

BOYS TRACK & FIELD

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TEAM CHAMPIONS

Date Winner Coach Score Runner-up Coach Score

1961 Lincoln Prep Ken Cochrane 28 San Diego Henry Weigand 22
 1962 Lincoln Prep Bob Smith 39 Grossmont Marlin Baer 32.5
 1963 San Diego Martin Pedigo 37 Lincoln Prep Bob Smith 24
 1964 Lincoln Prep Bob Smith 36 Kearny Tom Rice 22
 1965 Granite Hills Rudi Friberg 26 Lincoln Prep Bob Smith 23
 1966 Lincoln Prep Bob Smith 65 Chula Vista Harry Taylor 15
 1967 Lincoln Prep Bob Smith 30 Monte Vista Bob Larsen 19
 1968 Lincoln Prep Darryl Nelson 44 Oceanside Tom Shields 32
 1969 Lincoln Prep Darryl Nelson 48 Oceanside Tom Shields 18
 1970 Helix Mike Muirhead 30 Oceanside Tom Shields 23
 1971 San Diego Martin Pedigo 31.5 Lincoln Prep Vic Player 30
 1972 Vista Jim Downs 32 Oceanside Ken Barnes 30
 1973 Lincoln Prep Vic Player 34 Oceanside Ken Barnes 26
 1974 Crawford Dennis Lottermoser 34 Morse Carl Robbins 29
 1975 Patrick Henry Elmer Runge 27 Crawford Dennis Lottermoser 25
 1976 Lincoln Prep Vic Player 26 Helix Mike Muirhead 25
 1977 Morse Jim Cerveny 27 El Camino Bill Kovacevich 23
 Patrick Henry Elmer Runge 23 (Tie)
 1978 El Camino Bill Kovacevich 41 Morse Jim Cerveny 26
 1979 Helix Mike Muirhead 41 Patrick Henry Elmer Runge 23
 1980 Helix Mike Muirhead 24.5 El Camino Martin Nolasco 23
 1981 Helix Tom Smith 53 Serra Bob Oliver 40
 1982 Kearny Tony Griswold 48 Sweetwater Gene Alim 37
 1983 Morse Mike Klepper 58 El Camino Dayle Mazzarella 42
 1984 El Camino Dayle Mazzarella 51 Morse Mike Klepper 50
 1985 Morse Mike Klepper 42 Fallbrook Tom Oder 36
 1986 Monte Vista Manny Sandoval 44 Morse Mike Klepper 43
 La Jolla Chuck Boyer 43 (Tie)
 1987 Poway Dan Shaitel 48 Crawford Darryl Nelson 47
 1988 Mt. Miguel Eric Olander 45 Morse Mike Klepper 44
 1989 Fallbrook Tom Oder 51 Orange Glen Mike Cummings 50
 1990 Morse Mike Klepper 56 Mira Mesa Dennis Lottermoser 38
 1991 Morse Mike Klepper 70 Escondido Rick Hansen 51
 1992 Morse Mike Klepper 63 San Pasqual Tim Whitehead 38
 1993 San Diego Paul Locher 54 San Pasqual Tim Whitehead 37
 1994 El Camino Tom Sprink 46 San Diego Paul Locher 43
 1995 University City John Hutsel 46 El Camino Tom Sprink 40
 1996 Morse Mike Klepper 63 University City John Hutsel 31
 1997 Morse Mike Klepper 78 RB Vista Tom Lux 37

DIVISION I

Date Winner Coach Score Runner-up Coach Score

1998 Morse Mike Klepper 61 San Pasqual Pat King 47
 1999 Rancho Bernardo Don Jones 61 Morse Mike Klepper 48
 2000 Rancho Bernardo Don Jones 108 Helix Chris Ruff 50
 2001 Granite Hills James Hunter 68 Rancho Bernardo Don Jones 65
 2002 Rancho Bernardo Don Jones 107 Helix Ray Mounts 81
 2003 Helix Ray Mounts 110 Rancho Bernardo Don Jones 60
 2004 Helix Ray Mounts 64 El Camino Sean Helgesen 52
 2005 El Camino Sean Helgesen 84 Torrey Pines Brent Thome 58
 2006 El Camino Sean Helgesen 74 Vista Peter Brooks 55
 2007 Escondido Randy Boozer 66 El Camino Sean Helgesen 54
 2008 Steele Canyon Gary Stathas 56 Rancho Bernardo Don Jones 46
 Fallbrook Marty Hauck 46
 2009 Torrey Pines Mike Stevens 59 Carlsbad Joe Angel 46
 2010 Torrey Pines Mike Stevens 61 El Camino Sean Helgesen 38

2011 Rancho Bernardo Don Jones 76 Ramona Kathy Podraza 64
2012 El Camino Sean Helgesen 76 Poway Phil Burian 71
2013 Poway Bruce Jackson 66.5 Mt. Carmel Dennis McClanahan 65
2014 Poway Bruce Jackson 86 Oceanside Jesse Guillen 66
2015 Oceanside Jesse Guillen 83 Morse Rodney Hutsona 49
2016 Mt. Carmel Dennis McClanahan 77 Poway Bruce Jackson 74
2017 Rancho Bernardo Don Jones 97 Poway Bruce Jackson 52

DIVISION II

Date Winner Coach Score Runner-up Coach Score

1998 University City John Hutsel 79 La Jolla Chuck Boyer 57
1999 Serra Jim Richards 91 University City John Hutsel 53
2000 Eastlake John McFadden 66 Lincoln Vic Player 58
2001 Valley Center Mike Cummings 91 University City John Hutsel 82
2002 University City John Hutsel 84 Serra Ross Godfrey 50
2003 University City John Hutsel 92 USDHS Dan Geiger 50
2004 University City John Hutsel 73.5 La Jolla Chuck Boyer 56
2005 La Jolla Chuck Boyer 68 University City John Hutsel 61
2006 St. Augustine Jerry Downey 92 Monte Vista Rob Gorney 81
2007 University City John Hutsel 92 Steele Canyon Gary Stathas 73
2008 Ramona Bob Verhoest 70 University City John Hutsel 39.5
2009 Steele Canyon Gary Stathas 78 Ramona Bob Verhoest 68
2010 Ramona Bob Verhoest 83 Mount Miguel Ray Wells 72
2011 University City John Hutsel 64.5 Ramona Steve Albanese 62
2012 Cathedral Catholic Dan Geiger 94.5 El Capitan Jeff Hines 79
2013 Del Norte Chris Ruff 86.5 University City John Hutsel 56.5
2014 Del Norte Chris Ruff 112 St. Augustine Jerry Downey 64
2015 Del Norte Chris Ruff 87.5 Cathedral Catholic Dan Geiger 56
2016 Cathedral Catholic Dan Geiger 88 Madison Jorge Reyes 53
2017 Mt. Carmel Dennis McClanahan Point Loma Keith DeLong 47

CIFSDS COACHES AND HALL OF CHAMPIONS/

MEDIA ATHLETE OF THE YEAR

1961 — Mike Graves, El Cajon Valley
1962 — Vernus Ragsdale, Lincoln Prep
1963 — Charles Sanford, San Diego
1964 — Bob Hose, Madison
1965 — Tim Danielson, Chula Vista
1966 — Doyle Steele, San Diego, and
Tim Danielson, Chula Vista
1967 — Bruce Ruff, El Cajon Valley
1968 — Peter Schmock, San Dieguito
1969 — Marion Franklin, Lincoln Prep
1970 — Jerry Culp, Oceanside
1971 — Dale Fleet, Clairemont
1972 — Bruce Girasole, Madison
1973 — Elijah Jefferson, Crawford
1974 — Willie Banks, Oceanside
1975 — Elijah Jefferson, Crawford
1976 — Hildria Newell, Chula Vista
1977 — David Russell, Patrick Henry
1978 — Dokie Williams, El Camino
1979 — Kipperr Bell, Patrick Henry
1980 — Kevin Shields, San Diego
1981 — Bruce Mitchell, El Camino, and
Kevin Shields, San Diego
1982 — Jose Vega, Chula Vista
1983 — Art Ramsay, Montgomery
1984 — Darron Norris, El Camino
1985 — David Gayden, Morse, and
Sean Hickey, Fallbrook
1986 — Track: Mark Dani, Valhalla

