

GIRLS TRACK & FIELD

TEAM CHAMPIONS

Date	Winner	Coach	Score	Runner-up	Coach	Score
5/24/74	Kearny	Carol Douglas	30	Vista	Lynn Smith	Unknown
5/31/75	Point Loma	Jeri Minott	26	San Dieguito	Joan Peterson	22
5/29/76	Point Loma	Jeri Minott	36	Crawford	Kay Thompson	18
5/28/77	Crawford	Mary Wade	45	Vista	Lynn Smith	34
5/27/78	Crawford	Darryl Nelson	35	Morse	Jim Cerveny	30
5/25/79	Crawford	Darryl Nelson	34	Vista	Sylvia Mireles	23
5/30/80	Morse	Jim Cerveny	50	Vista	Sylvia Mireles	22
5/29/81	Crawford	Darryl Nelson	57	Morse	Connie Phillips	49
5/29/82	Mt. Carmel	Dennis McClanahan	58	Morse	Connie Phillips	38
				Crawford	Darryl Nelson	38 (Tie)
5/21/83	El Camino	Tom Sprink	48	Sweetwater	Gene Alim	40
5/19/84	Sweetwater	Rexanne Ring	40	Valhalla	Don Roberson	32
				Madison	Betty Bennett	32 (Tie)
5/23/85	Southwest	Fred Sills	58	Morse	Gary MacDonald	56
5/29/86	Morse	Gary MacDonald	64	Grossmont	Richard Bullock	43
5/30/87	Morse	Gary MacDonald	61	Crawford	Darryl Nelson	40
5/28/88	Morse	Gary MacDonald	54	Patrick Henry	Elmer Runge	44
5/27/89	San Pasqual	Wil Wester	50	Mt. Carmel	Dennis McClanahan	49
5/26/90	Mt. Carmel	Dennis McClanahan	78	San Pasqual	Wil Wester	50
5/25/91	Mt. Carmel	Dennis McClanahan	78	San Pasqual	Wil Wester	71
5/30/92	San Pasqual	Tim Whitehead	70	Mt. Carmel	Dennis McClanahan	63
5/29/93	Morse	Gary MacDonald	88	Fallbrook	Tim Hauck	47
5/28/94	Morse	Gary MacDonald	80	Hilltop	Chip Holmes	26
				Rancho Bernardo	Don Jones	26 (Tie)
5/27/95	Morse	Gary MacDonald	56	RB Vista	Tom Lux	42
				Monte Vista	Janet Duffy	42 (Tie)
5/25/96	Morse	Gary MacDonald	69	RB Vista	Tom Lux	38
5/31/97	Morse	Gary MacDonald	56	El Camino	Terry Scaife	54

DIVISION I

Date	Winner	Coach	Score	Runner-up	Coach	Score
5/23/98	R. Bernardo	Don Jones	92	Morse	Gary MacDonald	54
5/22/99	R. Bernardo	Don Jones	122	Morse	Gary MacDonald	53
5/27/00	RB Vista	Renee Ross	81	Rancho Bernardo	Don Jones	77
5/25/01	Morse	Gary MacDonald	69	Rancho Bernardo	Don Jones	62
5/18/02	El Camino	Sean Helgesen	94	Rancho Bernardo	Don Jones	56
5/31/03	El Camino	Jeremy Gee	98	Rancho Bernardo	Don James	62
5/29/04	San Pasqual	Patrick King	65	El Camino	Jeremy Gee	64
5/28/05	Morse	Gary MacDonald	72	La Costa Canyon	Mike Gainok	66
5/27/06	Rancho Bernardo	Don Jones	80	La Costa Canyon	Joe Cohen	50
5/26/07	Rancho Bernardo	Don Jones	60	Vista	Candice Kordis	50
5/24/08	Rancho Bernardo	Don Jones	67	Vista		46
5/30/09	Rancho Bernardo	Don Jones	80	Torrey Pines	Charlenne Falcis-Stevens	52

DIVISION II

Date	Winner	Coach	Score	Runner-up	Coach	Score
5/23/98	Hilltop	Jim Hunt	89	Lincoln	Vic Player	58
5/22/99	Hilltop	Chip Holmes	92	La Jolla	Tom Dorman	63
5/27/00	Eastlake	George Mancilla	85	USDHS	Dan Geiger	47
5/25/01	USDHS	Dan Geiger	64	La Jolla	Tom Dorman	37
				Valley Center	Mike Cummings	37 (Tie)
5/18/02	EC Southwest	Mike Becker	62	University City	John Hutsel	57
5/31/03	Serra	Jim Richards	94	University City	John Hutsel	71
5/29/04	University City	John Hutsel	84	Valley Center	Mike Cummings	47
5/28/05	University City	John Hutsel	88	Monte Vista	Robert Gurney	62
5/27/06	University City	John Hutsel	63	Westview	Tim Medlock	43
5/26/07	La Jolla	Roger Karnopp	63	University City	John Hutsel	58
5/24/08	Cathedral Catholic	Dan Geiger	73	La Jolla	Roger Karnopp	47
5/30/09	Steele Canyon	Charles Tyler	88	Cathedral Catholic	Dan Geiger	63

