

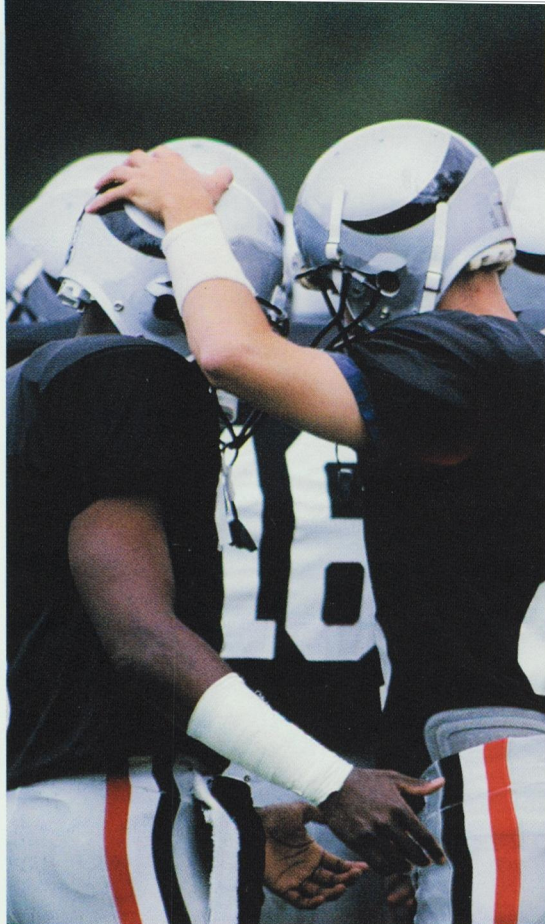
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TRACK & FIELD







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# ***The Extraordinary Coach Can Make a Positive Impact***

**M**achiavelli once taught that the subjects of a feared king are more loyal to him than those of a loved king. Such a notion may have applied to high school sports in the past as hefty, batty-eyed football coaches shouted their players into order with threats of arduous physical reproach or diminished playing time, striking fear in the hearts of their players and insisting they do likewise to opponents.

However, the success, leadership, and manner of a Francis Parker volleyball coach entirely refutes every aspect of this belief and has permanently changed my perception of the relationship between virtue and success, disciple and mentor.

As volleyball season rolled around my freshman year, coach John Herman approached me in a casual, offhand manner and asked me to consider playing the sport. My immediate response came as a questioning look, since I was unaware that volleyball was played interscholastically in high school. In fact, I had never taken volleyball seriously as a sport. However, I was caught completely off guard by his friendly demeanor and earnest prediction of my future potential, and was compelled to accept this offer.

What followed was a dramatic change in my high school experience. My first practice was not held in the gym, rather we gathered amongst the crossed rows of desks in a small, cramped classroom.

Coach Herman strode into the room in his mildly awkward yet dignified manner, which seized the attention of everyone in the room. He proceeded to give an hour-long talk on the importance and

benefits of humility, fairness and morality, imparting life to this initially fanciful idealistic outlook, while alluding to past success: countless league banners, city titles and state championships.

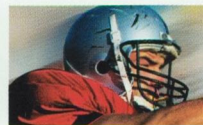
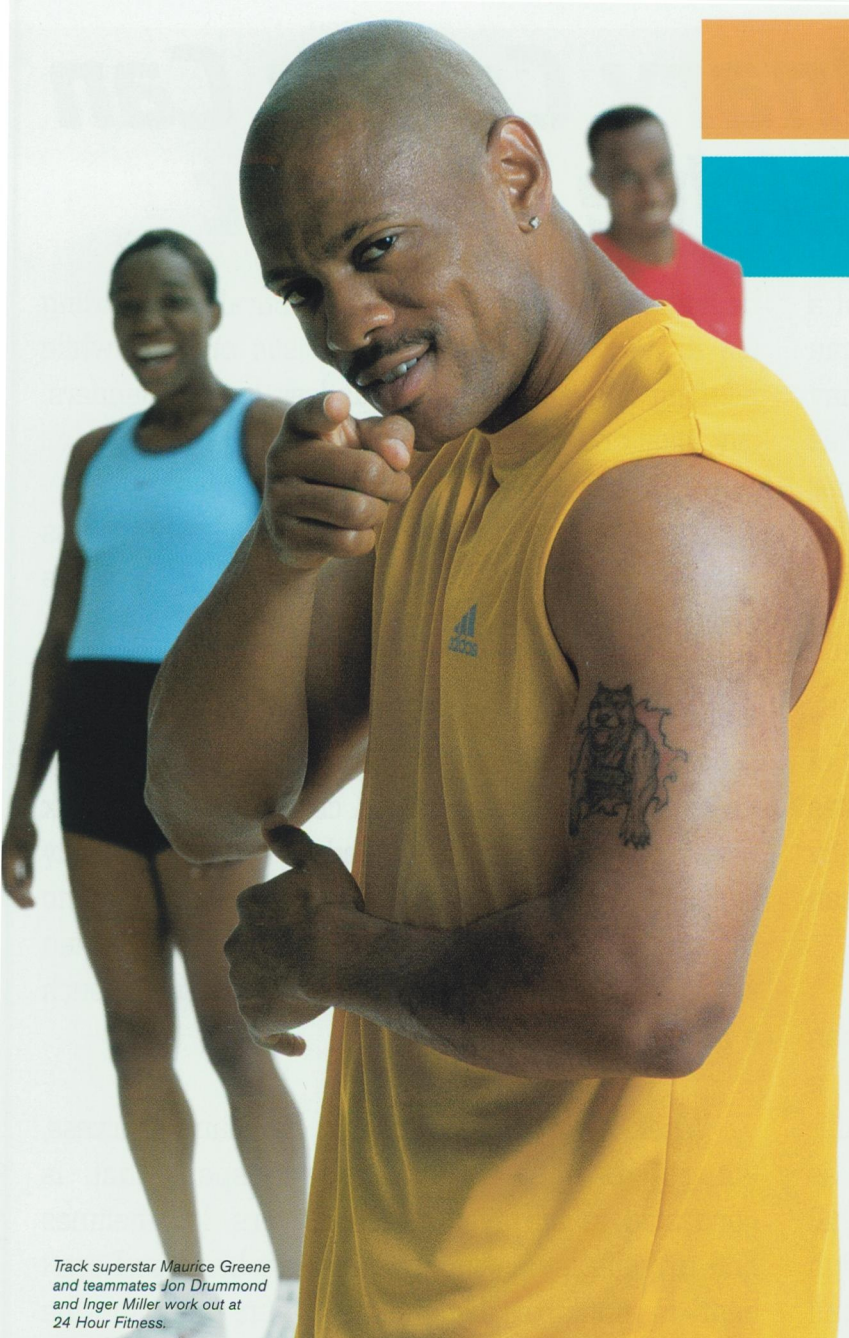
His lecture was brimming with such phrases as "always thank the fans" and "becoming a noble person on a team far outweighs winning." He even told us about his family, experiences growing up, and a tearful anecdote about how one of his old high school players ignored a congratulating, frenzied press after winning an NCAA championship to walk over and greet him instead. I had previously considered it unthinkable for a coach, someone who maintains such supposedly superior, authoritarian status over his players, to humanize himself in such a fashion.

What most defines coach Herman's success, though, is the extraordinary respect that is generated in the eyes of his players. I sometimes find myself playing more vigorously because I can't bear to think of disappointing him, although he would probably just smile and tell me what he liked about the game.

I am proud to play for coach Herman because his success endures as a true story of the triumph of nobility, self motivated work and compassion - an omnipresent contradiction to what many refer to as "the real world" and the "harsh realities of life" in which the good guys never win. He has influenced me like no other teacher or coach before, and his ideals and story of success will continue to influence me for the rest of my life.

*Daniel Robbins, former student at Francis Parker High School in San Diego.*



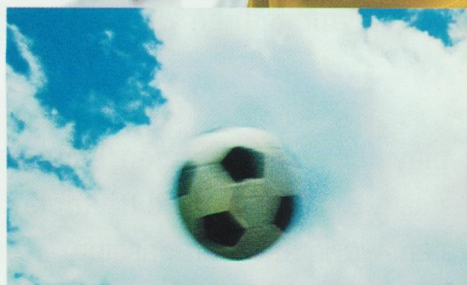


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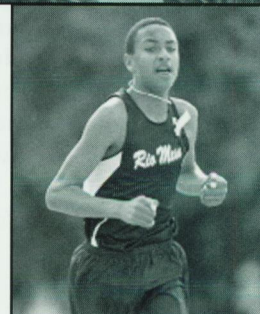
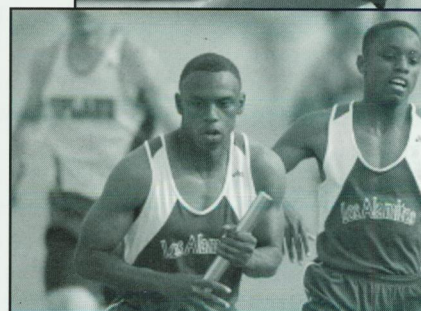
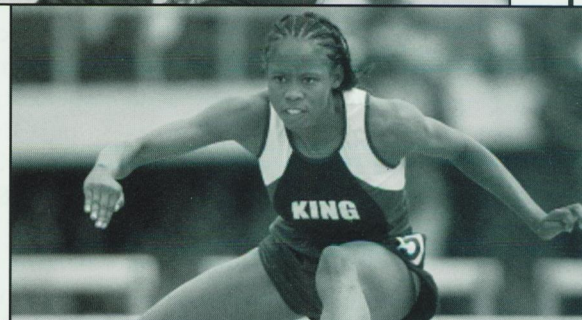
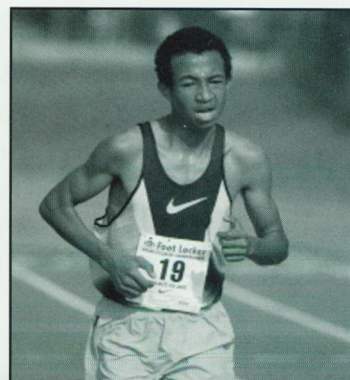
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2003

# CIF State Track and Field

1	The Extraordinary Coach
4	Tackling the Tough Issues
5	Executive Committee/Federated Council
7	Felix Takes on the World
9	Mack Has Competitive Edge
10	Track and Field Honor Coaches
11	2002 In Review
13	Track and Field Advisory Committee/ Meet Officials
14	2003 Time Schedule
16-17	CIF Model Coaches
18-20	Preview of 2003 Meet
21-26	Entries
27	CIF Scholar-Athletes of the Year
28-29	Spirit of Sport Award Winners
30	CIF Education Programs
31-41	Entries
42	Coaches Giving Back
43-54	State Championship Records





# Tackling the Tough Issues

## The Changing Face of CIF

After two strategic planning processes, the face of the CIF has changed dramatically.

Initially charged with establishing the rules to govern high school athletics in California, the largest youth agency in the nation went to its constituents and asked the basic question: how can we better serve you.

The answer was loud and clear. Schools needed a coaching education program to train the more than 78,000 coaches in California's secondary schools.

The fact that nearly one-third of these coaches are off-campus coaches made education even more important, as did the high turnover rate of coaches in general.

In response, the CIF made coaching education a top priority and has since trained more coaches than any other state.

The CIF Coaching Education Program, which began six years ago, has been modified, adapted and designed to specifically meet California's needs and Education Code requirements. This nationally recognized program teaches coaches the importance of educational athletics and includes segments on coaching for character, health and nutrition, coaching philosophy, sport psychology, sport pedagogy, sport physiology and risk management.

While coaching education was the number one concern expressed by schools, other issues have also been addressed.

The CIF, with support and collaboration from the Josephson's Institute of Ethics, has developed and adopted the principles of Pursuing Victory With Honor<sup>sm</sup> (PVH).

To date, 1041 high schools have followed suit by adopting this character-building program.

Included in the PVH package is a code

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*"We will continue to serve our schools and do everything in our power to make the athletic experience a positive one for students. That's what the CIF is all about." -- Marie M. Ishida, CIF executive director*

---

of conduct and expected behaviors for all involved in high school athletics.

This year the CIF launched the "missing link" in the PVH program with the initiation of the CIF Sports Parent Presentation.

The purpose of the CIF Sports Parent Presentation is to provide schools with the tools to guide parents on their role in the educational program.

The new program features a CIF speaker, a "Parents Guide to Successful Sport Experience" and a videotape on "What Kids Want Their Parents to Know About Sportsmanship."

"The only behavior spectators and parents see is the business model and they think that is appropriate behavior," said Roger Blake, CIF assistant executive director. "How can we expect them to behave and act appropriately if we haven't shown them the educational model?"

Paramount to coaching education and parent education is one important theme: the physical and mental health of student-athletes.

With the help of respected physicians and experts in the field, the CIF has developed a number of health and safety bulletins which have been distributed to schools and are available on the CIF's website.

These bulletins offer up-to-date information on a variety of topics includ-

ing reducing head and neck injuries in football, eating for wrestling performance, athletic nutrition, prevention of heat illness, performance enhancing dietary supplements and many more.

Among other changes in the CIF has been the development of an officials' accreditation process and expansion of awards for sportsmanship and scholastic achievement.

"Perhaps the biggest change I have witnessed in CIF is an openness to discuss and address the tough issues," said Marie M. Ishida, CIF executive director and president of the organization during the first strategic planning process in 1992.

While the CIF of 2002 is much different than the organization formed in 1914 some charges remain the same.

The CIF continues to set and enforce the rules of the organization, a process that began as a way to level the playing field in 1914.

Prior to the CIF, restriction on age and students eligibility simply didn't exist.

"There were some real abuses regarding the age issue," said Ishida. "The 19-year old rule stemmed from these early abuses, as a way to protect the high school athlete."

In 1914, the CIF conducted its first ever state championship in the sport of track and field.

State championships have expanded to include the sports of cross country, girls' volleyball, wrestling, basketball and track and field.

What further changes await the organization in the next decade? In the next century? Nobody knows for sure, but one thing is certain. The CIF will continue to meet the challenges head on.

"We will continue to serve our schools and do everything in our power to make the athletic experience a positive one for students," said Ishida. "That's what the CIF is all about."



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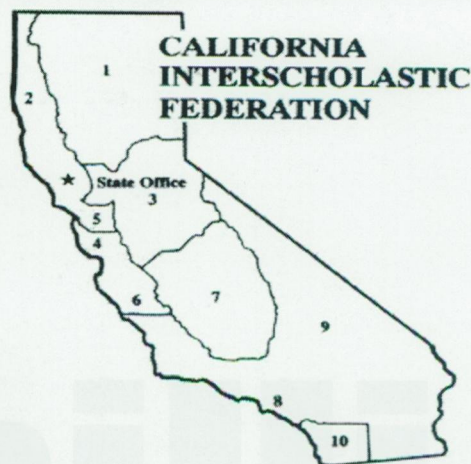
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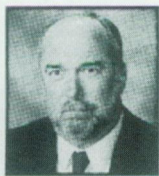
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# Felix Takes on the World

By Jim Duel, State CIF

What happens when you accomplish your goal mid-way through the season? If you're Allyson Felix you adjust the goal and up the expectations. Throughout her high school track and field career at Los Angeles Baptist High School, Felix and those following her have continued to raise their expectations. How could you not?

Felix, who began running as a freshman in high school, has just kept getting better and better. Entering her senior year, her goal was to break Marion Jones' National High School record in the 200 meters. She accomplished that at the Mt. Sac Invitational running a sensational 22.51 in an unofficial meet.

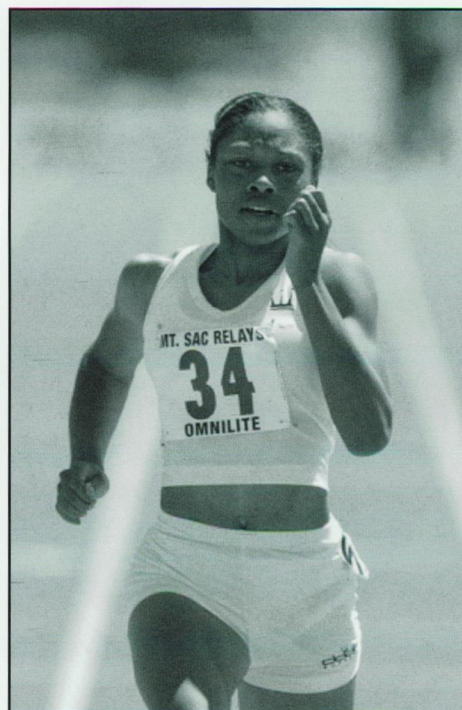
Now she looks to take on the world. That is the World Championship team, the elite world of track and field. It not only seems possible, but probable for this hard-working athlete who is the premier sprinter in the nation.

Below is a question and answer format with this amazing individual.

**< How did you get started in track and field?** Both my dad and my brother were involved. My brother (Wes, a runner at USC) is two years older and watching him got me excited about the sport.

**< What do you love most about track and field?** Competing. I'm a competitor and thrive on the competition.

**< What's your training regime like?** I'm on the track five days a week and in the weight room three days a week. The weight training is really intense, but that's where I get a lot of my power. I run hills and intervals depending on where we are in the season. I really enjoy the weight



room and the hill work can sometimes be fun. It's just something different off the track.

**< What's your goal for this season?** To break Marion Jones's high school record. Now I've adjusted my goal and I hope to make the World Championship team.

**< How do you feel when people compare you to Marion Jones?** There are definitely similarities and I can see how people might compare us. At the same time, I'm trying to just be myself and I'm definitely different as well. The comparisons are a compliment. I look up to her. She's amazing.

**< What makes you stand out from other runners?** The ability to hold my speed for a long time. I'm a pretty powerful runner, which shows a lot at the end of my race.

**< Do you compete in any other sports? Any added pressure from coaches, media, yourself?** In 9<sup>th</sup> grade I played basketball, but

since then I focused on track and field. I hadn't run before the 9<sup>th</sup> grade and just started doing it for fun. I didn't feel any added pressure at all.

**< Who are your role model(s)?**

My parents and my brother. I look up to my family and admire how they live their lives.

**< Who is your biggest fan?** Same people. My parents really support me and come to all my meets and balance that with attending my brothers meets as well. They've sacrificed a lot to come to my meets overseas. I couldn't ask for better support.

**< Goals after graduating from high school?**

To go try to make the World Championship team and, if I make that, to do well over there.

**< Who do you look toward for inspiration (other than parents and family)?**

Angela Williams (formerly of Chino High School and USC). The way she carries herself, the way she handles pressure and the media demands are inspiring. I try to strive for the same.

**< How would you describe yourself?** I'm quiet and a little shy in the beginning. But I'm also a very happy person and fun to be around.

**Favorite Classes at school and why?**

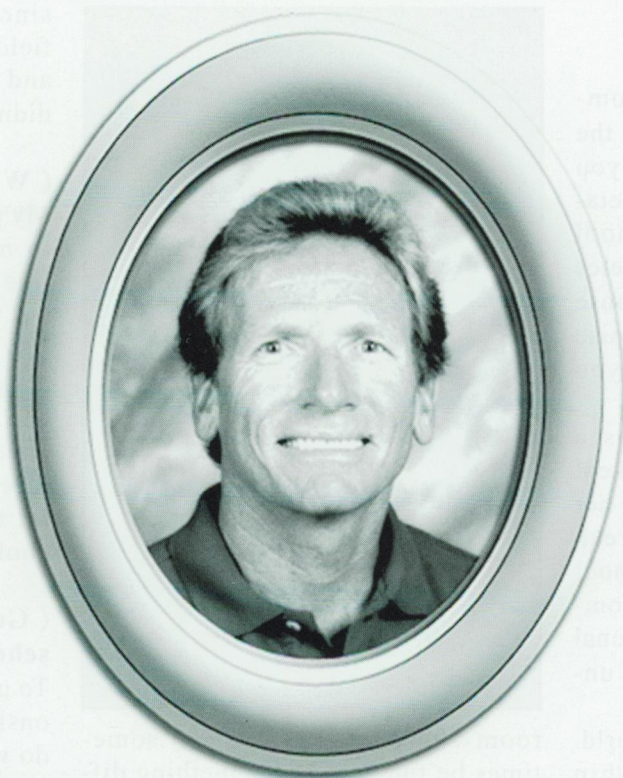
My favorite class would be English because I enjoy to read and write.

**What has been your biggest obstacle either in track and field or in life?**

My biggest obstacle in track would be starting track at a late age. I still have so much to learn and so much to experience but I am also very excited for what awaits me.



# Our Hero!



## Courage;

1. *n.* the quality of being fearless or brave 2. the attitude of facing and dealing with anything recognized as dangerous, difficult, or painful, instead of withdrawing from it.

**i.e. Coach Jim Arquilla**

Jim Arquilla - A Love of Running

Arkie was born in Ohio and moved to California at around the age of 10. He attended all Long Beach schools, including Long Beach Poly, Long Beach City College, and Long Beach State. Arkie coached at LBCC (with Ron Allice, now the Head Track Coach at USC) and in the Torrance school district. He taught and coached in Long Beach at DeMille Junior High and at Wilson High School (1986-2003). At Wilson he won 7 Moore League Cross Country titles and 6 Moore League Track & Field titles. His track teams were CIF runners-up in 1989 and CIF 4A Champions in 1992.

Arkie, along with Therese Butler, began the Long Beach Relays 16 years ago. He loved the sports of track & field and cross country, and just running in general. He participated competitively since high school, throughout college, and beyond. He ran in numerous 5k and 10k races, marathons, 100 mile road races, and even competed in Hawaii's Ironman Triathlon.

Arkie was married to Margaret (Maggie) for 25 years and had three daughters: Kelly, Nicole (CSULB '03), and Mandy (currently at UCSB).

Ed Hauck - Long Beach Wilson



# Talent, Plus Desire Gives Mack the Competitive Edge

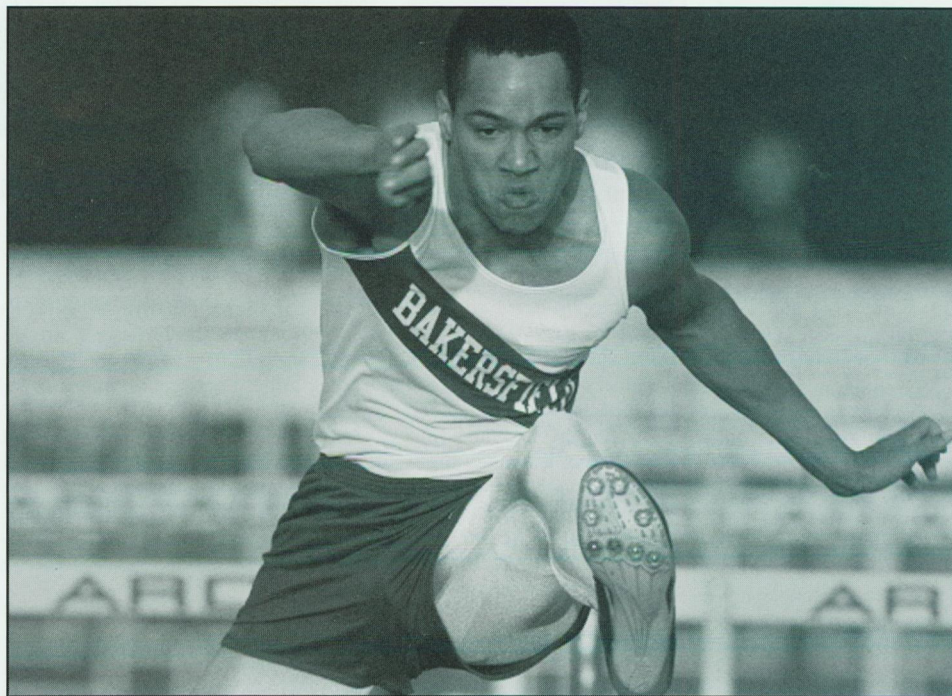
By Jim Duel, State CIF

Thomas Mack accomplished something last year that few have ever done. In winning individual state titles in both the 110-meter high hurdles and the 300-meter intermediate hurdles, Mack joined only two others who have managed the rare double in the same season: Don Ward of St. Mary's Berkeley High School (in 1980) and Steve Kerho of Mission Viejo High (1982).

"It felt unbelievable, although it didn't seem real until a couple of weeks later. It felt like a movie," Mack, who ran a 14.34 in the 110-meter high hurdles and 37.45 in the 300-meter intermediate hurdles, said about the state championship feat.

The Berkeley-bound senior has lofty goals, but his aspirations certainly seem to be within reach. His number one goal this season is to make the Junior National Team, but first he wants to repeat as a double champion. Last season, he led Bakersfield High School to the team title as well and the Drillers figure to once again be in the running for that elite position.

The added pressure to repeat both individually and as a team has been there, but Mack blocks that out and just tries to do his best every day. In fact, the biggest thing he had to overcome this year was a mid-season bout with bronchitis. Although that slowed him down, Mack feels he is back on target.



Always a talented athlete, Mack started as a 400-meter runner in junior high and had no aspirations to compete in the hurdles. But his high school coach put him out there and the rest is history. Now his heroes are hurdlers, specifically Felix Sanchez who runs for the Dominican Republic and ran at USC. Photos of Sanchez are plastered about his room and serve as reminders of the hard work it takes to succeed in the sport.

What separates Mack from other standout athletes is his desire to continue to improve. That attitude could lead him to even greater accomplishments in the future both in track and field and whatever else he decides to do.

"My biggest obstacle would have to be my start in the box," Mack said. "I start with my left leg

back and take small steps to get in the right position for the hurdles. I have to learn to start differently out of the blocks so that the left foot is in the front. That way, I can take seven steps to the hurdles instead of eight."

Mack is currently working on the little things, all the minute details that can make all the difference in a sport where a tenth of a second can mean the difference between first place and second.

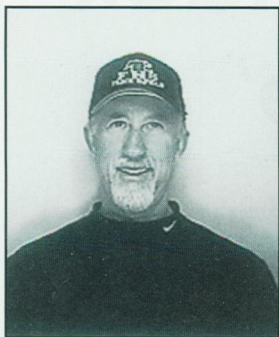
In the meantime he heeds the advice of his mother. "She always told me to do my best and that it doesn't matter what I do as long as I'm doing my best."

Mack's best has been difficult for other hurdlers to match and has raised the bar for the event entering the 2003 meet.



# 2003 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.*



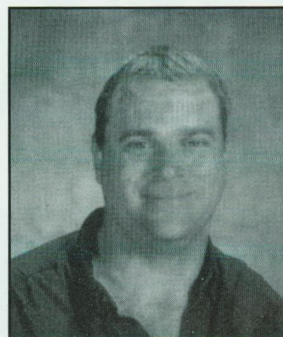
**Mike Dailey**  
Fairfield H.S.

Presently, Dailey is department head for boys' physical education and the athletic director at Fairfield High. His coaching career includes serving as an assistant track coach and head soccer coach from 1973-88. From 1989 to 2000 he was the head cross country coach at Fairfield as his teams won four MEL championships. Since 1989 he has been the head track coach. His boys' teams have compiled a 102-6 dual meet record and have won three Sac-Joaquin Section titles.



**Linda Doniak**  
Central Valley H.S.

Doniak, who will be retiring after 23 years of coaching, began her career at Central Valley High in 1980, where she assisted the distance runners. In 1981, she took over as the head coach for the distance runners. Doniak has many high-lights and in 1996 was recognized as the Girls' Cross Country Coach of the Year in California. Several of her distance runners are coaching at high school and colleges and one young man is preparing for the Olympic trials.



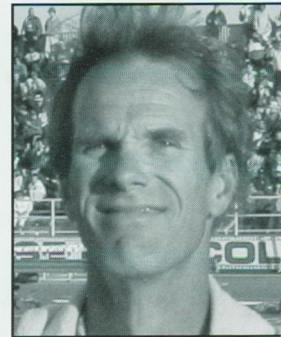
**Todd Hamer**  
Los Molinos H.S.

An alum of Los Molinos, Hamer was a three-sport standout there setting a handful of school records in track and field. His career as a track athlete was cut short when a diving accident left him paralyzed from the chest down in 1987. After graduating from college, he returned as an assistant coach at Los Molinos in 1995 and became the head track and field coach in 1997. In addition, Hamer is also a USA Track and Field certified official.



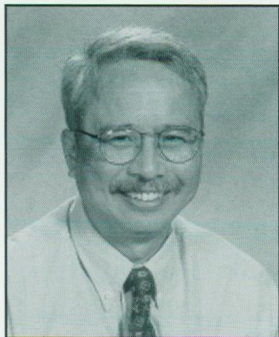
**Floyd Hurndon**  
William Overfelt H.S.

"In Floyd's roles as teacher leader and as coach, he is a student motivator, student advocate and demanding instructor," said Tim McDonough, principal at Overfelt. "His reputation includes high performance expectations and high ethical standards." The head track and field and cross country coach at Overfelt for 26 years, Hurndon began coaching at Kennedy High. He is a respected member of the CIF State Track and Field Advisory Committee.



**Hank Lawson**  
Lynbrook H.S.

Hank Lawson has been the head cross country and track and field coach at Lynbrook High School since 1994. Prior to that, he served in the same capacity at Gunn High. He has fielded successful teams on a yearly basis. Recently, he initiated a web site, with the help of a web team, at Lynbrook. The site has received 76,000 hits per season and is also used by coaches and athletes all over northern California.



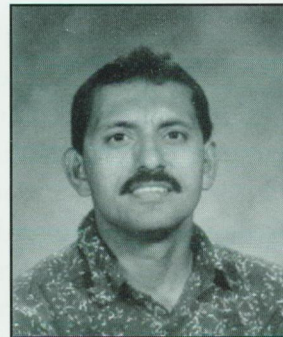
**Rico Abordo**  
Kelseyville H.S.

During the meet of champions each spring, most eyes fall on the big schools in the North Coast Section. Abordo's charges make sure that the small schools get some notice as well. Between them, Kelseyville's boys and girls teams have won five North Coast Section Class A titles and 13 Coastal Mountain Conference championships since 1990, and three individuals have qualified for the state meet. "If you take pride in yourself and practice for perfection, then you will be pleased with your performance," Abordo said.



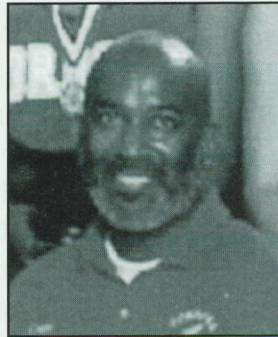
**Tony Rodriguez**  
Tulare Western H.S.

An alumni of Tulare Western, where he graduated in 1987, Rodriguez returned 10 years later as the head track and field coach. During that time his teams have won seven out of eight EYL boys titles. Rodriguez actually started his coaching career in 1986 at Atwater High. He was the head track coach at Hilmar High and an assistant coach at Livingston as well. An athlete himself, Rodriguez qualified for the state meet in the 400 meters in 1984. He ran for two years at Cal State Stanislaus. In addition to track and field, Rodriguez coaches football at Tulare Western.



**Aggie Contreras**  
Reedley H.S.

Coach Contreras began his teaching and coaching career in 1981 at Paramount High School. He served for nine years there before returning to his alma mater, Reedley High, in 1990. During his coaching tenure at Reedley his teams won three consecutive CIF Central Section Championships in cross country. Coach Contreras is also the meet director for the Reedley Invitational Track and Field meet, one of the oldest meets in the Central Section.



**Stephen Davis**  
Cordova H.S.

A veteran of 29 seasons of coaching, Davis began in 1974 with the Utopian Athletic Club of Dayton, Ohio. Other coaching stints include Dayton Roth High, United States Air Force and finally Cordova, where he began as an assistant in 1995. His 1991 girls' team placed third in the state meet. He has coached numerous Junior Olympic qualifiers including one National Champion and his boys' team won back-to-back Sierra Valley Conference team championships in 2002 and 2003.

---

"If you take pride in yourself and practice for perfection, then you will be pleased with your performance," Abordo said.

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# Mack Paces Bakersfield to Crown; Howard Plays Leading Role for Riverside North

Thomas Mack wasn't about to be denied. The junior took individual championships in the 110-meter hurdles (14.34) and the 300-meter hurdles (37.45) to lead Bakersfield High to a team title in a close race over Long Beach Poly (32-30).

Blake Mackey was another big contributor for the Bakersfield Drillers as he took an individual title in the 400 meters (47.93).

Long Beach Poly scored 20 points by winning both relays. Trabuco Hills finished third behind the running of Matt Bruno, an individual champion in the 100 meters (10.55) and 200 meters (20.82).

On the girls' side the team race went down to the wire as Riverside North edged Long Beach Poly 57-53. James Logan was third with 24 points and Long Beach Wilson finished fourth with 22 points.

Chaunte Howard had a fantastic meet for North winning an individual title in the high jump (5-11) and placing second in both the triple jump (40-04.25) and the long jump (19-05). North had two other individual titlists in Lena Bettis, who won in the long jump (19-08.25) and Ashlee Brown, a 300-meter hurdle champ.

Los Angeles Baptist phenom Allyson Felix was a double champion winning the 100 meters (11.55) and the 200 meters (22.83).

Long Beach Poly had a plethora of scorers and, like the boys' team, took titles in both relays. Shalonda Solomon was second, behind Felix, in both the 100 meters and 200 meters and Tunisia Johnson was third in the 300 meter hurdles for Poly.

Talia Stewart led James Logan with an individual title in the 100 meter hurdles and Chelsea Johnson helped Atascadero by winning the pole vault with a mark of 13-3, just five inches short of the national mark.

## CIF TRACK AND FIELD PURSUING VICTORY WITH HONOR<sup>sm</sup> AWARD WINNERS

Year	Student-Athlete	High School
1999	Jill Camarena	Woodland
	Tim Adrian	Moorpark
	Kim Stone	York
	Jeremy Richards	Righetti
	Tenisha Johnson	Archbishop Mitty
	Bernard Grady	Scripps Ranch
	Buffie Ryan	Soquel
	Brandon Braunstein	Newark Memorial
	Antonia Lozano	Katella
	Alejandra Barrientos	San Lorenzo
	Marcus Chandler	Sierra
2000	Derrick Wise	A.B. Miller
	Buffie Ryan	Soquel
	Conner Banks	St. Mary's
	Evan Fox	West Hills
	Trevor Jones	Newport Harbor
	Liz Morse	Corona del Mar
	Mike Serratos	Don Lugo
	Shane Hackett	Verdugo Hills
	Anita Siraki	Hoover Glendale
	Sara Bei	Montgomery Santa Rosa
	Mackensie Hill	Long Beach Wilson
2001	Jeff Nelson	Murrieta
	Tom Chapman	Golden West
	Ethan Clarke	Bellarmine
	Naonka Mixon	Long Beach Poly
	Shannon Lewallen	Peninsula
	Julian Gibson	Palo Alto
	Meghan Johnson	Holy Names
	Todd Walken	Helix
	Amber Steen	Newport Harbor
	Jeffrey Hunter	Granite Hills
	Angel Perkins	Gahr
	Rodney Landingham	Sonora
	Jenna Timinsky	San Dieguito
	Aaron Powell	Poway
	Jim Chambless	South Hills
	Jeff Garrison	JW North
	Shalonda Solomon	Long Beach Poly
	Deun White	Rancho Bernardo
	Anita Siraki	Hoover Glendale
	Ryan Hall	Big Bear
2002	Shayla Ballentine	Morro Bay
	Alexis Bartschi	Merrill West
	Jason Lovell	Cleveland
	Chaunte Howard	Riverside North
	Carrie Johnson	Fallbrook
	Chelsea Johnson	Atascadero
	Shannon Rowbury	Sacred Heart Cathedral
	Dan Ryan	Sultana
	Danielle Stokes	St. Mary's Berkeley
	Thomas Mack	Bakersfield
	Jeff Jacobs	Santa Margarita
	Angel Perkins	Gahr
	Carolyn Brown	Burroughs
	Duane Solomon	Cabrillo Lompoc
	Jensen Wayne	Notre Dame Sherman Oaks
	DJ Smith	Foothill/NCS
	Jihad Beauchman	Bellarmine
	Ruth Graham	Gunn Palo Alto



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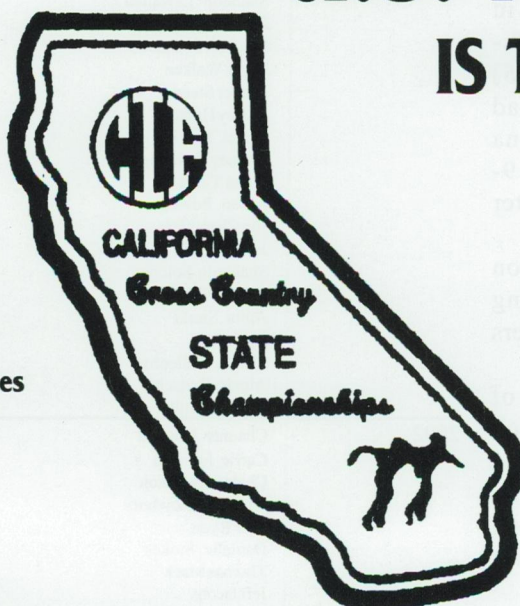
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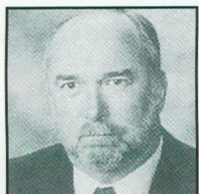
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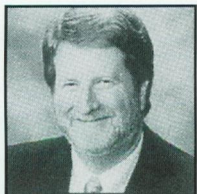
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# Track and Field Advisory Committee



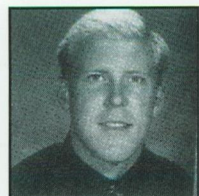
**Steve Raupp**  
Chair  
Principal, Yosemite  
H.S.



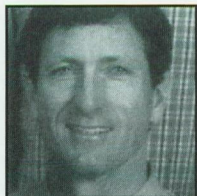
**Roger Blake**  
Track & Field  
Supervisor, CIF  
Assistant Execu-  
tive Dir.



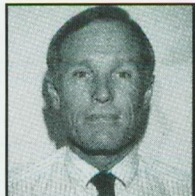
**Dean Crowley**  
Track and Field  
Event Supervisor



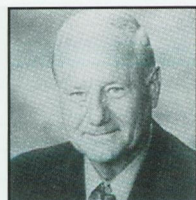
**Brian Weaver**  
Asst. Meet Dir.  
CIF State  
Cross Country  
Buchanan HS



**Marty Simpson**  
Meet Director  
CIF State  
Cross Country  
Buchanan HS



**Hal Harkness**  
Rules Interpreter  
Meet Director  
State Track &  
Field



**Jerry Luzar**  
Commissioner,  
CIF Oakland  
Section



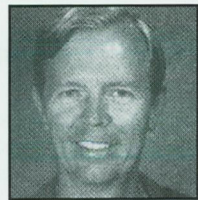
**Allan Amundsen**  
President,  
California Track  
Starters Assoc.



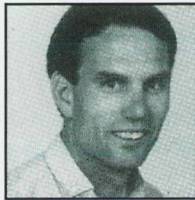
**Bruce Shimizu**  
Principal, Andrew  
Hill H.S.



