

## 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

54.49 Turquoise Thompson, Serra 2009

#### 800 METERS

2:10.51 Carlyle Davis, Marlborough 2009

#### 1600 METERS

4:51.75 Katherine Delaney, J Serra 2009

#### 3200 METERS

10:52.17 Melissa Skiba, Oak Park 2010

#### 100 METER HIGH HURDLES

14.25 Kimyon Broom, Serra 2006

#### 300 METER LOW HURDLES

41.45 Turquoise Thompson, Serra 2009

#### LONG JUMP

18' 10 3/4" Ashtynn Baltimore, Marlborough 2006

#### TRIPLE JUMP

38' 7 1/2" Rachel Toliver, St. Mary's 2011

#### HIGH JUMP

5' 8" Kaylene Wagner, Dos Pueblos 2001

#### POLE VAULT

12' 6" Natasha Kolbo, St. Joseph 2010

#### SHOT PUT

42' 6" Jenna Johnson, St. Joseph 2000

42' 6" Chelsea Cassulo, Lompoc 2008

#### DISCUS

142' 2" Micheline Sheaffer, Carpinteria 1987

#### 400 METER RELAY

46.04 Serra 2009

#### 1600 METER RELAY

3:50.24 St. Mary's Academy 2011

### BOYS

#### 100 METERS

10.59 Chris Owusu, Oaks Christian 2008

#### 200 METERS

21.60 Zach Chandy, Sage Hill 2006

#### 400 METERS

47.44 Robert Woods, Serra 2009

#### 800 METERS

1:51.40 Coley Candaele, Carpinteria 1990

#### 1600 METERS

4:12.27 Chad Hall, Big Bear 2006

#### 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

38.91 Andy Pinon, Pioneer Valley 2009

#### LONG JUMP

24' 8" Marquise Lee, Serra 2011

#### TRIPLE JUMP

46' 5 1/4" Jules Sharpe, Oaks Christian 2009

#### HIGH JUMP

6' 8 1/4" Jules Sharpe, Oaks Christian 2009

#### 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

41.66 Serra 2009

#### 1600 METER RELAY

3:12.53 Serra 2010

# Carpinteria High School

## FIELD & TRACK RECORDS 2012

The "Red Book"

\*High school stadium records. For all comers stadium records go to  
[http://www.warriorcountry.com/track/CHS/stadium\\_records.htm](http://www.warriorcountry.com/track/CHS/stadium_records.htm)



Once a Warrior, always a Warrior. Chris Targoni (Class of 2005) is a shining example of what can be accomplished with hard work, dedication and a great attitude. Chris was an all CIF shot putter and all TVL discus thrower for the Warriors. He is the last Warrior to top 50 feet in the shot and currently is #5 on the all time list. He also ranks #6 on the CHS discus list.

Targoni's personal accomplishments are only part of the story however. He made everyone on the team better through his presence. His personality, inspiration and leadership made CHS track & field a great thing to be part of.

Chris continued his career at Westmont College where he continued to find success. He was an all conference performer for the Warriors for 4 consecutive years. He is #10 on the Westmont shot put list and #9 in the hammer. He also holds the school record in the 35 lb. weight throw.

Chris continues to lead and inspire to this very day, as a youth pastor for Reality Church in Carpinteria.

