

# 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 Cerveney	30
5/25/79	Crawford	Darryl Nelson	34	Vista	Sylvia Mireles	23
5/30/80	Morse	Jim Cerveney	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	Charlene Falcis-Stevens	52
5/29/10	El Camino	Billy Isles	67	Vista	Trevor Sybert	46
				Oceanside	Kristi Benson-Clark	46
5/28/11	El Camino	Billy Isles	95	Torrey Pines	Charlene Falcis-Stevens	66

## 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
5/29/10	La Jolla	Roger Karnopp	63	<b>co-champions</b> Cathedral Catholic	Dan Geiger	63
5/28/11	Valley Center	Mike Cummings	59	Clairemont	Sean Stevenson	53

## 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: Tamieka 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
2009	— Track & Field: Molly Grabill, Rancho Bernardo
2010	— Track & Field: Kortney Ross, Westview
2011	— Track: Alli Billmeyer, Torrey Pines Field: Breanna Jemison, Carlsbad

### INDIVIDUAL EVENT CHAMPIONS

<b>100 Meter Dash</b>		<b>Mark</b>
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 — Keisha 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
2010	Jenna Puterbaugh, Santa Fe Christian	11.78
2011	Jasmine Gibbs, El Camino	11.76

<b>200 Meter Dash</b>		<b>Mark</b>
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

## GIRLS TRACK & FIELD

1996	Lana Garner, Morse	24.68
1997	Decola Groce, Morse	24.6
1998	Div I — Monique Henderson, Morse	24.53
	Div II — Kristin Tucker, Monte Vista	25.96
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
2010	Jenna Puterbaugh, Santa Fe Christian	24.02
2011	Jasmine Gibbs, El Camino	24.29

### 400 Meter Dash

		<b>Mark</b>
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
2010	Jasmine Askew, Scripps Ranch	56.84
2011	Alexis Hernandez, Mt. Carmel	55.66

### 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	2:13.49
1991	Susan Scott, Mt. Carmel	2:14.20
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	Drisana 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
2010	Amanda Post, Cathedral Catholic	2:14.09
2011	Carina Gillespie, Otay Ranch	2:13.42

