

# **Carpinteria High School**



**FIELD & TRACK  
RECORDS 2007**

*The "Red Book"*

## *CARPINTERIA VALLEY MEMORIAL STADIUM RECORDS*

### GIRLS

#### 100 METERS

11.80 Elizabeth Olear, Louisville 2005

#### 200 METERS

23.99 Elizabeth Olear, Louisville 2005, '06

#### 400 METERS

55.67 Treani Swain, Oakwood 2003

#### 800 METERS

2:14.54 Nikki Shaw, Fillmore 1990

#### 1500 METERS

None

#### 1600 METERS

5:05.67 Elaine Canchola, Nordhoff 1998

#### 3000 METERS

None

#### 3200 METERS

10:32.54 Courtney Lightfoot, Oak Park 2005

#### 100 METER HIGH HURDLES

14.25 Kimyon Broom, Serra 2006

#### 300 METER LOW HURDLES

43.64 Kimyon Broom, Serra 2006

#### 400 METER LOW HURDLES

None

#### LONG JUMP

18' 4 3/4" Ashtynn Baltimore, Marlborough 2006

#### TRIPLE JUMP

36' 7 1/2" R.D. Hicks, Desert 2005

#### HIGH JUMP

5' 8" Kaylene Wagner, Dos Pueblos 2001

#### POLE VAULT

11' 3 3/4" Aubree Stark, Oak Park 2005

#### SHOT PUT

42' 6" Jenna Johnson, St. Joseph 2000

#### DISCUS

142' 2" Micheline Sheaffer, Carpinteria 1987

#### 400 METER RELAY

47.23 St Mary's Academy 2006

#### 1600 METER RELAY

3:53.72 Louisville 2006

### BOYS

#### 100 METERS

10.79 Randal Harris, Crespi 2005

#### 200 METERS

21.60 Zach Chandy, Sage Hill 2006

#### 400 METERS

48.24 Zach Chandy, Sage Hill 2006

#### 800 METERS

1:51.40 Coley Candaele, Carpinteria 1990

#### 1500 METERS

None

#### 1600 METERS

4:12.27 Chad Hall, Big Bear 2006

#### 3000 METERS

None

#### 3200 METERS

8:58.42 Chad Hall, Big Bear 2006

#### 110 METER HIGH HURDLES

14.93 Jason Eiker-Wiles, Carpinteria 2003

#### 300 METER INTERMEDIATE HURDLES

39.18 Adam Liranzo, St. Bonaventure 2006

#### 400 METER INTERMEDIATE HURDLES

None

#### LONG JUMP

22' 4 3/4" Mark Aucutt, Santa Clara 1992

#### TRIPLE JUMP

45' 8" Justin Moore, Serra 2005

#### HIGH JUMP

6' 8" Dan Paine, Nordhoff 1992

#### POLE VAULT

16' 8" Johnny Quinn, St Margaret's 2006

#### SHOT PUT

64' 2" Noah Bryant, Carpinteria 2002

#### DISCUS

177' 3" Chris Gocong, Carpinteria 2000

177' 3" Carleton Gillespie,  
St Bonaventure 2005

#### 400 METER RELAY

43.07 Oaks Christian 2006

#### 1600 METER RELAY

3:23.63 La Salle 2005

### **ON THE COVER:**

Lucy Duncan is one of the all time Warrior greats. Lucy held five school records when she graduated from Carpinteria in 2000. Her résumé included the 200, 400, 800 and both relay races. She is still the record holder in four events, losing the 800 record two years ago. Lucy earned 10 CIF medals during her high school career. Her best finish was a second place in the 400 meters in 1999.

Lucy continued her racing career at the University of Rhode Island where she ran the middle distances for the Rams. After graduation she came back to the West Coast to help coach the Warriors in 2005. She currently is coaching and teaching English at Santa Barbara High School. Her moniker has changed to Lucy Lombardi after marrying Anthony Lombardi last spring.

**Carpinteria graduates since the 1980's who  
have competed in collegiate track & field**

<u>Retired, (Over the Hill)</u>	<u>College</u>		
John McClure '80	SBCC	Larissa Godkin '96	Univ of Redlands
Tony Sourmany '80	SBCC	Gabe Magana '96	SBCC
	& San Francisco St.	Mike Medel '96	SBCC
Wendy Bailey '82	George Washington	Jessica Shugart '96	SBCC
Tom Grewe '82	Tulane, SBCC & UCLA		& UC San Diego
Pat Trevethan '82	Cal St Stanislaus	Jessie Yates '96	UC Irvine
Sarah Allaback '84	Princeton	Cindy Green '97	SBCC
Diane King '84	SBCC	Curtis Brantingham '98	SBCC
Shawn Henderson '85	San Francisco St.	Max Gonzales '98	Westmont
Juan Ramon Tello '85	SBCC & UCSB	Stephanie Norris '98	M.I.T.
Darren Kenney '85	SBCC	Rod Aguilar '99	SBCC
Shari Williams '85	Westmont	John Barbieri '99	UCLA
Scott Caldwell '86	SBCC & Westmont	Kristen Carstens '99	Arizona St
Lee D'Alessandro '86	San Francisco St.	Daniel Chamlee '99	SBCC
Laura King '86	SBCC & Westmont	Jason Requejo '99	SBCC
Andy Sheaffer '86	UCSB	Ben Scott '99	Claremont Colleges
Enrique Roig '86	Westmont	Lucy Duncan '00	U of Rhode Island
Bret Kimple '87	UC Davis	Tessa Nash '00	SBCC
Kelly Tremmel '87	Cal St Northridge	Jaime Chamlee '01	SBCC
Gabe Jaimel '88	SBCC	Lauren Damerel '02	Claremont Colleges
Marcie Puita '88	SBCC	Bekah Ernst '02	Westmont
Micheline Sheaffer '88	UCSB	Armando Flores '02	SBCC
Paul Suominen '88	U. of Helsinki	Javier Irabon '02	SBCC
Steve Heroux '89	SBCC	Mario Targoni '02	SBCC
Steve Lohse '89	SBCC	Tom Hallock '02	Claremont Colleges
Meghan Tremmel '89	SBCC	Emily DeArkland '03	Occidental
Coley Candaele '90	U. of Oregon	Ryan Dumm '03	U. of Puget Sound
	& Cal Poly SLO	Tim Morris '03	Tulane University
Beto Puita '90	SBCC	Jason EikerWiles '04	UCLA
Robert Villa '90	SBCC	Lucas AllenWilliams '04	Pomona Pitzer
Charles Gardner '91	UCSB	Shelby Jones '05	Westmont
Henry Jimenez '91	SBCC	Margo Ledig '05	Chapman
Derek Mason '91	SBCC	Nick Van Eyck '05	Pasadena CC
Becca Stowers '91	SBCC		
Chris Foley '92	Cal Tech	<u>Presently Competing</u>	<u>College</u>
Anthony Vega '92	SBCC	Noah Bryant '02	Southern California
Phil D'Alessandro '93	SBCC	Kevin Cogan '04	SBCC
Ian MacDonald '93	SBCC	Lindsey Connolly '04	Westmont
Shawn Whiteman '93	Westmont	Joaquin Gomez '05	Pasadena CC
Brian Abney '95	SBCC	Chris Targoni '05	Westmont
	& Cal St Northridge	Elena Torres '05	SBCC
Kirsten Candaele '95	Claremont Colleges	Raul Aguirre '06	Ventura College
Brian Lammer '95	SBCC		
Jamon Peariso '95	SBCC		
JD Thompson '95	SBCC		
Luis Barajas '96	SBCC		

**WARRIORS  
TRACK & FIELD 2007**

<u>Date</u>	<u>Day</u>	<u>Opponent</u>	<u>Location</u>	<u>Time</u>
<b>Mar. 3</b>	<b>Sat.</b>	<b>Rincon Races</b>	<b>Carpinteria</b>	<b>10:00 AM</b>
Mar. 8	Thur.	Maricopa Relays	Ojai	3:00 PM
Mar. 15	Thur.	Newbury Park	Newbury Park	3:00 PM
Mar. 22	Thur.	St. Bonaventure	Carpinteria	3:00 PM
Mar. 24	Sat.	Easter Relays	La Playa Stadium	9:00 AM
Mar. 29	Thur.	Oak Park	Oak Park	3:00 PM
Apr. 5	Thur.	Tri-City Relays	San Marcos	3:00 PM
Apr. 7	Sat.	Arcadia Invitational	Arcadia	3:00 PM
<b>Apr. 12</b>	<b>Thur.</b>	<b>Fillmore, Nordhoff</b>	<b>Carpinteria</b>	<b>3:00 PM</b>
<b>Apr. 14</b>	<b>Sat.</b>	<b>88th Russell Cup</b>	<b>Carpinteria</b>	<b>9:30 AM</b>
<b>Apr. 21</b>	<b>Sat.</b>	<b>Santa Barbara County Championships</b>	<b>Carpinteria</b>	<b>10:00 AM</b>
<b>Apr. 25</b>	<b>Wed.</b>	<b>Oaks Christian, La Reina</b>	<b>Carpinteria</b>	<b>3:00 PM</b>
<b>May. 3</b>	<b>Thur.</b>	<b>TVL Championships</b>	<b>Carpinteria</b>	<b>3:00 PM</b>
<b>May. 12</b>	<b>Sat.</b>	<b>CIF Prelims</b>	<b>Carpinteria</b>	<b>12:00 PM</b>
May. 19	Sat.	CIF Finals	Cerritos College	10:00 AM
May 25	Fri.	CIF Masters Meet	Cerritos College	5:30 PM
June 1	Fri.	California State Prelims	Sacramento	1:00 PM
June 2	Sat.	California State Finals	Sacramento	5:00PM

### 100m DASH

(CIF event since 1973)

#### 20 Best Performers

1. Tessa Nash	12.79	2000	11. Sandra Quiroz	13.1c	1978
2. Margo Ledig	12.6	2005	Julie Cota	13.1c	1980
3. Jessica Shugart	12.96	1996	Karen Poulos	13.1c	1981
Kristy Campos	12.96	2004	Denette Russell	13.1c	1984
5. Kim Englert	12.9	1987	Ligaya Coleman	13.1	1993
6. Maria Albarran	13.17	2000	<b>Haley Bowman</b>	13.1	2005
7. <b>Kacey Nomura</b>	13.20	2006	17. Sandra Gonzalez	13.44	1996
8. Juliet Casso	13.22	2003	18. Ashley Smith	13.49	1997
9. Shawn Henderson	13.0c	1985	19. Cherie Breland	13.3c	1985
10. Veronica Gonzales	13.29	2001	20. Kirsten Candaele	13.4	1993
			Rosa O'Reilly	13.64	2005

#### 30 Best Performances

1.	12.79	Tessa Nash	5/13/00	Walnut
2.	12.6	Margo Ledig	4/14/05	Carpinteria HS
3.	12.90	Margo Ledig	5/ 6/05	Carpinteria HS
4.	12.7	Margo Ledig	4/ 6/05	Carpinteria HS
5.	12.96	Jessica Shugart	5/ 2/96	Santa Barbara (SBCC)
	12.96	Kristy Campos	5/15/04	Moorpark
7.	12.97	Jessica Shugart	5/ 4/95	Santa Barbara (SBCC)
8.	13.01	Margo Ledig	5/14/05	Carpinteria HS
9.	13.02	Tessa Nash	4/28/99	Santa Barbara (SBCC)
10.	12.8	Tessa Nash	5/15/99	Azusa (Citrus College)
	12.8	Tessa Nash	4/13/00	Fillmore
12.	13.07	Tessa Nash	4/15/00	Carpinteria HS (RC)
	13.07	Kristy Campos	4/17/04	Carpinteria HS (RC)
14.	13.09	Tessa Nash	5/ 6/99	Santa Barbara (SBCC)
15.	13.12	Tessa Nash	4/26/00	Carpinteria HS
16.	13.13	Tessa Nash	5/15/99	Azusa (Citrus College) (run off)
17.	12.9	Kim Englert	4/25/87	Santa Ynez
	12.9	Kim Englert	5/23/87	Cerritos
19.	13.15	Tessa Nash	4/20/00	Carpinteria HS
20.	13.17	Maria Albarran	4/26/00	Carpinteria HS
21.	13.20	Jessica Shugart	3/23/96	Santa Barbara (SBCC)
	13.20	<b>Kacey Nomura</b>	4/ 1/06	Oak Park
22.	13.21	Kristy Campos	4/22/04	Carpinteria HS
	13.21	Kristy Campos	5/ 7/04	Carpinteria HS
24.	13.22	Tessa Nash	5/ 4/00	Carpinteria HS
	13.22	Juliet Casso	5/ 9/03	Carpinteria HS
26.	13.0c	Shawn Henderson	5/ 2/85	Oak Park (Prelim)
	13.0	Kim Englert	5/ 5/87	Santa Ynez
	13.0	Kim Englert	4/28/88	Santa Ynez
	13.0	Jessica Shugart	4/24/96	Carpinteria HS
	13.0	Tessa Nash	3/23/00	Carpinteria HS
	13.0	Tessa Nash	3/30/00	Carpinteria HS
	13.0	Tessa Nash	4/22/00	Carpinteria HS
	13.24	Juliet Casso	4/24/03	Carpinteria HS

Senior	Tessa Nash	12.79	2000
Junior	Jessica Shugart	12.97	1995
Sophomore	<b>Kacey Nomura</b>	13.20	2006
Freshman	Shawn Henderson	13.2c	1982
	Kim Englert	13.2	1985
TVL	Jennifer Frank, Oak Park	12.0	1990 & '91
CIF	Allyson Felix, LA Baptist	11.37	2003

### TRIPLE JUMP RELAY

1. Kenny Lopez - Gill Campuzano - Sal Robles	117' 10"	2003
2. JD Thompson - Brian Lammer - Daniel Morrison	114' 11"	1994
3. JD Thompson-Mike Medel-Daniel Morrison	114' 4"	1995
4. Erik Graham - Tim Jimenez - Josh Zimmerman	114' 0"	1991
5. Kirby Gannett - Chris Parton - Pepe Delgadillo	112' 7"	2000
F/S Gil Campuzano - Sal Robles - Kenny Lopez	108' 9 1/4"	2002

### HIGH JUMP RELAY

1. JD Thompson - Kevin Rockwell - Brian Lammer	17' 8"	1994
2. Derek Mason - Mark Rogers - Daniel Cordero	17' 4"	1990
3. Ralph Sells - Jim Ciriacks - Brian Barnett	16' 8"	1983
Tyler Matson - Jason Requejo - Chris Redfield	16' 8"	1997
5. JD Thompson - Kevin Rockwell - Daniel Morrison	16' 6"	1993
F/S Tyler Matson - Jason Requejo - Chris Redfield	16' 8"	1997

### POLE VAULT RELAY

1. Anthony Vega - Erik Graham - Josh Zimmerman	32' 6"	1991
2. Mark Wright - Mark Hutchins - Ramsey Harris	31' 6"	1980
3. Jess Torres - Manual Torres - Tyler Willson	29' 6"	1984
4. Jess Torres - Manual Torres - Tyler Willson	27' 0"	1983
Robert Schoutens - Terry Small - Joey Soto	27' 0"	1993
F/S Nito Camargo - Erik Graham	16' 0"	1989

### SHOT PUT RELAY

1. Noah Bryant - Casey Balch - Rosario Vargas	141' 4 1/2"	2002
2. Noah Bryant - Jorge Gonzalez - Rosario Vargas	141' 3 1/2"	2002
3. Noah Bryant - Jorge Gonzalez - Joel Rodriguez	141' 3"	2002
4. Noah Bryant - Jorge Gonzalez - Ian Thompson	139' 10 1/2"	2002
5. Noah Bryant -Chris Gocong - Ian Thompson	139' 6"	2001
F/S John Charbonneau - Mitch Ruiz - Andy Sheaffer (12 lb)	109' 9 3/4"	1984
Sean Lohse - Charles Gardner - Bubba Becker (10 lb)	129' 6"	1989

### DISCUS RELAY

1. Chris Redfield - Chris Gocong - Bill Thompson	416' 8"	2000
2. Noah Bryant - Chris Gocong - Casey Balch	411' 3"	2001
3. Noah Bryant - Joel Rodriguez - Jorge Gonzalez	406' 1"	2002
4. Jamon Peariso - Jason Abney - Brian Abney	402' 10"	1994
5. Noah Bryant - Joel Rodriguez - Jorge Gonzalez	401' 6"	2002
F/S Joel Rodriguez - Jorge Gonzalez - Alani Coleman	346' 1"	2001

### OTHER RECORDS

#### 1500m RUN

1. Coley Candaele	3:52.01	1990
2. Greg Ehlert	4:20.0	1988
3. Manuel Moreno	4:25.2	1995
4. Armando Flores	4:25.41	2001
5. Helio Martinez	4:28.6	1997

#### 3000m RUN

1. Bret Kimple	8:46.15	1987
2. Joaquin Gomez	8:48.7	2005
3. Greg Ehlert	9:16.6	1990
4. Manuel Moreno	9:22.50	1995
5. Thomas McMahon	9:34.16	2006

#### 3,000m STEEPLECHASE

1. John Callos	10:33.1	1979
2. Pat Trevethan	11:18.5	1981
3. Ramon Tello	11:40.1	1984
4. Peter De BruynKops	11:53.7	1984
5. Gary Anderson	12:47.1	1986

#### 5000m RUN

1. Tom Grewe	14:36.6	1982
2. Bret Kimple	15:27.0	1987
3. Kris Watenabe	18:14.6	1988
4. Gary Anderson	20:39.6	1987

#### JAVELIN

Noah Bryant	142' 8"	2001
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#### HAMMER

Noah Bryant	199' 3"	2002
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#### DECATHALON

Jeff Moorhouse	5156 Pts.	1979
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## RELAY RECORDS

### 800m RELAY (4 x 200)

1. Dexter Hunt - Greg Carty - Don Edwards - Larry Stark	1:32.3c	1971
2. Clyde Smith - Waters - Neil Clark - Walton Kendrick	1:32.5c	1939
3. Carpinteria HS Class B Russell Cup Team	1:34.5c	1969
4. Ronald Kehoe - Ken Duncan - Todd McIntyre - Larry McIntyre	1:35.1c	1964
5. Kevin Sears - Jack Moyer - Bob Walsh - Mike Olmstead	1:35.9c	1966
Kevin Sears - Charlie Contreras - Mike Olmstead - Bob Walsh	1:35.9c	1966
F/S Enrique Uribe - Kyle Nomura - Tim Loretto - Vino Jacinto	1:37.74	2002
8x200 FS Michael Astorga - Jerry Campuzano - Stephen Girlando - Chris Parton	3:47.6	2003

John Johnson - Alex Kono - Raul Aguirre - Jacob Ruiz

### SPRINT MEDLEY (100-100-200-400)

1. Jerry Hamilton - Nick Solano - Alan Martell - Jeff Moorhouse	1:37.3c	1980
2. Mark Swinehart - Paul Sanchez - Mike Blodgett - Tom Gr ewe	1:38.7c	1982
Brandon Donovan - Luis Soto - Chris Grisingher - Jason Eiker-Wiles	1:38.7	2002
4. Darrel Satow - Charlie Thompson - Spencer Gooding - Dale Hutchins	1:41.4c	1979
5. Erik Manfred - Stephen Mercer - Diego Perez - Joaquin Gomez	1:42.0	2005
F/S Fabricio Gonzalez - John Jahde - Sean Lohse - Phil D'Alessandro	1:43.5	1990

### SPRINT MEDLEY (200-200-400-800)

1. Damon Shirley - Jose Hernandez - BJ Shamblin - Coley Candaele	3:32.66	1990
2. Nick Solano - Alan Martell - Jeff Moorhouse - Phil Adcock	3:36.5c	1980
3. Jose Hernandez - Jeff Meister - BJ Shamblin - Coley Candaele	3:39.73	1989
4. Alfred Gonzalez-Rod Aguilar-Tyler Matson-Ben Scott	3:40.45	1999
5. Bliss - Dale Schuyler - Walton Kendrick - Ralph Wood	3:41.3c	1935
F/S Enrique Uribe - Kyle Nomura - Tim Loretto - Vino Jacinto	3:44.90	2002

### 3200m RELAY (4 x 800)

1. Beto Puita - Greg Ehlert - Henry Jimenez - Coley Candaele	7:58.60	1990
2. Beto Puita - Greg Ehlert - Henry Jimenez - Coley Candaele	8:02.68c	1990
3. Beto Puita - Greg Ehlert - Henry Jimenez - Coley Candaele	8:06.69	1990
4. John Schnackenberg - Tony Sourmany - Phil Adcock - John Blum	8:13.0c	1979
5. Vino Jacinto - John Norris - Tom Hallock - Armando Flores	8:13.95	2002
F/S Antonio Vargas - Lucas Allen-Williams - Joaquin Gomez - Vino Jacinto	8:45.9	2002
Indoor Tom Hallock - Javier Irabon - Jason Eiker-Wiles - Armando Flores	8:56.1c	2002

### 4 MILE RELAY (4 x 1 Mile)

1. Joaquin Gomez - <b>Thomas McMahon</b> - Antonio Vargas - Lucas Allen-Williams	19:02.55	2004
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### DISTANCE MEDLEY (400-800-1200-1600)

1. BJ Shamblin - Beto Puita - Greg Ehlert - Coley Candaele	10:18.51	1990
2. Jose Hernandez - Beto Puita - Greg Ehlert - Coley Candaele	10:22.37	1990
3. Greg Rogers - Victor Miranda - Bret Kimple - Coley Candaele	10:28.66	1987
4. Phil Adcock - Tony Sourmany - Tim Seider - Tom Grewe	10:34.5c	1980
5. Scott Caldwell - Victor Miranda - Enrique Roig - Bret Kimple	10:34.77	1986
F/S Jose Hernandez - Beto Puita - Greg Ehlert - Coley Candaele	10:55.3	1988

### SHUTTLE HURDLE RELAY (4 x 110 Highs)

1. ??? - Jeff Moorhouse - Gene Saito - Carl Elgan	1:08.3c	1978
2. Kevin Sears - Donald Hurd - John Tisdell - Bob Walsh	1:08.9c	1966
3. Sam DiGrigoli - Danny Andrews - Daniel Chamlee - John Barbieri	1:12.6	1998
4. Jason Eiker-Wiles-Thomas Chamlee-Ryan Dumm- Gabe Elizaldi	1:13.3	2001
5. J. Barton-Grimley-Sam DiGrigoli-Daniel Chamlee-John Barbieri	1:20.7c	1997
F/S Jason Eiker-Wiles-Thomas Chamlee-Ryan Dumm- Gabe Elizaldi	1:13.3	2001

### LONG JUMP RELAY

1. JD Thompson - Brian Lammer - Daniel Morrison	57' 8 1/2"	1994
2. Jeff Frowiss - Fernando Lopez - Daniel Garcia	57' 7 1/2"	1998
2. Tom Ciriacks - Ralph Sells - Paul Strange	57' 4 1/2"	1982
4. Scott Caldwell - Ray Martinez - Rick Koga	57' 4 1/2"	1986
5. Phil D'Alessandro - Tim Jimenez - John Jahde	57' 1 1/2"	1990
F/S Jeff Frowiss - Fernando Lopez - Daniel Garcia	57' 7 1/2"	1998

## 200m DASH

(CIF event since 1973)

### 20 Best Performers

1. Lucy Duncan	25.8	1999	11. Emily DeArkland	27.56	2002
2. Jessica Shugart	26.31	1995	12. Shawn Henderson	27.5c	1985
3. Kim Englert	26.5	1987	Veronica Gonzales	27.5	2002
4. Tessa Nash	26.82	2000	14. Kirsten Candaele	27.7c	1995
5. <b>Kacey Nomura</b>	26.83	2006	15. Ligaya Coleman	27.8	1993
6. Maria Albarran	27.05	2000	16. Kristy Campos	28.09	2004
7. Margo Ledig	26.9	2005	17. Kim Wilde	27.9c	1982
8. <b>Haley Bowman</b>	27.47	2006	18. Sandra Gonzalez	28.23	1996
9. Ashley Smith	27.49	1998	19. Karla Martinez	28.0	2004
10. Sandra Quiroz	27.3c	1978	20. Jessica Nesheim	28.28	1992

