

WRESTLING

TEAM CHAMPIONS

| Year | Winner | Coach | Score | Runner-up | Coach | Score |
|------|--------------|------------------|---------|-----------------------------|-----------------|---------|
| 1961 | Mount Miguel | Ben Duea | Unknown | Escondido | Everett Wilson | Unknown |
| 1962 | Mission Bay | Elmer Runge | 53 | Mount Miguel | Stu Rubine | 39 |
| 1963 | Chula Vista | Robert Anderson | Unknown | Mount Miguel, and San Diego | Stu Rubine | Unknown |
| 1964 | Chula Vista | Robert Anderson | 78 | Monte Vista | Russ Boehmke | (Tie) |
| 1965 | Monte Vista | Norm Wooten | 59 | Chula Vista | Norm Wooten | 57 |
| 1966 | Monte Vista | Norm Wooten | 50 | Mount Miguel | Robert Anderson | 54 |
| 1967 | Monte Vista | David Fager | Unknown | Mount Miguel | Ned Blass | 48 |
| 1968 | Mount Miguel | Ned Blass | 64 | Monte Vista | Ned Blass | Unknown |
| 1969 | Monte Vista | Bill Clauder | 99 | Helix | Bill Clauder | 55 |
| 1970 | Monte Vista | Bill Clauder | 76 | Mount Miguel | Bob Lucas | 73 |
| 1971 | Mount Miguel | Ned Blass | 72 | USDHS | Ned Blass | 70 |
| 1972 | Mount Miguel | Ned Blass | 78.5 | Monte Vista | Richard Sherry | 51 |
| 1973 | Monte Vista | Bill Clauder | 101 | Orange Glen | Bill Clauder | 63.5 |
| 1974 | Monte Vista | Bill Clauder | Unknown | El Cajon Valley | John Woods | 84 |
| 1975 | Monte Vista | Bill Clauder | 135.5 | Patrick Henry | Dick Winn | Unknown |
| 1976 | Monte Vista | Bill Clauder | 138 | Grossmont | James Team | 25.5 |
| 1977 | El Camino | Dayle Mazzarella | 117.5 | Helix | Richard Arnold | 79.5 |
| 1978 | Poway | Al Dorris | 153.5 | Monte Vista | Dick Langston | 91.5 |
| 1979 | Monte Vista | Bill Clauder | 131 | Valhalla | Bill Clauder | 134.5 |
| 1980 | Monte Vista | Bill Clauder | 146.5 | Valhalla | Ned Blass | 130 |
| 1981 | Vista | Ken Kestner, Sr. | 126.5 | Monte Vista | Ned Blass | 112 |
| | | | | | Bill Clauder | 119.5 |

CLASS 3A

| Year | Winner | Coach | Score | Runner-up | Coach | Score |
|------|--------------|-------------------|-------|---------------|-----------------|-------|
| 1982 | Poway | Wayne Branstetter | 255 | Helix | Dick Langston | 125 |
| 1983 | Poway | Wayne Branstetter | 245.5 | Serra | Larry Penacho | 203 |
| 1984 | Poway | Wayne Branstetter | 193 | Monte Vista | William Clauder | 165.5 |
| 1985 | Poway | Wayne Branstetter | 248 | Mount Miguel | Russ Kusimoto | 141 |
| 1986 | Mount Miguel | Russ Kusimoto | 182.5 | Monte Vista | William Clauder | 178 |
| 1987 | Poway | Wayne Branstetter | 278 | Mt. Carmel | Rick Stratton | 186 |
| 1988 | Poway | Wayne Branstetter | 250 | Mt. Carmel | Joe Ismay | 139.5 |
| 1989 | Poway | Wayne Branstetter | 240.5 | Mt. Carmel | Jose Campo | 202.5 |
| 1990 | Poway | Wayne Branstetter | 306.5 | Mt. Carmel | Jose Campo | 166 |
| 1991 | Poway | Wayne Branstetter | 257.5 | San Dieguito | Dan Field | 156.5 |
| 1992 | Poway | Wayne Branstetter | 291.5 | Mt. Carmel | Jose Campo | 128 |
| 1993 | Poway | Wayne Branstetter | 268 | Granite Hills | Aaron Crecy | 176.5 |

CLASS 2A

| Year | Winner | Coach | Score | Runner-up | Coach | Score |
|------|-------------|----------------|-------|-------------|------------------|---------|
| 1982 | Serra | Larry Penacho | 218.5 | Orange Glen | Dennis Zabinsky | Unknown |
| 1983 | Monte Vista | Bill Clauder | 247 | Valhalla | Glen Takahashi | 216 |
| 1984 | Valhalla | Glen Takahashi | 239.5 | Orange Glen | Dennis Zabinsky | 162.5 |
| 1985 | Valhalla | Glen Takahashi | 237 | Orange Glen | Dennis Zabinsky | 186 |
| 1986 | Valhalla | Glen Takahashi | 219.5 | El Camino | Dayle Mazzarella | 169.5 |
| 1987 | Valhalla | Glen Takahashi | 236.5 | Helix | Dick Langston | 155 |
| 1988 | Helix | Dick Langston | 170 | Valhalla | Glen Takahashi | 164 |
| 1989 | Valhalla | Glen Takahashi | 155.5 | Serra | Sam Mason | 152 |
| 1990 | Valhalla | Glen Takahashi | 257.5 | Monte Vista | Bill Clauder | 246.5 |
| 1991 | Valhalla | Glen Takahashi | 242 | Monte Vista | Russ Kusimoto | 190 |
| 1992 | Monte Vista | Russ Kusimoto | 211 | Valhalla | Glen Takahashi | 188.5 |
| 1993 | Valhalla | Glen Takahashi | 250 | Escondido | Clay Clifford | 170.5 |

CLASS 1A

| Year | Winner | Coach | Score | Runner-up | Coach | Score |
|------|---------------|------------------|-------|--------------------------|------------------|-------|
| 1982 | Oceanside | Pat Kimbrel | 213 | El Camino | Dayle Mazzarella | 184 |
| 1983 | El Camino | Dayle Mazzarella | 203.5 | Carlsbad | Mark Nelson | 201 |
| 1984 | El Camino | Dayle Mazzarella | 156.5 | Escondido and San Marcos | Clay Clifford | 152 |
| 1985 | El Camino | Dayle Mazzarella | 226.5 | Escondido | Roger Hartman | (Tie) |
| 1986 | Clairemont | Jerry Knupple | 223.5 | Ramona | Clay Clifford | 152 |
| 1987 | Clairemont | Jerry Knupple | 190.5 | Escondido | Pete Purdy | 200 |
| 1988 | Clairemont | Jerry Knupple | 196.5 | Escondido | Clay Clifford | 160.5 |
| 1989 | Escondido | Clay Clifford | 175.5 | Escondido | Clay Clifford | 160.5 |
| 1990 | Mission Bay | Jerry Surdy | 169.5 | Oceanside | Pat Kimbrel | 142 |
| 1991 | Escondido | Clay Clifford | 190.5 | Escondido | Clay Clifford | 144 |
| 1992 | St. Augustine | Joseph Craig | 171 | Ramona | Tom Hacker | 138.5 |
| 1993 | Monte Vista | Bill Clauder | 238 | Madison | Mike Barnes | 161.5 |
| | | | | Ramona | Steve Koch | 184 |

WRESTLING

DIVISION I

| Year | Winner | Coach | Score | Runner-up | Coach | Score |
|------|--------|-------------------|-------|-----------------|-----------------|-------|
| 1994 | Poway | Wayne Branstetter | 243.5 | Granite Hills | Aaron Crecy | 172 |
| 1995 | Poway | Wayne Branstetter | 280.5 | Mt. Carmel | Jose Campo | 201 |
| 1996 | Poway | Wayne Branstetter | 301.5 | Mt. Carmel | Jose Campo | 159 |
| 1997 | Poway | Wayne Branstetter | 280 | Valhalla | Glen Takahashi | 241 |
| 1998 | Poway | Wayne Branstetter | 337 | RB Vista | Marty Nellis | 189 |
| 1999 | Poway | Wayne Branstetter | 314.5 | Valhalla | Glen Takahashi | 210.5 |
| 2000 | Poway | Wayne Branstetter | 290.5 | RB Vista | Marty Nellis | 250.5 |
| 2001 | Poway | Wayne Branstetter | 328.5 | RB Vista | Marty Nellis | 229.5 |
| 2002 | Poway | Wayne Branstetter | 285 | Mt. Carmel | Joe Campo | 224 |
| 2003 | Poway | Wayne Branstetter | 334.5 | Vista | Chris Davis | 175.5 |
| 2004 | Poway | Wayne Branstetter | 308 | Fallbrook | Charlie Russell | 189.5 |
| 2005 | Poway | Wayne Branstetter | 362 | Vista | Chris Davis | 262 |
| 2006 | Poway | Wayne Branstetter | 339 | Vista | Chris Davis | 220.5 |
| 2007 | Poway | Wayne Branstetter | 357.5 | La Costa Canyon | Dwayne Buth | 230.5 |
| 2008 | Poway | Wayne Branstetter | 327.5 | RB Vista | Marty Nellis | 198 |
| 2009 | Poway | Wayne Branstetter | 301.5 | Vista | Chris Davis | 183.5 |
| 2010 | Poway | Wayne Branstetter | 343 | Carlsbad | Ross O'Briant | 179 |
| 2011 | Poway | Wayne Branstetter | 359.5 | RB Vista | Preston Picus | 182.5 |

