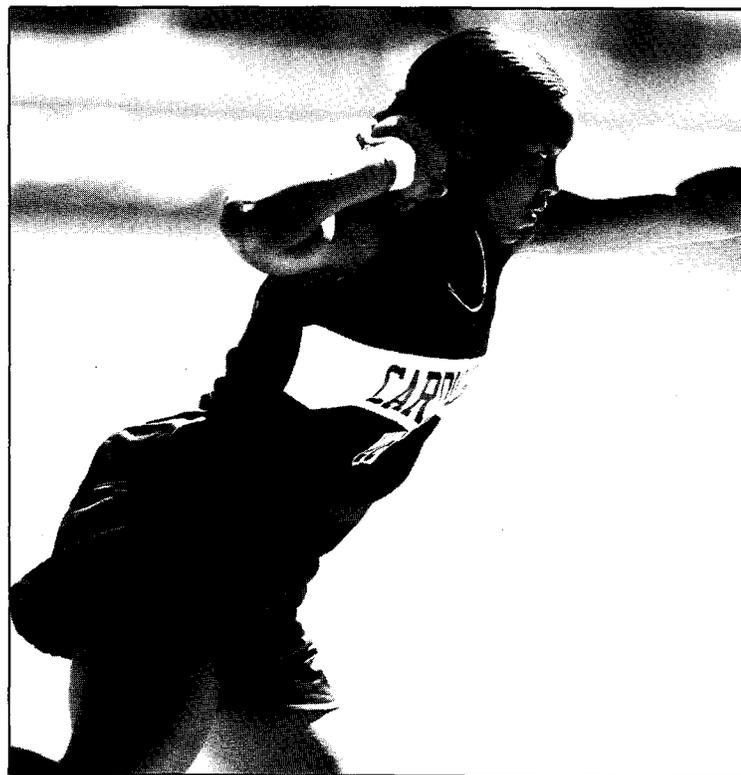
Sophomore sensation Jessica Cosby of Granada Hills High School.
photo by Kirby Lee

GIRLS DISCUS

Prelims: 6:00 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

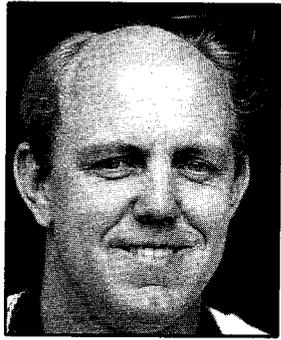
Name	Gr. School	Sect.	Sect. Mark	Pos.	Place	Mark
Angela Gibson	09 Oakland	OK	58'02.00"			
Genovera Perez	10 South Gate	LA	68'01.00"			
Judith Barajas	11 South Gate	LA	74'04.00"			
Jennifer Ho	12 Lowell	SF	87'03.00"			
Serena Boykin	10 Dorsey	LA	111'08.00"			
Angela Petty	12 Vista	SD	119'00.00"			
Mary Alessi	12 Helix	SD	120'06.00"			
Rose Fa'Avesi	10 Monterey	CC	121'02.00"			
Tia Desoto	11 Montgomery	NC	123'09.00"			
Keisha Miller	11 James Logan	NC	124'01.00"			
Melissa Griffith	11 Nevada Union	SJ	125'04.00"			
Faith Matranga	12 Healdsburg	NC	125'09.00"			
Krissy Schelier	10 Sierra	CE	129'05.00"			
Diane Williams	12 Hillsdale	CC	130'00.00"			
Antoinette Herrera	12 Los Amigos	SS	130'09.00"			
Stacy Jarne	12 Esperanza	SS	130'11.00"			
Jessica Byrne	12 Ramona-Sd	SD	132'00.00"			
Sheni Russell	11 Ramona-SS	SS	133'01.00"			
Dustie Borchard	11 Red Bluff	NO	133'04.00"			
Jill Camarena	10 Woodland	SJ	137'01.00"			
Amy Thiel	12 Fremont Christian	CC	137'06.00"			
Melissa Reels	12 James Logan	NC	143'11.00"			
Carrie Soung	11 J.W. North	SS	144'01.00"			
Chaniqua Ross	12 Laguna Creek	SJ	159'00.00"			
Cecilia Barnes-Mil	12 Clovis West	CE	160'08.00"			
Stephanie Brown	12 Arroyo Grande	SS	163'10.00"			
April Burton	12 Bakersfield	CE	170'05.00"			



Chaniqua Ross of Laguna Creek was also a CIF ARCO
am/pm Scholar Athlete Winner. photo by Kirby Lee.

1998 CIF 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.



Wes Miller
Oakmont H.S.



Richard Neugebauer
Hughson H.S.



William Bahr
McAteer H.S.