### 30 Best Performances

1. 25.8	Lucy Duncan	4/22/99	Santa Barbara (SBCC)
2. 26.31	Jessica Shugart	5/20/95	Cerritos
3. 26.40	Lucy Duncan	5/22/99	Cerritos
4. 26.43	Lucy Duncan	5/15/99	Azusa (Citrus College)
5. 26.52	Lucy Duncan	5/ 6/99	Santa Barbara (SBCC)
6. 26.59	Lucy Duncan	4/26/00	Carpinteria HS
7. 26.60	Lucy Duncan	5/13/00	Walnut
8. 26.4	Lucy Duncan	5/ 4/00	Carpinteria HS
9. 26.69	Lucy Duncan	4/20/00	Carpinteria HS
10. 26.5	Kim Englert	5/ 7/87	Santa Ynez
26.5	Lucy Duncan	3/23/00	Carpinteria HS
12. 26.78	Kim Englert	5/21/88	Cerritos
13. 26.82	Tessa Nash	5/13/00	Walnut
14. 26.83	<b>Kacey Nomura</b>	5/ 4/06	Oak Park
15. 26.84	<b>Kacey Nomura</b>	4/22/06	Carpinteria
16. 26.85	Jessica Shugart	5/18/96	Long Beach
17. 26.88	Jessica Shugart	4/20/96	Santa Barbara (DPHS)
18. 26.97	Kim Englert	5/14/88	Arcadia
19. 27.01	Tessa Nash	3/30/00	Carpinteria HS
20. 27.02	Lucy Duncan	3/10/00	Carpinteria HS
21. 27.04	Tessa Nash	5/15/99	Azusa (Citrus College)
27.04	Tessa Nash	4/26/00	Carpinteria HS
23. 27.05	Maria Albarran	4/26/00	Carpinteria HS
24. 27.08	Lucy Duncan	4/15/00	Carpinteria HS (RC)
25. 27.09	Jessica Shugart	5/11/96	Arcadia
27.09	<b>Kacey Nomura</b>	4/26/06	Carpinteria
27. 27.13	Kim Englert	5/ 9/87	Pomona
28. 26.9	Kim Englert	5/ 5/87	Santa Ynez
27.14	Lucy Duncan	4/15/99	Oak Park
26.9	Tessa Nash	4/22/99	Santa Barbara (SBCC)
26.9	Margo Ledig	4/14/05	Carpinteria HS

Senior Lucy Duncan 26.59 2000

Junior Lucy Duncan 25.8 1999

Sophomore **Kacey Nomura** 26.83 2006

Freshman Kim Englert 27.30 1985

TVL Jennifer Frank, Oak Park 25.5c 1993

CIF Allyson Felix, LA Baptist 22.88 2003

**400 m DASH**

(CIF event since 1973)

**20 Best Performers**

1. Lucy Duncan	58.45	1999	11. Astrid Van Wingerden	62.6c	1976
2. <b>Kacey Nomura</b>	59.88	2006	12. Corilynn Duddridge	62.89	2000
3. <b>Haley Bowman</b>	60.64	2005	13. Shari Williams	62.8c	1984
4. Emily DeArkland	60.72	2003	14. Ligaya Coleman	63.03	1990
5. Jessica Shugart	61.49	1996	15. Renee Harris	63.2	1982
6. Maria Albarran	62.05	2001	16. Shannon Seaver	63.54	1994
7. Nikki Barbieri	62.1	1993	17. Serena Renner	63.89	2004
8. Kirsten Candaele	62.26	1995	18. <b>Tiondra Flynn</b>	64.40	2006
9. Margo Ledig	62.33	2003	19. Kim Englert	64.4	1988
10. Ashley Smith	62.41	1998	20. Tessa Nash	64.66	1999

**30 Best Performances**

1.	58.45	Lucy Duncan	4/24/99	Santa Barbara (DPHS)
2.	58.55	Lucy Duncan	5/22/99	Cerritos
3.	58.91	Lucy Duncan	4/22/99	Santa Barbara (SBCC)
4.	59.37	Lucy Duncan	5/ 4/00	Carpinteria HS
5.	59.65	Lucy Duncan	4/20/00	Carpinteria HS
6.	59.67	Lucy Duncan	5/20/00	Cerritos
7.	59.78	Lucy Duncan	5/ 6/99	Santa Barbara (SBCC)
8.	59.85	Lucy Duncan	5/13/00	Walnut
9.	59.88	<b>Kacey Nomura</b>	5/13/06	Carpinteria
10.	60.01	Lucy Duncan	4/26/00	Carpinteria HS
11.	60.17	<b>Kacey Nomura</b>	5/20/06	Cerritos
12.	60.23	Lucy Duncan	4/15/00	Carpinteria HS (RC)
13.	60.38	<b>Kacey Nomura</b>	4/15/06	Carpinteria (RC)
14.	60.44	Lucy Duncan	5/15/99	Azusa (Citrus College)
15.	60.4	Lucy Duncan	3/23/00	Carpinteria HS
16.	60.64	<b>Haley Bowman</b>	5/14/05	Carpinteria HS
17.	60.68	Lucy Duncan	4/15/99	Oak Park
18.	60.70	<b>Kacey Nomura</b>	5/ 4/06	Oak Park
19.	60.72	Emily DeArkland	5/17/03	Walnut
20.	60.91	Lucy Duncan	4/ 8/00	Azusa (Citrus College)
21.	60.9	Lucy Duncan	3/10/00	Carpinteria HS
22.	61.14	Lucy Duncan	3/ 4/00	Carpinteria HS
23.	61.24	<b>Kacey Nomura</b>	4/22/06	Carpinteria
24.	61.49	Jessica Shugart	5/ 2/96	Santa Barbara (SBCC)
25.	61.58	Emily DeArkland	4/13/02	Carpinteria HS (RC)
26.	61.74	Emily DeArkland	4/18/02	Carpinteria HS
27.	61.75	<b>Haley Bowman</b>	5/ 6/05	Carpinteria HS
28.	61.93	Emily DeArkland	4/26/03	Carpinteria HS
29.	61.97	Emily DeArkland	4/24/02	Carpinteria HS
30.	62.00	<b>Haley Bowman</b>	4/27/05	Carpinteria HS
		Senior Lucy Duncan	59.37	2000
		Junior Lucy Duncan	58.45	1999
		Sophomore <b>Kacey Nomura</b>	59.88	2006
		Freshman <b>Kacey Nomura</b>	62.06	2005
		TVL Juliette Martinez, Fillmore	57.91	2004
		CIF Treani Swain, Oakwood	54.48	2003

17.	3:26.75	Max Gonzales, Tyler Matson, John Barbieri, Ben Scott	4/18/98	Carpinteria HS (RC)
18.	3:26.88	Steve Heroux, Jose Hernandez Derek Mason, Coley Candaele	5/20/89	Cerritos
19	3:27.18	Max Gonzales, Raul Salinas John Barbieri, Ben Scott	5/24/97	Cerritos
20.	3:27.53	Jeff Moorhouse, Allen Wilson Alan Martell, Phil Adcock	5/19/79	Cerritos
21.	3:27.58	Ben Scott, Alfred Gonzalez Tyler Matson, John Barbieri	3/27/99	Santa Barbara (SBCC)
22.	3:27.68	Jason Eiker-Wiles, Tom Hallock Vino Jacinto, Armando Flores	4/20/02	Carpinteria HS
23.	3:27.71	Dale Hutchins, Jeff Moorhouse Alan Martell, Phil Adcock	5/24/80	Cerritos
24.	3:27.79	Jose Hernandez, Coley Candaele Derek Mason, Beto Puita	4/14/90	Carpinteria HS (RC)
25.	3:27.95	Enrique Roig, Greg Rogers Victor Miranda, Scott Caldwell	5/24/86	Cerritos
26.	3:28.0c	Dexter Hunt, Jim Phillips Dan Rockwell, Larry Stark	?/??/70	???
27.	3:28.19	Max Gonzales, Tyler Matson John Barbieri, Ben Scott	5/ 8/97	Santa Barbara (SBCC)
28.	3:28.37	Jason Eiker-Wiles, Vino Jacinto Armando Flores, Grant Savoy	5/19/01	Cerritos
29.	3:28.3	Max Gonzales, Tyler Matson John Barbieri, Ben Scott	3/28/98	Santa Barbara (SBCC)
30.	3:28.61	Jason Eiker-Wiles, Tom Hallock Vino Jacinto, Armando Flores	4/18/02	Carpinteria HS
F/S	3:33.16	Jose Hernandez, BJ Shamblin Beto Puita, Coley Candaele	5/21/88	Cerritos
Indoor	3:48.2	Jason Eiker-Wiles, Lucas Allen-Williams Ryan Dumm, Tim Morris	2/15/03	Los Angeles
TVL	3:22.25	Carpinteria (A. Gonzalez, Matson, Scott, Barbieri)	1999	
CIF	3:14.84	Perris	1983	

**1,600m RELAY**  
(CIF event since 1968)

**30 Best Performances**

1.	3:21.27	Alfred Gonzalez, Tyler Matson Ben Scott, John Barbieri	5/28/99	Cerritos
2.	3:22.06	Alfred Gonzalez, Tyler Matson Ben Scott, John Barbieri	5/22/99	Cerritos
3.	3:22.25	Alfred Gonzalez, Tyler Matson Ben Scott, John Barbieri	5/ 6/99	Santa Barbara (SBCC)
4.	3:22.66	Jose Hernandez, Beto Puita BJ Shamblin, Coley Candaele	5/12/90	Arcadia
5.	3:23.1	Alfred Gonzalez, Tyler Matson Ben Scott, John Barbieri	5/15/99	Azusa (Citrus College)
6.	3:23.60	Jose Hernandez, Beto Puita BJ Shamblin, Coley Candaele	5/18/90	Cerritos
7.	3:24.06	Jason Eiker-Wiles, Vino Jacinto Tom Hallock, Armando Flores	5/18/02	Cerritos
8.	3:24.1	Jose Hernandez, Beto Puita BJ Shamblin, Coley Candaele	5/ 3/90	Santa Barbara (SBCC)
9.	3:24.35	Max Gonzales, Ben Scott Tyler Matson, John Barbieri	5/16/98	Arcadia
10.	3:25.03	Jason Eiker-Wiles, Tom Hallock Vino Jacinto, Armando Flores	5/ 3/02	Carpinteria HS
11.	3:25.15	Ben Scott, Alfred Gonzalez Tyler Matson, John Barbieri	4/17/99	Santa Barbara (SBCC) (RC)
12.	3:25.20	Max Gonzales, Ben Scott Tyler Matson, John Barbieri	5/ 7/98	Santa Barbara (SBCC)
13.	3:25.80	Jose Hernandez, Coley Candaele BJ Shamblin, Beto Puita	3/24/90	Santa Barbara (SBCC)
14.	3:25.92	Tyler Matson, Ben Scott Andres Nuño, John Barbieri	4/24/99	Santa Barbara (DPHS)
15.	3:26.16	Jason Eiker-Wiles, Tom Hallock Vino Jacinto, Armando Flores	5/11/02	Walnut
16.	3:26.68	Ben Scott, Max Gonzales Tyler Matson, John Barbieri	4/25/98	Santa Barbara (DPHS)

**800m RUN**  
(CIF event since 1973)

**20 Best Performers**

1.	<b>Kacey Nomura</b>	2:18.42	2005	11.	Kerri Thompson	2:32.27	1989
2.	Lucy Duncan	2:23.63	1998	12.	Araceli Hernandez	2:32.60	1996
3.	Jessica Clay	2:24.29	1996	13.	Deana Ross	2:32.5c	1979
4.	Marcie Puita	2:26.06	1988	14.	Anna Evans	2:33.66	1999
5.	Emily DeArkland	2:27.61	2002		Jessica Theilmann	2:33.66	2002
6.	Susie Barnett	2:30.4c	1984	16.	Suzie Cordero	2:33.6c	1984
7.	Jessica Duncan	2:31.08	1997	17.	Maria Albarran	2:34.53	2000
8.	Heather Gray	2:31.2	1982	18.	<b>Briana Stout</b>	2:35.83	2006
9.	Jessie Yates	2:31.4	1993	19.	Lisa Ryan	2:35.9	1985
10.	Kalani Floyd	2:32.24	2003	20.	Anne Campbell	2:36.0c	1973
					Diane Daley	2:36.0c	1986

**30 Best Performances**

1.	2:18.42	<b>Kacey Nomura</b>	5/21/05	Cerritos
2.	2:19.17	<b>Kacey Nomura</b>	5/14/05	Carpinteria HS
3.	2:20.65	<b>Kacey Nomura</b>	5/ 6/05	Carpinteria HS
4.	2:23.63	Lucy Duncan	5/ 7/98	Santa Barbara (SBCC)
5.	2:24.29	Jessica Clay	5/ 2/96	Santa Barbara (SBCC)
6.	2:25.62	Jessica Clay	5/18/96	Long Beach
7.	2:26.06	Marcie Puita	5/14/88	Arcadia
8.	2:26.49	Kacey Nomura	4/16/05	Carpinteria HS (RC)
9.	2:26.54	Jessica Clay	4/20/96	Santa Barbara (DPHS)
10.	2:26.89	Marcie Puita	5/21/88	Cerritos
11.	2:27.00	Jessica Clay	5/11/96	Arcadia
12.	2:27.16	Lucy Duncan	5/23/98	Cerritos
13.	2:27.54	Lucy Duncan	4/17/99	Santa Barbara (SBCC) (RC)
14.	2:27.61	Emily DeArkland	4/20/02	Carpinteria HS
15.	2:27.94	<b>Kacey Nomura</b>	4/27/05	Carpinteria HS
16.	2:28.10	Jessica Clay	4/13/96	Carpinteria HS (RC)
17.	2:28.74	Lucy Duncan	5/16/98	Arcadia
18.	2:28.99	Jessica Clay	3/ 7/96	Carpinteria HS
19.	2:28.9	Marcie Puita	4/ 9/88	Santa Barbara (SBCC)
20.	2:29.38	Lucy Duncan	4/28/99	Santa Barbara (SBCC)
21.	2:29.4	Marcie Puita	4/28/88	Santa Ynez
	2:29.4	Jessica Clay	4/10/96	Cate School
23.	2:29.8	Lucy Duncan	4/ 4/98	El Rio
24.	2:29.97	Lucy Duncan	4/23/98	Carpinteria HS
25.	2:30.0	Jessica Clay	3/14/96	Santa Barbara (DPHS)
26.	2:30.2	Lucy Duncan	4/ 1/99	Fresno
27.	2:30.49	Jessica Clay	4/24/96	Carpinteria HS
28.	2:30.4c	Susie Barnett	5/ 3/84	Fillmore
29.	2:30.72	Lucy Duncan	4/18/98	Carpinteria HS (RC)
30.	2:30.8	Jessica Clay	3/17/94	Santa Barbara (DPHS)
	Senior	Jessica Clay	2:24.29	1996
	Junior	Lucy Duncan	2:27.54	1999
	Sophomore	Lucy Duncan	2:23.63	1998
	Freshman	<b>Kacey Nomura</b>	2:18.42	2005
	TVL	Nikki Shaw, Fillmore	2:15.7	1990
	CIF	Kim Toney, Atascadero	2:11.27	1990

## 1600m RUN

(CIF event since 1973)

### 20 Best Performers

1. Bekah Ernst	5:13.66	2002	11. Jessica Duncan	5:41.79	1997
2. Susie Barnett	5:29.70	1986	12. Elsha Cunningham	5:42.9	1987
3. Jessica Clay	5:33.04	1994	13. Julie Irabon	5:46.82	2004
4. Amy Walsh	5:34.2	1988	14. Meghan Tremmel	5:48.5	1987
5. <b>Kacey Nomura</b>	5:35.45	2005	15. Sarah Allaback	5:51.9c	1981
6. Marcie Puita	5:35.5	1988	Kelly Tremmel	5:51.9c	1986
7. Araceli Hernandez	5:36.86	1997	17. <b>Brianna Stout</b>	5:53.11	2005
8. Jeanette Fernandez	5:37.53	1993	18. Maria Albarran	5:55.16	2000
9. Ingrid Bowers	5:40.7c	1979	19. Kerri Thompson	5:55.9	1989
10. Shellie Parton	5:41.55	2003	20. Lucy Duncan	5:59.32	1998

### 30 Best Performances

1.	5:13.66	Bekah Ernst	4/ 4/02	Fresno
2.	5:22.2	Bekah Ernst	4/11/02	Fillmore
3.	5:28.87	Bekah Ernst	3/ 8/02	Carpinteria HS
4.	5:29.70	Susie Barnett	5/24/86	Cerritos
5.	5:29.6c	Bekah Ernst	3/16/02	Fillmore
6.	5:33.04	Jessica Clay	4/23/94	Santa Barbara (DPHS)
7.	5:34.2	Amy Walsh	5/ 5/88	Santa Barbara (SBCC)
8.	5:35.45	<b>Kacey Nomura</b>	4/23/05	Carpinteria HS
9.	5:35.5	Marcie Puita	5/ 5/88	Santa Barbara (SBCC)
10.	5:36.6	Marcie Puita	4/28/88	Santa Ynez
11.	5:36.86	Araceli Hernandez	5/ 8/97	Santa Barbara (SBCC)
12.	5:37.2c	Susie Barnett	5/ 1/86	Fillmore
13.	5:37.53	Jeanette Fernandez	5/22/93	Cerritos
14.	5:37.9	Araceli Hernandez	4/22/95	Santa Barbara (DPHS)
15.	5:38.4	Jeanette Fernandez	5/ 6/93	Santa Barbara (SBCC)
16.	5:39.3	Jessica Clay	4/16/94	Carpinteria HS (RC)
17.	5:40.23	Araceli Hernandez	5/17/97	Arcadia
18.	5:40.7c	Ingrid Bowers	5/ 3/79	Fillmore
19.	5:41.51	Amy Walsh	5/14/88	Arcadia
20.	5:41.55	Shellie Parton	4/26/03	Carpinteria HS
21.	5:41.79	Jessica Duncan	5/ 8/97	Santa Barbara (SBCC)
22.	5:41.97	<b>Kacey Nomura</b>	4/27/05	Carpinteria HS
23.	5:42.78	Jessica Duncan	5/11/96	Arcadia
24.	5:42.96c	Susie Barnett	5/11/85	West Torrance
25.	5:42.9	Elsha Cunningham	5/ 7/87	Santa Ynez
26.	5:43.22	Jeanette Fernandez	5/15/93	Arcadia
27.	5:43.3	<b>Kacey Nomura</b>	3/17/05	Newbury Park
28.	5:44.19	Shellie Parton	4/20/02	Carpinteria HS
29.	5:44.3	Amy Walsh	4/28/88	Santa Ynez
30.	5:44.9c	Susie Barnett	4/26/84	Fillmore
		Senior Bekah Ernst	5:13.66	2002
		Junior Ingrid Bowers	5:40.7c	1979
		Sophomore Jessica Clay	5:33.04	1994
		Freshman <b>Kacey Nomura</b>	5:35.45	2005
		TVL Maribella Aparicio, Fillmore	5:03.5	1993
		CIF Gladys Prieur, Le Lycee Francais	4:47.23	1983

18.	44.37	Mark Swinehart, Tom Ciriacks Mike Blodgett, Nick Solano	5/22/82	Cerritos
19.	44.3c	Jim Phillips, Gabe Corral Dan Rockwell, Larry Stark	3/17/70	Carpinteria HS
	44.3c	Dexter Hunt, Jim Phillips Gabe Corral, Larry Stark	4/23/70	Carpinteria HS
	44.3c	Nick Solano, Jeff Moorhouse Alan Martell, Phil Adcock	3/13/80	Lompoc
22.	44.45	Vino Jacinto, Luis Soto Pedro Ramirez, Chris Grisingher	5/14/01	Azusa (Citrus College)
	44.45	Ryan Dumm, Luis Soto Brandon Donovan, Chris Grisingher	4/20/02	Carpinteria HS
24.	44.51	Grant Savoy, Luis Soto Pedro Ramirez, Chris Grisingher	5/19/01	Cerritos
25.	44.52	Jesus Mendoza, Mike Medel Gabe Magana, Luis Barajas	5/11/96	Arcadia
26.	44.54	Alfred Gonzalez, Raul Salinas Rod Aguilar, Jason Requejo	5/23/98	Cerritos
27.	44.5c	Jim Phillips, Gabe Corral Dan Rockwell, Don Edwards	5/ 9/70	Agoura
	44.5	Ryan Kuttler, Shawn Whiteman Brian Lammer, Phil D'Alessandro	5/ 6/93	Santa Barbara (SBCC)
	44.5	Joel Carty, Luis Soto Nick Zemke, Chris Grisingher	3/ 8/02	Carpinteria HS
	44.5	Jason Eiker-Wiles, Luis Soto Brandon Donovan, Chris Grisingher	3/30/02	El Rio
F/S	44.88	<b>Alfredo Cornejo, Alex Cuevas Freddy Maldonado, Steven Lozier</b>	5/ 4/06	Oak Park
TVL	43.34	Oak Park (Schneider, Berman, Bettisworth, Taylor)	2004	
CIF	40.97	Serra	2000	



**400m RELAY**  
(CIF event since 1968)

**30 Best Performances**

1.	42.8c	Jim Phillips, Don Edwards Dan Rockwell, Larry Stark	5/22/70	Cerritos
2.	43.32	Alfred Gonzalez, Aaron Crouse Rod Aguilar, Ben Scott	5/22/99	Cerritos
3.	43.47	Joel Carty, Luis Soto Brandon Donovan, Chris Grisingher	5/18/02	Cerritos
4.	43.4c	Jim Phillips, Gabe Corral Dan Rockwell, Larry Stark	4/18/70	Carpinteria Jr HS (RC)
5.	43.68	Joel Carty, Luis Soto Brandon Donovan, Chris Grisingher	4/24/02	Carpinteria HS
6.	43.6c	Jim Phillips, Gabe Corral Dan Rockwell, Don Edwards	5/16/70	Inglewood
7.	43.8c	Nick Solano, Alan Martell Jeff Moorhouse, Phil Adcock	4/ 5/80	Santa Paula
	43.8c	Jim Phillips, Gabe Corral Dan Rockwell, Larry Stark	4/11/70	Newbury Park
9.	43.97	Alfred Gonzalez, Aaron Crouse Rod Aguilar, Ben Scott	5/15/99	Azusa (Citrus College)
10.	44.05	Joel Carty, Luis Soto Brandon Donovan, Chris Grisingher	5/ 3/02	Carpinteria HS
11.	44.11	Joel Carty, Luis Soto Brandon Donovan, Chris Grisingher	4/18/02	Carpinteria HS
12.	44.0c	Jim Phillips, Dan Moyer Gabe Corral, Larry Stark	4/16/70	Santa Barbara
13.	44.15	Alfred Gonzalez, Jeff Frowiss Jason Requejo, Rod Aguilar	4/17/99	Santa Barbara (SBCC) (RC)
14.	44.16	Alfred Gonzalez, Raul Salinas Rod Aguilar, Jason Requejo	5/16/98	Arcadia
15.	44.1c	Jim Phillips, Gabe Corral Dan Rockwell, Larry Stark	4/ 9/70	Fillmore
16.	44.33	Alfred Gonzalez, Jeff Frowiss Aaron Crouse, Rod Aguilar	5/ 6/99	Santa Barbara (SBCC)
17.	44.2c	Jim Phillips, Gabe Corral Dan Rockwell, Larry Stark	3/13/70	Carpinteria HS