GIRLS TRACK & FIELD

CIFSDS COACHES AND HALL OF CHAMPIONS/MEDIA TRACK AND FIELD ATHLETE OF THE YEAR

1974 — Janice Wiser, La Jolla
1975 — Kathy Devine, Mission Bay
1976 — Kathy Middleton, Poway
1977 — Vickie Belser, Vista
1978 — Judy Reed, Crawford
1979 — Cheryl Flowers, Valhalla
1980 — Charlotte Zepherin, Morse
1981 — Ellen Jones, Mt. Miguel
1982 — Tina Allen, Santana
1983 — Yolanda Gail Devers, Sweetwater
1984 — Yolanda Gail Devers, Sweetwater
1985 — Darcy Arreola, Grossmont, and Jackie Anderson, Mt. Miguel
1986 — Track: Darcy Arreola, Grossmont Track: Laura Chapel, University City Field: Tracy Crawford, Southwest
1987 — Track: Kira Jorgensen, Vista Field: Jackie Anderson, Mt. Miguel
1988 — Track: Kira Jorgensen, RB Vista Field: Laura Hughes, Orange Glen
1989 — Track: Kira Jorgensen, RB Vista Field: Jennifer Via Via, Madison
1990 — Track: Allison Dring, Mt. Carmel Field: Angela Sims, Oceanside
1991 — Track: Erin Blunt, San Pasqual Field: Kristina Mataafa, Orange Glen
1992 — Track: Erin Blunt, San Pasqual Field: Kristina Mataafa, Orange Glen
1993 — Track: Milena Glusac, Fallbrook Field: Amy Littlepage, Mt. Miguel
1994 — Track: Kunesha Miller, Morse Field: Tamioka Porter, Orange Glen
1995 — Track: Lana Garner, Morse Field: Akiba McKinney, Monte Vista Field: Kristi Draher, Mira Mesa
1996 — Track: Lana Garner, Morse Field: Andria Booker, El Camino
1997 — Track: Field: Akiba McKinney, Monte Vista Field: Andria Booker, El Camino
1998 — Track: Monique Henderson, Morse Field: Tracy O'Hara, Rancho Bernardo
1999 — Track: Monique Henderson, Morse Field — Kathleen Donoghue, Rancho Bernardo
2000 — Track: Monique Henderson, Morse Field: Candace Hill, Hoover
2001 — Track: Monique Henderson, Morse Field: Lauren Jones, Torrey Pines
2002 — Track & Field: Jenna Timinsky, San Dieguito
2003 — None selected
2004 — Track & Field: Jolanda Diego, San Diego
2005 — Track & Field: Kate Mattoon, Rancho Bernardo
2006 — Track & Field: Mandy Ross, Christian
2007 — Track & Field: Whitney Sisler, La Costa Canyon
2008 — Track & Field: Emily Mattoon, Rancho Bernardo
2008 — Track & Field: Molly Grabill, Rancho Bernardo

INDIVIDUAL EVENT CHAMPIONS

100 Meter Dash		Mark
1974	Janice Wiser, La Jolla	10.8
1975	D. Becton, Morse	11.1
1976	Vickie Belser, Vista	11.3
1977	Danita Young, Crawford	10.8
1978	Judy Reed, Crawford	10.5 (W)
1979	Tracy Scott, Crawford	10.8
1980	Charlotte Zepherin, Morse	12.19*
1981	Ellen Jones, Mt. Miguel	12.07
1982	Velissa Harris, Morse	12.13
1983	Yolanda Gail Devers, Sweetwater	11.78 (W)
1984	Yolanda Gail Devers, Sweetwater	11.62 (W)
1985	April Freow, Morse	12.24
1986	Yolanda Fitch, Morse	12.09
1987	Kim Matthews, Morse	12.05 (W)
1988	Sorii Epps, Patrick Henry	12.62
1989	Angela Sullivan, Serra	11.98
1990	Angela Mimmey, University City	12.13
1991	Angela Sullivan, Serra	11.93
1992	Angela Sullivan, Serra	12.10
1993	Monica Henderson, Morse	12.10
1994	Kunesha Miller, Morse	12.05
1995	Akiba McKinney, Monte Vista	11.84
1996	Akiba McKinney, Monte Vista	12.10
1997	Akiba McKinney, Monte Vista	11.8
1998	Div I — Kameelah Allen, Mt. Miguel Div II — Keissha Mierez, Castle Park	12.41 12.66
1999	Div I — Decola Groce, Morse Div II —	
2000	Div I — Monique Henderson, Morse Div II — Zikarra Beverly, USDHS	11.88 12.27
2001	Div I — Monique Henderson, Morse Div II — Zikarra Beverly, USDHS	11.89 11.99
2002	Div I — Jolanda Diego, El Camino Div II — Rashauna Amos, EC Southwest	12.11 12.11
2003	Jolanda Diego, El Camino	11.89
2004	Jolanda Diego, El Camino	11.93
2005	Aja Wheeler, University City	12.09
2006	Mandy Ross, Christian	11.92
2007	Mandy Ross, Christian	12.18
2008	Tenille Stoudenmire, Rancho Bernardo	11.92
2009	Tenille Stoudenmire, Rancho Bernardo	11.95
200 Meter Dash		Mark
1974	Janice Wiser, La Jolla	24.5
1975	D. Becton, Morse	25.1
1976	Katie Gaston, Crawford	24.6
1977	Vickie Belser, Vista	24.5
1978	Judy Reed, Crawford	24.0
1979	Tracy Scott, Crawford	24.8
1980	Ellen Jones, Mt. Miguel	25.32*
1981	Ellen Jones, Mt. Miguel	24.64
1982	Diana Turner, Fallbrook	25.32 (W)
1983	Valissa Harris, Morse	24.44 (W)
1984	Monique Weaver, University City	24.00
(Distance covered was only 190M)		
1985	Kim Matthews, Morse	25.51
1986	Kim Matthews, Morse	25.10
1987	Kim Matthews, Morse	24.51 (W)
1988	Sorii Epps, Patrick Henry	25.81
1989	Angela Sullivan, Serra	24.54
1990	Allison Dring, Mt. Carmel	24.38
1991	Angela Sullivan, Serra	24.21
1992	Angels Sullivan, Serra	24.63
1993	Monica Henderson, Morse	25.07
1994	Kunesha Miller, Morse	24.49
1995	Akiba McKinney, Monte Vista	24.51
1996	Lana Garner, Morse	24.68
1997	Decola Groce, Morse	24.6
1998	Div I — Monique Henderson, Morse Div II — Kristin Tucker, Monte Vista	24.53 25.96

GIRLS TRACK & FIELD

1999	Div I — Monique Henderson, Morse	23.38
	Div II — Priscilla Parker, Mission Bay	25.35
2000	Div I — Monique Henderson, Morse	23.70
	Div II — Zikarra Beverly, USDHS	25.06
2001	Div I — Monique Henderson, Morse	23.69
	Div II — Zikarra Beverly, USDHS	24.64
2002	Div I — Jolanda Diego, El Camino	24.46
	Div II — Rashauna Amos, EC Southwest	25.12
2003	Jolanda Diego, El Camino	23.89
2004	Jolanda Diego, El Camino	24.11
2005	Shakara Lott, University City	24.39
2006	Mandy Ross, Christian	24.41
2007	Tenille Stoudenmire, Rancho Bernardo	24.67
2008	Tenille Stoudenmire, Rancho Bernardo	24.52
2009	Tenille Stoudenmire, Rancho Bernardo	23.93