- Field: Brian Boggess, El Capitan
 1987 — Track: Raymond Ethridge, Crawford
 Field: Matt Farmer, Monte Vista
 1988 — Track: Mark Senior, Mt. Miguel
 Field: Brent Noon, Fallbrook
 1989 — Track: Frances O'Neill, San Pasqual
 Field: Brent Noon, Fallbrook, and
 Lenny McGill, Orange Glen
 1990 — Track: Chris Jones, Morse
 Field: Brent Noon, Fallbrook, and
 Jerome Price, University City
 1991 — Track: Darnay Scott, Kearny
 Field: Scott Shim, San Pasqual
 1992 — Track: Riley Washington, Southwest
 Field: Chris Buddin, Orange Glen
 1993 — Track: Mebrahtom Keflezighi, San Diego
 Field: Chris Buddin, Orange Glen
 1994 — Track: Mebrahtom Keflezighi, San Diego
 Field: Von Ware, RB Vista
 1995 — Track: Felix Sanchez, University City
 Field: Mike Brown, Torrey Pines
 1996 — Track: Vince Williams, University City
 Field: Lydell Burston, Morse, and
 Tony Sotelo, Ramona
 1997 — Track: Reggie De Pass, Montgomery
 Field: Tooran Gilliam, San Diego
 1998 — Track: Ike Okenwa, Morse
 Field: Eric Hollins, Escondido
 1999 — Track: Kevin Chandler, Serra
 Field: Danny Ames, El Capitan
 2000 — Track: Evan Fox, West Hills
 Field: Tony Ortiz, Helix
 2001 — Track: Jeff Hunter, Granite Hills
 Field: Vince Clarke, Granite Hills
 2002 — Track & Field — Reggie Bush, Helix
 2003 — None selected
 2004 — Track & Field: Daniel Schaerer, Bishop's
 2005 — Track & Field: Darius Savage, Morse
 2006 — Track & Field: Darius Savage, Morse
 2007 — Track & Field: Nelson Rosario, El Camino
 2008 — Track & Field: Nelson Rosario, El Camino
 2009 — Track & Field: Mac Fleet, University City
 2010 — Track & Field: Tyler Jordan, Ramona
 2011 — Track & Field: Marques Roberts, Otay Ranch
 2012 — Track & Field: Darren Fahy, La Costa Canyon
 2013 — Track: Alex Grigoriev, Rancho Bernardo
 Field: Brenden Song, West Hills
 2014 — Track: Steven Fahy, La Costa Canyon
 Field: Dotun Ogundeji, Madison
 2015 — Track: Erik Armes, Coronado
 Field: Charles Lenford, Oceanside
 2016 — Track: Devon Alvarado, RBV
 Field: Kyle Brown, LCC
 2017 — Track: Karson Lippert, LCC
 Field: Jalyn Jackson, Eastlake

INDIVIDUAL EVENT CHAMPIONS

100 Yard/100 Meter Dash Mark

- 1961 Dave Blunt, Escondido 9.7
 1962 Vernus Ragsdale, Lincoln Prep 9.4 (Wind)
 1963 Charles Sanford, San Diego 9.6

1964 Byron Olander, Helix 9.9
1965 Tim Schraeder, Granite Hills 9.9
1966 John Ellis, Lincoln Prep 9.7
1967 Mike Turnipseed, Carlsbad 9.8
1968 Larry Crayton, Oceanside 9.7
1969 Charles Robertson, Lincoln Prep 9.8
1970 Vincent Bredell, Kearny 9.7
1971 James Milton, Morse 10.0
1972 Bruce Girasole, Madison 9.6
1973 Elijah Jefferson, Crawford 9.6
1974 Elijah Jefferson, Crawford 9.6
1975 Elijah Jefferson, Crawford 9.5
1976 Hildria Newell, Chula Vista 9.8
1977 David Russell, Patrick Henry 9.7
1978 Dokie Williams, El Camino 9.4 (W)
1979 Kipperr Bell, Patrick Henry 9.5
1980 Kevin Shields, San Diego 10.76
1981 Kevin Shields, San Diego 10.67
1982 Gerald Johnson, Sweetwater, and 10.85 (W)
 Paul Day, Kearny (tie)
1983 Darron Norris, El Camino 10.61 (W)
1984 Darron Norris, El Camino 10.61
1985 Darron Norris, El Camino 10.89
1986 Ron Young, Mt. Miguel 10.83
1987 Patrick Rowe, Lincoln Prep 10.66
1988 Glen Reyes, Orange Glen 11.02
1989 Glen Reyes, Orange Glen 10.79
1990 Riley Washington, Southwest 10.55
1991 Darnay Scott, Kearny 10.59
1992 Riley Washington, Southwest 10.55
1993 Paul Turner, University City 10.85
1994 Johnny Robinson, Chula Vista 10.77
1995 Vince Williams, University City 10.60
1996 Vince Williams, University City 10.56
1997 Ike Okenwa, Morse 10.68
1998 Div I — Ike Okenwa, Morse 10.82
 Div II — Devon Ward, University City 10.90
1999 Div I — R.J. Oliver, Escondido 10.82
 Div II — Larry Miles, Crawford 10.73
2000 Div I — Michael Roberts, Patrick Henry 10.78
 Div II — Lamont Long, University City 10.59
2001 Div I — Reggie Bush, Helix 10.67
 Div II — Blake Frazier, University City 10.69
2002 Div I — Reggie Bush, Helix 10.62
 Div II — Blake Frazier, University City 11.90
2003 Derrell Hutsona, Helix 10.83
2004 Dax Danns, Helix 10.89
2005 Dax Danns, Helix 10.65
2006 Stan Griffin, Mt. Carmel 10.75
2007 Jamal Alston, Rancho Buena Vista 10.68
2008 Jamal Alston, Rancho Buena Vista 10.51
2009 Joe Cooks, Mission Hills 10.75
2010 Bassim El-Sabawi, Torrey Pines 10.74
2011 Jared Pickering, Rancho Bernardo 10.50
2012 Dylan McCloskey, El Camino 10.49
2013 Antony Ardis, La Costa Canyon 10.70
2014 Brandon Lucas, Poway 10.63
2015 Jordan Miller, Oceanside 10.80
2016 Benjamin Goodwin, Christian 10.62
2017 Chris Olave, Mission Hills 10.82

100 Meter Wheelchair

2016 Michael Seo, Escondido Charter 21.82

2017 Michael Seo, Escondido Charter 20.43

400 Meter Dash Mark

1961 Scott Knox, Coronado 49.2

1962 Larry Godfrey, Clairemont 49.6

1963 Tom Agsten, Hoover 48.5

1964 Don Renwick, Grossmont 48.8

1965 Mike Singletary, San Diego 48.0

1966 Bruce Ricketts, Granite Hills 49.4

1967 Bruce Ruff, El Cajon Valley 48.6

1968 T. Murphy, Lincoln Prep 48.3

1969 James Harris, St. Augustine 49.1

1970 Milton Mitchell, Lincoln Prep 48.2

1971 Donald Tyler, Lincoln Prep 48.7

1972 John Wilson, Point Loma 49.0

1973 Donald Moore, Morse 49.7

1974 Donald Moore, Morse 48.5

1975 Clint Bradburn, Montgomery 48.8

1976 Scott Stine, Poway 48.8

1977 Tony Banks, Morse 48.1

1978 Tony Banks, Morse 48.0

1979 Tony Banks, Morse 48.3

1980 Lawrence Brooks, Helix 48.66

1981 C.J. Robertson, Serra 49.80

1982 Roy Carls, Point Loma 49.01

1983 John Redding, San Diego 49.77

1984 Tim Patrick, University City 49.51

1985 David Gayden, Morse 48.00

1986 Patrick Rowe, Lincoln Prep 48.82

1987 Michael Stevenson, Morse 48.87

1988 Michael Stevenson, Morse 47.88

1989 Jerome Gross, Hoover 48.56

1990 Sean Cahill, Mira Mesa 48.89

1991 Marshall Evans, Mira Mesa 48.81

1992 Skiem Brown, Serra 49.10

1993 Jere Miller, Patrick Henry 48.77

1994 Jere Miller, Patrick Henry 47.41

1995 Clinton Lane, Patrick Henry 47.07

1996 Lydell Burston, Morse 47.36

1997 Scott Sims, La Costa Canyon 47.8

1998 Div I — Maurice Douglas, San Diego 48.60

Div II — DeAndre Douglas, Uni. City 49.44

1999 Div I — Maurice Douglas, San Diego 47.71

Div II — Mark Tate, Hoover 49.79

2000 Div I — R.J. Oliver, Escondido 49.21

Div II — Boris McDaniel, Lincoln 48.58

2001 Div I — Deun White. R. Bernardo 47.36

Div II — D.J. Contreras, Valley Center 48.17

2002 Div I — Brady Douglas, Mount Miguel 47.84

Div II — D.J. Contreras, Valley Center 49.11

2003 Desean Cunningham, University City 47.19

2004 James Rhoades, Ramona 48.08

2005 Robert Christianson, St. Augustine 49.38

2006 Ben Maypole, Granite Hills 48.80

2007 Nico Reaves, Mount Miguel 48.01

2008 Nico Reaves, Lincoln 47.31

2009 Keegan Ryan, Carlsbad 47.61

2010 Ryan Morgan, Ramona 48.52

2011 Walfrido Rodriguez, Mount Miguel 48.18

2012 Jose Prieto, Palo Verde 48.59

2013 Brian Thomas, Scripps Ranch 48.28
2014 Tobe Ezeokoli, Mt. Carmel 48.11
2015 Rashid Shaheed, Mt. Carmel 48.97
2016 Rashid Shaheed, Mt. Carmel 48.62
2017 D' Angelo Gunter, Del Norte 48.18