**3200m RUN**  
(CIF event since 1977)

**20 Best Performers**

1.	Bekah Ernst	11:03.8	2002	11.	Sheryl McCollum	12:58.4c	1979
2.	Sarah Allaback	12:02.4	1981	12.	Shellie Parton	12:59.83	2002
3.	Amy Walsh	12:08.1	1988	13.	Pauli Zandona	13:00.8c	1986
4.	Kelly Tremmel	12:09.3	1986	14.	<b>Brianna Stout</b>	13:00.99	2005
5.	Julie Irabon	12:28.36	2002	15.	Jessica Clay	13:17.71	1994
6.	Susie Barnett	12:33.2c	1986	16.	Jessica Duncan	13:20.8	1997
7.	Ingrid Bowers	12:35.5c	1978	17.	Jessica Gonzales	13:22.7	1993
8.	Araceli Hernandez	12:36.38	1997	18.	Chrisy Burnett	13:24.4c	1984
9.	Marcie Puita	12:46.6	1988	19.	Amanda Rosentrater	13:26.1	1995
10.	Mercedes Lopez	12:46.9	1991	20.	Kerri Thompson	13:28.3	1989

**30 Best Performances**

1.	11:03.8	Bekah Ernst	4/18/02	Carpinteria HS
2.	11:05.67	Bekah Ernst	4/13/02	Carpinteria HS (RC)
3.	11:21.0	Bekah Ernst	4/11/02	Fillmore
4.	11:48.8	Bekah Ernst	3/14/02	Carpinteria HS
5.	12:02.4	Sarah Allaback	5/23/81	Cerritos
6.	12:08.1	Amy Walsh	5/ 5/88	Santa Barbara (SBCC)
7.	12:09.3	Kelly Tremmel	4/19/86	Santa Ynez
8.	12:10.8c	Sarah Allaback	4/11/81	Carpinteria Jr HS (RC)
9.	12:11.38c	Sarah Allaback	5/16/81	West Torrance
10.	12:18.3c	Sarah Allaback	4/ 9/81	Carpinteria HS
11.	12:20.6c	Amy Walsh	4/30/88	Carpinteria Jr HS (RC)
12.	12:25.2c	Sarah Allaback	5/ 7/81	Fillmore
13.	12:25.8	Amy Walsh	4/28/88	Santa Ynez
14.	12:28.20	Amy Walsh	5/14/88	Arcadia
15.	12:28.36	Julie Irabon	5/ 3/02	Carpinteria HS
16.	12:32.6c	Kelly Tremmel	3/15/86	Ventura
17.	12:33.2c	Susie Barnett	4/22/86	Carpinteria HS
18.	12:33.6c	Kelly Tremmel	5/ 1/86	Fillmore
19.	12:34.0c	Sarah Allaback	4/30/81	Carpinteria HS
20.	12:35.20	Julie Irabon	4/24/03	Carpinteria HS
21.	12:35.2c	Kelly Tremmel	4/22/86	Carpinteria HS
22.	12:35.5c	Ingrid Bowers	5/ 4/78	Santa Barbara (SMHS)
23.	12:35.9c	Amy Walsh	5/11/85	West Torrance
24.	12:36.38	Araceli Hernandez	5/ 8/97	Santa Barbara (SBCC)
25.	12:36.6	Julie Irabon	4/ 1/04	Carpinteria HS
26.	12:37.00	Julie Irabon	5/ 7/04	Carpinteria HS
27.	12:37.20	Julie Irabon	4/19/03	Carpinteria HS (RC)
28.	12:38.54	Julie Irabon	4/10/03	Carpinteria HS
29.	12:39.1c	Amy Walsh	3/28/85	Santa Barbara (SMHS)
30.	12:39.88	Araceli Hernandez	4/26/95	Carpinteria HS
	Senior	Bekah Ernst	11:03.8	2002
	Junior	Kelly Tremmel	12:09.3	1986
	Sophomore	Julie Irabon	12:28.36	2002
	Freshman	Sarah Allaback	12:02.4	1981
	TVL	Courtney Lightfoot, Oak Park	10:32.54	2005
	CIF	Vicki Cook, Alemany	10:11.78	1982

## 100m HIGH HURDLES

(CIF event since 1977)

### 20 Best Performers

1. Lauren Damerel	15.65	2002	12. Shelby Reed	17.73	1994
2. Kirsten Candaele	15.79	1995	13. Marg Watson	17.7c	1985
3. Daisy Duncan	15.8	1998	14. Judy Rios	17.8c	1979
4. Stacy Chamlee	16.21	2005	Eva Van Wingerden	17.8	2004
5. Sofia Van Wingerden	16.54	2003	16. Wendy Wright	18.05	1997
6. Jamie Chamlee	16.59	2001	17. Mary Grabiak	17.9	2003
7. Debbie Wilson	16.8c	1987	18. Mojdeh Khalili	18.17	1999
8. Lee D'Alessandro	17.0c	1986	19. Rosa O'Reilly	18.1	2003
9. Renee DeLucia	17.4c	1988	20. Marin Kuizenga	18.2c	1980
Sachi Kitao	17.4c	1991	Hillary Mayberry	18.2c	1987
Casey Ryan	17.4c	1992	Tracey Herrera	18.2c	1989

### 30 Best Performances

1.	15.65	Lauren Damerel	5/ 3/02	Carpinteria HS
2.	15.79	Kirsten Candaele	5/20/95	Cerritos
3.	15.99	Lauren Damerel	4/24/02	Carpinteria HS
4.	16.01	Lauren Damerel	4/13/02	Carpinteria HS (RC)
5.	16.02	Lauren Damerel	5/12/01	Azusa (Citrus College)
6.	16.03	Lauren Damerel	5/18/02	Cerritos
7.	15.8	Daisy Duncan	3/28/98	Santa Barbara (SBCC)
8.	16.10	Daisy Duncan	5/23/98	Cerritos
9.	16.16	Kirsten Candaele	5/ 4/95	Santa Barbara (SBCC)
10.	16.18	Lauren Damerel	5/11/02	Walnut
11.	16.20	Lauren Damerel	4/20/02	Carpinteria HS
12.	16.21	Stacy Chamlee	5/ 6/05	Carpinteria HS
13.	16.22	Lauren Damerel	5/20/00	Cerritos
14.	16.23	Daisy Duncan	5/17/97	Arcadia
	16.23	Stacy Chamlee	4/ 2/05	Bakersfield
16.	16.25	Stacy Chamlee	5/21/05	Cerritos
17.	16.26	Daisy Duncan	5/15/99	Azusa (Citrus College)
18.	16.27	Daisy Duncan	5/ 7/98	Santa Barbara (SBCC)
19.	16.34	Daisy Duncan	4/17/99	Santa Barbara (SBCC) (RC)
	16.34	Lauren Damerel	5/13/00	Walnut
	16.34	Stacy Chamlee	4/16/05	Carpinteria HS (RC)
22.	16.35	Daisy Duncan	5/16/98	Arcadia
	16.35	Stacy Chamlee	4/23/05	Carpinteria HS
24.	16.36	Kirsten Candaele	4/22/95	Santa Barbara (DPHS)
25.	16.38	Stacy Chamlee	3/26/05	Santa Barbara (SBCC)
26.	16.40	Daisy Duncan	5/ 8/97	Santa Barbara (SBCC)
27.	16.41	Kirsten Candaele	4/17/93	Carpinteria HS (RC Final)
28.	16.42	Kirsten Candaele	5/21/94	Long Beach
29.	16.43	Daisy Duncan	4/11/98	Arcadia
	16.43	Daisy Duncan	4/28/99	Santa Barbara (SBCC)
		Senior Lauren Damerel	15.65	2002
		Junior Lauren Damerel	16.02	2001
Sophomore		Lauren Damerel	16.22	2000
Freshman		Kirsten Candaele	16.5c	1992
		TVL Loni Larson, Fillmore	15.1	1987
		CIF Kimyon Broom, Serra	13.86	2006

## DISCUS

(CIF event since 1962)

### 20 Best Performers

1. Chris Gocong	183' 3"	2000	11. Joel Rodriguez	146' 9"	2002
2. Noah Bryant	170' 2"	2002	12. Zach Mueller	145' 3"	1989
3. Andy Sheaffer	166' 8"	1986	Jamon Peariso	145' 3"	1994
4. Chris Redfield	165' 3"	2000	14. John Charbonneau	142' 0"	1986
5. Don Greaver	157' 10"	1975	15. Manuel Nunez	139' 8"	1991
6. Chris Targoni	153' 8"	2005	16. Jose Jimenez	138' 10"	1983
7. Jeff Shaw	152' 4"	1995	17. Terry Stark	138' 8"	1973
8. Charlie Fisher	150' 8"	1977	18. Jose Elizarraras	138' 2"	1999
9. Dale Birch	149' 3"	1980	19. Steve Meyer	138' 0"	1971
10. Frank Macias	147' 9"	1997	20. Charles Gardner	137' 11"	1991

### 30 Best Performances

1.	183' 3"	Chris Gocong	5/26/00	Cerritos
2.	177' 3"	Chris Gocong	4/20/00	Carpinteria HS
3.	175' 2"	Chris Gocong	5/ 4/00	Carpinteria HS
	175' 2"	Chris Gocong	5/20/00	Cerritos
5.	174' 3"	Chris Gocong	4/13/00	Fillmore
6.	173' 4"	Chris Gocong	4/15/00	Carpinteria HS (RC)
7.	171' 9"	Chris Gocong	4/26/00	Carpinteria HS
8.	171' 5"	Chris Gocong	4/22/00	Carpinteria HS
9.	170' 2"	Noah Bryant	5/18/02	Cerritos
10.	169' 2"	Noah Bryant	4/ 4/02	Fresno
11.	168' 8"	Noah Bryant	3/23/02	Santa Barbara (SBCC)
12.	168' 4"	Chris Gocong	4/ 8/00	Azusa (Citrus College)
13.	167' 11"	Noah Bryant	5/24/02	Cerritos
14.	166' 8"	Andy Sheaffer	3/22/86	Santa Barbara (SBCC)
15.	166' 4"	Noah Bryant	5/ 3/02	Carpinteria HS
16.	165' 3"	Chris Redfield	4/22/00	Carpinteria HS
17.	164' 7"	Andy Sheaffer	5/22/85	Placentia
18.	164' 4"	Noah Bryant	4/11/02	Fillmore
19.	163' 8"	Andy Sheaffer	4/22/86	Carpinteria HS
20.	163' 7"	Noah Bryant	5/12/01	Azusa (Citrus College)
21.	162' 10"	Chris Gocong	3/30/00	Carpinteria HS
22.	162' 5"	Chris Gocong	3/28/01	Santa Barbara (SBCC)
23.	161' 8"	Noah Bryant	4/21/01	Carpinteria HS
24.	161' 6"	Chris Gocong	3/24/01	Santa Barbara (SBCC)
25.	161' 5"	Chris Gocong	5/12/01	Azusa (Citrus College)
	161' 5"	Noah Bryant	3/ 2/02	Carpinteria HS
27.	160' 1"	Noah Bryant	5/ 4/01	Carpinteria HS
28.	159' 10"	Chris Redfield	3/30/00	Carpinteria HS
29.	159' 9"	Andy Sheaffer	3/20/86	Ventura
30.	159' 8"	Noah Bryant	3/ 8/02	Carpinteria HS
		Senior Noah Bryant	170' 2"	2002
		Junior Chris Gocong	183' 3"	2000
Sophomore		Chris Gocong	157' 4"	1999
Freshman		Chris Redfield	138' 7"	1997
		TVL Carleton Gillespie, St. Bonaventure	177' 3"	2005
		CIF Kyle Hammerquist, Webb	180' 8"	2004

### SHOT PUT

(CIF event since 1913) check fractions

#### 20 Best Performers

1. Noah Bryant	67' 6 1/2"	2002	11. Jose Jimenez	48' 10 1/4"	1983
2. Steve Meyer	54' 10"	1971	12. Don Greaver	48' 9 1/2"	1974
3. Chris Gocong	54' 6 3/4"	2000	13. John Charbonneau	47' 9 1/2"	1986
4. Ken Duncan	54' 1"	1964	14. John McCafferty	47' 4 1/2"	1953
5. Chris Targoni	51' 2 1/2"	2005	15. Darrin MacDonald	47' 3"	1983
6. Terry Duncan	51' 2"	1966	16. Terry Stark	46' 10"	1973
7. Dave Tagles	50' 11"	1969	17. Frank Macias	46' 7 1/2"	1997
8. Andy Sheaffer	49' 8 1/2"	1986	18. Charles Gardner	46' 5 1/4"	1991
9. John Opple	49' 7 1/2"	1966	19. Ian MacDonald	46' 4 1/2"	1993
10. Ed Izquierdo	49' 1 3/4"	1976	20. Chad Steenerson	46' 4 1/4"	1989

#### 30 Best Performances

1. 67' 6 1/2"	Noah Bryant	6/ 8/02	Sacramento
2. 66' 7 1/2"	Noah Bryant	5/24/02	Cerritos
3. 66' 1/2"	Noah Bryant	5/18/02	Cerritos
4. 65' 11"	Noah Bryant	4/13/02	Arcadia
5. 65' 7 3/4"	Noah Bryant	6/ 1/02	Cerritos (Final)
6. 64' 9 3/4"	Noah Bryant	5/11/02	Walnut
7. 64' 2"	Noah Bryant	4/24/02	Carpinteria HS
8. 64' 0"	Noah Bryant	3/23/02	Santa Barbara (SBCC)
9. 63' 5"	Noah Bryant	2/23/02	Los Angeles (USC)
10. 63' 3 1/2"	Noah Bryant	3/21/02	Santa Barbara (SMHS)
11. 62' 7"	Noah Bryant	4/20/02	Walnut
12. 62' 6"	Noah Bryant	3/30/02	El Rio
13. 62' 5 3/4"	Noah Bryant	4/ 4/02	Fresno
14. 62' 2 1/4"	Noah Bryant	4/18/02	Carpinteria HS
15. 62' 2"	Noah Bryant	5/31/02	Cerritos (Preliminary)
16. 62' 1/2"	Noah Bryant	3/14/02	Carpinteria HS
17. 62' 0"	Noah Bryant	4/11/02	Fillmore
18. 61' 11 1/2"	Noah Bryant	5/19/01	Cerritos
19. 61' 11"	Noah Bryant	5/ 4/01	Carpinteria HS
20. 61' 10 3/4"	Noah Bryant	5/25/01	Cerritos
21. 61' 4"	Noah Bryant	4/14/01	Arcadia
61' 4"	Noah Bryant	3/ 2/02	Carpinteria HS
23. 61' 3"	Noah Bryant	3/16/02	Fillmore
24. 61' 0"	Noah Bryant	3/ 8/02	Carpinteria HS
25. 60' 11 1/4"	Noah Bryant	6/ 1/01	Sacramento (Final)
26. 60' 9"	Noah Bryant	5/ 3/02	Carpinteria HS
27. 60' 5"	Noah Bryant	6/ 2/01	Sacramento (Preliminary)
28. 59' 8"	Noah Bryant	4/21/01	Carpinteria HS
29. 59' 4 1/2"	Noah Bryant	4/12/01	Carpinteria HS
30. 59' 4"	Noah Bryant	2/14/02	Pocatello, ID
Senior	Noah Bryant	67' 6 1/2"	2002
Junior	Noah Bryant	61' 11 1/2"	2001
Sophomore	Chris Gocong	47' 4"	1999
	Terry Duncan	51' 0 1/2"	1964 — (10 lb.)
Freshman	Jeff Shaw	46' 3 1/2"	1993 — (10 lb.)
TVL	Noah Bryant, Carpinteria	61' 11"	2001
CIF	Noah Bryant, Carpinteria	66' 1/2"	2002

### 300m LOW HURDLES

(CIF event since 1981)

#### 20 Best Performers

1. Kirsten Candaele	46.08	1995	11. <b>Lucy Musson</b>	51.47	2005
2. Daisy Duncan	47.53	1998	12. Stacy Chamlee	51.74	2005
3. Shari Williams	47.65	1984	13. Katie Wedemeyer	51.90	2005
4. Lee D'Alessandro	48.8c	1986	14. Tammy Clay	52.1c	1981
5. Lauren Damerel	49.08	2000	15. Jamie Chamlee	52.5	2000
6. Debbie Wilson	49.3	1987	16. Hillary Mayberry	52.6c	1987
7. Kim Wilde	50.3c	1982	Renee DeLucia	52.6	1988
8. Sofia Van Wingerden	51.02	2001	18. Tracey Herrera	52.85	1989
9. Wendy Wright	51.14	1997	19. Sachi Kitao	52.8c	1991
10. Shelby Reed	51.2	1993	Eva Van Wingerden	52.8	2004

#### 30 Best Performances

1. 46.08	Kirsten Candaele	5/20/95	Cerritos
2. 47.13	Kirsten Candaele	4/22/95	Santa Barbara (DPHS)
3. 47.53	Daisy Duncan	5/23/98	Cerritos
4. 47.64	Kirsten Candaele	5/15/93	Arcadia
5. 47.65	Shari Williams	5/19/84	Cerritos
6. 47.6	Kirsten Candaele	4/24/93	Santa Barbara (SBCC)
7. 47.91	Kirsten Candaele	4/26/95	Carpinteria HS
8. 47.96	Kirsten Candaele	5/ 4/95	Santa Barbara (SBCC)
9. 47.99	Kirsten Candaele	5/22/93	Cerritos
10. 48.07	Kirsten Candaele	5/14/94	Arcadia
11. 47.9	Kirsten Candaele	5/ 6/93	Santa Barbara (SBCC)
12. 48.15	Daisy Duncan	5/17/97	Arcadia
13. 48.25	Shari Williams	5/14/83	Cerritos
14. 48.26	Daisy Duncan	5/24/97	Cerritos
15. 48.28	Kirsten Candaele	5/13/95	Arcadia
16. 48.29	Kirsten Candaele	5/21/94	Long Beach
17. 48.37	Kirsten Candaele	4/17/93	Carpinteria HS (RC)
18. 48.53	Shari Williams	5/12/84	West Torrance
19. 48.3	Kirsten Candaele	4/ 3/93	El Rio
20. 48.60	Daisy Duncan	5/11/96	Arcadia
21. 48.5	Shari Williams	4/21/84	Santa Ynez
22. 48.80	Daisy Duncan	5/ 8/97	Santa Barbara (SBCC)
23. 48.6	Kirsten Candaele	4/22/93	Carpinteria HS
48.6c	Kirsten Candaele	4/ 7/95	Davis
	Kirsten Candaele	4/20/95	Oak Park
26. 48.85	Kirsten Candaele	3/30/95	Carpinteria HS
27. 48.91	Kirsten Candaele	4/15/95	Carpinteria HS (RC)
28. 48.7	Kirsten Candaele	4/ 2/93	Carpinteria HS
29. 49.01	Daisy Duncan	4/26/97	Santa Barbara (DPHS)
30. 48.8c	Lee D'Alessandro	5/ 1/86	Fillmore
48.8	Daisy Duncan	5/ 7/98	Santa Barbara (SBCC)
Senior	Kirsten Candaele	46.08	1995
Junior	Daisy Duncan	47.53	1998
Sophomore	Kirsten Candaele	47.64	1993
Freshman	Daisy Duncan	48.60	1996
TVL	Loni Larson, Fillmore	45.7	1987
CIF	Kimyon Broom, Serra	43.15	2006

## LONG JUMP

(CIF event since 1973)

### **20 Best Performers**

1. Juliet Casso	16' 10"	2003	11. Sandra Quiroz	15' 8"	1977
2. Ligaya Coleman	16' 8 ¼"	1993	12. Tara Gendron	15' 7 ¾"	1998
3. Rosa O'Reilly	16' 5 ¾"	2003	13. Lindsay Dahlgren	15' 7 ¼"	1995
4. Charis Haines	16' 3"	2000	14. Julie Cota	15' 7"	1979
5. Nikki Barbieri	16' 1"	1993	15. Shawn Henderson	15' 6"	1982
Lana Wolverton	16' 1"	2005	16. Elena Torres	15' 3 ½"	2005
7. Linda McNeil	16' 0"	1973	17. Lauren Damerel	15' 3"	2002
Jessica Nobbe	16' 0"	1999	18. Rose Weedn	15' 1 ¾"	1984
9. Mary Fisher	15' 11"	1997	Nicole Milici	15' 1 ¾"	1997
10. Deana Ross	15' 9"	1979	20. Allison Requejo	15' 1 ½"	2001

### **30 Best Performances**

1.	16' 10"	Juliet Casso	4/19/03	Carpinteria HS (RC)
2.	16' 8 ¼"	Ligaya Coleman	4/24/93	Santa Barbara (SBCC)
	16' 8 ¼"	Juliet Casso	4/24/03	Carpinteria HS
4.	16' 7 ¾"	Ligaya Coleman	5/15/93	Arcadia
5.	16' 7"	Ligaya Coleman	5/ 6/93	Santa Barbara (SBCC)
	16' 7"	Ligaya Coleman	5/22/93	Cerritos
7.	16' 6"	Juliet Casso	5/ 9/03	Carpinteria HS
8.	16' 5 ¾"	Juliet Casso	4/30/03	Oak Park
	16' 5 ¾"	Rosa O'Reilly	5/17/03	Walnut
10.	16' 5 ½"	Ligaya Coleman	5/16/92	Arcadia
11.	16' 4 ½"	Ligaya Coleman	3/11/93	Ojai
12.	16' 4"	Juliet Casso	5/13/00	Walnut
	16' 4"	Juliet Casso	4/26/03	Carpinteria HS
14.	16' 3 ½"	Juliet Casso	5/20/00	Cerritos
15.	16' 3"	Ligaya Coleman	5/ 7/92	Ventura
	16' 3"	Charis Haines	5/ 4/00	Carpinteria HS
	16' 3"	Juliet Casso	3/ 3/01	Carpinteria HS
	16' 3"	Juliet Casso	5/17/03	Walnut
19.	16' 2 ¾"	Ligaya Coleman	3/27/93	Santa Barbara (SBCC)
20.	16' 2 ½"	Rosa O'Reilly	3/27/04	Santa Barbara (SBCC)
21.	16' 1 ¾"	Juliet Casso	4/ 4/02	Fresno
	16' 1 ¾"	Rosa O'Reilly	3/26/05	Santa Barbara (SBCC)
23.	16' 1"	Nikki Barbieri	3/11/93	Ojai
	16' 1"	Lana Wolverton	3/17/05	Newbury Park
25.	16' ½"	Ligaya Coleman	4/ 2/93	Carpinteria HS
26.	16' ¼"	Rosa O'Reilly	5/15/04	Moorpark
27.	16' 0"	Linda McNeil	4/12/73	Ojai
	16' 0"	Jessica Nobbe	5/15/99	Azusa (Citrus College)
29.	15' 11 ¼"	Ligaya Coleman	4/22/93	Carpinteria HS
30.	15' 11"	Ligaya Coleman	4/23/92	Carpinteria HS
	15' 11"	Mary Fisher	5/ 8/97	Santa Barbara (SBCC)
	15' 11"	Juliet Casso	3/31/01	Atascadero
	15' 11"	Rosa O'Reilly	4/19/03	Carpinteria HS (RC)
	15' 11"	Rosa O'Reilly	5/24/03	Cerritos
	15' 11"	Rosa O'Reilly	5/ 6/05	Carpinteria HS
Senior		Juliet Casso	16' 10"	2003
Junior		Ligaya Coleman	16' 5 ½"	1992
Sophomore		Rosa O'Reilly	16' 5 ¾"	2003
Freshman		Juliet Casso	16' 4"	2000
TVL		Jen Frank, Oak Park	17' 7 ¼"	1992
CIF		Sabrina Williams, Valley Christian	19' 2 ¾"	1981

## POLE VAULT

(CIF event since 1913)