DIVISION II

| Year | Winner | Coach | Score | Runner-up | Coach | Score |
|------|-----------------|-----------------------|-------|-----------------|----------------|-------|
| 1994 | Monte Vista | Bill Clauder | 207.5 | Valhalla | Glen Takahashi | 162 |
| 1995 | Monte Vista | Bill Clauder | 232 | El Cajon Valley | Pete Grisafi | 172 |
| 1996 | Valhalla | Glen Takahashi | 281.5 | Monte Vista | Bill Clauder | 194 |
| 1997 | Monte Vista | Bill Clauder | 204.5 | El Cajon Valley | Pete Grisafi | 195.5 |
| 1998 | Valhalla | Glen Takahashi | 292.5 | Monte Vista | Steve Bulette | 208 |
| 1999 | Monte Vista | Steve Bulette | 212 | Ramona | Steve Koch | 175 |
| 2000 | Monte Vista | Steve Bulette | 237.5 | Ramona | Steve Koch | 196.5 |
| 2001 | Valhalla | Glen Takahashi | 232.5 | Monte Vista | Steve Bulette | 226 |
| 2002 | Monte Vista | Steve Bulette | 251.5 | Valhalla | Glen Takahashi | 245 |
| 2003 | Monte Vista | Steve Bulette | 191 | Eastlake | Troy Vierra | 179.5 |
| 2004 | La Costa Canyon | Dwayne Buth | 199.5 | Mt. Carmel | Jose Campo | 188 |
| 2005 | Mt. Carmel | Gail Miller | 240 | Mira Mesa | Jon Talbett | 159.5 |
| 2006 | Hilltop | Tim Tyler | 202.5 | Scripps Ranch | Matthew Becker | 190 |
| 2007 | Scripps Ranch | Matthew Becker | 169 | San Pasqual | Ron Rogers | 160 |
| 2008 | Mt. Carmel | Gail Miller | 252 | Westview | Perry Watson | 161.5 |
| 2009 | Mt. Carmel | Gail Miller | 250 | Hilltop | Thomas Juarez | 221.5 |
| 2010 | La Costa Canyon | Dwayne Buth | 241.5 | Mt. Carmel | Gail Miller | 179.5 |
| 2011 | Rancho Bernardo | Joe Eddie Terribilini | 201 | Orange Glen | Paul Caputo | 145 |

DIVISION III

| Year | Winner | Coach | Score | Runner-up | Coach | Score |
|------|---------------|----------------------|-------|---------------|----------------------|-------|
| 1994 | Ramona | Steve Koch | 195 | Crawford | Jim Vlassis | 182 |
| 1995 | Hilltop | Tim Tyler | 178 | Ramona | Steve Koch | 172 |
| 1996 | Santana | Buddy Wilkerson, Jr. | 228 | Holtville | Mike Johnston | 175.5 |
| 1997 | Hilltop | Tim Tyler | 243.5 | Santana | Buddy Wilkerson, Jr. | 223.5 |
| 1998 | Holtville | Michael Johnston | 206.5 | Hilltop | Tim Tyler | 192.5 |
| 1999 | Hilltop | Tim Tyler | 175.0 | Imperial | Pete Martinez | 151.5 |
| 2000 | Valley Center | Clay Clifford | 230.0 | Hilltop | Tim Tyler | 178.5 |
| 2001 | Brawley | Keith Smith | 287.5 | Ramona | Steve Koch | 243.5 |
| 2002 | Ramona | Steve Koch | 280 | Orange | Glen Dave Lavine | 162.5 |
| 2003 | Ramona | Steve Koch | 228.5 | Mar Vista | Bud Harbin | 199.5 |
| 2004 | Brawley | Tony Leon | 275 | Valhalla | Glen Takahashi | 195.5 |
| 2005 | Valhalla | Glen Takahashi | 268 | Monte Vista | Steve Bulette | 195 |
| 2006 | Brawley | Tony Leon | 298 | Mt. Carmel | Gail Miller | 218.5 |
| 2007 | Brawley | Tony Leon | 299.5 | Mt. Carmel | Gail Miller | 258.5 |
| 2008 | Brawley | Tony Leon | 257.5 | Steele Canyon | Dan Kida | 213 |
| 2009 | Steele Canyon | Danny Kida | 252 | Monte Vista | Steve Bulette | 221 |
| 2010 | Brawley | Tony Leon | 212.5 | Monte Vista | Steve Bulette | 206 |
| 2011 | Brawley | Tony Leon | 276 | Ramona | Steve Koch | 232 |

WRESTLING

DIVISION IV

| Year | Winner | Coach | Score | Runner-up | Coach | Score |
|-------------|---------------|---------------|--------------|-------------------------------|-----------------|----------------|
| 2002 | Brawley | Keith Smith | 291 | Valley Center | Clay Clifford | 173 |
| 2003 | Brawley | Keith Smith | 253 | Valley Center | Clay Clifford | 118 |
| 2004 | Valley Center | Clay Clifford | 207 | Palo Verde | Ian John | 162 |
| 2005 | Brawley | Tony Leon | 273 | Palo Verde | Ian John | |
| 2006 | Valley Center | Clay Clifford | 228 | Imperial | Pete Martinez | 177 |
| 2007 | Valley Center | Clay Clifford | 198 | Santa Fe Christian Santana | Dave Schenk | 150.5 150.5 |
| 2008 | Valley Center | Clay Clifford | 235 | Imperial | Terso Lara | 169 |
| 2009 | Brawley | Tony Leon | 343.5 | San Marcos | Brody Barrios | 176.5 |
| 2010 | Imperial | Tirso Lara | 197.5 | Cathedral Catholic | Jason Gigliotti | 170 |
| 2011 | Clairemont | Gerry Knuppel | 190 | Valley Center | Clay Clifford | 179.5 |

DUAL MEET

| Year | Winner | Coach | Score | Runner-up | Coach | Score |
|-------------|---------------|-------------------|--------------|------------------|---------------|--------------|
| 1/26/91 | Valhalla | Glen Takahashi | 59 | Escondido | Clay Clifford | 10 |
| 2/01/92 | Poway | Wayne Branstetter | 58 | San Dieguito | Dan Field | |

STATE TOURNAMENT TEAM CHAMPIONS

1973 — Monte Vista 1985 — Valhalla 1986 — Poway 1999 — Poway 2005 — Poway 2009 — Poway

TEAM RECORDS

Most Consecutive Unbeaten

- 149 — Poway (Wayne Branstetter, 1974-00)
- 40 — Eastlake (Troy Vierra, 2000-05)
- 29 — Valhalla (Glen Takahashi, 1984-87)
- 29 — Morse (John Thompson, 1997-99)

Most Consecutive Victories

- 101 — Poway (1980-91)
- 40 — Eastlake (2000-05)
- 35 — Hilltop
- 29 — Morse (1997-99)
- 22 — Valhalla (2/03/83-1/16/86)

Most Consecutive Wins (League)

- 114 — Poway (1980-00)
- 35 — Hilltop (1997-2000)
- 33 — Escondido (1/30/92-1/09/97)
- 31 — Escondido (2/03/86-1/17/91)
- 29 — Valhalla (2/03/83-2/05/87)
- 22 — Valhalla (1/28/88-2/11/93)

Most Consecutive Unbeaten (League)

- 114 — Poway (1974-93)
- 28 — Hilltop (1997-2000)

Most League Championships or Co-Championships

- 36 — Poway (Palomar, 1975-1999, 2001-10)
- 21 — Monte Vista (Grossmont 2A and 3A, 1961-94)
- 16 — Hilltop (Metro, 1980-00, 2003-06)
- 11 — Madison (Eastern, Western, Central, 1961-83)
- 11 — Morse (Eastern, 1966-99)
- 11 — Patrick Henry (Eastern, 1971-2002)
- 11 — Clairemont (Western, Harbor, 1964-2004)
- 10 — Mission Bay (Western, 1961-93)
- 10 — Mira Mesa (Eastern, Western, 1977-2005)
- 9 — Valhalla (Grossmont 2A, 1984-93)
- 9 — Escondido (Avocado, 1987-95)
- 8 — Hoover (Central, 1961-92)

Most Consecutive League Championships or Co-Champs

- 25 — Poway (Palomar, 1975-99)
- 10 — Escondido (Avocado, 1987-96)
- 7 — Poway (Palomar, 2001-07)
- 5 — Hoover (Central, 1987-91)
- 5 — Patrick Henry (Eastern, 1971-75)
- 5 — Clairemont (Western, 1985-89)
- 4 — Hilltop (Metro, 1997-00 & 2003-06)
- 4 — Eastlake (2001-05)