D.J. Telliano
Roosevelt LA H.S.



Fred Almond
Mission Viejo H.S.

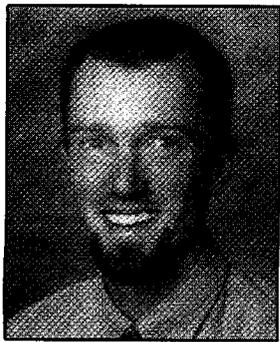
Wes Miller began as a throws coach (discus, shot put) at Turlock High. For the past nine years he has been coaching track and field at Oakmont High, the last seven as head boys' and girls' coach. His boys' team has won three league titles and have a 36-6 dual meet record. Meanwhile, his girls' are 38-4 with four league crowns to their credit. Miller has coached five athletes who have advanced to the state meet including Mark Karlstad, Kenny Gowan, Julie Jones, Haley Stephenson and Jared Plennows. He is the meet director for the Glenn Poole Relays.

A veteran of 29 years of coaching track and field, Richard Neugebauer has said that his biggest honor is to have coached many athletes who have achieved their potential and goals. "Track is a good self-disciplinary sport for achieving your ambition," he said. During his coaching career, Neugebauer's teams have an impressive 314-114 dual meet record. He has coached pole vaulters who have advanced to the state meet including Eric Rasmussen. Neugebauer coached at Stanislaus University for four years and has also coached football at Hughson High.

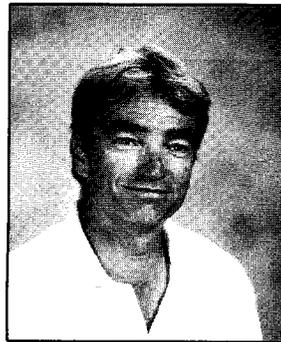
Bill Bahr is in his 47th year of coaching track and field, the last 10 years at McAteer High. Along with co-head coach Marc Christensen, 29 years coaching track and field, they have combined for 76 years of coaching experience. Since 1992, Bahr's boys' varsity teams have a dual meet record of 77-1, including a streak of 70 consecutive dual-tri meet victories, up until last season. During that same period, 1992-97, McAteer won five consecutive sectional championships and qualified 34 boys in 45 events, seven girls in nine events, plus six relay teams to the state meet.

In 1946, D.J. Telliano first became involved with track and field as an athlete. For the past 30 years, he has been an official and a coach. In his 30 years at Theodore Roosevelt High School in Los Angeles his teams have won numerous league and conference championships and have sent a great number of competitors to the CIF Los Angeles City Section Finals and the CIF state finals. "Now that I'm retiring, I know that I'm going to miss these young athletes the most," he said.

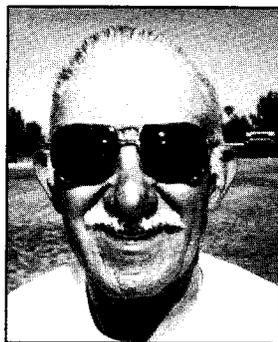
From 1983-98, Fred Almond's girls' track and field team won 16 straight league titles at Mission Viejo High School. Almond's girls were CIF Southern Section runner-ups four times. In addition, in 15 of his 19 years coaching at least one individual has qualified for the state meet. Almond, who also coaches cross country, was selected as the *Orange County Register's* 1990 Coach of the Year in Track and Field. He has also coached football, basketball and baseball.



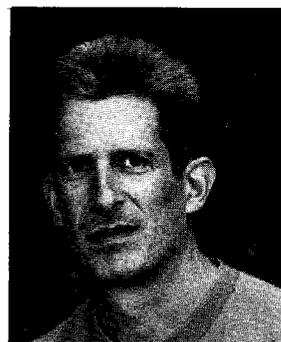
Daniel J. Geiger
University H.S.



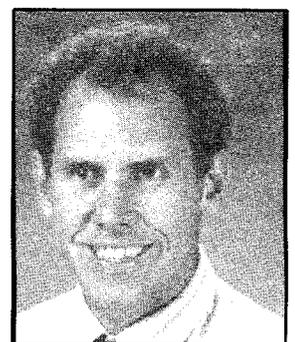
Tim Latham
Sweetwater H.S.



George Martin
El Camino Real H.S.



Manny Myers
Acalanes H.S.



Christopher Walsh
Campolindo H.S.

Daniel J. Geiger has been coaching at University San Diego High School for nine years, the last six as head coach. His girls' team has been amazingly successful posting a 36-3 dual meet mark (including 33 in a row) and winning four league titles (1994, 1995, 1996, 1997). He has coached four qualifiers to the state meet including Michelle Barrack, Julie Oh, Lori Giacinti, Drisana Carey and Vanessa Hanley. In addition, his girls' 4X400 relay team was ranked second nationally a year ago.