### **20 Best Performers**

1. Daniel Chamlee	14' 0"	1999	11. Dan Rockwell	12' 6"	1970
2. Thomas Chamlee	13' 7"	2003	Ed Warnock	12' 6"	1975
3. Paul Suominen	13' 6 ½"	1988	Gene Saito	12' 6"	1978
4. Paul Wright	13' 6"	1976	Mike Elgan	12' 6"	1979
5. Robert Villa	13' 3"	1989	Jess Torres	12' 6"	1984
6. Jim Peterson	13' 1 ½"	1937	16. Dick Howitt	12' 4 ½"	1962
7. Anthony Vega	13' 0"	1991	17. Hank Hernandez	12' 3"	1962
Terry Small	13' 0"	1994-'95	18. Richard Elliott	12' 0"	1950
Nick Van Eyck	13' 0"	2005	Mark Hutchins	12' 0"	1981
10. Jim Lofgreen	12' 9"	1976	Erik Graham	12' 0"	1991

### **30 Best Performances**

1.	14' 0"	Daniel Chamlee	4/17/99	Santa Barbara (SBCC) (RC)
2.	13' 7"	Thomas Chamlee	5/ 9/03	Carpinteria HS
3.	13' 6 ½"	Paul Suominen	4/30/88	Carpinteria Jr HS (RC)
4.	13' 6"	Paul Wright	4/10/76	Carpinteria Jr HS (RC)
	13' 6"	Daniel Chamlee	4/10/99	Arcadia
6.	13' 3"	Robert Villa	3/22/89	Carpinteria HS
	13' 3"	Daniel Chamlee	3/12/99	Santa Barbara (SBCC)
8.	13' 1 ½"	Jim Peterson	5/ 8/37	Carpinteria HS
9.	13' 0"	Paul Wright	3/31/77	Santa Barbara (SMHS)
	13' 0"	Paul Wright	4/16/77	Santa Paula
	13' 0"	Paul Suominen	5/ 5/88	Santa Barbara (SBCC)
	13' 0"	Robert Villa	3/11/89	Carpinteria HS
	13' 0"	Robert Villa	3/25/89	Santa Barbara (SBCC)
	13' 0"	Robert Villa	3/30/89	Carpinteria HS
	13' 0"	Robert Villa	4/ 1/89	Carpinteria HS
	13' 0"	Robert Villa	4/ 8/89	Santa Maria
	13' 0"	Robert Villa	4/21/90	Santa Maria
	13' 0"	Robert Villa	4/25/90	Carpinteria HS
	13' 0"	Robert Villa	5/ 3/90	Santa Barbara (SBCC)
	13' 0"	Anthony Vega	4/10/91	Carpinteria HS
	13' 0"	Anthony Vega	4/13/91	Carpinteria HS (RC)
	13' 0"	Terry Small	5/ 5/94	Fillmore
	13' 0"	Terry Small	5/20/95	Cerritos
	13' 0"	Daniel Chamlee	3/18/99	Santa Barbara (SBCC)
	13' 0"	Daniel Chamlee	4/28/99	Santa Barbara (SBCC)
	13' 0"	Thomas Chamlee	4/26/03	Carpinteria
	13' 0"	Nick Van Eyck	5/21/05	Cerritos
28.	12' 9"	Jim Peterson	5/23/36	Gridley
	12' 9"	Jim Lofgreen	3/ 8/76	Ojai
	12' 9"	Daniel Chamlee	3/ 6/99	Santa Barbara (SBCC)
Senior		Daniel Chamlee	14' 0"	1999
Junior		Paul Wright	13' 6"	1976
Sophomore		Anthony Vega	12' 6"	1990
Freshman		Jim Peterson	11' 0"	1934
		Dick Howitt	11' 0"	1959
TVL		Andy Brock, St. Bonaventure	14' 2"	1979
CIF		Johnny Quinn, St. Margaret's	16' 8"	2006

## HIGH JUMP

(CIF event since 1913)

### **20 Best Performers**

1. Derek Mason	6' 6"	1991	9. Richard Elliott	6' 0"	1950
2. David Martell	6' 4"	1977	David Bailard	6' 0"	1974
3. JD Thompson	6' 3"	1993	Steve Hubbs	6' 0"	1975
4. Jim Bailard	6' 2"	1968	Ralph Sells	6' 0"	1983
Tom Ciriacks	6' 2"	1981-'82	John Stillman	6' 0"	1983
Justin Clay	6' 2"	1991	David Miller	6' 0"	1987
Scott Lopez	6' 2"	2001	Jeff Meister	6' 0"	1989
8. Ken Duncan	6' 1 3/4"	1964	Kevin Rockwell	6' 0"	1994-'95
			17. Tom Poulos	5' 11 1/2"	1980
			18. Jim Phillips	5' 11"	1970

### **30 Best Performances**

1.	6' 6"	Derek Mason	3/30/91	Santa Barbara (SBCC)
2.	6' 5"	Derek Mason	4/24/91	Oak Park
3.	6' 4"	David Martell	3/31/77	Santa Barbara (SMHS)
	6' 4"	David Martell	4/ 2/77	Carpinteria Jr HS (RC)
	6' 4"	Derek Mason	5/ 3/90	Santa Barbara (SBCC)
	6' 4"	Derek Mason	4/10/91	Carpinteria HS
	6' 4"	Derek Mason	4/18/91	Carpinteria HS
	6' 4"	Derek Mason	5/17/91	Cerritos
9.	6' 3"	JD Thompson	4/28/93	Oak Park
10.	6' 2 1/2"	Derek Mason	3/16/91	Fillmore
11.	6' 2 1/4"	Derek Mason	3/14/91	Carpinteria HS
12.	6' 2"	Jim Bailard	5/ 4/68	Newbury Park
	6' 2"	David Martell	3/10/77	Ventura
	6' 2"	David Martell	5/ 7/77	Carpinteria HS
	6' 2"	David Martell	5/10/77	Santa Barbara (SMHS)
	6' 2"	Tom Ciriacks	5/23/81	Cerritos
	6' 2"	Tom Ciriacks	5/23/82	Cerritos
	6' 2"	Derek Mason	4/14/90	Carpinteria HS (RC)
	6' 2"	Derek Mason	3/ 7/91	Santa Ynez
	6' 2"	Derek Mason	3/ 9/91	Ventura
	6' 2"	Justin Clay	3/21/91	Santa Barbara (SBCC)
	6' 2"	Derek Mason	3/23/91	Santa Barbara (SBCC)
	6' 2"	Derek Mason	4/13/91	Carpinteria HS (RC)
	6' 2"	Derek Mason	5/ 3/91	Oak Park
	6' 2"	Derek Mason	5/11/91	Arcadia
	6' 2"	JD Thompson	3/ 6/93	Santa Barbara (SBCC)
	6' 2"	JD Thompson	5/ 6/93	Santa Barbara (SBCC)
	6' 2"	JD Thompson	3/17/94	Santa Barbara (DPHS)
	6' 2"	JD Thompson	4/ 9/94	Fillmore
	6' 2"	JD Thompson	4/14/94	Fillmore
	6' 2"	Scott Lopez	5/ 4/01	Carpinteria HS
Senior		Derek Mason	6' 6"	1991
Junior		Derek Mason	6' 4"	1990
Sophomore		JD Thompson	6' 3"	1993
Freshman		Justin Clay	6' 0"	1990
		JD Thompson	6' 0"	1992
TVL		Doug Main, Fillmore	6' 4 3/4"	1971
CIF		Al Greenberry, Cabrillo	6' 10"	1992
		TJ Fakehinde, Eastside Lutheran	6' 10"	2002

## TRIPLE JUMP

(CIF event since 1982)

### **20 Best Performers**

1. Ligaya Coleman	36' 7 3/4"	1993	11. Jaymee Gentry	32' 7 1/2"	2000
2. Rosa O'Reilly	35' 10 1/2"	2005	12. Kristen Carstens	32' 3 1/2"	1998
3. Nikki Barbieri	34' 8"	1993	Sofia Van Wingerden	32' 3 1/2"	2002
4. Lana Wolverton	34' 4"	2005	14. Lea Boyd	32' 3 1/4"	1994
5. Jessica Nobbe	34' 3 1/4"	1999	Selena Burquez	32' 3 1/4"	1996
6. Mary Fisher	34' 3"	1997	16. Vanessa Ray	32' 2"	1999
7. Charis Haines	34' 2 1/2"	2000	17. Tara Gendron	32' 1 1/2"	1998
8. Shawn Henderson	33' 8 1/2"	1985	18. Juliet Casso	32' 0"	2000
9. Elena Torres	33' 2 1/4"	2005	19. Suzie Cordero	31' 7"	1986
10. Allison Requejo	32' 8"	2001	20. Loriann Valverde	31' 5"	2003

### **30 Best Performances**

1.	36' 7 3/4"	Ligaya Coleman	5/22/93	Cerritos
2.	36' 2 1/2"	Ligaya Coleman	4/24/93	Santa Barbara (SBCC)
3.	36' 1/2"	Ligaya Coleman	5/ 6/93	Santa Barbara (SBCC)
4.	35' 10 1/2"	Rosa O'Reilly	5/14/05	Carpinteria HS
5.	35' 9 3/4"	Ligaya Coleman	4/17/93	Carpinteria HS (RC)
6.	35' 7 3/4"	Rosa O'Reilly	5/21/05	Cerritos
7.	35' 5 3/4"	Ligaya Coleman	4/10/93	Arcadia
8.	35' 5"	Ligaya Coleman	5/16/92	Arcadia
9.	35' 4"	Rosa O'Reilly	5/ 6/05	Carpinteria HS
10.	35' 3 1/2"	Rosa O'Reilly	4/23/05	Carpinteria HS
11.	35' 1 1/4"	Rosa O'Reilly	5/22/04	Cerritos
12.	35' 1/4"	Rosa O'Reilly	5/15/04	Moorpark
13.	34' 11 1/4"	Rosa O'Reilly	4/10/03	Carpinteria HS
14.	34' 10 3/4"	Rosa O'Reilly	5/17/03	Walnut
15.	34' 8"	Nikki Barbieri	3/11/93	Ojai
16.	34' 7 1/4"	Ligaya Coleman	4/ 2/93	Carpinteria HS
17.	34' 6"	Rosa O'Reilly	5/ 9/03	Carpinteria HS
18.	34' 5 1/4"	Ligaya Coleman	5/ 7/92	Ventura
19.	34' 5"	Nikki Barbieri	5/16/92	Arcadia
20.	34' 4"	Lana Wolverton	4/14/05	Carpinteria HS
21.	34' 3 1/4"	Jessica Nobbe	4/ 1/99	Fresno
22.	34' 3"	Mary Fisher	5/17/97	Arcadia
	34' 3"	Rosa O'Reilly	4/17/04	Carpinteria HS (RC)
	34' 3"	Rosa O'Reilly	3/24/05	Ojai
25.	34' 2 1/2"	Charis Haines	4/20/00	Carpinteria HS
26.	34' 2 1/4"	Charis Haines	5/22/99	Cerritos
27.	34' 2"	Rosa O'Reilly	4/27/05	Carpinteria HS
28.	34' 1 3/4"	Ligaya Coleman	5/23/92	Cerritos
	34' 1 3/4"	Rosa O'Reilly	4/10/03	Carpinteria HS
30.	34' 1"	Mary Fisher	5/24/97	Cerritos
Senior		Ligaya Coleman	36' 7 3/4"	1993
Junior		Ligaya Coleman	35' 5"	1992
Sophomore		Rosa O'Reilly	34' 11 1/4"	2003
Freshman		Rosa O'Reilly	33' 6 1/4"	2002
TVL		Ligaya Coleman, Carpinteria	36' 1/2"	1993
CIF		Artensia Young, Serra	39' 10 1/2"	2003

## HIGH JUMP

(CIF event since 1973)

### 20 Best Performers

1. Kristen Carstens	5' 3"	1999	Patience Juarez	4' 10"	1999
2. Ligaya Coleman	5' 2"	1993	Mary Fisher	4' 10"	1996
Heather Schuyler	5' 2"	1996	Katie Wedemeyer	4' 10"	2005
Lauren Damerel	5' 2"	2002	18. Karen Vestal	4' 8"	1979
Margo Ledig	5' 2"	2005	Suzie Cordero	4' 8"	1985-'86
6. Kim Schuyler	5' 0"	1991	Debbie Wilson	4' 8"	1987
Lea Boyd	5' 0"	1993-'94	Marcie Puita	4' 8"	1988
<b>Lucy Musson</b>	5' 0"	2006	Jennifer Ives	4' 8"	1990
9. Kasey Gentry	4' 11"	2003	Casey Ryan	4' 8"	1992
10. Charis Haines	4' 10 1/2"	2000	Tara Gendron	4' 8"	1997-'98
Jamie Chamlee	4' 10 1/2"	2000	Vanessa Ray	4' 8"	1999
12. Helen Van Koppen	4' 10"	1974	Sofia Van Wingerden	4' 8"	2001-'02
Shawn Henderson	4' 10"	1984	Rosa O'Reilly	4' 8"	2005

### 30 Best Performances

1.	5' 3"	Kristen Carstens	4/10/99	Fillmore
2.	5' 2"	Ligaya Coleman	5/ 6/93	Santa Barbara (SBCC)
	5' 2"	Heather Schuyler	3/ 2/96	Santa Barbara (SBCC)
	5' 2"	Heather Schuyler	3/23/96	Santa Barbara (SBCC)
	5' 2"	Heather Schuyler	4/24/96	Carpinteria HS
	5' 2"	Kristen Carstens	3/28/98	Santa Barbara (SBCC)
	5' 2"	Kristen Carstens	4/ 1/99	Fresno
	5' 2"	Kristen Carstens	4/ 1/99	Fresno (jump off)
	5' 2"	Kristen Carstens	4/15/99	Oak Park
	5' 2"	Kristen Carstens	4/17/99	Santa Barbara (SBCC) (RC)
	5' 2"	Kristen Carstens	4/22/99	Santa Barbara (SBCC)
	5' 2"	Kristen Carstens	4/28/99	Santa Barbara (SBCC)
	5' 2"	Kristen Carstens	5/ 6/99	Santa Barbara (SBCC)
	5' 2"	Lauren Damerel	4/18/02	Carpinteria HS
	5' 2"	Lauren Damerel	5/18/02	Cerritos
	5' 2"	Margo Ledig	4/14/05	Carpinteria HS
17.	5' 1"	Ligaya Coleman	4/28/93	Oak Park
18.	5' 0"	Kim Schuyler	3/30/91	Santa Barbara (SBCC)
	5' 0"	Ligaya Coleman	4/ 2/93	Carpinteria HS
	5' 0"	Ligaya Coleman	4/24/93	Santa Barbara (SBCC)
	5' 0"	Lea Boyd	5/15/93	Arcadia
	5' 0"	Ligaya Coleman	5/15/93	Arcadia
	5' 0"	Lea Boyd	3/26/94	Santa Barbara (SBCC)
	5' 0"	Heather Schuyler	5/21/94	Long Beach
	5' 0"	Heather Schuyler	4/22/95	Santa Barbara (DPHS)
	5' 0"	Heather Schuyler	3/ 7/96	Carpinteria HS
	5' 0"	Heather Schuyler	3/16/96	Fillmore
	5' 0"	Heather Schuyler	3/28/96	Carpinteria HS
	5' 0"	Heather Schuyler	4/10/96	Cate School
	5' 0"	Heather Schuyler	4/13/96	Carpinteria HS (RC)
	5' 0"	Heather Schuyler	5/ 2/96	Santa Barbara (SBCC)
	5' 0"	Kristen Carstens	4/ 2/98	Fresno
	5' 0"	Kristen Carstens	4/11/98	Arcadia
	5' 0"	Kristen Carstens	4/15/98	Cate School
	5' 0"	Kristen Carstens	4/18/98	Carpinteria HS (RC)
	5' 0"	Kristen Carstens	4/29/98	Fillmore
	5' 0"	Kristen Carstens	5/ 7/98	Santa Barbara (SBCC)
	5' 0"	Kristen Carstens	5/16/98	Arcadia
	5' 0"	Kristen Carstens	5/23/98	Cerritos
	5' 0"	Kristen Carstens	3/ 6/99	Santa Barbara (SBCC)
	5' 0"	Kristen Carstens	3/12/99	Santa Barbara (SBCC)
	5' 0"	Kristen Carstens	4/ 7/99	Cate School
	5' 0"	Kristen Carstens	4/24/99	Santa Barbara (DPHS)
	5' 0"	Lauren Damerel	4/26/00	Carpinteria HS
	5' 0"	Lauren Damerel	4/14/01	Carpinteria HS (RC)
	5' 0"	Lauren Damerel	3/ 2/02	Carpinteria HS
	5' 0"	Lauren Damerel	3/30/02	El Rio
	5' 0"	Margo Ledig	4/16/05	Carpinteria HS (RC)
	5' 0"	Margo Ledig	5/14/05	Carpinteria HS
	5' 0"	Margo Ledig	5/21/05	Cerritos
	5' 0"	<b>Lucy Musson</b>	4/ 1/06	Oak Park
Senior		Kristen Carstens	5' 3"	1999
Junior		Kristen Carstens	5' 2"	1998
Sophomore		Lea Boyd & Heather Schuyler	5' 0"	1994
		Lauren Damerel	5' 0"	2000
		<b>Lucy Musson</b>	5' 0"	2006
Freshman		Lea Boyd	5' 0"	1993
TVL		Liz Kern, St. Bonaventure	5' 5"	1976
CIF		Katrina Johnson, Marshall	5' 8"	1982
		Chrissy Mills, Campbell Hall	5' 8"	1987, '88, '89
		Michelle Mahlke, Marymount	5' 8"	1997

## TRIPLE JUMP

(CIF event since 1973)

### 20 Best Performers

1. Ian Allen-Williams	43' 6 1/2"	2000	11. Brian Lammer	40' 5 3/4"	1994
2. JD Thompson	42' 11 1/2"	1994	12. Erik Graham	40' 2 3/4"	1991
3 <b>Kirby Gannett</b>	42' 7 1/2"	2006	Kenny Lopez	40' 2 3/4"	2003
4. Ray Martinez	42' 3/4"	1986	14. Ralph Sells	39' 10 1/2"	1983
5. Alan Martell	41' 9 1/2"	1978	15. David Martell	39' 8"	1977
6. Pepe Delgadillo	41' 3 1/2"	2006	16. Shawn Jackson	39' 6 1/2"	1985
7. David Miller	40' 9 1/4"	1987	Mike Medel	39' 6 1/2"	1996
8. Peter Heinrich	40' 7"	1999	18. Beto Puita	39' 6"	1989
Scott Lopez	40' 7"	2001	19. Tracy Duba	39' 5"	1978
10. Hernan Martinez	40' 6 1/2"	2005	20. Carl Elgan	39' 4 1/2"	1978
			Paul deBruynKops	39' 4 1/2"	1987

### 30 Best Performances

1.	43' 6 1/2"	Ian Allen-Williams	5/20/00	Cerritos
2.	42' 11 1/2"	JD Thompson	4/16/94	Carpinteria HS
3.	42' 8"	Ian Allen-Williams	5/19/01	Cerritos
4.	42' 7 1/2"	<b>Kirby Gannett</b>	4/22/06	Carpinteria
5.	42' 7"	JD Thompson	5/22/93	Cerritos
6.	42' 6 1/2"	JD Thompson	5/15/93	Arcadia
7.	42' 5 1/2"	JD Thompson	4/15/95	Carpinteria HS (RC)
	42' 5 1/2"	Ian Allen-Williams	5/13/00	Walnut
9.	42' 4 3/4"	JD Thompson	3/12/94	Santa Ynez
10.	42' 3 1/2"	JD Thompson	4/23/94	Santa Barbara (DPHS)
11.	42' 3/4"	Ray Martinez	4/29/86	Fillmore
12.	42' 0"	Ian Allen-Williams	4/22/00	Carpinteria HS
	42' 0"	Ian Allen-Williams	5/ 4/00	Carpinteria HS
14.	41' 10 1/2"	JD Thompson	5/20/95	Cerritos
15.	41' 9 1/2"	Alan Martell	5/ 4/78	Santa Barbara (SMHS)
16.	41' 9"	JD Thompson	4/22/95	Santa Barbara (DPHS)
17.	41' 8"	Ray Martinez	3/11/87	Carpinteria HS
	41' 8"	JD Thompson	5/ 6/93	Santa Barbara (SBCC)
19.	41' 7 1/2"	JD Thompson	4/24/93	Santa Barbara (SBCC)
20.	41' 6 1/4"	JD Thompson	4/17/93	Carpinteria HS (RC)
21.	41' 6"	JD Thompson	5/13/95	Arcadia
	41' 6"	Ian Allen-Williams	3/25/00	Santa Barbara (SBCC)
23.	41' 5 1/2"	Alan Martell	4/21/79	Carpinteria Jr HS (RC)
	41' 5 1/2"	Ian Allen-Williams	4/14/01	Carpinteria HS (RC)
	41' 5 1/2"	Ian Allen-Williams	5/12/01	Azusa (Citrus College)
26.	41' 5"	Ian Allen-Williams	5/ 4/01	Carpinteria HS
27.	42' 7 1/2"	<b>Kirby Gannett</b>	4/22/06	Carpinteria
28.	41' 4"	JD Thompson	3/26/94	Santa Barbara (SBCC)
29.	41' 3 1/2"	Ray Martinez	3/18/87	Santa Barbara (SMHS)
	41' 3 1/2"	Pepe Delgadillo	5/13/06	Carpinteria
	Senior	Ian Allen-Williams	42' 8"	2001
	Junior	Ian Allen-Williams	43' 6 1/2"	2000
Sophomore		JD Thompson	42' 7"	1993
Freshman		JD Thompson	40' 0"	1992
	TVL	Morio Alexander, Oak Park	43' 11 1/2"	1992
	CIF	Rudy Burgess, Desert	48' 8 3/4"	2003

## LONG JUMP

(CIF event since 1913)

### 20 Best Performers

1. JD Thompson	22' 5 1/2"	1994	11. Ronald Kehoe	20' 10 1/2"	1964
2. Rod Aguilar	21' 11 1/2"	1999	12. Tom Ciriacks	20' 10"	1982
3. David Lundberg	21' 10 3/4"	1964	13. Fred Castro	20' 9"	1974
4. Rick Brister	21' 6 1/2"	1967	14. Gary Morris	20' 7"	1951
5. Ray Martinez	21' 4 1/4"	1987	Gary Lauer	20' 7"	1969
6. Sam DiGrigoli	21' 3 3/4"	1999	Don Edwards	20' 7"	1971
7. John Jahde	21' 2 3/4"	1992	17. Scott Caldwell	20' 6 1/2"	1986
8. Bob Calderon	21' 2"	1963	18. Ian Allen-Williams	20' 4 3/4"	2000
9. Chris Harris	20' 11 1/2"	1985	19. Brian Lammer	20' 1/2"	1994
10. Richard Morris	20' 11"	1953	Scott Lopez	20' 1/2"	2000

