

# GIRLS TRACK & FIELD

## TEAM CHAMPIONS

### Date Winner Coach Score Runner-up Coach Score

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

## DIVISION I

### Date Winner Coach Score Runner-up Coach Score

5/23/98 Rancho Bernardo Don Jones 92 Morse Gary MacDonald 54  
 5/22/99 Rancho Bernardo Don Jones 122 Morse Gary MacDonald 53  
 5/27/00 RB Vista Renee Ross 81 Rancho Bernardo Don Jones 77  
 5/25/01 Morse Gary MacDonald 69 Rancho Bernardo Don Jones 62  
 5/18/02 El Camino Sean Helgesen 94 Rancho Bernardo Don Jones 56  
 5/31/03 El Camino Jeremy Gee 98 Rancho Bernardo Don James 62  
 5/29/04 San Pasqual Patrick King 65 El Camino Jeremy Gee 64  
 5/28/05 Morse Gary MacDonald 72 La Costa Canyon Mike Gainok 66  
 5/27/06 Rancho Bernardo Don Jones 80 La Costa Canyon Joe Cohen 50  
 5/26/07 Rancho Bernardo Don Jones 60 Vista Candice Kordis 50  
 5/24/08 Rancho Bernardo Don Jones 67 Vista 46  
 5/30/09 Rancho Bernardo Don Jones 80 Torrey Pines Charlenne Falcis-Stevens 52  
 5/29/10 El Camino Billy Isles 67 Vista Trevor Sybert 46  
 Oceanside Kristi Benson-Clark 46  
 5/28/11 El Camino Billy Isles 95 Torrey Pines Charlenne Falcis-Stevens 66  
 5/26/12 El Camino Billy Isles 91 Torrey Pines Charlenne Falcis-Stevens 75.5  
 2013 La Costa Canyon Bob Sisler 62 Carlsbad Cindy Gilbert-Snow 59  
 2014 Rancho Bernardo Don Jones 68.5 La Costa Canyon Bob Sisler 60  
 2015 Rancho Bernardo Don Jones 69.5 Steele Canyon Charles Tyler 49  
 2016 Torrey Pines Charlenne Falcis-Stevens 83 Rancho Bernardo Don Jones 70.5  
 2017 El Camino Sean Helgeson 61 Torrey Pines Charlenne Falcis-Stevens 55

## DIVISION II

### Date Winner Coach Score Runner-up Coach Score

5/23/98 Hilltop Jim Hunt 89 Lincoln Vic Player 58  
 5/22/99 Hilltop Chip Holmes 92 La Jolla Tom Dorman 63  
 5/27/00 Eastlake George Mancilla 85 USDHS Dan Geiger 47  
 5/25/01 USDHS Dan Geiger 64 La Jolla Tom Dorman 37  
 Valley Center Mike Cummings 37  
 5/18/02 EC Southwest Mike Becker 62 University City John Hutsel 57  
 5/31/03 Serra Jim Richards 94 University City John Hutsel 71  
 5/29/04 University City John Hutsel 84 Valley Center Mike Cummings 47

5/28/05 University City John Hutsel 88 Monte Vista Robert Gurney 62  
 5/27/06 University City John Hutsel 63 Westview Tim Medlock 43  
 5/26/07 La Jolla Roger Karnopp 63 University City John Hutsel 58  
 5/24/08 Cathedral Catholic Dan Geiger 73 La Jolla Roger Karnopp 47  
 5/30/09 Steele Canyon Charles Tyler 88 Cathedral Catholic Dan Geiger 63  
 5/29/10 La Jolla Roger Karnopp 63 co-champs Cathedral Catholic Dan Geiger 63  
 5/28/11 Valley Center Mike Cummings 59 Clairemont Sean Stevenson 53  
 5/26/12 Valley Center Mike Cummings 82.5 La Jolla Gregg Simmons 73.5  
 2013 Cathedral Catholic Dan Geiger 120.5 La Jolla Gregg Simmons 73  
 2014 Cathedral Catholic Dan Geiger 124 Del Norte Chris Ruff 87  
 2015 Cathedral Catholic Dan Geiger 123 Valley Center Mike Cummings 66  
 2016 Cathedral Catholic Dan Geiger 145 Coronado George Green 59  
 2017 La Costa Canyon Matthew Beckstead 73 Cathedral Catholic Dan Geiger 70

## **CIFSDS COACHES AND HALL OF CHAMPIONS/MEDIA**

### **TRACK AND FIELD ATHLETE OF THE YEAR**

1974 — Janice Wiser, La Jolla  
 1975 — Kathy Devine, Mission Bay  
 1976 — Kathy Middleton, Poway  
 1977 — Vickie Belser, Vista  
 1978 — Judy Reed, Crawford  
 1979 — Cheryl Flowers, Valhalla  
 1980 — Charlotte Zepherin, Morse  
 1981 — Ellen Jones, Mt. Miguel  
 1982 — Tina Allen, Santana  
 1983 — Yolanda Gail Devers, Sweetwater  
 1984 — Yolanda Gail Devers, Sweetwater  
 1985 — Darcy Arreola, Grossmont, and Jackie Anderson, Mt. Miguel  
 1986 — Track: Darcy Arreola, Grossmont  
     Track: Laura Chapel, University City Field: Tracy Crawford, Southwest  
 1987 — Track: Kira Jorgensen, Vista Field: Jackie Anderson, Mt. Miguel  
 1988 — Track: Kira Jorgensen, RB Vista Field: Laura Hughes, Orange Glen  
 1989 — Track: Kira Jorgensen, RB Vista Field: Jennifer Via Via, Madison  
 1990 — Track: Allison Dring, Mt. Carmel Field: Angela Sims, Oceanside  
 1991 — Track: Erin Blunt, San Pasqual Field: Kristina Mataafa, Orange Glen  
 1992 — Track: Erin Blunt, San Pasqual Field: Kristina Mataafa, Orange Glen  
 1993 — Track: Milena Glusac, Fallbrook Field: Amy Littlepage, Mt. Miguel  
 1994 — Track: Kunesha Miller, Morse Field: Tamioka Porter, Orange Glen  
 1995 — Track: Lana Garner, Morse Field: Akiba McKinney, Monte Vista Field: Kristi Draher, Mira Mesa  
 1996 — Track: Lana Garner, Morse Field: Andria Booker, El Camino  
 1997 — Track: Akiba McKinney, Monte Vista Field: Andria Booker, El Camino  
 1998 — Track: Monique Henderson, Morse Field: Tracy O'Hara, Rancho Bernardo  
 1999 — Track: Monique Henderson, Morse Field — Kathleen Donoghue, Rancho Bernardo  
 2000 — Track: Monique Henderson, Morse Field: Candace Hill, Hoover  
 2001 — Track: Monique Henderson, Morse Field: Lauren Jones, Torrey Pines  
 2002 — Track & Field: Jenna Timinsky, San Dieguito  
 2003 — None selected  
 2004 — Track & Field: Jolanda Diego, San Diego  
 2005 — Track & Field: Kate Mattoon, Rancho Bernardo  
 2006 — Track & Field: Mandy Ross, Christian  
 2007 — Track & Field: Whitney Sisler, La Costa Canyon  
 2008 — Track & Field: Emily Mattoon, Rancho Bernardo  
 2009 — Track & Field: Molly Grabill, Rancho Bernardo  
 2010 — Track & Field: Kortney Ross, Westview  
 2011 — Track: Alli Billmeyer, Torrey Pines Field: Breanna Jemison, Carlsbad  
 2012 — Track & Field : Jasmine Gibbs, El Camino  
 2013 — Track: Hannah Labrie- Smith, Cathedral Catholic Field: Grace Ward, Hoover  
 2014 — Track: Hannah Labrie- Smith, Cathedral Catholic Field: Laula'uga Ta'usaga, Mt. Miguel  
 2015 — Track: Dani Johnson, Cathedral Catholic Field: Laula'uga Ta'usaga, Mt. Miguel  
 2016 — Track: Nia Akins, Rancho Bernardo Field: Laula'uga Ta'usaga, Mt. Miguel  
 2017 — Track: Sakura Robertson, La Jolla Field: Nu'u Tuilefano: El Camino