400 Meter Dash

		Mark
1974	Beth Howell, San Dieguito	1:00.0
1975	Vanessa Thompson, San Diego	57.7
1976	Vanessa Thompson, San Diego	57.2
1977	Helen Fulton, Bonita Vista	57.1
1978	Helen Fulton, Bonita Vista	58.1
1979	Vanessa Williams, Crawford	58.8
1980	Charlotte Zepherin, Morse	56.81*
1981	Alma Jones, Patrick Henry	57.97
1982	Yolanda Devers, Sweetwater	56.27
1983	Lesley Noll, Mt. Carmel	57.61
1984	Karen Nilson, Valhalla	58.06
1985	Lesley Noll, Mt. Carmel	55.82
1986	Yolanda Fitch, Morse	56.17
1987	Yolanda Fitch, Morse	56.64
1988	Carmen Deldado, USDHS	57.99
1989	Shani Freeman, Crawford	55.19
1990	Allison Dring, Mt. Carmel	54.29
1991	Allison Dring, Mt. Carmel	54.66
1992	Unknown	
1993	Lana Garner, Morse	56.39
1994	Lana Garner, Morse	55.48
1995	Lana Garner, Morse	55.72
1996	Lana Garner, Morse	54.09
1997	Starla Henderson, Morse	56.8
1998	Div I — Monique Henderson, Morse	54.68
	Div II — LaRonda Hite, Lincoln	59.11
1999	Div I — Monique Henderson, Morse	52.91
	Div II — Jane Givens, La Jolla	58.90
2000	Div I — Monique Henderson, Morse	51.31
	Div II — Stephanie Blake, Francis Parker	57.23
2001	Div I — Monique Henderson, Morse	52.56
	Div II — Whitney Schmucker, La Jolla	55.75
2002	Div I — Kelly McCann, LC Canyon	56.92
	Div II — Shakara Lott, University City	58.07
2003	Shakara Lott, University City	56.04
2004	Shakara Lott, University City	54.56
2005	Shakara Lott, University City	54.25
2006	Janie James, Helix	55.77
2007	Vanessa Houston, Hoover	56.95
2008	Demi Lucero, Escondido	57.13
2009	Vanessa Houston, Hoover	55.63

800 Meter Run Mark

1974	Beth Howell, San Dieguito	2:22.4
1975	Beth Howell, San Dieguito	2:15.4
1976	Beth Howell, San Dieguito	2:15.8
1977	Laurie Proulx, El Cajon Valley	2:18.8
1978	Julie Hawkes, San Dieguito	2:18.5
1979	Nancy Cheshire, Mission Bay	2:18.5
1980	Julie Hawkes, San Dieguito	1:16.17*
1981	Julie Hawkes, San Dieguito	2:16.7
1982	Yolanda Devers, Sweetwater	2:11.78
1983	Tracy Baker, Monte Vista	2:16.75
1984	Darcy Arreola, Grossmont	2:16.51
1985	Lesley Noll, Mt. Carmel	2:08.00

1986	Laura Chapel, University City	2:08.46
1987	Kristina Hand, Fallbrook	2:13.26
1988	Kristina Hand, Fallbrook	2:13.37
1989	Gina Westby, Torrey Pines	2:15.52
1990	Charity Stowell, Mt. Carmel	2:14.20
1991		
1992	Melanie Hand, Fallbrook	2:14.22
1993	Melanie Hand, Fallbrook	2:13.84
1994	Stacey Murphy, Granite Hills	2:14.87
1995	Vanessa Hanley, USDHS	2:15.15
1996	Lesiana Carey, USDHS	2:15.94
1997	Lesley Bravin, Valhalla	2:14.75
1998	Div I — Lesley Bravin, Valhalla	2:14.54
	Div II — Samantha Piper, Coronado	2:19.28
1999	Div I — Camille Dredge, Torrey Pines	2:11.79
	Div II — Desiree Davilla, Hilltop	2:14.40
2000	Div I — Jenna Timinsky, San Dieguito	2:13.38
	Div II — Jill Steele, Mt. Carmel	2:16.52
2001	Div I — Amonica Phipps, Morse	2:12.48
	Div II — Jenna Timinsky, San Dieguito	2:09.12
2002	Div I — Allison Hall, Rancho Bernardo	2:14.75
	Div II — Jenna Timinsky, San Dieguito	2:09.56
2003	Kelly McCann, La Costa Canyon	2:11.75
2004	Kelly McCann, La Costa Canyon	2:12.09
2005	Kelly McCann, La Costa Canyon	2:13.93
2006	Andrea Jacobs, Vista	2:14.57
2007	Michelle Cruz, Vista	2:14.56
2008	Elizabeth Apgar, Lincoln	2:12.71
2009	Elizabeth Apgar, Lincoln	2:12.16