### 30 Best Performances

1. 22' 5 1/2"	JD Thompson	5/21/94	Long Beach
2. 21' 11 1/2"	JD Thompson	5/ 6/93	Santa Barbara (SBCC)
21' 11 1/2"	Rod Aguilar	5/15/99	Azusa (Citrus College)
4. 21' 11"	JD Thompson	4/23/94	Santa Barbara (DPHS)
5. 21' 10 3/4"	David Lundberg	?/??/64	???
6. 21' 10 1/2"	David Lundberg	5/ 2/64	Santa Ynez
7. 21' 8"	JD Thompson	4/21/94	Ventura
8. 21' 6 1/2"	Rick Brister	4/21/67	Ojai
9. 21' 4 3/4"	David Lundberg	4/24/64	Santa Ynez
10. 21' 4 1/4"	Ray Martinez	4/22/87	Santa Ynez
11. 21' 3 3/4"	JD Thompson	5/27/94	Cerritos
21' 3 3/4"	Sam DiGrigoli	4/15/99	Oak Park
13. 21' 3 1/2"	JD Thompson	4/24/93	Santa Barbara (SBCC)
14. 21' 2 3/4"	Ray Martinez	4/ 4/87	Santa Maria
21' 2 3/4"	John Jahde	4/ 4/92	Los Altos
16. 21' 2 1/2"	Rod Aguilar	5/22/99	Cerritos
17. 21' 2"	Bob Calderon	4/28/63	Santa Ynez
18. 21' 1 1/2"	John Jahde	4/10/91	Carpinteria HS
21' 1 1/2"	JD Thompson	5/22/93	Cerritos
20. 21' 1 1/4"	Sam DiGrigoli	4/17/99	Santa Barbara (SBCC) (RC)
21. 21' 1"	JD Thompson	5/ 5/94	Fillmore
22. 21' 1/4"	JD Thompson	5/15/93	Arcadia
23. 21' 0"	JD Thompson	4/22/95	Santa Barbara (DPHS)
24. 20' 11 1/2"	Chris Harris	4/18/85	Santa Ynez
25. 20' 11"	Richard Morris	?/??/53	???
20' 11"	John Jahde	5/ 7/92	Ventura
20' 11"	JD Thompson	4/16/94	Carpinteria HS (RC)
28. 20' 10 1/2"	Ronald Kehoe	4/18/64	Carpinteria HS (RC)
29. 20' 10 1/4"	John Jahde	5/11/91	Arcadia
20' 10 1/4"	Rod Aguilar	5/ 6/99	Santa Barbara (SBCC)
Senior	Rod Aguilar	21' 11 1/2"	1999
Junior	JD Thompson	22' 5 1/2"	1994
Sophomore	JD Thompson	21' 11 1/2"	1993
Freshman	Phil D'Alessandro	19' 6"	1990
TVL	Kent Richter, Oak Park	22' 2"	1990
CIF	Tony Almond, St Paul	24' 0"	2000

## POLE VAULT

(CIF event since 1995)

### 20 Best Performers

1. Stephanie Norris	10' 0"	1998	8. April Wood	6' 7 3/4"	2003
2. Jamie Chamlee	9' 0"	2001	9. Lexie Greene	6' 6"	2000
3. Lucy Duncan	8' 6"	1998	<b>Whitney Chamlee</b>	6' 6"	2005
4. Stacy Chamlee	8' 0"	2003	<b>Tesa Coleman</b>	6' 6"	2006
5. Cindy Green	7' 0"	1997	12. Katie Wedemeyer	6' 0"	2002
Miranda Morden	7' 0"	2000	13. Claire Steggall	5' 0"	1997
Amy Fortunato	7' 0"	2000			

### 30 Best Performances

1. 10' 0"	Stephanie Norris	3/ 7/98	Santa Barbara (SBCC)
10' 0"	Stephanie Norris	3/28/98	Santa Barbara (SBCC)
10' 0"	Stephanie Norris	5/23/98	Cerritos
4. 9' 9"	Stephanie Norris	4/24/97	Carpinteria HS
5. 9' 6"	Stephanie Norris	3/14/96	Santa Barbara (DPHS)
9' 6"	Stephanie Norris	4/26/97	Santa Barbara (DPHS)
9' 6"	Stephanie Norris	5/ 8/97	Santa Barbara (SBCC)
9' 6"	Stephanie Norris	5/17/97	Arcadia
9' 6"	Stephanie Norris	5/24/97	Cerritos
9' 6"	Stephanie Norris	3/21/98	Fillmore
9' 6"	Stephanie Norris	4/18/98	Carpinteria HS (RC)
9' 6"	Stephanie Norris	4/23/98	Carpinteria HS
9' 6"	Stephanie Norris	4/25/98	Santa Barbara (DPHS)
9' 6"	Stephanie Norris	5/ 7/98	Santa Barbara (SBCC)
15. 9' 1"	Stephanie Norris	3/17/98	Santa Barbara (DPHS)
16. 9' 0"	Stephanie Norris	3/26/97	Carpinteria HS
9' 0"	Stephanie Norris	3/13/98	Santa Barbara (SBCC)
9' 0"	Jamie Chamlee	5/19/01	Cerritos
19. 8' 9"	Stephanie Norris	4/24/96	Carpinteria HS
8' 9"	Jamie Chamlee	5/ 4/01	Carpinteria HS
21. 8' 6"	Stephanie Norris	4/ 6/96	Azusa
8' 6"	Stephanie Norris	3/22/96	Santa Barbara (SBCC)
8' 6"	Stephanie Norris	4/ 5/97	Azusa
8' 6"	Stephanie Norris	4/10/97	Carpinteria HS
8' 6"	Stephanie Norris	4/19/97	Carpinteria HS (RC)
8' 6"	Stephanie Norris	4/29/98	Fillmore
8' 6"	Lucy Duncan	5/ 7/98	Santa Barbara (SBCC)
8' 6"	Jamie Chamlee	3/24/01	Santa Barbara (SBCC)
29. 8' 4"	Jamie Chamlee	3/31/01	Atascadero
30. 8' 0"	Stephanie Norris	3/16/96	Fillmore
8' 0"	Stephanie Norris	3/23/96	Santa Barbara (SBCC)
8' 0"	Stephanie Norris	3/28/96	Carpinteria HS
8' 0"	Stephanie Norris	4/10/96	Cate School
8' 0"	Stephanie Norris	4/20/96	Santa Barbara (DPHS)
8' 0"	Stephanie Norris	5/ 2/96	Santa Barbara (SBCC)
8' 0"	Stephanie Norris	5/11/96	Arcadia
8' 0"	Stephanie Norris	5/18/96	Long Beach
8' 0"	Lucy Duncan	5/ 8/97	Santa Barbara (SBCC)
8' 0"	Lucy Duncan	5/24/97	Cerritos
8' 0"	Lucy Duncan	3/28/98	Santa Barbara (SBCC)
8' 0"	Lucy Duncan	4/18/98	Carpinteria (RC)
8' 0"	Stephanie Norris	5/16/98	Arcadia
8' 0"	Lucy Duncan	5/16/98	Arcadia
8' 0"	Lucy Duncan	5/23/98	Cerritos
8' 0"	Jamie Chamlee	3/ 3/01	Carpinteria HS
8' 0"	Jamie Chamlee	4/21/01	Carpinteria HS
8' 0"	Jamie Chamlee	5/12/01	Azusa (Citrus College)
8' 0"	Stacy Chamlee	3/18/04	Carpinteria HS
8' 0"	Stacy Chamlee	3/27/04	Santa Barbara (SBCC)
8' 0"	Stacy Chamlee	3/26/05	Santa Barbara (SBCC)
8' 0"	Stacy Chamlee	4/ 2/05	Bakersfield
8' 0"	Stacy Chamlee	4/21/05	Westlake
8' 0"	Stacy Chamlee	4/23/05	Carpinteria HS
Senior	Stephanie Norris	10' 0"	1998
Junior	Stephanie Norris	9' 9"	1997
Sophomore	Stephanie Norris	9' 6"	1996
Freshman	Lucy Duncan	8' 0"	1997
TVL	Aubree Stark, Oak Park	10' 6"	2005
CIF	Lauren Radke, Oaks Christian	10' 8"	2006

### SHOT PUT

(CIF event since 1973)

#### **20 Best Performers**

1. Micheline Sheaffer	38' 5"	1988	11. Janine Hashek	31' 6" c	1975
2. Larissa Godkin	37' 2"	1996	12. Annika Aspen	31' 4 1/2"	2004
3. Laura King	37' 1"	1986	13. Heather Schuyler	30' 6"	1996
4. Becca Stowers	35' 2 1/2"	1991	Christina Norris	30' 6"	2000
5. Julie Rubio	35' 1 1/4"	1990	15. Jacquelyn Crawford	30' 3 3/4"	1991
6. Amanda Thompson	34' 4 1/4"	2003	16. Suz. Van Kreeveld	29' 9 1/2"	1992
7. Diane King	34' 3 1/2"	1984	17. Jenny Rocco	29' 9"	1987
8. Jaci Mello	33' 5"	1991	Amanda Williford	29' 9"	1995
9. Oriana Grubisic	32' 11 1/2"	2001	19. Monica Johnson	29' 7"	2005
10. Sarah Grieve	32' 5 3/4"	2001	20. Sylvia Martinez	29' 2"	1999

#### **30 Best Performances**

1. 38' 5"	Micheline Sheaffer	5/ 3/88	Carpinteria HS
2. 38' 4 1/2"	Micheline Sheaffer	5/ 5/88	Santa Barbara (SBCC)
3. 38' 0"	Micheline Sheaffer	3/23/88	Ventura
4. 37' 2"	Larissa Godkin	4/13/96	Carpinteria HS (RC)
5. 37' 1 1/2"	Larissa Godkin	5/ 2/96	Santa Barbara (SBCC)
6. 37' 1"	Laura King	5/17/86	West Torrance
37' 1"	Larissa Godkin	4/24/96	Carpinteria HS
8. 37' 1/2"	Micheline Sheaffer	5/16/87	Arcadia
9. 36' 11"	Micheline Sheaffer	5/ 5/87	Santa Ynez
10. 36' 9"	Micheline Sheaffer	4/28/88	Santa Ynez
11. 36' 6 1/2"	Micheline Sheaffer	4/30/88	Carpinteria Jr HS (RC)
12. 36' 6 1/4"	Micheline Sheaffer	4/29/87	Carpinteria HS
13. 36' 2"	Micheline Sheaffer	3/10/88	Ojai
14. 36' 1 1/2"	Larissa Godkin	4/20/96	Santa Barbara (DPHS)
36' 1 1/2"	Larissa Godkin	5/18/96	Long Beach
16. 36' 1 1/4"	Micheline Sheaffer	5/ 7/87	Santa Ynez
17. 36' 1"	Micheline Sheaffer	3/17/88	Carpinteria HS
36' 1"	Micheline Sheaffer	3/12/88	Ventura
19. 36' 3/4"	Larissa Godkin	4/15/95	Carpinteria HS (RC)
20. 35' 10 3/4"	Micheline Sheaffer	5/ 9/87	Pomona
21. 35' 10 1/2"	Larissa Godkin	5/11/96	Arcadia
22. 35' 10"	Micheline Sheaffer	5/21/88	Cerritos
23. 35' 8"	Laura King	4/29/86	Fillmore
35' 8"	Larissa Godkin	3/ 2/96	Santa Barbara (SBCC)
25. 35' 7 1/2"	Larissa Godkin	4/ 6/96	Azusa
26. 35' 5 1/4"	Larissa Godkin	5/20/95	Cerritos
27. 35' 4 1/2"	Larissa Godkin	3/14/96	Santa Barbara (DPHS)
28. 35' 2 1/2"	Becca Stowers	4/20/91	Santa Maria
29. 35' 2"	Larissa Godkin	3/ 9/96	Santa Ynez
30. 35' 1 3/4"	Larissa Godkin	3/25/95	Santa Barbara (SBCC)

Senior	Micheline Sheaffer	38' 5"	1988
Junior	Micheline Sheaffer	37' 0 1/2"	1987
Sophomore	Becca Stowers	34' 8 1/2"	1989
Freshman	Becca Stowers	31' 6"	1988

TVL	Micheline Sheaffer, Carpinteria	38' 5"	1988
CIF	Melissa Yungmans,	45' 6 1/4"	2003
	Orange Lutheran		

### 300m INTERMEDIATE HURDLES

(CIF event since 1975)

#### **20 Best Performers**

1. John Barbieri	38.10	1999	11. Rick Koga	41.9c	1986
2. Jason Eiker-Wiles	38.51	2003	12. James Dearnorff	42.0c	1982
3. Carl Elgan	38.6c	1977	Kirby Carbajal	42.0c	1983
4. Phil D'Alessandro	39.1	1993	14. Rick Puita	42.4c	1991
5. Jeff Moorhouse	39.98c	1980	15. Danny Andrews	42.66	1999
6. Ryan Dumm	40.80	2003	16. Brian Doyle	42.5	1987
7. Dale Hutchins	40.6c	1980	17. John Morris	42.6c	1989
8. Robert Abe	41.4c	1975	18. Warren Branson	43.1c	1978
Robert Dunn	41.4c	1978	Daniel Cordero	43.1	1990
10. Jerry Hamilton	41.8c	1980	20. Don Matsuyama	43.6c	1976

#### **30 Best Performances**

1. 38.10	John Barbieri	4/10/99	Arcadia
2. 38.51	Jason Eiker-Wiles	5/24/03	Cerritos
3. 38.61	John Barbieri	5/ 6/99	Santa Barbara (SBCC)
4. 38.5	John Barbieri	4/17/99	Santa Barbara (SBCC) (RC)
5. 38.6c	Carl Elgan	5/21/77	Redondo Beach
6. 38.92	John Barbieri	5/22/99	Cerritos
7. 39.01	Jason Eiker-Wiles	5/30/03	Cerritos
8. 38.8c	Carl Elgan	4/22/78	Carpinteria Jr HS (RC Final)
9. 39.03	John Barbieri	4/15/99	Oak Park
10. 39.08c	Carl Elgan	5/20/78	Arcadia
11. 39.09	John Barbieri	5/23/98	Cerritos
12. 39.0c	Carl Elgan	5/13/78	Rolling Hills
13. 39.28	Jason Eiker-Wiles	5/17/03	Walnut
39.28	Jason Eiker-Wiels	5/22/04	Cerritos
15. 39.29	John Barbieri	4/22/99	Santa Barbara (SBCC)
16. 39.32	John Barbieri	4/28/99	Santa Barbara (SBCC)
17. 39.1	Phil D'Alessandro	5/ 6/93	Santa Barbara (SBCC)
18. 39.40	Jason Eiker-Wiles	4/19/03	Carpinteria HS (RC)
19. 39.2c	Carl Elgan	4/13/78	Carpinteria HS
20. 39.47	Phil D'Alessandro	4/10/93	Arcadia
21. 39.63	John Barbieri	5/15/99	Azusa (Citrus College)
22. 39.72	John Barbieri	5/16/98	Arcadia
23. 39.75	Jason Eiker-Wiles	4/26/03	Carpinteria HS
24. 39.77	John Barbieri	5/ 7/98	Santa Barbara (SBCC)
25. 39.78	Jason Eiker-Wiles	4/12/03	Arcadia
26. 39.81	John Barbieri	4/23/98	Carpinteria HS
27. 39.82	John Barbieri	3/18/99	Santa Barbara (SBCC)
28. 39.86	Jason Eiker-Wiles	5/15/04	Moorpark
29. 39.87	Jason Eiker-Wiles	4/16/03	Carpinteria HS
30. 39.89	Phil D'Alessandro	5/23/92	Cerritos

Senior	John Barbieri	38.10	1999
Junior	Jason Eiker-Wiles	38.51	2003
Sophomore	Jason Eiker-Wiles	40.04	2002
Freshman	Jason Eiker-Wiles	41.36	2001

TVL	John Barbieri, Carpinteria	38.61	1999
CIF	George Porter, Cabrillo	35.57	1985



## 110m HIGH HURDLES

(CIF event since 1913)

### 20 Best Performers

1.	Carl Elgan	14.2	1977	13.	Danny Andrews	16.00	1999
2.	John Barbieri	14.65	1999	14.	John Tisdell	15.8	1966
3.	Phil D'Alessandro	14.5	1993	15.	Jerry Hamilton	15.9	1980
4.	Don Edwards	14.6	1971		Bob Gemeinhardt	15.9	1965
5.	Jason Eiker-Wiles	14.93	2003	17.	Robert Allen	16.0	1970
6.	Ryan Dumm	15.22	2003	18.	Jim Bailard	16.1	1968
7.	Jim Peterson	15.0	1937	19.	Bill Sylvester	16.2	1960
8.	Harry Cosseboom	15.5	1964		Jeff Moorhouse	16.2	1979
9.	John Savala	15.6	1951		John Morris	16.2	1989
	Ken Brown	15.6	1975		Daniel Cordero	16.2	1990
11.	John Hoffman	15.7	1962				
	Russ Hunziker	15.7	1972				

### 30 Best Performances

1.	14.2	Carl Elgan	5/21/77	Redondo Beach
2.	14.65	John Barbieri	5/22/99	Cerritos
3.	14.68	John Barbieri	4/17/99	Santa Barbara (SBCC) (RC)
4.	14.5	Carl Elgan	3/16/78	Moorpark
	14.5	Phil D'Alessandro	4/24/93	Santa Barbara (SBCC)
6.	14.78	John Barbieri	4/10/99	Arcadia
7.	14.79	John Barbieri	5/23/98	Cerritos
8.	14.80	John Barbieri	5/ 7/98	Santa Barbara (SBCC)
9.	14.81	Phil D'Alessandro	4/10/93	Arcadia
10.	14.6	Don Edwards	3/20/71	Ventura
	14.6	Don Edwards	4/ 8/71	Santa Barbara (DPHS)
	14.6	John Barbieri	5/ 6/99	Santa Barbara (SBCC)
13.	14.93	John Barbieri	5/15/99	Azusa (Citrus College)
	14.93	Jason Eiker-Wiles	5/ 9/03	Carpinteria HS
15.	14.7	Don Edwards	3/25/71	Carpinteria HS
	14.7	Carl Elgan	3/ 3/77	Carpinteria HS
	14.7	Carl Elgan	4/20/78	Carpinteria HS
	14.7	Phil D'Alessandro	5/ 6/93	Santa Barbara (SBCC)
19.	14.95	John Barbieri	4/ 1/99	Fresno
20.	14.96	John Barbieri	3/12/99	Santa Barbara (SBCC)
	14.96	Jason Eiker-Wiles	5/24/03	Cerritos
22.	14.99	Jason Eiker-Wiles	5/17/03	Walnut
23.	15.03	Jason Eiker-Wiles	3/26/03	Carpinteria HS
24.	14.8	Don Edwards	4/23/70	Carpinteria HS
	14.8	Don Edwards	5/ 9/70	Agoura
	14.8	Carl Elgan	2/28/77	Santa Ynez
	14.8	Carl Elgan	3/10/77	Ventura
	14.8	Carl Elgan	5/13/78	Rolling Hills
29.	15.09	Jason Eiker-Wiles	4/16/03	Carpinteria HS
30.	15.13	Jason Eiker-Wiles	5/15/04	Moorpark
	Senior	John Barbieri	14.65	1999
	Junior	Carl Elgan	14.2	1977
	Sophomore	Jason Eiker-Wiles	15.31	1997
	Freshman	Don Edwards	16.1	1968
	TVL	Mike Miller, St. Bonaventure	14.3	1975
	CIF	Danny Harris, Perris	14.15	1983

## DISCUS

(CIF event since 1975)

### 20 Best Performers

1.	Micheline Sheaffer	142' 2"	1987	11.	Annika Aspen	103' 3"	2004
2.	Larissa Godkin	127' 4"	1996	12.	Diane King	98' 11"	1984
3.	Vicki Martell	117' 7"	1981	13.	Jenny Rocco	97' 10"	1987
4.	Laura King	117' 3"	1986	14.	Amanda Williford	97' 9"	1994
5.	Amanda Thompson	115' 2"	2002	15.	Janet Pozos	97' 8"	2004
6.	Becca Stowers	113' 0"	1991	16.	Suz. Van Kreeveld	96' 8"	1993
7.	Julie Rubio	109' 8"	1990	17.	Wendy Bailey	95' 6"	1980
8.	Janine Hashek	106' 0"	1975	18.	Ginger Olmstead	92' 9"	1989
9.	Debbie Lipson	105' 2"	1978	19.	Jill Gunther	92' 5"	1978
10.	Sarah Grieve	103' 10"	2001	20.	Sylvia Martinez	91' 6"	1999

### 30 Best Performances

1.	142' 2"	Micheline Sheaffer	4/29/87	Carpinteria HS
2.	142' 0"	Micheline Sheaffer	4/ 9/88	Arcadia
3.	140' 0"	Micheline Sheaffer	4/28/88	Santa Ynez
4.	139' 10"	Micheline Sheaffer	5/27/88	Cerritos
5.	139' 9"	Micheline Sheaffer	4/18/87	San Jose
6.	138' 9"	Micheline Sheaffer	4/11/87	Carpinteria Jr HS (RC)
7.	138' 4"	Micheline Sheaffer	5/21/88	Cerritos
8.	137' 5"	Micheline Sheaffer	4/25/87	Walnut
9.	137' 2"	Micheline Sheaffer	5/ 3/88	Carpinteria HS
10.	136' 7"	Micheline Sheaffer	5/16/87	Arcadia
11.	136' 4"	Micheline Sheaffer	3/14/87	Ventura
12.	136' 3"	Micheline Sheaffer	3/17/88	Carpinteria HS
13.	133' 10"	Micheline Sheaffer	4/ 4/87	Santa Maria
14.	133' 4"	Micheline Sheaffer	3/12/88	Ventura
15.	133' 1"	Micheline Sheaffer	3/26/88	Santa Barbara (SBCC)
	133' 1"	Micheline Sheaffer	5/14/88	Arcadia
17.	132' 9"	Micheline Sheaffer	3/26/87	Oak Park
18.	132' 8"	Micheline Sheaffer	3/28/87	Santa Barbara (SBCC)
19.	132' 5"	Micheline Sheaffer	4/30/88	Carpinteria Jr HS (RC)
20.	132' 4"	Micheline Sheaffer	4/ 2/87	Carpinteria HS
	132' 4"	Micheline Sheaffer	4/22/87	Santa Ynez
22.	131' 4"	Micheline Sheaffer	3/ 4/88	Cate
23.	131' 1"	Micheline Sheaffer	5/ 7/87	Santa Ynez
24.	130' 8"	Micheline Sheaffer	5/ 9/87	Pomona
25.	128' 2"	Micheline Sheaffer	3/10/88	Ojai
26.	127' 9"	Micheline Sheaffer	5/23/87	Cerritos
27.	127' 4"	Larissa Godkin	4/13/96	Carpinteria HS (RC)
28.	126' 10"	Micheline Sheaffer	5/ 5/88	Santa Barbara (SBCC)
29.	125' 8"	Micheline Sheaffer	3/23/88	Ventura
30.	125' 7"	Larissa Godkin	4/26/95	Carpinteria HS
	Senior	Micheline Sheaffer	142' 0"	1988
	Junior	Micheline Sheaffer	142' 2"	1987
	Sophomore	Vicki Martell	117' 7"	1981
	Freshman	Vicki Martell	106' 6"	1980
	TVL	Micheline Sheaffer, Carpinteria	137' 2"	1988
	CIF	Danielle Lampkin, 29 Palms	140' 8"	2004

### 400 METER RELAY

(CIF event since 1973)

#### 30 Best Performances

1.	50.69	Tessa Nash, Corilynn Duddridge Maria Albarran, Lucy Duncan	5/20/00	Cerritos
2.	50.71	Juliet Casso, Emily DeArkland Maria Elena Malovos, Kristy Campos	5/17/03	Walnut
3.	51.05	Tessa Nash, Corilynn Duddridge Maria Albarran, Lucy Duncan	5/ 4/00	Carpinteria HS
4.	51.10	Tessa Nash, Corilynn Duddridge Juliet Casso, Lucy Duncan	5/13/00	Walnut
5.	51.15	Tessa Nash, Corilynn Duddridge Maria Albarran, Lucy Duncan	4/26/00	Carpinteria HS
6.	51.27	Juliet Casso, Allison Requejo Maria Albarran, Veronica Gonzales	5/ 04/01	Carpinteria HS
7.	51.36	Tessa Nash, Corilynn Duddridge Maria Albarran, Lucy Duncan	4/22/00	Carpinteria HS (SB County)
8.	51.4	Juliet Casso, Emily DeArkland Maria Elena Malovos, Kristy Campos	5/ 9/03	Carpinteria HS
9.	51.64	Denette Russell, Candi Kelsey Shawn Henderson, Shari Williams	5/19/84	Cerritos
10.	51.71	Juliet Casso, Kristy Campos Emily DeArkland, Veronica Gonzales	5/ 3/02	Carpinteria HS
	51.71	Juliet Casso, Emily DeArkland Kristy Campos, Veronica Gonzales	5/11/02	Walnut
12.	51.73	Tessa Nash, Corilynn Duddridge Maria Albarran, Lucy Duncan	4/15/00	Carpinteria HS (Russell Cup)
13.	51.6	Tessa Nash, Corilynn Duddridge Maria Albarran, Lucy Duncan	4/13/00	Fillmore
14.	51.77	Juliet Casso, Emily DeArkland Maria Elena Malovos, Veronica Gonzales	4/18/02	Carpinteria HS
15.	51.78	Karla Martinez, Kristy Campos Serena Renner, <b>Haley Bowman</b>	5/15/04	Moorpark
16.	51.84	Tessa Nash, Jessica Nobbe Lucy Duncan, Kelsey Ferguson	5/22/99	Cerritos