## **INDIVIDUAL EVENT CHAMPIONS**

### **100 Meter Dash Mark**

1974 Janice Wiser, La Jolla 10.8  
 1975 D. Becton, Morse 11.1  
 1976 Vickie Belser, Vista 11.3  
 1977 Danita Young, Crawford 10.8

1978 Judy Reed, Crawford 10.5 (W)  
1979 Tracy Scott, Crawford 10.8  
1980 Charlotte Zepherin, Morse 12.19\*  
1981 Ellen Jones, Mt. Miguel 12.07  
1982 Velissa Harris, Morse 12.13  
1983 Yolanda Gail Devers, Sweetwater 11.78 (W)  
1984 Yolanda Gail Devers, Sweetwater 11.62 (W)  
1985 April Freow, Morse 12.24  
1986 Yolanda Fitch, Morse 12.09  
1987 Kim Matthews, Morse 12.05 (W)  
1988 Sorii Epps, Patrick Henry 12.62  
1989 Angela Sullivan, Serra 11.98  
1990 Angela Mimmey, University City 12.13  
1991 Angela Sullivan, Serra 11.93  
1992 Angela Sullivan, Serra 12.10  
1993 Monica Henderson, Morse 12.10  
1994 Kunesha Miller, Morse 12.05  
1995 Akiba McKinney, Monte Vista 11.84  
1996 Akiba McKinney, Monte Vista 12.10  
1997 Akiba McKinney, Monte Vista 11.8  
1998 Div I — Kameelah Allen, Mt. Miguel 12.41  
Div II — Keissha Mierez, Castle Park 12.66  
1999 Div I — Decola Groce, Morse  
Div II —  
2000 Div I — Monique Henderson, Morse 11.88  
Div II — Zikarra Beverly, USDHS 12.27  
2001 Div I — Monique Henderson, Morse 11.89  
Div II — Zikarra Beverly, USDHS 11.99  
2002 Div I — Jolanda Diego, El Camino 12.11  
Div II — Rashauna Amos, EC Southwest 12.11  
2003 Jolanda Diego, El Camino 11.89  
2004 Jolanda Diego, El Camino 11.93  
2005 Aja Wheeler, University City 12.09  
2006 Mandy Ross, Christian 11.92  
2007 Mandy Ross, Christian 12.18  
2008 Tenille Stoudenmire, Rancho Bernardo 11.92  
2009 Tenille Stoudenmire, Rancho Bernardo 11.95  
2010 Jenna Puterbaugh, Santa Fe Christian 11.78  
2011 Jasmine Gibbs, El Camino 11.76  
2012 Jasmine Gibbs, El Camino 11.71  
2013 Suzie Acolatse, Mission Hills 11.87  
2014 Suzie Acolatse, Mission Hills 11.59  
2015 Suzie Acolatse, Mission Hills 11.57  
2016 Jackie Patterson, Rancho Bernardo 11.59  
2017 Darriale Yarbrough, Fallbrook 12.24

### **200 Meter Dash Mark**

1974 Janice Wisner, La Jolla 24.5  
1975 D. Becton, Morse 25.1  
1976 Katie Gaston, Crawford 24.6  
1977 Vickie Belser, Vista 24.5  
1978 Judy Reed, Crawford 24.0  
1979 Tracy Scott, Crawford 24.8  
1980 Ellen Jones, Mt. Miguel 25.32\*  
1981 Ellen Jones, Mt. Miguel 24.64  
1982 Diana Turner, Fallbrook 25.32 (W)  
1983 Valissa Harris, Morse 24.44 (W)  
1984 Monique Weaver, University City 24.00  
(Distance covered was only 190M)  
1985 Kim Matthews, Morse 25.51  
1986 Kim Matthews, Morse 25.10  
1987 Kim Matthews, Morse 24.51 (W)  
1988 Sorii Epps, Patrick Henry 25.81  
1989 Angela Sullivan, Serra 24.54  
1990 Allison Dring, Mt. Carmel 24.38  
1991 Angela Sullivan, Serra 24.21  
1992 Angela Sullivan, Serra 24.63  
1993 Monica Henderson, Morse 25.07  
1994 Kunesha Miller, Morse 24.49

1995 Akiba McKinney, Monte Vista 24.51  
1996 Lana Garner, Morse 24.68  
1997 Decola Groce, Morse 24.6  
1998 Div I — Monique Henderson, Morse 24.53  
Div II — Kristin Tucker, Monte Vista 25.96  
1999 Div I — Monique Henderson, Morse 23.38  
Div II — Priscilla Parker, Mission Bay 25.35  
2000 Div I — Monique Henderson, Morse 23.70  
Div II — Zikarra Beverly, USDHS 25.06  
2001 Div I — Monique Henderson, Morse 23.69  
Div II — Zikarra Beverly, USDHS 24.64  
2002 Div I — Jolanda Diego, El Camino 24.46  
Div II — Rashauna Amos, EC Southwest 25.12  
2003 Jolanda Diego, El Camino 23.89  
2004 Jolanda Diego, El Camino 24.11  
2005 Shakara Lott, University City 24.39  
2006 Mandy Ross, Christian 24.41  
2007 Tenille Stoudenmire, Rancho Bernardo 24.67  
2008 Tenille Stoudenmire, Rancho Bernardo 24.52  
2009 Tenille Stoudenmire, Rancho Bernardo 23.93  
2010 Jenna Puterbaugh, Santa Fe Christian 24.02  
2011 Jasmine Gibbs, El Camino 24.29  
2012 Jasmine Gibbs, El Camino 24.11  
2013 Melissa Mongiovi, West Hills 24.44  
2014 Suzie Acolatse, Mission Hills 23.97  
2015 Suzie Acolatse, Mission Hills 23.72  
2016 Jackie Patterson, Rancho Bernardo 24.00  
2017 Jada Wilson, El Camino 24.50