1600 Meter Run

		Mark
1974	Kathy Greer, Oceanside	5:15.1
1975	L. Miller, Fallbrook	5:17.3
1976	Cheryl Flowers, Valhalla	5:07.5
1977	Cheryl Flowers, Valhalla	5:01.1
1978	Cheryl Flowers, Valhalla	5:04.0
1979	Cheryl Flowers, Valhalla	5:05.6
1980	Tina Allen, Santana	5:07.09*
1981	Tina Allen, Santana	5:05.55
1982	Tina Allen, Santana	5:02.64
1983	Sandy Blakeslee, Vista	5:05.77
1984	Jennifer Sheflo, Poway	5:05.24
1985	Darcy Arreola, Grossmont	4:59.82
1986	Darcy Arreola, Grossmont	4:47.98
1987	Kira Jorgensen, Vista	5:00.90
1988	Kira Jorgensen, RB Vista	4:56.11
1989	Kira Jorgensen, RB Vista	4:59.76
1990	Milena Glusac, Fallbrook	5:04.05
1991	Milena Glusac, Fallbrook	4:56.06
1992	Milena Glusac, Fallbrook	4:52.60
1993	Milena Glusac, Fallbrook	4:52.86
1994	Claire Becker, Bonita Vista	4:56.65
1995	Julia Roysdon, Valhalla	5:07.00
1996	Tricia Matson, Fallbrook	5:10.36
1997	Julie Ott, USDHS	4:55.08
1998	Div I — Courtney Baird, Helix	5:05.90
	Div II — Angela Petersen, Francis Parker	5:02.64
1999	Div I — Julie Komosinski, Torrey Pines	4:56.43
	Div II — Desiree Davilla, Hilltop	5:06.97
2000	Div I — Julie Komosinski, Torrey Pines	5:09.22
	Div II — Desiree Davilla, Hilltop	4:59.02
2001	Div I — Desiree Davila, Hilltop	4:58.00
	Div II — Angela Petersen, Francis Parker	5:16.15
2002	Div I — Dani Schuster, Torrey Pines	5:00.81
	Div II — Rebecca Bostwick, Uni. City	5:12.95
2003	Jessie Ooms, University City	4:57.95
2004	Claire Rethmeier, San Pasqual	4:52.42
2005	Lindsay delaMontaigne, Rancho Bernardo	4:57.69
2006	Katy Andrews, La Costa Canyon	4:56.25
2007	Katy Andrews, La Costa Canyon	4:59.21
2008	Molly Grabill, Rancho Bernardo	5:00.40
2009	Sammy Silva, OLP	4:49.79

GIRLS TRACK & FIELD

3200 Meter Run

	Mark
1977 Carol Keller, Helix	10:56.8
1978 Carol Keller, Helix	11:06.1
1979 Cheryl Flowers, Valhalla	10:47.7
1980 Terrie Brown, San Pasqual	11:00.3
1981 Terrie Brown, San Pasqual	10:57.44
1982 Tina Allen, Santana	10:41.44
1983 Sandy Blakeslee, Vista	11:09.10
1984 Maureen Winner, Torrey Pines	10:53.96
1985 Kerry Panno, San Pasqual	11:07.7
1986 Kira Jorgensen, Vista	10:50.39
1987 Kira Jorgensen, Vista	10:49.90
1988 Kira Jorgensen, RB Vista	10:40.34
1989 Kira Jorgensen, RB Vista	10:55.59
1990 Milena Glusac, Fallbrook	11:10.79
1991 Milena Glusac, Fallbrook	10:59.99
1992 Milena Glusac, Fallbrook	10:57.83
1993 Milena Glusac, Fallbrook	10:47.77
1994 Amy Haase, San Dieguito	10:51.41
1995 Veronica Clark, Ramona	11:16.73
1996 Marissa Hurwitz, Bishop's	11:05.12
1997 Julie Ott, USDHS	10:46.0
1998 Div I — Kelly Grimes, Scripps Ranch	11:18.86
Div II — Angela Petersen, Francis Parker	11:12.40
1999 Div I — Courtney Baird, Helix	11:02.64
Div II — Chessa Adsit-Morris, Uni. City	11:40.89
2000 Div I — Julie Manson, Rancho Bernardo	11:07.16
Div II — Loretta Kilmer, Ramona	11:24.33
2001 Div I — Desiree Davila, Hilltop	10:46.59
Div II — Loretta Kilmer, Ramona	10:52.16
2002 Div I — Claire Rethmeier, San Pasqual	11:02.91
Div II — Jessie Ooms, University City	11:20.47
2003 Claire Rethmeier, San Pasqual	10:35.24
2004 Claire Rethmeier, San Pasqual	10:52.95
2005 Lindsay delaMontaigne, Rancho Bernardo	10:52.58
2006 Katy Andrews, La Costa Canyon	10:59.20
2007 Katy Andrews, La Costa Canyon	11:03.28
2008 Molly Grabill, Rancho Bernardo	10:43.52
2009 Molly Grabill, Rancho Bernardo	10:38.46

400 Meter Relay

	Mark
1974 Morse	50.3
1975 Morse	49.7
1976 Point Loma	48.4
1977 Crawford	46.7
1978 Crawford	47.4
1979 Morse	48.7
1980 Morse	48.12*
1981 Morse	47.99
1982 Morse	48.70
1983 Morse	49.10
1984 Morse	49.47
1985 Morse	47.87
1986 Morse	47.91
1987 Morse	48.28
1988 Morse	48.66
1989 Morse	47.12
1990 Mt. Carmel	47.92
1991 Morse	47.33
1992 Morse	49.22
1993 Morse	47.88
1994 Morse	46.78
1995 Morse	46.99
1996 Morse	46.44
1997 Morse	47.48
1998 Div I — Morse	47.92
Div II — Lincoln	49.11
1999 Div I — Rancho Bernardo	48.56
Div II — Lincoln	49.81
2000 Div I — El Camino	47.64
Div II — Lincoln	48.80

2001 Div I — El Camino	47.91
Div II — Serra	48.63
2002 Div I — El Camino	47.81
Div II — Serra	49.15
2003 Morse	47.52
2004 El Camino	47.10
2005 University City	47.79
2006 Poway	47.84
2007 Poway	47.93
2008 Poway	47.06
2009 Escondido	48.49

1600 Meter Relay

	Mark
1976 San Diego	4:02.5
1977 Bonita Vista	3:55.6
1978 Crawford	3:57.2
1979 Crawford	3:59.1
1980 Morse	3:57.82
1981 Crawford	3:55.68
1982 Fallbrook	3:58.82
1983 Valhalla	4:06.13
1984 Vista	4:02.42
1985 Mt. Carmel	3:54.31+
1986 Morse	3:55.85
1987 Crawford	4:01.13
1988 San Pasqual	3:57.64
1989 Mt. Carmel	3:53.95
1990 Mt. Carmel	3:35.70
1991 San Pasqual	3:52.20
1992 San Pasqual	3:54.01
1993 Morse	3:54.44
1994 RB Vista	3:56.62
1995 RB Vista	3:56.64
1996 Morse	3:53.42
1997 Morse	3:53.43
1998 Div I — Valhalla	3:57.90
Div II — Castle Park	3:59.94
1999 Div I — Morse	3:53.71
Div II — Hilltop	4:01.49
2000 Div I — RB Vista	3:54.59
Div II — Serra	4:05.44
2001 Div I — Rancho Bernardo	3:56.45
Div II — USDHS	4:07.07
2002 Div I — La Costa Canyon	3:58.91
Div II — University City	4:03.43
2003 La Costa Canyon	3:56.91
2004 University City	3:52.59
2005 La Costa Canyon	3:53.07
2006 Morse	3:55.93
2007 University City	3:55.54
2008 Scripps Ranch	3:56.10
2009 Mt. Carmel	3:54.12