### 3200m RUN

(CIF event since 1965)

#### 20 Best Performers

1.	Miguel Santizo	9:07.3c	1974	11.	Mike Russell	9:54.7c	1978
2.	Tom Grewe	9:10.25	1982	12.	John Norris	9:55.09	2003
3.	Joaquin Gomez	9:18.46	2005	13.	Don Faith	9:55.4c	1972
4.	Bret Kimple	9:27.58	1986	14.	Ron Stephenson	10:00.5c	1977
5.	Coley Candaele	9:43.5	1989	15.	Manuel Moreno	10:05.18	1995
6.	Basilio Coleman	9:44.7	1981	16.	David Nunes	10:05.8c	1977
7.	Greg Ehlert	9:46.66	1989	17.	John Blum	10:08.4c	1978
8.	John Paine	9:48.7c	1981	18.	Ron Medel	10:10.1c	1970
9.	Gilbert Medel	9:53.2c	1976	19.	Tony Sourmany	10:10.6c	1980
	Ron Trevethan	9:53.2c	1976	20.	<b>Thomas McMahan</b>	10:11.61	2005

#### 30 Best Performances

1.	9:07.3c	Miguel Santizo	3/23/74	Santa Barbara (SBCC)
2.	9:10.25	Tom Grewe	5/22/82	Cerritos
3.	9:18.1c	Tom Grewe	4/17/82	Carpinteria Jr HS (RC)
4.	9:18.46	Joaquin Gomez	5/ 6/05	Carpinteria HS
5.	9:20.5c	Tom Grewe	4/18/81	Arcadia
6.	9:20.70	Tom Grewe	5/23/81	Cerritos
7.	9:22.5c	Tom Grewe	4/ 6/82	Santa Ynez
8.	9:21.96	Joaquin Gomez	4/16/05	Carpinteria HS (RC)
9.	9:23.0c	Miguel Santizo	4/20/74	Carpinteria Jr HS (RC)
10.	9:23.7c i	Tom Grewe	2/ 5/82	Inglewood
11.	9:25.1c i	Tom Grewe	1/30/81	Los Angeles
12.	9:27.58	Bret Kimple	5/24/86	Cerritos
13.	9:28.58	Joaquin Gomez	5/ 7/04	Carpinteria HS
14.	9:28.71	Joaquin Gomez	5/22/04	Cerritos
15.	9:29.38	Joaquin Gomez	5/ 6/05	Carpinteria HS
16.	9:29.46	Joaquin Gomez	5/27/05	Cerritos
17.	9:29.4c	Miguel Santizo	5/11/74	Placentia
	9:29.54	Joaquin Gomez	5/15/04	Moorpark
19.	9:29.7c	Tom Grewe	3/27/82	Santa Barbara (SBCC)
20.	9:31.3c	Miguel Santizo	3/ 5/74	Ojai
21.	9:31.4c	Tom Grewe	3/28/81	Santa Barbara (SBCC)
22.	9:31.5	Tom Grewe	5/ 6/82	Santa Barbara (SMHS)
23.	9:31.6c	Miguel Santizo	3/12/74	Santa Paula
24.	9:32.05c	Joaquin Gomez	4/ 9/05	Arcadia
25.	9:34.0c	Miguel Santizo	4/ 7/73	Carpinteria Jr HS (RC)
26.	9:34.7c	Tom Grewe	4/11/81	Carpinteria Jr HS (RC)
27.	9:35.79c	Tom Grewe	5/15/82	West Torrance
28.	9:36.51c	Tom Grewe	5/16/81	West Torrance
29.	9:37:21	Joaquin Gomez	5/14/05	Carpinteria HS
30.	9:37.54	Bret Kimple	5/23/87	Cerritos
	Senior	Miguel Santizo	9:07.3c	1974
	Junior	Tom Grewe	9:20.5c	1981
	Sophomore	Joaquin Gomez	9:40.37	2003
	Freshman	Coley Candaele	9:56.8c	1987
	TVL	Joaquin Gomez, Carpinteria	9:28.58	2004
	CIF	Chad Hall, Big Bear	8:58.42	2006

# 1600m RUN

(CIF event since 1913)

## 20 Best Performers

1. Coley Candaele	4:06.26	1990	11. Phil Olds	4:30.4c	1937
2. Tom Grewe	4:08.05	1982	12. Tony Sourmany	4:31.5c	1980
3. Bret Kimple	4:14.19	1987	13. Enrique Roig	4:31.73	1986
4. Miguel Santizo	4:15.1c	1974	14. Tim Seider	4:33.1c	1980
5. John Paine	4:21.36	1983	15. Phil Adcock	4:33.8c	1978
6. Joaquin Gomez	4:24.74c	2005	16. Mike Russell	4:33.9c	1978
7. Dale Schuyler	4:26.4c	1935	17. John Norris	4:34.06	2003
8. John Blum	4:27.18	1979	18. Justin Valle	4:34.80	1999
9. Lucas Allen-Williams	4:28.62	2003	19. Greg Ehlert	4:34.8	1989
10. Basilio Coleman	4:30.1c	1982	20. Armando Flores	4:39.00	2002

## 30 Best Performances

1.	4:06.26	Coley Candaele	6/ 2/90	Cerritos
2.	4:06.58	Coley Candaele	5/18/90	Cerritos
3.	4:08.05	Tom Grewe	6/ 5/82	Sacramento
4.	4:09.01	Coley Candaele	6/ 3/89	Cerritos
5.	4:09.63	Coley Candaele	5/25/90	Cerritos
6.	4:09.64	Tom Grewe	5/22/82	Cerritos
7.	4:10.54	Coley Candaele	5/26/89	Cerritos
8.	4:11.04	Coley Candaele	5/21/88	Cerritos
9.	4:11.53	Coley Candaele	5/27/88	Cerritos
10.	4:11.57	Coley Candaele	6/ 4/88	Cerritos
11.	4:11.92	Coley Candaele	6/ 3/88	Cerritos
12.	4:12.44	Coley Candaele	6/ 1/90	Cerritos
13.	4:12.58	Coley Candaele	5/20/89	Cerritos
14.	4:12.67	Tom Grewe	5/27/82	Cerritos
15.	4:12.7c	Tom Grewe	4/ 6/82	Santa Ynez
16.	4:13.90	Coley Candaele	5/13/89	Arcadia
17.	4:14.09c	Coley Candaele	3/31/90	Stanford
18.	4:14.19	Bret Kimple	5/29/87	Cerritos
19.	4:14.31	Tom Grewe	5/28/81	Cerritos
20.	4:14.46	Coley Candaele	6/ 2/89	Cerritos
21.	4:14.5	Tom Grewe	6/ 4/82	Sacramento
22.	4:15.07	Coley Candaele	4/ 8/89	Arcadia
23.	4:15.1c	Miguel Santizo	5/27/73	Los Angeles
24.	4:15.55	Tom Grewe	5/23/81	Cerritos
25.	4:15.57	Coley Candaele	4/14/90	Carpinteria HS (RC)
26.	4:15.6	Coley Candaele	5/ 3/90	Santa Barbara (SBCC)
27.	4:16.0c	Miguel Santizo	4/30/74	Ventura
28.	4:16.5	Tom Grewe	5/ 6/82	Santa Barbara (SMHS)
29.	4:16.6c	Miguel Santizo	5/11/74	Placentia
30.	4:16.7c	Miguel Santizo	5/19/73	Placentia
	Senior	Coley Candaele	4:06.26	1990
	Junior	Coley Candaele	4:09.01	1989
	Sophomore	Coley Candaele	4:11.04	1988
	Freshman	Coley Candaele	4:21.45	1987
	TVL	Coley Candaele, Carpinteria	4:15.6	1990
	CIF	Ryan Hall, Big Bear	4:05.78	2002

17.	51.86	Tessa Nash, Jessica Nobbe Lucy Duncan, Kelsey Ferguson	5/15/99	Azusa (Citrus College)
18.	51.87	Tessa Nash, Corilynn Duddridge Maria Albarran, Lucy Duncan	3/30/00	Carpinteria HS
19.	51.89	Tessa Nash, Corilynn Duddridge Maria Albarran, Lucy Duncan	4/20/00	Carpinteria HS
20.	51.94	Juliet Casso, Emily DeArkland Maria Elena Malovos, Veronica Gonzales	4/24/02	Carpinteria HS
21.	51.98	Nikki Barbieri, Ligaya Coleman Jessica Nesheim, Kirsten Candaele	5/16/92	Arcadia
	51.98	Haley Bowman, Kristy Campos Serena Renner, Margo Ledig	4/ 1/04	Carpinterua HS
23.	52.04	Juliet Casso, Allison Requejo Maria Albarran, Veronica Gonzales	5/12/01	Azusa (Citrus College)
24.	52.07	Tessa Nash, Jessica Nobbe Lucy Duncan, Kelsey Ferguson	5/ 6/99	Santa Barbara (SBCC)
25.	52.08	Juliet Casso, Serena Renner Maria Elena Malovos, Kristy Campos	4/19/03	Carpinteria HS (RC)
26.	52.1	Denette Russell, Candi Kelsey Shawn Henderson, Shari Williams	4/21/84	Santa Ynez
27.	52.29	Kim Englert, Cherie Breland Shawn Henderson, Denette Russell	5/18/85	Walnut
28.	52.35	Sofia Van Wingerden, Emily DeArkland Maria Elena Malovos, Veronica Gonzales	4/13/02 (RC)	Carpinteria HS
29.	52.48	Tessa Nash, Tara Gendron Jessica Nobbe, Ashley Smith	5/16/98	Arcadia
	52.48	Emily DeArkland, Kristy Campos Serena Renner, Rosa O'Reilly	3/20/03	Carpinteria HS
F/S	53.08	Juliet Casso, Monica Gonzales Maria Elena Malovos, Emily DeArkland	4/14/01 (Russell Cup)	Carpinteria HS
TVL	50.93	St Bonaventure	2005	
CIF	46.98	St Mary's Academy	2005	

### 1600 METER RELAY

(CIF event since 1974)

#### **30 Best Performances**

1.	4:03.61	Corilynn Duddridge, Tessa Nash Maria Albarran, Lucy Duncan	5/20/00	Cerritos
2.	4:04.97	Corilynn Duddridge, Tessa Nash Maria Albarran, Lucy Duncan	4/22/00	Carpinteria HS (SB County)
3.	4:05.40	Corilynn Duddridge, Tessa Nash Maria Albarran, Lucy Duncan	4/15/00	Carpinteria HS (Russell Cup)
4.	4:05.72	<b>Tiondra Flynn, Kacey Nomura</b> Margo Ledig, <b>Haley Bowman</b>	5/21/05	Cerritos
5.	4:06.21	Corilynn Duddridge, Tessa Nash Maria Albarran, Lucy Duncan	4/26/00	Carpinteria HS
6.	4:07.02	Ashley Smith, Lucy Duncan Daisy Duncan, Tessa Nash	5/23/98	Cerritos
7.	4:07.55	Corilynn Duddridge, Tessa Nash Maria Albarran, Lucy Duncan	5/ 4/00	Carpinteria HS
8.	4:07.6	Corilynn Duddridge, Tessa Nash Maria Albarran, Lucy Duncan	3/23/00	Carpinteria HS
9.	4:07.91	<b>Tiondra Flynn, Kacey Nomura</b> Margo Ledig, <b>Haley Bowman</b>	5/14/05	Carpinteria HS
10.	4:08.00	Tessa Nash, Corilynn Duddridge Daisy Duncan, Lucy Duncan	5/22/99	Cerritos
11.	4:08.42	Tessa Nash, Emily DeArkland Maria Albarran, Lucy Duncan	5/13/00	Walnut
12.	4:08.47	Corilynn Duddridge, Tessa Nash Maria Albarran, Lucy Duncan	4/ 8/00	Azusa (Citrus College)
13.	4:08.63	<b>Tiondra Flynn, Kacey Nomura</b> Margo Ledig, <b>Haley Bowman</b>	5/ 6/05	Carpinteria HS
14.	4:09.02	<b>Tiondra Flynn, Kacey Nomura</b> Margo Ledig, <b>Haley Bowman</b>	4/21/05	Westlake
15.	4:09.34	Tessa Nash, Kelsey Ferguson Daisy Duncan, Lucy Duncan	5/ 6/99	Santa Barbara (SBCC)
16.	4:09.45	<b>Tiondra Flynn, Nicole Spaeth</b> <b>Haley Bowman, Kacey Nomura</b>	5/20/06	Cerritos

### 800m RUN

(CIF event since 1913)

#### **20 Best Performers**

1.	Coley Candaele	1:50.87	1990	11.	Scott Caldwell	1:58.11	1986
2.	Phil Adcock	1:52.92	1980	12.	Greg Carty	1:58.0c	1972
3.	Miguel Santizo	1:55.1c	1974		Tom Grewe	1:58.0c	1982
4.	Armando Flores	1:55.25	2002	14.	Tyler Matson	1:58.64	1999
5.	Beto Puita	1:55.43	1990	15.	David Nunes	1:59.06c	1978
6.	Tony Sourmany	1:55.8	1980	16.	Vino Jacinto	1:59.15	2002
7.	Ben Scott	1:56.46	1999	17.	John Blum	1:59.5c	1978
8.	Ralph Wood	1:56.9c	1935	18.	Joaquin Gomez	2:00.27	2005
9.	Lucas Allen-Williams	1:57.36	2004	19.	Tim Seider	2:00.3c	1980
10.	Victor Miranda	1:57.5	1987	20.	Thomas McMahan	2:00.61	2006

#### **30 Best Performances**

1.	1:50.87	Coley Candaele	5/18/90	Cerritos
2.	1:51.05	Coley Candaele	5/12/90	Arcadia
3.	1:51.19	Coley Candaele	4/ 7/90	Arcadia
4.	1:51.40	Coley Candaele	4/14/90	Carpinteria HS (RC)
5.	1:51.58	Coley Candaele	5/26/89	Cerritos
6.	1:52.18	Coley Candaele	5/20/89	Cerritos
7.	1:52.92	Phil Adcock	5/29/80	Cerritos
8.	1:52.9	Coley Candaele	3/11/89	Pomona
9.	1:53.16	Coley Candaele	5/25/90	Cerritos
10.	1:53.4	Coley Candaele	5/ 3/90	Santa Barbara (SBCC)
11.	1:53.61	Coley Candaele	6/ 2/89	Cerritos
	1:53.61	Coley Candaele	6/ 3/89	Cerritos
13.	1:53.78	Coley Candaele	5/13/89	Arcadia
14.	1:53.7	Coley Candaele	3/10/90	Santa Barbara (SBCC)
15.	1:53.86	Coley Candaele	6/ 1/90	Cerritos
16.	1:53.8	Phil Adcock	6/ 6/80	Berkeley
	1:53.8	Coley Candaele	4/15/89	Carpinteria HS (RC)
18.	1:54.25 <i>i</i>	Coley Candaele	2/16/90	Pocatello, ID
19.	1:54.36	Phil Adcock	5/24/80	Cerritos
20.	1:54.59	Coley Candaele	5/27/88	Cerritos
21.	1:54.5c	Coley Candaele	5/ 4/89	Fillmore
22.	1:55.06 <i>i</i>	Coley Candaele	2/17/90	Pocatello, ID
23.	1:55.1c	Miguel Santizo	4/20/74	Carpinteria Jr HS (RC)
24.	1:55.25	Armando Flores	5/18/02	Cerritos
25.	1:55.34	Coley Candaele	5/16/87	Arcadia
26.	1:55.43	Beto Puita	5/18/90	Cerritos
27.	1:55.4	Coley Candaele	4/ 9/88	Santa Barbara (SBCC)
28.	1:55.84	Beto Puita	5/25/90	Cerritos
29.	1:55.85	Coley Candaele	5/21/88	Cerritos
30.	1:55.8	Tony Sourmany	5/24/80	Cerritos
	Senior	Coley Candaele	1:50.87	1990
	Junior	Coley Candaele	1:51.58	1989
	Sophomore	Coley Candaele	1:54.59	1988
	Freshman	Coley Candaele	1:55.34	1987
	TVL	Coley Candaele, Carpinteria	1:53.4	1990
	CIF	Coley Candaele, Carpinteria	1:50.87	1990

### 400m DASH

(CIF event since 1913)

#### 20 Best Performers

1.	Coley Candaele	49.0	1990	11.	Ben Scott	51.27	1999
2.	Terry Stark	49.5c	1973	12.	Vino Jacinto	51.2	2003
3.	Scott Caldwell	50.0	1986	13.	Mike Medel	51.46	1996
4.	Grant Savoy	50.17	2001	14.	Luis Miranda	51.74	2005
5.	Max Gonzalez	50.30	1998	15.	Jose Padilla	51.87	1985
6.	Walton Kendrick	50.3c	1935	16.	Todd McIntyre	51.8c	1965
7.	Greg Carty	50.6c	1972	17.	Dexter Hunt	51.9c	1971
8.	Dan Rockwell	50.7c	1971	18.	Jose Hernandez	52.0	1990
9.	John Barbieri	50.92	1999	19.	JD Thompson	52.23	1995
10.	Armando Flores	50.94	2002	20.	Ward Small	52.1c	1958
					Phil Adcock	52.1c	1978

#### 30 Best Performances

1.	49.0	Coley Candaele	4/10/90	Carpinteria HS
2.	49.5c	Terry Stark	5/19/73	Placentia
3.	49.8c	Coley Candaele	4/13/89	Oak Park
4.	50.0	Scott Caldwell	4/19/86	Santa Ynez
5.	50.17	Grant Savoy	5/19/01	Cerritos
6.	50.1c	Terry Stark	5/12/73	Placentia
7.	50.30	Max Gonzalez	5/23/98	Cerritos
8.	50.3c	Walton Kendrick	5/18/35	Los Angeles
9.	50.4c	Coley Candaele	4/20/89	Fillmore
	50.4c	Coley Candaele	3/ 8/90	Ojai
11.	50.6c	Greg Carty	4/29/72	Santa Barbara (SBCC)
12.	50.75	Max Gonzales	5/ 7/98	Santa Barbara (SBCC)
	50.75	Max Gonzales	5/16/98	Arcadia
14.	50.7c	Dan Rockwell	4/18/70	Carpinteria Jr HS (RC)
	50.7c	Dan Rockwell	4/17/71	Carpinteria Jr HS (RC)
16.	50.87	Grant Savoy	4/14/01	Carpinteria HS (RC)
17.	50.88	Grant Savoy	5/12/01	Azusa (Citrus College)
18.	50.92	John Barbieri	4/28/99	Santa Barbara (SBCC)
19.	50.8c	Dan Rockwell	4/23/70	Carpinteria HS
	50.8c	Greg Carty	4/ 8/72	Carpinteria Jr HS (RC)
	50.94	Armando Flores	4/24/02	Carpinteria HS
22.	50.9c	Dan Rockwell	4/16/70	Santa Barbara (SBCC)
	50.9c	Dan Rockwell	4/14/71	Carpinteria HS
24.	51.0c	Greg Carty	4/27/72	Carpinteria HS
	51.0	Coley Candaele	4/28/88	Santa Ynez
26.	51.1	John Barbieri	4/ 7/99	Cate School
27.	51.27	Ben Scott	3/ 6/99	Santa Barbara (SBCC)
28.	51.2	Vino Jacinto	4/ 5/03	Beaumont
29.	51.35	Ben Scott	4/22/99	Santa Barbara (SBCC)
30.	51.38	Ben Scott	4/ 2/98	Fresno
	Senior	Coley Candaele	49.0	1990
	Junior	Coley Candaele	49.8c	1989
Sophomore		Coley Candaele	51.0	1988
Freshman		<b>Freddy Maldonado</b>	52.60	2006
	TVL	Adam Liranzo, St Bonaventure	49.97	2004
	CIF	Zach Chandy, Sage Hill	47.69	2006

17.	4:09.73	Serena Renner, Monica Gonzales Margo Ledig, Emily DeArkland	5/17/03	Walnut
18.	4:10.90	Tessa Nash, Corilynn Duddridge Daisy Duncan, Lucy Duncan	5/15/99	Azusa (Citrus College)
19.	4:11.65	Corilynn Duddridge, Tessa Nash Maria Albarran, Lucy Duncan	3/10/00	Carpinteria HS
20.	4:12.22	Ashley Smith, Lucy Duncan Daisy Duncan, Tessa Nash	5/ 7/98	Santa Barbara (SBCC)
21.	4:12.56	Tessa Nash, Corilynn Duddridge Daisy Duncan, Lucy Duncan	4/17/99	Santa Barbara (SBCC) (RC)
22.	4:13.92	Karla Martinez, <b>Haley Bowman</b> Serena Renner, Margo Ledig	5/ 7/04	Carpinteria HS
23.	4:14.22	Juliet Casso, Emily DeArkland Jamie Chamlee, Maria Albarran	5/12/01	Azusa (Citrus College)
24.	4:14.53	Juliet Casso, Emily DeArkland Jamie Chamlee, Maria Albarran	5/ 4/01	Carpinteria HS
25.	4:14.58	Ashley Smith, Lucy Duncan Daisy Duncan, Tessa Nash	5/16/98	Arcadia
26.	4:15.07	<b>Tiondra Flynn, Nicole Spaeth</b> <b>Haley Bowman, Kacey Nomura</b>	4/26/06	Carpinteria
27.	4:15.15	Serena Renner, Moncia Gonzales Julissa Alvarez, Emily DeArkland	4/26/03	Carpinteria HS
28.	4:15.32	<b>Tiondra Flynn, Nicole Spaeth</b> <b>Haley Bowman, Kacey Nomura</b>	5/13/06	Carpinteria
29.	4:16.30	Karla Martinez, <b>Haley Bowman</b> Serena Renner, Margo Ledig	5/15/04	Moorpark HS
30.	4:16.35	Juliet Casso, Kristy Campos Margo Ledig, Emily DeArkland	5/11/02	Walnut
	F/S	4:17.95	<b>Lucy Musson, Kacey Nomura</b> <b>Tiondra Flynn, Haley Bowman</b>	2005
	Indoor	4:28.43c	Tessa Nash, Allison Requejo Daisy Duncan, Lucy Duncan	1999
	TVL	4:05.99	Oak Park	2005
	CIF	3:49.31	Louisville	2005

## RELAY RECORDS

### 800m RELAY (4 x 200)

1. Juliet Casso - Lauren Damerel - Emily DeArkland - Veronica Gonzales	1:50.91	2002
2. Tessa Nash - Lucy Duncan - Daisy Duncan - Ashley Smith	1:51.2	1998
3. Serena Renner - Kristy Campos - Karla Martinez - Margo Ledig	1:51.93	2004
4. Kelsey Fergusson - Tessa Nash - Lucy Duncan - Daisy Duncan	1:52.85	1999
5. <b>Marissa Carrillo - Celina Torres - Tiondra Flynn - Kasey Nomura</b>	1:53.6	2006
F/S <b>Lauren Colomy - Celina Torres - Marissa Carrillo - Kasey Nomura</b>	1:54.5	2006
8 x 200 Ana Albarran - Stacy Chamlee - Lindsey Connolly - Mary Grabiak	4:09.9	2002
Corinna Leon - Megan Musser - Tayanna Soria - Elena Torres		