#### **400 Meter Dash Mark**

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

2007 Vanessa Houston, Hoover 56.95  
2008 Demi Lucero, Escondido 57.13  
2009 Vanessa Houston, Hoover 55.63  
2010 Jasmine Askew, Scripps Ranch 56.84  
2011 Alexis Hernandez, Mt. Carmel 55.66  
2012 Alexis Hernandez, Mt. Carmel 55.79  
2013 Melissa Mongiovi, West Hills 55.05  
2014 Melissa Mongiovi, West Hills 55.61  
2015 Melissa Mongiovi, West Hills 55.85  
2016 Ann Caroline Kaseberg, Torrey Pines 56.44  
2017 Adaeze Noble, Olympian 56.52

### **800 Meter Run Mark**

1974 Beth Howell, San Dieguito 2:22.4  
1975 Beth Howell, San Dieguito 2:15.4  
1976 Beth Howell, San Dieguito 2:15.8  
1977 Laurie Proulx, El Cajon Valley 2:18.8  
1978 Julie Hawkes, San Dieguito 2:18.5  
1979 Nancy Cheshire, Mission Bay 2:18.5  
1980 Julie Hawkes, San Dieguito 1:16.17\*  
1981 Julie Hawkes, San Dieguito 2:16.7  
1982 Yolanda Devers, Sweetwater 2:11.78  
1983 Tracy Baker, Monte Vista 2:16.75  
1984 Darcy Arreola, Grossmont 2:16.51  
1985 Lesley Noll, Mt. Carmel 2:08.00  
1986 Laura Chapel, University City 2:08.46  
1987 Kristina Hand, Fallbrook 2:13.26  
1988 Kristina Hand, Fallbrook 2:13.37  
1989 Gina Westby, Torrey Pines 2:15.52  
1990 Charity Stowell, Mt. Carmel 2:13.49  
1991 Susan Scott, Mt. Carmel 2:14.20  
1992 Melanie Hand, Fallbrook 2:14.22  
1993 Melanie Hand, Fallbrook 2:13.84  
1994 Stacey Murphy, Granite Hills 2:14.87  
1995 Vanessa Hanley, USDHS 2:15.15  
1996 Drisana Carey, USDHS 2:15.94  
1997 Lesley Bravin, Valhalla 2:14.75  
1998 Div I — Lesley Bravin, Valhalla 2:14.54  
Div II — Samantha Piper, Coronado 2:19.28  
1999 Div I — Camille Dredge, Torrey Pines 2:11.79  
Div II — Desiree Davilla, Hilltop 2:14.40  
2000 Div I — Jenna Timinsky, San Dieguito 2:13.38  
Div II — Jill Steele, Mt. Carmel 2:16.52  
2001 Div I — Amonica Phipps, Morse 2:12.48  
Div II — Jenna Timinsky, San Dieguito 2:09.12  
2002 Div I — Allison Hall, Rancho Bernardo 2:14.75  
Div II — Jenna Timinsky, San Dieguito 2:09.56  
2003 Kelly McCann, La Costa Canyon 2:11.75  
2004 Kelly McCann, La Costa Canyon 2:12.09  
2005 Kelly McCann, La Costa Canyon 2:13.93  
2006 Andrea Jacobs, Vista 2:14.57  
2007 Michelle Cruz, Vista 2:14.56  
2008 Elizabeth Apgar, Lincoln 2:12.71  
2009 Elizabeth Apgar, Lincoln 2:12.16  
2010 Amanda Post, Cathedral Catholic 2:14.09  
2011 Carina Gillespie, Otay Ranch 2:13.42  
2012 Charlotte Kuzminsky, Canyon Crest 2:10.16  
2013 Carina Gillespie, Otay Ranch 2:14.80  
2014 Nia Akins, Rancho Bernardo 2:12.23  
2015 Nia Akins, Rancho Bernardo 2:09.07  
2016 Nia Akins, Rancho Bernardo 2:11.18  
2017 Kiley McCarthy, Carlsbad 2:10.06

### **1600 Meter Run Mark**

1974 Kathy Greer, Oceanside 5:15.1  
1975 L. Miller, Fallbrook 5:17.3  
1976 Cheryl Flowers, Valhalla 5:07.5  
1977 Cheryl Flowers, Valhalla 5:01.1

1978 Cheryl Flowers, Valhalla 5:04.0  
1979 Cheryl Flowers, Valhalla 5:05.6  
1980 Tina Allen, Santana 5:07.09\*  
1981 Tina Allen, Santana 5:05.55  
1982 Tina Allen, Santana 5:02.64  
1983 Sandy Blakeslee, Vista 5:05.77  
1984 Jennifer Sheflo, Poway 5:05.24  
1985 Darcy Arreola, Grossmont 4:59.82  
1986 Darcy Arreola, Grossmont 4:47.98  
1987 Kira Jorgensen, Vista 5:00.90  
1988 Kira Jorgensen, RB Vista 4:56.11  
1989 Kira Jorgensen, RB Vista 4:59.76  
1990 Milena Glusac, Fallbrook 5:04.05  
1991 Milena Glusac, Fallbrook 4:56.06  
1992 Milena Glusac, Fallbrook 4:52.60  
1993 Milena Glusac, Fallbrook 4:52.86  
1994 Claire Becker, Bonita Vista 4:56.65  
1995 Julia Roysdon, Valhalla 5:07.00  
1996 Tricia Matson, Fallbrook 5:10.36  
1997 Julie Ott, USDHS 4:55.08  
1998 Div I — Courtney Baird, Helix 5:05.90  
Div II — Angela Petersen, Francis Parker 5:02.64  
1999 Div I — Julie Komosinski, Torrey Pines 4:56.43  
Div II — Desiree Davilla, Hilltop 5:06.97  
2000 Div I — Julie Komosinski, Torrey Pines 5:09.22  
Div II — Desiree Davilla, Hilltop 4:59.02  
2001 Div I — Desiree Davila, Hilltop 4:58.00  
Div II — Angela Petersen, Francis Parker 5:16.15  
2002 Div I — Dani Schuster, Torrey Pines 5:00.81  
Div II — Rebecca Bostwick, Uni. City 5:12.95  
2003 Jessie Ooms, University City 4:57.95  
2004 Claire Rethmeier, San Pasqual 4:52.42  
2005 Lindsay delaMontaigne, Rancho Bernardo 4:57.69  
2006 Katy Andrews, La Costa Canyon 4:56.25  
2007 Katy Andrews, La Costa Canyon 4:59.21  
2008 Molly Grabill, Rancho Bernardo 5:00.40  
2009 Sammy Silva, OLP 4:49.79  
2010 Alli Billmeyer, Torrey Pines 4:45.06  
2011 Alli Billmeyer, Torrey Pines 4:47.86  
2012 Ashlyn Dadkhah, Torrey Pines 4:55.13  
2013 Emma Abrahamson, La Costa Canyon 4:54.02  
2014 Emma Abrahamson, La Costa Canyon 4:50.02  
2015 Kelly Bernd, Canyon Crest Academy 4:57.97  
2016 Mckenna Brown, La Costa Canyon 4:58.92  
2017 Isabella Aguiar, Torrey Pines 5:13.59