400 Meter Wheelchair

2016 Michael Seo, Escondido Charter 1:24.73
2017 Michael Seo, Escondido Charter 1:18.63

110 Meter High Hurdles Mark

1961 Lou White, San Diego 14.5
1962 Ken Bartlett, Escondido 15.0
1963 Lloyd Walker, San Diego 14.5
1964 James Fox, Lincoln Prep 14.6
1965 Harold Burt, Morse 14.4
1966 Dave Edwards, Lincoln Prep 14.2
1967 Doug Jones, Lincoln Prep 14.5
1968 Doug Jones, Lincoln Prep 14.3
1969 Marion Franklin, Lincoln Prep 14.4
1970 V. Coleman, Mar Vista 14.4
1971 Wesley Babcock, Lincoln Prep 14.3
1972 Mike Person, Kearny 14.1
1973 Robert Mosley, Oceanside 14.1
1974 Willie Banks, Oceanside 14.4
1975 Ned Armour, Morse 14.6
1976 Matt Santos, Lincoln Prep 14.6
1977 Jon Wilford, Castle Park 14.5
1978 Pat Nash, Escondido 14.4
1979 Wade Stone, Helix 14.6
1980 Roger Ramos, St. Augustine 14.63
1981 Bruce Mitchell, El Camino 14.43
1982 Jeff Smith, Serra 14.09 (W)
1983 Art Ramsey, Montgomery 14.31 (W)
1984 Travis Knox, San Dieguito 14.45 (W)
1985 Travis Knox, San Dieguito 14.40
1986 Anthony Wolfe, La Jolla 14.75
1987 Charles Patterson, Lincoln Prep 14.74 (W)
1988 David Burton, Mt. Carmel 14.92
1989 Eric Bell, Castle Park 14.55
1990 Chris Jones, Morse 14.38
1991 Keith Williams, Escondido 14.34
1992 Josh Bailey, RB Vista 14.89
1993 Tom Perry, Mira Mesa 14.84
1994 Steve Forte, El Camino 14.43
1995 Jake Kuritz, Torrey Pines 14.19
1996 Reggie DePass, Montgomery 14.45
1997 Reggie DePass, Montgomery 13.86
1998 Div I — Raymond Wells, Mt. Miguel 14.83
Div II — Aaron Shepard, Santana 15.41
1999 Div I — Bobby Salimi, R. Bernardo 14.45
Div II — Tony Golston, Point Loma 14.50
2000 Div I — Bobby Salimi, R. Bernardo 14.08
Div II — Ben Knight, Mar Vista 15.23
2001 Div I — Jeff Hunter, Granite Hills 13.98
Div II — Jake Symons, Clairemont 14.90
2002 Div I — Kurt Hurley, Carlsbad 14.77
Div II — Blake Frazier, University City 14.41
2003 Bryon Barmer, Helix 14.29
2004 Bryon Barmer, Helix 14.34
2005 Derick Barkum, Brawley 14.77
2006 Ronald Brookins, Helix 14.78

2007 Ron Brookens, Helix 14.50
2008 Kevin Finley, Granite Hills 14.61
2009 Elijah Muhammed, Morse 14.21
2010 Kevin Finley, Granite Hills 13.96
2011 Jacob Hare, Scripps Ranch 13.99
2012 Isiah Jackson, El Camino 14.28
2013 Ben Hartinger, San Pasqual 14.39
2014 Shane Martin, Eastlake 14.41
2015 Devon Alvarado, RBV 14.65
2016 Devon Alvarado, RBV 14.43
2017 Christian Baker, Rancho Bernardo 14.67

200 Meter Dash Mark

1961 Dave Dlunt, Escondido 21.0
1962 Vernus Ragsdale, Lincoln Prep 20.3 (W)
1963 Gordon Baker, San Diego 21.7
1964 Bill Massey, Chula Vista 21.7
1965 Tim Schraeder, Granite Hills 21.9
1966 John Ellis, Lincoln Prep 21.4
1967 Bruce Ruff, El Cajon Valley 21.7
1968 Bruce Ruff, El Cajon Valley 21.7
1969 Charles Patterson, Lincoln Prep 21.8
1970 Jesse Ochoa, St. Augustine 21.7
1971 Elijah Turner, San Diego 21.7
1972 Bruce Girasole, Madison 21.4
1973 Elijah Jefferson, Crawford 20.9
1974 Elijah Jefferson, Crawford 21.5
1975 Elijah Jefferson, Crawford 21.1
1976 Hildria Newell, Chula Vista 21.6
1977 David Russell, Patrick Henry 21.0
1978 Kipperr Bell, Patrick Henry 21.0
1979 Kipperr Bell, Patrick Henry 21.2
1980 Kevin Shields, San Diego 22.19
1981 Kevin Shields, San Diego 21.53 (W)
1982 Paul Day, Kearny 21.81 (W)
1983 Darrell Rosette, Morse 21.46 (W)
1984 Darron Norris, El Camino 21.58 (W)
1985 Ron Young, Mt. Miguel 21.72
1986 Ron Young, Mt. Miguel 21.88
1987 Patrick Rowe, Lincoln Prep 21.12 (W)
1988 Jimmy Kegler, San Diego 22.39
1989 Glen Reyes, Orange Glen 21.47
1990 Darnay Scott, Kearny 21.49
1991 Darnay Scott, Kearny 21.27
1992 Riley Washington, Southwest 21.59
1993 Jamal Mitchell, Mt. Miguel 21.92
1994 Jere Miller, Patrick Henry 21.60
1995 Vince Willaims, University City 21.31
1996 Vince Williams, University City 21.19
1997 Ike Okenwa, Morse 21.5
1998 Div I — Ike Okenwa, Morse 21.35
Div II — Devon Ward, University City 21.63
1999 Div I — Maurice Douglas, San Diego 21.47
Div II — Larry Miles, Crawford 21.44
2000 Div I — Michael Roberts, Patrick Henry 21.70
Div II — Lamont Long, University City 21.50
2001 Div I — Deun White, R. Bernardo 21.17
Div II — Chauncey Smith, Uni. City 21.70
2002 Div I — Reggie Bush, Helix 21.06
Div II — Fiat Johnson, Serra 21.89
2003 Deun White, Helix 21.63

2004 Tre'Dale Tolver, Mira Mesa 21.67
2005 Dax Danns, Helix 21.57
2006 Joe Cooks, Mission Hills 21.45
2007 Joe Cooks, Mission Hills 21.34
2008 Jamal Alston, Rancho Buena Vista 21.17
2009 Maurice Strickland, Mira Mesa 21.68
2010 Jared Pickering, Rancho Bernardo 21.55
2011 Jared Pickering, Rancho Bernardo 21.14
2012 Dylan McCloskey, El Camino 21.24
2013 Antony Ardis, La Costa Canyon 21.35
2014 Brandon Lucas, Poway 21.11
2015 John Kendrick III, Morse 21.49
2016 Rashid Shaheed, Mt. Carmel 21.53
2017 D' Angelo Gunter, Del Norte 21.60

200 Meter Wheelchair

2016 Michael Seo, Escondido Charter 41.71
2017 Michael Seo, Escondido Charter 39.04

800 Meter Run Mark

1961 Bill Rainey, Crawford 1:58.8
1962 John Garrison, Helix 1:54.1
1963 Bob Hose, Madison 1:54.9
1964 Bob Hose, Madison 1:51.1
1965 Terry Rogers, Hilltop 1:53.4
1966 Terry Rogers, Hilltop 1:51.6
1967 Dan Ungricht, Monte Vista 1:53.0
1968 Ron Figueroa, Vista 1:55.0
1969 Pat McCallion, Madison 1:54.2
1970 Rory Trup, Mission Bay 1:55.3
1971 Stan Leonard, Vista 1:54.2
1972 Vic Scimo, Vista 1:53.5
1973 Rich Fields, Bonita Vista 1:56.5
1974 Quanard McDonald, Morse 1:55.9
1975 Paul Becklund, Patrick Henry 1:53.5
1976 Chris Powell, Point Loma 1:54.3
1977 Rick Krueger, Bonita Vista 1:54.8
1978 Jim Brennan, El Camino 1:56.2
1979 Jim Brennan, El Camino 1:53.4
1980 Shawn O'Neal, Oceanside 1:52.73
1981 Bob Russell, San Pasqual 1:55.75
1982 Jim Hedgepath, Oceanside 1:54.44
1983 Tom Ellsworth, Point Loma 1:56.99
1984 John Groulx, El Camino 1:55.24
1985 Jeff Haux, Serra 1:55.07
1986 Larry Williams, Morse 1:54.54
1987 Shan Forehand, Mt. Carmel 1:53.25
1988 Mark Senior, Mt. Miguel 1:51.77
1989 Frances O'Neill, San Pasqual 1:52.40
1990 Greg Robeson, Mt. Carmel 1:54.49
1991 Isaac Sanchez, Castle Park 1:54.34
1992 Travis Jackowski, Mira Mesa 1:54.23
1993 Jesse Camp, El Capitan 1:52.04
1994 Jesse Camp, El Capitan 1:51.96
1995 Diego Ash, San Pasqual 1:54.38
1996 Ajani Brown, Crawford 1:53.83
1997 Steve Daynes, El Capitan 1:55.57
1998 Div I — Dustin Dias, West Hills 1:52.91
Div II — Mohamed Aden, Kearny 1:57.58
1999 Div I — Sean Ricketts, R. Bernardo 1:54.11
Div II — Marcus Chandler, Serra 1:55.93
2000 Div I — Sean Ricketts, R. Bernardo 1:52.69