### SPRINT MEDLEY (100-100-200-400)

1. Kelsey Fergusson - Daisy Duncan - Tessa Nash - Lucy Duncan	1:55.85	1999
2. <b>Marissa Carrillo - Maggie Thompson - Haley Bowman - Kasey Nomura</b>	1:56.72	2006
3. Maria Elena Malovos - Serena Renner - Kristy Campos - Emily DeArkland	1:57.59	2003
4. Nikki Barbieri - Tracey Herrera - Vicki Cota - Ligaya Coleman	1:57.7	1990
5. <b>Marissa Carrillo - Celina Torres - Lucy Musson - Kasey Nomura</b>	1:58.92	2006
F/S <b>Marissa Carrillo - Celina Torres - Lucy Musson - Kasey Nomura</b>	1:58.92	2006

### SPRINT MEDLEY (100-200-300-400)

1. Denette Russell - Shawn Henderson - Marisa Olivares - Shari Williams	2:36.2c	1984
2. Shawn Henderson - Denette Russell - Angie McKain - Susie Barnett	2:41.6c	1983
3. Julie Cota - Tami Clay - Renee Harris - Kim Wilde	2:42.5c	1981
4. Karen Poulos - Laura DeLucia - Renee Harris - Heather Gray	2:44.8c	1982
5. Cherie Breland - Denette Russell - Angie McKain - Lee D'Alessandro	2:45.8c	1985
F/S Shawn Henderson - Denette Russell - Angie McKain - Susie Barnett	2:41.6c	1983

### 3200m RELAY (4 x 800)

1. Shellie Parton - Emily DeArkland - Jessica Theilmann - Bekah Ernst	10:23.18	2002
2. Araceli Hernandez-Jessie Yates-Jessica Duncan-Jessica Clay	10:30.5	1996
3. Shellie Parton - Julie Irabon - Jessica Theilmann - Bekah Ernst	10:36.2	2002
4. Lisa Gray - Pauli Zandona - Suzie Cordero - Susie Barnett	10:52.0c	1984
5. Shellie Parton - Jessica Theilmann - Emily DeArkland - Bekah Ernst	10:55.0c	2002
F/S Jessie Yates - Daphne Stanford - Shannon Seaver - Jessica Clay	11:04.8	1994
Indoor Julie Irabon - Shellie Parton - Emily DeArkland - Bekah Ernst	11:08.0c	2002

### DISTANCE MEDLEY (1200-400-800-1600)

1. Shellie Parton - Jessica Theilmann - Emily DeArkland - Bekah Ernst	13:17.95	2002
2. Shellie Parton - Kalani Floyd - Julie Irabon - Bekah Ernst	13:23.7	2002
3. Susie Barnett - Lee D'Alessandro - Diane Daley - Kelly Tremmel	13:25.2	1986
4. Araceli Hernandez-Shannon Seaver-Jessica Duncan-Jessica Clay	13:50.9	1996
5. Susie Barnett - Lee D'Alessandro - Diane Daley - Kelly Tremmel	14:06.4c	1986
F/S <b>Brianna Stout - Nicole Spaeth - Jazmin Vargas - Kacey Nomura</b>	14:11.2	2005

### 6400m RELAY (4 x 1600)

1. Susie Barnett - Diane Daley - Amy Walsh - Lisa Gray	23:51.02c	1985
2. Ester Morales - Sheryl McCullum - Deana Ross - Ingrid Bowers	25:39.1c	1979
3. Julie Lammer - Amber Yates - Jeanette Fernandez - Mercedes Lopez	26:34.7c	1991

### SHUTTLE HURDLE RELAY (4 x 100 Hurdles)

1. Mojdeh Khalili - Jamie Chamlee - Wendy Wright - Daisy Duncan	1:13.6	1999
2. Shannon Burgett - Shawn Henderson - Angie McKain - Shari Williams	1:13.9c	1983
3. Stacy Chamlee - Mary Grabiak - Katie Wedemeyer - Sofia Van Wingerden	1:14.10	2003
4. Sofia Van Wingerden - Mary Grabiak - Stacy Chamlee - Lauren Damerel	1:14.55	2002
5. Mojdeh Khalili - Wendy Wright - Jamie Chamlee - Daisy Duncan	1:15.6	1998
F/S Anna Evans - Mojdeh Kahlili - Wendy Wright - Daisy Duncan	1:18.8c	1997

### LONG JUMP RELAY

1. Juliet Casso - Lauren Damerel - Veronica Gonzales	44' 6 ¼"	2002
2. Rosa O'Reilly - Lana Wolverton - Elena Torres	44' 4 ¾"	2005
3. Tara Gendron - Ashley Smith - Kristen Carstens	42' 10 ½"	1998
4. Julie Cota - Renee Harris - Ingrid Bowers	41' 11 ½"	1980
5. Ligaya Coleman - Nikki Barbieri - Lea Boyd	41' 11"	1993
F/S Rosa O'Reilly - Lana Wolverton - Elena Torres	41' 9 ¼"	2003

## 200m DASH

(CIF event since 1913)

### 20 Best Performers

1. Bob Calderon	21.9c	1963	11. Neil Clark	22.6c	1939
Todd McIntyre	21.9c	1964	Robert Dunn	22.6c	1978
Terry Stark	21.9c	1972	Ben Scott	22.84	1999
4. Mike Saragosa	22.2c	1966	14. Grant Savoy	22.91	2001
5. John Barbieri	22.50	1999	15. Jason Eiker-Wiles	23.12	2003
6. Tom Morrison	22.3c	1952	16. Richard Morris	22.9c	1954
Larry Stark	22.3c	1970	17. Max Gonzales	23.20	1998
8. Walton Kendrick	22.5c	1934	18. Vino Jacinto	23.21	2003
Jim Peterson	22.5c	1937	19. Coley Candaele	23.0	1990
10. Chris Grisingher	22.81	2002	20. Luis Soto	23.26	2002

### 30 Best Performances

1. 21.9c	Bob Calderon	??/??/63	???	
21.9c	Todd McIntyre	5/ 2/64	Santa Ynez	
21.9c	Terry Stark	4/27/72	Carpinteria HS	
4. 22.2c	Mike Saragosa	??/??/66	???	
5. 22.50	John Barbieri	5/15/99	Azusa (Citrus College)	
6. 22.3c	Tom Morrison	5/10/52	Carpinteria HS	
22.3c	Larry Stark	5/22/70	Cerritos	
8. 22.62	John Barbieri	5/22/99	Cerritos	
9. 22.4c	Larry Stark	4/ 9/70	Fillmore	
22.4c	Larry Stark	4/11/70	Newbury Park	
22.4c	Larry Stark	4/16/70	Santa Barbara (SBCC)	
22.4c	Larry Stark	4/18/70	Carpinteria Jr HS (RC)	
22.4c	Larry Stark	4/23/70	Carpinteria HS	
22.4c	Larry Stark	5/ 9/70	Agoura	
22.4c	Larry Stark	5/16/70	Inglewood	
22.4c	Terry Stark	3/ 5/73	Santa Maria	
22.4c	Terry Stark	5/ 5/73	Carpinteria HS	
22.64	John Barbieri	5/ 6/99	Santa Barbara (SBCC)	
19. 22.5c	Walton Kendrick	4/14/34	Carpinteria HS (RC)	
22.5c	Jim Peterson	3/19/37	Carpinteria HS	
22.5c	Larry Stark	4/17/71	Carpinteria Jr HS (RC)	
22.5c	Larry Stark	4/29/71	Fillmore	
22.5c	Larry Stark	5/ 1/71	Fillmore	
22.5c	Terry Stark	4/ 8/72	Carpinteria Jr HS (RC)	
22.5c	Terry Stark	4/ 7/73	Carpinteria Jr HS (RC)	
26. 22.81	Chris Grisingher	5/ 3/02	Carpinteria HS	
27. 22.6c	Neil Clark	??/??/39	???	
22.6c	Todd McIntyre	??/??/65	Los Angeles	
22.6c	Larry Stark	3/30/71	Carpinteria HS	
22.6c	Larry Stark	4/29/72	Santa Barbara (SBCC)	
22.6c	Terry Stark	3/15/73	Carpinteria HS	
22.6c	Terry Stark	3/29/73	Carpinteria HS	
22.6c	Terry Stark	4/28/73	Fillmore	
22.6c	Terry Stark	5/19/73	Placentia	
22.6c	Robert Dunn	5/??/78	Arcadia	
22.6	John Barbieri	4/22/99	Santa Barbara (SBCC)	
22.84	Ben Scott	5/ 6/99	Santa Barbara (SBCC)	
Senior	John Barbieri	22.50	1999	
Junior	Bob Calderon	21.9c	1963	
	Todd McIntyre	21.9c	1964	
	Terry Stark	21.9c	1972	
Sophomore	Mike Saragosa	22.2c	1966	
Freshman	Dan Moyer	23.6c	1970	
	TVL	Kevin Tribblehorn, Moorpark	22.1c	1991
	CIF	Warren Rogers, Serra	21.07	2000

### 100m DASH

(CIF event since 1913)

#### **20 Best Performers**

1.	Jim Peterson	10.9c	1937	Dick Howitt	11.2c	1962
	Larry Stark	10.9c	1971	Phil Adcock	11.2c	1980
	Terry Stark	10.9c	1973	Chris Harris	11.2	1985
	Shawn Jackson	10.9c	1985	Damon Shirley	11.2	1990
5.	Chris Grisingher	11.15	2002	17. Alex Cuevas	11.50	2006
6.	Robert Dunn	11.0c	1977	18. Richard Morris	11.3c	1954
7.	Rod Aguilar	11.30	1999	Mike Curtis	11.3c	1968
8.	Alfred Gonzalez	11.40	1999	David Walters	11.3c	1972
9.	Jeff Frowiss	11.43	1999	Nick Solano	11.3c	1982
	Luis Soto	11.43	2002	Mike Blodgett	11.3	1983
11.	Allen Burch	11.2c	1933	Ryan Kuttler	11.3	1993
	Tom Morrison	11.2c	1952	Grant Savoy	11.3	2001

#### **30 Best Performances**

1.	10.9c	Jim Peterson	?/??/37	???
	10.9c	Larry Stark	4/11/70	Newbury Park
	10.9c	Larry Stark	3/20/71	Ventura
	10.9c	Terry Stark	3/15/73	Carpinteria HS
	10.9c	Terry Stark	3/29/73	Carpinteria HS
	10.9c	Shawn Jackson	5/ 2/85	Oak Park
7.	11.15	Chris Grisingher	4/24/02	Carpinteria HS
8.	11.16	Chris Grisingher	5/ 3/02	Carpinteria HS
9.	11.22	Chris Grisingher	4/13/02	Carpinteria HS (RC)
10.	11.0c	Jim Peterson	4/ 3/37	Carpinteria HS
	11.0c	Larry Stark	5/22/70	Cerritos
	11.0c	Larry Stark	4/ 8/71	Santa Barbara (DPHS)
	11.0c	Larry Stark	4/14/71	Carpinteria HS
	11.0c	Larry Stark	4/20/71	Carpinteria HS
	11.0c	Larry Stark	5/ 1/71	Fillmore
	11.0c	Terry Stark	4/20/72	Santa Barbara (SMHS)
	11.0c	Terry Stark	4/27/72	Carpinteria HS
	11.0c	Terry Stark	3/ 5/73	Santa Maria
	11.0c	Terry Stark	4/28/73	Fillmore
	11.0c	Robert Dunn	3/ 3/77	Carpinteria HS
	11.0c	Robert Dunn	3/24/77	Carpinteria HS
	11.0c	Robert Dunn	4/16/77	Santa Paula
	11.0c	Robert Dunn	4/20/77	Carpinteria HS
24.	11.27	Chris Grisingher	3/ 8/02	Carpinteria HS
25.	11.28	Chris Grisingher	4/20/02	Carpinteria HS
26.	11.30	Rod Aguilar	5/15/99	Azusa (Citrus College)
27.	11.32	Chris Grisingher	4/ 4/02	Fresno
28.	11.1	Shawn Jackson	4/13/85	Santa Ynez
	11.34	Rod Aguilar	4/28/99	Santa Barbara (SBCC)
30.	11.37	Chris Grisingher	4/18/02	Carpinteria HS
	Senior	Jim Peterson	10.9c	1937
		Larry Stark	10.9c	1971
		Terry Stark	10.9c	1973
		Shawn Jackson	10.9c	1985
	Junior	Larry Stark	10.9c	1970
Sophomore		Chris Grisingher	11.42	2001
Freshman		Dan Moyer	11.5c	1970
	TVL	Kevin Triplehorn, Moorpark	10.6	1990
	CIF	Warren Rogers, Serra	10.47	2000

### TRIPLE JUMP RELAY

1.	Rosa O'Reilly - Lana Wolverton - Elena Torres	96' 2 3/4"	2005
2.	Rosa O'Reilly - Elena Torres - Lana Wolverton	93' 6 3/4"	2003
3.	Ligaya Coleman - Nikki Barbieri - Lea Boyd	92' 2"	1993
4.	Jessics Nobbe - Jaymee Gentry - Joanna Nobbe	91' 5"	1999
5.	Shawn Henderson - Candi Kelsey - Marisa Olivares	89' 6 1/2"	1984
	F/S Rosa O'Reilly - Elena Torres - Lana Wolverton	93' 6 3/4"	2003

### HIGH JUMP RELAY

1.	Kristen Carstens - Vanessa Ray - Jaime Chamlee	14' 5"	1999
2.	Kristen Carstens - Tara Gendron - Jessica Nobbe	13' 10"	1998
	Jamie Chamlee - Lauren Damerel - Sofia Van Wingerden	13' 10"	2001
	Lauren Damerel - Sofia Van Wingerden - Kiley Dirado	13' 10"	2002
5.	Charis Haines - Jamie Chamlee - Kelsey Ferguson	13' 8"	2000
	Margo Ledig - Katie Wedemeyer - Rosa O'Reilly - Monica Johnson	13' 8"	2005
	F/S Kasey Gentry - Margo Ledig - Katie Wedemeyer	13' 4"	2002

### POLE VAULT RELAY

1.	Stephanie Norris - Lucy Duncan - Jamie Chamlee	24' 6"	1998
2.	Amy Fortunato - Lexie Greene - Miranda Morden	19' 6"	2000
	Stephanie Norris	8' 0"	1996
	Lucy Duncan	6' 6"	1997
	Miranda Morden	5' 6"	1999
	F/S Amy Fortunato - Lexie Greene - Miranda Morden	19' 6"	2000

### SHOT PUT RELAY

1.	Becca Stowers - Jaci Mello - Jacquelyn Crawford	91' 5"	1991
2.	Sarah Grieve - Oriana Grubisic - Christina Norris	88' 11"	2001
3.	Jaci Mello - Suzanne Van Kreeveld - Larissa Godkin	87' 0"	1993
4.	Becca Stowers - Julie Rubio - Leslie Farrant	86' 10"	1990
5.	Amanda Thompson - Annika Aspen - Robin Miles	85' 8 3/4"	2003
	F/S Annika Aspen - Ashley Dulmage - Emily Pettijohn	68' 10 1/2"	2002

### DISCUS RELAY

1.	Laura King - Micheline Sheaffer - Jenny Rocco	262' 2"	1986
2.	Amanda Thompson - Annika Aspen - Maria Mejia	251' 6"	2002
3.	Becca Stowers - Jaci Mello - Suzanne Van Kreeveld	247' 7"	1991
4.	Sarah Grieve - Oriana Grubisic - Christina Norris	247' 6"	2001
5.	Amanda Thompson - Annika Aspen - Robin Miles	240' 10"	2003
	F/S Ashley Dulmage - Emily Pettijohn - Janet Pozos	220' 9"	2003

### OTHER RECORDS

#### 1500m RUN

1.	Jeanette Fernandez	5:16.50	1993
2.	Marcie Puita	5:19.4	1988
3.	Amy Walsh	5:21.0	1988
4.	Jessica Clay	5:23.90	1996
5.	Jessica Duncan	5:25.73	1997

#### 3000m RUN

1.	Bekah Ernst	10:33.21	2002
2.	Shellie Parton	11:42.44	2002
3.	Amy Walsh	11:45.4	1988
4.	Julie Irabon	11:59.5	2003
5.	Mercedes Lopez	12:06.1	1991

#### 3,000m STEEPLECHASE

1.	Chrisy Burnett	15:07.7	1984
2.	Angela Carreno	15:44.4	1986

#### JAVELIN

Amanda Thompson	86' 10"	2002
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#### HEPTHALON

Lauren Damerel	2990 Pts	2002
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**DUAL MEET RECORDS VS. OTHER SCHOOLS**

(SINCE 1960)

	V. BOYS			V. GIRLS			F/S BOYS			JV GIRLS		
Agoura	1	2	0	—	—	—	—	—	—	—	—	
Arroyo Grande	1	1	0	0	1	0	0	1	0	0	0	
Atascadero	1	0	0	0	1	0	1	0	0	1	0	
Bishop Diego	31	1	1	10	6	1	16	1	0	7	0	
Brea Olinda	0	1	0	—	—	—	—	—	—	—	—	
Buena	0	2	0	—	—	—	—	—	—	—	—	
Cabrillo	0	1	0	—	—	—	—	—	—	—	—	
Calabasas	1	0	0	0	1	0	1	0	0	—	—	
Cate	22	1	0	9	5	1	3	0	0	3	0	
Channel Islands	0	1	0	—	—	—	—	—	—	—	—	
Condor League	1	0	0	1	0	0	—	—	—	—	—	
Dos Pueblos	7	7	0	5	7	0	8	4	0	2	5	
Dunn	2	0	0	1	0	0	1	0	0	1	0	
Fillmore	32	3	0	25	1	1	13	16	0	10	3	
Foothill (Bakersfield)	0	1	0	0	1	0	0	1	0	1	0	
Lompoc	2	2	1	0	3	0	3	1	0	—	—	
L.A. Lutheran	0	1	0	—	—	—	—	—	—	—	—	
La Reina	—	—	—	5	4	0	—	—	—	7	2	
Moorpark	25	1	0	5	2	0	10	0	0	—	—	
Newbury Park	5	2	0	1	4	0	2	3	0	2	3	
Nordhoff	24	16	0	7	21	0	12	17	1	1	20	
Oak Park	13	10	0	12	12	0	18	6	0	6	7	
Oxnard	1	0	0	1	0	0	1	0	0	1	0	
Righetti	0	1	0	0	1	0	0	1	0	—	—	
Rio Mesa	4	6	0	0	2	0	0	4	0	0	1	
San Luis Obispo	0	1	0	0	1	0	—	—	—	—	—	
San Marcos	1	6	0	1	3	0	1	3	0	1	2	
Santa Barbara	2	1	0	1	1	0	2	0	0	1	0	
Santa Clara	10	2	0	—	—	—	3	2	0	—	—	
Santa Maria	0	1	0	—	—	—	1	0	0	—	—	
Santa Paula	12	2	0	8	0	0	8	2	0	2	0	
Santa Ynez	18	14	2	2	9	0	14	2	0	1	2	
Saugus	1	0	0	0	1	0	1	0	0	—	—	
Simi Valley	2	2	0	—	—	—	—	—	—	—	—	
South Pasadena	0	1	0	—	—	—	—	—	—	—	—	
St. Bonaventure	27	9	1	26	3	1	23	9	0	12	1	
St. Joseph	1	0	0	1	0	0	1	0	0	—	—	
Thacher	2	0	0	1	0	0	1	0	0	2	0	
Thousand Oaks	0	1	0	—	—	—	—	—	—	—	—	
Ventura	0	2	0	—	1	—	0	2	0	—	1	
Villanova	11	0	0	—	—	—	2	0	0	—	—	
<b>TOTALS</b>	<b>260</b>	<b>101</b>	<b>5</b>	<b>120</b>	<b>90</b>	<b>4</b>	<b>143</b>	<b>75</b>	<b>1</b>	<b>60</b>	<b>47</b>	<b>0</b>

**WARRIORS IN CIF CHAMPIONSHIPS**

<b>2002</b>	<b>ARMANDO FLORES</b>	Champion	800 meters	1:55.25
	<b>LAUREN DAMEREL</b>	Champion	High Jump	5' 2"
	<b>NOAH BRYANT</b>	Champion	Shot Put	66' ½"
			(CIF Record)	
	J. Carty; L. Soto	2nd Place	400m Relay	43.47
	B. Donovan; C. Grisingher			
	Lauren Damerel	3rd Place	100 High Hurdles	16.03
	Noah Bryant	3rd Place	Discus	170' 2"
	J. Eiker-Wiles, V. Jacinto	3rd Place	1600m Relay	3:24.06
	T. Hallock, A. Flores			
	Jason Eiker-Wiles	4th Place	110 High Hurdles	15.41
	Jason Eiker-Wiles	4th Place	300 Int. Hurdles	40.30
	Ryan Dumm	5th Place	110 High Hurdles	15.53
	Margo Ledig	5th Place	High Jump	4' 8"
	Vino Jacinto	6th Place	800 meters	1:59.94
<b>2003</b>	<b>JASON EIKER-WILES</b>	Champion	300 Int. Hurdles	38.51
	Jason Eiker-Wiles	3rd Place	110 High Hurdles	14.96
	Ryan Dumm	5th Place	110 High Hurdles	15.26
	Ryan Dumm	5th Place	300 Int. Hurdles	41.01
	Sophia Van Wingerden	5th Place	100 High Hurdles	16.54
	Joaquin Gomez	6th Place	3200 meters	9:44.42
<b>2004</b>	Lucas Allen-Williams	3rd Place	800 meters	1:57.36
	Joaquin Gomez	3rd Place	3200 meters	9:28.71
	Jason Eiker-Wiles	3rd Place	300 Int. Hurdles	39.28
	Jason Eiker-Wiles	4th Place	110 High Hurdles	15.44
	Rosa O'Reilly	4th Place	Triple Jump	35' 1 ¼"
	Stacy Chamlee	5th Place	100 High Hurdles	16.70
<b>2005</b>	<b>JOAQUIN GOMEZ</b>	Champion	3200 meters	9:18.46
	Rosa O'Reilly	3rd Place	Triple Jump	35' 7 ¾"
	Margo Ledig	3rd Place	High Jump	5' 0"
	Kacey Nomura	4th Place	800 meters	2:18.42
	Chris Targoni	4th Place	Shot Put	48' 6 ½"
	Nick Van Eyck	6th Place	Pole Vault	13' 0"
	Stacy Chamlee	6th Place	100 High Hurdles	16.25
	T. Flynn, K. Nomura	6th Place	1600m Relay	4:05.72
<b>2006</b>	M. Ledig, H. Bowman			
	A. Cuevas, T. McMahon	5th Place	1600m Relay	3:33.38
	S. Lozier, F. Maldonado			
	T. Flynn, N. Spaeth	5th Place	1600m Relay	4:09.45
	H. Bowman, K. Nomura			
	Thomas McMahon	6th Place	800 meters	2:00.61
Kacey Nomura	6th Place	400 meters	60.17	