### **3200 Meter Run Mark**

1977 Carol Keller, Helix 10:56.8  
1978 Carol Keller, Helix 11:06.1  
1979 Cheryl Flowers, Valhalla 10:47.7  
1980 Terrie Brown, San Pasqual 11:00.3  
1981 Terrie Brown, San Pasqual 10:57.44  
1982 Tina Allen, Santana 10:41.44  
1983 Sandy Blakeslee, Vista 11:09.10  
1984 Maureen Winner, Torrey Pines 10:53.96  
1985 Kerry Panno, San Pasqual 11:07.7  
1986 Kira Jorgensen, Vista 10:50.39  
1987 Kira Jorgensen, Vista 10:49.90  
1988 Kira Jorgensen, RB Vista 10:40.34  
1989 Kira Jorgensen, RB Vista 10:55.59  
1990 Milena Glusac, Fallbrook 11:10.79  
1991 Milena Glusac, Fallbrook 10:59.99  
1992 Milena Glusac, Fallbrook 10:57.83  
1993 Milena Glusac, Fallbrook 10:47.77  
1994 Amy Haase, San Dieguito 10:51.41  
1995 Veronica Clark, Ramona 11:16.73  
1996 Marissa Hurwitz, Bishop's 11:05.12  
1997 Julie Ott, USDHS 10:46.0

1998 Div I — Kelly Grimes, Scripps Ranch 11:18.86  
Div II — Angela Petersen, Francis Parker 11:12.40  
1999 Div I — Courtney Baird, Helix 11:02.64  
Div II — Chessa Adsit-Morris, Uni. City 11:40.89  
2000 Div I — Julie Manson, Rancho Bernardo 11:07.16  
Div II — Loretta Kilmer, Ramona 11:24.33  
2001 Div I — Desiree Davila, Hilltop 10:46.59  
Div II — Loretta Kilmer, Ramona 10:52.16  
2002 Div I — Claire Rethmeier, San Pasqual 11:02.91  
Div II — Jessie Ooms, University City 11:20.47  
2003 Claire Rethmeier, San Pasqual 10:35.24  
2004 Claire Rethmeier, San Pasqual 10:52.95  
2005 Lindsay delaMontaigne, Rancho Bernardo 10:52.58  
2006 Katy Andrews, La Costa Canyon 10:59.20  
2007 Katy Andrews, La Costa Canyon 11:03.28  
2008 Molly Grabill, Rancho Bernardo 10:43.52  
2009 Molly Grabill, Rancho Bernardo 10:38.46  
2010 Molly Grabill, Rancho Bernardo 10:37.28  
2011 Alli Billmeyer, Torrey Pines 10:30.89  
2012 Emma Abrahamson, La Costa Canyon 10:36.70  
2013 Brianna Miller, Carlsbad 10:54.75  
2014 Emma Abrahamson, La Costa Canyon 10:51.35  
2015 Jacqueline Garner, Torrey Pines 10:57.89  
2016 Erica Barrett, Westview 10:44.34  
2017 Kira Loren, Canyon Crest 10:46.58

#### **400 Meter Relay Mark**

1974 Morse 50.3  
1975 Morse 49.7  
1976 Point Loma 48.4  
1977 Crawford 46.7  
1978 Crawford 47.4  
1979 Morse 48.7  
1980 Morse 48.12\*  
1981 Morse 47.99  
1982 Morse 48.70  
1983 Morse 49.10  
1984 Morse 49.47  
1985 Morse 47.87  
1986 Morse 47.91  
1987 Morse 48.28  
1988 Morse 48.66  
1989 Morse 47.12  
1990 Mt. Carmel 47.92  
1991 Morse 47.33  
1992 Morse 49.22  
1993 Morse 47.88  
1994 Morse 46.78  
1995 Morse 46.99  
1996 Morse 46.44  
1997 Morse 47.48  
1998 Div I — Morse 47.92  
Div II — Lincoln 49.11  
1999 Div I — Rancho Bernardo 48.56  
Div II — Lincoln 49.81  
2000 Div I — El Camino 47.64  
Div II — Lincoln 48.80  
2001 Div I — El Camino 47.91  
Div II — Serra 48.63  
2002 Div I — El Camino 47.81  
Div II — Serra 49.15  
2003 Morse 47.52  
2004 El Camino 47.10  
2005 University City 47.79  
2006 Poway 47.84  
2007 Poway 47.93  
2008 Poway 47.06  
2009 Escondido 48.49