+Metric distance instituted in 1980

100 Meter Low Hurdles

	Mark
1977 Kari Alexander, Crawford	14.9
1978 Kari Alexander, Crawford	14.4
1979 Kari Alexander, Crawford	14.5
1980 Ladonna Moore, Morse	14.70*
1981 Annie King, La Jolla	14.65
1982 Wendy Edelen, Crawford	14.84 (W)
1983 Yolanda Gail Devers, Sweetwater	13.9 (W)
1984 Yolanda Gail Devers, Sweetwater	14.20 (W)
1985 Michelle Outlaw, Lincoln Prep	14.45
1986 Michele Collum, Point Loma	14.10
1987 Michelle Outlaw, Lincoln Prep	14.40
1988 Kim Dill, Poway	15.08
1989 Kim Dill, Poway	14.29
1990 Kim Dill, Poway	14.19
1991 Erin Blunt, San Pasqual	14.38
1992 Erin Blunt, San Pasqual	14.26

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100 Meter High Hurdles

Year	Name	Mark
1993	Lisa Shepard, Orange Glen	15.71
1994	Kiesha Porter, Mira Mesa	15.03
1995	Angela Romel, Serra	15.48
1996	Bahed Hernandez, Mt. Carmel	15.52
1997	Andrea Booker, El Camino	14.70
1998	Div I — Andrea Booker, El Camino	14.84
	Div II — Greta Tucker, Calvin Christian	15.86
1999	Div I — Maggi Escudero, El Capitan	15.17
	Div II — Bethany McDowell, Lincoln	15.93
2000	Div I — Catie Coin, Rancho Bernardo	14.86
	Div II — Tanisha Johnson, Eastlake	14.86
2001	Div I — Meggie Afenir, Escondido	15.31
	Div II — Unika Smith, Lincoln	15.70
2002	Div I — Jessica Eggleston, El Camino	14.93
	Div II — Eva Tanner, Grossmont	15.93
2003	Jessica Eggleston, El Camino	14.28
2004	Laiah Blue, Granite Hills	14.99
2005	Shakira Thompson, Helix	14.82
2006	Charay Savage, Otay Ranch	14.70
2007	Cori Franklin, Morse	15.43
2008	Tia Knight, Helix	14.94
2009	Danielle Littleton, Vista	14.42

300 Meter Low Hurdles Mark

1981	Wendy Edelen, Crawford	44.77
1982	Julie Cartere, Southwest	45.54
1983	Yolanda Gail Devers, Sweetwater	43.34
1984	Yolanda Gail Devers, Sweetwater	43.52
1985	Michelle Outlaw, Lincoln Prep	45.16
1986	Michelle Outlaw, Lincoln Prep	43.96
1987	Michelle Outlaw, Lincoln Prep	46.35
1988	Stacy Thompson, Morse	44.59
1989	Kim Dill, Poway	44.44
1990	Erin Blunt, San Pasqual	43.10
1991	Erin Blunt, San Pasqual	43.73
1992	Erin Blunt, San Pasqual	43.73
1993	Carlene Jones, Morse	44.73
1994	Kiesha Porter, Mira Mesa	44.60
1995	Carrie Vickery, El Capitan	44.46
1996	Silvia-Aidee Acero, Hilltop	45.32
1997	Nicole Rodriguez, Granite Hills	45.06
1998	Div I — Trisha Mathews, El Camino	45.52
	Div II — Erin Dehahn, Hilltop	46.39
1999	Div I — Amy Taylor, Rancho Bernardo	45.34
	Div II — Erin Dehahn, Hilltop	44.90
2000	Div I — Bryeanna Barmer, Helix	44.51
	Div II — Tanisha Johnson, Eastlake	43.04
2001	Div I — Bryeanna Barmer, Helix	45.15
	Div II — Amanda Perry, USDHS	47.59
2002	Div I — Nastassja Hall, RB Vista	45.17
	Div II — Jennifer Black, EC Southwest	47.15
2003	Jessica Eggleston, El Camino	44.88
2004	Laiah Blue, Granite Hills	43.82
2005	Amber Haywood, Monte Vista	44.99
2006	Sharika Thompson, Helix	44.56
2007	Tara Cooper, Helix	45.62
2008	Brittany Idrizaj, Scripps Ranch	45.04
2009	Danielle Littleton, Vista	44.30

High Jump

Year	Name	Mark
1974	Cynthia Gilbert, San Luis Rey	5' 2"
1975	Chris Remmling, San Dieguito	5' 6"
1976	Chris Remmling, San Dieguito	5' 8 1/4"
1977	Sue McNeal, Carlsbad	5' 9"
1978	Sue McNeal, Carlsbad	5' 4"
1979	Sue McNeal, Carlsbad	5' 4"
1980	Sue McNeal, Carlsbad	5' 8"
1981	Gabrielle LeClair, Monte Vista	5' 7"
1982	Carrie Thomas, Mission Bay	5' 5"
1983	Jenny Crocker, Granite Hills	5' 2"
1984	Kim Reed, Valhalla	5' 5"
1985	Michele Wilkes, Bonita Vista	5' 4"