**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                    | Cindy Green '97            | SBCC               |
| Tony Sourmany '80               | SBCC & S. Francisco St. | Curtis Brantingham '98     | SBCC               |
| Wendy Bailey '82                | George Washington       | Max Gonzales '98           | Westmont           |
| Tom Grewe '82                   | Tulane, SBCC & UCLA     | Stephanie Norris '98       | M.I.T.             |
| Pat Trevehan '82                | Cal St Stanislaus       | Rod Aguilar '99            | SBCC               |
| Sarah Allaback '84              | Princeton               | John Barbieri '99          | UCLA               |
| Diane King '84                  | SBCC                    | Kristen Carstens '99       | Arizona St         |
| Shawn Henderson '85             | San Francisco St.       | Daniel Chamlee '99         | SBCC               |
| Juan Ramon Tello '85            | SBCC & UCSB             | Jason Requejo '99          | SBCC               |
| Darren Kenney '85               | SBCC                    | Ben Scott '99              | Claremont Colleges |
| Shari Williams '85              | Westmont                | Lucy Duncan '00            | U of Rhode Island  |
| Scott Caldwell '86              | SBCC & Westmont         | Tessa Nash '00             | SBCC               |
| Lee D'Alessandro '86            | San Francisco St.       | Jaime Chamlee '01          | SBCC               |
| Laura King '86                  | SBCC & Westmont         | Lauren Damerel '02         | Claremont Colleges |
| Andy Sheaffer '86               | UCSB                    | Bekah Ernst '02            | Westmont           |
| Enrique Roig '86                | Westmont                | Armando Flores '02         | SBCC               |
| Bret Kimple '87                 | UC Davis                | Javier Irabon '02          | SBCC               |
| Kelly Tremmel '87               | Cal St Northridge       | Mario Targoni '02          | SBCC               |
| Gabe Jaimes '88                 | SBCC                    | Tom Hallock '02            | Claremont Colleges |
| Marcie Puita '88                | SBCC                    | Emily DeArkland '03        | Occidental         |
| Micheline Sheaffer '88          | UCSB                    | Ryan Dumm '03              | U. of Puget Sound  |
| Paul Suominen '88               | U. of Helsinki          | Tim Morris '03             | Tulane University  |
| Steve Heroux '89                | SBCC                    | Kevin Cogan '04            | SBCC               |
| Steve Lohse '89                 | SBCC                    | Lindsey Connolly '04       | Westmont           |
| Meghan Tremmel '89              | SBCC                    | Jason Eiker-Wiles '04      | UCLA               |
| Coley Candaele '90              | Oregon & Cal Poly SLO   | Lucas AllenWilliams '04    | Pomona Pitzer      |
| Beto Puita '90                  | SBCC                    | Joaquin Gomez '05          | Pasadena CC        |
| Robert Villa '90                | SBCC                    | Shelby Jones '05           | Westmont           |
| Charles Gardner '91             | UCSB                    | Margo Ledig '05            | Chapman            |
| Henry Jimenez '91               | SBCC                    | Elena Torres '05           | SBCC               |
| Derek Mason '91                 | SBCC                    | Nick Van Eyck '05          | Pasadena CC        |
| Becca Stowers '91               | SBCC                    | Raul Aguirre '06           | Ventura College    |
| Chris Foley '92                 | Cal Tech                | Russell Allen '06          | Ventura College    |
| Anthony Vega '92                | SBCC                    | Courtney Jones '07         | Westmont           |
| Phil D'Alessandro '93           | SBCC                    | Chris Targoni '05          | Westmont           |
| Ian MacDonald '93               | SBCC                    | Chachi Hernandez '06       | Westmont           |
| Shawn Whiteman '93              | Westmont                | Carina Celio '08           | SBCC               |
| Brian Abney '95                 | SBCC & CSU Northridge   | Marissa Carillo, '08       | Ventura College    |
| Kirsten Candaele '95            | Claremont Colleges      | Javier Perez, '08          | Ventura College    |
| Brian Lammer '95                | SBCC                    | Alex Cuevas, '08           | SBCC               |
| Jamon Peariso '95               | SBCC                    | Steven Lozier, '08         | SBCC               |
| JD Thompson '95                 | SBCC                    | Catalina Cisneros '09      | SBCC               |
| Luis Barajas '96                | SBCC                    | Javier Flores '09          | SBCC               |
| Larissa Godkin '96              | Univ of Redlands        | Freddy Maldonado '09       | SBCC               |
| Gabe Magana '96                 | SBCC                    | Caitlin Wallace '10        | Westmont           |
| Mike Medel '96                  | SBCC                    |                            |                    |
| Jessica Shugart '96             | SBCC & UCSD             | <u>Presently Competing</u> | <u>College</u>     |
| Jessie Yates '96                | UC Irvine               | Noah Bryant '02            | unattached         |
|                                 |                         | Grant Coleman '10          | SBCC               |