## GIRLS TRACK & FIELD

1600 Meter Run		Mark	3200 Meter Run		Mark
1974	Kathy Greer, Oceanside	5:15.1	1977	Carol Keller, Helix	10:56.8
1975	L. Miller, Fallbrook	5:17.3	1978	Carol Keller, Helix	11:06.1
1976	Cheryl Flowers, Valhalla	5:07.5	1979	Cheryl Flowers, Valhalla	10:47.7
1977	Cheryl Flowers, Valhalla	5:01.1	1980	Terrie Brown, San Pasqual	11:00.3
1978	Cheryl Flowers, Valhalla	5:04.0	1981	Terrie Brown, San Pasqual	10:57.44
1979	Cheryl Flowers, Valhalla	5:05.6	1982	Tina Allen, Santana	10:41.44
1980	Tina Allen, Santana	5:07.09*	1983	Sandy Blakeslee, Vista	11:09.10
1981	Tina Allen, Santana	5:05.55	1984	Maureen Winner, Torrey Pines	10:53.96
1982	Tina Allen, Santana	5:02.64	1985	Kerry Panno, San Pasqual	11:07.7
1983	Sandy Blakeslee, Vista	5:05.77	1986	Kira Jorgensen, Vista	10:50.39
1984	Jennifer Sheflo, Poway	5:05.24	1987	Kira Jorgensen, Vista	10:49.90
1985	Darcy Arreola, Grossmont	4:59.82	1988	Kira Jorgensen, RB Vista	10:40.34
1986	Darcy Arreola, Grossmont	4:47.98	1989	Kira Jorgensen, RB Vista	10:55.59
1987	Kira Jorgensen, Vista	5:00.90	1990	Milena Glusac, Fallbrook	11:10.79
1988	Kira Jorgensen, RB Vista	4:56.11	1991	Milena Glusac, Fallbrook	10:59.99
1989	Kira Jorgensen, RB Vista	4:59.76	1992	Milena Glusac, Fallbrook	10:57.83
1990	Milena Glusac, Fallbrook	5:04.05	1993	Milena Glusac, Fallbrook	10:47.77
1991	Milena Glusac, Fallbrook	4:56.06	1994	Amy Haase, San Dieguito	10:51.41
1992	Milena Glusac, Fallbrook	4:52.60	1995	Veronica Clark, Ramona	11:16.73
1993	Milena Glusac, Fallbrook	4:52.86	1996	Marissa Hurwitz, Bishop's	11:05.12
1994	Claire Becker, Bonita Vista	4:56.65	1997	Julie Ott, USDHS	10:46.0
1995	Julia Roysdon, Valhalla	5:07.00	1998	Div I — Kelly Grimes, Scripps Ranch	11:18.86
1996	Tricia Matson, Fallbrook	5:10.36		Div II — Angela Petersen, Francis Parker	11:12.40
1997	Julie Ott, USDHS	4:55.08	1999	Div I — Courtney Baird, Helix	11:02.64
1998	Div I — Courtney Baird, Helix	5:05.90		Div II — Chessa Adsit-Morris, Uni. City	11:40.89
	Div II — Angela Petersen, Francis Parker	5:02.64	2000	Div I — Julie Manson, Rancho Bernardo	11:07.16
1999	Div I — Julie Komosinski, Torrey Pines	4:56.43		Div II — Loretta Kilmer, Ramona	11:24.33
	Div II — Desiree Davilla, Hilltop	5:06.97	2001	Div I — Desiree Davila, Hilltop	10:46.59
2000	Div I — Julie Komosinski, Torrey Pines	5:09.22		Div II — Loretta Kilmer, Ramona	10:52.16
	Div II — Desiree Davilla, Hilltop	4:59.02	2002	Div I — Claire Rethmeier, San Pasqual	11:02.91
2001	Div I — Desiree Davila, Hilltop	4:58.00		Div II — Jessie Ooms, University City	11:20.47
	Div II — Angela Petersen, Francis Parker	5:16.15	2003	Claire Rethmeier, San Pasqual	10:35.24
2002	Div I — Dani Schuster, Torrey Pines	5:00.81	2004	Claire Rethmeier, San Pasqual	10:52.95
	Div II — Rebecca Bostwick, Uni. City	5:12.95	2005	Lindsay delaMontaigne, Rancho Bernardo	10:52.58
2003	Jessie Ooms, University City	4:57.95	2006	Katy Andrews, La Costa Canyon	10:59.20
2004	Claire Rethmeier, San Pasqual	4:52.42	2007	Katy Andrews, La Costa Canyon	11:03.28
2005	Lindsay delaMontaigne, Rancho Bernardo	4:57.69	2008	Molly Grabill, Rancho Bernardo	10:43.52
2006	Katy Andrews, La Costa Canyon	4:56.25	2009	Molly Grabill, Rancho Bernardo	10:38.46
2007	Katy Andrews, La Costa Canyon	4:59.21	2010	Molly Grabill, Rancho Bernardo	10:37.28
2008	Molly Grabill, Rancho Bernardo	5:00.40	2011	Alli Billmeyer, Torrey Pines	10:30.89
2009	Sammy Silva, OLP	4:49.79			
2010	Alli Billmeyer, Torrey Pines	4:45.06			
2011	Alli Billmeyer, Torrey Pines	4:47.86			

## GIRLS TRACK & FIELD

<b>400 Meter Relay</b>		<b>Mark</b>	<b>1600 Meter Relay</b>		<b>Mark</b>
1974	Morse	50.3	1976	San Diego	4:02.5
1975	Morse	49.7	1977	Bonita Vista	3:55.6
1976	Point Loma	48.4	1978	Crawford	3:57.2
1977	Crawford	46.7	1979	Crawford	3:59.1
1978	Crawford	47.4	1980	Morse	3:57.82
1979	Morse	48.7	1981	Crawford	3:55.68
1980	Morse	48.12*	1982	Fallbrook	3:58.82
1981	Morse	47.99	1983	Valhalla	4:06.13
1982	Morse	48.70	1984	Vista	4:02.42
1983	Morse	49.10	1985	Mt. Carmel	3:54.31+
1984	Morse	49.47	1986	Morse	3:55.85
1985	Morse	47.87	1987	Crawford	4:01.13
1986	Morse	47.91	1988	San Pasqual	3:57.64
1987	Morse	48.28	1989	Mt. Carmel	3:53.95
1988	Morse	48.66	1990	Mt. Carmel	3:35.70
1989	Morse	47.12	1991	San Pasqual	3:52.20
1990	Mt. Carmel	47.92	1992	San Pasqual	3:54.01
1991	Morse	47.33	1993	Morse	3:54.44
1992	Morse	49.22	1994	RB Vista	3:56.62
1993	Morse	47.88	1995	RB Vista	3:56.64
1994	Morse	46.78	1996	Morse	3:53.42
1995	Morse	46.99	1997	Morse	3:53.43
1996	Morse	46.44	1998	Div I — Valhalla	3:57.90
1997	Morse	47.48		Div II — Castle Park	3:59.94
1998	Div I — Morse	47.92	1999	Div I — Morse	3:53.71
	Div II — Lincoln	49.11		Div II — Hilltop	4:01.49
1999	Div I — Rancho Bernardo	48.56	2000	Div I — RB Vista	3:54.59
	Div II — Lincoln	49.81		Div II — Serra	4:05.44
2000	Div I — El Camino	47.64	2001	Div I — Rancho Bernardo	3:56.45
	Div II — Lincoln	48.80		Div II — USDHS	4:07.07
2001	Div I — El Camino	47.91	2002	Div I — La Costa Canyon	3:58.91
	Div II — Serra	48.63		Div II — University City	4:03.43
2002	Div I — El Camino	47.81	2003	La Costa Canyon	3:56.91
	Div II — Serra	49.15	2004	University City	3:52.59
2003	Morse	47.52	2005	La Costa Canyon	3:53.07
2004	El Camino	47.10	2006	Morse	3:55.93
2005	University City	47.79	2007	University City	3:55.54
2006	Poway	47.84	2008	Scripps Ranch	3:56.10
2007	Poway	47.93	2009	Mt. Carmel	3:54.12
2008	Poway	47.06	2010	Scripps Ranch	3:56.56
2009	Escondido	48.49	2011	Mt. Carmel	3:55.20
2010	El Camino	48.21			
2011	El Camino	48.53			