Most Section/Divisional Championships

- 29 — Poway (1978, 82-85, 87-10)
- 21 — Monte Vista (1965-67, 69-70, 73-76, 79-80, 83, 92, 93-95, 97, 99, 2000, 2002-03)
- 12 — Valhalla (1984-87, 89-91, 93, 96, 98, 2001, 05)
- 10 — Brawley (2001-10)
- 5 — Mt. Miguel (1961, 68, 71, 86)
- 5 — Valley Center (2000, 04, 06-08)
- 4 — El Camino (1977, 1983-85)
- 4 — Hilltop (1995, 97, 99, 2006)
- 3 — Clairemont (1986-88)
- 3 — Ramona (1994, 2002-03)

Most State CIF Championships

- 4 — Poway (Wayne Branstetter, 1986, 1999, 2005)
- 1 — Monte Vista (Bill Clauder, 1973)
- 1 — Valhalla (Glen Takahashi, 1985)

Most State CIF Place Winners (History)

- 112 — Poway (1977-08)
- 36 — Valhalla (1979-99)
- 34 — Monte Vista (1973-99)
- 15 — Rancho Buena Vista

- 14 — Mt. Carmel (1981-99)
- 17 — Vista (1973-97, 2006-08)
- 10 — El Cajon Valley (1973-97)
- 10 — El Camino (1977-93)
- 9 — Granite Hills (1985-95)
- 9 — Calexico
- 8 — Mt. Miguel (1973-99)

Most State CIF Place Winners (Season)

- 6 — Poway (2003, 2005)
- 5 — Poway (1986, 2006)
- 5 — Monte Vista (1973)
- 4 — Poway (1997, 1998, 1999, 2002, 2008)
- 4 — Valhalla (1998)
- 4 — Rancho Buena Vista (2001)
- 3 — Poway (1988, 1990, 1991, 1992, 1993, 1996, 2000, 2001, 2004)
- 3 — Valhalla (1983, 1984, 1985, 1991)
- 3 — Monte Vista (1974, 1975)
- 3 — Helix (1997)
- 3 — Granite Hills (1987)

Most Points Scored (Meet)

- 84 — Hilltop vs. Southwest (1995)
- 84 — Hilltop vs. Sweetwater (0), (2/11/99)
- 84 — University City vs. USDHS (1/11/01)
- 82 — University City vs. Montgomery (12/2/00)
- 82 — University City vs. Army-Navy (12/7/00)
- 78 — Valhalla vs. Santana (0), (12/12/85)
- 78 — Poway vs. Montgomery (0), (12/86)
- 78 — Morse vs. St. Augustine (1997)
- 78 — Poway vs. Sonora (0), (12/89)
- 78 — Hilltop vs. Southwest (0), (1/14/99)
- 76 — Hilltop vs. Castle Park (1995)
- 74 — Poway vs. La Costa Canyon (3), (1/12/06)
- 74 — Patrick Henry vs. San Diego (6), (1/20/06)

Average Victory Margin (Season)

- 51.1 — Poway (18-0, 1993)
- 50.1 — Poway (15-0, 1990)
- 47.5 — Valhalla (10-0, 1991)
- 39.3 — Morse (6-0, 1999)
- 35.5 — Valhalla (8-0, 1985)
- 35.0 — Valhalla (8-0, 1984)
- 32.5 — Hilltop (7-1, 1997)
- 28.0 — Valhalla (7-0-1, 1986)
- 25.5 — Morse (18-0, 1998)
- 24.07 — University City (11-3, 2001)

Most Falls (Season)

- 167 — Valhalla (1986)
- 166 — Patrick Henry (1974)
- 159 — Mar Vista (2002)
- 157 — Valhalla (1985)
- 156 — University City (2001)
- 154 — Valhalla (1991)
- 151 — La Jolla (1996)
- 147 — Valhalla (1984)
- 136 — Valhalla (1989)
- 135 — Morse (1998)

Most Falls (Meet)

- 13 — Valhalla vs. Santana (12/12/85)
- 12 — Valhalla vs. Santana (1982)
- 11 — Patrick Henry vs. Poway (1973)
- 11 — Valhalla vs. El Cajon Valley (1991)
- 11 — Hilltop vs. Eastlake (1997)
- 9 — University City vs. Montgomery (12/2/00)
- 9 — University City vs. USDHS (1/11/01)

INDIVIDUAL RECORDS

Most Victories (Career)

191 — Ryan Williams, La Costa Canyon (2001-2004)
 181 — Thomas Juarez, Montgomery (1994-97)
 176 — Patrick Payne, Poway (2000-2003)
 164 — Willie J. Jones, Lincoln Prep (1991-94)
 163 — Brody Barrios, Poway (1997-00)
 162 — Ryan Halsey, RB Vista (1998-01)
 159 — Richard Bailey, Valhalla & Monte Vista (1982-85)
 159 — Andy Kim, Poway (1998-01)
 158 — Keith Kroeger, Granite Hills (1998-01)
 156 — Leo Perez, San Dieguito & LC Canyon (1994-97)
 152 — Mark Gerardi, Valhalla (1987-87)
 152 — Juan Mora, RB Vista (1998-01)

Most Victories (Season)

54 — Jason Hendrick, Valhalla (1991)
 53 — Brody Barrios, Poway (2000)
 52 — Ryan Williams, La Costa Canyon (2004)
 51 — Ryan Williams, La Costa Canyon (2003)
 50 — Justin Woodruff, Poway (1996)
 48 — Russ Magoffin, Valhalla (1991)
 48 — Mike Berry, Valhalla (1992)
 48 — Ross Funches, Poway (1992)
 47 — Mark Gerardi, Valhalla (1987)
 47 — Patrick Mack, Valhalla (1991)
 47 — Willie J. Jones, Lincoln Prep (1993)
 47 — Willie J. Jones, Lincoln Prep (1994)

Most Consecutive Victories

128 — Mark Gerardi, Valhalla (1984-87)
 46 — Tom Schavrien, Poway (2006)
 45 — Russell Yip, Patrick Henry (1975)
 45 — John Haas, Poway (1992)
 42 — Jeff Bridge, West Hills (2000)
 34 — David Gates, Morse (1994)
 33 — David Gates, Morse (1993)
 33 — Randy Blackwood, West Hills (1998)
 30 — Robert Tabinga, Mt. Miguel (1998)
 23 — Ryan Hunt, Hilltop (1997)
 23 — Brian Pogue, La Costa Canyon (1998)
 23 — Mike Betancourt, Rancho Buena Vista (1997)

Most Points (Career)

1,016 — Mark Gerardi, Valhalla (1984-87)
 791.5 — Jake Roberts, Valhalla (1990-93)
 774 — Jason Hendricks, Valhalla (1988-91)
 754 — David Gates, Morse (1992-94)
 727.5 — Patrick Mack, Valhalla (1988-91)
 668 — Randy Blackwood, West Hills (1995-98)
 552.5 — Jake Roberts, Valhalla (1989-92)
 539 — Shawn Diamond, San Dieguito (1987-89)
 538.5 — Russ Magoffin, Valhalla (1990-91)

Most Points (Season)

321 — Mark Gerardi, Valhalla (1987)
 304 — Jason Hendricks, Valhalla (1991)
 288.5 — Russ Magoffin, Valhalla (1991)
 278 — Mark Gerardi, Valhalla (1985)
 271.5 — Vic Gerardi, Valhalla (1985)
 270 — Rich Bailey, Valhalla (1985)
 270 — David Gates, Morse (1994)
 266 — Patrick Mack, Valhalla (1991)

Most Takedowns (Career)

350 — Thomas Juarez, Montgomery (1994-97)
 326 — Mike Metzger, Carlsbad (1990-94)
 291 — Eric Stayten, RB Vista (1996-98)
 250 — Leo Perez, San Dieguito & LC Canyon (1994-97)
 245 — Willie J. Jones, Lincoln Prep (1991-94)
 243 — Russell Yip, Patrick Henry (1974-75)
 222 — Jay Penacho, San Dieguito (1985-87)
 210 — Robert Asamoto, San Dieguito & LC Canyon (1994-97)
 206 — Naiche Kennedy, La Jolla (1993-96)

Most Takedowns (Season)

167 — Eric Stayten, RB Vista (1998)
 150 — Thomas Juarez, Montgomery (1997)
 141 — Russell Yip, Patrick Henry (1975)
 124 — Mike Metzger, Carlsbad (1994)
 124 — Eric Stayten, Rancho Buena Vista (1997)
 119 — Naiche Kennedy, La Jolla (1996)
 116 — Leo Perez, La Costa Canyon (1997)
 114 — Ron Magtanong, Rancho Bernardo (1998)
 114 — Ryan Tate, Mt. Carmel (1995)
 109 — Leo Perez, San Dieguito (1996)
 108 — Jay Penacho, San Dieguito (1988)