1986	Jennifer Clinger, El Capitan	5' 4"
1987	Lynn Patrick, Serra	5' 6"
1988	Lynn Patrick, Serra	5' 4"
1989	Christy Kurras, Poway	5' 4"
1990	Jill Weeks, Madison	5' 6"
1991	Melanie Williams, Mt. Carmel	5' 4"
1992	Mesha Stallings, San Diego	5' 2"
1993	Kathy Sorenson, Hilltop	5' 5"
1994	Kathy Sorenson, Hilltop	5' 4"
1995	Cathy Bell, Ramona	5' 6"
1996	Yolanda McGirk, Lincoln Prep	5' 4"
1997	Lisa Underhill, RB Vista	5' 9"
1998	Div I — Aubrey Preston, Vista	5' 4"
	Div II — Shannon Fleming, USDHS	5' 2"
1999	Div I — Aubrey Preston, Vista	5' 4"
	Div II — Shannon Fleming, USDHS	5' 2"
2000	Div I — Eva Tanner, Grossmont	5' 4"
	Div II — Shannon Fleming, USDHS	5' 0"
2001	Div I — Lauren Jones, Torrey Pines	5' 5"
	Div II — Tenisha Jackson, Kearny	5' 4"
2002	Div I — Shalane Gutierrez, R. Bernardo	5' 4"
	Div II — Eva Tanner, Grossmont	5' 2"
2003	Lindsay Whetstine, Mt. Carmel	5' 5"
2004	Lindsay Whetstine, Mt. Carmel	5' 7 1/4"
2005	Jamie Klages, Coronado	5' 6"
2006	Leslie Noiseaux, Valhalla	5' 5"
2007	Whitney Sisler, La Costa Canyon	5' 11"
2008	Sara Macey, Vista	5' 7"
2009	Sherie Key, Morse	5' 3"

Long Jump

Year	Name	Mark
1974	Susan Wigham, San Diego	16' 10 1/2"
1975	Karen Taylor, Point Loma	18' 2 1/2"
1976	Karen Taylor, Point Loma	17' 8"
1977	Jewell Lovelady, Crawford	18' 0 3/4"
1978	Rhonda Whitlow, Vista	17' 9 1/2"
1979	Cindy Grauf, La Jolla	18' 3 1/2"
1980	Sue Hegerle, San Pasqual	18' 0"
1981	Chrise Mose, El Cajon Valley	18' 4 3/4"
1982	Stacy Proctor, Bonita Vista	17' 11 1/4"
1983	Yolanda Gail Devers, Sweetwater	19' 6 1/2"
1984	Yolanda Gail Devers, Sweetwater	18' 11 1/2"
1985	Kim Huey, Santa Fe Christian	18' 10 3/4"
1986	Michelle Outlaw, Lincoln Prep	18' 5 1/4"
1987	Michelle Outlaw, Lincoln Prep	18' 0 1/2"
1988	Lafrania West, Grossmont	17' 6"
1989	Nedra Dillon, Mission Bay	18' 1"
1990	Angela Sims, Oceanside	18' 1"
1991	Amy Littlepage, Mt. Miguel	17' 4 1/4"
1992	Carlene Jones, Morse	18' 0"
1993	Amy Littlepage, Mt. Miguel	20' 0"
1994	Richelle Perkins, Bishop's	18' 5"
1995	Akiba McKinney, Monte Vista	19' 0 3/4"
1996	Richelle Perkins, Bishop's	18' 6 3/4"
1997	Akiba McKinney, Monte Vista	18' 9 3/4"
1998	Div I — Andria Booker, El Camino	19' 5"
	Div II — LaRonda Hite, Lincoln	18' 4"
1999	Div I — Adrienne Farrington, R. Bernardo	17' 7"
	Div II — Tiah Gray, University City	16' 7"
2000	Div I — Aroline Neal, RB Vista	17' 10 1/2"
	Div II — Devonne Hanke, Horizon	17' 0 3/4"
2001	Div I — Kuzhippallil Usha, LC Canyon	18' 6 1/4"
	Div II — Zikarra Beverly, USDHS	17' 4"
2002	Div I — Nastassja Hall, RB Vista	19' 0"
	Div II — Candice Wiggins, LJCD	17' 5"
2003	Jessica Eggleston, El Camino	19' 7 1/2"
2004	Miia Mobely, Mt. Carmel	17' 5 1/4"
2005	Markita Berry, El Camino	17' 11 3/4"
2006	Kasey Kearin, Rancho Bernardo	18' 5"
2007	Erin Langford, Carlsbad	18' 4 3/4"
2008	Jackae Bridges, Mater Dei	18' 8 1/4"
2009	Jasmine Gibbs, Oceanside	18' 8 1/4"

GIRLS TRACK & FIELD

Shot Put

	Mark
1974	Kathy Devine, Mission Bay 51' 0 1/2"
1975	Kathy Devine, Mission Bay 46' 10"
1976	Kathy Middleton, Poway 38' 1"
1977	Carol Nunn, Vista 39' 6"
1978	Kathy Herse, Patrick Henry 42' 5 1/2"
1979	Debbie Riggs, Vista 42' 1"
1980	Liz Mueller, Vista 41' 8 3/4"
1981	Dorsey Poulin, Vista 39' 8 1/4"
1982	Jane Johnson, Valhalla 40' 5 1/4"
1983	Trish O'Connell, La Jolla 39' 8 3/4"
1984	Beth Ann Hull, La Jolla 40' 9 3/4"
1985	Karolina Leppaluoto, Madison 42' 1 1/2"
1986	Tracy Crawford, Southwest 45' 0 3/4"
1987	Starla Ahu, Vista 40' 5 1/4"
1988	Laura Hughes, Orange Glen 43' 10 3/4"
1989	Jennifer Via Via, Madison 42' 8 1/4"
1990	Cindy Beers, Poway 39' 1"
1991	Safona Harris, Morse 40' 6 1/2"
1992	Kristina Mataafa, Orange Glen 43' 0"
1993	Kellie Scott, West Hills 38' 1"
1994	Gloria Garcia, Valhalla 40' 0 3/4"
1995	Katie Suppa, Torrey Pines 40' 9 1/2"
1996	Nicole Sanders, Orange Glen 39' 3 1/2"
1997	Nicole Sanders, Orange Glen 39' 4"
1998	Div I — Ivette Medina, Vista 39' 8 1/4"
	Div II — Candace Hill, Hoover 38' 5"
1999	Div I — Kendra Rhea, El Capitan 39' 1"
	Div II — Candace Hill, Hoover 42' 7 1/4"
2000	Div I — Aigamarie Tauma, Sweetwater 40' 0 1/2"
	Div II — Candace Hill, Hoover 43' 2 3/4"
2001	Div I — Aigamarie Tauma, Sweetwater 43' 0 3/4"
	Div II — Cynthia Flores, Brawley 35' 7 3/4"
2002	Div I — Aigamarie Taumua, Sweetwater 43' 11 1/4"
	Div II — Cynthia Flores, Brawley 40' 0"
2003	Uia Tupuola, Vista 39' 8 1/2"
2004	Uia Tupuola, Vista 42' 4 1/2"
2005	Dereka Winters, El Camino 42' 10 1/2"
2006	Alisha Misaiata, Mira Mesa 40' 3 1/2"
2007	Brandy Dyer, Vista 40' 2"
2008	Brandy Dyer, Vista 41' 11 1/2"
2009	Jennifer Bingham, Steele Canyon 41' 3 1/2"