Div II — Troy Stroh, Valley Center 1:57.58
2001 Div I — Jimmy Ungricht, Fallbrook 1:54.01
Div II — Cooper Bachman, V. Center 1:55.41
2002 Div I — Drew Porter, La Costa Canyon 1:58.54
Div II — Eric Dunn, Point Loma 1:58.81
2003 Miguel Villarreal, Vista 1:55.48
2004 A.J. Acosta, El Camino 1:53.89
2005 Randy Pensinger, El Camino 1:52.51
2006 Alejandro Vargas, Vista 1:53.82
2007 Austin Jett, Eastlake 1:54.02
2008 Charles Jock, Mission Bay 1:54.75
2009 Alfred Haslerig, Otay Ranch 1:53.38
2010 Trent Newquist, Torrey Pines 1:54.29
2011 Shyan Vaziri, Scripps Ranch 1:51.84
2012 Alex Monsivaiz, Army-Navy 1:53.45
2013 Alex Grigoriev, Rancho Bernardo 1:52:88
2014 Adrian Mangoba, Vista 1:52:33
2015 Paul Holbel, Del Norte 1:54.17
2016 Jarett Chinn, Poway 1:53.78
2017 Jarett Chinn, Poway 1:54.54

300 Meter Low/Intermediate Hurdles Mark

1975 Don Rown, Clariemont 37.7
1976 Jene Calloway, Hoover 38.1
1977 Dave Brown, Poway 38.0
1978 Pat Nash, Escondido 37.8
1979 Pat Nash, Escondido 37.3
1980 Bruce Mitchell, El Camino 37.88
1981 Bruce Mitchell, El Camino 37.16
1982 Jeff Smith, Serra 37.70
1983 Dewey Dorough, Mt. Miguel 37.84
1984 Travis Knox, San Dieguito 38.59**
1985 Jay Taylor, St. Augustine 37.20
1986 Osmand Swanegan, Morse 38.42
1987 Kevin Jones, Mt. Miguel 38.70
1988 Kevin Jones, Mt. Miguel 38.1
1989 Dexter Monroe, Patrick Henry 37.86
1990 Chris Jones, Morse 37.89
1991 Keith Williams, Escondido 37.66
1992 Cameron Ricks, San Dieguito 39.21
1993 Devin Smith, Helix 39.24
1994 Steve Forte, El Camino 37.98
1995 Felix Sanchez, University City 36.84
1996 Reggie DePass, Montgomery 37.71
1997 Reggie DePass, Montgomery 37.47
1998 Div I — Bobby Salimi, R. Bernardo 38.68
Div II — Luisa DelaRosa, Madison 40.44
1999 Div I — Bobby Salimi, R. Bernardo 37.86
Div II — Tony Golston, Point Loma 37.76
2000 Div I — Bobby Salimi, R. Bernardo 37.27
Div II — Josh Noars, Serra 38.73
2001 Div I — Jeff Hunter, Granite Hills 36.53#
Div II — Nathan Enriquez, St. Augustine 40.18
2002 Div I — Tyrae Jones, El Camino 38.53
Div II — Trent Stroh, Valley Center 39.12
2003 Brandon Bornes, Rancho Buena Vista 38.21
2004 Reid McLean, Coronado 38.94
2005 Jarrel Davis, El Camino 38.67
2006 Roberto Archibold, Monte Vista 38.22
2007 Patrick Brown, Serra 39.27
2008 David Klarer, Steele Canyon 38.13
2009 Valentino Hodgeson, Grossmont 38.85

2010 Kevin Finley, Granite Hills 38.05
2011 Jacob Hare, Scripps Ranch 37.38
2012 Grant Zebold, Cathedral Catholic 37.85
 **Intermediate height instituted in 1984
2013 Brandon Howard, Steele Canyon 38.19
2014 Tyler Nelson, Del Norte 38.40
2015 John Grumbling, Oceanside 38.69
2016 Devon Alvarado, RBV 38.39
2017 Tyler Saikhon, Southwest EC 39.02

1600 Meter Run Mark

1961 Ray DeBolt, Granite Hills 4:28.2
1962 Ted Hack, Helix 4:25.9
1963 Darrel Dunafon, Hilltop 4:21.9
1964 Dave Funderburk, Vista 4:14.4
1965 Tim Danielson, Chula Vista 4:09.9
1966 Tim Danielson, Chula Vista 4:06.2
1967 Thorn Bigley, Clairemont 4:10.8
1968 T. Davidson, El Cajon Valley 4:09.1
1969 Dave Harper, Clairemont 4:16.8
1970 Dave Harper, Clairemont 4:12.5
1971 Dave Harper, Clairemont 4:12.4
1972 Terry Cotton, El Cajon Valley 4:08.1
1973 Mark Malec, Clairemont 4:13.5
1974 Jay Woods, Vista 4:15.3
1975 Thom Hunt, Patrick Henry 4:13.1
1976 Thom Hunt, Patrick Henry 4:14.7
1977 David Harlan, USDHS 4:18.2
1978 Fred Doane, Bonita Vista 4:15.5
1979 Steve Whitcomb, Helix 4:11.0
1980 Shawn O'Neal, Oceanside 4:16.77
1981 John Seeman, Helix 4:18.09
1982 Jose Vega, Chula Vista 4:17.87
1983 Joe Manuel, Bonita Vista 4:13.79
1984 Robert Fithen, Serra 4:15.92
1985 Mark Dani, Valhalla 4:16.98
1986 Jorge Castro, Ramona 4:16.83
1987 Marc Davis, San Diego 4:14.90
1988 Francis O'Neill, San Pasqual 4:18.23
1989 Francis O'Neill, San Pasqual 4:14.09
1990 Hector Hernandez, Mar Vista 4:17.26
1991 Hector Hernandez, Mar Vista 4:14.11
1992 Daniel Das Neves, Helix 4:09.40
1993 Mark Hauser, St. Augustine 4:11.33
1994 Mebrahtom Keflezighi, San Diego 4:06.16#
1995 Larry Henderson, Mira Mesa 4:13.19
1996 Larry Henderson, Mira Mesa 4:13.19
1997 Evan Fox, West Hills 4:16.74
1998 Div I — Mike Baskin, Mt. Carmel 4:17.35
 Div II — Marcus Chandler, Serra 4:16.43
1999 Div I — Evan Fox, West Hills 4:11.68
 Div II — Marcus Chandler, Serra 4:14.65
2000 Div I — Evan Fox, West Hills 4:10.84
 Div II — Ryan Moorcroft, St. Augustine 4:19.25
2001 Div I — Ben Aragon, West Hills 4:15.52
 Div II — Chris Ferrier, La Jolla 4:20.84
2002 Div I — Abadir Barre, Mt. Carmel 4:20.56
 Div II — Troy Swier, Mar Vista 4:18.31
2003 Troy Swier, Mar Vista 4:14.20
2004 A.J. Acosta, El Camino 4:12.31
2005 A.J. Acosta, El Camino 4:14.82
2006 A.J. Acosta, El Camino 4:12.29

2007 Austin Jett, Eastlake 4:12.13
2008 Mac Fleet, University City 4:12.81
2009 Mac Fleet, University City 4:09.46
2010 Chris Brewer, Rancho Buena Vista 4:11.29
2011 Matt Carpowich, Torrey Pines 4:09.92
2012 Darren Fahy, La Costa Canyon 4:18.04
2013 Christian Freeman, Carlsbad 4:13.27
2014 Tal Braude, Torrey Pines 4:13.03
2015 Erik Armes, Coronado 4:11.81
2016 Joaquin Martinez de Pinillos, Cathedral Catholic 4:15.57
2017 Jarett Chinn, Poway 4:14.91