Most Falls (Career)

111 — Willie J. Jones, Lincoln Prep (1991-94)
 101 — Patrick Payne, Poway (2000-03)
 100 — Carey Farkas, Poway (1989-92)
 93 — Randy Blackwood, West Hills (1996-99)
 92 — Endhyr Meza, West Hills (2006-10)
 89 — Mark Gerardi, Valhalla (1984-87)
 59 — Chris Angelo, Hilltop (1998-2001)
 85 — Ryan Hunt, Hilltop (1994-97)
 80 — Shawn Diamond, San Dieguito (1987-89)
 78 — David Gates, Morse (1992-94)
 77 — Ryan Tate, Mt. Carmel (1993-96)

Most Falls (Season)

45 — Zdravko Divjak, Poway (1996)
 40 — Corey Farkas, Poway (1992)
 38 — Nick Travers, Grossmont (2010)
 38 — Endhyr Meza, West Hills (2010)
 36 — Willie J. Jones, Lincoln Prep (1993)
 36 — Ryan Hunt, Hilltop (1997)
 36 — Randy Blackwood, West Hills (1997)
 35 — Willie J. Jones, Lincoln Prep (1994)
 33 — Randy Blackwood, West Hills (1997)
 32 — Shawn Diamond, San Dieguito (1989)

Fastest Fall

4' — Danny Chiu, Escondido (1997)
 4' — Justin Oswalt, Mission Hills (2008)
 5' — Steve Lee, Poway (1993)
 6' — Jeff Strick, West Hills (1996)
 7' — Mike Betancourt, RB Vista (1996)
 7' — Mark Beeson, Valhalla (1991)
 8' — Jim Robbins, San Dieguito (1987)
 8' — Jay Penacho, San Dieguito (1988)
 8' — Levi Harbin, Mar Vista (1993)
 9' — Harold Jones, Poway (1985)
 9' — Tony Matteucci, Poway (1989)
 9' — Corey Farkas, Poway (1992)
 9' — Chris Long, Morse (1981)
 9' — Ramsey Dababneh, Mar Vista (2002)

Most State CIF Place Winners (Career)

3 — Mark Gerardi, Valhalla (1984-87)
 3 — Jason Hendricks, Valhalla (1988-91)
 3 — Richard Bailey, Valhalla (1988-92)
 3 — Brady Barrios, Poway (1998-00)
 3 — Levi Harbin, Mar Vista (1993-95)

Most State CIF Championships (Career)

3 — Mark Gerardi, Valhalla (1985-87)
 2 — John Grubbs, El Camino (1986-87)
 2 — Brody Barrios, Poway (1999-00)
 2 — Paul Baird, Poway (2002-03)
 2 — Anthony Meza, Vista (2007-08)

WRESTLING

WEIGHT CLASS CHAMPIONS

1961

| Wt. | Name, School |
|------------|------------------------------|
| 95 | John Sickerson, Point Loma |
| 103 | Ken Imaizumi, Escondido |
| 112 | Jim Sunbury, Mt. Miguel |
| 120 | Jerry Blair, Helix |
| 127 | Jim Cherbak, Lincoln Prep |
| 133 | Chet Phillips, Granite Hills |
| 138 | Randy Veal, Mt. Miguel |
| 145 | Odis Cochran, Chula Vista |
| 154 | Jim Welty, Mt. Miguel |
| 165 | Jack Slayton, Mission Bay |
| 180 | Ed Hoffman, Coronado |
| Hwt. | Tim Hundley, Escondido |

1962

| Wt. | Name, School |
|------------|----------------------------|
| 95 | Bill Taylor, Mt. Miguel |
| 103 | Jack Sawatzki, Mission Bay |
| 112 | John Zook, Point Loma |
| 120 | Charles Cassani, Hilltop |
| 127 | Manuel Vierra, Hilltop |
| 133 | Roger Pickens, Mt. Miguel |
| 138 | George Ward, Helix |
| 145 | Dave Bengston, Vista |
| 154 | Bob Boynton, Point Loma |
| 165 | Dennis Bowman, Crawford |
| 175 | Pat Curran, Monte Vista |
| Hwt | Tom Melega, Monte Vista |

1963

| Wt. | Name, School |
|------------|-----------------------------|
| 95 | Tom Cloyes, Grossmont |
| 103 | Lindsey Cerney, Mission Bay |
| 112 | Ron Batty, Chula Vista |
| 120 | Roy Hahn, Chula Vista |
| 127 | Mike Martin, Chula Vista |
| 133 | Bruce Walker, Point Loma |
| 138 | Mel Duarte, Grossmont |
| 145 | J. Robinson, Mt. Miguel |
| 154 | Art Straite, El Capitan |
| 165 | Jimbo Stevens, Mt. Miguel |
| 175 | Ed Hoffman, Coronado |
| Hwt | John Melega, Monte Vista |

1964

| Wt. | Name, School |
|------------|----------------------------|
| 95 | Tom Blackman, Monte Vista |
| 103 | Roy Garcia, Sweetwater |
| 112 | Ron Batty, Chula Vista |
| 120 | John Hahn, Chula Vista |
| 127 | Roy Hahn, Chula Vista |
| 133 | Jim Kida, Monte Vista |
| 138 | Mel Duarte, Grossmont |
| 145 | Mike Rudluff, Mt. Miguel |
| 154 | Jerry Robinson, Mt. Miguel |
| 165 | Jimbo Stevens, Mt. Miguel |
| 175 | James Snow, San Diego |
| Hwt | Jim Palmer, Hilltop |

1965

| Wt. | Name, School |
|------------|-------------------------------|
| 98 | Tom Blackman, Monte Vista |
| 106 | Romero Sandoval, Lincoln Prep |
| 115 | Carlos Gallegos, Chula Vista |
| 123 | Samuel Tharpe, San Diego |
| 130 | John Hahn, Chula Vista |
| 136 | Jim Kida, Monte Vista |
| 141 | Greg Vigil, Chula Vista |
| 148 | Brian Yale, Monte Vista |
| 157 | Pat Farmer, Vista |
| 168 | Larry Johnston, Granite Hills |
| 183 | Bill Hoffman, Coronado |
| Hwt | Dan Fulkerson, Kearny |

1966

| Wt. | Name, School |
|------------|----------------------------------|
| 98 | Dan Kida, Monte Vista |
| 106 | John Denham, Morse |
| 115 | Jimmy Finster, Morse |
| 123 | Glen Takahashi, Monte Vista |
| 130 | Cory Francis, Helix |
| 136 | Glenn Davis, El Capitan |
| 141 | Alex Fousek, Monte Vista |
| 148 | Don Westerfield, El Cajon Valley |
| 157 | Pat Miller, Kearny |
| 168 | Damon Zumwalt, Sweetwater |
| 183 | Ronald Nix, San Diego |
| Hwt | Steve Blash, La Jolla |

1967

| Wt. | Name, School |
|------------|-------------------------------|
| 98 | Dan Kida, Monte Vista |
| 106 | Charles Howell, Santana |
| 115 | Romero Sandoval, Lincoln Prep |
| 123 | Mike Ito, Morse |
| 130 | Glen Takahashi, Monte Vista |
| 136 | Ned Fousek, Monte Vista |
| 141 | Jerry Robinson, Mt. Miguel |
| 148 | Clifford Small, Morse |
| 157 | Al Williamson, Helix |
| 168 | Ray Marquez, San Marcos |
| 183 | Tim Turner, San Dieguito |
| 218 | George Brown, Granite Hills |

1968

| Wt. | Name, School |
|------------|-----------------------------|
| 98 | Gary Gilbert, Monte Vista |
| 106 | Dan Kida, Monte Vista |
| 115 | Donald Wiles, Helix |
| 123 | James Carpenter, Madison |
| 130 | Pedro Sandoval, San Diego |
| 136 | Jesus Moya, San Diego |
| 141 | Duane Conta, Mt. Miguel |
| 148 | John Hardy, Castle Park |
| 157 | Mike Harden, Mt. Miguel |
| 168 | Al Williamson, Helix |
| 183 | Robert Jacobsen, Mt. Miguel |
| 218 | Phillip Adair, San Diego |

1969

| Wt. | Name, School |
|------------|----------------------------|
| 98 | Ed Calugay, Sweetwater |
| 106 | Jim Steiger, Madison |
| 115 | Dan Kida, Monte Vista |
| 123 | Richard Ortega, Morse |
| 130 | Bill Kramer, Mt. Miguel |
| 136 | Larry Davidson, Helix |
| 141 | Larry Millard, Monte Vista |
| 148 | Mike Whillock, Helix |
| 157 | Chris Ehrentraut, Helix |
| 168 | Bill Funke, Grossmont |
| 183 | Joe Amaral, USDHS |
| 218 | John Tancil, Monte Vista |