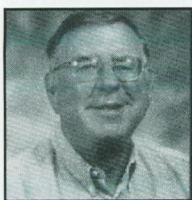
**Peter Brewer**  
California  
Coaches Alliance



**Doug Speck**  
Athletic Director,  
Arcadia H.S.



**Scott Fairley**  
Coach  
West Valley H.S.



**Jim Eckman**  
AD, Track Coach  
Yreka H.S.



**Bob King**, Coach  
X-Country/Track Del  
Campo HS



**Roberta Chisam**  
Coach  
St. Francis H.S.

## Meet Officials

### Administrative Staff

Dean Crowley, Events Coordinator  
Hal Harkness, Meet Director  
Bob McGuire, Meet Manager  
Bob Dugard, Meet Management  
Marge Fulton, Meet Management  
Ben Gonzalez, Meet Management  
Dennis Perez, Meet Management

### Support Staff

Dave Hurlburt, Announcer  
Matt Farmer, Asst. Announcer  
Dave Smith, Asst. Announcer  
John Dahlem, Asst. Announcer  
Gary Brooks, Field Events Comm.  
Art Jackson Jr., Officials Gate  
Bob Strempe, Athletes Gate  
Mo Haneef, Finishlynx System  
Al Britt, Finishlynx System  
Kathy Harkness, Results Coordinator  
John Rouse, Hurdle Crew Supervisor  
Barry Sacks, Senior Crew Supervisor  
Bryan Leighliter, Field Crew Super.  
Chris Barboza, Field Crew Supervisor  
Tom Colley, Field Crew Supervisor  
Jim Duel, Media Director/Program  
Kevin Morning, Awards Announcer  
Epi Torres, Awards  
Joe Torres, Awards  
Bob Seaman, Weights and Measures  
Dick McQuarrie, Weights and  
Measures  
Carl Moseley, Weights and Measures

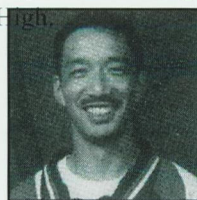
### Officials

Dan Reinstein, Lead Starter  
Larry Arason, Starter  
Ed Austin, Starter  
Ron Battle, Starter  
Jack Brisacher, Meet Referee  
Don Bales, Jury of Appeals  
Dennis McClanahan, Jury of Appeals  
Bob Baker, Co-Head Field Judge  
Paul Mahoney, Co-Head Field Judge  
Neal Campbell, Finish Line Coord.  
Ted Bruins, Head Finish Judge  
Connie Corn, Finish Line  
Don Maxwell, Finish Line  
Wes Taylor, Finish Line  
Bobby Washington, Finish Line  
Charles Wheat, Finish Line  
Sandy Maynard, Clerk of the Course  
Dan Ryan, Asst. Clerk of the Course  
Marge Fulton, Chief Expeditior  
Ruby Olsen, Expeditior  
Carlotta Shupp, Expeditior  
Bob Gunther, Coaches Corner  
Jerry Whitaker, Coaches Corner  
Tom Estabrook, Coaches Corner

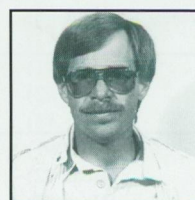
Herman Moreno, Wind Gauge  
Marty Olsen, Wind Gauge  
August Williams, Wind Gauge  
Jim Leahy, Head boys and girls HJ  
Vince Cleveland, Boys and girls HJ  
Jim Richardson, boys and girls HJ  
Craig Cooper, Head boys and girls PV  
John Blair, boys and girls PV  
Rick Foster, boys and girls PV  
Karl Koenig, boys and girls PV  
Tim Werner, boys and girls PV  
Mike Ramoska, boys and girls PV  
Jeff Haspell, Head boys LJ/TJ  
Art Jackson Sr., boys LJ/TJ  
Peter Enz, boys LJ/TJ  
JR Cusick, boys LJ/TJ  
Anthony Boume, boys LJ/TJ  
Bill Edmonds, boys LJ/TJ  
Rodger Dubbs, Head girls LJ/TJ  
Dick Forstall, girls LJ/TJ  
Rick Santala, girls LJ/TJ  
Sarah Phelps, girls LJ/TJ  
Barry Schwartz, girls LJ/TJ  
Ray Fitzhugh, Head boys and girls SP  
Ned Rogers, boys and girls SP  
Paul Suzuki, boys and girls SP  
Ryan Boeddeker, boys and girls SP  
Al Minturn, Head boys and girls Discus  
Saul Pacheco, boys and girls Discus  
Bill Mocnik, boys and girls Discus  
Bob Rosen, boys and girls Discus  
DeLewis Johnson, boys and girls Discus  
Gene Stemm, boys and girls Discus  
Steve Shepard, boys and girls Discus  
Patti Shepard, boys and girls Discus  
John Morgan, boys and girls Discus  
Gregg Fox, boys and girls Discus  
Sharon Nelson, boys and girls Discus  
Gary Farrell, Head Marshall  
Sal Perez, Marshall  
Alan Amundsen, Co-Head Umpire  
Doug Rightmer, Co-Head Umpire  
Ralph Ayala, Umpire  
John Bennyworth, Umpire  
Jim Blilie, Umpire  
Alex Bravo, Umpire  
Jim Conlay, Umpire  
Donald Cooper, Umpire  
Willie Dawson, Umpire  
Julian Duarte, Umpire  
Bill Garner, Umpire  
Bob Johnson, Umpire  
Okeyo Jumat, Umpire  
Harold Lawrence, Umpire  
Gerald Molina, Umpire  
Sam Moreno, Umpire  
Robert Palmer, Umpire  
David Palmquist, Umpire  
Art Pegg, Umpire  
Ralph Robles, Umpire  
Carl Van Gordon, Umpire

Not pictured, but also members of the advisory committee:

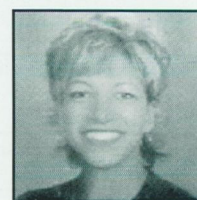
**Amber Lassiter**, girls' cross country/track and field coach at Laguna Creek High School and **Ernest Aguirre**, coach at Bell High.



**Andy Leong**  
Coach, Lowell  
H.S.



**Jim Clendaniel**  
Coach  
Yucaipa H.S.



**Renee Ross**  
Coach  
Monta Vista H.S.



# 2003 Time Schedule

## Field Event Qualifying (Friday)

Event	Reporting Time	Starting Time
-------	----------------	---------------

*Field Event Clerk of Course*

Boys' Pole Vault	12:30 p.m.	2:00 p.m.
Boys' Discus	1:45 p.m.	3:00 p.m.
Girls' Shot Put	1:45 p.m.	3:00 p.m.
Boys' High Jump	2:45 p.m.	4:00 p.m.
Boys' Long Jump	2:45 p.m.	4:00 p.m.
Girls' Long Jump	2:45 p.m.	4:00 p.m.
Girls' Discus	4:30 p.m.	5:30 p.m.
Girls' Pole Vault	5:00 p.m.	6:00 p.m.
Boys' Shot Put	4:30 p.m.	5:30 p.m.
Girls' High Jump	5:30 p.m.	6:30 p.m.
Boys' Triple Jump	5:30 p.m.	6:30 p.m.
Girls' Triple Jump	5:30 p.m.	6:30 p.m.

## Field Event Championships (Saturday)

Event	Reporting Time	Starting Time
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*Field Event Clerk of Course*

Boys' Pole Vault	1:00 p.m.	2:15 p.m.
Boys' Discus	2:00 p.m.	3:00 p.m.
Girls' Shot Put	2:00 p.m.	3:00 p.m.
Boys' High Jump	2:00 p.m.	3:00 p.m.
Boys' Long Jump	2:00 p.m.	3:00 p.m.
Girls' Long Jump	2:00 p.m.	3:00 p.m.
Girls' Pole Vault	4:00 p.m.	5:00 p.m.
Girls' Discus	4:00 p.m.	5:00 p.m.
Boys' Shot Put	4:00 p.m.	5:00 p.m.
Girls' High Jump	4:30 p.m.	5:30 p.m.
Boys' Triple Jump	4:30 p.m.	5:30 p.m.
Girls' Triple Jump	4:30 p.m.	5:30 p.m.

## 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)
5:55	Girls' 100mHH	(Heat #1)
6:00		(Heat #2)
6:05		(Heat #3)
6:10	Boys' 110mHH	(Heat #1)
6:15		(Heat #2)
6:20		(Heat #3)
6:24	Girls' 400m Dash	(Heat #1)
6:28		(Heat #2)
6:32		(Heat #3)
6:36	Boys' 400m Dash	(Heat #1)
6:40		(Heat #2)
6:44		(Heat #3)
6:48	Girls' 100m Dash	(Heat #1)
6:52		(Heat #2)
6:56		(Heat #3)

7:00	Boys' 100m Dash	(Heat #1)
7:04		(Heat #2)
7:08		(Heat #3)
7:12	Girls' 800m Run	(Heat #1)
7:17		(Heat #2)
7:22		(Heat #3)
7:27	Boys' 800m Run	(Heat #1)
7:32		(Heat #2)
7:37		(Heat #3)
7:42	Girls' 300m LH	(Heat #1)
7:46		(Heat #2)
7:50		(Heat #3)
7:55	Boys' 300m IH	(Heat #1)
7:59		(Heat #2)
8:03		(Heat #3)
8:08	Girls' 200m Dash	(Heat #1)
8:12		(Heat #2)
8:16		(Heat #3)
8:20	Boys' 200m Dash	(Heat #1)
8:24		(Heat #2)
8:28		(Heat #3)
8:50	Girls' 1600m Relay	(Heat #1)
8:58		(Heat #2)
9:04		(Heat #3)
9:10	Boys' 1600m Relay	(Heat #1)
9:16		(Heat #2)
9:22		(Heat #3)

## Track Championships (Saturday)

4:00	Girls' 400m Relay	5:34	Girls' 800m Run
4:08	Boys' 400m Relay	5:42	Boys' 800m Run
4:19	Girls' 1600m Run	5:53	Girls' 300m LH
4:28	Boys' 1600m Run	6:00	Boys' 300m IH
4:44	Girls' 100m HH	6:10	Girls' 200m Dash
4:54	Boys' 110m HH	6:17	Boys' 200m Dash
5:04	Girls' 400m Dash	6:25	Girls' 3200m Run
5:11	Boys' 400m Dash	6:42	Boys' 3200m Run
5:19	Girls' 100m Dash	7:00	Girls' 1600m Relay
5:25	Boys' 100m Dash	7:10	Boys' 1600m Relay

## Team Scoring

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

## Field Event Qualifying

The nine competitors with the best marks in each event qualify for Saturday's championships. Please note that "tie breaking" rules will be applied in the high jump and pole vault to determine the nine qualifiers.

## Running Event Qualifying

There will be three heats in each running event through 400 meters, each heat winner, plus the next six fastest times will qualify for Saturday's finals. There will be three heats in the 800 meters, first and second place in each heat, plus the next three fastest times will qualify for Saturday's finals. There will be two heats in the 1600 meter run. The first three placers in each heat, plus the next fastest three times will qualify. The 3200 meter run will be conducted as a final only for all entrants on Saturday.





# EPHEDRINE

## WHAT IS EPHEDRINE?

Ephedrine-containing products (Ma huang, Chinese Ephedra and Sida Cordifolia) are marketed to improve athletic performance and enhance weight loss.

Ephedrine is a powerful central nervous system stimulant and decongestant, which is effective for relieving bronchial asthma, but banned by the International Olympic Committee (IOC) and National Collegiate Athletic Association (NCAA).

Ephedrine is structurally similar to the amphetamines and increases heart rate and blood pressure.

## ADVERSE EFFECTS OF EPHEDRINE

Serious Adverse Effects: Heart attack, Stroke, Seizures, Psychosis and Death. Also, signs and side effects that may lead to the more serious adverse effects listed above, dizziness, headache, gastrointestinal distress, irregular heartbeat and heart palpitations.

## COMBINING EPHEDRINE AND CAFFEINE

Combinations of ephedrine and caffeine have side effects substantially greater than those from the consumption of either compound alone. The herbs guarana, mate and kola nut contain caffeine.

## FACTS YOU NEED TO KNOW

- Some athletes consume herbal products (tablets, capsules, drinks, bulk herbs and herbal teas) for their reputed “performance-enhancing,” “weight loss,” or “medicinal” qualities.
- In April 1996 the FDA issued a warning not to buy products containing ephedra/ephedrine/Ma huang. The FDA has compiled a list of over 400 adverse events, including heart attack, stroke, tremors, insomnia and 15 reported deaths associated with this substance.
- Herbal products can go to market with no testing for efficacy or safety, thus skipping the years-long process that drugs must undergo. FDA approval is not required for package or marketing claims, so herbal manufacturers can put unsupported health claims on their labels.
- The belief that natural equals safe is a common and dangerous misconception, as evidenced by the adverse side-effects associated with ephedrine-containing products.
- Athletes may incorrectly assume that herbal products are safe and without side effects because these products are marketed as “natural” or “herbal” and can be purchased without a prescription.

Source: CIF Health and Safety Committee

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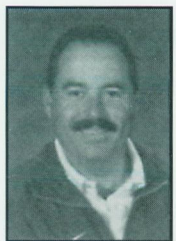


# Model Coaches Selected for 2002-03

Fourteen coaches statewide have been selected as the 2002-2003 CIF Model Coach Award winners. The CIF Model Coach Award program, in its second year, is designed to recognize coaches who have served as positive role models in their schools and communities and who have exhibited the traits apparent in the principles of Pursuing Victory With Honor<sup>sm</sup>.

Winners, nominated through their CIF Section office, will be awarded a plaque and honored in conjunction with the CIF State Track and Field Championships on Saturday, June 7 at Cerritos College.

A model coach demonstrates and teaches the six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character<sup>sm</sup>"). The CIF believes that the highest potential of sports is achieved when teacher-coaches consciously Teach, Enforce, Advocate and Model (T.E.A.M.) these values and are committed to the ideal of Pursuing Victory with Honor<sup>sm</sup>.

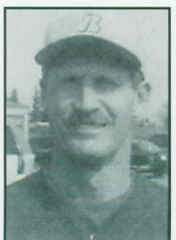


**Ed Buller, Oak Grove H.S.**

The boys' athletic director at Oak Grove since 1994, Buller served as the head football coach from 1982-89 and from 1994 to the present. He has been acknowledged as the CIF Central Coast Section (CCS)

Coach of the Year on three occasions (1986, 1997, and 1999) and his teams have won three CCS Football Championships. In 1997, he served as the head coach for the California/Texas All-Star Game won by California 31-6.

"As stellar as his record is on the football field, Eddie's ability to command the respect of his players and fellow coaches, along with his desire to help develop young men who are good citizens, far outweighs all his accomplishments," said Richard J. Frias, director Oak Grove High School. "Coach Eddie Buller is a credit to the fraternity of coaches and to the field of education in general."



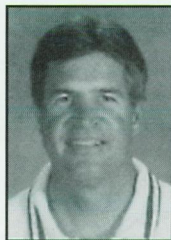
**Paul Cornwell, Beyer H.S.**

A veteran of 28 seasons as a high school baseball coach, Cornwell has received numerous Coach of the Year honors. His teams have 14 playoff appearances, three sub-section titles and three second

place finishes in the CIF Sac-Joaquin Section. Cornwell, who once coached the North/South

State All-Star Game, has an impressive 463-304 record as a baseball coach. He has also served as an assistant football coach.

"Perhaps the greatest testimony to the effectiveness of a coach is the reaction of former players," said Jim Pfaff, associate superintendent for the Modesto City Schools. "Coach Cornwell's alumni are loyal. Not only do they constantly come to visit and watch games, but many of them have served as assistant coaches or pursued coaching careers. These athletes learned a lesson from Paul Cornwell - athletic competition is more than the outcome of a game, it is about the emotional, physical and ethical development of student-athletes."



**Rick Curtis, Northwood H.S.**

Curtis is the head football coach and girls' athletic director at Northwood High School. One of the first staff members hired at Northwood, he was an integral part of the NHS Leadership Team that hired

other staff members.

"This year's graduating class members are exemplary role models for their peers and underclassmen; and, I can truly say they reflect the character of their teacher-coaches who have had Rick as their mentor and role model," said Tony Ferruzzo, principal at Northwood High School. "Coach Curtis is highly respected by the other teachers and coaches on campus, and enjoys an outstanding reputation as one of Orange County's finest coaches."



**Clay Errro, Enterprise H.S.**

The head football coach at Enterprise since 1993, Errro has received many accolades as a coach and has an impressive won/loss record. However, his focus has been on character development, teamwork, discipline and

integrity.

Shelle Hill, principal at Enterprise High School said: "Clay Errro is perhaps the perfect example of someone who teaches by example, establishes and enforces respectable standards of conduct, who means what he says and says what he means, and who has a passion to develop character amongst students through athletics."



**Andy Falk, Calabasas H.S.**

A graduate of Florida State with a master's degree in 1984, Falk is a wrestling coach and history/government teacher at Calabasas High School. He lists building the wrestling program

at Calabasas as one of his greatest highlights, culminating in a league championship in 2000. A former wrestler himself, Falk was 17-0 as a high school senior in Florida. He is also an accomplished musician.

"Over the past four year's my son and I have known Coach Andy Falk. In that time, he has proven to be one of the most focused and determined teachers as well as a coach that I have ever met. He is of the highest personal character and is completely trustworthy," said Kim and Don Froehlich parents of an athlete at Calabasas High School.

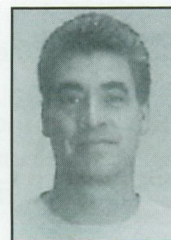


**Chris Hansen, Leland H.S.**

The Blossom Valley Athletic League Coach of the Year for volleyball in 2001-02, Hansen coaches both boys' and girls' volleyball. Her girls' team was CIF State runner-ups in 1991 and have twice won CIF

Central Coast Section titles (1991 and 1993). She has also coached softball and girls' basketball at Leland.

"She truly considers everyone on her team to be of equal importance regardless of ability. What she demands of them, she demands more of herself," said Jerry Rose, athletic director at Leland High School. "In practice and on the sidelines she is the consummate teacher. She does not yell and scream at her team members nor have I ever witnessed her raise her voice to an official. She is always under control and modeling good sportsmanship."



**Rudy Lugo, Canoga Park H.S.**

A graduate of Canoga Park High, Lugo has coached football and wrestling and taught at the school for 30 years. He is very involved in his community and his church.

Said JoAnn Heller, athletic director at Canoga Park High School: "Coach Lugo's first and foremost concern has always been his student-athlete's welfare and character in the class-



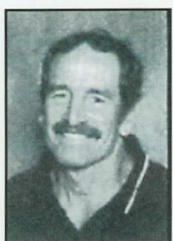
room and on the field. He goes the extra mile for the students of Canoga Park. He teaches them that to be respected, honorable and hard working is far more important than the score board."



**Margaret Mauro, University of San Diego H.S.**  
The Assistant Dean of Students and Discipline at University High since 1998, Mauro has coached softball and basketball. As a softball coach, her teams have won seven CIF San

Diego Section Championships and 13 league titles. Mauro has an amazing record of 418-180 as a softball coach and a 74-22 record guiding the girls' basketball team, which has won three league titles.

Said David S. Smola, director of athletics at University High School: "She instills in these young minds the ideas of commitment, fair play and teamwork. Margaret has the philosophy that she is not just teaching an athlete, she is teaching the whole student. With that in mind, she has the ability to influence all facets of a student's life. Her students are disciplined both on the field and in the classroom. They know what is expected and they respond in kind."



**Steve Minor, Madison H.S.**

The CIF San Diego Section Coach of the Year in football in 1981, Minor's coaching career spans more than 30 years. He has coached high school football for 32 years and girls' softball for 31. During that

time, he has one CIF San Diego Section football title and three in softball.

"Although there is no way to pinpoint the exact moment when I decided on a career, I was undoubtedly influenced by Steve," said Robert Lovato, athletic director at Madison High and a former player under Minor at Clairemont High School. "I saw the positive way he worked with his players, the respect he earned from their families, his coaches and officials and I knew that I wanted to be just like Steve Minor. His players trust his judgment and he is the perfect role model for these young men and women."

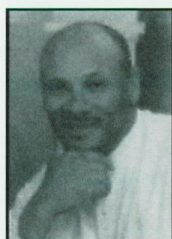


**Patrick Mulligan, Wallenberg H.S.**

Mulligan is a varsity basketball coach at Wallenberg High School in the CIF San Francisco Section. He has taught social studies there and currently teaches physical education. In ad-

dition to coaching basketball, he has guided the golf team and conducts summer youth basketball camps.

"Coach Mulligan is one of the finest coaches I have had the pleasure of working with in my 16 years as a high school administrator," said Dr. Steve Hirabayashi, principal at Wallenberg and former president of the CIF. "He is a coach that insists that his rules are followed as far as being respectful on and off the basketball court and keeping up with team practice. Coach Mulligan will work hard with any player that has the desire even though they may not have the requisite skills."

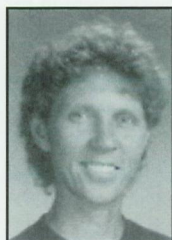


**Dwight Nathaniel, McClymonds H.S.**

Nathaniel has served as the boys' basketball coach at McClymonds from 1992-98 and since 2000. During that time, McClymonds won four straight CIF Oakland Section Championships and reached the

NorCal semifinals in 1996 and 1998. He received the Athletes United for Peace Coaching Excellence Award in 1996.

"Our young men respect and trust his word, as he holds each of his student-athletes accountable," said Bridget R. Taylor, girls' athletic director and teacher at McClymonds High School. "His compassion and care has elevated student athletes to a new level of respect, not only for sports activities, but also personally and socially. Three words that would sum up Coach Nathaniel are integrity, honesty and commitment."



**Donna Tofft, Lincoln H.S.**

A volleyball, softball and basketball coach at the high school level, Tofft was honored with the Teacher Who Makes a Difference Award at Lincoln High in 1997. She was the National Girls and Women

in Sport Coach of the Year in 1992 and a speaker at the CIF Women in Sport Day in 2002. Tofft has been league coach of the year six times in basketball and joined the 400 coaching victory club in 1999.

Jan Smith, assistant principal at Lincoln said: "Her relationships with her players always include the characteristics of a valued coach, sacred teacher, trusted friend, and esteemed role model. She is dedicated in all that she endeavors and instills in her players the key makeup of her own sole. Remarkably, those are the same core ethical values this fine award treasures: trustworthiness, respect, responsibility, fairness, caring and good citizenship."



**Wendy Marshall H.S.**

The athletic director at John Marshall High in the Los Angeles Unified School District, Triplett coaches the girls' varsity basketball team, teaches physical education and has

served as department chairperson.

"As the athletic director, she has insured that our athletes maintain the academic achievement required for participation, has instilled the philosophy of good sportsmanship (assures/show/practice), provides training and meetings for our coaches, and truly believes in the Victory With Honor program," said Assistant Principal in charge of Athletics, Robin Lee.



**Carrie Wert, George Washington H.S.**

A member of San Francisco State University's Athletic Hall of Fame and an All-American college short-stop, Wert coaches volleyball and softball at George Washington High School in San Francisco. Since 1985,

her volleyball coaching record is 304-87-3. Wert's teams have advanced to the playoffs in 18 consecutive seasons, winning six league championships and four Transbay Championships. She was selected as California Coach of the Year in 1999.

"In my 30 plus years of coaching, I have never met anyone whose character is as flawless as Ms. Wert," said Dennis Norton, assistant principal at Washington High. "It is reflected in the attitude, competitiveness and sportsmanship of her student/athletes. They compete hard. They compete fairly...Ms. Wert is responsible for instilling these qualities in her student/athletes."



**Kim Wheeler, Red Bluff H.S.**

A graduate of CS Sacramento with a master's in education from Simpson College, Wheeler has had a very successful career as a volleyball coach at Red Bluff. Her teams have won

nine league and three CIF Northern Section Championships. She has been a presenter at the CIF's Women Leadership Conference and for Character Education and Physical Education for the Region 2 Secondary Conference.

"What truly makes her a coach worth of recognition is how she handles her players," said Patrick Gleason, principal at Red Bluff Union High School. "Because of her passion for sports, knowledge of the game, organizational skills and ability to communicate with and motivate young people, Kim's players trust her completely."



# Greatest Girls' Field In History on Display at State Meet

## *National Record Assaults Headline 85th Annual Championships*

By Richard Gonzalez, [www.DyeStatCal.com](http://www.DyeStatCal.com)

Mix together the fastest female teenager in global history with the fastest collection of female prep relay talent in American history, and you have the makings for a thrilling weekend of sprint action. Add in legitimate national record bids in the girls high jump, pole vault and discus and you have yourself situated to witness the finest girls meet in history. Tack on the finest collection of male distance talent assembled in Golden State confines in the last two decades and what do you have? The 85<sup>th</sup> Annual CIF-State Track High School Track and Field Championships.

From start to finish, these extraordinary student-athletes are ready to chase their dreams, glad to excite you and entertain hardcore and neophyte track and field fans alike every step of the way. So sit back and relax, throw on some sun-screen, enjoy chips and a nice cool beverage and get ready for what many experts perceive to be the finest state meet in the land.

Here's our detailed preview of this weekend's can't-wait-to-get-started action:

The very best race of the girls' meet should be the one that is over before you even know it: the 100-meter dash! Allyson Felix looks to take down Angela Williams' national record and Shalonda Solomon looks to take down Allyson Felix. The national standard is 11.11 legal, with Felix scorching a wind-aided 11.12 last month and Solomon at 11.25w, the closest margin between the two all season. Pray for wind-legal conditions and a brisk gust at their back, and we could see history. Barring problems, this should go down as the fastest 1-2 finish anyway. Nearly lost in all this hoopla is possibly the fastest 1-2 FRESHMEN same-race punch in national history, with Long Beach Poly's Shana Woods (11.62w) and Louisville's Elizabeth Olear (11.63w) not backing down from anybody here.

The fastest 200-meter runner IN THE WORLD this year remains Allyson Felix, who stunned the global experts with a 22.11 clocking at altitude that smashed the World Juniors record, just weeks after destroying Marion Jones' national outdoor prep 200 mark at the Mt. SAC Relays. Don't look for Felix to touch that 22.11 here (tack on roughly .26 seconds to that altitude-affected mark to equate to sea-level timing), but Marion Jones' 22.71 state meet record should be in jeopardy. Shalonda Solomon does not like to lose and doesn't plan on it here either, aiming to welcome that Felix Mystique with a warm smile... and a fierce getaway from the blocks. Olear and Co. Are back for this one as well.

Jasmine Lee, who beat Allyson Felix indoors over 200 meters this past winter, is the favorite in the 400-meter dash, but Sheldon's Deonna Lawrence ripped a head-turning 53.47 last week,



**National Challenger** -- Allyson Felix, of LA Baptist, could very well break Marion Jones's record in the 100 and 200 meters.  
*photo by Kirby Lee*

meaning this one could get interesting. Several other top athletes have gone by the wayside here in recent weeks, some a result of shrewd coaching tactical moves and others because of the sheer wear-and-tear caused by the event. In an event where the strongest survive, look for Lee to come out breathing fire and Lawrence looking to extinguish those flames.

The relay races will rock the place at Cerritos College, for sure. From the meet-opening 4x100 clash, to the wind-down-the-state-meet-and-score-the-champions 4x400 affair, look for Long Beach Poly to possibly chase down two national records. Poly has also set national outdoor relay records in the 4x400 (Penn Relays) and sprint medley (Arcadia Invitational) this spring, and apparently set a third here two weeks ago... But the automatic timing system had Long Beach Poly clocked sooooo fast (44.50, well under the 44.70 national record), that no one believed it could be accurate, so they declared it a timing error and recorded it as 'no time.' Maybe it was a record. With crisp exchanges, the state and national record of 44.70 by St. Bernard (SS) will be under assault again, with Long Beach Wilson right in the mix as well. America's two finest tradition's lock up to open the meet for you! By race's end, this should be the fastest 1-2 finish in history. The only remaining questions:

Who will win and does the national record go down?

Get on your feet, let out a yell and watch as electricity fills the air during the fastest 4x400 race in history. Look for Long Beach Poly and Long Beach to erase a two-month-old national record, with only the final victor and the new record time to be determined. Poly has 52-point anchor wiz Shalonda Solomon closing the show, with Wilson's Ashley Freeman aiming to put a national audience into a frenzy as well. For anyone else who brings anything else close to their A-game to the line, look for a slew of school records to come crumbling down.

MacKenzie Hill looks to score a sweep in the girls' hurdle races, but it appears she has quite a tall order to fill in getting across those barriers first. Senior Ashlee Brown of national hurdling factory JW North (Riverside-SS) and back-from-the-ashes flyer Ashlee Lodree of El Cerrito can flight at national-class pace, as one of California's stronger events should go a long way into rewriting the season countrywide lists before all is said and done. Look for Brown to get out solid from the start, with all contenders aiming to hold on for a rocketing finish.

In the long hurdles, Hill is the favorite, sliding into that role after a monstrous 41.72 win at the Southern Section Masters Meet. Brown and teammate Lili Calhoun are her biggest challengers, with North no doubt needing major points here if they are to seal up one of those team plaques. Two underclassmen to keep an eye on are Dana Hills (SS) sophomore Genelle Ives, the best Orange County hurdler in ages), and frosh studette Shana Woods (43.26) of Long Beach Poly.

Long Beach Wilson, a school known more for its sprint and hurdling prowess over the years, has been carving quite an impressive niche at the 800-meter race distance in recent annals, with 2003 state leader Ashley Freeman (2:08.49, #4 in the U.S) being the latest star here. Freeman, who loves to match strength with her peers before downright overpowering them to victory, should get her biggest challenge from La Costa Canyon's Kelly McCann, a 2:10.45 sophomore talent ready for the national stage (she's listed 11<sup>th</sup> in America this week). This race will be a dandy, within many in the running for trips to the awards podium! Long Beach Poly's Shantae McKinney, Silver Creek's Cherie McPherson and Los Gatos frosh phenom Christine Jones are other notable picks to place.

The 1600-meter run should be quite interesting, with a well-rested Alison Costello of Esperanza (SS) getting a fairly good look as the dangerous state-meet title darkhorse, with College Park's Lindsay Allen (NCS) and Saratoga's Alicia Follmar (CCS) then deciding to kick it into high gear for their section finals, making Costello's task all-the-more



difficult. Now the trio appears ready to battle with San Jose Valley Christian's Amanda Thornberry (although we are hearing she is fighting injuries) for the prized spot. Although not boasting a slew of super-fast times this spring, it appears the Golden State is once again primed to take its place on the national stage this weekend. Dani Schuster of Torrey Pines (SD) and Claire Rethemeier of San Pasqual (SD) are two other excellent picks to win the crown here.

The girls' 3200 could be quite a treat. Look for big-race ace Ruth Graham (Gunn-CCS, and coming on very well lately) and Laguna Creek star Rachel Bryan (nice to see her back after a long layoff) to renew their national-class battles, with headlining names like the aforementioned Rethemeier, Sacred Heart Cathedral's Michelle Gallagher, Presentation's Melissa Grelli and Rancho Cotate's Phyllis Blanchard among those on the front line. Some people snickered in mid-season that the Golden State appeared a bit down in this distance this year. Well, snicker no more - these ladies have come to run fast for that title, with a long parade at sub-10:45 expected.

The high jump apron will be center stage for much of the afternoon, thanks to Costa Mesa's (SS) Sharon Day. With household name Any Acuff holding the all-time national outdoor performance best of 6-4 and Clovis Latrese Johnson having the top all-time mark for a Californian (6-2.75), Day's nation-leading best of 6-2 this spring will have scribes reaching for the all-time lists. Although Day is the heavy favorite, it should do nothing to overshadow what has to be the best freshmen crop of flyers in state history. National-class talents Desirae Gonder of Stockdale (CE) and Mindi Wiley of Sonoma Valley rank 2-3 in the state, respectively, with Gonder's 5-10.5 clearance ranking as the best ever for a freshman in Golden State annals. Wiley, at 5-10 frosh, is right there, too. Another super talent here is junior Allie Miller of Los Altos (CCS), a 5-9.25 jumper who also recently won a national multi-events title.

Just when it appeared it might be Kira Costa versus the pole vault record books this weekend, along came ANOTHER Atascadero vaulter to make it intriguing. Costa, who vaulted to a national indoor record 13-4.5 this past winter, is the state outdoor leader after her recent 13-3 clearance at the Central Section Finals, but Monica Pacas of Atascadero (home to 2002 California vault champ Chelsea Johnson, now at UCLA) skied 13-0 to win the Southern Section Masters Meet recently, setting the stage for a nice showdown. Orange County checks in with two of its all-time best aerialists, with Marina senior Cara Walker and Mater Dei junior Elizabeth Woepse each clearing 12-4 in their sectional state qualifier. Kirsten Lofton of Aptos, who gained a touch of fame when her league finals-winning mark was HIGHER than that of her male counterpart, in another superb entry here.

Billie-Jo Grant came into the season in search of the national record. She comes to Cerritos in search of a state title. How sweet it would be if she could achieve both. The Arroyo Grande spinning phenom already boasts the nation-leading mark in the disc (183-6) and recently broke new ground in the shot put, so she arrives here in good spirits, with Southland rival Kate Hutchinson (San Clemente) and Bakersfield Centennial's Melissa Faubus out at 175-foot-

plus and 160-foot-plus, respectively. The throwers compete outside the main stadium, but it is sure worth your time to make the trip to the adjacent field to see these fine national-class ladies in action.

The shot put scene has taken clearer form in recent weeks thanks to the fine efforts from Laguna Creek (SJS) senior Jessica Pressley, who 50-foot-plus launches have tabbed her as the title favorite. Pressley's best effort came in her last outing, a 50-11.5-inch tape-measure lob that moved her into fifth-place on the all-time state performers list. Pressley will surely be kept honest here, with Arroyo Grande's (SS) tandem of Billie-Jo Grant (a lifetime-best 48-11.5 last week) and Megan Howard (48-7) on the radar screen. Another one to watch is junior Melissa Faubus of Bakersfield Centennial (CE) who popped a two-foot lifetime improvement (47-6.5) in her last meet.

Brittany Daniels (Merrill West-SJS) arrives to Cerritos as the #2 sophomore triple jumper in U.S. history. To win the state title, however, she'll have to beat the national sophomore recordholder. Michelle Sanford of Woodbridge (SS, and yes, daughter of legendary sprinter James Sanford of USC fame) bounded a stunning lifetime-best 43-4.5 two years ago, but injuries have prevented her from reaching that rarefied air ever since. Still, the USC-bound Sanford popped a huge seasonal best two weeks ago (41-6.75) to close in on state leader Daniels (42-0 legal, 42-7 wind-aided). Now these two clash for the first time this season, with San Diego area's Sparkle Anderson (Serra) and Mt. Pleasant teammates Galina Becker (CCS) and Jade Myles also in the mix.

Daniels will also have quite a battle on her hands in the long jump, where multi-events talent Gayle Hunter and Skyline (Oakland) senior Renee Williams will be lurking in those same sand pits. Hunter's wind-aided 20-6.75 effort at the mid-season Mt. Carmel Invitational is just a shade farther than Williams' 20-6.5 effort last month, with the sophomore Daniels checking in at 19-7, the exact same lifetime best mark as for frosh phenoms DeAna Carson of Vista Del Lago (SS) and Shana Woods of Long Beach Poly (SS).

## BOYS EVENTS

The boys events offer up intriguing storylines as well, marked by unprecedented levels of depth and highly anticipated showdowns in the distance races. The field assembled for the 3200-meter run showcases the depth, with a stunning 15 runners courting lifetime-best sub-9:09.99 credentials, the best lineup in at least a decade. Two former state champions are featured here, with 2001 title-winner and former World Cross Country Juniors qualifier Yong-Sung Leal (Arroyo, NCS) returning to high-level action after a injury maladies and 2002 state victor Kyle Alcorn (Buchanan, CE) joining him among those in the fold. Add in Southern California talents Manuel Ruiz (Monroe, LA) and Mohamed Trafef (Duarte, SS), who both join Leal in loving to employ front-running tactics at a frenetic pace, and the expected 4:24 split times through 1600 should carry a large finishing throng under 9:00 here. Southern Section multi-lap wunderkind Phillip Reid (Rio Mesa) has had as impressive a distance

season as any in recent years, nearly running the table against statewide and national competition this spring. Keep an eye on sophomores Yosef Ghebray (Logan, NCS) and Mark Matusak (Loyola, SS), the nation's two finest underclassmen at this distance. A huge mistake would be to overlook highly decorated and University of Wisconsin-bound senior Tim Nelson (Liberty Christian, NO), a veteran achiever against elite competition on the national stage. His degree of championship experience is unmatched.

The boys 1600-meter run promises to be another great one, with Rio Mesa's Reid looking to cap an unbeaten season at this distance, although fellow Southern Section speed whiz Brandon Babiracki (41.8 for the last 300m in one standout showing already this year) is a prime challenger. Reid won their first "match race" last weekend, with Babiracki's late flurry extinguished by Reid's own homestretch surge in the closing stages. An excellent emerging talent here is Jacob Evans (Aptos, CCS), an 800-meter specialist electing to 'move up' in distance in tackling the miler types. Evans stunned many in the state by toppling rival Alex Dunn (San Lorenzo Valley, CCS) last weekend in a seasonal-best 4:11.09 performance. Interesting darkhorse picks here would be Loyola's aforementioned Matusak and teammate David Torrence. Matusak, despite being hampered by a strep throat condition in recent outings, boasts sensational 4:11 and 9:04 personal bests in the distance races - stunning for a sophomore - and Torrence has been stapled right on his shoulder in almost every race this season.

The 'distance sprint' (800 meters) should be equally entertaining, with defending state champion Michael Haddan (Woodbridge, SS - 1:51.02 in 2002) having to play the role of mild underdog as lanky and imposing senior standout Duane Solomon of Cabrillo (SS) won a match race between the two last weekend, with Solomon rolling through in a lifetime-best and state-leading 1:50.99 the week before. The Southern Section surprisingly dominates the state lists in this event, with Long Beach Poly's Eddie Giles startling many over the final 100 meters to win the Division I crown two weeks back, with Rosemead's Mario Cobian and also having the strength to hammer out a 4:14 for four laps in mid-season. Darkhorses litter the field here, with Enterprise's Kenny Frank (NO) coming on huge at this time of year last spring, San Clemente's (SS) fast-improving junior Matt Stollenwerk, and fellow junior Bryan Rodie of Royal (SS), who has survived through 'the rounds' in recent weeks despite nursing a fractured ankle, also being highly dangerous qualifiers. The two-lap types not only love lactic acid, the endear themselves to all sorts of pain.

Sprint action on the boys' side should yield many new names and faces, with the seasonal state-bests lists undergoing massive realignment in recent weeks. Part of the reason is the unfortunate injury to Long Beach Poly star Derrick Jones (state-leading 10.44), opening the floodgates for his one-time pursuers now eyeing the prospects of being champion. Northern California gets the slight nod here, with Foothill of Pleasanton's DJ Smith and Skyline's Kenny O'Neal being tabbed by the sprint gods in recent weeks. O'Neal beat Smith head-on earlier in the season, but Smith boasts a legal 10.49



to his credit and holds an intrinsically superior mark into the wind as well. Look for possible 10.20s for Smith and O'Neal if they find ideal conditions this weekend. Three great challengers for that top spot include Stockton Edison's Chris Henry, Yosemite's Fred Worstin (CE) and Dominguez's Lionel Larry (SS). Henry punched out a 10.51 in his last outing, with Worstin stunning the crowd in a last-to-first hard-closing 10.57 performance at the Central Section Finals and Larry sweeping the Southern Section dash crowns. All-world football talent Reggie Bush (Helix, SD) and Los Alamitos' Brian Woods (SS) are others in a blow-your-doors-off-with-depth 100m dash field.

The 200-meter dash has Dominguez's Lionel Larry as the statistical frontrunner after a superb 20.87 clocking his last time out, with the diminutive speed demon only gaining more and more confidence each time out. Foothill of Pleasanton's DJ Smith has also made considerable improvement here in recent weeks, with Helix's Deun White (SD) posting a stellar state-qualifying mark despite running in wind-hampering conditions. North Salinas, the school which yielded eventual world-class sprint twins the Harrison Brothers, has another huge dash talent in Ronnie Drummer, who might be a year away from claiming the title but could surprise here. Pinole Valley's Wopamo Osaisai (NCS) and Southern Section late developer Dane Endly (Laguna Hills) are other big stars now in the mix for medals.

Make sure to keep your program handy during the 400m trials and finals, as no other event in the state has undergone as much 'interchange' in recent days. Carson's (LA) Brandon Myles posted the state-leading time last week at his section finals, only to have University City's DeSean Cunningham (SD) regain the label after a stunning 47.19 clocking last weekend. As it is, nine athletes posted sub-48.00 efforts in their last race before heading here, a massive shakeup to an event which admittedly generated little excitement early on this spring! UCLA-bound mega-athlete Joe Cowan of St. John Bosco (SS), a sensational wide receiver in football to complement fine hurdling/dashing skills, is another key entrant, with finish-with-a-flourish senior Tony Ramirez of Royal (SS) and sprint power pack Mike Pratt of Woodland Hills Taft (LA) also helping fill out the fields quite admirably.

Hurdle racing should be the exciting once more, with Bakersfield's Thomas Mack leading the swarm of power men over the barriers in fast times this spring! Mack appears set for sub-14.00 territory after a 14.09 effort under calm but very warm conditions at the Central Section Finals, with Logan's Kevin Craddock one-upping that (a 14.06 flyer!) In North Coast Section postseason wars. Craddock, a national age-group phenom during his short career, set the national age-15 42-inch high hurdles record earlier this year. Jason Bolden-Anderson (St. Mary's, NCS) has been the one to keep Craddock honest for much of the season, while the Southland duo of Dominguez's Craig Woods (SS) and Bryon Barmer (Helix, SD) have set the standard on that end of the state. With some of the top entrants here also landing duty over the intermediate hurdles and relays, looks for these workhorses to play leading roles in the battle for team plaques.

As is the case virtually every spring, no event is characterized more so by massive late-season time improvements than the long hurdles, with Berkeley's Stephan Brooks (NCS) temporarily seizing the top run on the statewide best marks ladder after an out-of-nowhere 37.42 title win up north. Craig Woods of Dominguez (SS) could play a vital role in his

squad's overall title chances with some big points here, a distinct possibility after his Southern Section Masters Meet win here last week. Kevin Craddock, the nation's finest sophomore hurdler and a collector of age-group records these days (see above), has shaved two seconds of his lifetime-best marks at this distance over the last month, positioning himself at a chance for state event titles. Bakersfield's Thomas Mack, who has arrived here after a gritty season of hurdling/relays duty, aims to dig down defend the title he claimed here a year ago. Oakdale's Ryan Caris (SJS) and Trabuco Hills' Bryan Payne (SS) are two fine darkhorse qualifiers.

Who will win those crazy sprint relays? With dropped batons and botched exchange-zone steps already eliminating two of the state's top three relay teams, it'll be a nerve-racking time on the stands for coaches and supporters alike. Long Beach Poly, which has already seen much of its team-title hopes torpedoed by a costly injury in recent weeks, aims to salvage a great deal of pride here, looking to a hopefully healthy Derrick Jones to catapult the Jackrabbits first across that line.