2010 El Camino 48.21  
 2011 El Camino 48.53  
 2012 Torrey Pines 47.31  
 2013 Cathedral Catholic 47.77  
 2014 Rancho Bernardo 47.82  
 2015 Rancho Bernardo 47.37  
 2016 Torrey Pines 48.22  
 2017 San Marcos 48.51  
**1600 Meter Relay Mark**  
 1976 San Diego 4:02.5  
 1977 Bonita Vista 3:55.6  
 1978 Crawford 3:57.2  
 1979 Crawford 3:59.1  
 1980 Morse 3:57.82  
 1981 Crawford 3:55.68  
 1982 Fallbrook 3:58.82  
 1983 Valhalla 4:06.13  
 1984 Vista 4:02.42  
 1985 Mt. Carmel 3:54.31+  
 1986 Morse 3:55.85  
 1987 Crawford 4:01.13  
 1988 San Pasqual 3:57.64  
 1989 Mt. Carmel 3:53.95  
 1990 Mt. Carmel 3:35.70  
 1991 San Pasqual 3:52.20  
 1992 San Pasqual 3:54.01  
 1993 Morse 3:54.44  
 1994 RB Vista 3:56.62  
 1995 RB Vista 3:56.64  
 1996 Morse 3:53.42  
 1997 Morse 3:53.43  
 1998 Div I — Valhalla 3:57.90  
     Div II — Castle Park 3:59.94  
 1999 Div I — Morse 3:53.71  
     Div II — Hilltop 4:01.49  
 2000 Div I — RB Vista 3:54.59  
     Div II — Serra 4:05.44  
 2001 Div I — Rancho Bernardo 3:56.45  
     Div II — USDHS 4:07.07  
 2002 Div I — La Costa Canyon 3:58.91  
     Div II — University City 4:03.43  
 2003 La Costa Canyon 3:56.91  
 2004 University City 3:52.59  
 2005 La Costa Canyon 3:53.07  
 2006 Morse 3:55.93  
 2007 University City 3:55.54  
 2008 Scripps Ranch 3:56.10  
 2009 Mt. Carmel 3:54.12  
 2010 Scripps Ranch 3:56.56 2011 Mt. Carmel 3:55.20  
 2012 Torrey Pines 3:50.66  
 +Metric distance instituted in 1980  
 2013 La Jolla 3:53.98  
 2014 Poway 3:54.35  
 2015 Cathedral Catholic 3:49.54  
 2016 Cathedral Catholic 3:54.90  
 2017 Olympian 3:54.86  
**100 Meter Low Hurdles Mark**  
 1977 Kari Alexander, Crawford 14.9  
 1978 Kari Alexander, Crawford 14.4  
 1979 Kari Alexander, Crawford 14.5  
 1980 Ladonna Moore, Morse 14.70\*  
 1981 Annie King, La Jolla 14.65  
 1982 Wendy Edelen, Crawford 14.84 (W)  
 1983 Yolanda Gail Devers, Sweetwater 13.9 (W)  
 1984 Yolanda Gail Devers, Sweetwater 14.20 (W)  
 1985 Michelle Outlaw, Lincoln Prep 14.45  
 1986 Michele Collum, Point Loma 14.10  
 1987 Michelle Outlaw, Lincoln Prep 14.40



1988 Kim Dill, Poway 15.08  
1989 Kim Dill, Poway 14.29  
1990 Kim Dill, Poway 14.19  
1991 Erin Blunt, San Pasqual 14.38  
1992 Erin Blunt, San Pasqual 14.26  
**100 Meter High Hurdles Mark**  
1993 Lisa Shepard, Orange Glen 15.71  
1994 Kiesha Porter, Mira Mesa 15.03  
1995 Angela Romel, Serra 15.48  
1996 Bahed Hernandez, Mt. Carmel 15.52  
1997 Andrea Booker, El Camino 14.70  
1998 Div I — Andrea Booker, El Camino 14.84  
Div II — Greta Tucker, Calvin Christian 15.86  
1999 Div I — Maggi Escudero, El Capitan 15.17  
Div II — Bethany McDowell, Lincoln 15.93  
2000 Div I — Catie Coin, Rancho Bernardo 14.86  
Div II — Tanisha Johnson, Eastlake 14:86  
2001 Div I — Meggie Afenir, Escondido 15.31  
Div II — Unika Smith, Lincoln 15.70  
2002 Div I — Jessica Eggleston, El Camino 14.93  
Div II — Eva Tanner, Grossmont 15.93  
2003 Jessica Eggleston, El Camino 14.28  
2004 Laiah Blue, Granite Hills 14.99  
2005 Shakira Thompson, Helix 14.82  
2006 Charay Savage, Otay Ranch 14.70  
2007 Cori Franklin, Morse 15.43  
2008 Tia Knight, Helix 14.94  
2009 Danielle Littleton, Vista 14.42  
2010 Danielle Littleton, Vista 14.26  
2011 Taylor Larch-Miller, Torrey Pines 14.33  
2012 Taylor Larch-Miller, Torrey Pines 14.09  
2013 Hannah Labrie- Smith, Cathedral Catholic 14.39  
2014 Dani Johnson, Cathedral Catholic 14.16  
2015 Dani Johnson, Cathedral Catholic 14.00  
2016 Dani Johnson, Cathedral Catholic 14.02  
2017 Asia Smith, Mission Hills 14.28

### **300 Meter Low Hurdles Mark**

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

2006 Sharika Thompson, Helix 44.56  
2007 Tara Cooper, Helix 45.62  
2008 Brittany Idrizaj, Scripps Ranch 45.04  
2009 Danielle Littleton, Vista 44.30  
2010 Joniece Ervin, Oceanside 44.65  
2011 Joniece Ervin, Oceanside 43.53  
2012 Kelli Hancock, La Jolla 43.44  
2013 Hannah Laurie- Smith, Cathedral Catholic 42.49  
2014 Hannah Laurie- Smith, Cathedral Catholic 42.43  
2015 Dani Johnson, Cathedral Catholic 42.14  
2016 Tajanique Bell, Steele Canyon 41.99  
2017 Alia Scott, Vista 43.53

### **High Jump Mark**

1974 Cynthia Gilbert, San Luis Rey 5' 2"  
1975 Chris Remmling, San Dieguito 5' 6"  
1976 Chris Remmling, San Dieguito 5' 8 1/4"  
1977 Sue McNeal, Carlsbad 5' 9"  
1978 Sue McNeal, Carlsbad 5' 4"  
1979 Sue McNeal, Carlsbad 5' 4"  
1980 Sue McNeal, Carlsbad 5' 8"  
1981 Gabrielle LeClair, Monte Vista 5' 7"  
1982 Carrie Thomas, Mission Bay 5' 5"  
1983 Jenny Crocker, Granite Hills 5' 2"  
1984 Kim Reed, Valhalla 5' 5"  
1985 Michele Wilkes, Bonita Vista 5' 4"  
1986 Jennifer Clinger, El Capitan 5' 4"  
1987 Lynn Patrick, Serra 5' 6"  
1988 Lynn Patrick, Serra 5' 4"  
1989 Christy Kurras, Poway 5' 4"  
1990 Jill Weeks, Madison 5' 6"  
1991 Melanie Williams, Mt. Carmel 5' 4"  
1992 Mesha Stallings, San Diego 5' 2"  
1993 Kathy Sorenson, Hilltop 5' 5"  
1994 Kathy Sorenson, Hilltop 5' 4"  
1995 Cathy Bell, Ramona 5' 6"  
1996 Yolanda McGirk, Lincoln Prep 5' 4"  
1997 Lisa Underhill, RB Vista 5' 9"  
1998 Div I — Aubrey Preston, Vista 5' 4"  
Div II — Shannon Fleming, USDHS 5' 2"  
1999 Div I — Aubrey Preston, Vista 5' 4"  
Div II — Shannon Fleming, USDHS 5' 2"  
2000 Div I — Eva Tanner, Grossmont 5' 4"  
Div II — Shannon Fleming, USDHS 5' 0"  
2001 Div I — Lauren Jones, Torrey Pines 5' 5"  
Div II — Tenisha Jackson, Kearny 5' 4"  
2002 Div I — Shalane Gutierrez, R. Bernardo 5' 4"  
Div II — Eva Tanner, Grossmont 5' 2"  
2003 Lindsay Whetstine, Mt. Carmel 5' 5"  
2004 Lindsay Whetstine, Mt. Carmel 5' 7 1/4"  
2005 Jamie Klages, Coronado 5' 6"  
2006 Leslie Noiseaux, Valhalla 5' 5"  
2007 Whitney Sisler, La Costa Canyon 5' 11"  
2008 Sara Macey, Vista 5' 7"  
2009 Sherie Key, Morse 5' 3"  
2010 Mariah Slack, Vista 5' 5"  
2011 Danielle Bryan, El Camino 5' 7"  
2012 Danielle Bryan, El Camino 5' 8"  
2013 Breanna Curry, University City 5' 9"  
2014 Breanna Curry, University City 5' 5"  
2015 Alana Snow, Carlsbad 5' 3"  
2016 Alana Snow, Carlsbad 5' 5"  
2017 Jade Cany, Torrey Pines 5' 3"