1970

| Wt. | Name, School |
|------------|-------------------------------|
| 98 | Dale Siscon, Mt. Miguel |
| 106 | Steve Wood, El Cajon Valley |
| 115 | Fred Taylor, Mt. Miguel |
| 123 | Richard Ortega, Morse |
| 130 | Fred Blocker, Monte Vista |
| 136 | Gary Nutting, Monte Vista |
| 141 | Jeff Howell, Santana |
| 148 | Mike Fouquett, Chula Vista |
| 157 | Robert Skidmore, Monte Vista |
| 168 | Randy Evertsen, Madison |
| 178 | Wayne Nickerson, San Dieguito |
| 194 | Jackson, Mt. Miguel |
| Hwt | Frank Proctor, Grossmont |

1971

| Wt. | Name, School |
|------------|-------------------------------|
| 98 | Jerry Bullary, Sweetwater |
| 106 | Dale Siscon, Mt. Miguel |
| 115 | Jim Hamada, San Dieguito |
| 123 | Steve Wood, El Cajon Valley |
| 130 | Bob Blocker, Point Loma |
| 136 | Robert Cesena, Helix |
| 141 | Jeff Howell, Santana |
| 148 | Mark Schruff, Mt. Miguel |
| 157 | Jeff Huyett, Grossmont |
| 168 | Gregg Robinson, Mt. Miguel |
| 178 | Wayne Nickerson, San Dieguito |
| 194 | Tom Gillcrist, USDHS |
| Hwt | Tom Silsby, Orange Glen |

1972

| Wt. | Name, School |
|------------|-------------------------------|
| 98 | Terry Drew, Grossmont |
| 106 | Villareal, Mt. Miguel |
| 115 | Chavez, Oceanside |
| 123 | Miguel Cesna, Mt. Miguel |
| 130 | Bob Blocker, Point Loma |
| 136 | Robbie Hudson, Monte Vista |
| 141 | Chip Swanson, Helix |
| 148 | Matt Taylor, Monte Vista |
| 157 | Pete Grisafi, El Cajon Valley |
| 168 | Dennis Zabinski, Orange Glen |
| 178 | David Goger, Escondido |
| 194 | Steve Meyer, Monte Vista |
| Hwt | Peter Caulk, Coronado |

WEIGHT CLASS CHAMPIONS

1973

| Wt. | Name, School |
|------------|-------------------------------|
| 98 | John Siskon, Mt. Miguel |
| 106 | Terry Drew, Grossmont |
| 115 | Joe Ibarra, Sweetwater |
| 123 | David Broadwolf, Monte Vista |
| 130 | Miguel Cesena, Mt. Miguel |
| 136 | Robert Viera, El Cajon Valley |
| 141 | Robbie Hudson, Monte Vista |
| 148 | Matt Taylor, Monte Vista |
| 157 | Warren Nikuls, Orange Glen |
| 168 | Lloyd Taylor, Sweetwater |
| 178 | Dennis Zabinski, Orange Glen |
| 194 | Charles Poma, San Marcos |
| Hwt | Dan Allen, Mt. Miguel |

1974

| Wt. | Name, School |
|------------|-------------------------------|
| 98 | Tim Hallinan, El Cajon Valley |
| 106 | Tom Mount, Mt. Miguel |
| 115 | Jeff Fleury, Monte Vista |
| 123 | Russell Bowen, Santana |
| 130 | Tim Schramm, Chula Vista |
| 136 | Mike Hoody, Monte Vista |
| 141 | Marquis, El Cajon Valley |
| 148 | Allen Michael, Helix |
| 157 | Kim Schnauts, USDHS |
| 168 | Maskell, Mar Vista |
| 178 | Heid, San Pasqual |
| 194 | Scott Moore, Granite Hills |
| Hwt | Ernest Bingelli, Madison |

1975

| Wt. | Name, School |
|------------|----------------------------|
| 98 | Tad Overmire, Orange Glen |
| 106 | Ed Dilbeck, Orange Glen |
| 115 | Tom Mount, Mt. Miguel |
| 123 | Rick Fileman, Poway |
| 130 | Russell Yip, Patrick Henry |
| 136 | Jose Moreno, Granite Hills |
| 141 | Jeff Fleury, Monte Vista |
| 148 | Ron O'Bard, Monte Vista |
| 157 | Jeff Summerour, Poway |
| 168 | Jesse Cabbil, Oceanside |
| 178 | Steve Sawyer, Oceanside |
| 194 | Tim Hoskins, Clairemont |
| Hwt | Dean Wilson, Monte Vista |

1976

| Wt. | Name, School |
|------------|-----------------------------------|
| 98 | Alfred Macias, Clairemont |
| 106 | Ludwig, El Capitan |
| 115 | Tom Herlihy, Helix |
| 123 | Terry Drew, Grossmont |
| 130 | Tom Mount, Mt. Miguel |
| 136 | Chris Benintende, El Cajon Valley |
| 141 | Child, Orange Glen |
| 148 | Ron O'Bard, Monte Vista |
| 157 | Tim Morin, Carlsbad |
| 168 | Parson, Mar Vista |
| 178 | King, Hilltop |
| 194 | Cameron Herrick, Monte Vista |
| Hwt | Funke, Grossmont |

1977

| Wt. | Name, School |
|------------|------------------------------|
| 98 | Tony Arellano, Helix |
| 106 | Marcus Sims, El Camino |
| 115 | Rich Welch, Monte Vista |
| 123 | Tom Herlihy, Helix |
| 130 | Carter, Grossmont |
| 136 | David Harrison, El Camino |
| 141 | Dorman, El Camino |
| 148 | Eric Gritz, El Capitan |
| 157 | Kerry Hiatt, Poway |
| 168 | Bruce Ognibene, USDHS |
| 178 | J.J. Gracio, Marian Catholic |
| 194 | Jim Reeves, Monte Vista |
| Hwt | Ernie Velton, Helix |

1978

| Wt. | Name, School |
|------------|---------------------------------|
| 98 | John Cruse, Monte Vista |
| 106 | Tony Arellano, Helix |
| 115 | Micky Ruis, El Capitan |
| 123 | Marcus Sims, El Camino |
| 130 | Tim Parks, El Cajon Valley |
| 136 | Joe Ismay, Mar Vista |
| 141 | Eric Blakeslee, Vista |
| 148 | Glade Bacon, Monte Vista |
| 157 | Kerry Hiatt, Poway |
| 168 | Kevin Woods, Poway |
| 183 | Lloyd Babineau, El Cajon Valley |
| 194 | Phil Opstad, Poway |
| Hwt | Paul Esquibel, Valhalla |

1979

| Wt. | Name, School |
|------------|-----------------------------------|
| 98 | Billy LaFontaine, El Cajon Valley |
| 106 | Mike Cox, Monte Vista |
| 115 | Mikey Ruiz, El Capitan |
| 123 | John Brause, USDHS |
| 130 | Rich Welch, Monte Vista |
| 136 | Greg Williams, USDHS |
| 141 | John Freeman, El Camino |
| 148 | Mike Hartley, El Cajon Valley |
| 157 | Ron Boehmke, Valhalla |
| 168 | Mike Shering, Valhalla |
| 183 | Kevin Olmstead, El Camino |
| 194 | Bill Fallon, Carlsbad |
| Hwt | Rodney Fowler, Valhalla |

1980

| Wt. | Name, School |
|------------|-----------------------------------|
| 98 | Bob Elsasser, Carlsbad |
| 106 | Billy LaFontaine, El Cajon Valley |
| 115 | Frank Meyer, Mt. Empire |
| 123 | Brian Riley, Serra |
| 130 | John Guiliano, El Cajon Valley |
| 136 | Richard Welch, Monte Vista |
| 141 | Robert Cook, Serra |
| 148 | Lance Revenaugh, Valhalla |
| 157 | Ron Boehmke, Valhalla |
| 168 | Ken Kestner, Vista |
| 183 | Curt Gibson, Valhalla |
| 194 | Don Knaresboro, El Cajon Valley |
| Hwt | Robert Connolly, Poway |

1981

| Wt. | Name, School |
|------------|---------------------------|
| 101 | Tim Flynn, Vista |
| 108 | Ken Defries, Monte Vista |
| 115 | Bob Elsasser, Carlsbad |
| 122 | Max Leimgruber, Holtville |
| 129 | Digo Cooper, Hilltop |
| 135 | Gary Thornburg, Holtville |
| 141 | Mike Rowden, San Dieguito |
| 148 | Ray Bellarosa, Mt. Carmel |
| 158 | Rick Tweet, Monte Vista |
| 170 | Ken Kestner, Vista |
| 188 | David Vurik, Vista |
| 203 | Dan Faasomala, Carlsbad |
| Hwt | Steve Howe, Monte Vista |

1982

| Wt. | Name, School |
|------------|---------------------------|
| 101 | John Galkowski, Valhalla |
| 108 | Mark Harrington, Serra |
| 115 | Adrian Rodriguez, Helix |
| 122 | Luis Loya, Oceanside |
| 129 | Glenn Martins, Poway |
| 135 | Norm LaComb, Poway |
| 141 | Mike Rowden, San Dieguito |
| 148 | Don Conroy, Mt. Miguel |
| 158 | Chip Duncan, Valhalla |
| 170 | Mike Gandy, Monte Vista |
| 188 | Ken Kestner, Vista |
| 203 | David Vurik, Vista |
| Hwt | Woody Woodburn, Vista |