The 1997 Coach of the Year in the Metro Conference, Tim Latham has been coaching track and field for 20 years. The meet director for 1992 CIF San Diego Section Cross Country Championships, Latham is also part of the meet management team for the San Diego Section Track and Field Championships. Latham is also a member of the San Diego Section Track and Field/Cross Country Advisory Committee. His boys' teams have won four metro league titles and have compiled a 42-24-1 dual meet record.

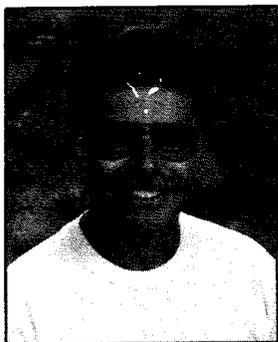
In 40 plus years of coaching George Martin has helped shape the lives of the youngsters he has taught both on the field and in the classroom. "We stress academic excellence as well as values and sportsmanship," he said. In fact, El Camino has won a championship in the National Academic Decathlon. In addition to coaching, Martin has been a track official at CIF state championships, NCAA finals, Olympic trials, the 1984 Olympics and international track meets. His teams have a 150-38 dual meet mark.

Manny Myers started coaching track and field at Piedmont High School and, in two years, not only had two league championships but 20 percent of the student body was on the track team. He coached winning teams at Alameda, James Logan and Moreau Catholic before coming to Acalanes in 1990. At Acalanes, the boys and girls have each won four league championships. A resource specialist at Del Oro High, he obtained through donations computer and physical education equipment for the school.

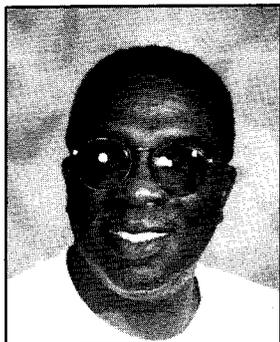
A track and field coach for the last 10 years, Chris Walsh is also a writer. He has published more than 10 articles nationally and internationally in track and field and cross country and wrote a book published in 1983 - *The Bowerman System* - based on the great Oregon Distance Program and former 1972 Olympic coach Bill Bowerman. Walsh has coached five league championship teams and has coached 12 athletes who have advanced to the state meet including Sarah Riley and Rachel Rosemeyer.

1998 CIF State Track and Field Honor Coaches

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Jim McDonnell
Mt. Whitney H.S.



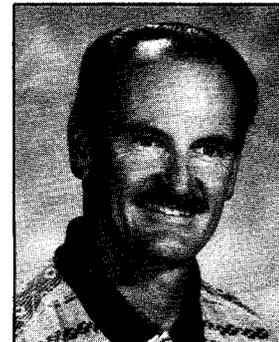
Oscar Haynes
Edison Fresno H.S.



Rick Bass
Portola H.S.



Beth Pilger
Los Molinos H.S.



Edward J. Barber
North Salinas H.S.

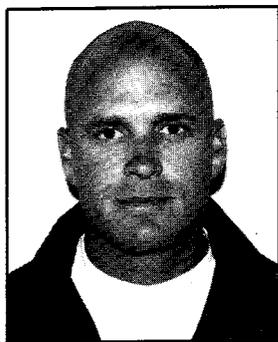
Jim McDowell is currently in his 15th year as the head track and field coach at Mt. Whitney High School. During his tenure, the Pioneer's boys' and girls' teams have won five West Yosemite League championships. Highlighting his career were state titles won by Tonya Menonca (high jump, 1983) and Kathi Roldan (800, 1988). In addition, coach Mac has been the girls' cross country coach for the past 20 years and was named CIF Central Section Coach of the Year for 1997. McDonnell formerly served as the varsity boys' soccer coach and started the girls' soccer program.

A former graduate of Edison High School in Fresno, Oscar Haynes has been coaching track and field for 14 years at Edison High School and has a total of 27 years of coaching experience. His boys' track and field teams have garnered three CIF Central Section Championships and five second place sectional finishes. His girls' teams haven't finished lower than fourth in the section finals. Additionally, Edison is perennially ranked in the top 50 in the state for both its girls' and boys' program. Haynes has taken state meet qualifiers to the finals every year except one.

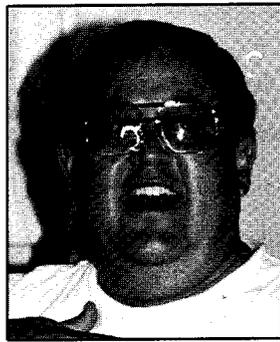
Rick Bass first became interested in track and field when he was in 7th grade and managed the track team at Portola High under coach Bob Wise. After graduating from UC Davis, Bass started his coaching career as a volunteer assistant in football and track at Portola High in 1980. The following year, he was offered a teaching and coaching position there. Since then, he has coached eight varsity and junior varsity section championship teams. His motto over the years is "join track and see California" as his teams travel across the state to competitions.