+Metric distance instituted in 1980

## GIRLS TRACK & FIELD

### 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

### 100 Meter High Hurdles

	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
2010	Danielle Littleton, Vista	14.26
2011	Taylor Larch-Miller, Torrey Pines	14.33

### 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
2010	Joniece Ervin, Oceanside	44.65
2011	Joniece Ervin, Oceanside	43.53

## GIRLS TRACK & FIELD

### 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"
2010	Mariah Slack, Vista	5' 5"
2011	Danielle Bryan, El Camino	5' 7"

### 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"
2010	Jasmine Gibbs, El Camino	19' 9"
2011	Mishe Scott, El Camino	18' 11 3/4"

### Shot Put

Year	Name	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"
2010	Mariah Counts, Poway	39' 9 3/4"
2011	Breanna Jemison, Carlsbad	43' 2 1/4"

\*Metric distance instituted in 1980

## GIRLS TRACK & FIELD

<b>Discus</b>		<b>Mark</b>	<b>Triple Jump</b>	<b>Mark</b>	
1975	Kathy Devine, Mission Bay	139' 6"	1982	Tasha Irving, Crawford	36' 11 1/2"
1976	Kathy Middleton, Poway	129' 1"	1983	Yvonne Griffin, El Camino	37' 0"
1977	Vickie Belser, Vista	120' 1"	1984	Brenda Carter, Lincoln Prep	36' 8"
1978	Jennie McBride, Vista	123' 9"	1985	Jackie Anderson, Mt. Miguel	39' 11 1/4"
1979	Susan Compton, Marian Catholic	129' 8"	1986	Lafrania West, Grossmont	37' 10 1/4"
1980	Susan Compton, Marian Catholic	147' 9"	1987	Jackie Anderson, Mt. Miguel	39' 11 1/2"
1981	Susan Compton, Marian Catholic	137' 9"	1988	Lafrania West, Grossmont	39' 7"
1982	Kellie Carter, Helix	131' 4"	1989	Rachelle Johnson, Patrick Henry	39' 8 1/4"
1983	Tani Leasau, Patrick Henry	125' 0"	1990	Angela Sims, Oceanside	38' 3 3/4"
1984	Beth Ann Hull, La Jolla	132' 4"	1991	Amy Littlepage, Mt. Miguel	38' 0"
1985	Tracy Crawford, Southwest	141' 11"	1992	Amy Littlepage, Mt. Miguel	38' 8 1/2"
1986	Tracy Crawford, Southwest	155' 1"	1993	Tamieka Porter, Orange Glen	39' 8"
1987	Robin Longwell, Grossmont	138' 8"	1994	Tamieka Porter, Orange Glen	38' 2 3/4"#
1988	Laura Hughes, Orange Glen	134' 1"	1995	Richelle Perkins, Bishop's	37' 11"
1989	Tiffany Anderson, Kearny	137' 6"	1996	Andrea Booker, El Camino	39' 5 1/4"
1990	Kathleen Bihis, Mt. Carmel	131' 9"	1997	Andrea Booker, El Camino	39' 7"
1991	Kristina Mataafa, Orange Glen	140' 1"	1998	Div I — Andrea Booker, El Camino	40' 10"
1992	Kristina Mataafa, Orange Glen	149' 7"		Div II — Tamara Espinoza, Hilltop	38' 6"
1993	Fonda McCormack, El Capitan	123' 10"	1999	Div I — Adrienne Farrington, R. Bernardo	37' 5 3/4"
1994	Fonda McCormack, El Capitan	126' 9"		Div II — Jane Givens, La Jolla	37' 1 3/4"
1995	Laura Richmond, Monte Vista	137' 7"	2000	Div I — Sraeya George, Valhalla	37' 11 3/4"
1996	Christian Magana, Fallbrook	132' 11"		Div II — Jane Givens, La Jolla	36' 10 1/2"
1997	Erin McGrath, Eastlake	140' 4"	2001	Div I — Jessica Eggleston, El Camino	37' 1 3/4"
1998	Div I — Angela Petty, Vista	117' 2"		Div II — Sparkle Anderson, Serra	36' 4"
	Div II — Jessica Bryne, Ramona	120' 2"	2002	Div I — Jessica Eggleston, El Camino	38' 9 1/2"
1999	Div I — Mikaelyn Austin, R. Bernardo	121' 9"		Div II — Sparkle Anderson, Serra	36' 8"
	Div II — Candace Hill, Hoover	125' 9"	2003	Sparkle Anderson, Serra	40' 0 3/4"
2000	Div I — Mikaelyn Austin, R. Bernardo	133' 10"	2004	Evon Willingham, Helix	37' 7 1/2"
	Div II — Candace Hill, Hoover	146' 2"	2005	Heather Leidle, Rancho Buena Vista	39' 0 3/4"
2001	Div I — Carrie Johnson, Fallbrook	135' 10"	2006	Kasey Kearin, Rancho Bernardo	38' 2 1/2"
	Div II — Jackie Turpin, Santana	117' 0"	2007	Amber Browner, San Diego	37' 11 3/4"
2002	Div I — Brianna Makihele, San Marcos	137' 9"	2008	Thoraya Maronesy, Helix	37' 7 1/2"
	Div II — Jackie Turpin, Santana	133' 0"	2009	Shaniqua Reddick, Oceanside	38" 5"
2003	Whitney DeWeese, Rancho Buena Vista	139' 7"	2010	Ilesha Iwobi, Oceanside	38' 5"
2004	Whitney DeWeese, Rancho Buena Vista	142' 6"	2011	Tamika Smith, El Camino	39' 4 1/2"
2005	Dereka Winters, El Camino	146' 0"			
2006	Jameena Hunt, Morse	142' 6"			
2007	Brandy Dyer, Vista	139' 7"	<b>Pole Vault</b>	<b>Mark</b>	
2008	Emily Aragon, Escondido	130' 6"	1995	Kristi Draher, Mira Mesa	11' 0"
2009	Alexa Evans, West Hills	134" 6"	1996	Kim Trout, Escondido	10' 0"
2010	Sophia Dukes, EC Southwest	135' 7"	1997	Kylene Nixon, Poway	11' 4"
2011	Alexa Evans, West Hills	154' 11"	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"
			2010	Kortney Ross, Westview	13' 3"
			2011	McKenzie Johnson, Clairemont	13' 0"