3200 Meter Run Mark

1965 Otis Martin, Lincoln Prep 9:17.7
1966 Armando Valencia, El Cajon Valley 9:10.8
1967 Otis Martin, Lincoln Prep 9:01.0
1968 John Jacobsen, San Diego 9:12.1
1969 Dave Carter, Monte Vista 9:10.4
1970 Ed Mendoza, Helix 9:09.6
1971 Dale Fleet, Clairemont 9:02.9
1972 Lee Dick, San Dieguito 9:19.4
1973 Mike McGrath, Monte Vista 9:16.0
1974 K. Pfeffer, Crawford 9:08.4
1975 Thom Hunt, Patrick Henry 9:11.0
1976 Chris Hughes, Monte Vista 9:09.7
1977 Mark Keller, Helix 9:09.5
1978 Jeff Woodland, La Jolla 9:11.8
1979 Jeff Woodland, La Jolla 9:03.9
1980 Sean Evans, Patrick Henry 9:12.69
1981 Stan Aguilar, Helix 9:25.81
1982 Jose Vega, Chula Vista 9:18.60
1983 Chris Courter, Bonita Vista 9:18.59
1984 Pat Green, La Jolla 9:19.24
1985 Ellis del Sol, Hilltop 9:13.50
1986 Mark Dani, Valhalla 8:54.96
1987 Trevor Drummond, Helix 9:18.62
1988 Jason Salber, University City 9:20.05
1989 Francis O'Neill, San Pasqual 9:19.72
1990 Tom Bache, USDHS 9:25.78
1991 Javier Lozano, Helix 9:21.63
1992 Daniel Das Neves, Helix 9:12.85
1993 Mebrahtom Keflezighi, San Diego 9:11.76
1994 Mebrahtom Keflezighi, San Diego 9:03.27#
1995 Dave McQuitty, Grossmont 9:16.45
1996 Larry Henderson, Mira Mesa 9:26.62
1997 Mike Baskin, Mt. Carmel 9:19.61
1998 Div I — Reed Steele, Carlsbad 9:30.73
Div II — Marcus Chandler, Serra 9:29.51
1999 Div I — Jason Finch, Granite Hills 9:22.69
Div II — Marcus Chandler, Serra 9:31.32
2000 Div I — Travis Laird, San Marcos 9:21.07
Div II — Matt McInvale, Ramona 9:34.73
2001 Div I — Abadir Barre, Mt. Carmel 9:20.11
Div II — Drew Bouchard, St. Augustine 9:35.76
2002 Div I — Babey Wagnew, Helix 9:25.61
Div II — Troy Swier, Mar Vista 9:26.00
2003 Babey Wagnew, Helix 9:19.52
2004 Babey Wagnew, Helix 9:19.65
2005 A.J. Acosta, El Camino 9:19.31
2006 A.J. Acosta, El Camino 9:19.62
2007 Eric Avila, Bonita Vista 9:17.95
2008 Adrian Sherrod, Steele Canyon 9:24.22

2009 Collin Jarvis, RB Vista 9:06.24
2010 Darren Fahy, La Costa Canyon 9:00.49
2011 Darren Fahy, La Costa Canyon 9:12.46
2012 Darren Fahy, La Costa Canyon 9:06.30
2013 Christian Freeman, Carlsbad 9:03.51
2014 Steven Fahy, La Costa Canyon 8:58.50
2015 Trevor Siniscalchi, Westview 9:08.90
2016 Charlie Pope, Torrey Pines 9:16.13
2017 Jeremiah Suzara, Otay Ranch 9:21.96

High Jump Mark

1961 William Jones, Grossmont 6'2 1/8"
1962 Walter Scott, Lincoln Prep 6'4"
1963 Ed Hanks, Hoover 6'5"
1964 Ed Hanks, Hoover 6'8"
1965 Phil Shelley, Lincoln Prep 6'4"
1966 Harold Greenwood, Morse 6'8 1/4"
1967 Craig Baumberger, Coronado 6'6"
1968 Doug Jones, Lincoln Prep 6'4 1/4"
1969 Jerry Culp, Oceanside 6'7 3/4"
1970 Jerry Culp, Oceanside 6'10"
1971 Greg Gorsuch, Castle Park 6'6"
1972 Keith Walker, Morse 6'5"
1973 Al McClure, Vista 6'7"
1974 Scott Young, Bonita Vista 6'6"
1975 Chris Rackley, Escondido 6'4"
1976 Dan Sivadge, Granite Hills 6'8"
1977 Randy Wallace, Grossmont 6'8"
1978 Reggie Younger, Mira Mesa 6'10"
1979 Frank Schiefer, Madison 6'10"
1980 Bud Larson, Vista 6'6"
1981 Berrett Francis, Vista 6'8"
1982 Mike Heintschel, Escondido 6'6"
1983 Kevin Kries, University City 6'8"
1984 Eric McKenzie, Monte Vista 6'8"
1985 Erik Peterson, Monte Vista 6'7"
1986 Erik Peterson, Monte Vista 6'8"
1987 Matt Farmer, Monte Vista 6'8"
1988 Kris Peter, Bonita Vista 6'8"
1989 Mike Herman, Mt. Carmel 6'8"
1990 Jerrel Stokes, Point Loma 6'6"
1991 Brian Beck, El Camino 6'4"
1992 Yusuf Hasan, San Diego 6'8"
1993 Yusuf Hasan, San Diego 6'8"
1994 Nate Foreman, Bonita Vista 6'4"
1995 Ryan Mitchell, Sweetwater 6'5"
1996 Mauri Ray, Bonita Vista 6'6"
1997 Eric Hollins, Escondido 6'8"
1998 Div I — Eric Hollins, Escondido 6'8"
Div II — Jason Anhorn, Hilltop 6'2"
1999 Div I — Jason Gatewood, RB Vista 6'6"
Div II — Tony Golston, Point Loma 6'2"
2000 Div I — Chris Staton, Patrick Henry 6'8"
Div II — Issac Simms, University City 6'5"
2001 Div I — Keno White, Rancho Bernardo 6'6"
Div II — Franklin Eygpt, Crawford 5'11"
2002 Div I — Keno White, Rancho Bernardo 6'8"
Div II — Reid McLean, Coronado 6'2"
2003 Desi Burt, Serra 6'4"
2004 Desi Burt, Serra 6'8"
2005 Nathan Gwozdz, La Jolla 6'6"
2006 Richard LaFleur, Escondido 6'8"

2007 Nelson Rosario, El Camino 6'7"
2008 Tynan Murray, Poway 6'8"
2009 Brandon Ford, Mt. Carmel 6'6"
2010 Tyler Jordan, Ramona 6'10"
2011 Deante Kemper, Serra 6' 9"
2012 Spencer Curtis, Sweetwater 6' 7"
2013 Jean- Christian Williams, Mission Hills 6' 5"
2014 Tyler Arroyo, Westview 6'9"
2015 Cedell Morris, Steele Canyon 6' 9"
2016 Nick Heid, St. Augustine 6' 7"
2017 Nelson Carmona, Oceanside 6'3"

Long Jump Mark

1961 Vernon King, San Diego 22'3 1/4"
1962 James Kennedy, Lincoln Prep 23'7 1/4"
1963 James Kennedy, Lincoln Prep 24'-1/4"
1964 Glen Richardson, Granite Hills 23'1"
1965 Rudy Silas, Lincoln Prep 23'5"
1966 Doyle Steele, San Diego 25'5 1/4"
1967 Lewis King, Lincoln Prep 23'9"
1968 James Moore, San Diego 24'2 1/2"
1969 Blake Martinson, Vista 22'10"
1970 Darrell Guthridge, Granite Hills 22'11 1/2"
1971 Dave Crouch, Crawford 23' -1/2"
1972 Willie Banks, Oceanside 23'4 1/2"
1973 Robert Mosley, Oceanside 23'2 3/4"
1974 Willie Banks, Oceanside 23'7 1/2"
1975 Ned Armour, Morse 23'-1/4"
1976 Kevin Dorrell, Helix 22'2 1/4"
1977 Dokie Williams, El Camino 22'11"
1978 Dokie Williams, El Camino 24'-1/2"
1979 George Crockett, Mt. Carmel 22'6 1/4"
1980 Troy Kuretich, San Pasqual 22'7"
1981 Anthony McClendon, USDHS 23'7 1/2"
1982 Vchenna Agu, Army-Navy 23'5 1/4"
1983 Art Ramsey, Montgomery 24'2 1/2"
1984 Mike Smith, Oceanside 23'9"
1985 Jim Chapon, Mt. Carmel 23'6 1/4"
1986 Charles Huff, La Jolla 23'4 3/4"
1987 Matt Farmer, Monte Vista 23'10 1/4" (W)
1988 Glen Reyes, Orange Glen 23'6 1/2" (W)
1989 Jerome Price, University City 24'4 1/2"
1990 Jerome Price, University City 25'4 1/2"
1991 Terrence Sweet, Morse 23'9 3/4"
1992 Cary Taylor, Morse 22'6 3/4"
1993 Jerome Green, Chula Vista 23'1 1/2"
1994 Majaliwa McKeaver, Ramona 23'1 3/4"
1995 Majaliwa McKeaver, Ramona 22'7 1/2"
1996 Lawrence Owusu, El Camino 23'4 1/2"
1997 Elliot Walker, Morse 23'8 1/2"
1998 Div I — Daniel Herman, Granite Hills 23'9"
Div II — Danny Espinoza, Hilltop 21'6 1/2"
1999 Div I — Rashard Holmes, R. Bernardo 22'4 3/4"
Div II — Jon Reynolds, Serra 21'8 3/4"
2000 Div I — Tony Ortiz, Helix 23'8 3/4"
Div II — Alton Gilbert, Lincoln 22'4 1/2"
2001 Div I — Trandon Harvey, Sweetwater 22'6"
Div II — Shannon Nowden, Mission Bay 22'9 3/4"
2002 Div I — Keno White, Rancho Bernardo 21'7" (W)
Div II — Dean Wu, University City 21'9 1/2"
2003 Demetrious, Westbrooks, Morse 23' 7"
2004 Andrew Denny, Mt. Carmel 23' 6"