1983

| Wt. | Name, School |
|------------|-------------------------------|
| 101 | Jim Gosswick, El Cajon Valley |
| 108 | John Galkowski, Valhalla |
| 115 | Mike Luciana, Monte Vista |
| 122 | Rick Herrera, Monte Vista |
| 129 | Shown Jorgenson, Monte Vista |
| 135 | Jim Mota, Poway |
| 141 | Jeff Hockaday, Mt. Carmel |
| 148 | Mike Rowden, San Dieguito |
| 158 | Jack Duby, Mt. Carmel |
| 170 | Chip Duncan, Valhalla |
| 188 | Ken Cook, El Camino |
| 203 | Chris Rinehart, Monte Vista |
| Hwt | Jaime Martinez, Oceanside |

1984

| Wt. | Name, School |
|------------|--------------------------|
| 101 | Beo Tran, Monte Vista |
| 108 | John Galkowski, Valhalla |
| 115 | Richard Bailey, Valhalla |
| 122 | Gilbert Reese, Poway |
| 129 | Dan Mathews, Valhalla |
| 135 | Mark Gerardi, Valhalla |
| 141 | Vic Gerardi, Valhalla |
| 148 | Beto Lawler, El Capitan |
| 158 | Jim Hurley, San Dieguito |
| 170 | Mike Knox, Serra |
| 183 | Rick Lambert, San Marcos |
| 194 | Tim Hum, Poway |
| Hwt | LeRoy Ligons, Holtville |

WEIGHT CLASS CHAMPIONS

1985

| Wt. | Name, School |
|------------|----------------------------------|
| 101 | John Grubbs, El Camino |
| 108 | Bo Steinbach, El Cajon Valley |
| 115 | Troy Vierra, Hilltop |
| 122 | Andre Bartlett, El Camino |
| 129 | Richard Bailey, Valhalla |
| 135 | Tim Briggs, Granite Hills |
| 141 | Mark Gerardi, Valhalla |
| 148 | Vic Gerardi, Valhalla |
| 158 | Andy Hamann, Mt. Carmel |
| 168 | Glen Clutter, San Dieguito |
| 183 | Larry Sidiropoulos, Helix |
| 194 | Harold Jones, Poway |
| Hwt | Paul Miramingos, El Cajon Valley |

1986

| Wt. | Name, School |
|------------|-------------------------------|
| 101 | John Grubbs, El Camino |
| 108 | Juan White, Monte Vista |
| 115 | Brad Eagleton, Monte Vista |
| 122 | Rich Tarditi, Mt. Miguel |
| 129 | Frank Torres, San Marcos |
| 135 | John Sargent, Poway |
| 141 | Tim Briggs, Granite Hills |
| 148 | Mark Gerardi, Valhalla |
| 158 | Manuel Diaz-Conti, Mt. Miguel |
| 168 | Joseph Damigian, Clairemont |
| 183 | Bob Brust, Valhalla |
| 194 | Rob Tennett, Valhalla |
| Hwt | Doug Gann, Orange Glen |

1987

| Wt. | Name, School |
|------------|----------------------------|
| 101 | Sahne Roselle, Poway |
| 108 | John Grubbs, El Camino |
| 115 | Mike Murray, Hilltop |
| 122 | Tony Cooke, Poway |
| 129 | Marty Lewis, Poway |
| 135 | Scott Seubert, Valhalla |
| 141 | Dave Myers, Granite Hills |
| 148 | Aaron Gaeir, Granite Hills |
| 158 | Mark Gerardi, Valhalla |
| 168 | Brian Wood, Poway |
| 183 | Brian Millum, Mt. Miguel |
| 194 | Tom Vardell, Granite Hills |
| Hwt | Robert Malsack, Escondido |

1988

| Wt. | Name, School |
|------------|-------------------------------|
| 101 | John Shields, Mt. Carmel |
| 108 | Mike Grubbs, El Camino |
| 115 | Tom Hofreiter, El Camino |
| 122 | Chris Winkler, Monte Vista |
| 129 | Sal Rodriguez, Monte Vista |
| 135 | Ken Carlisle, Helix |
| 141 | Frank Millsap, Monte Vista |
| 148 | Dwight Weevie, Vista |
| 158 | Aaron Gaier, Granite Hills |
| 168 | Al Martell, Mt. Carmel |
| 183 | Eric Stottlemeyer, Mt. Miguel |
| 194 | Jim Toten, Holtville |
| Hwt | Chris Box, Clairemont |

1989

| Wt. | Name, School |
|------------|-------------------------------|
| 101 | Daniel Ramirez, El Camino |
| 108 | Hugo Martinez, Escondido |
| 115 | Michael Grubbs, El Camino |
| 122 | Brian Wallner, Poway |
| 129 | Dale Hanover, Poway |
| 135 | Ulisses Hernandez, Clairemont |
| 141 | Jason Henrick, Valhalla |
| 148 | Jake Gaier, Granite Hills |
| 158 | Ron Cottrell, Monte Vista |
| 168 | Shawn Diamond, San Dieguito |
| 183 | Al Martell, Mt. Carmel |
| 194 | Dan Stehly, Orange Glen |
| Hwt | Travis Reed, El Capitan |

1990

| Wt. | Name, School |
|------------|-------------------------------|
| 101 | Daniel Ramirez, El Camino |
| 108 | Manny Martinez, Mission Bay |
| 115 | Hugo Martinez, Escondido |
| 122 | Patrick Mack, Valhalla |
| 129 | Byron Campbell, Poway |
| 135 | David Koch, Poway |
| 141 | Nick Gist, Granite Hills |
| 148 | Shawn Bankes, El Cajon Valley |
| 158 | Jason Hendrick, Valhalla |
| 168 | Ron Cottrell, Monte Vista |
| 183 | Mark Beeson, Valhalla |
| 194 | Phil Martinez, Carlsbad |
| Hwt | Eric Johnson, Orange Glen |

1991

| Wt. | Name, School |
|------------|------------------------------------|
| 103 | Angelo Espinelli, Monte Vista |
| 112 | Brett Castillo, San Pasqual |
| 119 | Patrick Mack, Valhalla |
| 125 | Mike Wilkey, Granite Hills |
| 130 | Todd Bell, Grossmont |
| 135 | Jonathan Fritzherbert, Monte Vista |
| 140 | Mark Clark, Helix |
| 145 | Byron Campbell, Poway |
| 152 | Isaac Romberg, Poway |
| 160 | Jason Hendrick, Valhalla |
| 171 | Russ Magoffin, Valhalla |
| 189 | Craig Threlfall, West Hills |
| Hwt | Corey Farkas, Poway |

1992

| Wt. | Name, School |
|------------|-------------------------------|
| 103 | Angelo Espinelli, Monte Vista |
| 112 | Jacob Roberts, Valhalla |
| 119 | Michael Myers, Monte Vista |
| 125 | Gregory Miller, Poway |
| 130 | Michael Mendoza, Bonita Vista |
| 135 | William Rebelez, Monte Vista |
| 140 | Todd Bell, Grossmont |
| 145 | Eric thompson, Fallbrook |
| 152 | Tizoc Dukes, Poway |
| 160 | Frederick Funches, Poway |
| 171 | Ahmed Hose, Poway |
| 189 | Marcos Usquiano, Chula Vista |
| Hwt | Corey Farkas, Poway |

1993

| Wt. | Name, School |
|------------|-------------------------------|
| 103 | Steve Lee, Poway |
| 112 | Jake Roberts, Valhalla |
| 119 | Rodolfo Plasencia, Montgomery |
| 125 | Rich Salo, Poway |
| 130 | Jason Wheeler, Escondido |
| 135 | Ricco Morel, Poway |
| 140 | Ryan Makita, Escondido |
| 145 | Todd Bell, Grossmont |
| 152 | Lionel Halsey, RB Vista |
| 160 | Willie J. Jones, Lincoln Prep |
| 171 | Tom Stehly, Orange Glen |
| 189 | Sean Malliet, Poway |
| Hwt | David Gates, Morse |

1994

| Wt. | Name, School |
|------------|------------------------------|
| 103 | Moses Delfin, Fallbrook |
| 112 | Chris Lopez, Monte Vista |
| 119 | Robert Duenas, Escondido |
| 125 | David Fossett, Granite Hills |
| 130 | Jason Wheeler, Escondido |
| 135 | Nick Albert, Granite Hills |
| 140 | Jason Goebel, St. Augustine |
| 145 | Daniel Mocerri, Valhalla |
| 152 | Ryan Mikita, Escondido |
| 160 | Lionel Halsey, RB Vista |
| 171 | Bill Grivas, Rancho Bernardo |
| 189 | Stephen Neal, San Diego |
| 275 | Mohammed Farha, Hoover |