# GIRLS TRACK & FIELD

## CIFSDS TRACK & FIELD RECORDS

<b>Year</b>	<b>Event</b>	<b>Name, School</b>	<b>Mark</b>
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
2011	1600 Meter Run	Alli Billmeyer, Torrey Pines	4:41.71
2009	3200 Meter Run	Alli Billmeyer, Torrey Pines	10:18.92
1984	100 Low Hurdles (30')	Gail Devers, Sweetwater	13.41
2009	100 High Hurdles (33')	Danielle Littleton, Vista	14.13
1983	300 Low Hurdles	Gail Devers, Sweetwater	42.26
1977	400 Meter Relay	Crawford (Danita Young, Judy Reed, Katie Gaston, Jewel Lovelady)	45.94*
1999	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	Kortney Ross, Westview	13' 6"

## CIFSDS TRACK & FIELD MEET RECORDS

<b>Year</b>	<b>Event</b>	<b>Name, School</b>	<b>Mark</b>
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
2011	1600 Meter Run	Alli Billmeyer, Torrey Pines	4:45.06
2011	3200 Meter Run	Alli Billmeyer, Torrey Pines	10:30.89
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	Kortney Ross, Westview	13' 3"

\*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
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#### 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, San Pasqual	10:27.32
2010 — Molly Grabill, Rancho Bernardo	10:20.25

#### 100 Meter Low Hurdles

1984 — Gail Devers, Sweetwater	13.41
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#### 300 Meter Low Hurdles

1991 — Erin Blunt, San Pasqual	43.02
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#### 400 Meter Relay

1977 — Crawford	46.14y
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#### 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, Rancho Bernardo	12'8"
1999 — Kathleen Donoghue, Rancho Bernardo	12'8 1/4"
2008 — Emily Mattoon, Rancho Bernardo	12' 6"
2009 — Kortney Ross, Westview	13' 4"
2010 — Kortney Ross, Westview	13' 6"

#### 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"
2011 — Breanna Jemison, Carlsbad	43' 1 1/4"

#### Discus

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