### **Long Jump Mark**

1974 Susan Wigham, San Diego 16' 10 1/2"  
1975 Karen Taylor, Point Loma 18' 2 1/2"  
1976 Karen Taylor, Point Loma 17' 8"

1977 Jewell Lovelady, Crawford 18' 0 3/4"  
 1978 Rhonda Whitlow, Vista 17' 9 1/2"  
 1979 Cindy Grauf, La Jolla 18' 3 1/2"  
 1980 Sue Hegerle, San Pasqual 18' 0"  
 1981 Chrise Mose, El Cajon Valley 18' 4 3/4"  
 1982 Stacy Proctor, Bonita Vista 17' 11 1/4"  
 1983 Yolanda Gail Devers, Sweetwater 19' 6 1/2"  
 1984 Yolanda Gail Devers, Sweetwater 18' 11 1/2"  
 1985 Kim Huey, Santa Fe Christian 18' 10 3/4"  
 1986 Michelle Outlaw, Lincoln Prep 18' 5 1/4"  
 1987 Michelle Outlaw, Lincoln Prep 18' 0 1/2"  
 1988 Lafrania West, Grossmont 17' 6"  
 1989 Nedra Dillon, Mission Bay 18' 1"  
 1990 Angela Sims, Oceanside 18' 1"  
 1991 Amy Littlepage, Mt. Miguel 17' 4 1/4"  
 1992 Carlene Jones, Morse 18' 0"  
 1993 Amy Littlepage, Mt. Miguel 20' 0"  
 1994 Richelle Perkins, Bishop's 18' 5"  
 1995 Akiba McKinney, Monte Vista 19' 0 3/4"  
 1996 Richelle Perkins, Bishop's 18' 6 3/4"  
 1997 Akiba McKinney, Monte Vista 18' 9 3/4"  
 1998 Div I — Andria Booker, El Camino 19' 5"  
       Div II — LaRonda Hite, Lincoln 18' 4"  
 1999 Div I — Adrienne Farrington, R. Bernardo 17' 7"  
       Div II — Tiah Gray, University City 16' 7"  
 2000 Div I — Aroline Neal, RB Vista 17' 10 1/2"  
       Div II — Devonnie Hanke, Horizon 17' 0 3/4"  
 2001 Div I — Kuzhippallil Usha, LC Canyon 18' 6 1/4"  
       Div II — Zikarra Beverly, USDHS 17' 4"  
 2002 Div I — Nastassja Hall, RB Vista 19' 0"  
       Div II — Candice Wiggins, LJCD 17' 5"  
 2003 Jessica Eggleston, El Camino 19' 7 1/2"  
 2004 Miia Mobely, Mt. Carmel 17' 5 1/4"  
 2005 Markita Berry, El Camino 17' 11 3/4"  
 2006 Kasey Kearin, Rancho Bernardo 18' 5"  
 2007 Erin Langford, Carlsbad 18' 4 3/4"  
 2008 Jackae Bridges, Mater Dei 18' 8 1/4"  
 2009 Jasmine Gibbs, Oceanside 18' 8 1/4"  
 2010 Jasmine Gibbs, El Camino 19' 9"  
 2011 Mishe Scott, El Camino 18' 11 3/4"  
 2012 Jasmine Gibbs, El Camino 19' 6 1/4"  
 2013 Karly Zlatic, La Jolla 19' 3/4"  
 2014 Talisha Dozier, Mt. Miguel 19' 2 1/2"  
 2015 Deajanae Harvey, Granite Hills 18' 8"  
 2016 Holly Stallman, Ramona 18' 10"  
 2017 Mercedes Beckham, Oceanside 18' 5 1/4"

#### **Shot Put Mark**

1974 Kathy Devine, Mission Bay 51' 0 1/2"  
 1975 Kathy Devine, Mission Bay 46' 10"  
 1976 Kathy Middleton, Poway 38' 1"  
 1977 Carol Nunn, Vista 39' 6"  
 1978 Kathy Herse, Patrick Henry 42' 5 1/2"  
 1979 Debbie Riggs, Vista 42' 1"  
 1980 Liz Mueller, Vista 41' 8 3/4"  
 1981 Dorsey Poulin, Vista 39' 8 1/4"  
 1982 Jane Johnson, Valhalla 40' 5 1/4"  
 1983 Trish O'Connell, La Jolla 39' 8 3/4"  
 1984 Beth Ann Hull, La Jolla 40' 9 3/4"  
 1985 Karolina Leppaluoto, Madison 42' 1 1/2"  
 1986 Tracy Crawford, Southwest 45' 0 3/4"  
 1987 Starla Ahu, Vista 40' 5 1/4"  
 1988 Laura Hughes, Orange Glen 43' 10 3/4"  
 1989 Jennifer Via Via, Madison 42' 8 1/4"  
 1990 Cindy Beers, Poway 39' 1"  
 1991 Safona Harris, Morse 40' 6 1/2"  
 1992 Kristina Mataafa, Orange Glen 43' 0"  
 1993 Kellie Scott, West Hills 38' 1"  
 1994 Gloria Garcia, Valhalla 40' 0 3/4"