Formerly the director of the Durham Recreation Department, Beth Pilger began teaching at Los Molinos High in 1977. Over the last 21 years at Los Molinos High, Pilger coached the girls' varsity volleyball team to five league championships and the varsity basketball team to two league crowns. She coached track and field for 15 years before retiring from coaching in 1995. The Tehama County Teacher of the Year in 1991, her varsity boys' track teams won five league crowns, and her girls' won two league championships. Currently, she is the district's computer technology coordinator.

After attending Hartnell College in the early 1970's, Ed Barber earned his B.A. degree from Fresno Pacific University and a multiple subject teaching credential from San Jose State University in 1983. He began as a track and field assistant at Alisal High School in 1987, winning MTAL and Salinas City Championships during that period of time. In 1990, he moved to North Salinas High and in 1993 his team was champion of the MBL, City of Salinas, Central Coast Section and State CIF (co-champs). He was the 1996 Olympics Trials coach for Calvin Harrison.



Robert Budke
Arroyo Grande H.S.



Ben Gonzalez
Norco H.S.

Robert Budke's has quite a "track" record as a throwing specialist coach and is considered one of the top throws (discus, shot put) coaches in the state. During his 12 years coaching, his throwers have won 42 league titles and 14 Southern Section Divisional crowns. In addition, he has coached three individual state champions: Nadia Lopez ('95 discus), Chad Jones ('95 discus) and Stephanie Brown ('96 shot put). Since 1990, Arroyo Grande has had 17 throwers qualify for the state meet.

Ben Gonzalez became interested in coaching when he ran for Tom Tellez at Fullerton Junior College in the 1960's. Following his tour of duty in Vietnam, Gonzalez returned to the United States and began a coaching career that has spanned 26 years. He has coached both the boys' and girls' program at Norco High winning a combined 19 league championships. He has also coached six qualifiers to the state meet including Darrell Willis who won the Southern Section open 400 in 1980.



Sam Martinez
Cerritos H.S.

Frank Slaton
Silver Creek H.S.

A veteran coach of 24 years, Sam Martinez has guided the boys' teams at Cerritos High School for 17 and the girls' team for the last six. His boys' team has compiled a 90-60 dual meet record, while his girls' teams are even more impressive with a 48-5-1 dual meet mark. Martinez has coached numerous athletes who have qualified to the state meet including three individual state champions. He has coached state qualifiers in 1978, 1984, 1987, 1988, 1990 and 1996. In addition, he has coached a CIF record-holder in Charles Roberts (1978 - long jump).

A graduate of San Jose State University with a masters from Cal Poly San Luis Obispo, Frank Slaton began coaching at Piedmont Hills High School in 1972. He has been the head track and field coach at Silver Creek High since 1976. During that 25 year span, Slaton has coached a number of talented athletes including Keith Taylor, Andre Phillips, Pellum McDaniels, Harold Rucker, Avend Watkins, and Camesha McPherson. In 1977, both his boys' and girls' teams won CIF Central Coast Section titles. Slaton is the co-founder of the Hampton-Phillips Track Classic.



Looking at 12-0 - Sarah Higham of Mission Viejo High School could break the 12-0' barrier in the pole vault. Her personal best is 11-11. photo courtesy of Mission Viejo High School.