2005 Nelson Rosario, El Camino 23' 2 1/2"
2006 Karlin Stewart, Mount Miguel 22' 2 1/2"
2007 Nelson Rosario, El Camino 24' 2 1/2"
2008 Nelson Rosario, El Camino 23' 4 3/4"
2009 Aaron Harris, Granite Hills 23' 7"
2010 Travis Johnson, Morse 22' 10 3/4"
2011 Jacob Snow, El Camino 24' 10"
2012 Chevy King, Castle Park 24' 6"
2013 Sydney Rush- Dunigan, Pt. Loma 24' 3 1/2"
2014 Jordan Miller, Oceanside 23' 2 3/4"
2015 Tanner Battikha, St. Augustine 24' 2"
2016 Matthew DeRoos, Tri-City Christian 23' 10"
2017 Jalyn Jackson, Eastlake 23'1"

Discus Mark

1961 Tom Watson, Oceanside 131'11 1/2"
1962 Ed Speed, Grossmont 152'1"
1963 John Bishop, Point Loma 145'11"
1964 Richard Grise, Grossmont 170'5"
1965 David Felton, Mar Vista 158'2 1/2"
1966 Randy Gold, Grossmont 163'1 3/4"
1967 Mike Robinson, Mt. Miguel 155'11"
1968 Pat Foley, Monte Vista 175'1"
1969 Bill Winchester, Mt. Miguel 175'4"
1970 Bill Winchester, Mt. Miguel 180'6"
1971 Jim Fulcher, El Capitan 152'
1972 Bill Harvey, Vista 164' 9 1/2"
1973 Bill Harvey, Vista 177' 5 1/2"
1974 Mark Malone, El Cajon Valley 170' 10"
1975 T. Anderson, Santana 166' 9"
1976 Mark Malone, El Cajon Valley 182' 5"
1977 Matt Gauthier, Valhalla 171' 8"
1978 Paul Esquibel, Valhalla 166' 8"
1979 Mark Bailey, Helix 171' 1"
1980 Phil Cookson, Grossmont 178' 8 1/2"
1981 Sal Mocerri, Mission Bay 162' 2"
1982 Pat Walsh, Valhalla 161' 9"
1983 Robert Dakovich, Fallbrook 175' 6"
1984 Fred Morgan, Mira Mesa 162' 5"
1985 Brian Boggess, El Capitan 167' 3"
1986 Brian Boggess, El Capitan 179' 6"
1987 Robert Malsack, Escondido 171' 4"
1988 Brent Noon, Fallbrook 167' 9"
1989 Brent Noon, Fallbrook 185' 4"
1990 Brent Noon, Fallbrook 189' 9"
1991 Jim Gilliam, San Dieguito 153'
1992 Richey Koch, El Capitan 169' 8"
1993 Tighe Jaffe, Mt. Carmel 143'
1994 Buddy Brown, El Camino 172' 11"
1995 David Herrick, Mt. Carmel 167' 6"
1996 Tony Sotelo, Ramona 176' 2"
1997 Tooran Gilliam, San Diego 180' 3"
1998 Div I — Dan Ames, El Capitan 182' 3"
Div II — Wade Green, La Jolla 162' 9"
1999 Div I — Dan Ames, El Capitan 192'
Div II — Mike Armstrong, University City 162' 10"
2000 Div I — Travis Jones, Mira Mesa 183' 6"
Div II — Able Amburo, El Cajon Valley 154' 9"
2001 Div I — Vince Clarke, Granite Hills 173' 8"
Div II — David Abbott, Mission Bay 159' 5"
2002 Div I — Nick Allotta, Rancho Bernardo 171'10"
Div II — Cliff Learn, La Jolla 160'11"
2003 Daniel Schearer, Bishop's 178' 3"

2004 Daniel Schearer, Bishop's 198'
2005 Darius Savage, Morse 196' 10"
2006 Darius Savage, Morse 198' 10"
2007 Chris Boniwell, Rancho Bernardo 177' 7"
2008 David Spates, Monte Vista 182' 10"
2009 Dillon Bales, Escondido 162' 10"
2010 Thomas Hart, St. Augustine 194' 1"
2011 Aaron Russell, Poway 165' 9"
2012 Brenden Song, West Hills 180' 10"
2013 Brenden Song, West Hills 180' 1"
2014 Dotun Ogundeji, Madison 194' 5"
2015 Charles Lenford, Oceanside 191' 7"
2016 Connor Anderson, Ramona 170' 11"
2017 Cole Hardan, San Paqual 166'8"

Shot Put Mark

1961 Ed Speed, Grossmont 59'7 5/8"
1962 Ed Speed, Grossmont 58'11 1/2"
1963 Leon Herzog, El Capitan 57'4 1/4"
1964 Doug Nelson, Helix 60'9"
1965 George Brown, Granite Hills 56'11"
1966 George Brown, Granite Hills 57'9 3/4"
1967 George Brown, Granite Hills 63'11"
1968 Pete Schmock, San Dieguito 63'11"
1969 Bill Winchester, Mt. Miguel 59'11"
1970 Bill Winchester, Mt. Miguel 59'5"
1971 Gregory Norfleet, Morse 56'4"
1972 Jay Semensow, Vista 59'3 1/4"
1973 Curt Hampton, El Cajon Valley 60'7 1/2"
1974 Curt Hampton, El Cajon Valley 62'5 1/2"
1975 T. Anderson, Santana 53'10 3/4"
1976 Milt Wiggins, St. Augustine 57'8 1/2"
1977 Matt Gauthier, Valhalla 57'10 1/2"
1978 Ken Pole, El Capitan 61'6 1/2"
1979 Mark Bailey, Helix 58'8 1/2"
1980 Harry Leomiti, Sweetwater 58'1 3/4"
1981 Kevin Mason, Castle Park 59'3 1/2"
1982 Dan Saleaumaua, Sweetwater 59'5"
1983 Greg Bisbee, Serra 53'3"
1984 George Smith, Morse 54'8 3/4"
1985 Joe Bowser, Serra 57'-1/2"
1986 Brian Boggess, El Capitan 60'3 1/2"
1987 Brent Noon, Fallbrook 57'6 3/4"
1988 Brent Noon, Fallbrook 62'2 1/2"
1989 Brent Noon, Fallbrook 66'7"
1990 Brent Noon, Fallbrook 74'10 1/2"
1991 Junior Cienega, Escondido 54'10 1/4"
1992 Junior Cienega, Escondido 55'6 1/2"
1993 Jesus Renteria, El Capitan 54'1"
1994 Brad Hisey, Fallbrook 54'2 1/2"
1995 Donald Bautiste, Oceanside 55'3 1/2"
1996 Tony Sotelo, Ramona 60'4 1/2"
1997 Dan Ames, El Capitan 59'4"
1998 Div I — Dan Ames, El Capitan 59'1 1/2"
Div II — Wade Green, La Jolla 57'5"
1999 Div I — Bernard Grady, Scripps Ranch 60'5 1/4"
Div II — Wade Green, La Jolla 56'11 3/4"
2000 Div I — Travis Watkins, Helix 55'07"
Div II — Reynaldo Stephens, Castle Park 51'00 1/2"
2001 Div I — Vince Clarke, Granite Hills 58'8 3/4"
Div II — Marco Gonzalez, Valley Center 54'6"
2002 Div I — Eder Arosemena, Vista 55'7 3/4"

Div II — Jared Bray, Mission Bay 54' 11 1/2"
2003 Jared Bray, Mission Bay 61' 6 1/4"
2004 Boldi Kocsor, University City 62' 11 1/2"
2005 Darius Savage, Morse 59' 11 1/4"
2006 Darius Savage, Morse 65' 9 3/4"
2007 David Spates, Monte Vista 55' 8 3/4"
2008 David Spates, Monte Vista 59' 4"
2009 Blake Asbill, Carlsbad 58' 7"
2010 Jose Aviles, La Jolla 56' 6 1/4"
2011 Tyrone Sauls, Christian 55' 7 1/2"
2012 Michael Coe, Carlsbad 55' 7 1/2"
2013 Dotun Ogundeji, Madison 57' 10 1/2"
2014 Dotun Ogundeji, Madison 63' 6 1/2"
2015 Charles Lenford, Oceanside 59' 11 3/4"
2016 Charles Lenford, Oceanside 58' 9 1/2"
2017 Cole Hardan, San Pasqual 54' 5 1/2 "