1995 Katie Suppa, Torrey Pines 40' 9 1/2"  
 1996 Nicole Sanders, Orange Glen 39' 3 1/2"  
 1997 Nicole Sanders, Orange Glen 39' 4"  
 1998 Div I — Ivette Medina, Vista 39' 8 1/4"  
     Div II — Candace Hill, Hoover 38' 5"  
 1999 Div I — Kendra Rhea, El Capitan 39' 1"  
     Div II — Candace Hill, Hoover 42' 7 1/4"  
 2000 Div I — Aigamarie Tauma, Sweetwater 40' 0 1/2"  
     Div II — Candace Hill, Hoover 43' 2 3/4"  
 2001 Div I — Aigamarie Tauma, Sweetwater 43' 0 3/4"  
     Div II — Cynthia Flores, Brawley 35' 7 3/4"  
 2002 Div I — Aigamarie Taumua, Sweetwater 43' 11 1/4"  
     Div II — Cynthia Flores, Brawley 40' 0"  
 2003 Uia Tupuola, Vista 39' 8 1/2"  
 2004 Uia Tupuola, Vista 42' 4 1/2"  
 2005 Dereka Winters, El Camino 42' 10 1/2"  
 2006 Alisha Misiata, Mira Mesa 40' 3 1/2"  
 2007 Brandy Dyer, Vista 40' 2"  
 2008 Brandy Dyer, Vista 41' 11 1/2"  
 2009 Jennifer Bingham, Steele Canyon 41' 3 1/2"  
 2010 Mariah Counts, Poway 39' 9 3/4"  
 2011 Breanna Jemison, Carlsbad 43' 2 1/4"  
 2012 Jakayla Daniels, El Camino 43' 2"  
 \*Metric distance instituted in 1980  
 2013 Grace Ward, Hoover 43' 1/2"  
 2014 Laula'uga Ta'usaga, Mt. Miguel 44' 4 3/4"  
 2015 Laula'uga Ta'usaga, Mt. Miguel 48' 3 1/2"  
 2016 Laula'uga Ta'usaga-Collins, Mt. Miguel 46' 10 1/4"  
 2017 Nu'u Tuilefano, El Camino 40'10 1/2"

#### **Discus Mark**

1975 Kathy Devine, Mission Bay 139' 6"  
 1976 Kathy Middleton, Poway 129' 1"  
 1977 Vickie Belser, Vista 120' 1"  
 1978 Jennie McBride, Vista 123' 9"  
 1979 Susan Compton, Marian Catholic 129' 8"  
 1980 Susan Compton, Marian Catholic 147' 9"  
 1981 Susan Compton, Marian Catholic 137' 9"  
 1982 Kellie Carter, Helix 131' 4"  
 1983 Tani Leasau, Patrick Henry 125' 0"  
 1984 Beth Ann Hull, La Jolla 132' 4"  
 1985 Tracy Crawford, Southwest 141' 11"  
 1986 Tracy Crawford, Southwest 155' 1"  
 1987 Robin Longwell, Grossmont 138' 8"  
 1988 Laura Hughes, Orange Glen 134' 1"  
 1989 Tiffany Anderson, Kearny 137' 6"  
 1990 Kathleen Bihis, Mt. Carmel 131' 9"  
 1991 Kristina Mataafa, Orange Glen 140' 1"  
 1992 Kristina Mataafa, Orange Glen 149' 7"  
 1993 Fonda McCormack, El Capitan 123' 10"  
 1994 Fonda McCormack, El Capitan 126' 9"  
 1995 Laura Richmond, Monte Vista 137' 7"  
 1996 Christian Magana, Fallbrook 132' 11"  
 1997 Erin McGrath, Eastlake 140' 4"  
 1998 Div I — Angela Petty, Vista 117' 2"  
     Div II — Jessica Bryne, Ramona 120' 2"  
 1999 Div I — Mikaelyn Austin, R. Bernardo 121' 9"  
     Div II — Candace Hill, Hoover 125' 9"  
 2000 Div I — Mikaelyn Austin, R. Bernardo 133' 10"  
     Div II — Candace Hill, Hoover 146' 2"  
 2001 Div I — Carrie Johnson, Fallbrook 135' 10"  
     Div II — Jackie Turpin, Santana 117' 0"  
 2002 Div I — Brianna Makihele, San Marcos 137' 9"  
     Div II — Jackie Turpin, Santana 133' 0"  
 2003 Whitney DeWeese, Rancho Buena Vista 139' 7"  
 2004 Whitney DeWeese, Rancho Buena Vista 142' 6"  
 2005 Dereka Winters, El Camino 146' 0"  
 2006 Jameena Hunt, Morse 142' 6"

2007 Brandy Dyer, Vista 139' 7"  
2008 Emily Aragon, Escondido 130' 6"  
2009 Alexa Evans, West Hills 134' 6"  
2010 Sophia Dukes, EC Southwest 135' 7"  
2011 Alexa Evans, West Hills 154' 11"  
2012 Rachel Alesi, Christian 149' 2"  
2013 Kiely Osby, Escondido 129' 11"  
2014 Laula'uga Ta'usaga, Mt. Miguel 127' 11"  
2015 Kaydence Drummond, San Marcos 139' 6"  
2016 Laula'uga Ta'usaga-Collins 166' 4"  
2017 Nu'u Tuilefano, El Camino 133' 3"

### **Triple Jump Mark**

1982 Tasha Irving, Crawford 36' 11 1/2"  
1983 Yvonne Griffin, El Camino 37' 0"  
1984 Brenda Carter, Lincoln Prep 36' 8"  
1985 Jackie Anderson, Mt. Miguel 39' 11 1/4"  
1986 Lafrania West, Grossmont 37' 10 1/4"  
1987 Jackie Anderson, Mt. Miguel 39' 11 1/2"  
1988 Lafrania West, Grossmont 39' 7"  
1989 Rachelle Johnson, Patrick Henry 39' 8 1/4"  
1990 Angela Sims, Oceanside 38' 3 3/4"  
1991 Amy Littlepage, Mt. Miguel 38' 0"  
1992 Amy Littlepage, Mt. Miguel 38' 8 1/2"  
1993 Tamiaka Porter, Orange Glen 39' 8"  
1994 Tamiaka Porter, Orange Glen 38' 2 3/4"#  
1995 Richelle Perkins, Bishop's 37' 11"  
1996 Andrea Booker, El Camino 39' 5 1/4"  
1997 Andrea Booker, El Camino 39' 7"  
1998 Div I — Andrea Booker, El Camino 40' 10"  
Div II — Tamara Espinoza, Hilltop 38' 6"  
1999 Div I — Adrienne Farrington, R. Bernardo 37' 5 3/4"  
Div II — Jane Givens, La Jolla 37' 1 3/4"  
2000 Div I — Sraeya George, Valhalla 37' 11 3/4"  
Div II — Jane Givens, La Jolla 36' 10 1/2"  
2001 Div I — Jessica Eggleston, El Camino 37' 1 3/4"  
Div II — Sparkle Anderson, Serra 36' 4"  
2002 Div I — Jessica Eggleston, El Camino 38' 9 1/2"  
Div II — Sparkle Anderson, Serra 36' 8"  
2003 Sparkle Anderson, Serra 40' 3/4"  
2004 Evon Willingham, Helix 37' 7 1/2"  
2005 Heather Leidle, Rancho Buena Vista 39' 3/4"  
2006 Kasey Kearin, Rancho Bernardo 38' 2 1/2"  
2007 Amber Browner, San Diego 37' 11 3/4"  
2008 Thoraya Maronesy, Helix 37' 7 1/2"  
2009 Shaniqua Reddick, Oceanside 38" 5"  
2010 Iesha Iwobi, Oceanside 38' 5"  
2011 Tamika Smith, El Camino 39' 4 1/2"  
2012 Tamika Brazzel, El Camino 40' 2 1/2"  
2013 Caitlyn Cole, Del Norte 38' 1 3/4"  
2014 Hadiyah Muhammad, LJCD 37' 11 1/2"  
2015 Deajanae Harvey, Granite Hills 39' 3/4"  
2016 Olivia Nash, Calvin Christian 39' 1"  
2017 Mercedes Beckham, Oceanside 38' 6"