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

<u>Boys</u>	<u>Girls</u>
100 METERS	100 METERS
10.30 Riley Washington, (Southwest) San Diego 1992	11.14 Marion Jones, Thousand Oaks 1992
200 METERS	200 METERS
20.77 Henry Thomas, Hawthorne 1984	22.83 Marion Jones, Thousand Oaks 1992
400 METERS	400 METERS
45.25 Calvin Harris, North Salinas 1993	52.39 Denean Howard, (Kennedy) Granada Hills 1982
800 METERS	800 METERS
1:47.31 Pete Richardson, Berkeley 1981	2:04.91 Trena Hull, Compton 1984
1600 METERS	1600 METERS
4:04.00 Michael Stember, Jesuit Carmichael 1995	4:39.92 Polly Plumer, (University) Irvine 1982
4:05.4 Mark Schilling, Garden Grove 1972*	3200 METERS
3200 METERS	9:52.80 Kim Mortensen, Thousand Oaks 1996
8:44.9 Eric Hulst, Laguna Beach 1975	100 METER LOW HURDLES
110 METER HIGH HURDLES	13.34 Janeene Vickers, Pomona 1987**
13.41 Steve Kerho, Mission Viejo 1982	100 METER HIGH HURDLES
300 METER INTERMEDIATE HURDLES	13:35 Nicole Hoxie, North Riverside 1997
35.50 George Porter, (Cabrillo) Lompoc 1985	300 METER LOW HURDLES
400 METER RELAY	40.26 Janeene Vickers, Pomona 1987
40.78 John Muir, Pasadena 1987	400 METER RELAY
Skyline, Oakland 1995	45.13 Berkeley 1981
1600 METER RELAY	1600 METER RELAY
3:08.66 John Muir, Pasadena 1996	3:37.71 Kennedy, Granada Hills 1981
HIGH JUMP	HIGH JUMP
7'3 1/4" Lee Balkin, Glendale 1979	6'2" Latrese Johnson, Clovis 1985
LONG JUMP	LONG JUMP
26'4 3/4" James Stallworth, Tulare 1989	22'0 1/2" Marion Jones, Thousand Oaks 1993
POLE VAULT	POLE VAULT
17'1/2" Anthony Curran, (Crespi) Encino 1978	12-6 Melissa Price, Kingsburg 1995
TRIPLE JUMP	TRIPLE JUMP
52'4 3/4" Ken Frazier (Mission) San Francisco 1981	43'11 1/2" Juliana Yendork, Walnut 1991
SHOT PUT	SHOT PUT
74'4 3/4" Brent Noon, Fallbrook 1990	52'11 1/2" Kristin Heaston, Ygnacio Valley 1993
DISCUS THROW	DISCUS THROW
203'4" Brian Blutreich, (Cap. Valley) Mission Viejo 1985	177'1" Chaniqua Ross, Laguna Creek 1997
Rob Powell, Redwood 1990	

*mile record

**discontinued after 1993 season

U.S. NATIONAL HIGH SCHOOL RECORDS

<u>Boys</u>	<u>Girls</u>
100 METERS	100 METERS
9.9 Henry Neal, Greenville, TX 1990	11.14 Marion Jones, Thousand Oaks, CA 1992
200 METERS	200 METERS
20.0 Roy Martin, Dallas, TX, Roosevelt 1985	22.67 Marion Jones, Thouand Oaks, CA 1992
400 METERS	400 METERS
45.25 Calvin Harrison, North Salinas, CA 1993	52.39 Denean Howard, Granda Hills, CA, Kennedy 1982
800 METERS	800 METERS
1:46.41 Michael Granville, Bell Gardens HS, CA 1996	2:04.5 Joletha Clark, Maplewood, NJ, Columbia 1980
1600 METERS	1600 METERS
3:58.30 Jim Ryun, Wichita, KS, East 1965	4:39.4 Laura Matson, Andover, Bloomfield Hills, MI 1985
3200 METERS	3200 METERS
8:41.50 Steve Prefontaine, Coos Bay, OR, Marshfield 1969	9:48.59 Kim Mortensen, Thousand Oaks, CA 1996
110 METER HIGH HURDLES	100 METER HIGH HURDLES
12.9 Renaldo Nehemiah, Fanwood, NJ, Scotch Plains 1977	13.33 Dawn Boyles, Neptune, New Jersey 1988
300 METER INTERMEDIATE HURDLES	300 METER LOW HURDLES
35.32 George Porter, Lompoc, CA, Cabrillo 1985	40.18 Leslie Maxie, Millbrae, CA, Mills 1984
400 METER RELAY	400 METER RELAY
39.9 Jasper, TX 1991	44.70 St. Bernard Playa del Rey, CA 1997
1600 METER RELAY	1600 METER RELAY
3:07.40 Hawthorne, CA 1985	3:37.69 Pasadena, CA John Muir 1985
HIGH JUMP	HIGH JUMP
7'5 1/4" Dothel Edwards, Athens, GA, Cedar Shoals 1984	6'3 Amy Acuff, Corpus Christi, Calallen TX 1992
LONG JUMP	LONG JUMP
26'4 3/4 James Stallworth, Tulare 1989	22' 1 3/4" Kathy McMillian, Raeford, NC, Hoke County 1976
POLE VAULT	POLE VAULT
17'9 1/2" Joe Dial, Narlow, OK 1981	12-6 Melissa Price, Kingsburg 1995**
TRIPLE JUMP	TRIPLE JUMP
52'10 1/2" Charles Mayfield, Pasadena, CA, John Muir 1980	44-0 1/2" Juliana Yendork, Walnut, CA 1991
SHOT PUT	SHOT PUT
77' 0" Michael Carter, Dallas, TX, Jefferson 1979	53'7 3/4" Natalie Kaaiawahia, Fullerton, CA 1983
DISCUS THROW	DISCUS THROW
224' 3" Kamy Keshmiri, Reno, NV 1987	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*
Washington, 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	Nil 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 Gurule		