**WARRIOR  
TRACK & FIELD 2012**

| <u>Date</u>    | <u>Day</u>   | <u>Opponent</u>                  | <u>Location</u>    | <u>Time</u>  |
|----------------|--------------|----------------------------------|--------------------|--------------|
| <b>Feb. 25</b> | <b>Sat.</b>  | <b>Alumni Meet</b>               | <b>Carpinteria</b> | <b>11:00</b> |
| <b>Mar. 3</b>  | <b>Sat.</b>  | <b>Rincon Races</b>              | <b>Carpinteria</b> | <b>10:00</b> |
| Mar. 8         | Thur.        | Maricopa Relays                  | Ojai               | 3:30         |
| Mar. 15        | Thur.        | Fillmore                         | Fillmore           | 3:00         |
| Mar. 17        | Sat.         | Tri-City Relays                  | Westmont           | 9:00         |
| <b>Mar. 22</b> | <b>Thur.</b> | <b>St. Bonaventure, La Reina</b> | <b>Carpinteria</b> | <b>3:00</b>  |
| Mar. 24        | Sat.         | Easter Relays                    | SBCC               | 9:00         |
| <b>Mar. 28</b> | <b>Wed.</b>  | <b>Cate</b>                      | <b>Carpinteria</b> | <b>3:00</b>  |
| <b>Apr. 4</b>  | <b>Wed.</b>  | <b>Oak Park</b>                  | <b>Carpinteria</b> | <b>3:00</b>  |
| Apr. 7         | Sat.         | Arcadia Invitational             | Arcadia            | T.B.A.       |
| Apr. 12        | Thur.        | Nordhoff                         | Ojai               | 3:00         |
| <b>Apr. 14</b> | <b>Sat.</b>  | <b>93rd Russell Cup</b>          | <b>Carpinteria</b> | <b>9:30</b>  |
| <b>Apr. 21</b> | <b>Sat.</b>  | <b>S.B. County Championships</b> | <b>Carpinteria</b> | <b>10:00</b> |
| Apr. 25        | Wed.         | Oaks Christian                   | Carpinteria        | 3:00         |
| <b>May 3</b>   | <b>Thur.</b> | <b>TVL Championships</b>         | <b>Carpinteria</b> | <b>3:00</b>  |
| <b>May 12</b>  | <b>Sat.</b>  | <b>CIF Division 4 Prelims</b>    | <b>Carpinteria</b> | <b>11:00</b> |
| May 19         | Sat.         | CIF Finals                       | Mt SAC             | 11:00        |

**More records are available on the internet.**

The *Red Book* contains class records for all the standard events. To see the top 25 for each class, freshman through senior, go to [warriorcountry.com/track/CHS/records\\_boys.htm](http://warriorcountry.com/track/CHS/records_boys.htm) for boys and [warriorcountry.com/track/CHS/records\\_girls.htm](http://warriorcountry.com/track/CHS/records_girls.htm) for girls records.

### 100m DASH

(CIF event since 1973)

#### 20 Best Performers

|                     |       |      |                       |       |      |
|---------------------|-------|------|-----------------------|-------|------|
| 1. Tessa Nash       | 12.79 | 2000 | 11. Shawn Henderson   | 13.0c | 1985 |
| 2. Shelby Dunlap    | 12.82 | 2010 | 12. Veronica Gonzales | 13.29 | 2001 |
| 3. Margo Ledig      | 12.6  | 2005 | 13. Sandra Quiroz     | 13.1c | 1978 |
| 4. Jessica Shugart  | 12.96 | 1996 | Julie Cota            | 13.1c | 1980 |
| Kristy Campos       | 12.96 | 2004 | Karen Poulos          | 13.1c | 1981 |
| 6. Marissa Carrillo | 13.06 | 2008 | Denette Russell       | 13.1c | 1984 |
| 7. Kim Englert      | 12.9  | 1987 | Ligaya Coleman        | 13.1  | 1993 |
| 8. Maria Albarran   | 13.17 | 2000 | Haley Bowman          | 13.1  | 2005 |
| 9. Kacey Nomura     | 13.20 | 2006 | 19. Lacey Bushey      | 13.43 | 2011 |
| 10. Juliet Casso    | 13.22 | 2003 | 20. Sandra Gonzalez   | 13.44 | 1996 |