It gets awfully competitive from there, with seven fine baton-toting teams crunched within a quarter-second time gap. Every step and every reach of the baton gets magnified here, with Brandon Myles (Carson), Thomas Mack (Bakersfield), Lionel Larry (Dominguez), Brian Woods (Los Alamitos), DeSean Cunningham (University City), Chris Henry (Edison, Stockton) and Anton Jamir (Cypress) among the fine dash talents aiming to carry their teams onto the awards podium.

The long relay (4x400) has all of a sudden garnered more attention in recent weeks, with injuries helping level to playing field somewhat in making the meet-ending event a sure mad dash to the finish line. Long Beach Poly, which rolled to a stunning 3:11.22 clocking at the Penn Relays in April, is done licking its wounds and aims to close out the meet with a flourish as top teams from Dominguez, Santa Margarita and Helix enter the celebrated four-lap race. Dominguez had Lionel Larry split a 46.2 anchor last weekend, which was needed since UCLA-bound Jeff Jacobs was busy slamming down a 46.8 carry for Santa Margarita in keeping the battle close. Helix has a group (with Deun White and Reggie Bush) that supposedly has an aggregate time of 3:08 when combining the lifetime open and relay best of its four members, but the crew has yet to cash in on those credentials thus far. With DeSean Cunningham running anchor for University City, can a 45-point split be unleashed? Time(s) will tell.

The vertical jumping events will play out in the customarily tense fashion, with steel nerves and laser-like focus needed to thwart off those no-height demons that could play a role in those Top 10 team standings. Defending state champion Cole Herron leads the high jump field, with the lanky and brilliant senior already hitting the seven-foot range for the second consecutive year. He is not alone in those exploits, however, with Bakersfield Garces' Zach Ryan (CE) and Eastside Christian's T.J. Fakehinde (SS) also reaching that magical barrier. Fakehinde actually went 7-2 and change last summer at the Caribbean National Championships to boast the leading lifetime best mark in this field. While most jumpers have struggled to meet their top marks in recent weeks, senior Matt Carter of El Modena (SS) is fresh off a lifetime-best 6-10 effort, tabbing him as a logical upset pick.

The pole vault is another one of those wide-open affairs, where strategy (which height to come in at? When to pass?) Will play into some of the

sportsmanship games here. The favorite could be Billy Matthies of Rancho Bernardo, not so much because he has the state-leading mark of 16-1 this spring, but because the school has a penchant for producing high-end vaulters each year. Matthies is joined by teammate Zack Miller, while Loyola of Los Angeles (SS) is represented by its own fine aerial tandem of Don Appanaitis and Matt Contreras, who have interchanged their order in recent weeks. One of the great vaulters of the future could be on display here, with Granite Bay (SJS) frosh Ryan Shuler setting an state all-time 9<sup>th</sup>-grade record with his 15-6 clearance earlier this season, taking down the longstanding mark of former prep/collegiate wiz and current UCLA vault coach Anthony Curran.

Has a freshman ever won the state-meet in this event? The answer is no, but Curran won it as a junior and again as a senior.

Big horizontal jumps are being unleashed down south these days, with near 25-foot and near 50-foot efforts unfurled in recent days. Rudy Burgess of Desert (on Edwards Air Force Base) popped a herculean 49-9.5 wind-legal mark last week to win the Southern Section Masters Meet, with Fresno Hoover's Kevin Robinson uncorking a 49-1.25 win at the Central Section Finals the week before. Derrell Hutsona of La Mesa Helix (SD) stole the show in the statewide long jump wars with his 24-8.75 job at his section's prelims. The San Diego area actually stakes claim to the Golden State's two best long jumpers this year, with Morse's Demetrius Westbrook also out to 24-6 territory this spring.

Los Gatos ace Nik Kay regained top billing on the throws scene in dramatic fashion last week, with the nation's top discus thrower heading into this season having picked just the right time to unleash A PAIR of statewide-leading efforts in the throws events heading into the showdown at Cerritos. Kay first launched four efforts over 200 feet at the Central Coast Section Finals last weeks - including a state-best 204-10 - before returning to launch a 62-11 bomb in securing the state lead in the shot put. The competition appears mighty fierce in the shot put, however, with Enterprise's David Nichols (NO), Mission Bay's Jared Bray (SD), and Fresno Edison's Jason Rooters all boasting heaves in the 61-foot-plus range this spring. In the discus competition, spinners Chris White of Garces Memorial (CE), Kyle Davis-Hammerquist of Claremont (SS) and Robert Jennings of Westmont are others high up on the state lists at the championship phase of the season.

## TEAM TITLES

Long Beach Poly is favored to win the girls crown, courting amazing depth in the sprints. That said, even one minor slip-up opens the door for both J.W. North of Riverside and Long Beach Wilson to move in and snare the championship plaque. Look for these three sensational programs to finish within 15 points of each other.

On the boys' side, Dominguez is the latest team to seize the top spot in the rankings (following pre-season pick Helix and mid-season selection Long Beach Poly), with the favored Dons now relying heavily on dasher Lionel Larry, hurdler Chris Woods and their relay units. Bakersfield (relays/hurdles), Long Beach Poly (relays) and Helix (sprints/relays/jumps) remain within striking distance.



# Entries





# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS 400m RELAY

## BOYS 400m RELAY

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

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

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

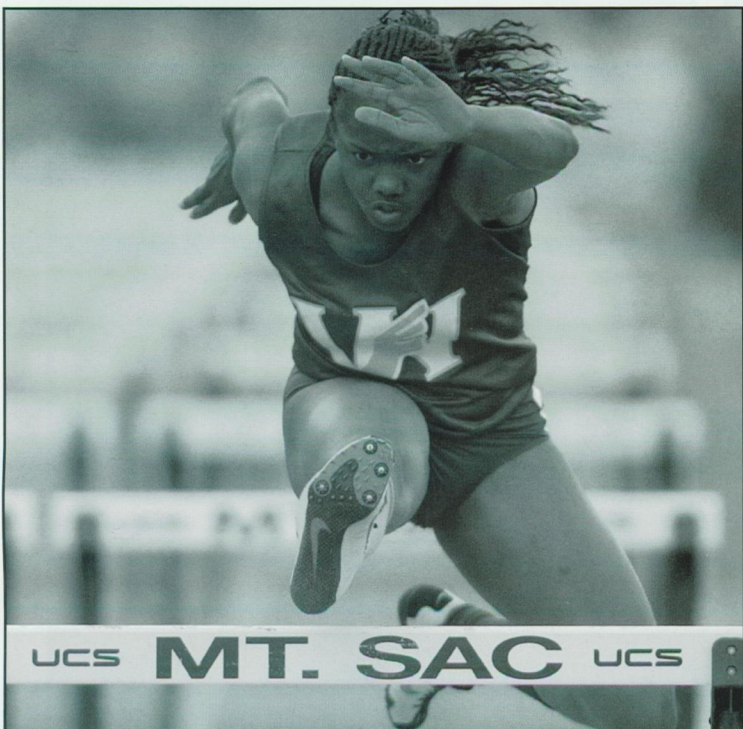
Lane	School	Sect.	Sect. Mark	Pos	Place	Mark
<b>Heat 1 Prelims</b>						
1	Mt. Eden /nc	NC	49.05			
2	Carlmont /cc	CC	48.53			
3	El Camino /sd	SD	47.75			
4	West /sj	SJ	47.29			
5	Poly (Lb) /ss	SS	44.90			
6	Upland /ss	SS	47.26			
7	L.A. Baptist /ss	SS	47.71			
8	Vallejo /sj	SJ	48.52			
9	Los Altos /cc	CC	48.98			
<b>Heat 2 Prelims</b>						
1	Skyline /ok	OK	49.94			
2	Clovis West /ce	CE	48.54			
3	Taft /la	LA	48.06			
4	El Cerrito /nc	NC	47.35			
5	Wilson/LB /ss	SS	45.56			
6	Holy Names /nc	NC	47.05			
7	Birmingham /la	LA	47.66			
8	Bakersfield /ce	CE	48.25			
9	Oak Grove /cc	CC	48.68			
<b>Heat 3 Prelims</b>						
1	Yreka /no	NO	50.36			
2	Natomas /sj	SJ	48.62			
3	Gardena /la	LA	48.19			
4	Stockdale /ce	CE	47.36			
5	North, JW /ss	SS	46.12			
6	Logan James /nc	NC	46.58			
7	Morse /sd	SD	47.52			
8	Oceanside /sd	SD	48.25			
9	Intr Studies A/Sf	SF	48.63			

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

Records - National: 39.76 Wyatt, TX (Fort Worth) 1998

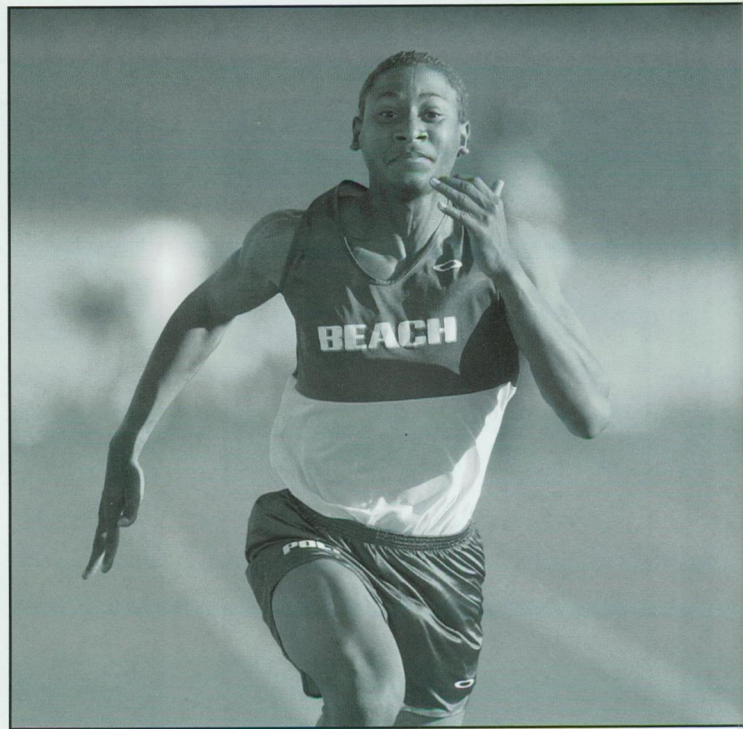
State: 40.24 Hawthorne 1989

Lane	School	Sect.	Sect. Mark	Pos.	Place	M
<b>Heat 1 Prelims</b>						
1	Las Plumas /no	NO	43.65			
2	Foothill /nc	NC	42.64			
3	El Camino /sd	SD	42.33			
4	Cypress /ss	SS	41.91			
5	Carson /la	LA	41.67			
6	Edison /sj	SJ	41.89			
7	Dominguez /ss	SS	42.21			
8	Clovis West /ce	CE	42.61			
9	St. Francis /cc	CC	42.86			
<b>Heat 2 Prelims</b>						
1	Skyline /ok	OK	42.24			
2	Newark Mem /nc	NC	42.65			
3	Stagg /sj	SJ	42.33			
4	Birmingham /la	LA	42.00			
5	Bakersfield /ce	CE	41.68			
6	Poly (Lb) /ss	SS	41.88			
7	Dorsey /la	LA	42.20			
8	Salinas /cc	CC	42.60			
9	Bishop O' Dowd /nc	NC	42.79			
<b>Heat 3 Prelims</b>						
2	San Leandro /nc	NC	42.75			
3	Morse /sd	SD	42.37			
4	Servite /ss	SS	42.06			
5	University Cty/sd	SD	41.86			
6	Los Alamitos /ss	SS	41.86			
7	Granite Bay /sj	SJ	42.18			
8	Clovis East /ce	CE	42.51			
9	Junipero Serra/cc	CC	42.75			



UCS MT. SAC UCS

Deanna Goodwin leads Long Beach Wilson. Photo by Kirby Lee



Derrick Jones of defending 400m relay champion Long Beach Poly. Photo by Kirby Lee



# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS 1600m RUN

Prelims: 5:24 p.m. - Fri. Final: 4:19 p.m. - Sat.

Records - Nat.: 4:39.4h Laura Matson, Andover (Bloomfield Hills, MI) 1985  
State: 4:39.92 Polly Plumer, University (Irvine) 1982

Pos.	Name	Gr. School	Sect.	Sect. Mark	Place Mark
Heat 1 Prelims					
1	Allen, Lindsay	11 Clig Prk/nc		4:50.49	
2	Viewhweg, Cira	St Ignts/cc		4:56.47	
3	Thornberry, Amanda	12 Valley Ch/cc		4:57.23	
4	Farias-Eisner, Anna	10 Harv-Wst/ss		4:58.17	
5	Kingma, Jenna	11 S.L. Obsp/ss		4:58.89	
6	Conley, Kim	11 Montgomer/nc		4:59.61	
7	Berglas, Kristen	12 Woodbridge/ss		4:59.90	
8	St. Geme, Annie	09 Cr dl Mar/ss		5:00.44	
9	Kennedy, Anne	11 Santa Barbara/ss		5:01.38	
10	Williams, Dallon	12 Turlock/sj		5:04.10	
11	Townswick, Mariya	11 Woodland/sj		5:05.23	
12	Laslovich, Jessica	11 Buchanan/ce		5:11.10	
13	Viess, Alicia	12 McFarlnd/ce		5:14.00	
14	Choi, Diana	11 Skyline/ok		5:20.64	
15	Adams, Kirsten	9 San Pedro/la		5:21.91	
Heat 2 Prelims					
1	Follmar, Alicia	10 Saratoga/cc		4:52.74	
2	Costello, Allison	12 Esperanza/ss		4:56.16	
3	Crampton, Lisa	12 Granada/nc		4:57.75	
4	Ooms, Jessie	12 University City/Sd		4:57.95	
5	Raffray, Marie	11 San Dieguito/sd		4:59.27	
6	Wing, Evelyn	10 Valley Chr/cc		4:59.34	
7	Scott, Lorin	11 San Pasqual/sd		5:00.31	
8	Barrientos, Raquel	12 San Lorenzo V/cc		5:00.37	
9	Roberts, Corinne	12 Alameda/nc		5:01.73	
10	Mulkey, Lauren	11 Woodcreek/sj		5:02.16	
11	Grimes, Birttany	11 Central/ce		5:05.50	
12	Mobarez, Jennifer	12 Birmingham/la		5:10.94	
13	Menard, Carolyn	12 Enterprise/no		5:15.25	
14	Adams, Megan	9 San Pedro/la		5:19.45	



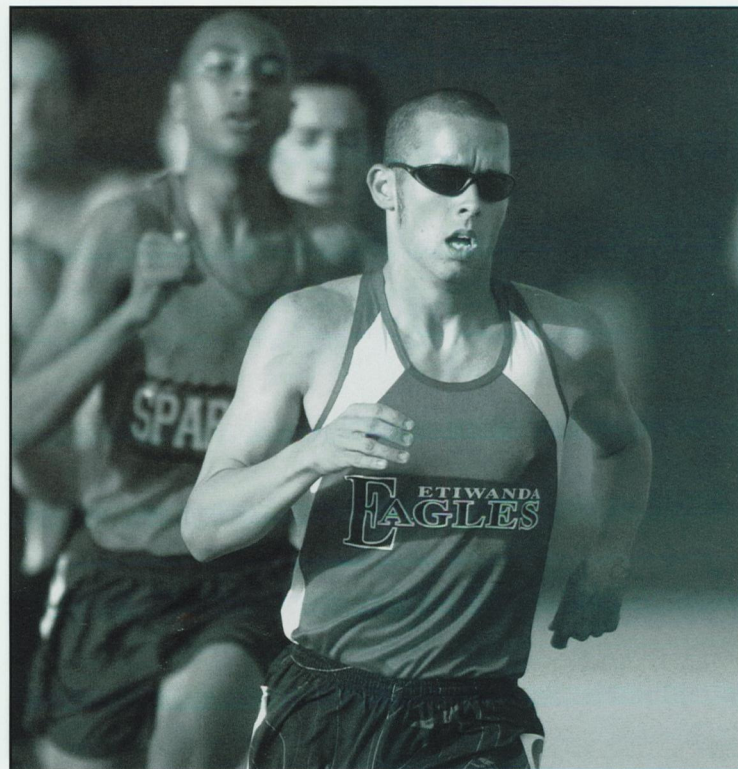
Allison Costello of Esperanza. Photo by Kirby Lee

## BOYS 1600m RUN

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

Records - National: 3:59.51 Alan Webb, South Lakes (Reston, VA) 2001  
State: 4:02.62 Ryan Hall, Big Bear Lake 2001

Pos.	Name	Gr. School	Sect.	Sect. Mark	Place Mark
Heat 1 Prelims					
1	Reid, Phillip	12 Rio Mesa/ss		4:09.60	
2	Dunn, Alex	11 San Lorenzo V/cc		4:12.16	
3	Rojas, Humberto	12 Estancia /ss		4:12.73	
4	Ivie, Kyle	12 Burbank /ss		4:13.63	
5	Poe, Michael	12 Etiwanda/ss		4:14.07	
6	Ashley, Chris	12 Aragon/cc		4:15.83	
7	Peterson, Tom	11 Beyer/sj		4:18.69	
8	Rinaldi, Damian	12 Birmingham/la		4:19.22	
9	Acosta, AJ	9 El Camino/sd		4:20.35	
10	Gonzalez, Jose	12 Narbonne /la		4:21.20	
11	Withers, JK	11 Cardinal Newman/nc		4:21.76	
12	Reichert, Yoji	12 Alameda/nc		4:24.46	
13	Lucero, Taylor	11 Bakersfield/ce		4:24.66	
14	Espinal, Marcos	12 Venice/la		4:30.15	
15	Brandon, Roe	12 Lowell/sf		4:36.00	
Heat 2 Prelims					
1	Babiracki, Brandon	12 Dana Hills/ss		4:10.99	
2	Evans, Jacob	11 Aptos/cc		4:11.09	
3	Chavez, Mike	12 Esperanza/ss		4:13.51	
4	Matusak, Mark	10 Loyola/ss		4:13.58	
5	Swier, Troy	11 Mar Vista/sd		4:14.20	
6	Torrance, David	12 Loyola/ss		4:15.60	
7	Fuller, Chris	11 Granite B/Sj		4:18.98	
8	Enscoe, Alex	11 Berkeley/nc		4:19.22	
9	Burke, Lucas	12 Stockdale/ce		4:20.72	
10	Coover, Paul	11 La Jolla/sd		4:20.96	
11	Lease, Jeff	11 Lincoln/sj		4:22.90	
12	Matthews, Carey	11 DeLaSalle/nc		4:23.41	
13	Vartanian, David	12 Clovis West/Ce		4:25.52	
14	Miller, Ben	12 Yreka/no		4:28.08	



Michael Poe of Etiwanda. photo by Kirby Lee



# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS 100m HH

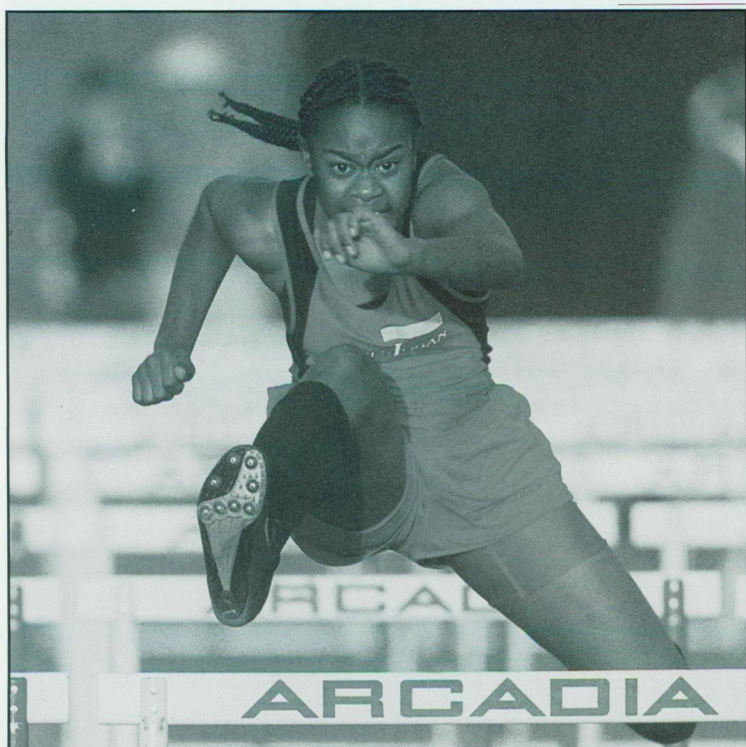
**Prelims: 5:55 p.m. - Fri. Final: 4:44 p.m. - Sat.**  
 Records - National: 13.20 Nichole Denby, J.W. North (Riverside, CA) 2000  
 State: 13.20 Nichole Denby, J.W. North (Riverside, CA) 2000

Pos.	Name	Gr. School Sect.	Sect. Mark	Place	Mark
Heat 1 Prelims					
2	Peterson, Valerie	09 Burton/sf	5.31		
3	Mackey, Aresha	11 Rodriguez/s	15.03		
4	Carson, DeAnna	9 V. del Lago /ss	14.39		
5	Brown, Ashlee	12 North Jw/Ss	13.54		
6	Eggleston, Jessica	12 El Camino/sd	4.28		
7	Afenir, Meggie	12 Escondido/sd	14.93		
8	Miller, Allie	11 Los Altos/cc	15.27		
Heat 2 Prelims					
2	Williams, Sirena	10 Edison/ce	15.44		
3	Maxwell, Candise	9 Stagg/sj	15.06		
4	Becker, Galina	10 Mt Pleasant/cc	14.42		
5	Manning, Dominique	11 North JW/Ss	3.75		
6	Stewart, Talia	11 Logan James/Nc	14.19		
7	Tezeno, Meia	10 Hercules/nc	4.79		
8	Chandler, Chelsea	12 Castro Valley/nc	15.23		
Heat 3 Prelims					
2	Gonder, Desirae	09 Stockdale/ce	5.53		
3	Scott, Quanshell	11 Bakersfield/ce	15.07		
4	Young, Artensia	12 Serra/ss4.46			
5	Lodree, Ashley	12 El Cerrito/nc	13.79		
6	Goodwin, Deanna	12 Wilson Long Beach/ss	14.10		
7	Rattler, Dana	12 Cleveland/la	4.66		
8	Blue, Laiah	11 Granite Hills/Sd	15.19		
Heat 4 Prelims					
2	Patten, Endurha	11 Gardena/la	15.65		
3	Phares, Noelle	11 Paradise/no	15.10		
4	Burrell, Christian	12 Santa Monica/ss	14.49		
5	Hill, MacKenzie	12 Wilson Long Beach/ss	13.96		
6	Hunter, Gayle	11 North JW/ss	13.98		
7	Hausler, Gretchen	12 Santa Cruz/cc	14.51		
8	Kantola, Ingrid	11 St Francis/sj	15.16		
9	Stamps, Marquita	11 Dorsey/la	15.77		

## BOYS 110m HH

**Prelims: 6:10 p.m. - Fri. Final: 4:54 p.m. - Sat.**  
 Records - National: no verified record  
 State: 13.41 Steve Kerho, Mission Viejo 1982

Pos.	Name	Gr. School Sect.	Sect. Mark	Place	Mark
Heat 1 Prelims					
1	Humes, Chris	11 Los Angeles/la	15.25		
2	Neil, Andre	12 Deer Valley/nc	14.90		
3	Faules, Will	12 Homestead/cc	14.61		
4	Johnson, Justin	12 Rio Mesa/ss	14.37		
5	Woods, Craig	12 Dominguez/ss	14.08		
6	Bolden-Anderson, Jason	12 St Mary' s/nc	14.37		
7	McCullough, Tim	12 Jordan/ss	14.54		
8	Huggins, Eric	11 Stagg/sj	14.82		
9	Boulton, Mike	12 Ar. Mitty/cc	15.22		
Heat 2 Prelims					
1	Hall, Zach	12 Paradise/no	15.31		
2	Cruickshank, Pauly	12 Acalanes/nc	14.91		
3	Bogdanof, Jeff	12 Buchanan/ce	14.65		
4	Christopher, Joseph	12 Montclair/ss	14.49		
5	Mack, Thomas	12 Bakersfield/ce	14.09		
6	Barmer, Bryon	11 Helix/sd	14.29		
7	Kelly, Kai	11 Dorsey/la	14.53		
8	Patterson, Steven	12 Redwood/ce	14.80		
9	Gray, Deloyd	10 Laguna Cr/sj	15.12		
Heat 3 Prelims					
1	Meng, William	12 Lowell/sf	15.39		
2	Lytle, Keith	12 Crenshaw/la	14.91		
3	Hurley, Kurt	12 Carlsbad/sd	14.68		
4	Symons, Jake	12 Clairmont/sd	14.52		
5	Craddock, Kevin	10 Logan James/nc	14.22		
6	Profit, Marquis	11 Muir/ss	14.27		
7	Bugg, Ryan	12 Atascadero/ss	14.52		
8	Caris, Ryan	12 Oakdale/sj	14.75		
9	Sierra, Scott	12 Palma/cc	15.04		



Defending state champion Talia Stewart of James Logan.  
 Photo by Kirby Lee



Kevin Craddock of James Logan. Photo by Kirby Lee



# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS 400m DASH

Prelims: 6:24 p.m. - Fri. Final: 5:04 p.m. - Sat.

Records - Nat.: 50.74 Monique Henderson, Morse (San Diego, CA) 2000  
State: 50.74 Monique Henderson, Morse (San Diego, CA) 2000

Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
Heat 1 Prelims						
1	Cooper, Jessica	09 Bakrsfld/ce		57.91		
2	Williams-Ward, Teirra	09 Carondelet/nc		57.28		
3	Carter, Dominique	11 West		56.42		
4	Washington, Cameron	12 Marlborough/ss		55.52		
5	Lee, Jasmine	11 Poly Long Beach/ss		53.65		
6	Dudley, Brittanni	11 Logan James/nc		55.39		
7	Stewart, Tracey	09 Logan James/nc		56.35		
8	Long, Kelly	09 San Lorenzo Valley/cc		57.06		
9	Sagmaquen, Caitlyn	09 Clovis/ce		57.68		
Heat 2 Prelims						
1	Kirschman, Lindsey	09 Enterprise/no		58.58		
2	Baker, Seante	11 Archbishop Mitty/cc		57.33		
3	Winston, Renee	11 Birmingham/la		56.48		
4	Hood, Tiana	10 Wilson Long Beach/ss		55.78		
5	Lawrence, Deonna	11 Sheldon/sj		54.70		
6	Gaines, Keisha	12 Stockdale/ce		55.27		
7	Monfort, Ashley	12 Valley Chr/cc		56.32		
8	James, Janie	09 Monte Vista/sd		56.69		
9	Watson, Danielle	09 Carson/la		57.58		
Heat 3 Prelims						
2	David-Jacobs, Chauncey	10 Burton/sf		57.39		
3	Doyle, Angelique	10 Mesa Verde/sj		56.50		
4	Gamble, Kerry	11 Notre Dame (SO) /ss		55.90		
5	Hasson, Myra	09 Gardena/la		54.80		
6	Stone, Nicole	11 Rancho Cucamonga/ss		55.11		
7	Lott, Shakara	10 University City/Sd		56.04		
8	Winfield, Jasmine	12 Oceanside/sd		56.65		
9	Porter, Willa	10 Holy Names/nc		57.57		



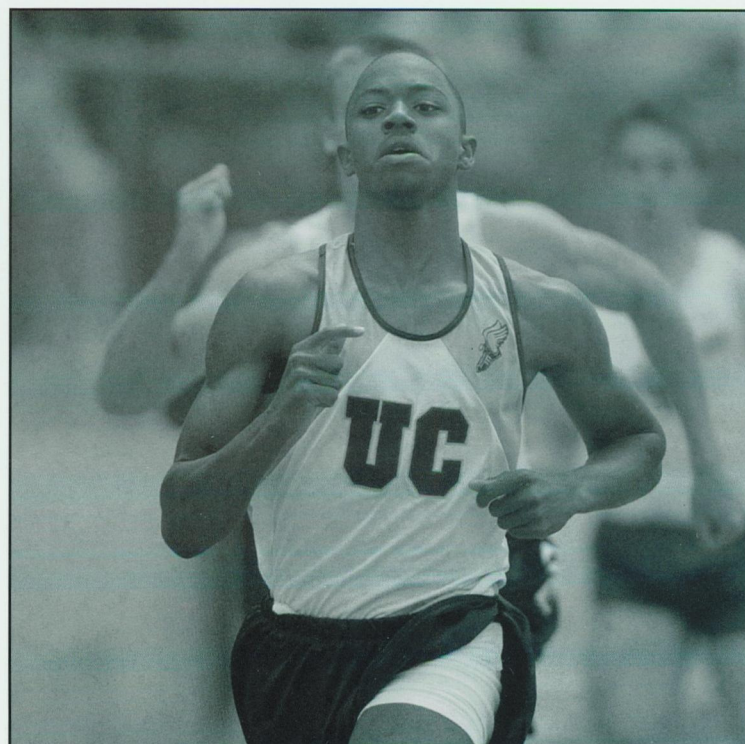
Jasmine Lee of Long Beach Poly. Photo by Kirby Lee

## BOYS 400m DASH

Prelims: 6:36 p.m. - Fri. Final: 5:11 p.m. - Sat.

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

Pos.	Name	Gr. School	Sect.	Sect. Mark	Place	Mark
Heat 1 Prelims						
2	Eckels, Aeron	12 Oak Grove/cc		49.65		
3	Van, Rodney	11 Poly Long Beach/ss		48.66		
4	Taylor, Eric	12 Bakersfield/ce		48.10		
5	Cunningham, Desean	12 University City/Sd		47.19		
6	Gettis, David	10 Dorsey/la		47.99		
7	Fobbs-Valentino, Angelo	11 J Serra/cc		48.66		
8	Hicks, Chris	12 Ridgeview/ce		49.60		
Heat 2 Prelims						
2	Guillaume, Mok	12 Lowell/sf		49.97		
3	Cain, Gerrell	12 Bella Vst/sj		48.99		
4	Muhammad, Malik	12 Poly Long Beach/ss		48.24		
5	Myles, Brandon	12 Carson/la		47.46		
6	Walters, John	12 Newark M/Nc		47.92		
7	Rhoades, James	11 Ramona/sd		48.62		
8	Washington, Anthony	12 Berkeley/nc		49.58		
Heat 3 Prelims						
2	Jones, Jeremy	11 Castlemnt/ok		50.32		
3	Moore, Ryan	12 Redwood/ce		49.00		
4	Hodgson, Dane	11 San Luis Obispo/ss		48.42		
5	Ramirez, Tony	12 Royal/ss		47.56		
6	Pratt, Michael	12 Taft/la		47.75		
7	Ellis, Cedric	12 Cordova/sj		48.56		
8	Elbogen, Michael	12 California/nc		49.50		
Heat 4 Prelims						
2	Shird, Shannon	10 L Plumas /no		51.19		
3	Lippencott, Luke	11 Palma/cc		49.35		
4	Shepard, Marcus	12 Mira Loma/sj		48.44		
5	White, Deun	12 Helix/sd		47.56		
6	Cowan, Joe	12 St. John Bosco/ss		47.75		
7	Jacobs, Jeff	12 Santa Margarita/ss		48.55		
8	Boxley, Harold	12 Tamalpais/nc		49.41		
9	Wells, Elijah	10 Taft/la		48.61		



Desean Cunningham of University City San Diego. Photo by Kirby Lee



# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS 100m DASH

**Prelims: 6:48 p.m. - Fri. Final: 5:19 p.m. - Sat.**

Records - National: 11.14 Marion Jones, Thousand Oaks, CA 1992

State: 11.14 Marion Jones, Thousand Oaks 1992

Pos.	Name	Gr.	School	Sect.	Sect. Mark	Place	Mark
Heat 1 Prelims							
2	Mathis, Megan	09	Florin/sj		12.35		
3	Anderson, Sparkle	12	Serra/sd		12.14		
4	Williams, Rene	12	Skyline/ok		11.97		
5	Felix, Allyson	12	L.A. Baptist/ss		11.12		
6	Carson, DeAnna	09	V. del Lago /ss		11.96		
7	Lopez, Christina	11	Golden West/Ce		12.12		
8	Burton, Cinya	12	Holy Names/nc		12.35		
Heat 2 Prelims							
2	Bonty, Kandi	10	Monroe/la		12.43		
3	Green, Danielle	12	Stockdale/ce		12.14		
4	Davis, Kristina	09	Logan James/Nc		11.98		
5	Solomon, Shalonda	11	Poly Long Beach/ss		11.25		
6	Diego, Jolanda	11	El Camino/sd		11.89		
7	Wright, Shaina	11	Stockdale/ce		12.07		
8	Steen, Cristal	11	Gardena/la		12.32		
Heat 3 Prelims							
2	Crummie, Rokeshia	10	Independence/cc		12.49		
3	McClain, Lasadies	12	Foothill/sj		12.15		
4	Fulford, Vonnice	12	Birmingham/la		11.99		
5	Woods, Shana	09	Poly Long Beach/ss		11.62		
6	Gooden, Deanna	12	I.S. Acn./sf		11.85		
7	Walker, Veronica	12	Oak Grove/cc		12.06		
8	Tezeno, Meia	10	Hercules/nc		12.24		
Heat 4 Prelims							
2	Kragel, Christianne	12	Pleasant Valley/No		12.87		
3	Theus, Nicole	11	Carlmont/cc		12.21		
4	Nash, Jennifer	11	West		12.01		
5	Olear, Elizabeth	09	Louisville		11.63		
6	Rodriguez, Carol	11	Western /ss		11.70		
7	Lowery, Alicia	12	Morse/sd		12.02		
8	Coleman, Monique	12	El Cerrito/nc		12.21		

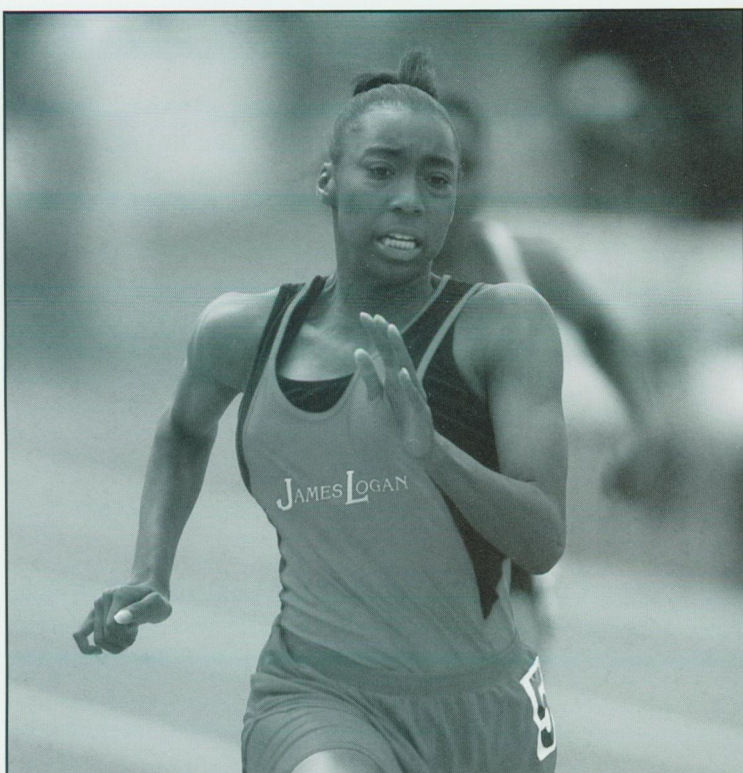
## BOYS 100m DASH

**Prelims: 7:00 p.m. - Fri. Final: 5:25 p.m. - Sat.**

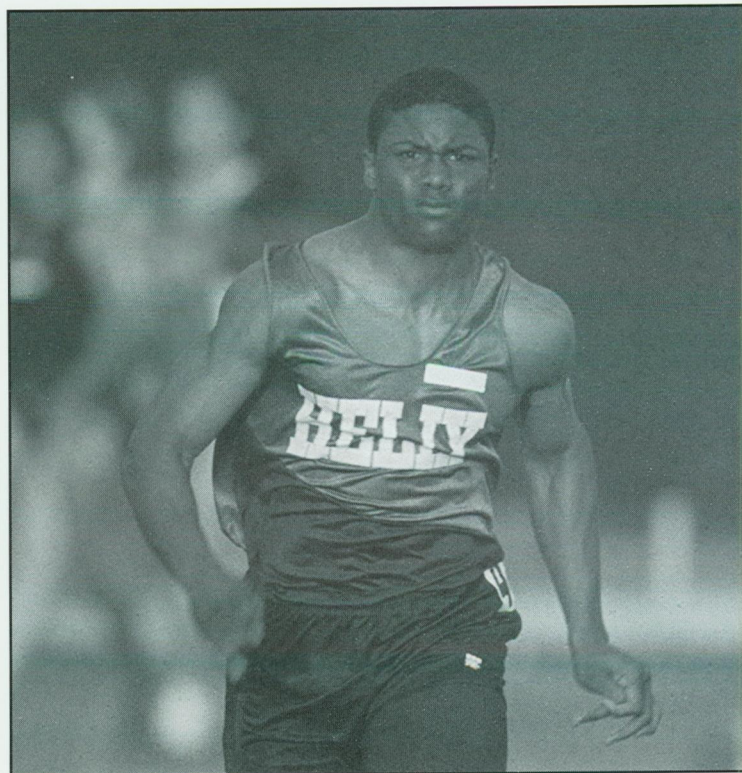
Records - National: 10.15 Henry Neal, Greenville, TX 1990

State: 10.30 Riley Washington, Southwest (San Diego) 1992

Pos.	Name	Gr.	School	Sect.	Sect. Mark	Place	Mark
Heat 1 Prelims							
1	Webster, Mason	11	Las Plumas/no		11.08		
2	Lewis, Joseph	11	Dorsey/la		10.88		
3	Hutsona, Derrell	12	Helix/sd		10.83		
4	Jamir, Anton	12	Cypress/ss		10.65		
5	Smith, DJ	12	Foothill/nc		10.49		
6	Drummer, Ronnie	11	North Salinas/cc		10.65		
7	Slater, Matt	12	Servite/ss		10.74		
8	Green, Chad	12	Birmingham/la		10.87		
9	Crawford, Carl	11	East Union/sj		11.05		
Heat 2 Prelims							
1	Nunnally, Rashaad	11	Sheldon/sj		11.09		
2	Drew, Maurice	12	DeLaSalle/nc		10.91		
3	Bush, Reggie	12	Helix/sd		10.84		
4	Osaisai, Wopamo	11	Pinole Valley/Nc		10.66		
5	Larry, Lionel	11	Dominguez/ss		10.51		
6	Castell, Kashif	12	West/ce		10.64		
7	Endly, Dane	12	Laguna Hills/ss		10.73		
8	Henry, Chris	12	Edison/sj		10.86		
9	Swain, Brett	12	Carlsbad/sd		11.03		
Heat 3 Prelim							
1	Vicente, Ronald	12	Burton/sf		11.14		
2	Cunningham, Nick	12	Monterey/cc		10.94		
3	Pratt, Paul	12	Taft/la		10.86		
4	Mason, Matt	11	Bakersfield/ce		10.68		
5	Woods, Brian	12	Los Alamitos/ss		10.55		
6	Worstein, Fred	11	Yosemite/ce		10.57		
7	O'Neal, Kenny	11	Skyline/ok		10.73		
8	Johnson, Chris		Valley Chr/cc		10.86		
9	Muldrow, Dejon	12	Pittsburg/nc		10.97		



Kristina Davis of James Logan. Photo by Kirby Lee



Reggie Bush of Helix. Photo by Kirby Lee



# Fischer, McColl Selected CIF Scholar-Athletes of the Year

Barry Fischer of Campolindo High School and Meridith McColl from Capistrano Valley High School have been selected as the 2003 CIF Scholar-Athletes of the Year. The scholarship award, established in 1982, recognizes athletes who excel in the classroom, in athletics and are strong contributors to their schools and communities.

Both students will be honored at the State Capitol in Sacramento on Thursday, June 19. In addition, they will receive a \$2000 scholarship to the college/university of their choice. Nominations for the prestigious award are received from the 1323 high schools that make up CIF membership.

"I am constantly encouraged by the young people in our schools and our two scholar-athletes are another reaffirmation of the great potential the future holds," said CIF Executive Director Marie Ishida. "I wish to personally congratulate all the nominees. We, once again, had an excellent group of scholar-athletes."

**Fischer** competes in cross country and track and field at Campolindo High School. He placed second individually this fall in the CIF State Cross Country Championships with a time of 15:32 in division III.

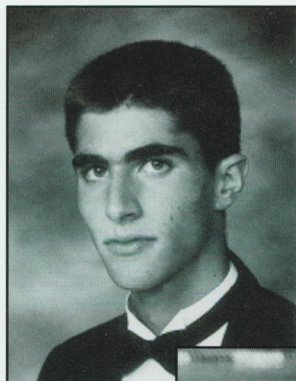
His team captain in cross country and track and field, Fischer is also a member of Campolindo's Symphonic Band and Pep Band. He works with Bay Area refugees (adult and youth) as an English as a Second Language (ESL)/life skills tutor and is an eighth grade drug/alcohol youth counselor. Additionally, he coaches boys' basketball at a middle school.