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
Muir Pasadena	57	Clyde Turner	Cerritos College, Norwalk	5-31/6-1/1996
Long Beach Poly	39	Don Norford	Hughes Stadium, Sacramento	6/6-7/1997

* 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
Long Beach Wilson	43	Terry Kennedy	Cerritos College, Norwalk	5-31/6-1/1996
Long Beach Poly	49	Don Norford	Hughes Stadium, Sacramento	6/6-7/1997

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)
- 8 - Muir, Pasadena (1934, 36, 67, 74, 90, 94-96)
- 7 - Manual Arts, Los Angeles (1915, 16, 19, 24, 25, 53, 58)
- 6 - Hawthorne (1983-85, 1987-89)
- 6 - Polytechnic, Long Beach (1928, 32, 59, 64-65, 1997)

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)
- 4 - Long Beach Poly (1991-92, 94, 1997)
- 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 (McClymonds, 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 Holliwell (West Bakersfield)	10.43w
1996 - Jim McGee (Sacramento)	10.52
1997 - Justin Fargas (Notre Dame Sher. Oaks)	10.52

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 (McClymonds, 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
1996 - Obea Moore (Muir Pasadena)	20.91
1997 - Andrea Ammons (Skyline Oakland)	20.91

** 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 - Uli Williams (Compton)	47.2
1961 - Uli 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
1996 - Obea Moore (Muir Pasadena)	45.81
1997 - Eddie Levine (Golden Valley)	46.77

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

800-Meter Run (Cont.)

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
1993 - Vondre Armour (Bakersfield)	1:50.13
1994 - Michael Granville (Bell Gardens)	1:49.82
1995 - Aaron Richberg (James Logan)	1:48.40
1996 - Michael Granville (Bell Gardens)	1:50.68
1997 - James Levine (Golden Valley)	1:50.62

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 (Jesusit, 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 (Jesusit, Carmichael)	4:04.00
1996 - Michael Stember (Jesusit, Carmichael)	4:06.72
1997 - John Stevens (Mission, San Jose)	4:10.08

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 (Jesusit, Carmichael)	8:44.95
1987 - Paul Thomas (Jesusit, Carmichael)	9:02.82
1988 - Reggie Williams (River City)	8:59.61
1989 - David Welsh (Jesusit)	8:58.08
1990 - Bryan Dameworth (Agoura)	8:53.26

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

1991 - Dave Hartman (Canyon Country)	8:58.38
1992 - Angel Martinez (San Gabriel)	8:56.34
1993 - Matt Farley (Jesusit Carmichael)	9:04.39
1994 - Mebrahton Keflezighi (San Diego)	8:58.11
1995 - Jason Balkman (Lynbrook San Jose)	9:05.31
1996 - Aaron Gillen (Yreka)	9:03.96
1997 - Isaiah Festa (Morro Bay)	9:06.06

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 McCulloch (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 - Alfonzo Hall (Morningside, Inglewood)	13.9
1971 - Charles Jackson (Lompoc)	13.6w
1972 - Daniel Jones (Palo Verde, Blythe)	13.6
1973 - Mike Johnson (Pasadena)	13.6w
1974 - Fred Shaw (Muir, Pasadena)	13.7
1975 - Robert Gains (Kennedy, Richmond)	13.3
1976 - Lloyd Jones (Ganesha, Pomona)	14.5
1977 - Phillip Johnson (Gardena)	13.66
1978 - Milan Stewart (West Covina)	13.97
1979 - Jim Scannella (San Ramon, Danville)	13.87
1980 - Don Ward (St. Mary's, Berkeley)	13.73
1981 - David Ashford (West Covina)	13.67
1982 - Steve Kerho (Mission Viejo)	13.41
1983 - Mark Boyd (St. Mary's, Berkeley)	13.93
1984 - Raymond Young (Hawthorne)	14.32
1985 - Robert Reading (St. Mary's, 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 - Joe Naivalu (Fremont San Jose)	14.33
1996 - Joe Naivalu (Fremont San Jose)	13.68
1997 - Dominique DeGrammont (Tustin)	13.48

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 Puenete)	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 (Siema)	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
1996 - Makio Haywood (Muir Pasadena)	36.18
1997 - Kenyon Rambo (Long Beach Poly)	36.57

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
1996 - Serra	40.63
1997 - John Muir Pasadena	40.35

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
1996 - Muir Pasadena	3:08.66
1997 - Dominguez Compton	3:12.51

High Jump

1957 - Robert Avant (Hart, Newhall)	6-8
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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
1996 - Elliott Parks (El Toro)	6-10
1997 - Jason Howard (Ridgeview)	7-1