*Metric distance instituted in 1980

Discus

	Mark
1975	Kathy Devine, Mission Bay 139' 6"
1976	Kathy Middleton, Poway 129' 1"
1977	Vickie Belser, Vista 120' 1"
1978	Jennie McBride, Vista 123' 9"
1979	Susan Compton, Marian Catholic 129' 8"
1980	Susan Compton, Marian Catholic 147' 9"
1981	Susan Compton, Marian Catholic 137' 9"
1982	Kellie Carter, Helix 131' 4"
1983	Tani Leasau, Patrick Henry 125' 0"
1984	Beth Ann Hull, La Jolla 132' 4"
1985	Tracy Crawford, Southwest 141' 11"
1986	Tracy Crawford, Southwest 155' 1"
1987	Robin Longwell, Grossmont 138' 8"
1988	Laura Hughes, Orange Glen 134' 1"
1989	Tiffany Anderson, Kearny 137' 6"
1990	Kathleen Bihis, Mt. Carmel 131' 9"
1991	Kristina Mataafa, Orange Glen 140' 1"
1992	Kristina Mataafa, Orange Glen 149' 7"
1993	Fonda McCormack, El Capitan 123' 10"
1994	Fonda McCormack, El Capitan 126' 9"
1995	Laura Richmond, Monte Vista 137' 7"
1996	Christian Magana, Fallbrook 132' 11"
1997	Erin McGrath, Eastlake 140' 4"
1998	Div I — Angela Petty, Vista 117' 2"
	Div II — Jessica Bryne, Ramona 120' 2"
1999	Div I — Mikaelyn Austin, R. Bernardo 121' 9"
	Div II — Candace Hill, Hoover 125' 9"

2000	Div I — Mikaelyn Austin, R. Bernardo 133' 10"
	Div II — Candace Hill, Hoover 146' 2"
2001	Div I — Carrie Johnson, Fallbrook 135' 10"
	Div II — Jackie Turpin, Santana 117' 0"
2002	Div I — Brianna Makihele, San Marcos 137' 9"
	Div II — Jackie Turpin, Santana 133' 0"
2003	Whitney DeWeese, Rancho Buena Vista 139' 7"
2004	Whitney DeWeese, Rancho Buena Vista 142' 6"
2005	Dereka Winters, El Camino 146' 0"
2006	Jameena Hunt, Morse 142' 6"
2007	Brandy Dyer, Vista 139' 7"
2008	Emily Aragon, Escondido 130' 6"
2009	Alexa Evans, West Hills 134' 6"

Triple Jump

	Mark
1982	Tasha Irving, Crawford 36' 11 1/2"
1983	Yvonne Griffin, El Camino 37' 0"
1984	Brenda Carter, Lincoln Prep 36' 8"
1985	Jackie Anderson, Mt. Miguel 39' 11 1/4"
1986	Lafrania West, Grossmont 37' 10 1/4"
1987	Jackie Anderson, Mt. Miguel 39' 11 1/2"
1988	Lafrania West, Grossmont 39' 7"
1989	Rachelle Johnson, Patrick Henry 39' 8 1/4"
1990	Angela Sims, Oceanside 38' 3 3/4"
1991	Amy Littlepage, Mt. Miguel 38' 0"
1992	Amy Littlepage, Mt. Miguel 38' 8 1/2"
1993	Tamieka Porter, Orange Glen 39' 8"
1994	Tamieka Porter, Orange Glen 38' 2 3/4"#
1995	Richelle Perkins, Bishop's 37' 11"
1996	Andrea Booker, El Camino 39' 5 1/4"
1997	Andrea Booker, El Camino 39' 7"
1998	Div I — Andrea Booker, El Camino 40' 10"
	Div II — Tamara Espinoza, Hilltop 38' 6"
1999	Div I — Adrienne Farrington, R. Bernardo 37' 5 3/4"
	Div II — Jane Givens, La Jolla 37' 1 3/4"
2000	Div I — Sraeya George, Valhalla 37' 11 3/4"
	Div II — Jane Givens, La Jolla 36' 10 1/2"
2001	Div I — Jessica Eggleston, El Camino 37' 1 3/4"
	Div II — Sparkle Anderson, Serra 36' 4"
2002	Div I — Jessica Eggleston, El Camino 38' 9 1/2"
	Div II — Sparkle Anderson, Serra 36' 8"
2003	Sparkle Anderson, Serra 40' 0 3/4"
2004	Evon Willingham, Helix 37' 7 1/2"
2005	Heather Leidle, Rancho Buena Vista 39' 0 3/4"
2006	Kasey Kearin, Rancho Bernardo 38' 2 1/2"
2007	Amber Browner, San Diego 37' 11 3/4"
2008	Thoraya Maronesy, Helix 37' 7 1/2"
2009	Shaniqua Reddick, Oceanside 38' 5"

Pole Vault

	Mark
1995	Kristi Draher, Mira Mesa 11' 0"
1996	Kim Trout, Escondido 10' 0"
1997	Kylene Nixon, Poway 11' 4"
1998	Div I — Tracy O'Hara, R. Bernardo 12' 2"
	Div II — Sunny Nordmarken, La Jolla 9' 8"
1999	Div I — Kathleen Donoghue 12' 3"
	Div II — Beth Vieira, Point Loma 9' 0"
2000	Div I — Molly Pascarella, R. Bernardo 11' 0"
	Div II — Beth Viera, Point Loma 9' 6"
2001	Div I — Erin Asay, Sweetwater 12' 0"
	Div II — Tabitha Pierce, Valley Center 8' 10"
2002	Div I — Amatece Navidi, R. Bernardo 12' 0"
	Div II — Christina Sloyer, La Jolla 10' 4"
2003	Kate Mattoon, Rancho Bernardo 12' 0"
2004	Kate Mattoon, Rancho Bernardo 11' 5"
2005	Kate Mattoon, Rancho Bernardo 12' 5"
2006	Joanna Burkhart, Oceanside 12' 3"
2007	Emily Mattoon, Rancho Bernardo 12' 6"
2008	Emily Mattoon, Rancho Bernardo 12' 9"
2009	Kortney Ross, Westview 12' 3"