1995

| Wt. | Name, School |
|------------|------------------------------|
| 103 | Moses Delfin, RB Vista |
| 112 | Chris Lopez, Monte Vista |
| 119 | Kief Zangaro, Scripps Ranch |
| 125 | Lucas Factor, Poway |
| 130 | Ryan Tate, Mt. Carmel |
| 135 | David Fossett, Granite Hills |
| 140 | Joshua Factor, Poway |
| 145 | Phillip Castillo, Montgomery |
| 152 | Demetrio Duran, Poway |
| 160 | William L. Halsey, RB Vista |
| 170 | Zdravko Divjak, Poway |
| 189 | Joshua Saunders, Valhalla |
| Hwt | Tony Sotelo, Ramona |

1996

| Wt. | Name, School |
|------------|--------------------------------|
| 103 | Jonathan Roberts, Valhalla |
| 112 | Andrew Gharst, Poway |
| 119 | Cedric Heyman, El Cajon Valley |
| 125 | Thomas Juarez, Montgomery |
| 130 | Ryan Hunt, Hilltop |
| 135 | Ryan McInerney, Poway |
| 140 | Marty Cook, Mt. Carmel |
| 145 | Josh Factor, Poway |
| 152 | Eric Taft, Poway |
| 160 | Vincent Anselmo, Escondido |
| 171 | Jason Riley, Santana |
| 189 | Zdravko Divjak, Poway |
| 215 | Naiche Kennedy, La Jolla |
| 275 | Tony Sotelo, Ramona |

WRESTLING

WEIGHT CLASS CHAMPIONS

1997

| Wt. | Name, School |
|------------|--------------------------------|
| 103 | Mike Betancourt, RB Vista |
| 112 | J.J. Roberts, Valhalla |
| 119 | Andrew Gharst, Poway |
| 125 | Cedric Haymon, El Cajon Valley |
| 130 | Thomas Juarez, Montgomery |
| 135 | Ryan McInerney, Poway |
| 140 | Lucas Factor, Poway |
| 145 | Alex Pelbath, Vista |
| 152 | Sergio Garcia, Bonita Vista |
| 160 | Michael Peart, Poway |
| 171 | Tim Byrd, Poway |
| 189 | Jeff Strick, West Hills |
| 215 | Travis Wojcik, Fallbrook |
| Hwt | Lloyd Marshbanks, Vista |

1998

| Wt. | Name, School |
|------------|------------------------------|
| 103 | Josh Ramirez, RB Vista |
| 112 | J.J. Roberts, Valhalla |
| 119 | Aaron Gharst, Poway |
| 125 | |
| 130 | Andrew Gharst, Poway |
| 135 | Brody Barrios, Poway |
| 140 | Josh Delfin, RB Vista |
| 145 | Gary Colle, Poway |
| 152 | Bryan Pogue, La Costa Canyon |
| 160 | David Galindo, Poway |
| 171 | Joe Hurtado, Valhalla |
| 189 | Mike Atwood, La Costa Canyon |
| 215 | Travis Wojcik, Fallbrook |
| 275 | Fred Wong, Poway |

1999

| Wt. | Name, School |
|------------|-----------------------------|
| 103 | David Lopez, Valhalla |
| 112 | Dan Dody, Poway |
| 119 | Andy Kim, Poway |
| 125 | Marc Farrell, Poway |
| 130 | Ron Major, Hilltop |
| 135 | Randy Blackwood, West Hills |
| 140 | Bradley Palvick, Valhalla |
| 145 | Greg Baird, Poway |
| 152 | Brody Barrios, Poway |
| 160 | Wesley Tieliens, Carlsbad |
| 171 | John Mansour, Carlsbad |
| 189 | Marco Malta, St. Augustine |
| 215 | Greg Harrington, Valhalla |
| 275 | Kalvin Barrett, Monte Vista |

2000

| Wt. | Name, School |
|------------|------------------------------|
| 103 | Patrick Payne, Poway |
| 112 | Jeff Bridge, West Hills |
| 119 | Andy Kim, Poway |
| 125 | Dave Pearson, RB Vista |
| 130 | Dan Pearson, RB Vista |
| 135 | Keith Kroeger, Granite Hills |
| 140 | Alexis Smith, Imperial |
| 145 | Mike Champagne, Mt. Carmel |
| 152 | Greg Baird, Poway |
| 160 | Brody Barrios, Poway |
| 171 | Ryan Halsey, RB Vista |
| 189 | Joe Mueller, Mt. Carmel |
| 215 | Jordan Everett, Grossmont |
| 275 | Taylor Schmidt, Escondido |

2001

| Wt. | Name, School |
|------------|------------------------------|
| 103 | Tran Nguyen, Mt. Carmel |
| 112 | Chris Garcia, Santana |
| 119 | Jose Reyes, Brawley |
| 125 | Jacob Angel, Poway |
| 130 | Andy Kim, Poway |
| 135 | Paul Baird, Poway |
| 140 | Dave Pearson, RB Vista |
| 145 | Keith Kroeger, Granite Hills |
| 152 | Dan Pearson, RB Vista |
| 160 | Scott Cleve, Escondido |
| 171 | Ryan Halsey, RB Vista |
| 189 | Jesse Taylor, Poway |
| 215 | Brandon Mead, Poway |
| 275 | Mike Keller, San Pasqual |

2002

| Wt. | Name, School |
|------------|--------------------------------|
| 103 | Brady Johnson, La Costa Canyon |
| 112 | Joe Baker, Poway |
| 119 | Chris Garcia, Santana |
| 125 | Jeremiah Davis, Monte Vista |
| 130 | Matt Morton, Valhalla |
| 135 | Patrick Payne, Poway |
| 140 | David Salas, Escondido |
| 145 | Paul Baird, Poway |
| 152 | Dale Siscon, West Hills |
| 160 | Bull Nelson, Valley Center |
| 171 | Steve Williams, Vista |
| 189 | Mike Williams, Poway |
| 215 | Eric Parker, Ramona |
| Hwt | Nikola Dragovic, RB Vista |

2003

| Wt. | Name, School |
|------------|-----------------------------------|
| 103 | Mick Ruis, Poway |
| 112 | Sergio Santillan, Hilltop |
| 119 | Joe Baker, Poway |
| 125 | Abraham Gross, Poway |
| 130 | Elwin Warsh, Poway |
| 135 | Dean Kinports, Valhalla |
| 140 | Patrick Payne, Poway |
| 145 | Ryan Williams, La Costa Canyon |
| 152 | Paul Baird, Poway |
| 160 | Alexis Cano, Eastlake |
| 171 | Eddie Connor, El Centro Southwest |
| 189 | Brandon Halsey, RB Vista |
| 215 | Chris Campbell, Vista |
| Hwt | Nikola Dragovic, RB Vista |

2004

| Wt. | Name, School |
|------------|--------------------------------|
| 103 | Keith Juengst, Valhalla |
| 112 | Sergio Santillan, Hilltop |
| 119 | Todd Schavrien, Poway |
| 125 | Bobby Velasco, Brawley |
| 130 | Ryan Vidaurri, Fallbrook |
| 135 | Elwin Warsh, Poway |
| 140 | Spencer Swarts, Poway |
| 145 | Randy Vasquez, Scripps Ranch |
| 152 | Ryan Williams, La Costa Canyon |
| 160 | Tyler Fuchs, Poway |
| 171 | Ryan Nejal, Scripps Ranch |
| 189 | Jeff May, LCC |
| 215 | Brandon Halsey, RB Vista |
| Hwt | Nathaniel Skaggs, R. Bernardo |

2005

| Wt. | Name, School |
|------------|----------------------------|
| 103 | Joey Boone, Poway |
| 112 | Marlon Frausto, Eastlake |
| 119 | Eddie Garcia, Calexico |
| 125 | Todd Schavrien, Poway |
| 130 | Nick Blair, Kearny |
| 135 | Ron Blair, Kearny |
| 140 | Elwin Warsh, Poway |
| 145 | Willy Leon, Vista |
| 152 | Sam Rodriguez, San Pasqual |
| 160 | Gibran Maciel, Mission Bay |
| 171 | Cesar Rocha, Palo Verde |
| 189 | Matt Methling, Vista |
| 215 | Colton Nichols, Poway |
| Hwt | Wes Fenton, El Capitan |

2006

| Wt. | Name, School |
|------------|-------------------------------|
| 103 | George Flores, Poway |
| 112 | Tim Boone, Poway |
| 119 | Joe Boone, Poway |
| 125 | Todd Schavrien, Poway |
| 130 | Ivan Arevalo, Brawley |
| 135 | Hawken Ruiz, Poway |
| 140 | Todd McKay, Mt. Carmel |
| 145 | Clayton MacFarlane, Poway |
| 152 | Anthony Meza, Vista |
| 160 | Shane Macedo, Rancho Bernardo |
| 171 | Greg Prioleau, Poway |
| 189 | Cory Lehman, Poway |
| 215 | Alex Trueblood, Vista |
| Hwt | Jericho Maxwell, Crawford |