Long Jump

1957 - Luther Hayes (Lincoln, S.D.)	23-8 1/2
1958 - Steve Rogers (Brawley)	24-6
1959 - Effen 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
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 - Diatory Gildersleev (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
1996 - Gerald Williams (Lynwood)	24-10 1/2
1997 - Marvin Brown (Will C. Wood Vac.)	24-05 1/4

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

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

Bob Richardson (Ganesha, Pomona)	
1963 - Bill Fosdick (Hill, San Jose)	14-8 3/4
1964 - Paul Wilson (Warren, Downey)	14-4 1/4
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)	14-10 1/2
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 (Acalances)	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
1996 - Steve Michels (Brethren)	16-2
1997 - David Gritz (Bear Creek)	16-7

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)	51-8 1/2w
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)	51-9 1/2w
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)	50-11 3/4
1994 - Von Ware (Rancho Buena Vista-SD)	50-6
1995 - Michael Turner (Morningside)	49-2
1996 - Tye Anderson (Long Beach Poly)	49-11 3/4
1997 - Anthony Colson (Center)	49-11 1/4

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)	63-11 1/4
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)	63-10 1/2
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)	65-10 3/4
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)	63-8 3/4
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)	58-11 1/2
1995 - Matt Pentecost (Loyola)	62-3 3/4
1996 - Jason Hammond (Fowler)	64-4
1997 - Van Mounts (Bakersfield)	67-0 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)	188-6 1/2
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
1996 - Scott Moser (Huntington Beach)	185-7
1997 - Scott Moser (Huntington Beach)	203-2

1982 - Gervaise McGraw (Ganesha, Pomona)	11.69
1983 - Lisa Winston (Jordan, Long Beach)	11.73
1984 - Gail Devers (Sweetwater)	11.51
1985 - Tasha 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
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
1996 - Malika Edmonson (St. Bernard)	11.82
1997 - Angela Williams (Chino)	11.15

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
1996 - Malika Edmonson (St. Bernard)	23.47
1997 - Kinshasa Davis (Wilson Long Beach)	22.90

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 (Westmister)	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
1996 - Kinshasa Davis (Wilson Long Beach)	52.67
1997 - Kinshasa Davis (Wilson Long Beach)	52.66

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, Orinda)	2:09.73
1981 - Donna Curtis (Culver City)	2:06.08
1982 - Rennie Durand (Laguna Beach)	2:06.36

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

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

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
1996 - Lindsay Hyatt (Placer Auburn)	2:11.24
1997 - Lindsay Hyatt (Placer Auburn)	2:09.16

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
1996 - Annie Ebner (St. Lucy's Prep)	4:48.72
1997 - Julia Stamps (Santa Rosa)	4:44.78

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
1996 - Kim Mortensen (Thousand Oaks)	9:52.80
1997 - Julia Stamps (Santa Rosa)	10:15.17

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
1996 - Nicole Hoxie (North Riverside)	13.87
1997 - Nicole Hoxie (North Riverside)	13.35

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
1996 - Tisha Ponder (Del Mar San Jose)	42.22
1997 - Ryan Peters (Skyline Oak.)	41.47

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
1996 - James Logan	45.20
1997 - St. Bernard Playa del Rey	44.70

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 Geronigo, San Bernardino	3:44.05
1980 - Kennedy, Granada Hills	3:37.98
1981 - Kenndey, 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
1995 - Long Beach Poly	3:39.53
1996 - Wilson Long Beach	3:38.50
1997 - St. Bernard Playa del Rey	3:39.43

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 - Tracye Lawyer (Cate Carpinteria)	5-10
1994 - Kristy Kieruff (Esperanza Anaheim)	5-10
1995 - Tara Flaming (Immanuel Reedley)	6-0
1996 - Liz Giltner (Chaminade)	5-10
1997 - Tayyiba Haneef (Laguna Hills)	5-9

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
1996 - Jernae Wright (James Logan)	20-3
1997 - April Horne (Clovis West)	17-061/4

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 Lassar (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 - Tamiaka Porter (Orange Glen)	38-11 1/2
1995 - Kelly O'Conner (Esperanza)	40-6 1/2
1996 - Kelly O'Conner (Esperanza)	40-2 1/2
1997 - Andrea Booker (El Camino)	40-0