### **Pole Vault Mark**

**1995 Kristi Draher, Mira Mesa 11' 0"**  
1996 Kim Trout, Escondido 10' 0"  
1997 Kylene Nixon, Poway 11' 4"  
1998 Div I — Tracy O'Hara, R. Bernardo 12' 2"  
Div II — Sunny Nordmarken, La Jolla 9' 8"  
1999 Div I — Kathleen Donoghue 12' 3"  
Div II — Beth Vieira, Point Loma 9' 0"  
2000 Div I — Molly Pascarella, R. Bernardo 11' 0"  
Div II — Beth Viera, Point Loma 9' 6"  
2001 Div I — Erin Asay, Sweetwater 12' 0"  
Div II — Tabitha Pierce, Valley Center 8' 10"  
2002 Div I — Amatece Navidi, R. Bernardo 12' 0"

Div II — Christina Sloyer, La Jolla 10' 4"  
 2003 Kate Mattoon, Rancho Bernardo 12' 0"  
 2004 Kate Mattoon, Rancho Bernardo 11' 5"  
 2005 Kate Mattoon, Rancho Bernardo 12' 5"  
 2006 Joanna Burkhart, Oceanside 12' 3"  
 2007 Emily Mattoon, Rancho Bernardo 12' 6"  
 2008 Emily Mattoon, Rancho Bernardo 12' 9"  
 2009 Kortney Ross, Westview 12' 3"  
 2010 Kortney Ross, Westview 13' 3"  
 2011 McKenzie Johnson, Clairemont 13' 0"  
 2012 McKenzie Johnson, Clairemont 12' 8"  
 2013 Jady Tolda, Cathedral Catholic 11'9"  
 2014 Augusta Thomason, Rancho Bernardo 12'1"  
 2015 Clair Chandler, Cathedral Catholic 11'7"  
 2016 Bianc Becker, Canyon Crest Academy 11' 7"  
 2017 Kayla Myers, Poway 11'10"

## **GIRLS TRACK & FIELD**

### **CIFSDS TRACK & FIELD RECORDS**

#### **Year Event Name, School Mark**

2012 100 Meter Dash Jasmine Gibbs, El Camino 11.43  
 2001 200 Meter Dash Monique Henderson, Morse 23.16  
 2000 400 Meter Dash Monique Henderson, Morse 50.74  
 1985 800 Meter Run Lesley Noll, Mt. Carmel 2:08.00  
 2011 1600 Meter Run Alli Billmeyer, Torrey Pines 4:41.71  
 2009 3200 Meter Run Alli Billmeyer, Torrey Pines 10:18.92  
 1984 100 Low Hurdles (30') Gail Devers, Sweetwater 13.41  
 2015 100 High Hurdles (33') Dani Johnson, Cathedral Catholic 14.00  
 2015 100 High Hurdles (33') Leah Molter, Valhalla 14.00  
 2015 300 Low Hurdles Dani Johnson, Cathedral Catholic 42.14  
 1977 400 Meter Relay Crawford (Danita Young, Judy Reed, Katie Gaston, Jewel Lovelady) 45.94\*  
 1999 1600 Meter Relay Morse (Monique Henderson, Starla Henderson, Decola Groce, Garner) 3:49.12 (h)  
 2015 1600 Meter Relay Cathedral Catholic (Claire Hobrock, Olivia Firsching, Dani Johnson, Hannah Laurie- Smith 3:49.54  
 2007 High Jump Whitney Sisler, La Costa Canyon 5'11"  
 2012 Long Jump Jasmine Gibbs, El Camino 20' 11"  
 1987 Triple Jump Jackie Anderson, Mount Miguel 41' 8 1/4"  
 2015 Shot Put Laula'uga Ta'usaga, Mt. Miguel 48' 3 1/2"  
 1986 Discus Lori Parker, Ramona 162' 0"  
 2010 Pole Vault Kortney Ross, Westview 13' 6"  
 \*Converted to metric time for metric distance \*\*Discontinued and changed to High Hurdles in 1993  
 (n) Non-winning at State CIF Championships (h) Hand Time converted

### **STATE CHAMPIONS**

#### **100 Meter Dash**

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

#### **200 Meter Dash**

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

#### **400 Meter Dash**

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

#### **800 Meter Run**

1986 — Laura Chapel, University City 2:08.6

#### **1600 Meter Run**

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

#### **3200 Meter Run**

1992 — Milena Glusac, Fallbrook 10:28.62

1993 — Milena Glusac, Fallbrook 10:42.68  
2003 — Claire Rethmeier, San Pasqual 10:27.32  
2010 — Molly Grabill, Rancho Bernardo 10:20.25

**100 Meter Low Hurdles**

1984 — Gail Devers, Sweetwater 13.41

**300 Meter Low Hurdles**

1991 — Erin Blunt, San Pasqual 43.02

2014 — Hannah Laurie- Smith 41.67

**400 Meter Relay**

1977 — Crawford 46.14y

**High Jump**

1978 — Sue McNeal, Carlsbad 5' 10 1/4"

1987 — Lynn Patrick, Serra 5' 10"

2007 — Whitney Sisler, La Costa Canyon 5' 10"

**Pole Vault**

1998 — Tracy O'Hara, Rancho Bernardo 12'8"

1999 — Kathleen Donoghue, Rancho Bernardo 12'8 1/4"

2008 — Emily Mattoon, Rancho Bernardo 12' 6"

2009 — Kortney Ross, Westview 13" 4"

2010 — Kortney Ross, Westview 13' 6"

**Long Jump**

1981 — Chris Mose, El Cajon 18' 10"

1983 — Gail Devers, Sweetwater 19' 6"

**Triple Jump**

1994 — Tamiaka Porter, O. Glen 38' 11"

1997 — Andria Booker, El Camino 40' 0"

1998 — Andria Booker, El Camino 40' 0 1/4"

**Shot Put**

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

1975 — Kathy Devine, Mission Bay 42' 3 3/4"

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

**Discus**

1976 — Kathy Middleton, Poway 134'5"

1986 — Tracy Crawford, Southwest 156'2"

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