Ambulatory Shot Put

2016 Shane Pathman, Torrey Pines 10'5"
2017 Shane Pathman, Torrey Pines 12'10 1/2"

Pole Vault Mark

1961 Mike Graves, El Cajon Valley 14'3 1/2"
1962 Lynn Chenoweth, Monte Vista 13'7"
1963 Paul Manning, Grossmont 14'3"
1964 Vic Montano, Lincoln Prep 14'
1965 Andrew Steben, El Capitan 14'
1966 Mike Griffiths, Mar Vista 13'6"
1967 Dave Stewart, Mt. Miguel 14'
1968 Jim Cochran, El Cajon Valley 14'6"
1969 Landis Bender, El Cajon Valley 14'3"
1970 Richard Norcunas, El Cajon Valley 14'
1971 Steve Field, Escondido 13'6"
1972 Richard Kurtz, Madison 13'6"
1973 Steve Yarberrry, Hilltop 13'6"
1974 Tony Barrows, Mar Vista 14'
1975 Jim Belue, Santana 14'
1976 Jeff Bisson, Bonita Vista 14'
1977 Glen Viera, Madison 14'
1978 Bruce Reid, El Cajon Valley 14'1"
1979 Mark Robb, La Jolla 14'6"
1980 Rob Avant, Valhalla 14'
1981 Rick Nelson, Helix 14'
1982 Rick Heskin, Orange Glen 13'6"
1983 Jay Vavra, Valhalla 14'9 1/4"
1984 Jeff Mulligan, San Dieguito 14'6"
1985 Sean Hickey, Fallbrook 15'3"
1986 Pat Alduenda, Ramona 14'
1987 Pat Alduenda, Ramona 15'8 1/4"
1988 Rick Lotterer, San Pasqual 15'
1989 Brian Chase, Granite Hills 15'5"
1990 Wes Stephens, Orange Glen 15'
1991 Scott Shimoka, San Pasqual 14'6"
1992 Chris Buddin, Orange Glen 14'6"
1993 Chris Buddin, Orange Glen 15'
1994 Daniel Shimooka, San Pasqual 15'6 1/2"
1995 Mike Brown, Torrey Pines 15'9"
1996 Mark Lee, Granite Hills 14'8"
1997 James Tutrow, Poway 14'
1998 Div I — Mark Gomez, Rancho Bernardo 14'8"
Div II — Aaron Shepard, Santana 13'2"
1999 Div I — Jimmy Barbar, Poway 15'

Div II — Javier Munoz, Castle Park 13'6"
 2000 Div I — Travis Offner, Mt. Carmel 15'8"
 Div II — Alex Doria, Eastlake 13'6"
 2001 Div I — Mike Hill, Rancho Bernardo 14'8 1/2"
 Div II — Eric Nyberg, University City 13'4"
 2002 Div I — Zack Miller, Rancho Bernardo 15'0"
 Div II — Adrian Ruark, Point Loma 14'8"
 2003 Billy Matthies, Rancho Bernardo 15'5"
 2004 Derek Scott, El Camino 15'6"
 2005 Jeff Coover, La Jolla 16'4"
 2006 Kevin Jones, University City 16'0"
 2007 Griffin Simmons, Vista 15' 4"
 2008 Dylan Fitzgerald, Steele Canyon 14' 4"
 2009 Dillon Fox, La Costa Canyon 14' 4"
 2010 Jeremy McGrath, La Jolla 15' 0"
 2011 Ryan Zacchilli, Rancho Bernardo 14' 8"
 2012 Ryan Zacchilli, Rancho Bernardo 15' 9"
 2013 Kyle Pater, Mt. Carmel 10'4"
 2014 Charlie Bush, Poway 15' 2"
 2015 Tristan Zawadzki, Patrick Henry 15' 3"
 2016 Kyle Brown, La Costa Canyon 16' 0"
 2017 Bryan Sperry, Rancho Bernardo 14'6"

Triple Jump Mark

1961 H. Proppe, Mt. Miguel 41'7 3/4"
 1973 Willie Banks, Oceanside 48'7 3/4"
 1974 Willie Banks, Oceanside 49'1 1/2"
 1975 Gary James, Lincoln Prep 46'4 1/4" (W)
 1976 Darrell Williams, Oceanside 48'4"
 1977 Dokie Williams, El Camino 50'4 1/2"
 1978 Dokie Williams, El Camino 51'-3/4"
 1979 Duane Coleman, Oceanside 46'2 1/4"
 1980 Alonzo Robinson, Carlsbad 47'1"
 1981 Byron Gaiter, Mt. Miguel 47'10 3/4"
 1982 Vchenna Agu, Army-Navy 48'2" (W)
 1983 Tyrone Pope, El Camino 49'9 1/4"
 1984 John Gibbs, Oceanside 47'2"
 1985 Dwayne Jeffers, Oceanside 45'5 3/4"
 1986 Larry Todd, Helix 45'9"
 1987 Lou Coons, Crawford 47'11 1/2"
 1988 Lenny McGill, Orange Glen 49'8"
 1989 Lenny McGill, Orange Glen 49'2 1/4"
 1990 Matt Johnson, Castle Park 46'11 1/4"
 1991 Cary Taylor, Morse 48'6"
 1992 Cary Taylor, Morse 48'2 3/4"
 1993 Von Ware, RB Vista 47'4 1/2"
 1994 Von Ware, RB Vista 52'
 1995 Justin Cox, RB Vista 46'2 1/2"
 1996 Justin Cox, RB Vista 47'3 3/4"
 1997 Draper Rivers, Morse 48'9"
 1998 Div I — Eric Hollins, Escondido 45'5"
 Div II — Makenly Jean-Giles, Hoover 45'3 3/4"
 1999 Div I — Tony Ortiz, Helix 48'1 1/2"
 Div II — Makenly Jean-Giles, Hoover 45'5 1/4"
 2000 Div I — Tony Ortiz, Helix 49'03"
 Div II — John Koummalasy, Clairemont 44'03 1/2"
 2001 Div I — Keno White, Rancho Bernardo 47'8 1/2"
 Div II — Nate Skrzypczak, Valley Center 44'10"
 2002 Div I — Deun White, Rancho Bernardo 49'2"
 Div II — Mike Hastings, Coronado 43' 3 1/2"
 2003 Joey Hauser, Vista 48' 2 3/4"
 2004 Franklin Gladney, El Camino 46'7"

2005 Franklin Gladney, El Camino 48'2"
2006 Karlin Stewart, Mount Miguel 49' 4 3/4"
2007 Nelson Rosario, El Camino 47' 9 1/2"
2008 Nelson Rosario, El Camino 46' 10"
2009 Jeremy Gathright, Vista 46' 9 1/2"
2010 Stefan McClure, Vista 48' 9"
2011 Marques Roberts, Otay Ranch 49' 7 1/2"
2012 Chris Bernal, Fallbrook 47' 5 1/2"
*Event discontinued from 1962 until 1973.
2013 Kevin Dodds, Oceanside 46' 4"
2014 Kevin Dodds, Oceanside 46' 5"
2015 Jordan Miller, Oceanside 48' 4"
2016 Antonio Riggins, Olympian 47' 4"
2017 Jalyn Jackson, Eastlake 47' 6 1/2"

1600 Meter Relay Mark

1968 Lincoln Prep 3:16.8
1969 Lincoln Prep 3:19.0
1970 Escondido 3:21.0
1971 San Diego 3:19.4
1972 Oceanside 3:22.7
1973 Crawford 3:22.6
1974 Morse 3:19.7
1975 Bonita Vista 3:22.2
1976 Morse 3:21.6
1977 Morse 3:19.7
1978 Helix 3:20.5
1979 Morse 3:20.2
1980 El Camino 3:22.19
1981 Patrick Henry 3:25.21
1982 Point Loma 3:21.19
1983 Morse 3:23.62
1984 Morse 3:24.55
1985 Morse 3:15.77
1986 Morse 3:19.27
1987 Mt. Miguel 3:22.26
1988 Mt. Miguel 3:18.32
1989 Patrick Henry 3:18.63
1990 Morse 3:18.70
1991 Mira Mesa 3:18.59
1992 Morse 3:19.82
1993 Patrick Henry 3:20.61
1994 Patrick Henry 3:16.45
1995 University City 3:15.48
1996 Morse 3:14.99
1997 Morse 3:17.79
1998 Div I — Morse 3:18.98
Div II — University City 3:21.60
1999 Div I — Morse 3:18.04
Div II — Crawford 3:22.14
2000 Div I — West Hills 3:18.00
Div II — Serra 3:17.30
2001 Div I — Granite Hills 3:17.15
Div II — University City 3:24.34
2002 Div I — La Costa Canyon 3:22.91
Div II — University City 3:21.97
2003 Helix 3:16.23
2004 Poway 3:20.09
2005 El Camino 3:22.45
2006 El Camino 3:19.78
2007 Mission Hills 3:21.36
2008 Lincoln 3:15.84