2007

| Wt. | Name, School |
|------------|---------------------------------|
| 103 | Bryan Grubbs, La Costa Canyon |
| 112 | Henry Yorba, Poway |
| 119 | Mike Hernandez, Poway |
| 125 | Tim Boone, Poway |
| 130 | Joe Boone, Poway |
| 135 | Elliott Dennis, La Costa Canyon |
| 140 | Brad Robinson, Poway |
| 145 | Anthony Meza, Vista |
| 152 | Anthony Almanza, Poway |
| 160 | Seth Rehn, Vista |
| 171 | Travis Brown, Poway |
| 189 | Robin Peak, Mountain Empire |
| 215 | Jordan Taghvai, Carlsbad |
| Hwt | Trent Smith, Rancho Buena Vista |

2008

| Wt. | Name, School |
|------------|-----------------------------------|
| 103 | Bryan Grubbs, La Costa Canyon |
| 112 | Nick Schavrien, Poway |
| 119 | Mike Hernandez, Poway |
| 125 | Chris Escobar, Vista |
| 130 | Henry Yorba, Poway |
| 135 | Tim Boone, Poway |
| 140 | Dustin Hernandez, La Costa Canyon |
| 145 | Tim Randall, La Costa Canyon |
| 152 | Anthony Meza, Vista |
| 160 | Kyler Hasson, Santa Fe Christian |
| 171 | Ian Daube, Poway |
| 189 | Matt Herman, Poway |
| 215 | Chris Crosthwaite, Poway |
| Hwt | Trent Smith, Rancho Buena Vista |

WEIGHT CLASS CHAMPIONS

2009

| Wt. | Name, School |
|------------|------------------------------|
| 103 | Daniel Romero, Carlsbad |
| 112 | Alfonso Osuna, Brawley |
| 119 | Jesse Taylor, Poway |
| 125 | Ben DeMeulle, Westview |
| 130 | Henry Yorba, Poway |
| 135 | Conrad Sneill, Poway |
| 140 | Josh Hotta, Vista |
| 145 | Tim Randall, La Costa Canyon |
| 152 | Jacob Poliakoff, Poway |
| 160 | Ian Roy, Poway |
| 171 | Gabe Brown, Poway |
| 189 | Ian Daube, Poway |
| 215 | Moses Chariez, Escondido |
| Hwt | John Castle, Poway |

2010

| Wt. | Name, School |
|------------|--------------------------------|
| 103 | Victor Lopez, Poway |
| 112 | Josh Miranda, Poway |
| 119 | Bryan Grubbs, La Costa Canyon |
| 125 | Oscar Lizarraga, Brawley |
| 130 | Billy Reyes, La Costa Canyon |
| 135 | Kyle Switzler, La Costa Canyon |
| 140 | Mitchell Maya, Brawley |
| 145 | Shervin Iraniha, Monte Vista |
| 152 | Brodie Chenoweth, Ramona |
| 160 | Ian Roy, Poway |
| 171 | Jonathan Beck, Rancho Bernardo |
| 189 | Chace Eskam, Carlsbad |
| 215 | Endhyr Meza, West Hills |
| Hwt | Taylor Dutcher, SD Southwest |

2011

| Wt. | Name, School |
|------------|----------------------------------|
| 103 | Alfredo Espinoza, Otay Ranch |
| 112 | Micah Perez, Central Union |
| 119 | Evan McKirdy, Rancho Bernardo |
| 125 | Tony Ramos, Imperial |
| 130 | Joshua Joseph, Morse |
| 135 | Antonio Perez, Central Union |
| 140 | Brady Beamon, Steele Canyon |
| 145 | Zach Merritt, Rancho Bernardo |
| 152 | Shervin Iraniha, Monte Vista |
| 160 | Henry Donahue, Poway |
| 171 | Austin Crider, Poway |
| 189 | Jesus Ambriz, Rancho Buena Vista |
| 215 | Porfi Sosa, Poway |
| Hwt | Alex Kelley, Vista |

**CIFSDS COACHES AND HALL OF CHAMPIONS/
MEDIA WRESTLER OF THE YEAR**

| | |
|------|---|
| 1966 | — Glen Takahashi, Monte Vista |
| 1967 | — Jerry Robinson, Mt. Miguel |
| 1968 | — Unknown |
| 1969 | — Dan Kida, Monte Vista |
| 1970 | — Richard Ortega, Morse |
| 1971 | — Jeff Howell, Santana |
| 1972 | — Peter Caulk, Coronado |
| 1973 | — Warren Nikuls, Orange Glen |
| 1974 | — Unknown |
| 1975 | — Tom Mount, Mt. Miguel |
| 1976 | — Tom Mount, Mt. Miguel |
| 1977 | — Marcus Sims, El Camino (Tourney) |
| 1978 | — Eric Blakeslee, Vista and Tony Arellano, Helix |
| 1979 | — Greg Williams, USDHS and Mike Hartley, El Cajon Valley |
| 1980 | — Frank Meyer, Mt. Empire |
| 1981 | — Ron Boehmke, Valhalla |
| 1982 | — Ken Kestner, Vista |
| 1983 | — Chip Duncan, Valhalla and Jeff Hockaday, Mt. Carmel |
| 1984 | — Rick Lambert, San Marcos |
| 1985 | — Mark Gerardi, Valhalla and Bo Steinbach, El Cajon Valley |
| 1986 | — Mark Gerardi, Valhalla and John Grubbs, El Camino |
| 1987 | — Mark Gerardi, Valhalla |
| 1988 | — Shane Roselle, Poway and Aaron Gaier, Granite Hills |
| 1989 | — Dwayne Buth, Mt. Miguel |
| 1990 | — Manny Martinez, Mission Bay |
| 1991 | — Jason Hendricks, Valhalla and Patrick Mack, Valhalla |
| 1992 | — Gail Miller, Mt. Carmel |
| 1993 | — Jason Barber, Poway |
| 1994 | — Jason Wheeler, Escondido |
| 1995 | — Moses Delfin, RB Vista and Lionel Halsey, RB Vista |
| 1996 | — Zdravko Divjak, Poway |
| 1997 | — Cedric Haymon, El Cajon Valley |
| 1998 | — Andrew Gharst, Poway |
| 1999 | — Brody Barrios, Poway |
| 2000 | — Brody Barrios, Poway |
| 2001 | — Ryan Halsey, RB Vista |
| 2002 | — Paul Baird, Poway |
| 2003 | — Patrick Payne, Poway |
| 2004 | — Ryan Williams, La Costa Canyon |
| 2005 | — Colton Nichols, Poway |
| 2006 | — Todd Schavrien, Poway |
| 2007 | — Joe Boone, Poway |
| 2008 | — Anthony Meza, Vista |
| 2009 | — Henry Yorba, Poway |
| 2010 | — Bryan Grubbs, La Costa Canyon |
| 2011 | — Gabi Musallam, Mira Mesa |

INDIVIDUAL STATE CHAMPIONS

- 1973 — Robbie Viera, El Cajon (133 pds.)
Joe Whipple, Santana (145)
- 1974 — John Siscon, Mount Miguel (95)
- 1975 — Mike Applegate, Monte Vista (127)
- 1976 — Chris Benintende, Monte Vista (133)
- 1979 — Greg Williams, USDHS (133)
- 1982 — Kenny Kestner, Vista (185)
- 1984 — Rick Lambert, San Marcos (175)
- 1985 — Bo Steinbach, El Cajon Valley (105)
Mark Gerardi, Valhalla (138)
- 1986 — John Grubbs, El Camino (98)
Mark Gerardi, Valhalla (145)
- 1987 — John Grubbs, El Camino (105)
Mark Gerardi, Valhalla (154)
- 1988 — Shane Roselle, Poway (105)
- 1989 — Dwayne Buth, Mt. Miguel (165)
- 1991 — Patrick Mack, Valhalla (119)
Jason Hendrick, Valhalla (160)
- 1992 — Gail Miller, Mt. Carmel (125)
- 1998 — James Guizar, Imperial (119)
Joe Hurtado, Valhalla (171)
- 1999 — Brody Barrios, Poway (152)
Fred Wong, Poway (Hwt)
- 2000 — Brody Barrios, Poway (160)
Taylor Schmidt, Escondido (Hwt)
- 2001 — Ryan Halsey, RB Vista (171)
Juan Mora, RB Vista (135)
- 2002 — Paul Baird, Poway (145)
- 2003 — Joe Baker, Poway (119)
Paul Baird, Poway (152)
- 2004 — Ryan Williams, LC Canyon (152)
Brandon Halsey, Rancho Buena Vista (215)
- 2005 — Colton Nichols, Poway (215)
- 2006 — Todd Schavrien, Poway (125)
- 2007 — Joe Boone, Poway (130)
Anthony Meza, Vista (145)
- 2008 — Anthony Meza, Vista (152)
- 2009 — Henry Yorba, Poway (130)
Ian Daube, Poway (189)
- 2010 — Bryan Grubbs, La Costa Canyon (119)