Fischer is a National Merit Commended Scholar, a Golden State Scholar, and the pending Valedictorian for the class of 2003 at Campolindo. He scored 1470 on the SAT and has an overall grade point average of 4.31.

**McColl** has competed in water polo, swimming and volleyball at Capistrano Valley High School. In addition, she competes in club volleyball, water polo and swimming. A U.S. Water Polo Junior Olympics All-American, McColl was her team Most Valuable Player as a junior and currently serves as team captain.

She co-founded the Capistrano Valley High School Yellow Ribbon Club, which promotes prevention and awareness of adolescent suicide. In addition, McColl has worked with the Mission Integrale/Floresta project in Oaxaca, Mexico and has volunteered for Special Education dances and Special Olympics.

A National Merit Scholar Commandant and a Golden State Scholar in algebra, biology, English and written composition, McColl has a 4.6 grade point average and a 1490 score on the SAT.



Barry Fischer  
Campolindo H.S.

Meridith  
McColl  
Capistrano  
Valley H.S.



## BARRY FISCHER, STUDENT ESSAY: G.U.T.S – GROWTH AND UNITY THROUGH SPORTS

As a ferocious stampede of over two hundred predatory Cougars, Broncos, Bulldog, Lions, Tigers, and Wolves dash through a pleasant public park, a bystander is repulsed by this fierce jungle behavior that seems devoid of honor, civility, or fairness. In fact, this tenacious pack of high school cross country runners, proudly sporting uniforms with the aforementioned team mascots, is driven by an exceptional kind of respect, which sets a noble standard for all athletes. The philosophies of individual preparation, team training, and interscholastic competition are based on powerful respect and trust that generate a positive, rewarding athletic environment for all.

Sometimes, critical students object to my school cross country program's policy of an open roster – allowing anyone, regardless of ability or past performance, to join the team. Many argue that not limiting team membership impairs the excellence of the organization, as inexperienced, less talented runners undermine and eclipse the progress and success of more capable athletes. However, as captain of my team, comprising nearly 200 athletes of varied athletic backgrounds, I came to appreciate, respect, and encourage the earnest efforts of my novice colleagues. Their intense desire to improve was continuously fueled by their staunch dedication in training. As team captain, I emphasized the support and inspiration inherent in our cross country program. As the season progressed, I was gratified to see the beginning runners' growth in self-confidence as they discovered the value of hard work, trust, and responsibility in a competitive team environment.

The courageous pursuit of opportunity, the tremendous effort, and the progress that my team demonstrated during my high school athletic career is parallel to the life and outlook of a fellow runner, the immortal Olympian Jesse

Owens. Owens' athletic career was frequently jeopardized by outsiders' attempts to bar him from running, discriminating against him on the grounds that, regardless of his admirable "desire, determination, discipline, and self-sacrifice," his racial background rendered him unworthy of competition. In a similar sense, beginning athletes on my team, possessing those same extraordinary qualities of work ethic, could have been denied participation in cross country for their initial lack of skills. However, my team's policy, of admitting anybody who steadfastly applies himself/herself to improvement and excellence, invites all athletes to realize their full personal potential. Owens contended that with intense commitment and a "great deal of love, fairness, and respect for your fellow man," (attributes of my high school cross country program) "how can you lose?"

Remaining resolute in my dedication to supreme sportsmanship, and motivating others to approach athletics with corresponding commitment, I have found that the most meaningful promise in sports is the opportunity to play; we must boldly use that opportunity to set and achieve ambitious goals, to develop a profound confidence and trust in self, and to establish utmost respect for the fellow athlete – a respect that, in victory or defeat, fosters personal growth and universal understanding that make sports such a brilliant unifying force in our lives.

## MERIDITH MCCOLL STUDENT ESSAY: The Best of Luck

My grandpa is my hero. He once told me "you create your own luck." You can't change what happens around you, nor should you try to. Controlling other people or things is not the way to success. Instead, he explained to me that when you work hard and give everything you have, good things will come. The more effort, work, and heart you put into your goals, the more luck will help you along the way. Or is it "luck?"

The first time I tried out for a National Water polo team – the 18U Youth Team – I didn't even pass the first cut. After what I had believed to be a strong tryout, I was devastated when the names were read and mine was not among them. When I asked the coach what I could improve on in the coming year, he said, "Nothing, great job." After that initial disappointment, I decided to try out again – for an older team!

I had a month to train and prepare, and I practiced with my team and worked hard. I went to the open weekend tryout for the Junior National Team, girls all the way up to age 20. As a freshman in high school, I was awed and slightly intimidated by these talented older girls, some of which were in college. In the pool, I poured my heart into the tryout. At the end of the weekend, I had been selected to train with the Junior Team.

Though the training meant I didn't get to travel yet, I was excited to be selected. The opportunity to practice with athletes of such a high caliber was fortune I could hardly believe. I practiced and learned, and after several months I got a call from the Youth Team coach asking me to come play for him. He had heard I was practicing with the older age group, and he was in need of a goalie. I joined the team and went to Montreal to play in tournament against Canada and Australia.

John Wooden, a basketball coach and inspiration to many, once said, "Things turn out the best for those who make the best of the way things turn out." Though he and my grandpa used different words, their meanings are the same. When you give all your effort and persist no matter what the external circumstances, good things come. Some people call that luck or good fortune, but it isn't left to fate alone.



# Banquet Honors CIF Spirit of Sport Award Winners

The CIF honored its Spirit of Sport Award winners at the May Federated Council banquet in Burlingame. The night belonged to the six students, who spoke about sportsmanship, their positive experience in athletics and the people who had inspired them in life and their athletic endeavors. Nancy Veilleux, the vice principal at Roseville High School, was the emcee for the event as the six winners were honored and presented with a plaque.

The CIF Spirit of Sport Award recognizes student-athletes who have demonstrated the principles of Pursuing Victory With Honor<sup>sm</sup>, are leaders within their school and communities and are active in community and school service. The 16 principles of Pursuing Victory With Honor<sup>sm</sup> are the operating principles of the CIF and have been adopted by 1041 member high schools across the state.

"The character, integrity, leadership and positive impact that these outstanding students display on a daily basis at their schools and in their communities is precisely what the Pursuing Victory With Honor<sup>sm</sup> program is all about," said Marie M. Ishida, CIF executive director. "We salute and congratulate all the winners and all the nominees during the 2002-2003 school year."

## **Catherine Coppini, Moreau Catholic High School**

Coppini is committed to her school and community and has volunteered more than 121 hours of her time at the Moreau Catholic Crab Fee, Sulfur Creek Nature Center, with Friends of Sulfur Creek, an animal hospital and more. As part of an outreach program, she went to Mexico to help at an orphanage. Coppini is a member of the National Honor Society, is a student tutor and is the captain of her cross country team. She also competes in track and field, where she has coached other students in the hurdles.



**Kavi Vyas** of Rancho Alamitos High School with CIF Central Coast Section Assistant Commissioner Steve Stearns.

Moreau Catholic's **Catherine Coppini** with the Assistant Principal of Montgomery High School Jan Smith Billing.



"This year in cross country, I was voted team captain. Now I lead over 100 of my teammates. It is a very rewarding experience because I see that I am somebody who others look up to for support as a role model, as I once did," Coppini wrote in her nomination letter.

## **Kavi Vyas, Rancho Alamitos High School**

Vyas founded both a scholar-athlete and sportsmanship program at Rancho Alamitos High School and is the student representative on the District Sportsmanship Council. He has coached children ages 8-13 in water

polo and was instrumental in teaching sportsmanship, education and responsibility to the youngsters. For his effort, he was named Coach of the Year for 2001. Kavi is the vice president of the National Honor Society and a class representative to the Student Council. He participates in water polo and swimming.

"As a player of four years on my school's water polo and swim team I have achieved many victories, accolades, and awards; but none compare to the face of a child who learned, from his coach (Vyas was the coach) the love of the game," Vyas wrote in his nomination letter.





**Jacqueline Fisher** of Flintridge Sacred Heart Academy with her presenter Mary Lou Guy, a representative of Cal Coaches on the Federated Council.

### **Jacqueline Fisher, Flintridge Sacred Heart Academy High School**

Fisher lives by a very simple, yet sincere motto: it's all about heart. Not only is she the Associated Student Body vice president at Flintridge Sacred Heart Academy, but she volunteers 10 hours a week with autistic children at a place called Education Spectrum. She is also a member of Amnesty International and Students Against Destructive Decisions (SADD).

"She is the epitome of the fiery athlete who inspires her teammates," Katy Sadler, assistant principal at Flintridge Sacred Heart Academy, wrote in a letter of support. "I can always hear her as I sit in the stands encouraging her team, pushing them forward."

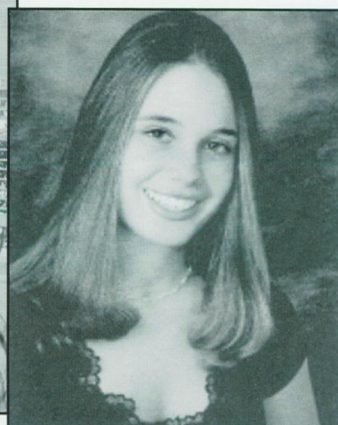
### **Michael Fujinaka, St. Mary's Stockton High School**

A member of the student council for all four years at St. Mary's, Fujinaka is currently the Associated Student Body vice president. He has competed in wrestling, tennis, soccer and baseball and is team captain in wrestling. Fujinaka is a head delegate to the Model United Nations, involved in the campus ministry and an elementary school aide.

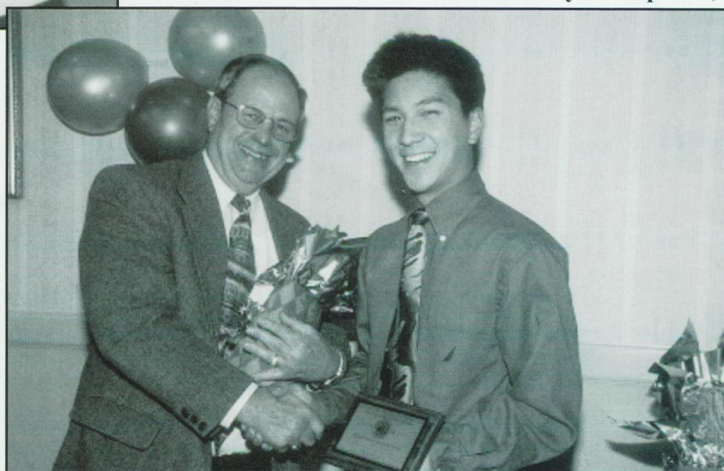
"I have learned that being a positive role model and demonstrating good behavior has the greatest impact on peers and spectators," Fujinaka wrote in his essay. "It is the pursuit of perfection embodied in practices and meetings,



**Kyle Dowden, Camarillo**



**Cara-Lynn Lopresti, Torrey Pines**



**Michael Fujinaka** of St. Mary's pictured with Bill Hooper, principal of Casa Roble Fundamental High.

where true sportsmen are shaped...I realize that setbacks, losses or disagreements do not warrant outbursts of hostility or anger, and this has helped me become a courteous competitor and respected team member."

### **Kyle Dowden, Camarillo High School**

An accomplished golfer, Dowden was named *Los Angeles Times* all-region team, the *Los Angeles Daily News* Player of the Year and the *Ventura County Star* Player of the Year last season in golf. Last fall, he was nominated for the Wendy's Heisman, a National Scholarship sports award. A team captain in both golf and basketball, Dowden has served as a youth counselor and volunteered in Mexico as part of the Corazon project, which built a home for a poor family.

"Despite his great athletic success, Kyle has remained a very sincere and humble young man," Mike Smith, athletic director at Camarillo High School, stated in a letter of support. "He has respected our school and others around him at all times. Kyle's citizenship and

carrying for other stand out most."

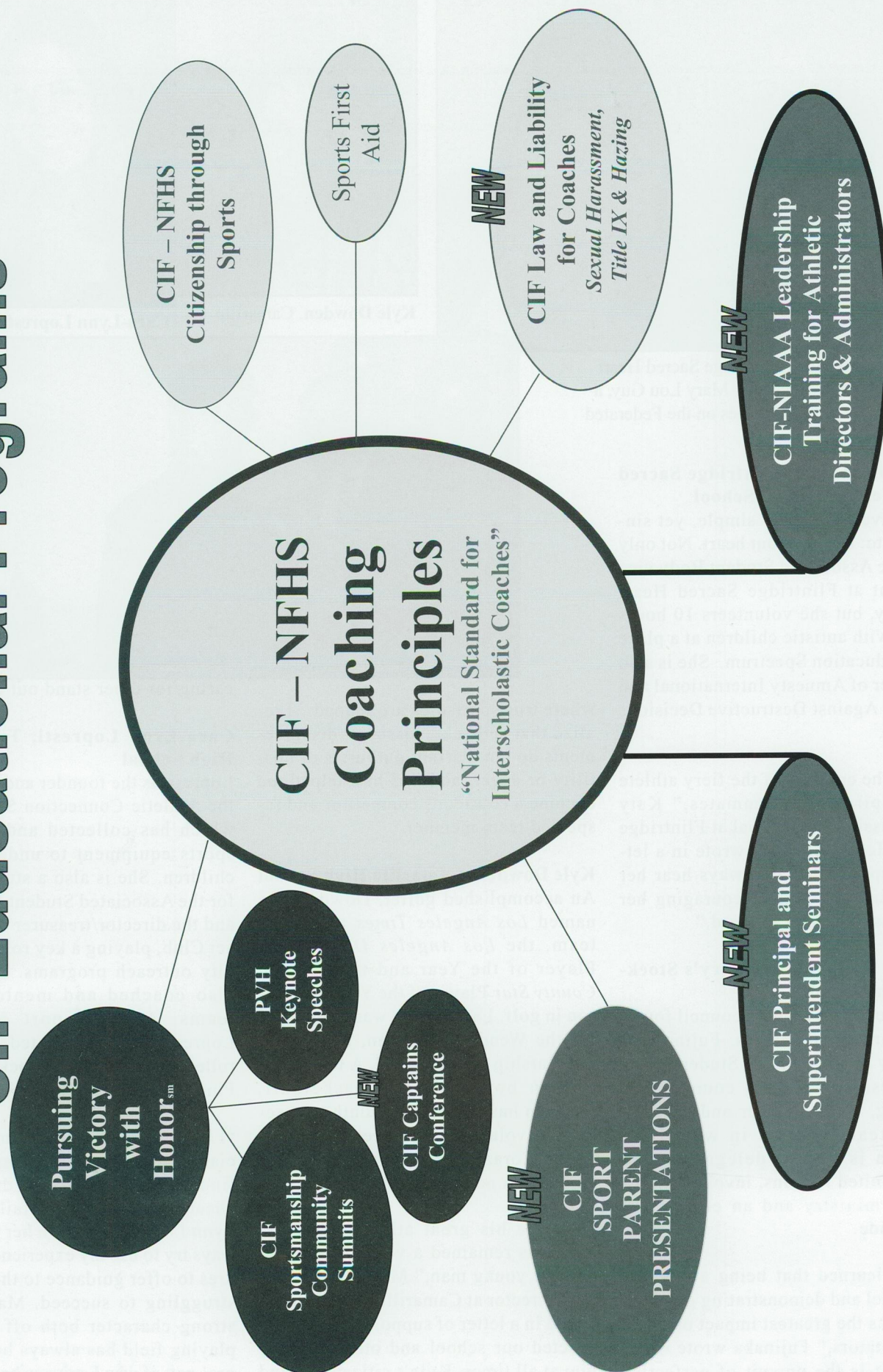
### **Cara-Lynn Lopresti, Torrey Pines High School**

Lopresti is the founder and president of the Athletic Connection Service Club, which has collected and distributed sports equipment to underprivileged children. She is also a student senator for the Associated Student Body (ASB) and the director/treasurer for the Interact Club, playing a key role in community outreach programs. Lopresti has also coached and mentored youth teams. A three-sport competitor, Lopresti has participated in lacrosse, roller hockey and field hockey at Torrey Pines.

"I have learned that it is more beneficial to learn by making mistakes and finding ways to rectify them than to cheat my way around failure," Cara-Lynn Lopresti wrote in her essay. "I always try to use my experiences and failures to offer guidance to those who are struggling to succeed. Maintaining a strong character both off and on the playing field has always been an integral part of who I strive to be as a student-athlete."



# CIF Educational Programs





# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS 800m RUN

**Prelims: 7:12 p.m. - Fri. Final: 5:34 p.m. - Sat.**

Records - National: 2:04.5h Joetta Clark, Maplewood (Columbia, NJ) '80  
State: 2:04.91 Trena Hull, Compton 1984

Pos.	Name	Gr. School Sect.	Sect. Mark	Place	Mark
Heat 1 Prelims					
1	Kaufmann, Kaitlin	09 Clvs East/ce	2:23.07		
2	Bartschi, Alexis	12 West	2:18.13		
3	Stafford, Amy	10 Florin/sj	2:14.96		
4	Bournes, Gabrielle	10 Poly LB/ss	2:13.29		
5	Freeman, Ashley	12 Wilson LB/ss	2:08.49		
6	Johnson, Alysia	11 Canyon-CC/ss	2:12.53		
7	Kantola, Ingrid	11 St Francis/sj	2:14.69		
8	Kirschman, Lindsey	09 Enterprise/no	2:17.76		
9	Barnett, Lynette	10 Centennial/ce	2:22.70		
Heat 2 Prelims					
1	Tamaru, Tiffany	10 Burton/sf	2:23.94		
2	Wilson, Karis	12 Buchanan/ce	2:18.39		
3	Vallis, Ashley	10 Deer Valley/nc	2:16.06		
4	Trichler, Kristin	11 San Marcos/ss	2:13.33		
5	McKinney, Shantae	12 Poly (Lb)/ss	2:11.03		
6	Jones, Christine	09 Los Gatos/cc	2:12.18		
7	Atkinson, Cassie	11 El Capitan/sd	2:14.40		
8	Hendricks, Carina	11 Montgomery/nc	2:17.23		
9	Johnson, Earnastine	10 Birmingham/la	2:20.98		
Heat 3 Prelims					
2	Santana, Marina	11 Birmingham/la	2:18.64		
3	Dickson, Drusia	10 Acalanes/nc	2:17.02		
4	Montgomery, April	10 Helix/sd	2:13.98		
5	McPherson, Cherie	12 Silver Creek/cc	2:11.13		
6	McCann, Kelly	10 La Costa/sd	2:11.75		
7	Whalen, Christine	10 Archbishop Mitty/cc	2:14.07		
8	Evans, Zinzi	12 San Lorenzo/nc	2:17.16		
9	Brooks, Mya	12 Gardena/la	2:19.47		



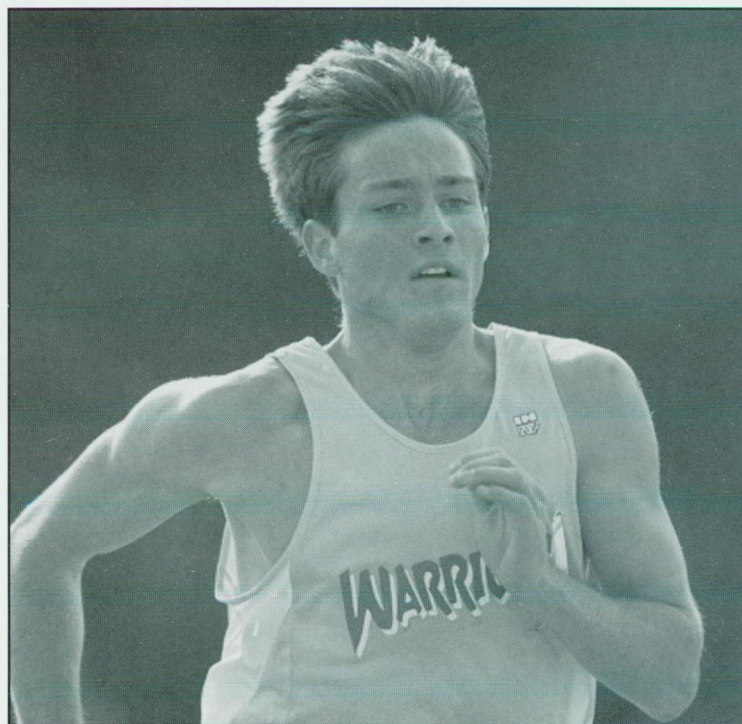
Ashley Freeman of Long Beach Wilson. photo by Kirby Lee.

## BOYS 800m RUN

**Prelims: 7:27 p.m. - Fri. Final: 5:42 p.m. - Sat.**

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

Pos.	Name	Gr. School Sect.	Sect. Mark	Place	Mark
Heat 1 Prelims					
1	Obiora, Uchema	11 Crenshaw/la	1:57.21		
2	Reynders, David	10 Buchanan/ce	1:55.54		
3	Stollenwerk, Matt	11 San Clemente/ss	1:55.10		
4	Rodie, Bryan	11 Royal/ss	1:54.20		
5	Solomon, Duane	12 Cabrillo/ss	1:52.39		
6	Frank, Kenny	Enterprise/no	1:53.89		
7	Wallach, Tim	12 Bishop O' Dowd/Nc	1:54.87		
8	Blomgren, Dan	12 Scripps Ranch/Sd	1:55.49		
9	Rinaldi, Damian	12 Birmingham/la	1:56.51		
Heat 2 Prelims					
1	Cardona, Larry	10 Garfield/la	1:57.50		
2	Paneda, Jeff	12 Manteca/sj	1:55.99		
3	Lucio, Alex	12 North Monterey/cc	1:55.11		
4	Masi, Regan	12 Montgomery/nc	1:54.34		
5	Cobian, Mario	12 Rosemead/ss	1:52.88		
6	Haddan, Michael	11 Woodbridge/ss	1:53.82		
7	Giles, Edward	12 Poly Long Beach/ss	1:54.53		
8	Villarreal, Miguel	12 Vista/sd	1:55.48		
9	Van Koten, Brody	12 Fairfield/sj	1:56.37		
10	Gebreselassie, Haileab	12 Lowell/sf	2:03.39		
Heat 3 Prelims					
1	Escobedo, Josh	12 Mt Whitney/ce	1:57.59		
2	Alvarez, Oswaldo	12 San Diego/sd	1:56.21		
3	Blanchard, Chad	11 Los Gatos/cc	1:55.13		
4	Ritchie, Ian	12 Murrieta/ss	1:54.50		
5	Carey, Sean	11 Albany/nc	1:53.74		
6	Lee, Eric	11 Drake/nc	1:53.79		
7	Dawson, Andrew	12 Vallejo/sj	1:54.51		
8	Johnson, Tracy	12 Ontario/ss	1:55.40		
9	Bordoni, Matt	Bellarmine/cc	1:56.23		
10	Farrelli, Dominic	11 Edison/ce	1:57.95		



Defending state champion Michael Haddan of Woodbridge.



# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS 300m LH

**Prelims: 7:42 p.m. - Fri. Final: 5:53 p.m. - Sat.**

Records - National: 39.98 Lashinda Demus, Wilson (Long Beach, CA) 2000  
State: 40.26 Janeene Vickers, Pomona 1987

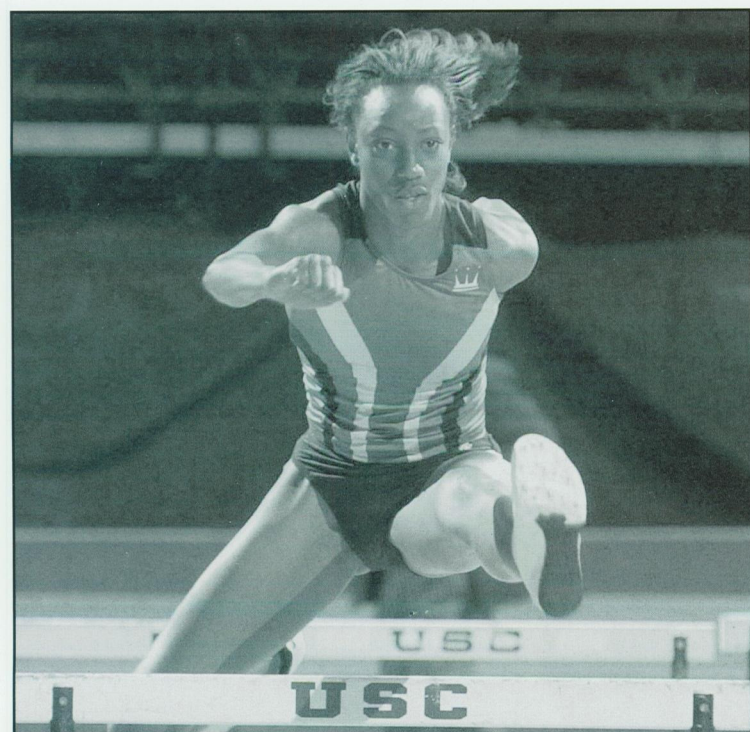
Pos.	Name	Gr. School Sect.	Sect. Mark	Place	Mark
Heat 1 Prelims					
2	Johnson, Whitney	11 South Bakersfield/ce	46.47		
3	Davis, Ashleigh	12 El Camino/sd	45.05		
4	Woods, Shana	09 Poly Long Beach/ss	43.60		
5	Hill, MacKenzie	12 Wilson Long Beach/ss	41.72		
6	Quinley, Shevell	10 West	43.59		
7	Povio, Danielle	12 Milpitas/cc	44.39		
8	Mayes, Lauren	11 Carson/la	46.34		
Heat 2 Prelims					
2	Patten, Endurha	11 Gardena/la	47.30		
3	Sheredy, Corey	11 Scotts V/ cc	45.17		
4	Uwadia, Sophia	St. Elizabeth/nc	43.70		
5	Brown, Ashlee	12 North JW/ss	42.32		
6	Gooden, Dianna	12 Wilson Long Beach/ss	43.58		
7	Bethel, Antonia	11 Turlock/sj	44.31		
8	Blue, Laiah	11 Granite H/Sd	45.99		
Heat 3 Prelims					
2	Boogaard, Kristi	09 Clovis/ce	47.44		
3	Grubbs, Jaimee	12 Escondido/sd	45.23		
4	McGee, Rhonda	12 Vanden/sj	44.06		
5	Calhoun, Lili	12 North JW/ss	42.54		
6	Mack, Eryn	12 Santa Monica/ss	43.57		
7	Prout, Sarah	12 Nevada Union/sj	44.24		
8	Hibbert, Samone	10 Cleveland/la	45.84		
Heat 4 Prelims					
2	Campagna, Christine	12 San Joaquin Mem./sj	47.92		
3	Stewart, Talia	11 Logan James/nc	45.28		
4	Tezeno, Meia	10 Hercules/nc	44.16		
5	Lodree, Ashley	12 El Cerrito/nc	43.06		
6	Ives, Genelle	10 Dana Hills/ss	43.20		
7	Phares, Noelle	11 Paradise/no	44.22		
8	Hall, Stella	St. Ignatius/cc	45.75		
9	Peterson, Valerie	09 Burton/sf	48.38		

## BOYS 300m IH

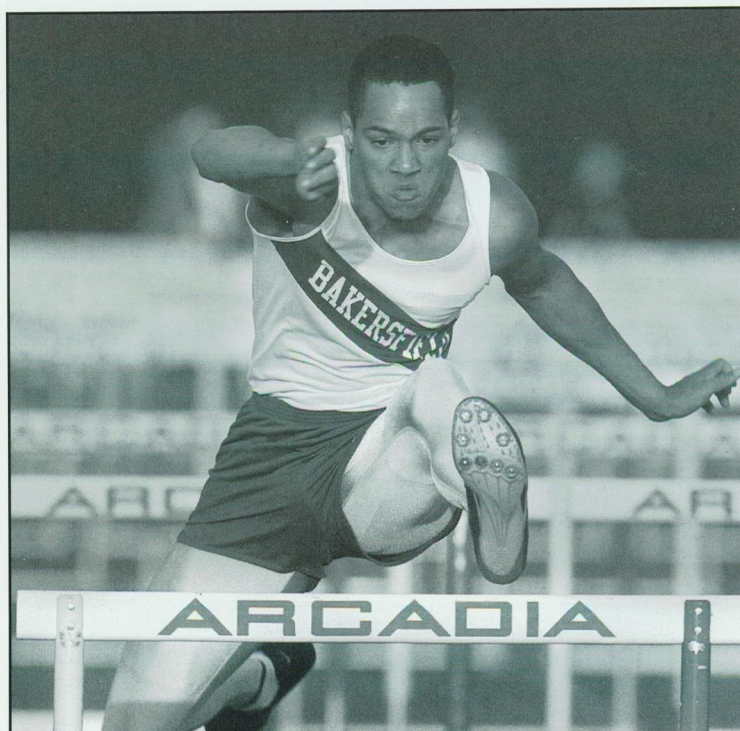
**Prelims: 7:55 p.m. - Fri. Final: 6:00 p.m. - Sat.**

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

Pos.	Name	Gr. School Sect.	Sect. Mark	Place	Mark
Heat 1 Prelims					
2	Lee, John	12 Lowell/sf	40.08		
3	Gregory, Myles	12 Fountain Valley/ss	38.87		
4	Bogdanof, Jeff	12 Buchanan/ce	38.24		
5	Brooks, Stephan	12 Berkeley/nc	37.42		
6	Moore, Ryan	12 Redwood/ce	38.24		
7	Kelly, Kai	11 Dorsey/la	38.84		
8	Davila, Marc	12 Birmingham/la	39.93		
Heat 2 Prelims					
2	Stevens, Chris	Shasta/no	40.15		
3	Caris, Ryan	12 Oakdale/sj	38.97		
4	Barmer, Bryon	11 Helix/sd	38.27		
5	Woods, Craig	12 Dominguez/ss	37.46		
6	Bornes, Brandon	12 Rnch Buna/sd	38.21		
7	Kolyouthapong, Nino	12 California/nc	38.80		
8	Keegan, Jhak	11 Palo Alto/cc	39.61		
Heat 3 Prelims					
2	Blue, Nick	12 Carson/la	40.32		
3	Bolden-Anderson, Jason	12 St Mary's/nc	39.22		
4	Hurley, Kurt	12 Carlsbad/sd	38.36		
5	Craddock, Kevin	10 Logan James/nc	37.71		
6	Payne, Brian	11 Trabuco Hills/ss	38.19		
7	Faules, Will	12 Homestead/cc	38.75		
8	Sierra, Scott	12 Palma/cc	39.42		
Heat 4 Prelims					
2	Abdul-Mateen, Ya Ya	11 McClymonds/ok	40.77		
3	Ludlow, Richard	12 Johansen/sj	39.26		
4	Johnson, Justin	12 Rio Mesa/ss	38.37		
5	Comrie, Dayne	12 Hart/ss	38.04		
6	Mack, Thomas	12 Bakersfield/ce	38.17		
7	Dart, Corey	12 Granite Hill/sd	38.40		
8	Swiryn, Kevin	12 Casa Roble/sj	39.27		



Ashlee Brown of Riverside North. Photo by Kirby Lee



Defending state champion Thomas Mack of Bakersfield. Photo by Kirby Lee



# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS 200m DASH

**Prelims: 8:08 p.m. - Fri. Final: 6:10 p.m. - Sat.**

Records - National: 22.67 Marion Jones, Thousand Oaks, CA 1992

State: 22.71 Marion Jones, Thousand Oaks 1992

Pos.	Name	Gr. School Sect.	Sect. Mark	Place	Mark
Heat 1 Prelims					
1	Smallwood, Tynisha	12 Mt Whtny/ce	25.60		
2	Theus, Nicole	11 Carlmont/cc	24.95		
3	Nash, Jennifer	11 West	24.63		
4	Lawrence, Deonna	11 Sheldon/sj	24.25		
5	Felix, Allyson	12 L.A. Baptist/ss	22.65		
6	Rodriguez, Carol	11 Western/ss	24.06		
7	Lott, Shakara	10 University City/Sd	24.55		
8	Davis, Kristina	09 Logan James/nc	24.85		
9	Coleman, Monique	12 El Cerrito/nc	25.28		
Heat 2 Prelims					
1	Winston, Renee	11 Birmghm/la	25.93		
2	Karoly, Lizzy	09 San Psqul/sd	25.00		
3	Wright, Shaina	11 Stockdale/ce	24.70		
4	Hood, Tiana	10 Wilson Long Beach/ss	24.32		
5	Solomon, Shalonda	11 Poly Long Beach/ss	23.02		
6	Diego, Jolanda	11 El Camino/sd	23.89		
7	Walker, Veronica	12 Oak Grove/cc	24.53		
8	Dudley, Brittanni	11 Logan James/Nc	24.83		
9	Stewart, Tracey	09 Logan James/Nc	25.22		
Heat 3 Prelims					
1	Kragel, Christianne	12 Pleasnt Valley/No	26.14		
2	McClain, Lasadies	12 Foothill/sj	25.03		
3	Fulford, Vonnie	12 Birmingham/la	24.81		
4	Goodwin, Deanna	12 Int. Studies Acn./sf	24.40		
5	Lee, Jasmine	11 Poly Long Beach/ss	23.45		
6	Olear, Elizabeth	09 Louisville	23.49		
7	Lopez, Christina	11 Golden West/Ce	24.50		
8	Hasson, Myra	09 Gardena/la	24.82		
9	Monfort, Ashley	12 Valley Chr/cc	25.15		



Allyson Felix is the defending state champion in both the 100 and 200 meters. Photo by Kirby Lee

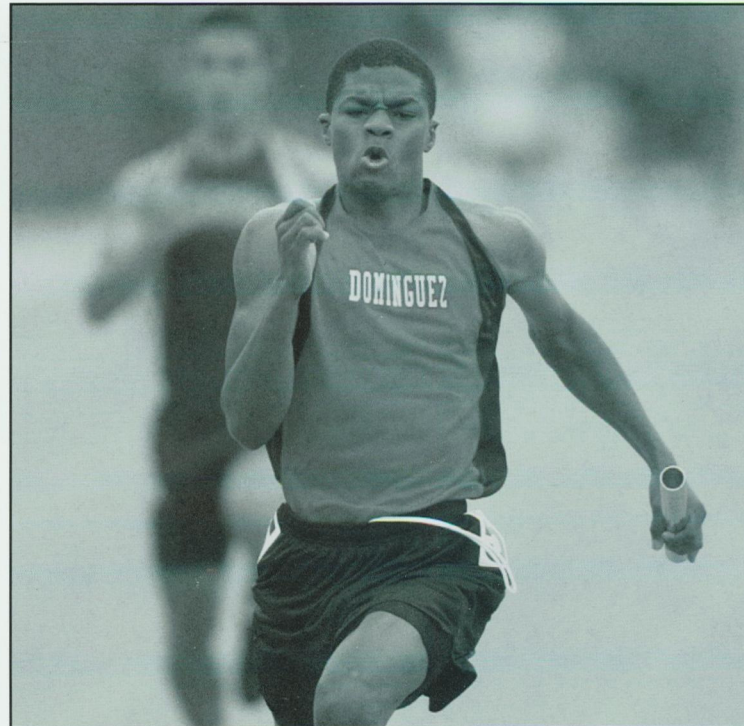
## BOYS 200m DASH

**Prelims: 8:20 p.m. - Fri. Final: 6:17 p.m. - Sat.**

Records - National: 20.13 Roy Martin, Roosevelt (Dallas TX) 1985

State: 20.80yds James Sanford, Pasadena 1977

Pos.	Name	Gr. School Sect.	Sect. Mark	Place	Mark
Heat 1 Prelims					
1	Pearlstone, Alex	10 Drake /nc	22.48		
2	Picou, Travis	12 Mt Miguel/sd	21.99		
3	Crawford, Carl	11 Est Union/sj	21.71		
4	Endly, Dane	12 Laguna Hills/ss	21.46		
5	Larry, Lionel	11 Dominguez/ss	20.87		
6	Osaisai, Wopamo	11 Pinole V/Nc	21.45		
7	Henry, Chris	12 Edison/sj	21.65		
8	Pratt, Paul	12 Taft/la	21.93		
9	Webster, Mason	11 L Plumas /no	22.46		
Heat 2 Prelims					
1	Russell, Troy	12 Washington/sf	22.89		
2	White, Billy	12 Granite B/Sj	22.02		
3	Jamir, Anton	12 Cypress /ss	21.75		
4	Cunningham, Nick	12 Monterey/cc	21.52		
5	Smith, DJ	12 Foothill/nc	21.26		
6	Woods, Brian	12 Los Alamitos/ss	21.39		
7	Slater, Matt	12 Servite/ss	21.65		
8	Fobbs-Valentino, Angelo	11 J Serra/cc	21.92		
9	Lewis, Joseph	11 Dorsey/la	22.34		
Heat 3 Prelims					
2	Muldrow, Dejon	12 Pittsburg/nc	22.10		
3	Bush, Reggie	12 Helix/sd	21.80		
4	Turner, Joe	10 Sunnyside/ce	21.56		
5	Drummer, Ronnie	11 N Salinas/cc	21.36		
6	Worstein, Fred	11 Yosemite/ce	21.39		
7	White, Deun	12 Helix/sd	21.63		
8	Anthony, Garrett	10 Stockdale/ce	21.82		
9	Myles, Brandon	12 Carson/la	22.26		



Lionel Larry of Dominguez. Photo by Kirby Lee



# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS 3200m RUN

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

Records - National: 9:48.59 Kim Mortensen, Thousand Oaks, CA 1996

State: 9:52.80 Kim Mortensen, Thousand Oaks 1996

Pos.	Name	Gr. School Sect.	Sect. Mark	Place	Mark
1	Rethmeier, Claire	11 San Pasqual/sd	10:35.24		
2	Bryan, Rachel	11 Laguna Creek/sj	10:42.10		
3	Graham, Ruth	12 Gunn/cc	10:43.07		
4	Blanchard, Phyllis	12 Rancho Cotati/nc	10:45.31		
5	Leland, Shelby	11 Ukiah/nc	10:49.12		
6	Grelli, Melissa	Presentation/cc	10:49.74		
7	Costello, Allison	12 Esperanza/ss	10:49.90		
8	LaBeaud, Natasha	10 Folsom/sj	10:50.51		
9	Delagardelle, Kelsey	11 Sultana/ss	10:50.68		
10	Fish, Nicole	12 Marin Catholic/nc	10:50.84		
11	Tobuena, Stacy	11 Sultana/ss	10:51.22		
12	Montez, Sarah	12 Royal/ss	10:53.80		
13	Flacks, Lindsay	11 Harvard-Westlake/ss	10:54.57		
14	deLaMontaigne, Lindsay	10 Rancho Bern/sd	11:00.69		
15	Gallagher, Michelle	Sacred Heart/CC	11:01.45		
16	Beatty, Mandy	10 Scripps Ranch/Sd	11:01.48		
17	Jones, Samantha	12 Alhambra/nc	11:02.85		
18	Hall, Tiffany	12 Vacaville/sj	11:08.64		
19	Hartel, Emmaline	09 Birmingham/la	11:23.30		
20	Laslovich, Jessica	11 Buchanan/ce	11:27.79		
21	Grimes, Birttany	11 Central/ce	11:31.59		
22	Adams, Megan	09 San Pedro/la	11:31.89		
23	Hoppe, Janessa	11 Enterprise/no	11:38.35		
24	Choi, Diana	11 Skyline/ok	11:38.58		
25	Sellick, Roxanne	10 Bullard/ce	11:41.19		
26	Adams, Kirsten	09 San Pedro/la	11:46.20		