**WARRIORS IN CIF CHAMPIONSHIPS**

<b>1999</b>	<b>BEN SCOTT</b>	Champion	800 meters	1:56.46
	<b>JOHN BARBIERI</b>	Champion	110 High Hurdles	14.65
	<b>JOHN BARBIERI</b>	Champion	300 Int. Hurdles	38.92
	Lucy Duncan	2nd Place	400 meters	58.55
	A. Gonzalez, A. Crouse	2nd Place	400 Relay	43.32
	R. Aguilar, B. Scott			
	A. Gonzalez, T. Matson	2nd Place	1600 Relay	3:22.06
	B. Scott, J. Barbieri			
	Rod Aguilar	3rd Place	Long Jump	21' 2 1/2"
	Chris Redfield	3rd Place	Discus	155' 6"
	Lucy Duncan	4th Place	200 meters	26.40
	Tyler Matson	4th Place	800 meters	1:58.64
	Chris Gocong	4th Place	Discus	150' 2"
	Kristen Carstens	5th Place	High Jump	4' 10"
	T. Nash, C. Duddridge	5th Place	1600 Relay	4:08.00
	D. Duncan, L. Duncan			
	Daisy Duncan	6th Place	100 High Hurdles	16.47
	Charis Haines	6th Place	Triple Jump	34' 2 1/4"
	T. Nash, Je. Nobbe	6th Place	400 Relay	51.84
L. Duncan, K. Ferguson				
<b>2000</b>	<b>CHRIS GOCONG</b>	Champion	Discus	175' 2"
	Chris Gocong	2nd Place	Shot Put	50' 8 1/2"
	Lauren Damerel	3rd Place	100 High Hurdles	16.22
	C. Duddridge, T. Nash	3rd Place	1600 Relay	4:03.61
	M. Albarran, L. Duncan			
	Ian Allen-Williams	4th Place	Triple Jump	43' 6 1/2"
	Chris Redfield	4th Place	Discus	147' 4"
	Sarah Grieve	5th Place	Discus	101' 9"
	Lucy Duncan	5th Place	400 meters	59.67
	T. Nash, C. Duddridge	6th Place	400 Relay	50.69
	M. Albarran, L. Duncan			
<b>2001</b>	<b>GRANT SAVOY</b>	Champion	400 meters	50.17
	<b>NOAH BRYANT</b>	Champion	Shot Put	61' 11 1/2"
				(CIF Record)
	Noah Bryant	2nd Place	Discus	155' 6"
	J. Eiker-Wiles, V. Jacinto	2nd Place	1600 Relay	3:28.37
	A. Flores, G. Savoy			
	Jamie Chamlee	3rd Place	Pole Vault	9' 0"
	Chris Gocong	3rd Place	Shot Put	52' 2 3/4"
	Chris Gocong	3rd Place	Discus	155' 1"
	Armando Flores	4th Place	800 meters	2:00.25
	Jason Eiker-Wiles	4th Place	300m Int. Hurdles	42.05
	Thomas Chamlee	5th Place	Pole Vault	11' 0"
	Lauren Damerel	6th Place	High Jump	4' 10"

**WARRIOR LEAGUE CHAMPIONSHIPS**

**Varsity Girls**

(9 titles)  
 1984 - Tri Valley League  
 1993 - Tri Valley League  
 1994 - Tri Valley League  
 1995 - Tri Valley League  
 1996 - Tri Valley League  
 1998 - Tri Valley League  
 1999 - Tri Valley League  
 2000 - Tri Valley League  
 2004 - Tri Valley League

**Jr. Varsity Girls**

(4 titles)  
 1993 - Tri Valley League  
 1994 - Tri Valley League  
 1998 - Tri Valley League  
 1999 - Tri Valley League

**Varsity Boys**

(36 titles)  
 1931 - Ventura Minor Lge  
 1932 - Ventura Minor Lge  
 1933 - Ventura Minor Lge  
 1934 - Ventura Minor Lge  
 1935 - Ventura Minor Lge  
 1936 - Ventura Minor Lge  
 1937 - Ventura Minor Lge  
 1938 - Ventura Minor Lge  
 1949 - Tri Valley League  
 1950 - Tri Valley League  
 1951 - Tri Valley League  
 1955 - Tri Valley League  
 1962 - Tri Valley League  
 1971 - Tri Valley League  
 1972 - Tri Valley League  
 1974 - Tri Valley League  
 1976 - Tri Valley League  
 1977 - Tri Valley League  
 1978 - Tri Valley League  
 1979 - Tri Valley League  
 1980 - Tri Valley League  
 1982 - Tri Valley League  
 1983 - Tri Valley League  
 1984 - Tri Valley League

1985 - Tri Valley League  
 1986 - Tri Valley League  
 1987 - Tri Valley League  
 1989 - Tri Valley League  
 1990 - Tri Valley League  
 1993 - Tri Valley League  
 1996 - Tri Valley League  
 1998 - Tri Valley League  
 1999 - Tri Valley League  
 2001 - Tri Valley League  
 2002 - Tri Valley League  
 2003 - Tri Valley League

**Frosh/Soph Boys**

(11 titles)  
 1973 - Tri Valley League  
 1977 - Tri Valley League  
 1980 - Tri Valley League  
 1987 - Tri Valley League  
 1989 - Tri Valley League  
 1990 - Tri Valley League  
 1992 - Tri Valley League  
 1993 - Tri Valley League  
 1996 - Tri Valley League  
 1998 - Tri Valley League  
 2002 - Tri Valley League

**WARRIOR TEAMS IN CIF CHAMPIONSHIPS**

**Varsity Girls**

1993 - 3rd place (39 points)  
 1994 - 5th place (29 points)  
 1996 - 5th place (24 points)  
 1998 - 3rd place (30 points)

**Varsity Boys**

1950 - 2nd Place, Class B  
 1977 - 2nd place (55 points)  
 1978 - 3rd place (42 points)

1979 - 5th place (32 points)  
 1982 - 2nd place (37 points)  
 1987 - 4th place (26 points)  
 1990 - 4th place (38 points)  
 1997 - 3rd place (32 points)  
 1998 - 3rd place (50 1/2 points)  
 1999 - **Champion** (66 points)  
 2000 - 5th place (26 points)  
 2001 - **Champion** (57 1/2 points)  
 2002 - 3rd place (50 points)

**WARRIORS IN CALIFORNIA STATE CHAMPIONSHIPS**

1935	RALPH WOOD	<b>Champion</b>	880 yards	1:57.6 (State Record)
	Dale Schuyler	2nd Place	Mile	Time unknown
1936	Jim Peterson	2nd Place	Pole Vault	12' 9"
1937	Phil Olds		Mile	Time unknown
1975	Janine Hashek		Discus	94' 0"
1982	TOM GREWE	<b>Champion</b>	1600 meters	4:08.05
1987	Bret Kimple		1600 meters	4:18.85
1988	Coley Candaele	3rd Place	1600 meters	4:11.57
1988	Micheline Sheaffer		Discus	120' 0"
1989	Coley Candaele	2nd Place	1600 meters	4:09.01
	Coley Candaele	6th Place	800 meters	1:53.61
1990	COLEY CANDAELE	<b>Champion</b>	1600 meters	4:06.26 (National Leader)
	Coley Candaele	9th Place	800 meters	1:58.82
2000	Chris Gocong		Discus	
2001	Noah Bryant	3rd Place	Shot Put	60' 10 ¼"
2002	NOAH BRYANT	<b>Champion</b>	Shot Put	65' 7 ¾"

**WARRIOR CHAMPIONSHIP POINT SCORERS***California State Championships*

Points	Name	Year(s)	Points	Name	Year(s)
25	Coley Candaele	1988-90	10	Tom Grewe	1982
16	Noah Bryant	2001-02	8	Dale Schuyler	1935
10	Ralph Wood	1935	8	Jim Peterson	1936

*CIF Southern Section Championships*

Points	Name	Year(s)	Points	Name	Year(s)
70 ½	Coley Candaele	1988-90	10	Terry Stark	1973
57	John Barbieri	1997-99	10	Phil D'Alessandro	1992
43	Carl Elgan	1977-78	10	Jamon Peariso	1993-94
40	Tom Grewe	1981-82	10	Daniel Chamlee	1998
38 ½	Jason Eiker-Wiles	2001-04	8 ¼	Rod Aguilar	1998-99
36	Bret Kimple	1985-87	8	Ralph Woods	1935
34	Chris Gocong	1999-01	8	Paul Wright	1977
34	Noah Bryant	2001-02	7 ½	Tyler Matson	1998-99
30 ½	Ben Scott	1996-99	7	Chris Targoni	2005
27	Phil Adcock	1978-80	6 ½	Max Gonzales	1996-98
25	JD Thompson	1993-95	6	Dale Schuyler	1935
20 ½	Robert Dunn	1977-78	6	Ron Trevethan	1977
20	Chris Redfield	1997-00	6	David Nunes	1978
17 ½	Armando Flores	2001-02	6	John Blum	1979
17	Joaquin Gomez	2003-05	6	Ryan Dumm	2002-03
14	John Paine	1982-83	6	Lucas Allen-Williams	2004
12	Grant Savoy	2001	5	Terry Small	1993 & 95
11 ½	Jeff Moorhouse	1978-80	4 ½	Enrique Roig	1986
11	Tom Ciriacks	1981-82	4 ½	Vino Jacinto	2001-02
10 ½	Beto Puita	1990	4 ¼	Alfred Gonzalez	1998-99

**WARRIORS IN CIF CHAMPIONSHIPS**

1996	LARISSA GODKIN	Champion	Discus	122' 5"
	Daisy Duncan	3rd Place	100 High Hurdles	17.08
	B. Scott, M. Gonzales	3rd Place	1600 Relay	3:30.28
	L. Barajas, M. Medel			
	Jessica Clay	4th Place	800 meters	2:25.62
	Stephanie Norris	4th Place	Pole Vault	8' 0"
	Mike Medel	5th Place	400 meters	51.62
	Larissa Godkin	6th Place	Shot Put	36' 1 ½"
	J. Mendoza, M. Medel	6th Place	400 relay	45.04
	G. Magana, L. Barajas			
1997	JOHN BARBIERI	Champion	300 Int. Hurdles	40.10
	John Barbieri	2nd Place	110 High Hurdles	15.37
	Stephanie Norris	2nd Place	Pole Vault	9' 6"
	Ben Scott	4th Place	800 meters	2:01.18
	Daisy Duncan	4th Place	100 High Hurdles	16.88
	Mary Fisher	4th Place	Triple Jump	34' 1"
	Frank Macias	4th Place	Discus	140' 8"
	M. Gonzales, R. Salinas	4th Place	1600 Relay	3:27.18
	J. Barbieri, B. Scott			
	Daisy Duncan	5th Place	300 Low Hurdles	48.26
	Chris Redfield	5th Place	Discus	128' 0"
	Lucy Duncan	6th Place	Pole Vault	8' 0"
1998	BEN SCOTT	Champion	800 meters	1:57.99
	JOHN BARBIERI	Champion	300 Int. Hurdles	39.09
	DANIEL CHAMLEE	Champion	Pole Vault	12' 0"
	STEPHANIE NORRIS	Champion	Pole Vault	10' 0"
	Chris Redfield	2nd Place	Discus	147' 1"
	John Barbieri	3rd Place	110 High Hurdles	14.79
	Daisy Duncan	3rd Place	300 Low Hurdles	47.53
	A. Smith, L. Duncan	3rd Place	1600 Relay	4:07.02
	D. Duncan, T. Nash			
	Max Gonzales	4th Place	400 meters	50.30
	Lucy Duncan	4th Place	Pole Vault	8' 0"
	Lucy Duncan	5th Place	800 meters	2:27.16
	Tyler Matson	5th Place	800 meters	2:01.66
	Daisy Duncan	5th Place	100 High Hurdles	16.10
	Kristen Carstens	6th Place	High Jump	5' 0"
	A. Gonzalez, R. Salinas	6th Place	400 Relay	44.54
	R. Aguilar, J. Requejo			

**WARRIORS IN CIF CHAMPIONSHIPS**

1990	COLEY CANDAELE	Champion	800 meters	1:50.87 (CIF Record)
	COLEY CANDAELE	Champion	1600 meters	4:06.58 (CIF Record)
	<b>J. HERNANDEZ, B. PUITA</b> <b>BJ SHAMBLIN, C. CANDAELE</b>	Champions	1600m Relay	3:23.60
	Beto Puita	2nd Place	800 meters	1:55.43
1991	Derek Mason	4th Place	High Jump	6' 4"
	Manuel Nunez	5th Place	Discus	139' 8"
	Becca Stowers	5th Place	Discus	113' 0"
	Kim Schuyler	5th Place	High Jump	4' 8"
1992	Phil D'Alessandro	3rd Place	110 High Hurdles	15.39
	Phil D'Alessandro	4th Place	300 Int Hurdles	39.89
1993	<b>LIGAYA COLEMAN</b>	Champion	Triple Jump	36' 7 3/4"
	<b>JACI MELLO</b>	Champion	Shot Put	31' 1"
	Kirsten Candaele	2nd Place	300 Low Hurdles	47.99
	Larissa Godkin	2nd Place	Shot Put	30' 4 3/4"
	JD Thompson	3rd place	Long Jump	21' 1 1/2"
	Jamon Peariso	3rd Place	Discus	133' 4"
	JD Thompson	4th Place	Triple Jump	42' 7"
	Ligaya Coleman	5th Place	Long Jump	16' 7"
	Ian MacDonald	5th Place	Shot Put	43' 6"
	R. Kuttler, S. Whiteman	5th Place	400 Relay	45.49
	B. Lammer, S. Unzueta			
	Terry Small	6th Place	Pole Vault	9' 6"
	K. Candaele, S. Seaver	6th Place	4 x 400 Relay	4:18.26
	J. Yates, N. Barbieri			
1994	<b>JD THOMPSON</b>	Champion	Long Jump	22' 5 1/2"
	<b>LARISSA GODKIN</b>	Champion	Discus	98' 8"
	Kirsten Candaele	2nd Place	100 High Hurdles	16.42
	Kirsten Candaele	3rd Place	300 Low Hurdles	48.29
	JD Thompson	4th Place	Triple Jump	41' 1/2"
	Heather Schuyler	4th Place	High Jump	5' 0"
	Jamon Peariso	4th Place	Discus	137' 9"
	Jeff Shaw	5th Place	Discus	132' 10"
	Shelby Reed	6th Place	300 Low Hurdles	51.48
	Brian Lammer	6th Place	Triple Jump	39' 1/2"
1995	<b>KIRSTEN CANDAELE</b>	Champion	300 Low Hurdles	46.08
	Kirsten Candaele	2nd Place	100 High Hurdles	15.79
	Larissa Godkin	3rd Place	Shot Put	35' 5 1/4"
	Terry Small	4th Place	Pole Vault	13' 0"
	Stephanie Norris	4th Place	Pole Vault	7' 0"
	Jeff Shaw	5th Place	Discus	138' 4"
	JD Thompson	6th Place	Long Jump	20' 1 1/2"
	Heather Schuyler	6th Place	High Jump	4' 10"
	Larissa Godkin	6th Place	Discus	103' 7"

**WARRIOR CHAMPIONSHIP POINT SCORERS**

*CIF Southern Section Championships*

Points	Name	Year(s)	Points	Name	Year(s)
4	Jim Peterson	1936	1 3/4	Brandon Donovan	2002
4	Phil Olds	1937	1 3/4	Chris Grisingher	2002
4	Miguel Santizo	1974	1 1/2	Charlie Carr	1977
4	Mike Elgan	1979	1 1/2	David Martell	1977
4	Tony Sourmany	1980	1 1/2	Dale Hutchins	1980
4	Greg Ehlert	1989	1 1/2	Brian Lammer	1993-94
4	Derek Mason	1991	1 1/2	Thomas Chamlee	2001
4	Jeff Shaw	1994-95	1 1/2	Tom Hallock	2002
4	Frank Macias	1997	1 1/4	Raul Salinas	1997-98
4	Ian Allen-Williams	2000	1	Walton Kendrick	1935
4	Thomas McMahon	2006	1	Bill Reid	1937
3 3/4	Mike Medel	1996	1	Nick Solano	1982
3 1/2	Jeff Gunning	1977-78	1	Mike Blodgett	1982
3	Alan Martell	1978-79	1	Mark Swinehart	1982
3	Allen Wilson	1978-79	1	Andy Sheaffer	1986
3	Nick Van Eyck	2005	1	Alex Cuevas	2006
2 1/2	Scott Caldwell	1986	1	Steven Lozier	2006
2 1/2	Victor Miranda	1986-87	1	Freddy Maldonado	2006
2 1/2	Jose Hernandez	1990	1/2	Greg Rogers	1986
2 1/2	BJ Shamblin	1990	1/2	Ryan Kuttler	1996
2	Gene Saito	1977	1/2	Santos Unzueta	1996
2	Jose Padilla	1985	1/2	Shawn Whiteman	1996
2	Zach Mueller	1988	1/4	Chris Ames	1985
2	Manual Nunez	1991	1/4	Mike Cox	1985
2	Ian MacDonald	1993	1/4	Chris Harris	1985
2	Aaron Crouse	1999	1/4	Shawn Jackson	1985
1 3/4	Luis Barajas	1996	1/4	Gabe Magana	1996
1 3/4	Joel Carty	2002	1/4	Jesus Mendoza	1996
1 3/4	Luis Soto	2002	1/4	Jason Requejo	1998

*CIF Southern Section Championships*

Points	Name	Year(s)	Points	Name	Year(s)
40 1/4	Kirsten Candaele	1993-95	2	Kim Schuyler	1991
36	Larissa Godkin	1993-96	2	Becca Stowers	1991
26	Stephanie Norris	1995-98	2	Sarah Grieve	2000
24 1/2	Lucy Duncan	1997-00	2	Sophia Van Wingerden	2003
23	Daisy Duncan	1996-99	1 3/4	Maria Albarran	2000
21 1/2	Lauren Damerel	2000-02	1 3/4	Haley Bowman	2005-06
18	Micheline Sheaffer	1987-88	1 3/4	Tiondra Flynn	2005-06
12	Ligaya Coleman	1993	1 1/2	Ashley Smith	1998
12	Kacey Nomura	2005	1	Susie Barnett	1986
10	Jaci Mello	1993	1	Shelby Reed	1994
10	Rosa O'Reilly	2004-05	1	Charis Haines	1999
8	Laura King	1986	1	Lana Wolverton	2005
7 3/4	Margo Ledig	2002-05	1	Nicole Spaeth	2006
6	Shari Williams	1983-84	1/4	Cherie Breland	1985
5	Heather Schuyler	1994-95	1/4	Kim Englert	1985
5	Stacy Chamlee	2004-05	1/4	Shawn Henderson	1985
5	Jamie Chamlee	2001	1/4	Denette Russell	1985
4	Jessica Clay	1996	1/4	Nikki Barbieri	1993
4	Mary Fisher	1997	1/4	Shannon Seaver	1993
4	Tessa Nash	1998-00	1/4	Jessie Yates	1993
2 1/2	Kristen Carstens	1998-99	1/4	Jessica Nobbe	1999
2 1/4	Corilynn Duddridge	1999-00	1/4	Kelsey Ferguson	1999

WARRIORS IN CIF CHAMPIONSHIPS

1934	DALE SCHUYLER	Champion	1320 yards (Class B)	3:15.6 (CIF Record)
1935	Ralph Wood	2nd Place	880 yards	1:57.3
	Dale Schuyler	3rd place	One Mile	time unknown
	Walton Kendrick	6th place	440 yards	NT
1936	PETER FRANCO	Champion	1320 yards (Class B)	3:23.8
	Jim Peterson	4th Place	Pole Vault	11' 6"
1937	Phil Olds	4th Place	One Mile	time unknown
	Bill Reid	6th	Shot Put	distance unknown
1950	RICHARD ELLIOTT	Champion	Pole Vault (Class B)	12' 0"
	RICHARD ELLIOTT	Champion	High Jump (Class B)	6' 0"
	BOB OSMOND	Champion	120 Low Hurdles (B)	13.8
1973	TERRY STARK	Champion	220 yards	22.7
1974	Miguel Santizo	4th Place	One Mile	4:19.3
1977	CARL ELGAN	Champion	120y High Hurdles	14.2
	CARL ELGAN	Champion	330y Low Hurdles	38.3
	Robert Dunn	2nd Place	220 yards	22.7
	Paul Wright	2nd Place	Pole Vault	12' 6"
	Robert Dunn	3rd Place	100 yards	10.2
	Ron Trevethan	3rd Place	880 yards	2:02.8
	D. Martell, C. Carr	3rd Place	Mile Relay	3:33.4
	J. Gunning, C. Elgan			
	Gene Saito	5th Place	Pole Vault	12' 0"
	1978	CARL ELGAN	Champion	120y High Hurdles
CARL ELGAN		Champion	330y Low Hurdles	38.78
Robert Dunn		3rd Place	100 yards	10.39
David Nunes		3rd Place	880 yards	1:59.76
J. Gunning, A. Wilson		3rd Place	Mile Relay	3:30.8
P. Adcock, C. Elgan				
Phil Adcock		5th Place	880 yards	1:59.97
R. Dunn, J. Gunning		5th Place	440y Relay	45.31
J. Moorhouse, P. Adcock				
1979	PHIL ADCOCK	Champion	800 meters	1:56.89 (CIF Record)
	John Blum	3rd Place	1600 meters	4:27.18
	Jeff Moorhouse	3rd Place	300m Low Hurdles	39.86
	J Moorhouse, A Wilson	3rd place	1600m Relay	3:27.53
	A. Martell, P. Adcock			
	Mike Elgan	4th Place	Pole Vault	12' 0"
1980	PHIL ADCOCK	Champion	800 meters	1:54.36 (CIF Record)
	D Hutchins, J Moorhouse	3rd Place	1600m Relay	3:27.71
	A. Martell, P. Adcock			
	Tony Sourmany	4th Place	800 meters	1:55.8
	Jeff Moorhouse	5th Place	300m Low Hurdles	39.48

WARRIORS IN CIF CHAMPIONSHIPS

1981	TOM GREWE	Champion	1600 meters	4:15.55 (CIF Record)
	TOM GREWE	Champion	3200 meters	9:20.70
	Tom Ciriacks	6th Place	High Jump	6' 2"
1982	TOM GREWE	Champion	1600 meters	4:09.64 (CIF Record)
	TOM GREWE	Champion	3200 meters	9:10.25
	Tom Ciriacks	2nd Place	High Jump	6' 2"
	John Paine	4th Place	1600 meters	4:24.14
	M. Swinehart, T. Ciriacks	4th Place	400m Relay	44.37
	M. Blodgett, N. Solano			
	Tom Ciriacks	6th Place	Long Jump	20' 5 3/4"
1983	JOHN PAINE	Champion	1600 meters	4:21.36
	Shari Williams	5th Place	300m Low Hurdles	48.25
1984	Shari Williams	4th Place	300m Low Hurdles	47.65
1985	BRET KIMPLE	Champion	3200 meters	9:42.70
	Jose Padilla	5th Place	400 meters	51.87
	C. Ames, S. Jackson	6th Place	4 x 100m Relay	44.86
	M. Cox, C. Harris			
	K. Englert, C. Breland	6th Place	4 x 100m Relay	52.29
	S. Henderson, D. Russell			
1986	BRET KIMPLE	Champion	3200 meters	9:27.58
	Laura King	2nd Place	Shot Put	35' 1"
	Enrique Roig	4th Place	1600 meters	4:31.73
	Scott Caldwell	5th Place	800 meters	1:58.11
	E. Roig, G. Rogers	5th Place	4 x 400m Relay	3:27.95
	V. Miranda, S. Caldwell			
	Susie Barnett	6th Place	1600 meters	5:29.70
	Andy Sheaffer	6th Place	Shot Put	47' 8"
1987	BRET KIMPLE	Champion	1600 meters	4:18.82
	Coley Candaele	2nd Place	1600 meters	4:21.48
	Micheline Sheaffer	2nd Place	Discus	127' 9"
	Bret Kimple	3rd place	3200 meters	9:37.54
	Victor Miranda	5th Place	800 meters	1:59.27
1988	COLEY CANDAELE	Champion	800 meters	1:55.85
	COLEY CANDAELE	Champion	1600 meters	4:11.04
	MICHELINE SHEAFFER	Champion	Discus	138' 4" (CIF Record)
1989	COLEY CANDAELE	Champion	800 meters	1:52.18 (CIF Record)
	COLEY CANDAELE	Champion	1600 meters	4:12.58
	Greg Ehler	4th Place	3200 meters	9:46.66
Zach Mueller	5th Place	Discus	142' 7"	