2009 Steele Canyon 3:19.91
2010 Ramona 3:17.80
2011 Mount Miguel 3:18.96
2012 Poway 3:19.04
2013 Poway 3:18.90
2014 Mt. Carmel 3:19.04
2015 Del Norte 3:20.43
2016 Mira Mesa 3:19.79
2017 Del Norte 3:22.97

400 Meter Relay Mark

1968 Lincoln Prep 41.5
1969 Lincoln Prep 42.0
1970 Sweetwater 42.0
1971 San Diego 42.2
1972 Crawford 42.6
1973 Lincoln Prep 41.8
1974 Morse 42.2
1975 Crawford 41.5
1976 Lincoln Prep 41.6
1977 Castle Park 42.3
1978 Morse 41.9
1979 Patrick Henry 42.34
1980 Mira Mesa 42.00
1981 San Diego 42.52
1982 Serra 42.54
1983 Helix 43.03
1984 El Camino 43.09
1985 Morse 42.34
1986 Crawford 42.39
1987 Crawford 42.22
1988 Morse 42.66
1989 Poway 42.26
1990 Lincoln Prep 41.69
1991 Morse 42.45
1992 Lincoln Prep 42.15
1993 El Camino 42.65
1994 El Camino 41.16#
1995 Morse 41.22
1996 University City 41.92
1997 Morse 41.08
1998 Div I — Morse 41.43
 Div II — University City 41.11
1999 Div I — San Diego 41.76
 Div II — University City 42.19
2000 Div I — Rancho Bernardo 41.93
 Div II — University City 41.18
2001 Div I — Helix 41.47
 Div II — University City 41.29
2002 Div I — Helix 41.69
 Div II — University City 41.54
2003 University City 41.86
2004 Mira Mesa 42.19
2005 Torrey Pines 42.58
2006 Vista 42.53
2007 Escondido 41.90
2008 Steele Canyon 41.89
2009 Mission Hills 41.88
2010 El Camino 42.43
2011 Helix 42.22
2012 El Camino 42.42
2013 Mt. Carmel 42.63

2014 Poway 41.45
2015 Helix 42.02
2016 Mt. Carmel 41.65
2017 Olympian 42.35

CIFSDS TRACK & FIELD RECORDS

Year Event Name, School Mark

1992 100 Meter Dash Riley Washington, Southwest 10.30
1998 200 Meter Dash Ike Okenwa, Morse 20.97
1996 400 Meter Dash Lydell Burston, Morse 46.85 (n)
1988 800 Meter Run Mark Senior, Mt. Miguel 1:50.25
1972 1600 Meter Run Terry Cotton, El Cajon Valley 4:04.04*(n)
1976 3200 Meter Run Thom Hunt, Patrick Henry 8:41.8*
1997 110 High Hurdles Reggie DePass, Montgomery 13.86
2001 300 Intermediate Hurdles Jeff Hunter, Granite Hills 36.25
1998 400 Meter Relay University City (Long, Ward, Hayes, Douglas) 40.66
1996 1600 Meter Relay Morse (Jones, Carter, Pinson, Burston) 3:10.80 (n)
1979 High Jump Frank Schiefer, Madison 7'2"
2005 Pole Vault Derek Scott, El Camino 16'8"
1966 Long Jump Doyle Steel, San Diego 25'5 1/4"
1994 Triple Jump Von Ware, RB Vista 52'0"
1990 Shot Put Brent Noon, Fallbrook 76'2"
2006 Discus Darius Savage, Morse 212' 1"
(n) Non-winning mark *Converted to metric time from yards time

CIFSDS TRACK & FIELD MEET RECORDS

Year Event Name, School Mark

1990 100 Meter Dash Riley Washington, Southwest 10.53
1998 200 Meter Dash Ike Okenwa, Morse 20.97
1995 400 Meter Dash Clinton Lane, Patrick Henry 47.07
1964 800 Meter Run Bob Hose, Madison 1:50.64*
1966 1600 Meter Run Tim Danielson, Chula Vista 4:04.94*
1986 3200 Meter Run Mark Dani, Valhalla 8:54.96
1997 110 High Hurdles Reggie DePass, Montgomery 13.86
2001 300 Intermediate Hurdles Jeff Hunter, Granite Hills 36.34
1998 400 Meter Relay University City (Long, Ward, Hayes, Douglas) 40.66
1996 1600 Meter Relay Morse (Jones, Carter, Pinson, Burston) 3:14.99
2008 High Jump Tynan Murray, Poway 7'-1"
1966 Long Jump Doyle Steel, San Diego 25'5 1/4"
1994 Triple Jump Von Ware, RB Vista 52'0"
2005 Pole Vault Jeff Coover, La Jolla 16'2"
1995 Mike Poirier, Mt. Carmel
2012 Ryan Zacchilli, Rancho Bernardo
1990 Shot Put Brent Noon, Fallbrook 74'10 1/2"
2006 Discus Darius Savage, Morse 198' 10"
*Converted to metric time for metric distance

STATE CHAMPIONS

100 Meter Dash Mark

1973 — Elijah Jefferson, Crawford 9.6y
1974 — Elijah Jefferson, Crawford 9.8y
1977 — David Russell, Patrick Henry 9.61y
1992 — Riley Washington, Southwest 10.30

200 Meter Dash Mark

1977 — David Russell, Patrick Henry 20.97y

400 Meter Dash Mark

1979 — Tony Banks, Morse 47.28

800 Meter Run Mark

1964 — Bob Hose, Madison 1:51.1y
1966 — Terry Rodgers, Hilltop 1:51.5y
1988 — Mark Senior, Mount Miguel 1:51.37
2005 — Jesse O'Brien, San Pasqual 1:53.71
2008 — Charles Jock, Mission Bay 1:51.64

2012 — Alex Monsivaiz, Army-Navy Academy 1:51.34

1600 Meter Run Mark

1965 — Tim Danielson, Chula Vista 4:08.4y

1966 — Tim Danielson, Chula Vista 4:07.0y

1989 — Frances O'Neill, San Pasqual 4:08.67

1991 — Daniel Das Neves, Helix 4:12.22

1992 — Daniel Das Neves, Helix 4:09.54

1994 — Meb Keflezighi, San Diego 4:07.67

1999 — Marcus Chandler, Serra 4:10.44

2000 — Evan Fox, West Hills 4:09.44

2006 — A.J. Acosta, El Camino 4:04.95

2009 — Mac Fleet, University City 4:05.33

2012 — Darren Fahy, La Costa Canyon 4:08.78

3200 Meter Run Mark

1971 — Dale Fleet, Clairemont 8:53.8y

1994 — Meb Keflezighi, San Diego 8:58.11

2012 — Darren Fahy, La Costa Canyon 9:03.29

300 Meter Intermediate Hurdles Mark

1991 — Keith Williams, Escondido 37.28

2001 — Jeff Hunter, Granite Hills 36.25

400 Meter Relay Mark

1994 — El Camino 41:16

2001 — Helix 41.17

High Jump Mark

1970 — Jerry Culp, Oceanside 7'0 1/4"

2010 — Tyler Jordan, Ramona 6'11"

Pole Vault Mark

1961 — Mike Graves, El Cajon Valley 14' 2 1/4"

1995 — Mike Brown, Torrey Pines 16'4"

Long Jump Mark

1962 — James Kennedy, Lincoln 24' 5 3/4"

1966 — Doyle Steele, San Diego 25' 3 1/4"

1978 — Dokie Williams, El Camino 25' 1 1/4"

1990 — Jerome Price, University City 25' 3 1/4"

2003 — Derrell Hutsona, Helix 25' 5 3/4"

Triple Jump Mark

1973 — Willie Banks, Oceanside 49' 7 1/4"

1974 — Willie Banks, Oceanside 50' 9"

1977 — Dokie Williams, El Camino 51' 0 1/2"

1978 — Dokie Williams, El Camino 50' 4 1/4"

1989 — Lenny McGill, Orange Glen 51' 1 1/4"

1994 — Vone Ware, RB Vista 50' 6"

2011 — Marques Roberts, Otay Ranch 49' 6 1/2"

Shot Put Mark

1968 — Pete Schmock, San Dieguito 63' 11"

1986 — Brian Boggess, El Capitan 61' 4"

1989 — Brent Noon, Fallbrook 66' 1 1/4"

1990 — Brent Noon, Fallbrook 74' 4 3/4"

2006 — Darius Savage, Morse 66' 3 1/4"

Discus Mark

1999 — Dan Ames, El Capitan 199'9"

2004 — Daniel Schaerer, Bishop's 206'5"

2005 — Darius Savage, Morse 194'8"

2006 — Darius Savage, Morse 205'6"