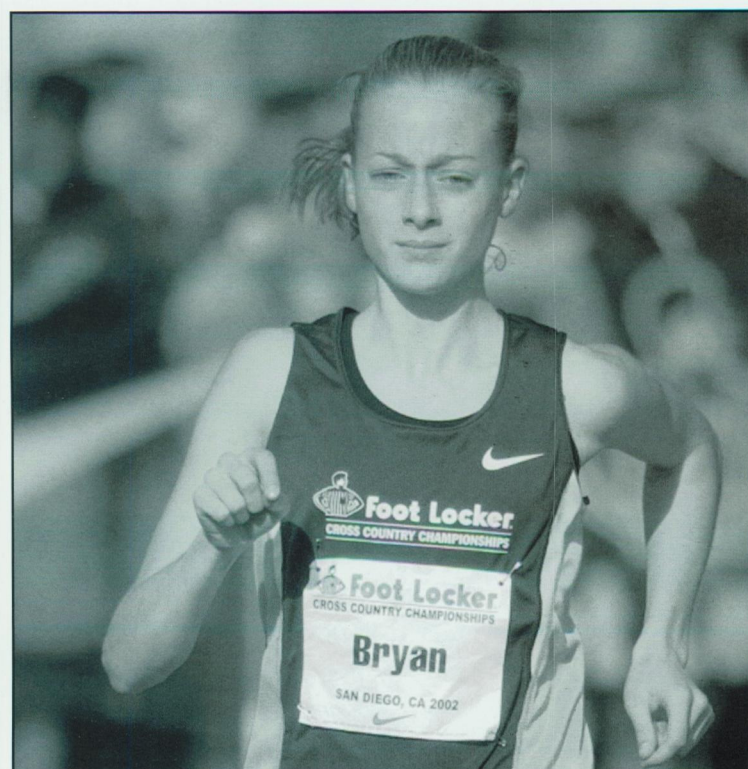
## BOYS 3200m RUN

**Final: 6:42 p.m. - Sat.**

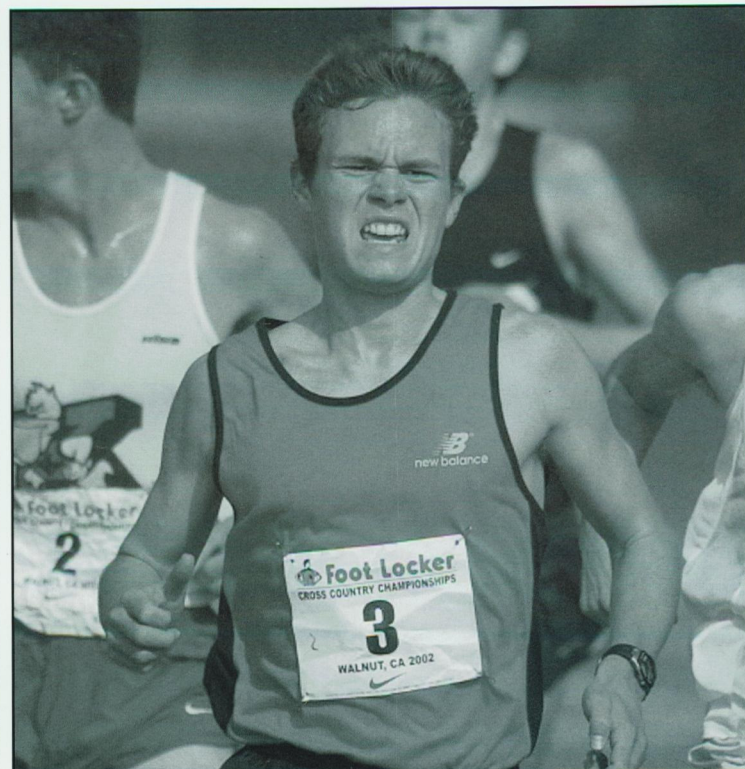
Records: - National: 8:41.10 Dathan Ritzenheim, Rockford (MI) 2000

State: 8:44.9hyds Eric Hulst, Laguna Beach 1975

Pos.	Name	Gr. School Sect.	Sect. Mark	Place	Mark
1	Leal, Yong-Sung	12 Arroyo/nc	8:59.70		
2	Ghebray, Yosef	10 Logan James/Nc	9:01.04		
3	Trafeh, Mohamed	11 Duarte/ss	9:02.55		
4	Ruiz, Manuel	12 Monroe/la	9:05.09		
5	Nelson, Tim	12 Liberty Chr/No	9:05.30		
6	Reid, Phillip	12 Rio Mesa/ss	9:06.90		
7	Werner, Troy	12 Canyon-CC/ss	9:07.10		
8	Baker, Brian	12 Beaumont /ss	9:08.65		
9	Nunn, Dan	11 San Luis Obispo/ss	9:09.41		
10	Napper, David	12 Cypress /ss	9:09.48		
11	Lara, Raul	11 Orange /ss	9:10.89		
12	Mineau, Jeremy	11 Menlo Atherton/cc	9:11.11		
13	Matusak, Mark	10 Loyola/ss	9:11.22		
14	Chavez, Mike	12 Esperanza/ss	9:11.39		
15	Jimenez, Antonio	12 Rubidoux/ss	9:12.13		
16	Schmitt, Jake	10 Redwood/nc	9:14.15		
17	Torrance, David	12 Loyola/ss	9:15.45		
18	Uribe, Oscar	12 Grace Davis/sj	9:15.49		
19	Ramos, Austin	12 Jesuit/sj	9:16.29		
20	Wihtol, Jon	11 Jesuit/sj	9:16.43		
21	Figuerido, John	10 Arcata/nc	9:17.89		
22	Wagnew, Babey	11 Helix/sd	9:19.52		
23	Mattinson, Darren	11 Harbor/cc	9:24.74		
24	Parsel, Patrick	11 Carmel/cc	9:25.42		
25	Liber, Brad	12 University City/Sd	9:26.22		
26	Barrett, Sean	12 St. Agustin/sd	9:29.54		
27	Gonzalez, Jose	12 Narbonne/la	9:34.10		
28	Alcorn, Kyle	12 Buchanan/ce	9:35.53		
29	Burke, Lucas	12 Stockdale/ce	9:37.56		
30	Zavala, Victor	12 McFarland/ce	9:48.99		
31	Taieb-Brahim, Mehdi	11 Birmingham/la	9:52.52		
32	Brandon, Roe	12 Lowell/sf	10:35.31		



**Rachel Bryan of Laguna Creek.** Photo courtesy Laguna Creek High School



**Tim Nelson of Liberty Christian.** Photo by Kirby Lee



# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS 1600m RELAYS

**Prelims: 8:50 p.m. - Fri.      Final: 7:00 p.m. - Sat.**

Records - National: 3:35.72 Wilson (Long Beach, CA) 2001  
State: 3:35.72 Wilson (Long Beach) 2001

Pos.	School	Sect.	Sect. Mark	Place	Mark
Heat 1 Prelims					
1	Carson /la	LA	4:05.97		
2	University Cty/sd	SD	3:57.49		
3	Carondelet /nc	NC	3:55.79		
4	Birmingham /la	LA	3:51.25		
5	Poly (Lb) /ss	SS	3:36.85		
6	Gardena /la	LA	3:48.70		
7	Silver Creek /cc	CC	3:54.85		
8	La Costa Cnyn /sd	SD	3:56.91		
9	Bakersfield /ce	CE	4:04.02		
Heat 2 Prelims					
1	Burton /sf	SF	4:06.75		
2	Poway /sd	SD	3:57.66		
3	Oak Grove /cc	CC	3:56.14		
4	Logan James /nc	NC	3:52.30		
5	Wilson/LB /ss	SS	3:38.48		
6	North, JW /ss	SS	3:47.61		
7	Miramonte /nc	NC	3:54.63		
8	Deer Valley /nc	NC	3:56.89		
9	Enterprise /no	NO	4:02.80		
Heat 3 Prelims					
2	Stockdale /ce	CE	3:57.83		
3	Los Gatos /cc	CC	3:56.50		
4	Sheldon /sj	SJ	3:53.39		
5	Rancho Cucamng/ss	SS	3:46.18		
6	West /sj	SJ	3:46.76		
7	Muir /ss	SS	3:53.70		
8	Fairfield /sj	SJ	3:56.63		
9	Clovis West /ce	CE	4:01.32		



Ashley Freeman of Long Beach Wilson. Photo by Kirby Lee

## BOYS 1600m RELAYS

**Prelims: 9:10 p.m. - Fri.      Final: 7:10 p.m. - Sat.**

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

Pos.	School	Sect.	Sect. Mark	Place	Mark
Heat 1 Prelims					
1	Enterprise /no	NO	3:25.97		
2	Logan James /nc	NC	3:20.90		
3	California /nc	NC	3:20.44		
4	Lompoc /ss	SS	3:17.90		
5	Dominguez /ss	SS	3:14.69		
6	Serra /ss	SS	3:17.51		
7	Salinas /cc	CC	3:20.35		
8	Bishop O' Dowd /nc	NC	3:20.83		
9	Delano /ce	CE	3:23.36		
Heat 2 Prelims					
1	Lowell /sf	SF	3:27.50		
2	Elk Grove /sj	SJ	3:21.65		
3	Berkeley /nc	NC	3:20.61		
4	University Cty/sd	SD	3:18.26		
5	Poly (Lb) /ss	SS	3:14.86		
6	Bakersfield /ce	CE	3:17.44		
7	Fairfield /sj	SJ	3:20.01		
8	Stockdale /ce	CE	3:20.80		
9	Lynbrook /cc	CC	3:23.08		
Heat 3 Prelims					
1	Castlemont /ok	OK	NT		
2	Junipero Serra/cc	CC	3:22.00		
3	Carson /la	LA	3:20.71		
4	Dorsey /la	LA	3:19.15		
5	Santa Margarit/ss	SS	3:15.94		
6	Helix /sd	SD	3:16.23		
7	Birmingham /la	LA	3:19.83		
8	Cordova /sj	SJ	3:20.72		
9	Mt. Carmel /sd	SD	3:22.63		



Defending state 1600m relay champion Long Beach Poly. Photo by Kirby Lee



# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS HIGH JUMP

## GIRLS POLE VAULT

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

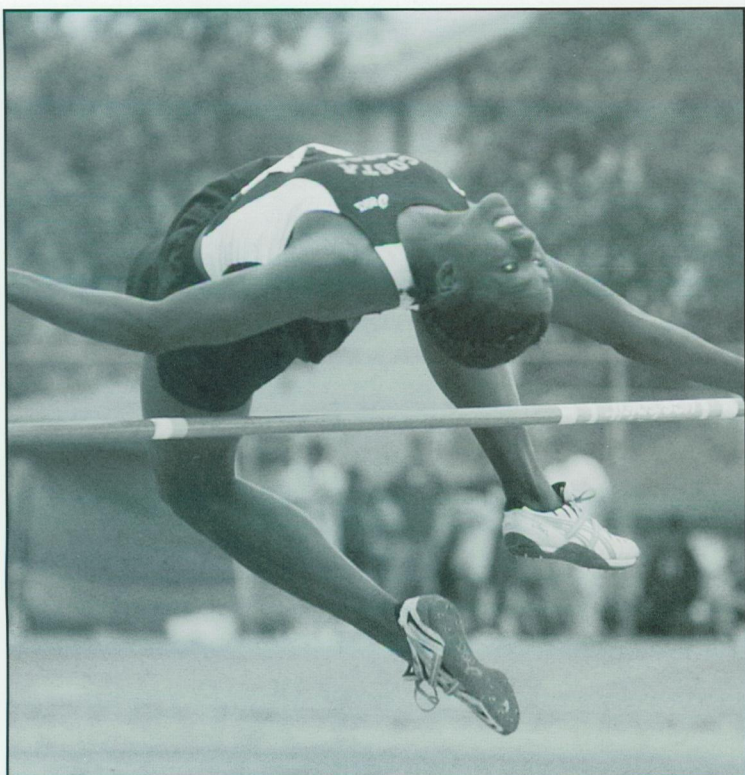
Records - National: 6-3.00 Amy Acuff, Corpus Christi (Calallen, TX) 1992  
State: 6-2.00 Latrese Johnson, Clovis 1985

Pos.	Name	Gr. School Sect.	Sect. Mark	Place	Mark
1	Nwusu, Peace	12 Crenshaw/la	4-11.00		
2	Orsillo, Danielle	10 L Plumas /no	5-02.00		
3	Henderson, Brittany	10 Fairfax/la	5-02.00		
4	Stiles, Tori	11 Palisades/la	5-02.00		
5	Barnes, Jamilah	10 Sheldon/sj	5-02.75		
6	Shields, Crystal	10 Bonita Vista/sd	5-03.00		
7	Klages, Jamie	10 Coronado/sd	5-03.00		
8	Sotiroupaus, Artcmis	11 Sunny Hills/ss	5-03.00		
9	Nzoiwu, Krystal	12 Irvington/nc	5-04.00		
10	Falk, Allison	10 San Ramon/nc	5-04.00		
11	Johansen, Bethany	11 Archbishop Mitty/cc	5-04.75		
12	Collins, Lauren	10 Santa Margarita/ss	5-04.75		
13	Kaufman, Amber	09 Branham/cc	5-04.75		
14	Roberts, Laurie	10 Menlo Atherton/cc	5-04.75		
15	Henlon, Orlisha	12 King, ML/ss	5-04.75		
16	Marcos, Topaz	12 Upland /ss	5-04.75		
17	Bagsby, LaShay	South/ce	5-04.75		
18	Frierson, Alysa	11 Stockdale/ce	5-04.75		
19	Schaffner, Rachel	12 Moreau Catholic/nc	5-05.00		
20	Whetstine, Lindsay	10 Mt Carmel/sd	5-06.25		
21	St. John, Danielle	11 Oakdale/sj	5-06.75		
22	Fontenot, Kisha	12 Woodland/sj	5-06.75		
23	Miller, Allie	11 Los Altos/cc	5-09.25		
24	Gonder, Desirae	09 Stockdale/ce	5-10.00		
25	Wiley, Mindi	09 Sonoma Valley/nc	5-10.00		
26	Day, Sharon	12 Costa Mesa/ss	5-10.00		

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

Records - National: 13-8.00 Shayla Ballentine, Morro Bay, CA 2001  
State: 13-8.00 Shayla Ballentine, Morro Bay 2001

Pos.	Name	Gr. School Sect.	Sect. Mark	Place	Mark
1	Dudley, Tashanaye	12 Gardena/la	8-00.00		
2	Portillo, Jenny	11 Hollywood/la	8-00.00		
3	Sonby, Melanie	11 Birmingham/la	8-06.00		
4	Ford, Katie	12 Yreka/no	9-06.00		
5	Stone, Becky	12 Carondelet/nc	10-03.00		
6	Adams, Melissa	12 Rancho Cotati/nc	10-06.00		
7	Sharp, Becky	12 Clovis/ce	10-06.00		
8	Robinson, Sarah	12 Hoover/ce	10-06.00		
9	McAllister, Ashley	11 Bella Vista/sj	10-10.50		
10	Madsen, Katelyn	11 Oakdale/sj	10-10.50		
11	Zemlock, Rachelle	11 Newark Memorial/Nc	11-00.00		
12	Kantola, Ingrid	11 St Francis/sj	11-01.50		
13	Chang, Tiffany	11 Campolindo/nc	11-03.00		
14	Starritt, Stephanie	12 San Benito/cc	11-04.00		
15	Stanton, Sally	11 Los Gatos/cc	11-04.00		
16	Adams, Rebecca	10 Rancho Bernardo/sd	11-07.50		
17	Navidi, Amatece	12 Rancho Bernardo/sd	11-07.50		
18	Dormanen, Kristen	10 Temecula Valley	12-00.00		
19	Jamerson, Megan	11 Santa Margarita/ss	12-00.00		
20	Mattoon, Kate	10 Rancho Bernardo/sd	12-00.00		
21	Johnson, Whitney	11 Mission Viejo/ss	12-00.00		
22	Loftin, Kirsten	12 Aptos/cc	12-01.00		
23	Walker, Cara	12 Marina/ss	12-04.00		
24	Woepse, Elizabeth	11 Mater Dei/ss	12-04.00		
25	Pacas, Monica	11 Atascadero/ss	13-00.00		
26	Costa, Kira	12 San Joaquin Memorial	13-03.00		



**Sharon Day of Costa Mesa.** Photo by Kirby Lee



**Monica Pacas of Atascadero.** Photo courtesy of Atascadero High School.



# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS LONG JUMP

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

Records: - National: 22-1.75 Kathy McMillian, Raeford, NC, 1976  
State: 22-0.50 Marion Jones, Thousand Oaks 1993

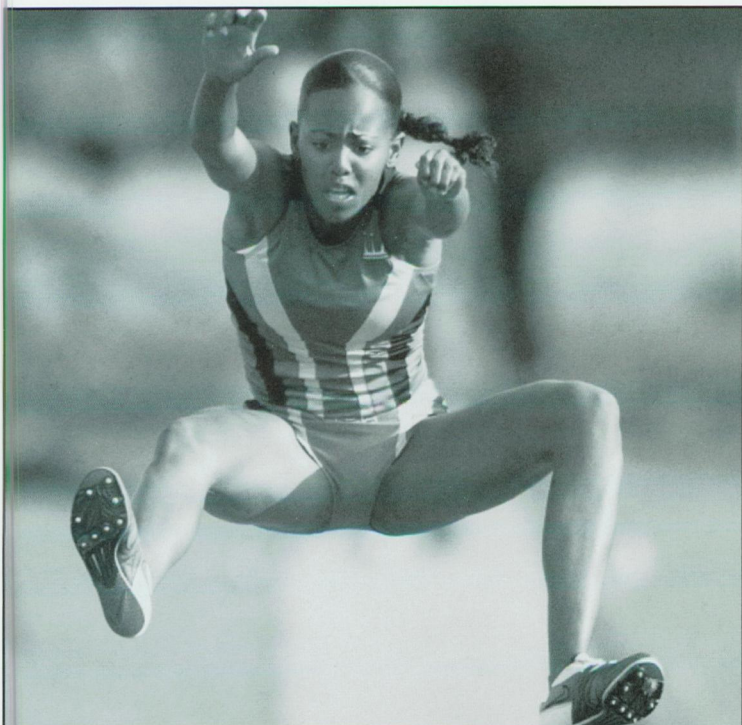
Pos.	Name	Gr. School Sect.	Sect. Mark	Place	Mark
1	Doe, Kaitlyn	12 Torrey Pines/sd	16-09.25		
2	Britt, Medina	12 Dorsey/la	17-00.50		
3	Wright, Jasmin	11 Wheatland/no	17-04.00		
4	Holiday, Elisa	12 Horizon/sd	17-04.00		
5	Chiang, Julia	10 Piedmont/nc	17-04.50		
6	Chang, Tiffany	11 Campolindo/nc	17-05.00		
7	Hodill, Lauren	12 Alameda/nc	17-07.00		
8	Marshall, Ashlee	12 Stockdale/ce	17-08.75		
9	Steen, Cristal	11 Gardena/la	17-11.00		
10	Tates, Nyisha	12 Madera/ce	18-00.00		
11	Friesen, Natalie	11 Immanuel/ce	18-00.25		
12	Anderson, Sparkle	12 Serra/sd	18-01.25		
13	Reynolds, Brittney	12 Homestead/cc	18-02.00		
14	Coelho, Ashly	12 St Joseph/ss	18-02.00		
15	Ellis, Shawna	09 Int. Studies Acn./sf	18-03.00		
16	Watson, Danielle	09 Carson/la	18-05.00		
17	Rombach, Laura	12 Foothill/nc	18-05.00		
18	Nunnally, Latrise	12 West	18-07.00		
19	Babb, Candyce	11 Pomona/ss	18-08.50		
20	Bettis, Lena	12 North JW/ss	18-08.50		
21	Myles, Jade	12 Mt Pleasant/cc	18-09.50		
22	Becker, Galina	10 Mt Pleasant/cc	18-11.50		
23	Carson, DeAnna	09 V. del Lago /ss	18-11.50		
24	Daniels, Brittany	10 West	19-02.75		
25	Woods, Shana	09 Poly Long Beach/ss	19-04.25		
26	McMillan, Ciara	12 W.C. Wood/sj	19-04.50		
27	Hunter, Gayle	11 North JW/ss	19-04.75		
28	Williams, Rene	12 Skyline/ok	20-05.50		

## GIRLS TRIPLE JUMP

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

Records: - National: 44-2.25 Ychlandria Spears, Luling (Austin, TX) 2001  
State: 44-0.50 Juliana Yendork, Walnut 1991

Pos.	Name	Gr. School Sect.	Sect. Mark	Place	Mark
1	Upsher, Alexandria	12 Cleveland/la	34-05.00		
2	Chukwudi, Elinne	10 Gardena/la	34-08.00		
3	Reynolds, Rahnada	12 Sylmar/la	35-07.00		
4	Marchbanks, Mercedes	10 Sequoia/cc	35-09.50		
5	Kochly, Emily	12 Carondelet/nc	36-00.25		
6	Frizzell, Lauren	12 Amador Valley/nc	36-05.50		
7	Wright, Jasmin	11 Wheatland/no	36-06.50		
8	Buckles, Kathryn	11 Monte Vista/nc	36-09.75		
9	Leidle, Heather	10 Rancho Buena/sd	37-05.25		
10	Delaunay, Jessica	11 Claremont/ss	37-08.75		
11	Archie, Lauren	11 Hoover/ce	37-09.00		
12	Baer, Corrie	12 Casa Robl/sj	37-11.00		
13	Friesen, Natalie	11 Immanuel/ce	38-01.75		
14	Johnson, Whitney	11 South Bakerfield/ce	38-02.50		
15	Nunnally, Latrise	12 West	38-06.00		
16	Kelley, Shanice	12 Bishop O' Dowd/nc	38-08.00		
17	Young, Artensia	11 Serra/ss	38-10.50		
18	Watson, Shana	10 Inter. Studies Acn./sf	38-11.00		
19	Hunter, Gayle	11 North JW/ss	39-00.75		
20	Duhart, Nicole	12 Gahr/ss	39-02.25		
21	Eggleston, Jessica	12 El Camino/sd	39-07.50		
22	Williams, Rene	12 Skyline/ok	39-08.00		
23	Myles, Jade	12 Mt Pleasant/cc	39-11.00		
24	Becker, Galina	10 Mt Pleasant/cc	39-11.00		
25	Anderson, Sparkle	12 Serra/sd	40-00.75		
26	Sanford, Michelle	12 Woodbridge/ss	40-09.25		
27	Daniels, Brittan	10 West	41-01.25		



Defending 2002 long jump champion Lena Bettis of Riverside North. Photo by Kirby Lee



Michelle Sanford, of Woodbridge, is the defending state champion in the triple jump. Photo by Kirby Lee



# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## GIRLS SHOT PUT

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

Records - National: 53-7.75 Natalie Kaaiawahia, Fullerton CA 1983  
State: 52-11.50 Kristin Heaston, Ygnacio Valley 1993

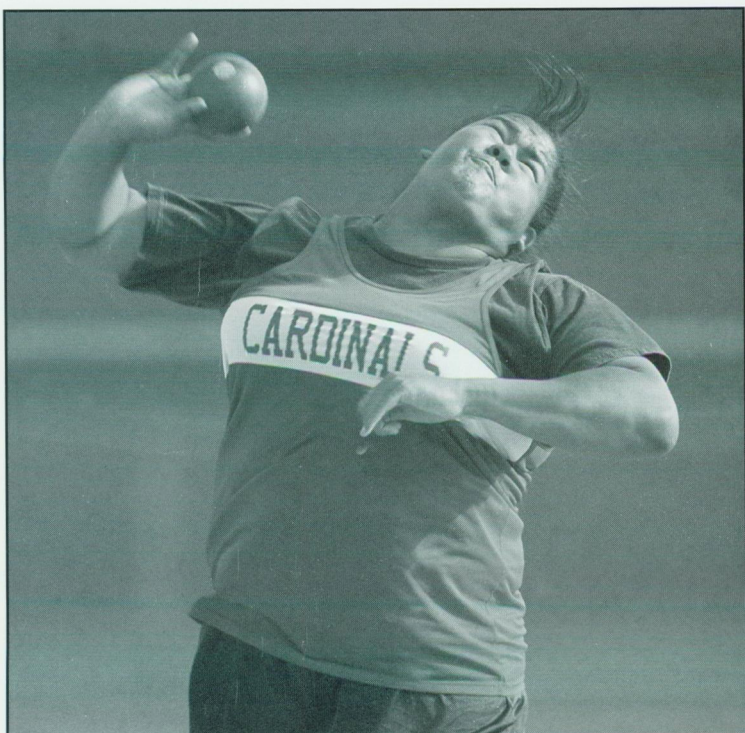
Pos.	Name	Gr. School Sect.	Sect. Mark	Place	Mark
1	Schwarzbach, Jamie	11 Granada H/La	38-04.50		
2	Gee, Keah	12 Clayton Valley/nc	38-10.25		
3	Shepstone, Ellen	12 Birmingham/la	38-11.25		
4	DeWeese, Whitney	11 Rancho Buena/sd	39-02.75		
5	Heaston, Charlene	12 Las Lomas/nc	39-03.00		
6	Kennedy, Christine	10 University SD/sd	39-06.25		
7	Tupuola, Uia	11 Vista/sd	39-08.50		
8	Paini, Sela	09 St Francis/cc	40-00.25		
9	Summers, Jere	10 Berkeley/nc	40-02.00		
10	Van Paris, Melissa	11 Sonoma Valley/nc	40-08.00		
11	Price, Kristina	12 Merced/sj	40-08.50		
12	Ward, Jennifer	12 South/ce	40-09.00		
13	Watson, Liz	12 Tehachapi/ce	41-00.75		
14	Hew-Len, Maria	12 Woodland/sj	41-04.00		
15	Vae, Ramona	11 Jefferson/cc	41-10.75		
16	Anyanwu, Kelechi	12 Silver Creek/cc	41-11.50		
17	Miller, Claire	12 Shasta/no	42-02.50		
18	Phillips, April	10 Narbonne/la	43-01.00		
19	Gardner, Priscilla	12 Mission Viejo/ss	43-04.50		
20	Patton, Bobbie	12 Righetti/ss	43-11.00		
21	Yunghans, Melissa	11 Lutheran Orange/ss	45-04.25		
22	Howard, Megan	11 Arroyo Grande/ss	47-05.00		
23	Faubus, Missy	11 Centennial/ce	47-06.50		
24	Grant, Billie Jo	12 Arroyo Grande/ss	48-11.50		
25	Pressley, Jessica	12 Laguna Creek/sj	50-00.50		

## GIRLS DISCUS

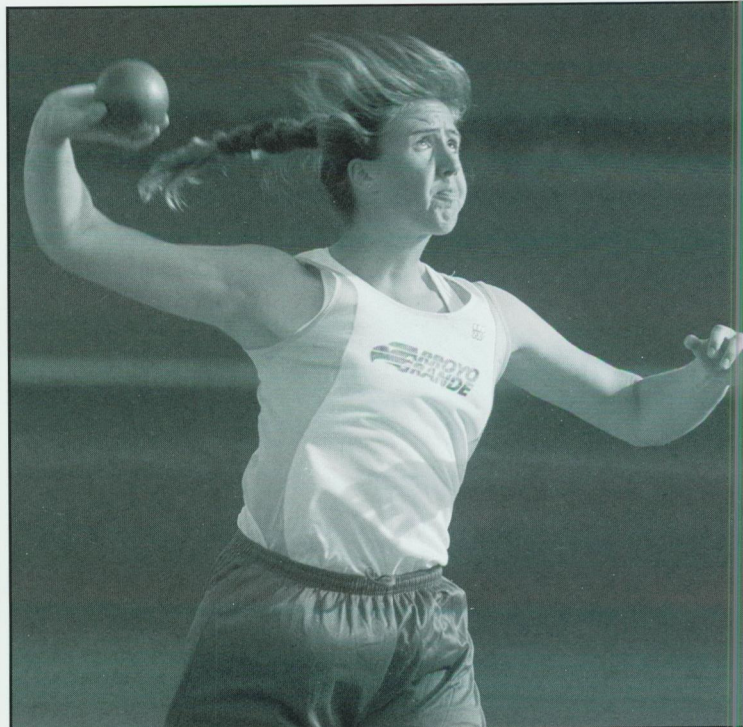
Prelims: 5:30 p.m. - Fri. Final: 5:00 p.m. - Sat.

Records - National: 188-4 Suzy Powell, Modesto (Downey) CA 1994  
State: 181-3 Stephanie Brown, Arroyo Grande 1998

Pos.	Name	Gr. School Sect.	Sect. Mark	Place	Mark
1	Vae, Ramona	11 Jefferson/cc	121-09		
2	Anyanwu, Kelechi	12 Silver Cr/cc	123-01		
3	Thomson, Krystal	11 Bret Hart/sj	123-04		
4	Thu, Daniella	09 Monte Vst/sd	123-05		
5	Taylor, Leanne	10 Porterville/ce	123-09		
6	Vurik, Kelly	12 Rancho Buena/sd	123-10		
7	Ward, Jennifer	12 South/ce	128-00		
8	Ruiz, Naomi	12 San Benito/cc	132-02		
9	Jacobsen, Sara	11 Marin Catholic/nc	133-08		
10	Heaston, Charlene	12 Las Lomas/nc	134-09		
11	Summers, Jere	10 Berkeley/nc	135-06		
12	Pressley, Jessica	12 Laguna Creek/sj	136-08		
13	DeWeese, Whitney	11 Rancho Buena/sd	139-07		
14	Gragson, Nicole	12 Wilson Long Beach/ss	140-00		
15	Price, Kristina	12 Merced/sj	143-07		
16	Ciarelli, Katelyn	12 Huntington Beach/ss	144-04		
17	Gardner, Priscilla	12 Mission Viejo/ss	145-06		
18	Toeaina, Alexaraee	10 Pittsburg/nc	149-02		
19	Richardson, Katie	12 Yreka/no	152-00		
20	Hutchinson, Kate	12 San Clemente/ss	157-10		
21	Faubus, Missy	11 Centennial/ce	163-04		
22	Grant, Billie Jo	12 Arroyo Grande/ss	172-00		



Laguna Creek's Jessica Pressley. Photo by Kirby Lee



Billie Jo Grant of Arroyo Grande. Photo by Kirby Lee



# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## BOYS HIGH JUMP

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

Records - National: 7-05.25 Dethel Edwards, Athens, GA 1984

State: 7-03.25 Lee Balkin, Glendale 1979

Pos.	Name	Gr. School Sect.	Sect. Mark	Place	Mark
1	Numazu, Codey	American/nc	6-02.00		
2	Klech, David	09 Calfrnia/nc	6-02.00		
3	Thomas, Phillip	12 Vanden/ sj	6-02.50		
4	Clinton, Jake	12 Nevada Union/sj	6-02.50		
5	Hernandez, Raul	12 Brawley/sd	6-03.00		
6	Novack, Zack	12 Estancia/ss	6-03.00		
7	Francis, Roger	11 DeLaSalle/nc	6-04.00		
8	Hoff, David	11 Shasta/no	6-04.00		
9	Lytle, Keith	12 Crenshaw/la	6-04.00		
10	Burt, Desi	11 Serra/sd	6-04.00		
11	Munns, Adam	10 Coronado/sd	6-04.00		
12	Eison, Julian	11 Westmoor/cc	6-04.50		
13	Bennett, Jah	12 Yerba Buena/cc	6-04.50		
14	Gibson, Josh	12 Canyon Springs/ss	6-05.00		
15	McGrath, Tim	11 Santa Monica/ss	6-05.00		
16	Wimberly, B.J.	12 Washington/sf	6-06.00		
17	Ricks, Jerome	11 Highland/ce	6-06.50		
18	Smith, Fermen	12 Prospect/cc	6-06.50		
19	Blackmon, Andre	12 Stockdale/ce	6-06.50		
20	Diez, Rudy	12 Central/ce	6-06.50		
21	Prudhome, Vannie	10 Dorsey/la	6-07.00		
22	Ryan, Zack	12 Garces/ce	6-08.00		
23	Moon, Jacob	10 Del Norte/nc	6-08.00		
24	Maus, Jake	11 Napa/sj	6-08.50		
25	Williams, Danny	10 Fremont/la	6-09.00		
26	Herron, Cole	12 Sanger/ce	6-10.00		
27	Fakehinde, TJ	12 Eastside Chr	6-10.00		
28	Carter, Matthew	12 El Modena/ss	6-10.00		

## BOYS POLE VAULT

Prelims: 2:00 p.m. - Fri. Final: 2:15 p.m. - Sat.

Records - National: 18-2.25 Eric Eshbach, Orangeville, TX 1999

State: 17-0.25 Anthony Curran, Crespi (Encino) 1978

Pos.	Name	Gr. School Sect.	Sect. Mark	Place	Mark
1	Alvarado, Manual	12 Garfield/la	12-00.00		
2	Freeman, Chris	12 El Camino Real/La	12-00.00		
3	Imlach, Daniel	12 West Vally/no	13-00.00		
4	Louie, Jeff	11 Piedmnt Hills/cc	13-06.00		
5	Gamp, Kevin	Riordan/cc	14-00.00		
6	Oakden, Jared	11 Buchanan/ce	14-00.00		
7	Buchanan, Zach	12 Benicia/sj	14-01.50		
8	Tillinghast, Mike	11 Montgomery/nc	14-03.00		
9	Sullivan, Mike	12 Casa Grande/nc	14-03.00		
10	Ballew, Scott	12 El Camino Real/La	14-04.00		
11	Williams, Buddy	11 Centennial/ce	14-06.00		
12	Gillette, James	12 Carmel/cc	14-06.00		
13	Little, Andrew	12 West Torrance/ss	14-07.50		
14	Hoste, Graeme	11 Claremont/ss	14-07.50		
15	Contreras, Matthew	11 Loyola/ss	14-07.50		
16	Little, Colin	12 Hughson/sj	14-07.50		
17	Appanaitis, Donald	12 Loyola/ss	14-07.50		
18	Miller, Zach	Rancho Bernardo/sd	14-07.50		
19	Lachman, Matt	12 Harvard-Westlake/ss	14-07.50		
20	McClain, Ryan	12 Escondido/sd	15-00.00		
21	Bockmiller, Graham	12 Miramonte/nc	15-00.00		
22	Berkowitz, Brett	12 Walnut/ss	15-00.00		
23	Steverson, Matt	11 Rancho Bernardo/sd	15-00.00		
24	Tillinghast, Matt	11 Montgomery/nc	15-00.00		
25	Mosely, Matt	12 Buchanan/ce	15-00.00		
26	Boehm, Kurt	11 Paraclete/ss	15-04.00		
27	Hendrick, Curtis	12 Marina/ss	15-04.00		
28	Shuler, Ryan	09 Granite Bay/Sj	15-05.00		
29	Matthies, Billy	12 Rancho Bernardo/sd	15-05.00		



TJ Fakehinde of Eastside Christian. Photo by Kirby Lee



Matthew Contreras of Loyola. Photo by Dave Casper



# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## BOYS LONG JUMP

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

Records: - National: 26-4.75 James Stallworth, Tulare, CA 1989

State: 26-4.75 James Stallworth, Tulare 1989

Pos.	Name	Gr. School Sect.	Sect. Mark	Pos.	Place Mark
1	Williams, Andre	12 Tulare Wt/ce	21-02.50		
2	Stumpf, Chris	12 Arcata/nc	21-06.50		
3	Brown, DeAnte	11 Condord/nc	21-07.75		
4	Wimberly, B.J.	12 Washngtn/sf	21-09.00		
5	Wise, Christian	12 Birmingham/la	21-10.00		
6	Gabbard, Brian	11 Northgate/nc	21-10.50		
7	Clift, David	11 Pittsburg/nc	22-02.25		
8	Rampersant, Chauncey	11 Wheatland/no	22-03.25		
9	Sly, Joe	12 Scripps Ranch/Sd	22-03.75		
10	Jackson, Lonnie	12 South/ce	22-04.75		
11	Charles, Trent	11 Carson/la	22-05.50		
12	Johnson, Chris	Valley Ch/cc	22-06.25		
13	Mosby, Demitri	11 Gahr/ss	22-07.25		
14	Van, Rodney	11 Poly Long Beach/ss	22-08.50		
15	Blackmon, Andre	12 Stockdale/ce	22-08.50		
16	Samples, Jesse	12 Aptos/cc	22-11.50		
17	Nunnally, Rashaad	11 Sheldon/sj	22-11.50		
18	Lewis, Roy	12 Narbonne/la	22-11.75		
19	Stroughter, Sam	11 Granite Bay/sj	23-00.50		
20	Brown, Chris	12 Carmel/cc	23-01.50		
21	Finney, Kevin	12 Torrance/ss	23-01.75		
22	Strong, Michael	12 Fairfield/sj	23-03.00		
23	Woolridge, Jeremy	12 Trabuco H/Ss	23-03.25		
24	Hutsona, Derrell	12 Helix/sd	23-06.50		
25	Westbrooks, Demetrious	12 Morse/sd	23-07.00		
26	Burgess, Rudy	12 Desert/ss	24-01.50		

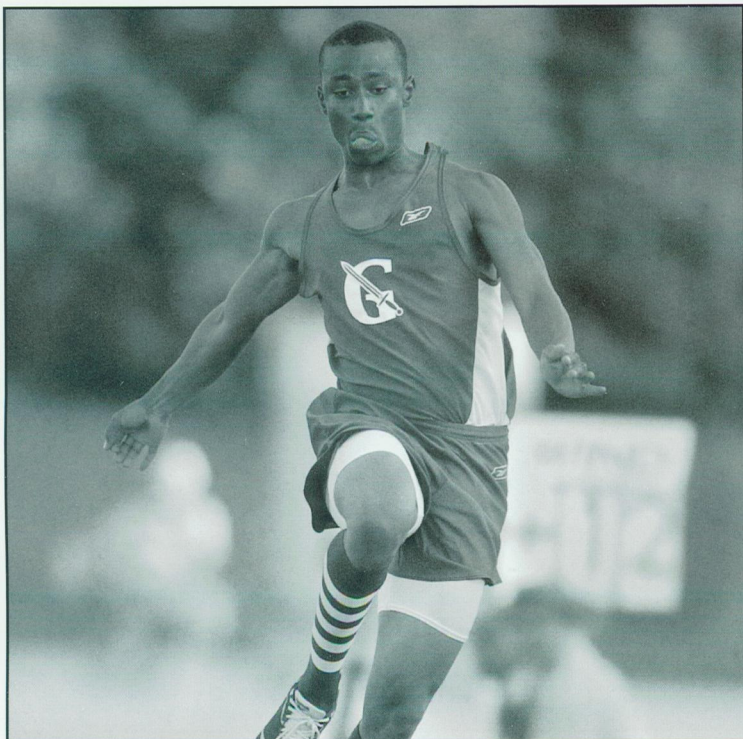
## BOYS TRIPLE JUMP

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

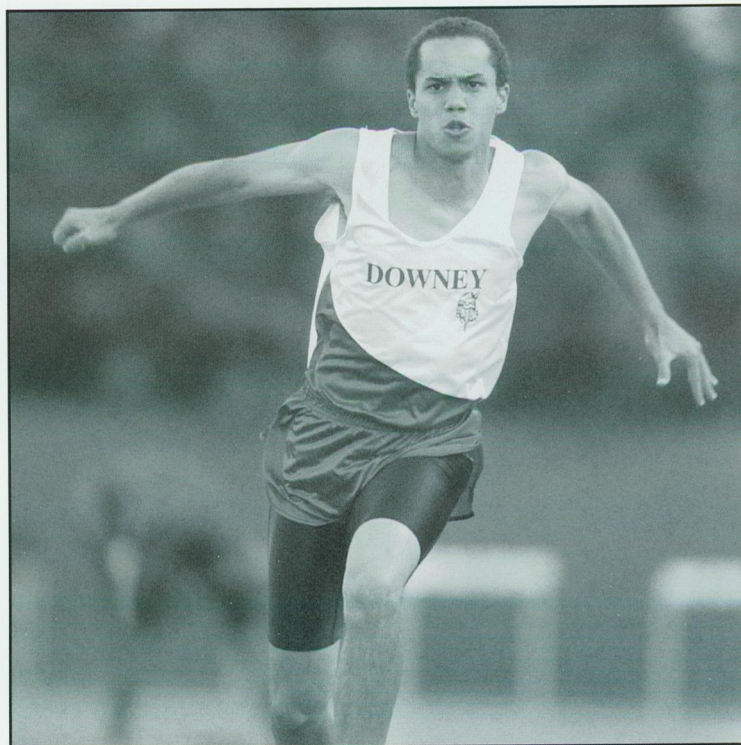
Records: - National: 52-10.50 Charles Mayfield, Pasadena, CA (Muir) 1980

State: 52-5.75 Marcus Hooks, Lakewood 1986

Pos.	Name	Gr. School Sect.	Sect. Mark	Place	Mark
1	Pride, Daniel	12 Willows/no	42-10.00		
2	Norris, Michael	11 Skyline/ok	42-10.00		
3	Coyle, Scott	12 Granada/nc	44-08.25		
4	Mosier, Bobby	12 W.C. Wood/sj	44-09.50		
5	Goodwin, Brandon	12 Stagg/sj	45-01.50		
6	Haring, Alex	11 Bakersfield/ce	45-03.00		
7	Cassell, Nicholas	11 California/nc	45-03.75		
8	Rosure, Jordan	12 Sweetwater/sd	45-06.00		
9	Green, Frankie	11 Helix/sd	45-06.75		
10	Epps, Lanz	11 Reseda/la	45-09.25		
11	Burnett, Martial	12 Jordan/ss	45-10.00		
12	Quick, Eric	09 Liberty/ce	45-10.50		
13	Wise, Christian	12 Birmingham/la	45-10.50		
14	Eison, Julian	11 Westmoor/cc	46-01.00		
15	Churchwell, Kenyon	10 Loyola/ss	46-01.50		
16	Balumbu, Nkosinza	10 Logan James/nc	46-03.25		
17	Pierce, Marcus	12 W.C. Wood/sj	46-04.50		
18	Johnson, Michael	11 Rancho Cucamonga/ss	47-01.75		
19	Wusu, Tolu	12 Palo Alto/cc	47-02.25		
20	Tuosto, Joel	11 Greenfield	47-06.75		
21	Merriweather, Christopher	12 Moorpark/ss	47-08.00		
22	Felizola, Rolando	11 Downey/ss	47-10.25		
23	Jeffrey, Angelo	11 Logan James/nc	47-11.50		
24	Hauser, Joey	12 Vista/sd	48-02.75		
25	Robinson, Kevin	12 Hoover/ce	49-01.25		
26	Burgess, Rudy	12 Desert/ss	49-09.50		



Demitri Mosby of Gahr. Photo by Kirby Lee



Rolando Felizola of Downey. Photo by Kirby Lee



# CIF STATE TRACK AND FIELD CHAMPIONSHIPS

## BOYS SHOT PUT

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

Records - National: 77-0.00 Michael Carter, Jefferson (Dallas TX) 1979  
State: 74-4.75 Brent Noon, Fallbrook 1990

Pos.	Name	Gr. School Sect.	Sect. Mark	Place	Mark
1	MacMartin, Bryce	12 Lowell/sf	39-09.00		
2	Maus, Matt	12 Siena J/Nc	51-08.00		
3	Cimina, Adam	12 Acalanes/nc	51-08.25		
4	Scott, Justin	12 Verdugo H/La	53-02.50		
5	Johnson, Jerome	12 Dorsey/La	53-07.50		
6	Felso, Dave	11 Campolindo/nc	54-03.25		
7	Scott, Bobby	10 Clovis West/Ce	54-07.50		
8	Perkins, Joe	12 Vacaville/sj	54-09.50		
9	Barkley, Matt	11 Fremont/cc	55-01.50		
10	Lopez, Brian	12 Gilroy/cc	55-02.00		
11	Baker, Troy	12 Calaveras/sj	55-04.50		
12	White, Chris	12 Garces/ce	55-04.50		
13	Henry, Jasper	11 Dorsey/La	55-10.75		
14	Tombleson, Aaron	11 Woodland/sj	56-02.75		
15	Wills, Billy	12 Antioch/nc	56-06.75		
16	Rodriguez, Oscar	11 Palm Desert/ss	56-09.50		
17	Foster, Russell	12 Bonita Vista/sd	57-00.50		
18	Nelthorpe, Kyle	12 Poly Riverside/ss	57-03.75		
19	Smith, Chad	11 University/ss	58-01.75		
20	Long, Gabe	12 Esperanza/ss	58-05.50		
21	Nichols, David	12 Enterprise/no	59-00.00		
22	Allotta, Nick	12 Rancho Bernardo/sd	59-05.00		
23	Lewis, Mark	11 Arroyo Grande/ss	59-07.75		
24	Rooters, Jason	11 Edison/ce	60-07.25		
25	Bray, Jared	12 Mission Bay/Sd	61-06.25		
26	Kay, Nik	12 Los Gatos/cc	62-11.00		

## BOYS DISCUS

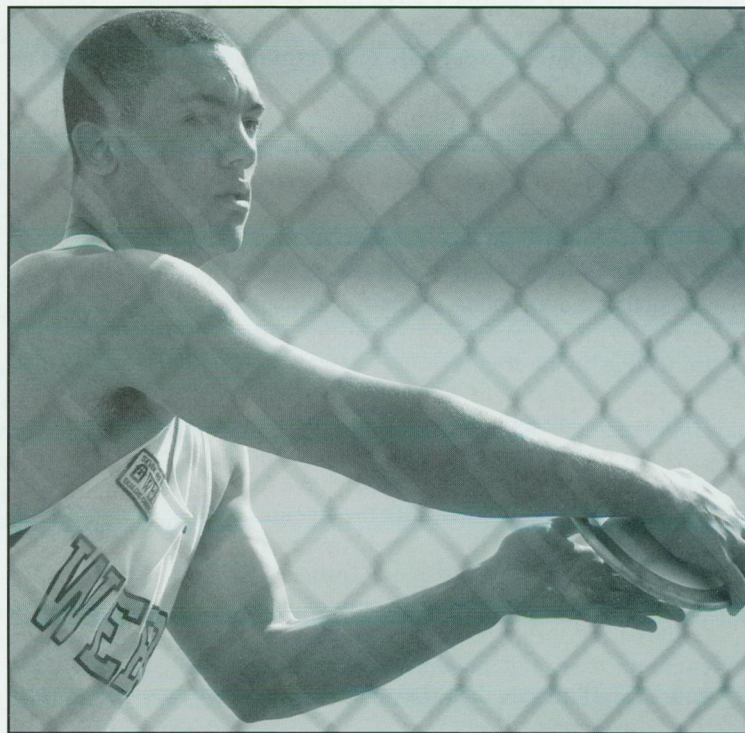
Prelims: 3:00 p.m. - Fri. Final: 3:00 p.m. - Sat.