Shot Put

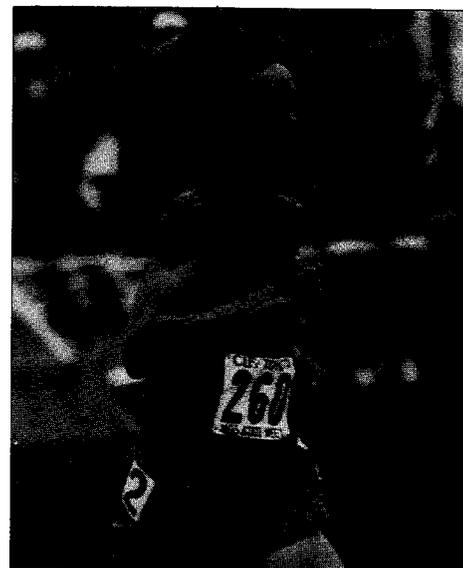
1974 - Kathy Devine (Mission Bay, San Diego)	47-4 1/2
1975 - Kathy Devine (Mission Bay)	42-3 3/4
1976 - Becky Daniel (Newport Harbor)	42-9 3/4
1977 - Debra Thorntana (Sacramento)	43-9
1978 - Kerry Zwart (Crescenta Valley)	45-11 1/2
1979 - Susie Ray (Villa Park)	48-4 1/2
1980 - Natalie Kaaiawahia (Fullerton)	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

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

1984 - Pam Alexander (Arlington)	46-3 1/2
1985 - Eiaina 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 Tuimolouau (Channel Island)	46-10
1995 - Rebecca Morrison (Presentation)	47-6 3/4
1996 - Stephanie Brown (Arroyo Grande)	43-0 1/4
1997 - Cynthia Ademiluyi (Long Beach Poly)	47-05 1/4



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.

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
1996 - Chaniqua Ross (Laguna Creek)	158-4
1997 - Chaniqua Ross (Laguna Creek)	177-01

Pole Vault

1995 - Melissa Price (Kingsburg)	12-6
1996 - Alexa Harz (Peninsula)	12-1 1/4
1997 - Bridget Pearson (Hoover Glendale)	12-0

MOST INDIVIDUAL TITLES (GIRLS)

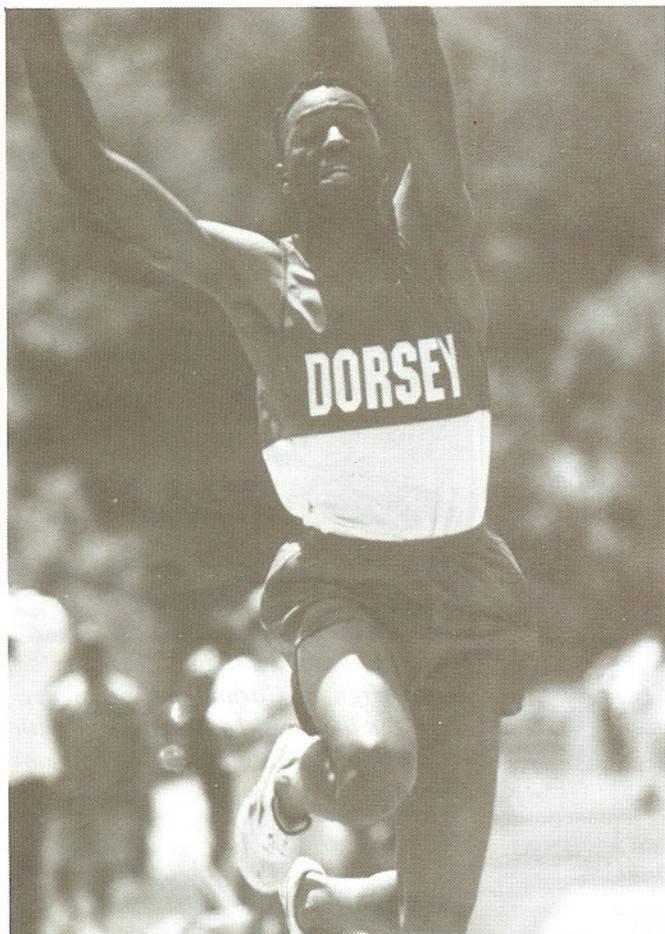
- 9 - Marion Jones, Rio Mesa Oxnard (1990-91), Thousand Oaks (1992-93) 100m (1990-93) 200m (1990-93) LJ (1993)
- 6 - Wendy Brown, Woodside HJ (1984) TJ (1982-84) LJ ('82-84)
- 6 - Juliana Yendork, Walnut LJ (1989-91) TJ (1989-91)
- 6 - Natalie Kaaiawahia, Fullerton, Shot ('80-83) Discus('81&'83)
- 5 - Angela Burnham, Rio Mesa Oxnard 100m (1986, 1988-89) 200m (1988-89)
- 4 - Julia Stamps, Santa Rosa 3200 (1994-95, 1997) 1600 (1997)
- 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 - Obea Moore, Muir Pasadena 200m (1995-96) 200m (1996)
- 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)



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