GIRLS TRACK & FIELD

CIFSDS TRACK & FIELD RECORDS

Year	Event	Name, School	Mark
1984	100 Meter Dash	Gail Devers, Sweetwater	11.51
2001	200 Meter Dash	Monique Henderson, Morse	23.16
2000	400 Meter Dash	Monique Henderson, Morse	50.74
1985	800 Meter Run	Lesley Noll, Mt. Carmel	2:08.00
1986	1600 Meter Run	Darcy Arreola, Grossmont	4:42.77
2009	3200 Meter Run	Molly Grabill, Rancho Bernardo	10:23.75
1984	100 Low Hurdles (30')	Gail Devers, Sweetwater	13.41
2003	100 High Hurdles (33')	Jessica Eggleston, El Camino	14.28
1983	300 Low Hurdles	Gail Devers, Sweetwater	42.26
1977	400 Meter Relay	Crawford (Danita Young, Judy Reed, Katie Gaston, Jewel Lovelady)	45.94*
1996	1600 Meter Relay	Morse (Monique Henderson, Starla Henderson, Decola Groce, Garner)	3:49.12 (h)
2007	High Jump	Whitney Sisler, La Costa Canyon	5'11"
1984	Long Jump	Gail Devers, Sweetwater	20' 7"
1987	Triple Jump	Jackie Anderson, Mt. Miguel	41' 8 1/4"
2001	Shot Put	Iaga Marie Taumua, Sweetwater	46' 10 1/4"
1986	Discus	Lori Parker, Ramona	162' 0"
2008	Pole Vault	Emily Mattoon, Rancho Bernardo	12' 10"

CIFSDS TRACK & FIELD MEET RECORDS

Year	Event	Name, School	Mark
2000	100 Meter Dash	Monique Henderson, Morse	11.71
1999	200 Meter Dash	Monique Henderson, Morse	23.38
2000	400 Meter Dash	Monique Henderson, Morse	51.31
1985	800 Meter Run	Lesley Noll, Mt. Carmel	2:08.00
1986	1600 Meter Run	Darcy Arreola, Grossmont	4:47.98
1988	3200 Meter Run	Kira Jorgensen, RB Vista	10:40.34
1986	100 Meter Low Hurdles	Michele Collum, Point Loma	14.10**
2003	100 High Hurdles (33')	Jessica Eggleston, El Camino	14.28
2001	300 Meter Low Hurdles	Tanisha Johnson, Eastlake	43.04
1977	400 Meter Relay	Crawford (Danita Young, Judy Reed, Katie Gaston, Jewel Lovelady)	46.4*
1999	1600 Meter Relay	Morse (Monique Henderson, Starla Henderson, Decola Groce, Garner)	3:51.38
2007	High Jump	Whitney Sisler, La Costa Canyon	5'11"
1983	Long Jump	Yolanda Gail Devers, Sweetwater	19'6-1/2"
1998	Triple Jump	Andria Booker, El Camino	40'10"
2001	Shot Put	Iaga Marie Taumua, Sweetwater	46' 10 1/4"
1986	Discus	Tracy Crawford, Southwest	155'1"
2008	Pole Vault	Emily Mattoon, Rancho Bernardo	12'9"

*Converted to metric time for metric distance **Discontinued and changed to High Hurdles in 1993

(n) Non-winning at State CIF Championships (h) Hand Time converted

GIRLS TRACK & FIELD

STATE CHAMPIONS

100 Meter Dash

1974 — Janice Wiser, La Jolla 10.8y
1984 — Gail Devers, Sweetwater 11.51

200 Meter Dash

1974 — Janice Wiser, La Jolla 24.2y
2000 — Monique Henderson, Morse 23.19

400 Meter Dash

1998 — Monique Henderson, Morse 53.41
1999 — Monique Henderson, Morse 52.87
2000 — Monique Henderson, Morse 50.74
2001 — Monique Henderson, Morse 51.34

800 Meter Run

1986 — Laura Chapel, University City 2:08.6

1600 Meter Run

1986 — Darcy Arreola, Grossmont 4:45.13
1987 — Kira Jorgensen, Vista 4:45.98
1988 — Kira Jorgensen, RB Vista 4:49.54
1989 — Kira Jorgensen, RB Vista 4:49.55
1993 — Milena Glusac, Fallbrook 4:50.83
2009 — Sammy Silva, OLP 4:47.67

3200 Meter Run

1992 — Milena Glusac, Fallbrook 10:28.62
1993 — Milena Glusac, Fallbrook 10:42.68
2003 — Claire Rethmeier, S. Pas. 10:27.32

100 Meter Low Hurdles

1984 — Gail Devers, Sweetwater 13.41

300 Meter Low Hurdles

1991 — Erin Blunt, San Pasqual 43.02

400 Meter Relay

1977 — Crawford 46.14y

High Jump

1978 — Sue McNeal, Carlsbad 5'10 1/4"
1987 — Lynn Patrick, Serra 5'10"
2007 — Whitney Sisler, La Costa Canyon 5'10"

Pole Vault

1998 — Tracy O'Hara, RB 12'8"
1999 — Kathleen Donoghue, RB 12'8 1/4"
2008 — Emily Mattoon, RB 12' 6"
2009 — Kortney Ross, Westview 13' 4"

Long Jump

1981 — Chris Mose, El Cajon 18'10"
1983 — Gail Devers, Sweetwater 19'6"

Triple Jump

1994 — Tamiaka Porter, O. Glen 38'11"
1997 — Andria Booker, El Camino 40'0"
1998 — Andria Booker, El Camino 40'0 1/4"

Shot Put

1974 — Kathy Devine, Mission Bay 47'4 1/2"
1975 — Kathy Devine, Mission Bay 42'3 3/4"

Discus

1976 — Kathy Middleton, Poway 134'5"
1986 — Tracy Crawford, Southwet 156'2"