Records - National: 234-3 Niklas Arrhenius, Mountain View (Orem, UT) 01  
State: 203-5 Travis Pendleton, Esperanza (Anaheim) 2000

Pos.	Name	Gr. School Sect.	Sect. Mark	Place	Mark
1	MacMartin, Bryce	12 Lowell/sf			118-07
2	Osivwemu, Jonathan	11 Castlemont/ok			124-09
3	Scott, Justin	12 Verdugo Hills/La	125-03		
4	Brown, Stucky	12 Stagg/sj	152-11		
5	Fong, Ryan	10 Benicia/sj	153-04		
6	Adame, Garrett	12 California/nc	153-09		
7	Whitlow, Lonny	12 South Fork	156-04		
8	See, Mark	12 Alhambra/nc	158-02		
9	Wooden, Matai	11 Overfelt/cc	163-11		
10	Smallman, Bobby	11 Granada/nc	170-04		
11	McFadden, Ronnie	12 El Camino/sd	171-05		
12	Engstrom, Jeremy	12 Golden West/Ce	172-02		
13	Ludden, John	12 Harvard-Westlake/ss	172-03		
14	Sampson, David	12 Cypress/ss	173-08		
15	Perkins, Joe	12 Vacaville/sj	174-10		
16	Allotta, Nick	12 Rancho Bernardo/sd	176-01		
17	Lewis, Mark	11 Arroyo Grande/ss	176-02		
18	Singer, Michael	12 Valenc-V/ss	176-06		
19	Schearer, Daniel	11 Bishop' s/sd	178-03		
20	Rooters, Jason	11 Edison/ce	179-10		
21	Davis-Hammerquist, Kyle	11 Webb/ss	180-04		
22	Nichols, David	12 Enterprise/no	181-10		
23	Jennings, Robert	12 Westmont/ cc	183-09		
24	White, Chris	12 Garces/ce	191-00		
25	Kay, Nik	12 Los Gatos/cc	204-10		



Mark Lewis-Arroyo Grande, Gabe Long-Esperanza,  
Chad Smith-University, Kyle Nelthorpe-Poly, Oscar Rodriguez-Palm Desert  
Photo by Kirby Lee



Kyle Davis-Hammerquist of Webb. Photo by Kirby Lee



# Watts Heads Gold-Medal Coaching Staff at Taft

By Kirby Lee

There hasn't been much second guessing by the Woodland Hills High track and field team of the Treadors coaching staff.

Head coach Quincy Watts was the 1992 Olympic champion in the 400 meters. Sprints coach Maurice Greene is the 2000 Olympic 100 champion. Distances coach Johnny Gray is the American record holder in the 800 and a bronze medalist in the 1996 Olympics.

The three are in their first season of coaching at the L.A. City Section school located in the San Fernando Valley.

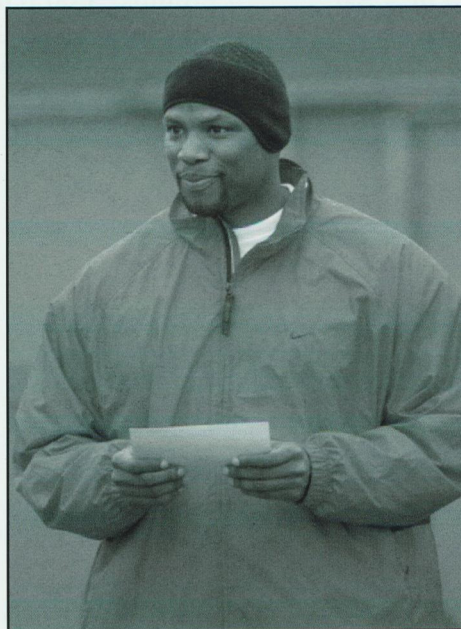
Watts graduated from Taft in 1988 where he won the state champion as a senior. At USC, Watts set a collegiate record 44.00 to win the 1992 NCAA title and went on to win gold medals in the 400 and the 4 x 400 relay in the 1992 Olympics in Barcelona.

His winning time of 43.50 in Barcelona still stands as the Olympic record and third fastest of all-time. Watts, 32, retired in 2000 after a back injury suffered in an automobile accident.

"I am definitely retired," Watts said with a smile. "I have no inkling to compete. The only inkling I have now is to coach. I don't pay attention to marks and what I have done. I am really most proud of the fact that I was able to go to the Olympics and win. That's the highest pinnacle in our sport. I am happy with all my records but I don't get upset if they are there or not."

Watts served as an assistant at Harvard-Westlake in North Hollywood last season and had no intentions of being a head coach. Watts, though, answered the call to lend a hand to his alma mater this spring. Watts sought the help longtime friends Greene and Gray.

"I am just learning period about being a head coach," Watts said. "You have to familiarize yourself with all the events. The 400 training I have from my own experience. The other events I am learning those events as well. The only expectations I put on my kids is to train hard, compete hard and go out there and do your best. If they do that, they will achieve their own expectations."



**1992 Olympic Champ - Quincy Watts** has found joy in coaching. photo by Kirby Lee

There was plenty of fanfare the first day Greene arrived at practice. These days, the three-time defending world 100 champion is simply known as "Coach Greene."

"Everyone was really happy to see me but we got over that really quickly," Greene said. "They asked me all the questions. We got that out of the way and now we are just working."

Greene has found the Taft athletes receptive to his teachings. Greene added that his personal coach John Smith goes through more aggravation dealing with him than Greene does with his high school athletes.

"You never know what these kids are going to turn out to be," Greene said. "I see the kids improving and giving their all. To see that they are happy with their performances gives me a great joy."

The feeling is mutual among Taft athletes.

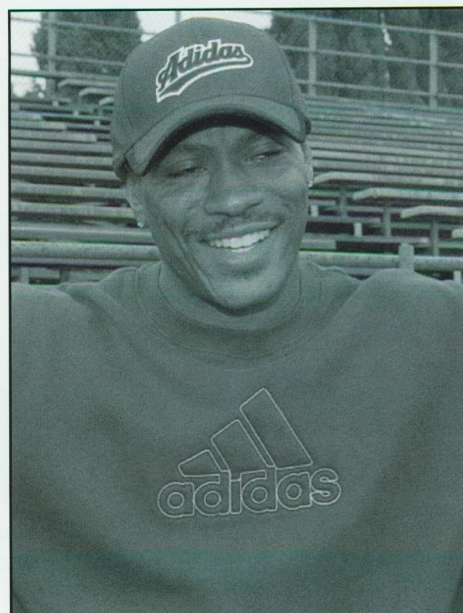
"It is a blessing to have a coaching staff with such great people," senior quarter miler Paul Pratt said. "A lot of times when a coach says something, it goes in one ear and out the other. Everything they

said I know is going to make me better. It's totally different from anything I've learned in my whole track career."

Watts has tried to instill more than just track and field to his athletes but also values in life. It's a principle he learned while training under Jim Bush at USC and Mel Hein and Tom Stevenson at Taft.

Watts suspended four of his top sprinters on his girls team for a West Valley League meet against Birmingham to determine the league title after they cheered against one another in a meet after a disagreement on who should run on a relay.

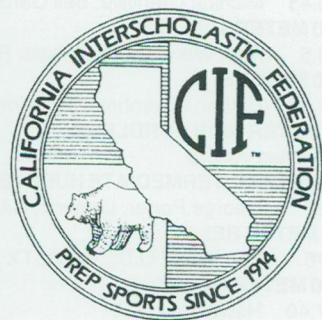
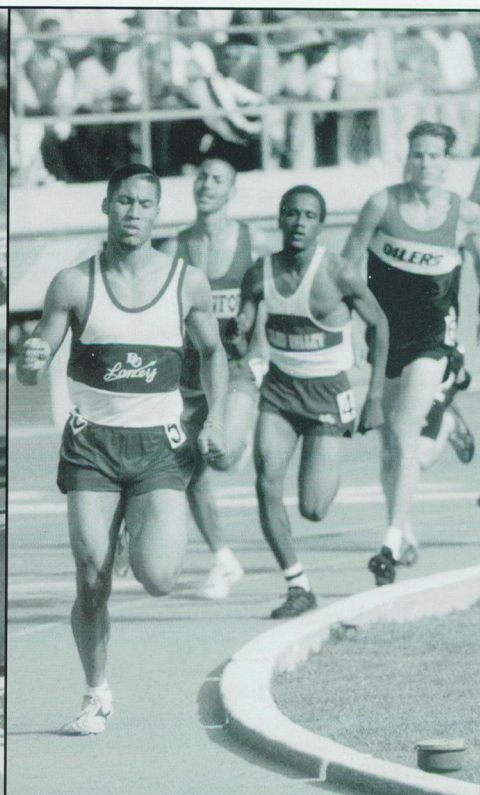
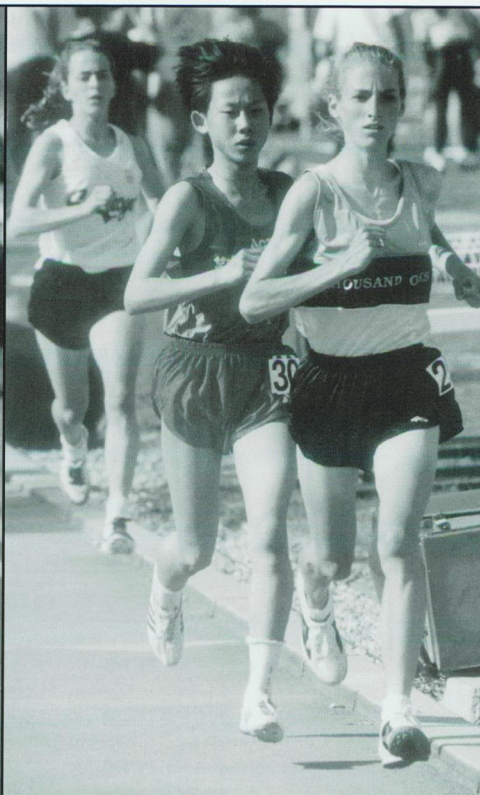
"It's not like college or professional where you are accountable for your actions," Watts said. "The coach at least hopes that when you are a young woman or a young man that you can kind of take care of yourself without your coach running around behind you. It's been a learning process just like it was as an athlete running. It's a lot of nurturing. It's more like being a father but I enjoy it. In one word, it's pure."



**"Coach Greene" - Maurice Greene** is a three-time defending world champion in the 100 meters. photo by Kirby Lee



# Records



**CALIFORNIA  
INTERSCHOLASTIC  
FEDERATION**



# CIF STATE TRACK AND FIELD CHAMPIONSHIP RECORDS

## Boys

<b>100 METERS</b>		
10.30	Riley Washington, (Southwest) San Diego	1992
<b>200 METERS</b>		
20.80 yds	James Sanford, Pasadena	1977
<b>400 METERS</b>		
45.25	Calvin Harrison, North Salinas	1993
<b>800 METERS</b>		
1:46.45	Michael Granville, Bell Gardens	1996
<b>1600 METERS</b>		
4:02.62	Ryan Hall, Big Bear	2001
<b>3200 METERS</b>		
8:44.9h yds	Eric Hulst, Laguna Beach	1975
<b>110 METER HIGH HURDLES</b>		
13.41	Steve Kerho, Mission Viejo	1982
<b>300 METER INTERMEDIATE HURDLES</b>		
35.50	George Porter, (Cabrillo) Lompoc	1985
<b>400 METER RELAY</b>		
40.24	Hawthorne	1989
<b>1600 METER RELAY</b>		
3:08.66	John Muir, Pasadena	1996
<b>HIGH JUMP</b>		
7'3 1/4"	Lee Balkin, Glendale	1979
<b>LONG JUMP</b>		
26'4 3/4"	James Stallworth, Tulare	1989
<b>POLE VAULT</b>		
17'1/2"	Anthony Curran, (Crespi) Encino	1978
<b>TRIPLE JUMP</b>		
52'5" 3/4	Marcos Hooks, Lakewood	1986
<b>SHOT PUT</b>		
74'4 3/4"	Brent Noon, Fallbrook	1990
<b>DISCUSTHROW</b>		
203'5"	Travis Pendleton, Esperanza Anaheim	2000

\*mile record -- Note: Eric Hulst's 8:44.9 in the 3200 was hand timed.

## Girls

<b>100 METERS</b>		
11.14	Marion Jones, Thousand Oaks	1992
<b>200 METERS</b>		
22.71	Marion Jones, Thousand Oaks	1992
<b>400 METERS</b>		
50.74	Monique Henderson, Morse San Diego	2000
<b>800 METERS</b>		
2:04.91	Trena Hull, Compton	1984
<b>1600 METERS</b>		
4:39.92	Polly Plumer, (University) Irvine	1982
<b>3200 METERS</b>		
9:52.80	Kim Mortensen, Thousand Oaks	1996
<b>100 METER LOW HURDLES</b>		
13.34	Janeene Vickers, Pomona	1987**
<b>100 METER HIGH HURDLES</b>		
13:20	Nicole Denby's, North Riverside	2000
<b>300 METER LOW HURDLES</b>		
40.26	Janeene Vickers, Pomona	1987
<b>400 METER RELAY</b>		
44.70	St. Bernard Playa del Rey	1997
<b>1600 METER RELAY</b>		
3:35.72	Long Beach Wilson	2001
<b>HIGH JUMP</b>		
6'2"	Latrese Johnson, Clovis	1985
<b>LONG JUMP</b>		
22'0 1/2"	Marion Jones, Thousand Oaks	1993
<b>POLE VAULT</b>		
13-8	Shayla Ballentine, Morro Bay	2001
<b>TRIPLE JUMP</b>		
43'11 1/2	Juliana Yendork, Walnut	1991
<b>SHOT PUT</b>		
52'11 1/2"	Kristin Heaston, Ygnacio Valley	1993
<b>DISCUSTHROW</b>		
181-3	Stephanie Brown, Arroyo Grande	1998

\*\*discontinued after 1993 season

## U.S. NATIONAL HIGH SCHOOL RECORDS

### Boys

<b>100 METERS</b>		
10.15	Henry Neal, Greenville, TX	1990
<b>200 METERS</b>		
20.13	Roy Martin, Dallas, TX, Roosevelt	1985
<b>400 METERS</b>		
45.25	Calvin Harrison, North Salinas, CA	1993
<b>800 METERS</b>		
1:46.45	Michael Granville, Bell Gardens, CA	1996
<b>1600 METERS</b>		
3:59.5	Alan Webb, South Lakes, Reston VA	2001
<b>3200 METERS</b>		
8:41.10	Dathan Ritzenheim, Rockford MI	2000
<b>110 METER HIGH HURDLES</b>		
no verified record		
<b>300 METER INTERMEDIATE HURDLES</b>		
35.32	George Porter, Lompoc, CA, Cabrillo	1985
<b>400 METER RELAY</b>		
39.76	Fort Worth O.D., Wyatt, TX	1998
<b>1600 METER RELAY</b>		
3:07.40	Hawthorne, CA	1985
<b>HIGH JUMP</b>		
7'5 1/4"	Dothel Edwards, Athens, GA, Cedar Shoals	1984
<b>LONG JUMP</b>		
26'4 3/4	James Stallworth, Tulare	1989
<b>POLE VAULT</b>		
18-2 1/4	Eric Eshbach, Orangeville, TX	1999
<b>TRIPLE JUMP</b>		
52'10 1/2"	Charles Mayfield, Pasadena, CA, John Muir	1980
<b>SHOT PUT</b>		
77' 0"	Michael Carter, Dallas, TX, Jefferson	1979
<b>DISCUSTHROW</b>		
234'3"	Niklas Arrhenius, Mountain View, Orem UT	2001

### Girls

<b>100 METERS</b>		
11.14	Marion Jones, Thousand Oaks, CA	1992
<b>200 METERS</b>		
22.67	Marion Jones, Thouand Oaks, CA	1992
<b>400 METERS</b>		
50.74	Monique Henderson, Morse, San Diego, CA	2000
<b>800 METERS</b>		
2:04.5	Joletta Clark, Maplewood, NJ, Columbia	1980
<b>1600 METERS</b>		
4:39.4	Laura Matson, Andover, Bloomfield Hills, MI	1985
<b>3200 METERS</b>		
9:48.59	Kim Mortensen, Thousand Oaks, CA	1996
<b>100 METER HIGH HURDLES</b>		
13.20	Nicole Denby, North Riverside, CA	2000
<b>300 METER LOW HURDLES</b>		
39.98	Lashinda Demus, Wilson, Long Beach CA	2000
<b>400 METER RELAY</b>		
44.70	St. Bernard Playa del Rey, CA	1997
<b>1600 METER RELAY</b>		
3:35.72	Long Beach Wilson, CA	2001
<b>HIGH JUMP</b>		
6'3	Amy Acuff, Corpus Christi, Calallen TX	1992
<b>LONG JUMP</b>		
22' 1 3/4"	Kathy McMillian, Raeford, NC, Hoke County	1976
<b>POLE VAULT</b>		
13-8	Shayla Ballentine, Morro Bay	2001
<b>TRIPLE JUMP</b>		
44-2 1/4	Ychliandrea Spears, Luling Austin, TX	2001
<b>SHOT PUT</b>		
53'7 3/4"	Natalie Kaaiawahia, Fullerton, CA	1983
<b>DISCUSTHROW</b>		
188'4"	Suzy Powell, Downey Modesto, CA	1994



# PAST CIF 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	Nill Kovacevich	Memorial Stadium, Bakersfield	6/2-3/1978
Pasadena	16	Art Large	Hughes Stadium, Sacramento	6/1-2/1979
Berkeley	41	Willie White	Edwards Stadium, Berkeley	6/6-7/1980
Berkeley	58	Willie White	Cerritos College, Norwalk	6/5-6/1981
Crenshaw, Los Angeles (Tie)	20	Bob Volles	Hughes Stadium, Sacramento	6/4-5/1982
Mission Viejo (Tie)	20	Gene Gurule		



# PAST CIF STATE TRACK & FIELD TEAM CHAMPIONS

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	Cyde 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
Long Beach Poly	42	Don Norford	Cerritos College, Norwalk	6/5-6/1998
Vallejo	35	Mike Wilson	Hughes Stadium, Sacramento	6-4-6-5/1999
Serra Gardena	38	Richard Gatlin	Cerritos College, Norwalk	6-2-6-3/2000
Arroyo Grande	28	James Brown	Hughes Stadium, Sacramento	6-1-6-2/2001
Bakersfield	32	Bobby Gridiron	Cerritos College, Norwalk	5-31-6-1/2002

\* No meets held during the World War II period (1941-45) \*\*\* Meet rescheduled due to rain

\*\* 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 1966-1979; and 10-8-6-5-4-3 since 1980

## 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
Long Beach Wilson (tie)	42	Terry Kennedy	Cerritos College, Norwalk	6/5-6/1998
Long Beach Poly (tie)	42	Don Norford		
JW North, Riverside	42	Charles Leathers	Hughes Stadium, Sacramento	6-4-6-5/1999
JW North, Riverside	45	Charles Leathers	Cerritos College, Norwalk	6-2-6-3/2000
Long Beach Poly	59	Don Norford	Hughes Stadium, Sacramento	6-1-6-2/2001
JW North, Riverside	57	Charles Leathers	Cerritos College, Norwalk	5-31-6-1/2002

Scoring system used was 5-3-1 in 1974; 5-4-3-2-1 from 1976 to 1979; and 10-8-6-4-2-1 since 1980. \*\*\* Meet rescheduled due to rain



# CIF STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS

## 100-Meter Dash (Boys)

1913	George Parker (Stockton)	10.6
1914	Ken Johnson (Palo Alto)	10.2
1915	Roy Brown (Sacramento)	10.2
1916	Charley Paddock (Pasadena)	10.4
1917	Jack Melville (Berkeley)	10.0
1918	Charley Paddock (Pasadena)	10.2
1919	Al Wright (LA Lincoln)	10.4
1920	Eddie Sutton (Lick-Wilmerding)	10.0
1921	Vernon Blenkiron (Compton)	10.2
1922	Herschel Smith (San Fernando)	10.4
1923	Eddie Pollock (Pasadena)	10.0
1924	Vic Klein (Hollywood)	10.1
1925	Vernon Hanford (Manual Arts)	10.1
1926	Dick Werner (Brawley)	9.8
1927	Frank Wycoff (Glendale)	9.8
1928	Frank Lombardi (Los Angeles)	9.6
1929	Jim Wilson (San Diego)	9.8
1930	Al Koenig (Huntington Beach)	10.1
1931	Foy Draper (Huntington Park)	9.9
1932	Milton Holt (Glendale Hoover)	9.8
1933	Dave Seigel (Los Angeles Poly)	10.0
1934	Mack Robinson (Muir)	10.0
1935	Bob Frick (San Ramon)	9.6
1936	Mickey Anderson (Muir)	9.7
1937	Bryant Allen (Jefferson)	9.8
1938	Bill Van Leuven (Long Beach, Wilson)	9.8
1939	Jack Trout (Bakersfield)	9.9
1940	Eddie Morris (Huntington Beach)	9.7
1941	Al Jackson (Edison, Fresno)	9.8
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Art Williams (Riverside)	10.0
1947	John Bradley (Glendale, Hoover)	9.9
1948	Bill Fell (Compton)	9.7
1949	Erbie Schopper (Los Angeles, Lincoln)	9.9
1950	Gary Green (Jefferson, LA)	9.9
1951	Bob Cunnning (Glendale, Hoover)	9.7
1952	Herb Turner (Alameda)	9.9
1953	Leamon King (Delano)	9.6
1954	James Jackson (Alameda)	9.6
1955	Ken Dennis (Centennial, Compton)	10.0
1956	Willie White (Jefferson, LA)	9.5
1957	Preston Griffin (Centennial, Compton)	9.6
1958	Hubie Watson (Jordan, Los Angeles)	9.6
1959	Hubie Watson (Jordan, Los Angeles)	9.8
1960	Bill Cowings (Fowler)	9.7
1961	Forrest Beaty (Hoover, Glendale)	9.5
1962	Forrest Beaty (Hoover, Glendale)	9.5
1963	Alvin Mann (Edison, Fresno)	9.6
1964	Jim Hines (McClymonds, Oakland)	9.7
1965	Harold Busby (Muir, Pasadena)	9.5
1966	Phil Underwood (Dorsey, Los Angeles)	9.6
1967	Mel Gray (Montgomery, Santa Rosa)	9.4
1968	Bob Ballard (Bellflower)	9.6
1969	Willie Robinson (Central, El Centro)	9.6
1970	Allen Carter (Bonita, La Verne)	9.8
1971	George Reddick (Hamilton, Los Angeles)	9.6
1972	Carl McCullough (Sacramento)	9.5
1973	Elijah Jefferson (Crawford, San Diego)	9.6w
1974	Elijah Jefferson (Crawford, San Diego)	9.8
1975	Kevin Williams (San Fernando)	9.4
1976	Billy Mullins (Hamilton, Los Angeles)	10.0
1977	David Russell (Patrick Henry, San Diego)	9.91
1978	Michael Sanford (Pasadena)	9.85
1979	Bill Green (Cubberly, Palo Alto)	9.59
1980	Howard Hawkins (Warren, Downey)	10.55
1981	Ken Robinson (Berkeley)	10.60
1982	Lew Dunn (J.W. North, Riverside)	10.53
1983	Steve Jones (Burbank, Sacramento)	10.64
1984	Henry Thomas (Hawthorne)	10.44
1985	Ron McCree (Madera)	10.49w
1986	Ron McCree (Madera)	10.57
1987	Quincy Watts (Taft, Woodland Hills)	10.49
1988	Darren Stringer (Vacaville)	10.78

1989	Curtis Conway (Hawthorne)	10.42
1990	Napolean Kaufman (Lompoc)	10.57
1991	Ricky Carrigan (Compton)	10.33w
1992	Riley Washington (Southwest, San Diego)	10.30
1993	Bryan Howard (Canyon Springs, Moreno Valley)	10.43
1994	Pat Johnson (Redlands)	10.43
1995	Marques Holliwell (West Bakersfield)	10.43w
1996	Jim McGee (Sacramento)	10.52
1997	Justin Fargas (Notre Dame, Sherman Oaks)	10.52w
1998	Darrell Rideaux (Poly, Long Beach)	10.43
1999	Kareem Kelly (Poly, Long Beach)	10.47
2000	Warren Rogers (Serra, Gardena)	10.42
2001	Phillip Francis (Fairfax, Los Angeles)	10.53
2002	Matt Bruno (Trabuco Hills, Mission Viejo)	10.55

## 200-Meter Dash (Boys)

1913	George Parker (Stockton)	23.0
1914	Ken Johnson (Palo Alto)	22.0
1915	Les Wark (Long Beach Poly)	22.0
1916	Charley Paddock (Pasadena)	22.4
1917	Charley Paddock (Pasadena)	22.4
1918	Charley Paddock (Pasadena)	22.4
1919	Bob Allen (Redlands)	23.8
1920	Eddie Sudden (Lick-Wilmerding, San Francisco)	21.8
1921	Bob Allen (Redlands)	22.6
1922	Walter Wickersham (Bakersfield)	24.2
1923	Bob Lee (Franklin)	22.2
1924	Archie Woodyard (Jefferson, Los Angeles)	22.5
1925	Walter Floyd (Lincoln, Los Angeles)	22.6
1926	Elam Kirk (El Monte)	22.1
1927	Frank Wycoff (Glendale)	21.0
1928	Frank Lombardi (Los Angeles)	21.4
1929	Jim Wilson (San Diego)	21.4
1930	Ashley Burch (Jordan, Los Angeles)	21.8
1931	Ashley Burch (Jordan, Los Angeles)	21.5
1932	George Anderson (Muir)	21.8
1933	George Anderson (Muir)	21.2
1934	Bainard Wornill (Muir)	21.8
1935	Burt Pierce (Excelsior)	21.2
1936	Burt Brady (Gridley)	21.6
1937	Bryant Allen (Jefferson, Los Angeles)	21.2
1938	Eddie Morris (Huntington Beach)	21.6
1939	Eddie Morris (Huntington Beach)	21.4
1940	Eddie Morris (Huntington Beach)	21.3
1941	Glen Willis (San Diego)	21.7
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Ray Gregg (El Monte)	21.9
1947	John Bradley (Hoover, Glendale)	21.5
1948	John Bradley (Hoover, Glendale)	21.5
1949	Erbie Schopper (Lincoln, Los Angeles)	21.6
1950	Guy Blackburn (Jefferson, Los Angeles)	21.3
1951	Leamon King (Delano)	21.4
1952	Herb Turner (Alameda)	21.6
1953	Leamon King (Delano)	21.4
1954	James Jackson (Alameda)	21.2
1955	Bob Poynter (Pasadena)	21.6
1956	Bob Poynter (Pasadena)	21.0
1957	Preston Griffin (Centennial, Compton)	21.3
1958	Mel Clipper (Muir, Pasadena)	20.7
1959	Hubie Watson (Jordan, Los Angeles)	21.6
1960	Bill Cowings (Fowler)	21.0
1961	Forrest Beaty (Hoover, Glendale)	21.5
1962	Richard Stebbins (Fremont, Los Angeles)	20.9
1963	John House (Muir, Pasadena)	21.3
1964	Jim Hines (McClymonds, Oakland)	21.5
1965	Harold Busby (Muir, Pasadena)	21.0
1966	Phil Underwood (Dorsey, Los Angeles)	21.2
1967	Mel Gray (Montgomery, Santa Rosa)	20.7*
1968	Willie Deckard (Dorsey, Los Angeles)	21.7
1969	Willie Robinson (Central, El Centro)	21.7
1970	Jackie White (Santa Ana)	21.5
1971	Chuck Bommarito (Crestmoor, San Bruno)	21.2w
1972	Mike Shavers (Albany)	21.0
1973	Clancy Edwards (Santa Ana)	21.2w

1974	Millard Hampton (Silver Creek, San Jose)	21.1
1975	Billy Mullins (Hamilton, Los Angeles)	21.2
1976	Billy Mullins (Hamilton, Los Angeles)	21.6
1977	David Russell (Patrick Henry, San Diego)	20.97w
1978	Michael Sanford (Pasadena)	21.42
1979	Michael Sanford (Pasadena)	21.00
1980	Ken Robinson (Berkeley)	21.21
1981	Kevin Wilhite (Cordova, Rancho Cordova)	20.81
1982	Antonio Manning (Hamilton, Los Angeles)	21.05w
1983	Henry Thomas (Hawthorne)	21.02
1984	Henry Thomas (Hawthorne)	20.77
1985	Michael Marsh (Hawthorne)	20.83w
1986	Quincy Watts (Taft, Woodland Hills)	21.03
1987	Quincy Watts (Taft, Woodland Hills)	20.99
1988	Bryan Bridgewater (Washington, Los Angeles)	21.00
1989	Barry Smith (Mission, San Francisco)	20.82
1990	Napolean Kaufman (Lompoc)	21.15
1991	Ricky Carrigan (Compton)	20.84w
1992	Gentry Bradley (Pius X, Downey)	20.97w
1993	Calvin Harrison (North Salinas, Salinas)	21.12
1994	Pat Johnson (Redlands)	21.01
1995	Bryan Harrison (Dana Hills, Dana Point)	20.82w
1996	Obea Moore (Muir, Pasadena)	20.91
1997	Andrea Ammons (Skyline, Oakland)	20.91w
1998	Kareem Kelly (Poly, Long Beach)	20.76
1999	Kareem Kelly (Poly, Long Beach)	20.76w
2000	Bennie Robinson (Poly, Long Beach)	20.96
2001	Seth Amoo (Highland, Palmdale)	21.05
2002	Matt Bruno (Trabuco Hills, Mission Viejo)	20.82

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

## 400-Meter Dash (Boys)

1913	George Parker (Stockton)	52.0
1914	Karl Goeppart (Lowell, San Francisco)	52.2
1915	George Conn (Pasadena)	50.0
1916	Mark Kellogg (Fresno)	51.4
1917	Dick Seltzer (Redlands)	53.0
1918	George Schiller (Poly, Los Angeles)	49.6
1919	Jeff Wilcox (Harvard)	54.2
1920	Thurmond Clarke (Los Angeles)	50.2
1921	Ed Shaw (Monrovia)	52.2
1922	Ed Shaw (Monrovia)	54.4
1923	Vernon Hanford (Manual Arts, Los Angeles)	52.6
1924	Wilburn Talbot (Analay, Sebastopol)	51.6
1925	Walter Hanson (Concord, Mt. Diablo)	51.0
1926	Cliff Gantt (Poly, Los Angeles)	50.0
1927	Percy McArthur (Huntington Park)	51.0
1928	Carl Childreth (Poly, Long Beach)	50.2
1929	Irvine Warburton (San Diego)	49.6
1930	Carl Satterfield (Manual Arts, Los Angeles)	50.3
1931	John McCarthy (Fairfax)	48.7
1932	John Routt (Jefferson, Los Angeles)	50.1
1933	Murel Gillett (Central, El Centro)	48.4
1934	Doug Hammond (Hollywood)	50.3
1935	Howard Upton (Turlock)	48.9
1936	George Gray (Wilson, Long Beach)	49.9
1937	Wilbur Miller (Jefferson, Los Angeles)	49.7
1938	Bob Hogan (Piedmont)	50.4
1939	Ken Horn (Fowler)	50.5
1940	Duane Lewis (Compton)	48.8
1941	O.B. Hughes (Whittier)	49.9
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Norm Stocks (San Diego)	49.3
1947	Luther Butler (Jefferson, Los Angeles)	49.4
1948	Fred Thompson (Jordan, Los Angeles)	49.2
1949	Luther Butler (Jefferson, Los Angeles)	49.2
1950	George Adrian (Hollywood)	49.3
1951	Sherman Miller (Napa)	48.8
1952	Jack North (Jordan, Long Beach)	49.7
1953	Lanny Carter (Orange)	48.8
1954	X.L. Emerson (Richmond)	49.2
1955	Bruce Kitchen (Riverside)	48.7
1956	Jerry White (Corcoran)	48.7
1957	Jerry White (Corcoran)	46.7



# CIF STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS

1957	Fred DeWitt (Berkeley)	47.9	1941	Thelmo Knowles (Santa Monica)	1:55.6	1925	Chesley Unruh (El Monte)	4:35.2
1958	Dixon Farmer (Miramonte, Orinda)	48.6	1942	(No meet held)		1926	Jack Ferguson (Inglewood)	4:35.7
1959	Dixon Farmer (Miramonte, Orinda)	48.6	1943	(No meet held)		1927	Cliff Halstead (Sacramento)	4:33.6
1960	Ulis Williams (Compton)	47.2	1944	(No meet held)		1928	Dick Brooks (Redlands)	4:39.0*
1961	Ulis Williams (Compton)	47.8	1945	(No meet held)		1929	John Baker (Huntington Beach)	4:31.1
1962	Manual Diaz (Keppel, Alhambra)	48.1	1946	Dan Guest (Santa Monica)	2:00.5	1930	Phil Morentin (Visalia)	4:31.0
1963	Tommie Smith (Lemoore)	47.3	1947	Jerome Walters (Compton)	1:57.6	1931	Phil Morentin (Visalia)	4:32.8
1964	Fred Banks (Jefferson, Los Angeles)	47.5	1948	Wilbur Firestone (Compton)	1:57.8	1932	Virgil Hooper (Antelope Valley)	4:32.3
1965	Randy Julian (Bolsa Grande, Garden Grove)	47.4	1949	Wilbur Firestone (Compton)	1:58.1	1933	Virgil Hooper (Antelope Valley)	4:29.2
1966	Wayne Collett (Gardena)	47.8	1950	Lang Stanley (Jefferson, Los Angeles)	1:53.9	1934	Louis Zampnerini (Torrance)	4:27.8
1967	Mike Newton (Whittier)	47.2	1951	Gene Jones (Oakland Technical)	1:58.9	1935	Elmer Bayer (Paso Robles)	4:30.4
1968	Edesel Garrison (Centennial, Compton)	46.7	1952	Jim Briggs (Pittsburg)	1:57.2	1936	Simon Scott (Tamalpais)	4:31.2
1969	Larance Jones (Lemoore)	46.6	1953	Don Bowden (Lincoln, San Jose)	1:57.1	1937	Bruce Hammack (Yreka)	4:30.4
1970	Rick Brown (Los Altos)	47.8	1954	Don Bowden (Lincoln, San Jose)	1:52.9	1938	Jack Moore (Stockton)	4:26.9
1971	Tony Krzyzosiak (Garden Grove)	46.7	1955	Leonard Havens (Avenal)	1:57.0	1939	John Hall (Torrance)	4:26.8
1972	Robert Harrell (Santa Ana)	47.4	1956	Jerry Siebert (Willits)	1:53.8	1940	Kellen Ramirez (Edison, Fresno)	4:31.5
1973	Ron Whitaker (Wilson, San Francisco)	47.0	1957	Jim Cerveny (Mission Bay, San Diego)	1:52.7	1941	Bob Ingram (San Jose)	4:32.8
1974	Rod Connors (Cordova, Rancho Cordova)	47.7	1958	Alfred Gentry (Fremont, Los Angeles)	1:55.4	1942	(No meet held)	
1975	John Ware (Sacramento)	47.2	1959	Dave Dunbar (Westmoor, Daly City)	1:53.2	1943	(No meet held)	
1976	Darold Harris (Pittsburg)	47.6	1960	Ray VanAsten (Bonita, La Verne)	1:51.9	1944	(No meet held)	
1977	James Sanford (Pasadena)	46.60	1961	Mike Gibeau (Lincoln, San Francisco)	1:53.1	1945	(No meet held)	
1978	Bill Greene (Cubberly, Palo Alto)	46.77	1962	Doug Parker (Chico)	1:52.2	1946	Bob McMillen (Cathedral-SS)	4:24.0
1979	Tony Banks (Morse, San Diego)	47.28	1963	Dennis Carr (Lowell, Whittier)	1:50.9	1947	Chuck Kohl (Compton, Los Angeles)	4:29.2
1980	Mike Turner (Centennial, Compton)	47.51	1964	Bob Hose (Madison, San Diego)	1:51.7	1948	John Woolley (Marshall Fundamental)	4:29.1
1981	David Timmons (Oakland)	47.09	1965	Richard Joyce (Sierra, Whittier)	1:48.8	1949	Ellwyn Stribling (Commerce, San Francisco)	4:25.1
1982	Fabian Cooper (Washington, Los Angeles)	46.38	1966	Terry Rogers (Hilltop, Chula Vista)	1:51.5	1950	Ron Bauer (Washington, San Francisco)	4:23.7
1983	Larry Walker (Edison, Fresno)	47.03	1967	Lawrence Banks, (Dorsey, Los Angeles)	1:51.2	1951	Allie Cage (McClymonds, Oakland)	4:30.7
1984	Chip Rish (Marina, Huntington Beach)	46.82	1968	George Alfaro (Pittsburg)	1:52.3	1952	Fernando Ledesma (Compton)	4:23.2
1985	Chip Rish (Marina, Huntington Beach)	45.7h	1969	Ricco Sanchez (Canoga Park)	1:51.6	1953	Bob Seaman (Reedley)	4:21.0
1986	Steve Lewis (American, Fremont)	46.59	1970	Rick Brown (Los Altos)	1:50.6	1954	Ty Hadley (Bellflower)	4:25.8
1987	Steve Lewis (American, Fremont)	46.7h	1971	Perrell Keeling (Morningside, Inglewood)	1:51.8	1955	Tod White (Newport Harbor)	4:20.0
1988	Travis Hannah (Hawthorne)	47.02	1972	Dale Scott (El Cerrito)	1:49.7	1956	Ron Larrieu (Palo Alto)	4:20.1
1989	Beno Bryant (Dorsey, Los Angeles)	47.52	1973	Randy Lopez (Alhambra)	1:52.4	1957	Tim Roelen (San Fernando)	4:20.2
1990	Mike Sulcer (Muir, Pasadena)	47.54	1974	John Musich (Burbank)	1:51.0	1958	Woody Covington (Compton)	4:23.7
1991	Richard Dupree (Roosevelt, Fresno)	47.21	1975	Conrad Suhr (Leigh, San Jose)	1:51.0	1959	Dale Storey (Orange)	4:11.0
1992	Derek Shepard (Lincoln, San Francisco)	46.95	1976	Wyatt Bishop (Carlmont, Belmont)	1:54.4	1960	Ben Tucker (Poly, San Francisco)	4:14.3
1993	Calvin Harrison (North Salinas, Salinas)	45.25	1977	Jim Walters (Estancia, Costa Mesa)	1:49.4	1961	Bruce Bess (La Habra)	4:18.8
1994	James Davis (Will C. Wood, Vacaville)	46.96	1978	Bennie Brown (Palisades, Pacific Palisades)	1:51.83	1962	Dennis Carr (Lowell, Whittier)	4:08.7
1995	Obea Moore (Muir, Pasadena)	46.08	1979	David Mack (Locke, Los Angeles)	1:50.18	1963	Tracy Smith (Arcadia)	4:14.4
1996	Obea Moore (Muir, Pasadena)	45.81	1980	Peter Quinonez (Tulare)	1:50.13	1964	Mike Ryan (Wilcox, Santa Clara)	4:11.2
1997	Eddie Levine (Golden Valley, Merced)	46.77	1981	Pete Richardson (Berkeley)	1:47.31	1965	Tim Danielson (Chula Vista)	4:08.0
1998	Mike Ryan (Beverly Hills)	47.62	1982	John Phillips (Los Altos)	1:49.99	1966	Tim Danielson (Chula Vista)	4:07.0
1999	Blaine Bussey (Taft, Los Angeles)	46.94	1983	Kimmie James (Richmond)	1:50.63	1967	Mike Solomon (Westminster)	4:11.4
2000	Brandon Matlock (Stockdale, Bakersfield)	47.63	1984	Eric Schermerhorn (Woodbridge, Irvine)	1:49.61	1968	Clifton West (Kennedy, Sacramento)	4:09.0
2001	Jason Lovell (Cleveland, Los Angeles)	47.51	1985	Sean Langer (Bakersfield)	1:51.75	1969	Decker Underwood (South Torrance, Torrance)	4:12.1
2002	Blake Mackey (Bakersfield)	47.93	1986	Vincent Thompson (Locke, Los Angeles)	1:50.25	1970	Brent Tubb (Cleveland, Reseda)	4:12.9
			1987	Don Gabor (Amador Valley, Pleasanton)	1:52.3h	1971	Brent Tubb (Cleveland, Reseda)	4:09.6
			1988	Mark Senior (Mt. Miguel, Spring Valley)	1:51.37	1972	Mark Schilling (Garden Grove)	4:05.4
			1989	Gordon Johnson (Piedmont)	1:51.88	1973	Alvin Gilmore (Lompoc)	4:11.4
			1990	Craig Magress (Santa Teresa, San Jose)	1:51.66	1974	Rick Kimball (De la Salle, Concord)	4:06.6
			1991	Mike Terry (El Modena, Orange)	1:53.99	1975	John Johnson (Skyline, Oakland)	4:09.5
			1992	Mike Katri (Fortuna)	1:49.56	1976	Jim Ariola (Gahr, Cerritos)	4:14.6
			1993	Vondre Armour (Bakersfield)	1:50.13	1977	Mark Stillman (Willow Glen, San Jose)	4:06.9
			1994	Michael Granville (Bell Gardens)	1:49.82	1978	Paul Medvin (University, Los Angeles)	4:08.91
			1995	Aaron Richburg (James Logan, Union City)	1:48.40	1979	Paul Medvin (University, Los Angeles)	4:12.9
			1996	Michael Granville (Bell Gardens)	1:50.68	1980	Larry Guinne (Castro Valley)	4:06.18
			1997	James Levine (Golden Valley, Merced)	1:50.62	1981	Jeff Scott (El Camino, Sacramento)	4:10.06
			1998	Jon Stevens (Mission San Jose, San Jose)	1:52.07	1982	Tom Grewe (Carpinteria)	4:08.05
			1999	Brandon Shaw (Rancho Verde, Moreno Valley)	1:53.98	1983	Jim Frey (Yreka)	4:08.82
			2000	Mike Serratos (Don Lugo, Chino)	1:51.75	1984	Roman Gomez (Belmont, Los Angeles)	4:09.05
			2001	Tykie Harris (San Geronio)	1:53.80	1985	Roman Gomez (Belmont, Los Angeles)	4:15.93
			2002	Michael Haddan (Woodbridge, Irvine)	1:51.41	1986	Mark Mastalir (Jesuit, Carmichael)	4:07.81

## 800-Meter Run (Boys)

1913	Clarence Beebe (Anaheim)	2:01.6
1914	Leslie Allenby (Ukiah)	2:01.4
1915	Gerald Blankenship (Visalia)	1:59.8
1916	Colin Kilby (Coalinga)	2:02.8
1917	Harleigh Baker (Fillmore)	2:02.0
1918	Ken Saunders (Pasadena)	2:02.8
1919	Jerry Pearce (Berkeley)	2:08.2
1920	Paul Stroud (Perris)	1:59.4
1921	Elmer Boyden (Vallejo)	1:59.2
1922	Irving Thomas (Manual Arts)	2:04.6
1923	Earl Lockhart (Sacramento)	1:59.0
1924	Ed Cloege (Covina)	1:59.1
1925	Alex McKinnon (Poly, Los Angeles)	1:59.8
1926	Doug Knowles (Bakersfield)	2:01.2
1927	Bill McGeagh (Poly, Los Angeles)	2:02.8
1928	Herb Welch (Visalia)	2:01.2
1929	Herb Welch (Visalia)	1:58.4
1930	Al Hassan (Jefferson, Los Angeles)	2:00.1
1931	Carl Satterfield (Manual Arts)	1:57.6
1932	Ray Cartwright (Santa Ana)	2:00.6
1933	Bill McCurdy (Tamalpais)	2:00.1
1934	Mel Nickerson (Poly, Los Angeles)	1:58.4
1935	Ralph Wood (Carpinteria)	1:57.6
1936	Jerry Lopez (Placer, Auburn)	1:57.1
1937	Jim Lawson (Jordan, Los Angeles)	1:59.7
1938	Leroy Weed (Coachella Valley)	1:58.8
1939	Paul Christensen (Beverly Hills)	2:01.3
1940	Roger Lane (San Rafael)	1:57.7

## 1600-Meter Run (Boys)

1913	Clarence Beebe (Anaheim)	4:38.4
1914	Samuel Berry (Redlands)	4:26.4
1915	Gerald Balkenship (Visalia)	4:30.0
1916	Andy Silvas (Oakland Technical)	4:40.6
1917	Whitney Reeves (Pasadena)	4:37.4
1918	Jerry Pearce (Berkeley)	4:44.4
1919	Atwood Scovel (San Bernardino)	4:47.0
1920	Charlie Watts (Berkeley)	4:36.2
1921	Bill Kerr (Huntington Beach)	4:30.4
1922	Les Schwoebda (Petaluma)	4:40.0
1923	Earl Lockhart (Sacramento)	4:31.6
1924	Lee Hansen (Manual Arts)	4:37.1

1925	Chesley Unruh (El Monte)	4:35.2
1926	Jack Ferguson (Inglewood)	4:35.7
1927	Cliff Halstead (Sacramento)	4:33.6
1928	Dick Brooks (Redlands)	4:39.0*
1929	John Baker (Huntington Beach)	4:31.1
1930	Phil Morentin (Visalia)	4:31.0
1931	Phil Morentin (Visalia)	4:32.8
1932	Virgil Hooper (Antelope Valley)	4:32.3
1933	Virgil Hooper (Antelope Valley)	4:29.2
1934	Louis Zampnerini (Torrance)	4:27.8
1935	Elmer Bayer (Paso Robles)	4:30.4
1936	Simon Scott (Tamalpais)	4:31.2
1937	Bruce Hammack (Yreka)	4:30.4
1938	Jack Moore (Stockton)	4:26.9
1939	John Hall (Torrance)	4:26.8
1940	Kellen Ramirez (Edison, Fresno)	4:31.5
1941	Bob Ingram (San Jose)	4:32.8
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Bob McMillen (Cathedral-SS)	4:24.0
1947	Chuck Kohl (Compton, Los Angeles)	4:29.2
1948	John Woolley (Marshall Fundamental)	4:29.1
1949	Ellwyn Stribling (Commerce, San Francisco)	4:25.1
1950	Ron Bauer (Washington, San Francisco)	4:23.7
1951	Allie Cage (McClymonds, Oakland)	4:30.7
1952	Fernando Ledesma (Compton)	4:23.2
1953	Bob Seaman (Reedley)	4:21.0
1954	Ty Hadley (Bellflower)	4:25.8
1955	Tod White (Newport Harbor)	4:20.0
1956	Ron Larrieu (Palo Alto)	4:20.1
1957	Tim Roelen (San Fernando)	4:20.2
1958	Woody Covington (Compton)	4:23.7
1959	Dale Storey (Orange)	4:11.0
1960	Ben Tucker (Poly, San Francisco)	4:14.3
1961	Bruce Bess (La Habra)	4:18.8
1962	Dennis Carr (Lowell, Whittier)	4:08.7
1963	Tracy Smith (Arcadia)	4:14.4
1964	Mike Ryan (Wilcox, Santa Clara)	4:11.2
1965	Tim Danielson (Chula Vista)	4:08.0
1966	Tim Danielson (Chula Vista)	4:07.0
1967	Mike Solomon (Westminster)	4:11.4
1968	Clifton West (Kennedy, Sacramento)	4:09.0
1969	Decker Underwood (South Torrance, Torrance)	4:12.1
1970	Brent Tubb (Cleveland, Reseda)	4:12.9
1971	Brent Tubb (Cleveland, Reseda)	4:09.6
1972	Mark Schilling (Garden Grove)	4:05.4
1973	Alvin Gilmore (Lompoc)	4:11.4
1974	Rick Kimball (De la Salle, Concord)	4:06.6
1975	John Johnson (Skyline, Oakland)	4:09.5
1976	Jim Ariola (Gahr, Cerritos)	4:14.6
1977	Mark Stillman (Willow Glen, San Jose)	4:06.9
1978	Paul Medvin (University, Los Angeles)	4:08.91
1979	Paul Medvin (University, Los Angeles)	4:12.9
1980	Larry Guinne (Castro Valley)	4:06.18
1981	Jeff Scott (El Camino, Sacramento)	4:10.06
1982	Tom Grewe (Carpinteria)	4:08.05
1983	Jim Frey (Yreka)	4:08.82
1984	Roman Gomez (Belmont, Los Angeles)	4:09.05
1985	Roman Gomez (Belmont, Los Angeles)	4:15.93
1986	Mark Mastalir (Jesuit, Carmichael)	4:07.81
1987	Scott Robinson (Bellarmine, San Jose)	4:07.95
1988	Reggie Williams (River City, West Sacramento)	4:08.78
1989	Francis O'Neil (San Pasqual, Escondido)	4:08.67
1990	Coley Candaele (Carpinteria)	4:06.26
1991	Daniel DasNeves (Helix, La Mesa)	4:12.22
1992	Daniel DasNeves (Helix, La Mesa)	4:09.54
1993	Brian Wilkinson (Merced)	4:08.13
1994	Mebrahton Keflezighi (San Diego)	4:07.67
1995	Michael Stember (Jesuit, Carmichael)	4:04.00
1996	Michael Stember (Jesuit, Carmichael)	4:06.72
1997	Jon Stevens (Mission, San Jose)	4:10.08
1998	Jon Stevens (Mission, San Jose)	4:12.58
1999	Marcus Chandler (Serra, San Diego)	4:10.44
2000	Evan Fox (West Hills, Santee)	4:09.44



# CIF STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS

2001	Ryan Hall (Big Bear, Big Bear Lake)	4:02.62
2002	Matt Johnsrud, (Woodcreek, Roseville)	4:11.89

## 3200-Meter Run (Boys)

1965	Ralph Gamez (Berkeley)	9:12.9
1966	Ralph Gamez (Berkeley)	9:01.6
1967	Pete Romero (Reedley)	9:00.5
1968	Ruben Chappins (Excelsior, Norwalk)	9:05.7
1969	Ruben Chappins (Excelsior, Norwalk)	8:57.0
1970	Ron Johnson (West Torrance, Torrance)	8:55.6
1971	Dale Fleet (Clairemont, San Diego)	8:53.8
1972	Curtis Beck (Santa Monica)	8:52.3
1973	Terry Williams (Lompoc)	8:54.8
1974	Rick Kimball (De la Salle, Concord)	8:46.5
1975	Eric Hulst (Laguna Beach)	8:44.9
1976	Eric Hulst (Laguna Beach)	8:57.4
1977	Frank Assuma (Eisenhower, Rialto)	8:52.9
1978	Jeff Nelson (Burbank)	8:59.28
1979	Jeff Nelson (Burbank)	8:47.35
1980	Andy DiConti (La Canada)	8:55.79
1981	Jon Butler (Edison, Huntington Beach)	8:46.78
1982	Harold Kuphaldt (Bella Vista, Fair Oaks)	8:51.99
1983	Eric Reynolds (Camarillo)	8:54.75
1984	Roman Gomez (Belmont, Los Angeles)	8:58.91
1985	Roman Gomez (Belmont, Los Angeles)	9:03.05
1986	Eric Mastalir (Jesuit, Carmichael)	8:44.95
1987	Paul Thomas (Jesuit, Carmichael)	9:02.82
1988	Reggie Williams (River City, West Sacramento)	8:59.61
1989	David Welsh (Jesuit, Carmichael)	8:58.08
1990	Bryan Dameworth (Agoura)	8:53.26
1991	Dave Hartman (Canyon, Canyon Country)	8:58.38
1992	Angel Martinez (San Gabriel)	8:56.34
1993	Matt Farley (Jesuit, Carmichael)	9:04.39
1994	Mebrahton Keflezighi (San Diego)	8:58.11
1995	Jason Balkman (Lynbrook, San Jose)	9:05.31
1996	Aaron Gillen (Yreka)	9:03.96
1997	Isaiah Festa (Morro Bay)	9:06.06
1998	Gary Passanisi (Aptos)	9:05.74
1999	Josh Spiker (Ventura)	9:02.00
2000	Ryan Hall (Big Bear, Big Bear Lake)	8:55.12
2001	Yong-Sung Leal (Arroyo, San Lorenzo)	9:00.49
2002	Kyle Alcorn (Buchanan, Clovis)	9:00.46

## 110-Meter High Hurdles (Boys)

1913	Carroll Grunsky (Stockton)	16.6
1914	Verl Murray (Orange)	15.8
1915	Earl Thomson (Poly, Long Beach)	15.2
1916	Harry Lampert (Manual Arts)	16.4
1917	Earl Johnston (Fullerton)	16.2
1918	Larry Rice (Fresno)	16.0
1919	Charley Daggs (Claremont)	16.6
1920	Otto Anderson (Pomona)	15.8
1921	Jack Houston (Lincoln, Los Angeles)	16.0
1922	Richard Bleet (Manual Arts)	16.6
1923	Ross Nichols (Huntington Beach)	15.4
1924	Ross Nichols (Huntington Beach)	15.3
1925	Les Eade (Hollywood)	15.4
1926	Jim Meeks (Hollywood)	15.1
1927	Jeddy Welsh (Pasadena)	14.8
1928	Joe Bills (Poly, Long Beach)	15.6
1929	Bernie Miller (Hollywood)	15.4
1930	Bill DuPuy (Inglewood)	15.4
1931	Art Fisher (Redlands)	15.5
1932	Jack Ward (Selma)	15.0
1933	Roy Staley (Santa Monica)	15.2
1934	Roy Kirpatrick (Central, El Cerrito)	14.7
1935	Johnny Lindell (Monrovia)	15.0
1936	Doug Busby (Sacramento)	15.7
1937	Ray Seares (Wilson, Long Beach)	15.5
1938	John Biewener (San Diego)	15.3
1939	Don Diez (Lincoln, Los Angeles)	14.9
	Sam Johnson (Fillmore)	14.9
1940	Keith Hale (Bakersfield)	14.7
	Don Reiss (Burlingame)	14.7
1941	Omar Cowles (Palo Alto)	14.3

1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Bob Bacon (Redondo)	14.5
1947	Hugh McElhenry (Washington, Los Angeles)	14.5
1948	Bob Mathias (Tulare)	14.5
1949	Jack Davis (Hoover, Glendale)	14.4
1950	Steve Turner (Glendale)	14.1
1951	Don Brinker (Fresno)	14.5
1952	Ancel Robinson (Selma)	14.7
1953	Harry Healey (Keppel)	14.4
1954	Rafer Johnson (Kingsburg)	14.3
1955	Ken Thompson (Centennial, Compton)	14.1
1956	Dale Messer (Lemoore)	14.2
1957	Ken Overholser (Glendale)	14.3
1958	Floyd James (Centennial, Compton)	14.1
1959	Bob Pierce (Burbank)	14.3
1960	Bobby Bonds (Poly, Riverside)	13.9
1961	Abe Johnson (McClintons, Oakland)	14.2w
1962	Ron White (Dorsey, Los Angeles)	14.0
1963	Carl Davis (Compton)	13.9
1964	Earl McCullough (Poly, Long Beach)	14.1
1965	Bill Persons (San Francisco)	13.8
	Rich Miller (Monrovia)	13.8
1966	Donald Parish (Dorsey, Los Angeles)	13.9
1967	Jerry Proctor (Muir, Pasadena)	13.7
1968	Kerry Hampton (Poly, San Francisco)	14.0
1969	Jerry Wilson (Roosevelt, Fresno)	13.7
1970	Alfonzo Hall (Morningside, Inglewood)	13.9
1971	Charles Jackson (Lompoc)	13.6w
1972	Daniel Jones (Palo Verde, Blythe)	13.6
1973	Mike Johnson (Pasadena)	13.6w
1974	Fred Shaw (Muir, Pasadena)	13.7
1975	Robert Gains (Kennedy, Richmond)	13.3
1976	Lloyd Jones (Ganesha, Pomona)	14.5
1977	Phillip Johnson (Gardena)	13.66
1978	Milan Stewart (West Covina)	13.97
1979	Jim Scannella (San Ramon, Danville)	13.87
1980	Don Ward (St. Mary's, Berkeley)	13.73
1981	David Ashford (West Covina)	13.67
1982	Steve Kerho (Mission Viejo)	13.41
1983	Mark Boyd (St. Mary's, Berkeley)	13.93
1984	Raymond Young (Hawthorne)	14.32
1985	Robert Reading (St. Mary's, Berkeley)	13.88
1986	Terry Johnson (Katella, Anaheim)	13.88
1987	Dana Hall (Ganesha, Pomona)	13.98
1988	Darrell Thompson (Cerritos)	14.25
1989	William Henry (Arroyo Grande)	14.05
1990	Curtis Hawkins (Carson)	14.41
1991	Issac Carson (Jefferson, Los Angeles)	13.67
1992	Charlie Davidson (Saddleback, Santa Ana)	13.94w
1993	Drue Powell (Reseda)	13.87
1994	Gerimi Burleigh (Upland)	13.93w
1995	Joe Naivalu (Fremont, San Jose)	14.33
1996	Joe Naivalu (Fremont, San Jose)	13.68
1997	Dominique DeGrammont (Tustin)	13.48
1998	Marcell Allmond (St. Paul, Santa Fe Springs)	13.83
1999	Marcell Allmond (St. Paul, Santa Fe Springs)	13.54
2000	Christopher Morgan (Taft, Woodland Hills)	13.95
2001	Christopher Morgan (Taft, Woodland Hills)	13.59w
2002	Thomas Mack (Bakersfield)	14.34

## 300-Meter Intermediate Hurdles(Boys)

1975	Dedy Cooper (Ellis, Richmond)	36.5
1976	Charles White (San Fernando)	36.7
1977	Andre Phillips (Silver Creek, San Jose)	36.43
1978	Gary Lee (Poly, Long Beach)	36.58
1979	Gary Lee (Poly, Long Beach)	36.22
1980	Don Ward (St. Mary's, Berkeley)	36.57
1981	Walter Murray (Berkeley)	36.26
1982	Steve Kerho (Mission Viejo)	35.85
1983	Danny Harris (Perris)	35.52
1984	George Porter (Cabrillo, Lompoc)	36.10
1985	George Porter (Cabrillo, Lompoc)	35.50
1986	Rodney Bradshaw (Saugus, Santa Clarita)	37.30

1987	Yki Vallery (Hawthorne)	37.14
1988	John Montgomery (Independence, San Jose)	36.43
1989	John Prudenti (Siena, Napa)	37.28
1990	Rocky Morris (Andrew Hill, San Jose)	37.46
1991	Keith Williams (Escondido)	37.28
1992	Demond Smith (Hawthorne)	37.34
1993	Kenny Haslip (Muir, Pasadena)	37.80
1994	Kenny Haslip (Muir, Pasadena)	37.14
1995	Mickey Grimes (Canyon Springs, Moreno Valley)	36.83
1996	Makio Haywood (Muir, Pasadena)	36.18
1997	Kenyon Rambo (Poly, Long Beach)	36.57
1998	Al Williams (Irvine)	37.17
1999	Rico Hatter (Vallejo)	36.53
2000	Trevor Jones (Newport Harbor)	36.60
2001	Jeffrey Hunter (Granite Hills, El Cajon)	36.25
2002	Thomas Mack (Bakersfield)	37.45

## 400-Meter Relay (Boys)

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

## 1600-Meter Relay (Boys)

1968	Centennial (Compton)	3:14.3
1969	Los Angeles	3:15.2
1970	Los Altos (Los Altos)	3:15.6
1971	Castlemont (Oakland)	3:13.2
1972	El Cerrito	3:17.6
1973	Cordova (Rancho Cordova)	3:17.4
1974	Muir (Pasadena)	3:13.8
1975	Ells (Richmond)	3:15.7
1976	Pasadena	3:18.2
1977	Pasadena	3:13.7
1978	Banning (Wilmington)	3:11.57
1979	Locke (Los Angeles)	3:14.04
1980	Centennial (Compton)	3:10.37
1981	Berkeley	3:08.94
1982	Compton	3:14.45
1983	Hawthorne	3:10.11
1984	Hawthorne	3:09.45
1985	Hawthorne	3:14.13
1986	Hawthorne	3:14.79
1987	Hawthorne	3:11.77



# CIF STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS

1988 Hawthorne	3:10.46	1963 Ed Caruthers (Santa Ana Valley, Santa Ana)	6-08	Clarence Humberger (Glendale)	13-03.75
1989 Dorsey (Los Angeles)	3:12.21	1964 Greg Heet (Lowell, Whittier)	6-07.75	1940 Frank Ferguson (Inglewood)	13-00
1990 Muir (Pasadena)	3:14.00	1965 Ken Brown (Castlemont, Oakland)	6-08.50	Irving Moore (Piedmont)	13-00
1991 Morningside (Inglewood)	3:15.01	1966 Tom Clyburn (Balboa, San Francisco)	6-10	1941 Chet Hartmann (San Benito)	12-06
1992 Morningside (Inglewood)	3:15.37	1967 Reynaldo Brown (Compton)	6-09.25	Irving Moore (Piedmont)	12-06
1993 North Salinas (Salinas)	3:14.19	1968 Reynaldo Brown (Compton)	7-00	Ernie Sontag (Taft, Fresno)	12-06
1994 Muir (Pasadena)	3:12.54	1969 Reynaldo Brown (Compton)	7-00	1942 (No meet held)	
1995 Muir (Pasadena)	3:13.08	1970 Jerry Culp (Oceanside)	7-00.25	1943 (No meet held)	
1996 Muir (Pasadena)	3:08.66	1971 Dwight Stones (Glendale)	7-01.50	1944 (No meet held)	
1997 Dominguez (Compton)	3:12.51	1972 Carl Miles (Poly, Long Beach)	6-10	1945 (No meet held)	
1998 Dominguez (Compton)	3:12.64	1973 Randy Turner (Wilson, San Francisco)	6-06	1946 Bill Mays (Oxnard)	12-06.50
1999 Dorsey (Los Angeles)	3:13.01	1974 Charles Hatch (Wilson, San Francisco)	7-00	Phil Quilter (Pasadena)	12-06.50
2000 Serra (Gardena)	3:12.94	1975 Johnny Washington (Fremont, Los Angeles)	7-00	1947 George Mattos (Pacific Grove)	12-06
2001 Poly (Long Beach)	3:15.11	1976 John Lane (American, Fremont)	6-11	1948 Don Barnes (Fullerton)	12-06
2002 Poly (Long Beach)	3:12.90	1977 Dennis Smith (Santa Monica)	7-02	1949 Jack Widman (Lomita Narbonne)	13-04.50
		1978 Brad Harris (Los Alamitos)	6-11	1950 Dick McDonald (Wilson, Long Beach)	13-00.50
		1979 Lee Balkin (Glendale)	7-03.25	Harold Red (Lemoore)	13-00.50
		1980 Greg Denby (Crenshaw, Los Angeles)	6-10	1951 Clarke Merrill (Belmont, Los Angeles)	13-00
		1981 Anthony Caire (Pius X, Downey)	7-01	1952 Ron Morris (Burroughs, Burbank)	13-03.75
		1982 Maurice Crumby (Balboa, San Francisco)	7-00	1953 Ron Morris (Burroughs, Burbank)	13-09.12
		1983 Maurice Crumby (Balboa, San Francisco)	7-02	1954 Bob McKay (Inglewood)	13-00
		1984 Kenny Burke (Westlake, Westlake Village)	7-00	Joe Rose (Hoover, Glendale)	13-00
		1985 Mark Webster (Homestead, Cupertino)	6-09	Stan Gaunt (Mt. Diablo)	13-00
		1986 Derrick Moore (Millikan, Long Beach)	6-10	1955 Nathaniel Finney (Jordan, Los Angeles)	13-04
		1987 Luis Juico (Piedmont Hills, San Jose)	7-01	1956 Bill Logan (El Cajon)	13-06
		1988 Reggie Bettor (Antelope Valley)	7-00	Tim Helms (Shingle Springs, El Dorado)	13-06
		1989 Mark Wilson (Charter Oak, Covina)	7-00	1957 Joyce Hendrix (Riverside)	13-06
		1990 Kevin Carlson (Katella, Anaheim)	7-00	1958 John Rose (Hoover, Glendale)	14-01
		1991 Avery Anderson (JW North, Riverside)	7-02	1959 Bob Looney (Santa Barbara)	13-08.75
		1992 Griffin Childers (Woodland)	6-11	1960 Mike Flanagan (Ganesha, Pomona)	13-03
		1993 Jeff Nadeau (Monroe, North Hills)	7-02	Gary Down (Anaheim)	13-03
		1994 Jeremy Fischer (Camarillo)	7-00	1961 Mike Graves (El Cajon)	14-02.50
		1995 Michael Wilkins (Red Bluff)	7-00	1962 Eric Berge (Costa Mesa)	14-03
		1996 Elliott Parks (El Toro, Lake Forest)	6-10	Bob Richardson (Ganesha, Pomona)	14-03
		1997 Jason Howard (Ridgeview, Bakersfield)	7-01	1963 Bill Fosdick (Andrew Hill, San Jose)	14-08.75
		1998 Darren Marble (Los Altos)	6-08	1964 Paul Wilson (Warren, Downey)	15-04.25
		1999 Gabe Zarete (Parlier)	6-11	1965 Paul Wilson (Warren, Downey)	15-06.50
		2000 Ebon Glenn (St. Mary's, Berkeley)	7-00	1966 Wayne Meyers (Foothill, Sacramento)	15-00.75
		2001 Teak Wilburn (Chico)	6-10	1967 Tom Reynolds (Morningside, Inglewood)	14-10
		2002 Cole Herron (Sanger)	6-11	1968 Steve Smith (South Torrance, Torrance)	15-03.50
				1969 Steve Smith (South Torrance, Torrance)	16-00
				1970 Tom Lindsay (La Sierra, Carmichael)	14-10.50
				1971 Tim Quinn (Monroe, Sepulveda)	15-02
				1972 Hubert Black (Fremont, Los Angeles)	15-02
				1973 Tim Curran (Crespi, Encino)	16-02.75
				1974 Jim Knaub (Lakewood)	15-06
				1975 Keith Schimmel (Villa Park)	15-06
				1976 Tim Hintnaus (Aviation, Redondo Beach)	15-02
				1977 Anthony Curran (Crespi, Encino)	17-00.25
				1978 Anthony Curran (Crespi, Encino)	17-00.25
				1979 Clark Elliot (Bellflower)	15-06
				1980 Greg Stull (Troy, Fullerton)	15-10
				1981 Doug Wicks (South Bakersfield, Bakersfield)	15-02
				1982 Scott Christensen (Acalanes, Lafayette)	15-06
				1983 Mike Kibort (Saratoga)	15-06
				1984 Ivar Moen (Los Gatos)	16-02
				1985 Brent Burns (Acalanes, Lafayette)	16-02
				1986 Steve Toney (Menlo-Atherton, Atherton)	16-02
				1987 Steve Slocum (Foothill, Santa Ana)	15-06
				1988 Tom Richards (San Marcos)	16-00
				1989 Jim Lawrence (Del Mar, San Jose)	15-06
				1990 Ed Lasquette (Mt. Pleasant, San Jose)	15-10
				1991 David Cox (Foothill, Fresno)	16-06
				1992 Clarence Phelps (Christian Brothers, Sacramento)	16-00
				1993 Scott Slover (Leland, San Jose)	16-02
				1994 Scott Slover (Leland, San Jose)	16-10
				1995 Mike Brown (Torrey Pines, Encinitas)	16-04
				1996 Steve Michels (Brethren Christian, Cypress)	16-02
				1997 David Gritz (Bear Creek, Stockton)	16-07
				1998 Mark Unzueta (Lemoore)	16-02
				1999 Brandon Braunstein (Newark Memorial, Newark)	16-02
				2000 Shane Hackett (Verdugo Hills, Tujunga)	16-04
				2001 Mike Landers (Golden Valley, Merced)	16-03
				2002 David Moore (Miramonte, Orinda)	16-06

## High Jump (Boys)

1913 Luther Nichols (Pomona)	5-10.25
1914 Paul Anderson (Santa Ana)	6-00
1915 Millard Webster (Santa Paula)	5-9.50
1916 Titus Moore (Pasadena)	5-8.50
1917 Lloyd Hill (Coalinga)	5-9.25
1918 Harold Muller (San Diego)	5-11.75
1919 Harold Muller (Oakland Technical)	5-06
1920 Oliver Corey (Chaffey)	6-00
1921 Al Fisher (Lincoln, Los Angeles)	6-00.37
1922 Ed Shaw (Monrovia)	5-10.75
1923 Henry Coggeshall (Poly, Los Angeles)	5-11
1924	
1925 Al Bowen (Santa Monica)	6-01.50
1926 Olympus Carter (Jordan, Los Angeles)	5-11
Bob Van Osdal (Compton)	5-11
1927 Lynford Scott (Eureka)	6-00.75
1928 Henry Lassalette (La Puente)	6-02.12
Bob Van Osdal (Compton)	6-02.12
1929 Walter Marty (Fresno)	6-04.25
1930 Kermit Plowman (Sequoia)	6-00.50
1931 Paul Jacques (Santa Ana)	6-04.12
1932 Cornelius Johnson (Los Angeles)	6-03
1933 Cornelius Johnson (Los Angeles)	6-04.75
1934 Delos Thurber (Glendale)	6-05.87
1935 Les Steers (Palo Alto)	6-02
1936 Les Steers (Palo Alto)	6-00.75
1937 Les Steers (Palo Alto)	6-04
1938 Gil La Cava (Beverly Hills)	6-07.12
1939 Bill Stewart (Torrance)	6-04
1940 Jack Newman (Poly, Long Beach)	6-04.12
1941 Henry Caldwell (Edison, Fresno)	6-01
1942 (No meet held)	
1943 (No meet held)	
1944 (No meet held)	
1945 (No meet held)	
1946 Wilfred Schlange (Citrus)	6-02
Dick Smith (Roosevelt, Fresno)	6-02
1947 Daryl Butts (Excelsior, Norwalk)	6-00
Walter Kirk (Porterville)	6-00
1948 Dick Brombach (Poly, Long Beach)	6-03
Ed Young (Jefferson, Los Angeles)	6-03
1949 Norman Woods (Jefferson, Los Angeles)	6-03
1950 Ralph Bonham (Pomona)	6-02.50
1951 Vern Wilson (San Jose)	6-02
1952 Bernie Allard (Fresno)	6-05.50
1953 Bernie Nelson (Hoover, San Diego)	6-04
1954 Dick Daily (Hayward)	6-05.50
1955 Charlie Dumas (Centennial, Compton)	6-08.87
1956 Curtis Chappel (Jefferson, Los Angeles)	6-03.25
1957 Robert Avant (Hart, Newhall)	6-08
1958 Ray Nickleberry (Oxnard)	6-08
Paul Stuber (Bellflower)	6-08
1959 Paul Stuber (Bellflower)	6-07.25
1960 Archie Green (Oakland)	6-06.25
Roger Olsen (Willow Glen, San Jose)	6-06.25
1961 Richard Jones (Bakersfield)	6-08.25
1962 Richard Jones (Bakersfield)	6-07.50
Otis Burrell (Jefferson, Los Angeles)	6-07.50
Bob Channell (McLane, Fresno)	6-07.50

## Pole Vault (Boys)

1913 John Munger (Santa Paula)	11-08
1914 Lincoln Hall (Santa Paula)	11-6.50
1915 Lincoln Hall (Santa Paula)	11-6
1916 Lincoln Hall (Santa Paula)	11-9
1917 Vance Wilbur (Sacramento)	11-00
1918 Eric Richardson (Ukiah)	11-06
1919 Dick Emmons (Manual Arts)	10-06
1920 Leroy Goodenough (Fillmore)	11-10
1921 Harold Shoebridge (Anaheim)	12-00
1922 Harry Smith (San Diego)	11-11.50
1923 Leo Barnes (Hollywood)	12-03.37
Harry Smith (San Diego)	12-03.62
1924 Leo Barnes (Hollywood)	12-11.50
1925 Jack Williams (Inglewood)	12-09.62
1926 Marshall Beeman (Armijo Fairfield)	12-04
Conrad Boyle (Manual Arts)	12-04
Bill Hubard (San Diego)	12-04
Jerry Stewart (Los Angeles)	12-04
1927 Bill Miller (San Diego)	12-00
1928 Bill Miller (San Diego)	12-09.50
1929 Bill Miller (San Diego)	12-06
1930 Dave Crow (Poly, Long Beach)	12-06
1931 Joe Ramsey (Inglewood)	12-08.25
Matt Stankovich (Poly, Los Angeles)	12-08.25
1932 Bill Sefton (Poly, Los Angeles)	13-00
1933 Ed Harrison (Santa Monica)	12-07
1934 Dick Clark (Hoover, Glendale)	12-10
Rich Rodriguez (Poly, Los Angeles)	12-10
1935 Dick Clark (Hoover, Glendale)	12-10.50
1936 Dave Bodkins (Inglewood)	12-11
1937 Baylor Maynard (Belmont, Los Angeles)	13-01.25
1938 Floyd Doty (Lodi)	12-10.75
Lawrence McLanahan (Sacramento)	12-10.75
1939 Frank Ferguson (Inglewood)	13-03.75



# CIF STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS

## Long Jump (Boys)

1913	Harry Wallace (Palo Alto)	22-10
1914	Ernest Plavin (Santa Ana)	22-00
1915	Ernest Plavin (Santa Ana)	21-02
1916	Harry Lamport (Manual Arts)	21-05.25
1917	Gene Davis (Poly, Los Angeles)	21-10.50
1918	Roy Hasselbach (Fresno)	21-10.50
1919	Harold Miller (Oakland Technical)	20-11.25
1920	Verden Nash (Chino)	21-00.50
1921	Verden Nash (Chino)	21-10.50
1922	Verden Nash (Huntington Beach)	21-05.25
1923	Mort Kaer (Red Bluff)	23-02.75
1924	Virgil Elliot (Huntington Beach)	22-03.50
1925	Fred Osborne (Fullerton)	21-08.50
1926	Walter Rehwald (Lincoln, Los Angeles)	21-08.50
1927	Frank Wycoff (Glendale)	22-05
1928	Dick Barber (Poly, Long Beach)	23-05.75
1929	Wells Ruby (Hollywood)	22-07.25
1930	George Shehtanian (Tulare)	22-02.62
1931	Floyd Wilson (Riverside)	23-02.62
1932	Tom White (Poly, Long Beach)	22-10.50
1933	Don Skinner (Manual Arts)	22-08
1934	Don Skinner (Manual Arts)	23-08.50
1935	Jimmy Montgomery (El Monte)	23-00.25
1936	Eddie Arnold (Muir)	23-01.75
1937	Bill Bugbee (Montebello)	23-01
1938	Bill Bugbee (Montebello)	23-07.12
1939	Jim Jurkovich (Fresno)	24-00.50
1940	Glenn Shoop (Long Beach, Jordan)	22-02.50
1941	Ray Meagher (Bakersfield)	23-05.75
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	Carl Monser (Alameda)	22-02.25
1947	Hugh McElhenny (Washington, Los Angeles)	22-10.50
1948	George Brown (Jordan, Los Angeles)	NA
1949	George Brown (Jordan, Los Angeles)	24-06.25
1950	William Johnson (Jefferson, Los Angeles)	24-02.75
1951	Bill Holland (Jefferson, Los Angeles)	22-05.75
1952	Rollin Garrison (Compton)	23-05.25
1953	Monte Upshaw (Piedmont)	23-05
1954	Monte Upshaw (Piedmont)	25-04.25
1955	Bobby Baines (Jordan, Los Angeles)	23-03.50
1956	Oscar Bean (Jefferson, Los Angeles)	24-09
1957	Luther Hayes (Lincoln, San Diego)	23-08.50
1958	Steve Rogers (Brawley)	24-06.00
1959	Effien Jones (Delano)	23-05.75
1960	Walt Roberts (Compton)	24-07.25
1961	Robert McKeever (Fremont, Los Angeles)	24-03.00
1962	James Kennedy (Lincoln, San Diego)	24-05.75
1963	Jerry Williams (Berkeley)	24-03.50
1964	Bobby Bonds (Poly, Riverside)	25-03.00
1965	Manuel Murrell (Poly, Long Beach)	24-09.75
1966	Doyle Steel (San Diego)	25-03.25
1967	Jerry Proctor (Muir, Pasadena)	25-04.50
1968	Heulon Hewitt (Merced)	24-07.00
1969	James McAllister (Blair, Pasadena)	24-02.25
1970	Lynn Swann (Serra, San Mateo)	24-02.75
1971	Randy Williams (Edison, Fresno)	26-03.25w
1972	Carl McCullough (Sacramento)	24-07.00
1973	Jerry Herndon (Cajon, San Bernardino)	25-04.50w
1974	James Lofton (Washington, Los Angeles)	24-03.50
1975	Paul Wilson (Fontana)	24-08.50
1976	Larry Doubly (Manual Arts, Los Angeles)	25-03.75w
1977	Kurt Durham (Oakland)	25-00.75
1978	Dokie Williams (El Camino, Oceanside)	25-01.25
1979	George Gaffney (Lemoore)	24-01.75
1980	Charles Mayfield (Muir, Pasadena)	23-04.75
1981	Ed Tave (Muir, Pasadena)	25-00.50
1982	Eric Thomas (Norte Del Rio, Sacramento)	24-04.75
1983	Johnny Cleveland (Soquel)	24-06.50
1984	Joe Richardson (Pasadena)	24-11.00
1985	Larry Nelson (Simi Valley)	24-03.25
1986	Curtis Rodgers (Hiram Johnson, Sacramento)	23-10.00
1987	Percy Knox (Antelope Valley, Lancaster)	24-06.50

1988	Diatory Gildersleeve (Grant, Sacramento)	24-05.50w
1989	James Stallworth (Tulare)	26-04.75
1990	Jerome Price (University City, San Diego)	25-03.25
1991	Steve Stanley (Gardena)	25-01.25w
1992	Eugene Dreher (Antelope Valley, Lancaster)	24-01.50w
1993	LeAndrew Childs (Inglewood)	24-00.00w
1994	Tyree Washington (La Sierra, Riverside)	23-09.25w
1995	Clarence Scott (Fremont, Los Angeles)	24-07.75
1996	Gerald Williams (Lynwood)	24-10.50
1997	Marvin Brown (Will C. Wood, Vacaville)	24-05.25
1998	BB Malone (Redwood, Visalia)	24-01.00w
1999	Robert Kennedy (El Camino, Sacramento)	25-02
2000	Oliver Jackson (Royal, Simi Valley)	24-04.25
2001	Trevell Quinley (Merrill West, Tracy)	24-05.75w
2002	Ronald Hill (Walnut)	23-09.50

## Triple Jump (Boys)

1939	Jack Laughner (Wilson, Long Beach)	44-08.50
1973	Willie Banks (Oceanside)	49-07.25
1974	Willie Banks (Oceanside)	50-09.00
1975	Mike Dobbins (Merced)	49-03.00
1976	Greg Caldwell (Fremont, Los Angeles)	51-08.50w
1977	Dokie Williams (El Camino, Oceanside)	51-00.50
1978	Dokie Williams (El Camino, Oceanside)	50-04.25
1979	Henry Ellard (Hoover, Fresno)	49-02.50
1980	Freeman Miller (Fremont, Los Angeles)	50-08.00
1981	Ken Frazier (Mission, San Francisco)	50-10.75
1982	Archie Cornell (Fresno)	50-03.75
1983	Torrey Barr (McLane, Fresno)	50-02.50
1984	Joe Richardson (Pasadena)	51-08.25
1985	Terrence Strong (Bakersfield)	51-09.50w
1986	Marcus Hooks (Lakewood)	51-04.25
1987	Joel Smith (Cordova, Rancho Cordova)	50-10.00
1988	Tyrone Scott (Mesa Verde, Citrus Heights)	50-06.00
1989	Lenny McGill (Orange Glen, Escondido)	51-01.25
1990	Pouphet Singbandith (Magnolia, Anaheim)	51-07.75
1991	Offord Rollins (Wasco)	51-04.75
1992	Tony Parrish (Marina, Huntington Beach)	49-01.00w
1993	Tony Parrish (Marina, Huntington Beach)	50-11.75
1994	Von Ware (Rancho Buena Vista, Vista)	50-06.00
1995	Michael Turner (Morningside, Inglewood)	49-02.00w
1996	Tye Anderson (Poly, Long Beach)	49-11.75
1997	Anthony Colson (Center, Antelope)	49-11.25w
1998	Benson Jones (Clayton Valley, Concord)	51-01.50w
1999	Kyle Carano (Hoover, Fresno)	52-02.50w
2000	Jamil Smith (Palmdale)	49-04.25
2001	Jamil Smith (Palmdale)	49-08.00
2002	Nathan Atkins (Cerritos)	49-07.75

## Shot Put (Boys)

1913	Reginald Caughy (Ukiah)	50-00
1914	Roy Bagnard (Pasadena)	49-03
1915	Wayne Weeks (Santa Rosa)	46-02.37
1916	Wayne Weeks (Santa Rosa)	47-04.25
1917	Jim Blewett (Manual Arts)	47-09.25
1918	Jennings Robertson (Sutter)	44-06
1919	Ernst Hartmann (Poly, Los Angeles)	42-03
1920	Clarence Houser (Oxnard)	49-09
1921	Clarence Houser (Oxnard)	52-00
1922	Clarence Houser (Oxnard)	55-04.75
1923	Cecil White (Modesto)	48-00.50
1924	Cecil White (Modesto)	49-07.37
1925	Herb Fleishhacker (Menlo Park)	49-02
1926	Maurey Lauterman (Poly, Los Angeles)	49-00.25
1927	Harold Falter (Glendale)	49-09.62
1928	Garrett Arbelbide (Huntington Park)	48-10.50
1929	Nelson Gray (Chaffey)	53-05.50
1930	Don Carter (Franklin, Los Angeles)	52-08.25
1931	Don Carter (Franklin, Los Angeles)	52-10
1932	Bob Pyle (Pasadena)	53-06
1933	Jim Donaldson (Hollywood)	53-03
1934	Ray Young (Riis, Los Angeles)	55-10
1935	John Raitt (Fullerton)	55-05.25
1936	Joe Hill (CSD/Berkeley)	54-05.25
1937	Wilbur Thompson (Modesto)	55-08.75

1938	Mario Russo (Pittsburg)	55-05.75
1939	Frank Minini (Paso Robles)	54-01
1940	Ben Steele (Santa Rosa)	54-04.12
1941	George Souza (Vallejo)	52-04.25
1942	(No meet held)	
1943	(No meet held)	
1944	(No meet held)	
1945	(No meet held)	
1946	John Helwig (Mt. Carmel, Los Angeles)	59-05.12
1947	Bob Cameron (Washington, Los Angeles)	53-10.87
1948	Bob Cameron (Washington, Los Angeles)	59-07.25
1949	Elmer Willhoite (Merced)	57-03.23
1950	Hal Norris (Grossmont, San Diego)	56-05.50
1951	Leon Patterson (Taft)	59-02.50
1952	Leon Patterson (Taft)	60-09.87
1953	Don Vick (Chaffey)	60-07.75
1954	Dick Bronson (Grossmont, San Diego)	59-07.12
1955	Duncan Ward (Santa Monica)	59-04.50
1956	Homer Robertson (Pacific, San Bernardino)	63-09.50
1957	Clark Branson (Pasadena)	64-00.75
1958	Jack Slocombe (Millikan, Long Beach)	61-04.50
1959	Mike Parker (Turlock)	57-08.00
1960	Matthew Baggett (Berkeley)	60-07.00
1961	Bill Pace (El Rancho, Pico Rivera)	64-03.50
1962	Jim O'Brien (DeAnza, Richmond)	62-02.25
1963	Bruce Wilhelm (Fremont, Sunnyvale)	63-04.75
1964	Bob Brannan (Los Gatos)	62-07.25
1965	Steve Marcus (Palisades, Pacific Palisades)	63-11.25
1966	John Hubbell (Poly, Long Beach)	66-11.00
1967	John Buehler (Whittier)	65-03.25
1968	Pete Schmock (San Diego, Encinitas)	63-11.00
1969	Sam Cunningham (Santa Barbara)	61-02.00
1970	Randy Withrow (Pasadena)	63-08.75
1971	Mark Stevens (Newport Harbor)	67-02.25
1972	Randy Cross (Crespi, Encino)	65-07.25
1973	Jim Niedhart (Newport Harbor)	67-03.25
1974	David Kurrasch (Santa Ana)	63-10.50
1975	David Kurrasch (Santa Ana)	65-09.50
1976	Steve Montgomery (Lassen, Susanville)	68-00.00
1977	Craig Polley (Sunny Hills, Fullerton)	62-04.25
1978	Dave Porath (Atwater)	65-10.75
1979	Don Mosebar (Mt. Whitney, Visalia)	62-06.75
1980	Scott Garnett (Muir, Pasadena)	64-04.25
1981	John Frazier (Antelope Valley, Lancaster)	63-08.75
1982	Pat Kyle (Buena Park)	60-04.00
1983	Curt Sisco (Vacaville)	63-09.50
1984	Brian Bluteich (Capistrano Valley, Mission Viejo)	64-07.25
1985	Brian Bluteich (Capistrano Valley, Mission Viejo)	68-04.00
1986	Brian Boggess (El Capitan, Lakeside)	61-04.00
1987	Dave Bultman (Royal, Simi Valley)	67-00.00
1988	Kaleaph Carter (Edison, Huntington Beach)	64-00.25
1989	Brent Noon (Fallbrook)	66-01.50
1990	Brent Noon (Fallbrook)	74-04.75
1991	Mark Parlin (Esperanza, Anaheim)	61-05.50
1992	Pete Swanson (San Benito, Hollister)	61-03.25
1993	Tyson Lingenfelter (Upland)	60-09.50
1994	Chris DeMartine (St. Ignatius, San Francisco)	58-11.50
1995	Matt Pentecost (Loyola, Los Angeles)	62-03.75
1996	James Hammond (Fowler)	64-04.00
1997	Van Mounts (Bakersfield)	67-00.75
1998	Van Mounts (Bakersfield)	66-07.00
1999	Rhuben Williams (Eagle Rock, Los Angeles)	62-08.50
2000	Rhuben Williams (Eagle Rock, Los Angeles)	63-02.50
2001	David Guerin (Leuzinger, Lawndale)	62-10.75
2002	Noah Bryant (Carpinteria)	65-07.75

## Discus Throw (Boys)

1913	Roy Bagnard (Pasadena)	122-03
1914	Roy Bagnard (Pasadena)	118-03
1915	Cifford Merritt (Santa Rosa)	113-00
1916	Wayne Weeks (Santa Rosa)	117-00
1917	Roy Evans (Chaffey)	122-11
1918	Johnny Boyle (Los Angeles)	114-02.75
1919	Johnny Boyle (Los Angeles)	120-06
1920	Clarence Houser (Oxnard)	123-08
1921	Clarence Houser (Oxnard)	135-00.50



# CIF STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS

1922	Clarence Houser (Oxnard)	144-03.20
1923	Eric Krenz (Stockton)	128-04.25
1924	Robert Patton (Poly, Riverside)	124-06.50
1925	Eddie Moeller (San Diego)	126-00.62
1926	Eddie Moeller (San Diego)	141-00
1927	Fred Steiner (Chaffey)	135-08
1928	Dudley Stephens (Woodland)	135-00.37
1929	Dudley Stephens (Woodland)	134-09
1930	Gordon Dunn (Fresno)	130-05.12
1931	George Theodoratus (Sacramento)	132-01.50
1932	Arlow Munch (Poly, Long Beach)	130-11.50
1949	John Henry Johnson (Pittsburg)	145-02
1950	Louie Irigara (Lemoore)	145-01.25
1951	Leon Patterson (Taft)	165-02
1954	Jack Egan (Balboa, San Francisco)	159-01.50
1955	Wayne Crow (Corcoran)	160-07
1956	Wayne Crow (Corcoran)	171-05.25
1957	Don Bell (Alameda)	172-03.75
1958	Bill Hook (Ukiah)	166-08
1959	Ron Sindow (San Rafael)	176-01
1960	Alex Darnes (Poly, San Francisco)	178-08
1961	Bob Stoecker (Los Altos, Los Altos)	188-06.50
1962	Bob Stoecker (Los Altos, Los Altos)	185-11.50
1963	Stan McDonald (Edison, Fresno)	178-01
1964	Bill Staley (Las Lomas, Walnut Creek)	181-02
1965	Bruce Naglee (Baltimore, San Jose)	172-03.50
1966	Jim Peters (Piedmont)	189-01
1967	Fred DeBernardi (Hart, Newhall)	178-02
1968	Rory Kenward (San Marcos, Santa Barbara)	183-11
1969	Chris Adams (Los Altos, Los Altos)	188-00
1970	Chris Adams (Los Altos, Los Altos)	201-03
1971	Bob Otto (Porterville)	184-09
1972	Scott Overton (Los Altos, Los Altos)	185-10
1973	Lonnie Shelton (Foothill, Bakersfield)	195-05
1974	Ray Burton (Vacaville)	193-00
1975	Mike Alberg (Lodi)	171-11
1976	Scott Endler (Hoover, Fresno)	192-10
1977	David Thompson (Santa Ynez)	190-00
1978	David Porath (Atwater)	199-05
1979	Hank Kraychir (San Jacinto)	192-09
1980	Paul Bender (Shafter)	192-09
1981	Antonio Dobbins (Burroughs, Ridgecrest)	180-10
1982	Antonio Dobbins (Burroughs, Ridgecrest)	191-01
1983	Barry Estes (Clovis)	183-04
1984	Tambi Wenj (Fountain Valley)	185-11
1985	Brian Bluetreich (Capistrano Valley, Mission Viejo)	203-04
1986	Jeff Hooper (Del Campo, Fair Oaks)	187-04
1987	Dave Bultman (Royal, Simi Valley)	193-06
1988	John Wirtz (Leland, San Jose)	192-10
1989	Derrick Stevens (Bakersfield)	188-02
1990	Rob Powell (Redwood, Visalia)	203-04
1991	Jeff Buckley (Bakersfield)	182-05
1992	Jeff Buckley (Bakersfield)	186-10
1993	Chad Peare (Trabuco Hills, Mission Viejo)	182-02
1994	Jeremy Staat (Bakersfield)	183-08
1995	Chad Jones (Arroyo Grande)	183-09
1996	Scott Moser (Huntington Beach)	185-07
1997	Scott Moser (Huntington Beach)	203-02
1998	Reedus Thurman (Serra, Gardena)	202-01
1999	Dan Ames (El Capitan, Lakeside)	199-09
2000	Travis Pendleton (Esperanza, Anaheim)	203-05
2001	Sean Shields (Arroyo Grande)	189-01
2002	Jarred Morgan (La Quinta, La Quinta)	194-01

## 100-Meter Dash (Girls)

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

1985	Tesha Giddens (Locke, Los Angeles)	11.58
1986	Angela Burnham (Rio Mesa, Oxnard)	11.78
1987	Janeene Vickers (Pomona)	11.76
1988	Angela Burnham (Rio Mesa, Oxnard)	11.52
1989	Angela Burnham (Rio Mesa, Oxnard)	11.31w
1990	Marion Jones (Rio Mesa, Oxnard)	11.67w
1991	Marion Jones (Rio Mesa, Oxnard)	11.17
1992	Marion Jones (Thousand Oaks)	11.14
1993	Marion Jones (Thousand Oaks)	11.61
1994	Heather Sumpter (Muir, Pasadena)	11.69
1995	Lakeisha Backus (Wilson, Long Beach)	11.39w
1996	Malika Edmonson (St. Bernard, Marina del Rey)	11.82w
1997	Angela Williams (Chino)	11.15
1998	Angela Williams (Chino)	11.10w
1999	Tania Woods (Skyline, Oakland)	11.41
2000	Sani Roseby (Monterey)	11.90
2001	Allyson Felix (Los Angeles Baptist, North Hills)	11.61
2002	Allyson Felix (Los Angeles Baptist, North Hills)	11.55

## 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	Kelia Bolton (Andrew Hill, San Jose)	23.99
1979	Gwen Loud (Westchester)	23.54
1980	Sherri Howard (Kennedy, Granada Hills)	23.19
1981	Denean Howard (Kennedy, Granada Hills)	23.73
1982	Denean Howard (Kennedy, Granada Hills)	23.59w
1983	Lisa Winston (Jordan, Long Beach)	23.83
1984	Paulette Blalock (Compton)	23.59
1985	Tami Stiles (Hawthorne)	23.45
1986	Tami Stiles (Hawthorne)	24.02
1987	Maddette Smith (Quartz Hill)	24.12
1988	Angela Burnham (Rio Mesa, Oxnard)	23.45
1989	Angela Burnham (Rio Mesa, Oxnard)	23.56
1990	Marion Jones (Rio Mesa, Oxnard)	23.71
1991	Marion Jones (Rio Mesa, Oxnard)	22.91w
1992	Marion Jones (Thousand Oaks)	22.83
1993	Marion Jones (Thousand Oaks)	23.14
1994	Lakeisha Backus (Wilson, Long Beach)	23.21
1995	Lakeisha Backus (Wilson, Long Beach)	23.01w
1996	Malika Edmonson (St. Bernard, Marina del Rey)	23.47
1997	Kinshasa Davis (Wilson, Long Beach)	22.90
1998	Angela Williams (Chino)	23.02
1999	Tania Woods (Skyline, Oakland)	22.88
2000	Monique Henderson (Morse, San Diego)	23.19
2001	Angel Perkins (Gahr, Cerritos)	22.85w
2002	Allyson Felix (Los Angeles Baptist, North Hills)	22.83

## 400-Meter Dash (Girls)

1974	Veronica Venezie (Terra Linda, San Rafael)	56.4
1975	Jodi Anderson (Washington, Los Angeles)	55.3
1976	Marquita Belk (Silver Creek, San Jose)	55.2
1977	Valerie Brisco (Locke, Los Angeles)	55.14
1978	Arlise Emerson (Westminster)	54.3
1979	Sherri Howard (San Geronio, San Bernardino)	53.65
1980	Denean Howard (Kennedy, Granada Hills)	53.04
1981	Gervaise McCraw (Ganesha, Pomona)	54.15
1982	Denean Howard (Kennedy, Granada Hills)	52.39
1983	Leslie Maxie (Mills, Millbrae)	53.19
1984	Chewaukii Knighten (Locke, Los Angeles)	52.67
1985	Chewaukii Knighten (Locke, Los Angeles)	52.72
1986	Princess Bennett (Compton)	53.56
1987	Angela Rolfe (Dorsey, Los Angeles)	53.55
1988	Angela Rolfe (Dorsey, Los Angeles)	54.26
1989	Angela Rolfe (Dorsey, Los Angeles)	53.97
1990	Janice Nichols (Bakersfield)	53.89
1991	Janice Nichols (Bakersfield)	54.19
1992	Janice Nichols (Bakersfield)	54.46
1993	Asha Jaysinghe (Arcadia)	55.45
1994	Latasha Gilliam (Pittsburg)	53.93
1995	Angela Williams (Chino)	53.40
1996	Kinshasa Davis (Wilson, Long Beach)	52.67
1997	Kinshasa Davis (Wilson, Long Beach)	52.66

1998	Monique Henderson (Morse, San Diego)	53.41
1999	Monique Henderson (Morse, San Diego)	52.87
2000	Monique Henderson (Morse, San Diego)	50.74
2001	Monique Henderson (Morse, San Diego)	51.34
2002	Christina Hardeman (Wilcox, Santa Clara)	54.09

## 800-Meter Run (Girls)

1974	Kathy Costello (Pleasant Hill)	2:10.4
1975	Kathy Costello (Pleasant Hill)	2:09.2
1976	Alice Trumbley (Coalinga)	2:13.3
1977	Ann Regan (Camden, San Jose)	2:08.0
1978	Ann Regan (Camden, San Jose)	2:07.93
1979	Ann Regan (Camden, San Jose)	2:10.22
1980	Marilyn Davis (Miramonte, Orinda)	2:09.73
1981	Donna Curtis (Culver City)	2:06.08
1982	Rennie Durrand (Laguna Beach)	2:06.36
1983	Kerri Zaleski (Millikan, Long Beach)	2:06.41
1984	Trena Hull (Compton)	2:04.91
1985	Kristen Dowell (Santa Teresa, San Jose)	2:10.07
1986	Laura Chapel (University City, San Diego)	2:08.66
1987	Kimberly McAllister (Locke, Los Angeles)	2:12.92
1988	Kathy Roldan (Mt. Whitney, Visalia)	2:12.11
1989	Kim Toney (Atascadero)	2:09.33
1990	Kim Toney (Atascadero)	2:06.13
1991	Nicole Teter (West Valley, Cottonwood)	2:08.14
1992	Miesha Marzell (Bishop O'Dowd, Oakland)	2:10.29
1993	Miesha Marzell (Bishop O'Dowd, Oakland)	2:09.13
1994	Kristie Johnson (Central, Fresno)	2:09.98
1995	Kristie Johnson (Central, Fresno)	2:08.86
1996	Lindsay Hyatt (Placer, Auburn)	2:11.24
1997	Lindsay Hyatt (Placer, Auburn)	2:09.16
1998	Lindsay Hyatt (Placer, Auburn)	2:07.90
1999	Lindsay Hyatt (Placer, Auburn)	2:06.74
2000	Liz Morse (Corona del Mar)	2:08.16
2001	Shannon Rowbury (Sacred Heart Cathedral, SF)	2:10.31
2002	Jamillah Titus (Vintage, Napa)	2:08.62

## 1600-Meter Run (Girls)

1974	Jill Caldwell (Westminster)	5:02.2
1975	Kathy Costello (Pleasant Hill)	4:53.5
1976	Linda Broderick (Tamalpais, Mill Valley)	4:56.8
1977	Linda Goen (North, Bakersfield)	4:47.8
1978	Cheri Williams (Livermore)	4:44.95
1979	Linda Goen (North, Bakersfield)	4:51.09
1980	Polly Plumer (University, Irvine)	4:46.71
1981	Polly Plumer (University, Irvine)	4:42.43
1982	Polly Plumer (University, Irvine)	4:39.92
1983	Cory Schubert (Del Mar, San Jose)	4:44.93
1984	Shannon Clark (Mountain View)	4:47.52
1985	Shannon Clark (Mountain View)	4:49.14
1986	Darcy Arreola (Grossmont, La Mesa)	4:45.13
1987	Kira Jorgensen (Vista)	4:45.98
1988	Kira Jorgensen (Vista)	4:49.54
1989	Kira Jorgensen (Vista)	4:49.55
1990	Becky Spies (Livermore)	4:48.74
1991	Becky Spies (Livermore)	4:45.11
1992	Shelley Taylor (Edison, Huntington Beach)	4:48.52
1993	Milena Glusac (Fallbrook)	4:50.83
1994	Elissa Riedy (Mission San Jose, San Jose)	4:54.28
1995	Elissa Riedy (Mission San Jose, San Jose)	4:45.35
1996	Annie Ebner (St. Lucy's Prep, Glendora)	4:48.72
1997	Julia Stamps (Santa Rosa)	4:44.78
1998	Sara Bei (Montgomery, Santa Rosa)	4:49.21
1999	Alejandra Barrientos (San Lorenzo)	4:45.02
2000	Jenny Aldridge (Maria Carillo, Santa Rosa)	4:49.63
2001	Alejandra Barrientos (San Lorenzo Valley)	4:43.24
2002	Shannon Rowbury (Sacred Heart Cathedral, SF)	4:52.77

## 3200-Meter Run (Girls)

1977	Roxanne Bier (Independence, San Jose)	10:39.7
1978	Cheri Williams (Livermore)	10:17.71
1979	Lisa Scaduto (Santa Monica)	10:34.94
1980	Vicki Cook (Alemany, Mission Hills)	10:14.78
1981	Vicki Cook (Alemany, Mission Hills)	10:12.31
1982	Vicki Cook (Alemany, Mission Hills)	10:16.27



# CIF STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS

1983	Cory Schubert (Del Mar, San Jose)
1984	Kristen O'Hara (Palos Verde)
1985	Rebecca Chamberlain (Leigh, San Jose)
1986	Laurie Chapman (Gunderson, San Jose)
1987	Mary Mendoza (Presentation, San Jose)
1988	Karen Hecox (South Hills, West Covina)
1989	Rayna Cervantes (Montebello)
1990	Deena Drossin (Agoura)
1991	Deena Drossin (Agoura)
1992	Milena Glusac (Fallbrook)
1993	Milena Glusac (Fallbrook)
1994	Julia Stamps (Rincon Valley JH, Santa Rosa)
1995	Julia Stamps (Santa Rosa)
1996	Kim Mortensen (Thousand Oaks)
1997	Julia Stamps (Santa Rosa)
1998	Sara Bei (Montgomery, Santa Rosa)
1999	Lauren Fleschman (Canyon, Canyon Country)
2000	Anitai Siraki (Hoover, Glendale)
2001	Sara Bei (Montgomery, Santa Rosa)
2002	Clara Horowitz, (Head Royce, Oakland)

## 100-Meter Low Hurdles (Girls)

1977	Kris Costello (Lynbrook, San Jose)
1978	Kris Costello (Lynbrook, San Jose)
1979	Janet Yarrowrough (Clovis)
1980	Judy Young (Berkeley)
1981	Sherifa Sanders (Berkeley)
1982	Natalie Spinks (Skyline, Oakland)
1983	Chewaukii Knighten (Locke, Los Angeles)
1984	Gail Devers (Sweetwater, National City)
1985	Lana Cantrell (Muir, Pasadena)
1986	Janeene Vickers (Pomona)
1987	Janeene Vickers (Pomona)
1988	Michelle Decoux (Bishop O'Dowd, Oakland)
1989	Felice Lipscomb (Santa Monica)
1990	Felice Lipscomb (Santa Monica)
1991	Phetima Woods (Duarte)
1992	Twila Sims (Lompoc)

## 100-Meter High Hurdles (Girls)

1993	Bisa Grant (Bishop O'Dowd, Oakland)
1994	Davetta Shepard (Kennedy, Sacramento)
1995	Joanna Hayes (J.W. North, Riverside)
1996	Nicole Hoxie (J.W. North, Riverside)
1997	Nicole Hoxie (J.W. North, Riverside)
1998	Natasha Neal (James Logan, Union City)
1999	Nichole Denby (J.W. North, Riverside)
2000	Nichole Denby (J.W. North, Riverside)
2001	Lashinda Demus (Wilson, Long Beach)
2002	Talia Stewart (James Logan, Union City)

## 300-Meter Low Hurdles (Girls)

1981	Audrey Williams (Saugus)
1982	Gayle Kellon (Walnut)
1983	Gayle Kellon (Walnut)
1984	Leslie Maxie (Mills, Millbrae)
1985	Leslie Maxie (Mills, Millbrae)
1986	Janeene Vickers (Pomona)
1987	Janeene Vickers (Pomona)
1988	Michelle Decoux (Bishop O'Dowd, Oakland)
1989	Twila Sims (Lompoc)
1990	Felice Lipscomb (Santa Monica)
1991	Erin Blunt (San Pasqual, Escondido)
1992	Twila Sims (Lompoc)
1993	Angela Harris (Skyline, Oakland)
1994	Angela Harris (Skyline, Oakland)
1995	Joanna Hayes (J.W. North, Riverside)
1996	Tisha Ponder (Del Mar, San Jose)
1997	Ryan Peters (Skyline, Oakland)
1998	Natasha Neal (James Logan, Union City)
1999	Lashinda Demus (Wilson, Long Beach)
2000	Lashinda Demus (Wilson, Long Beach)
2001	Ashlee Brown (J.W. North, Riverside)
2002	Ashlee Brown (J.W. North, Riverside)

10:08.14

10:11.82

10:23.85

10:12.86

10:33.04

10:16.14

10:32.95

10:29.60

10:30.71

10:28.62

10:42.68

10:26.51

10:15.27

9:52.80

10:15.17

10:31.06

10:18.81

10:18.50

10:11.11

10:31.01

## 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
1984	Hawthorne
1985	Hawthorne
1986	Hawthorne
1987	St. Francis (Mountain View)
1988	Hawthorne
1989	Muir (Pasadena)
1990	Bakersfield
1991	Morningside (Inglewood)
1992	Morningside (Inglewood)
1993	Poly (Long Beach)
1994	Wilson (Long Beach)
1995	Poly (Long Beach)
1996	James Logan (Union City)
1997	St. Bernard (Playa del Rey)
1998	St. Bernard (Playa del Rey)
1999	San Lorenzo Valley
2000	Berkeley
2001	Wilson (Long Beach)
2002	Poly (Long Beach)

## 1600-Meter Relay (Girls)

1974	Berkeley
1975	Washington (Los Angeles)
1976	Fremont (Los Angeles)
1977	Locke (Los Angeles)
1978	Fremont (Los Angeles)
1979	San Geronio (San Bernardino)
1980	Kennedy (Granada Hills)
1981	Kennedy (Granada Hills)
1982	Dorsey (Los Angeles)
1983	Dorsey (Los Angeles)
1984	Locke (Los Angeles)
1985	Muir (Pasadena)
1986	Compton
1987	Poly (Long Beach)
1988	Hawthorne
1989	Hawthorne
1990	Morningside (Inglewood)
1991	Poly (Long Beach)
1992	Poly (Long Beach)
1993	Poly (Long Beach)
1994	Skyline (Oakland)
1995	Poly (Long Beach)
1996	Wilson (Long Beach)
1997	St. Bernard (Playa del Rey)
1998	Wilson (Long Beach)
1999	Wilson (Long Beach)
2000	J.W. North (Riverside)
2001	Wilson (Long Beach)
2002	Poly (Long Beach)

## High Jump (Girls)

1974	Pam Blackburn (Cubberley, Palo Alto)
1975	Kim Maddox (Los Angeles)
1976	Kari Gosswiller (Upland)
1977	Kari Gosswiller (Upland)
1978	Sue McNeal (Carlsbad)
1979	Tonya Alston (Chico)
1980	Karen Lysaght (St. Francis, Sacramento)
1981	Katrina Johnson, Marshall Fundamental, Pasadena)
1982	Katrina Johnson, Marshall Fundamental, Pasadena)
1983	Tonya Mendonca, Mt. Whitney, Visalia)
1984	Wendy Brown (Woodside)

47.5

48.0

47.6

46.14

47.14

47.95

45.81

45.13

46.56

45.99

45.95

45.54

45.95

47.10

46.46

46.49

46.38

46.34

45.74

46.17

45.1h

45.20

44.70

46.00

45.90

45.96

45.40

45.50

1985	Latrese Johnson (Clovis)	6-02
1986	Yleana Carrasco (Anaheim)	5-10
1987	Lynn Patrick (Serra, San Diego)	5-10
1988	Crissy Mills, Campbell Hall, North Hollywood	5-10
1989	Crissy Mills, Campbell Hall, North Hollywood	6-00
1990	Chi Johnson (Menlo-Atherton, Atherton)	5-08
1991	Tanya Smith (Cordova, Rancho Cordova)	5-11
1992	Kristy Kieruff (Esperanza, Anaheim)	5-10
1993	Tracye Lawyer (Cate, Carpinteria)	5-10
1994	Kristy Kieruff (Esperanza, Anaheim)	5-10
1995	Tara Fleming (Immanuel, Reedley)	6-00
1996	Liz Gilner (Chaminade, Canoga Park)	5-10
1997	Tayyiba Haneef (Laguna Hills)	5-09
1998	Tia Hanson (El Cajon)	5-08
1999	Kim Stone (York, Monterey)	5-09
2000	Schquay Brignac (Taft, Los Angeles)	5-09
2001	Chaunte Howard (JW North, Riverside)	5-10
2002	Sharon Day (Costa Mesa)	5-11

## Pole Vault (Girls)

1995	Melissa Price (Kingsburg)	12-06
1996	Alexa Harz (Peninsula, Rolling Hills Estates)	12-01.25
1997	Bridget Pearson (Hoover, Glendale)	12-00
1998	Tracy O'Hara (Rancho Bernardo, San Diego)	12-08
1999	Kathleen Donoghue (Rancho Bernardo, San Diego)	12-08.25
2000	Lara Chen (Temple City)	12-04
2001	Shayla Ballentine (Morro Bay)	13-08
2002	Chelsea Johnson (Atascadero)	13-03

## Long Jump (Girls)

1974	Jodi Anderson (Washington, Los Angeles)	19-07
1975	Jodi Anderson (Washington, Los Angeles)	19-06.50w
1976	Jodi Anderson (Washington, Los Angeles)	20-00.25
1977	Lisa Gourdine (El Toro, Lake Forest)	19-01
1978	Kathy Hayes (Madera)	19-03
1979	Gwen Loud (Westchester)	20-04.50
1980	Marlene Harmon (Thousand Oaks)	20-08.75
1981	Chris Mose (El Cajon)	18-10.25
1982	Wendy Brown (Woodside)	19-10.50
1983	Gail Devers (Sweetwater, National City)	19-06.00
1984	Wendy Brown (Woodside)	20-09.75
1985	Yvette Roberts (Washington Union, Fresno)	19-01.00
1986	Madette Smith (Quartz Hill)	20-04.75
1987	Karen Lawson (St. Francis, Mountain View)	19-01.50
1988	Tonya Conner (Barstow)	19-05.75
1989	Juliana Yendork (Walnut)	20-02.50w
1990	Juliana Yendork (Walnut)	20-01.50
1991	Juliana Yendork (Walnut)	20-07.50w
1992	Kam Warner (West, Bakersfield)	20-06.25
1993	Marion Jones (Thousand Oaks)	22-00.50
1994	Tara Oettinger (Foothill, Santa Ana)	19-07.50
1995	Jernae Wright (James Logan, Union City)	20-08.00w
1996	Jernae Wright (James Logan, Union City)	20-03.00
1997	Bunni Ogunleye (Poly, Long Beach)	20-00.75w
1998	Angela Williams (Chino)	19-07.75w
1999	Sani Roseby (Monterey)	19-08.75w
2000	Michelle Sanford (Woodbridge, Irvine)	19-07.25
2001	Elzunia Wojcik (Hollister)	20-05.50w
2002	Lena Bettis (J.W. North, Riverside)	19-08.25

## Triple Jump (Girls)

1982	Wendy Brown (Woodside)	39-08.75
1983	Wendy Brown (Woodside)	40-03.00
1984	Wendy Brown (Woodside)	42-10.50
1985	Sheila Hudson (Rio Linda)	41-10.00w
1986	Felicia Harris (San Lorenzo)	40-02.00
1987	Kim Lassair (Northgate, Walnut Creek)	39-06.25
1988	Stacy Thompson (Morse, San Diego)	39-01.00
1989	Juliana Yendork (Walnut)	41-10.00
1990	Juliana Yendork (Walnut)	42-00.25
1991	Juliana Yendork (Walnut)	43-06.50
1992	Kayla Montgomery (Clovis West, Fresno)	39-11.25
1993	Cheaza Figueroa (Quartz Hill)	40-01.25
1994	Tamieka Porter (Orange Glen, Escondido)	38-11.50
1995	Kelly O'Connor (Esperanza, Anaheim)	40-06.50



# CIF STATE TRACK AND FIELD INDIVIDUAL EVENT CHAMPIONS

1996	Kelly O'Connor (Esperanza, Anaheim)	40-02.50
1997	Andrea Booker (El Camino, Oceanside)	40-00.00w
1998	Andrea Booker (El Camino, Oceanside)	40-00.25w
1999	Heather Contreras (Sutter)	40-03.75
2000	Blessing Ufodiama (Poly, Long Beach)	40-08.75
2001	Candace Bauchman (Poly, Long Beach)	42-04.50
2002	Michelle Sanford (Woodbridge, Irvine)	41-05.25

## Shot Put (Girls)

1974	Kathy Devine (Mission Bay, San Diego)	47-04.50
1975	Kathy Devine (Mission Bay, San Diego)	42-03.25
1976	Becky Daniel (Newport Harbor)	42-09.75
1977	Debra Thortana (Sacramento)	43-09
1978	Kerry Zwart (Crescenta Valley, La Crescenta)	45-11.50
1979	Susie Ray (Villa Park)	49-06.50
1980	Natalie Kaaiawahia (Fullerton)	48-04.50
1981	Natalie Kaaiawahia (Fullerton)	51-08.50
1982	Natalie Kaaiawahia (Fullerton)	50-03
1983	Natalie Kaaiawahia (Fullerton)	52-07.50
1984	Pam Alexander (Arlington, Riverside)	46-03.50
1985	Elaina Oden (Irvine)	46-11.75
1986	Brandi Gail (Rowland, Rowland Heights)	45-02.50
1987	Kim Lassair (Northgate, Walnut Creek)	39-06.25
1988	Dawn Dumble (Bakersfield)	48-02.50
1989	Melissa Weis (Bakersfield)	44-01
1990	Dawn Dumble (Bakersfield)	49-03.50
1991	Mika Hilaire (Pittsburg)	45-04.25
1992	Kristin Heaston (Ygnacio Valley, Concord)	45-03.50
1993	Kristin Heaston (Ygnacio Valley, Concord)	52-11.50
1994	Delores Tuimolou (Channel Islands, Oxnard)	46-10
1995	Rebecca Morrison (Presentation, San Jose)	47-06.75
1996	Stephanie Brown (Arroyo Grande)	43-00.25
1997	Cynthia Ademiluyi (Poly, Long Beach)	47-05.25
1998	Stephanie Brown (Arroyo Grande)	48-10.75
1999	Jill Camarena (Woodland)	48-06
2000	Karen Freberg (San Luis Obispo)	50-07.25
2001	Karen Freberg (San Luis Obispo)	50-02.25
2002	Rachel Varner (Bakersfield)	47-00.50

## Discus Throw (Girls)

1976	Kathy Middleton (Poway)	134-05
1977	Karen Stampfil (Lassen, Susanville)	137-08
1978	Christi Pyle (Hoover, Glendale)	149-03
1979	Leslie Deniz (Gridley)	167-01
1980	Leslie Deniz (Gridley)	172-11
1981	Natalie Kaaiawahia (Fullerton)	162-10
1982	Jacque Norton (Mission Viejo)	160-02
1983	Natalie Kaaiawahia (Fullerton)	170-01
1984	Stacy Horn (Cordova, Rancho Cordova)	159-01
1985	Lil Ili (Nogales, La Puente)	162-02
1986	Tracy Crawford (Southwest, San Diego)	156-02
1987	Dawn Dumble (Bakersfield)	144-10
1988	Melissa Weis (Bakersfield)	159-07
1989	Melissa Weis (Bakersfield)	168-00
1990	Melissa Weis (Bakersfield)	169-11
1991	Celeste McVey (Redlands)	160-11
1992	Suzy Powell (Downey, Modesto)	169-08
1993	Suzy Powell (Downey, Modesto)	168-11
1994	Suzy Powell (Downey, Modesto)	174-02
1995	Nadia Lopez (Arroyo Grande)	152-06
1996	Chaniqua Ross (Laguna Creek, Elk Grove)	158-04
1997	Chaniqua Ross (Laguna Creek, Elk Grove)	177-01
1998	Stephanie Brown (Arroyo Grande)	181-03
1999	April Burton (Bakersfield)	153-10
2000	Jill Camarena (Woodland)	151-01
2001	Rachel Varner (Bakersfield)	162-09
2002	Billie Jo Grant (Arroyo Grande)	174-00

# CIF 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 - Poly, Long Beach (1928, 32, 59, 64-65, 1997-98)
- 7 - Manual Arts, Los Angeles (1915, 16, 19, 24, 25, 53, 58)
- 6 - Hawthorne (1983-85, 1987-89)

### Most Consecutive State Championships

- 4 - Jefferson, Los Angeles (1949-52)
- 3 - Hawthorne (twice; 1983-85, 1987-89)
- 3 - Muir, Pasadena (1994-96)

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

## MOST IND. 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 Williams, Chino  
100m (1997-98), 200m (1998), 400m (1995), LJ (1998)
- 5 - Angela Burnham, Rio Mesa Oxnard  
100m (1986, 1988-89) 200m (1988-89)
- 5 - Monique Henderson, Morse  
200m (2000) 400m (1998-2001)
- 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)
- 4 - Lindsay Hyatt, Placer 800m (1996-99)
- 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)
- 3 - Stephanie Brown, Arroyo Grande  
DT (1998) SP (1996, 1998)
- 3 - Sara Bei, Montgomery, Santa Rosa  
1600 (1998) 3200 (1998, 2001)

## GIRLS

### Most State Championships

- 7 - Long Beach Poly (1991-92, 94, 1997-98, 2001-02)
- 5 - Berkeley (1974, 76, 1981-83)
- 3 - JW North (1999, 2000, 2002)
- 2 - Muir, Pasadena (1985, 1989); Bakersfield (1988, 1990); Long Beach Wilson (1996, 1998).

### Most Consecutive State Championships

- 3 - Berkeley (1981-83)
- 2 - Long Beach Poly (thrice; 1991-92, 97-98, '01-02)
- 2 - JW North (1999-2000)

## MOST IND. TITLES (BOYS)

- 6 - Bud Houser, Oxnard  
SP (1920-22) DT (1920-22)
- 5 - Charley Paddock, Pasadena  
100yards (1916, 1918) 220 yards (1916-18)
- 4 - Frank Wykoff, Glendale  
100yards (1927) 220 yards (1927-28), LJ (1927)
- 4 - Eddie Morris, Huntington Beach  
100 yards (1940) 220 yards (1938-40)
- 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 Pasadena  
110HH ('67) 300IH ('67) LJ ('67)
- 3 - Reynaldo Brown, Compton HJ (1967-69)
- 3 - Brian Bluetreich, Capistrano Valley  
Shot (84-85) Discus (85)
- 3 - Wayne Weeks, Santa Rosa  
Shot (1915-16) Discus (1916)
- 3 - Harry Lamport, Manual Arts LA 120 HH (1916) 220 LH (1916) LJ (1916)
- 3 - Harold "Brick" Muller, San Diego & Technical  
Oakland HJ (1916, 1917) LJ (1917)
- 3 - Verden Nash, Chino LJ (1920-22)
- 3 - Mort Kaer, Red Bluff 220 LH (1922-23) LJ (1923)
- 3 - Bill Miller, San Diego PV (1927-29)
- 3 - Roy Kirpatrick, Entral El Centro 220 LH (1933-34)  
120 HH (1934)
- 3 - Les Steers, Palo Alto HJ (1935-37)
- 3 - Hugh McElhenny, Washington LA 120 HH (1947) 180 LH (1947), LJ (1947)
- 3 - John Bradley, Hoover Glendale 100 ('47) 220 (47-48)
- 3 - Leon Patterson, Taft Discus (1951) Shot (1951-52)
- 3 - Leamon King, Delano 220 (1951, 53) 100 (1953)
- 3 - Monte Upshaw, Piedmont LJ (1953-54) 180 LH (1954)
- 3 - Hubie Watson, Jordan LA 100 (1958-59) 220 (1959)

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