#### 30 Best Performances

|     |       |                  |         |                                  |
|-----|-------|------------------|---------|----------------------------------|
| 1.  | 12.79 | Tessa Nash       | 5/13/00 | Walnut                           |
| 2.  | 12.82 | Shelby Dunlap    | 4/17/10 | Carpinteria HS (RC)              |
| 3.  | 12.6  | Margo Ledig      | 4/14/05 | Carpinteria HS                   |
| 4.  | 12.90 | Margo Ledig      | 5/ 6/05 | Carpinteria HS                   |
| 5.  | 12.7  | Margo Ledig      | 4/ 6/05 | Carpinteria HS                   |
|     | 12.94 | Shelby Dunlap    | 4/ 7/10 | Carpinteria HS                   |
| 7.  | 12.96 | Jessica Shugart  | 5/ 2/96 | Santa Barbara (SBCC)             |
|     | 12.96 | Kristy Campos    | 5/15/04 | Moorpark                         |
| 9.  | 12.97 | Jessica Shugart  | 5/ 4/95 | Santa Barbara (SBCC)             |
| 10. | 13.01 | Margo Ledig      | 5/14/05 | Carpinteria HS                   |
| 11. | 13.02 | Tessa Nash       | 4/28/99 | Santa Barbara (SBCC)             |
| 12. | 12.8  | Tessa Nash       | 5/15/99 | Azusa (Citrus College)           |
|     | 12.8  | Tessa Nash       | 4/13/00 | Fillmore                         |
| 14. | 13.06 | Marissa Carrillo | 5/ 1/08 | Carpinteria HS                   |
| 15. | 13.07 | Tessa Nash       | 4/15/00 | Carpinteria HS (RC)              |
|     | 13.07 | Kristy Campos    | 4/17/04 | Carpinteria HS (RC)              |
| 17. | 13.09 | Tessa Nash       | 5/ 6/99 | Santa Barbara (SBCC)             |
| 18. | 13.11 | Marissa Carrillo | 4/23/08 | Carpinteria HS                   |
| 19. | 13.12 | Tessa Nash       | 4/26/00 | Carpinteria HS                   |
| 20. | 13.13 | Tessa Nash       | 5/15/99 | Azusa (Citrus College) (run off) |
| 21. | 12.9  | Kim Englert      | 4/25/87 | Santa Ynez                       |
|     | 12.9  | Kim Englert      | 5/23/87 | Cerritos                         |
|     | 13.14 | Shelby Dunlap    | 3/25/10 | Ojai                             |
| 24. | 13.15 | Tessa Nash       | 4/20/00 | Carpinteria HS                   |
| 25. | 13.17 | Maria Albarran   | 4/26/00 | Carpinteria HS                   |
| 26. | 13.18 | Marissa Carrillo | 4/19/08 | Carpinteria HS                   |
| 27. | 13.20 | Jessica Shugart  | 3/23/96 | Santa Barbara (SBCC)             |
|     | 13.20 | Kacey Nomura     | 4/ 1/06 | Oak Park                         |
|     | 13.20 | Marissa Carrillo | 5/ 3/07 | Carpinteria HS                   |
| 30. | 13.21 | Kristy Campos    | 4/22/04 | Carpinteria HS                   |
|     | 13.21 | Kristy Campos    | 5/ 7/04 | Carpinteria HS                   |

|           |                 |       |      |
|-----------|-----------------|-------|------|
| Senior    | Tessa Nash      | 12.79 | 2000 |
| Junior    | Shelby Dunlap   | 12.82 | 2010 |
| Sophomore | Kacey Nomura    | 13.20 | 2006 |
| Freshman  | Shawn Henderson | 13.2c | 1982 |
|           | Kim Englert     | 13.2  | 1985 |

|     |                           |       |      |
|-----|---------------------------|-------|------|
| TVL | Sydney Lewis, Oak Park    | 11.99 | 2011 |
| 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. Evan Stanford - Travis Doop - David Chamlee           | 28' 6" | 2009 |
| 5. Jess Torres - Manual Torres - Tyler Willson           | 27' 0" | 1983 |
| Robert Schoutens - Terry Small - Joey Soto               | 27' 0" | 1993 |
| <b>Alex Rodriguez - Andrew Hack</b> - Michael Buchmiller | 27' 0" | 2011 |
| 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

#### 400m HURDLES

|                      |      |      |
|----------------------|------|------|
| 1. Phil D'Alessandro | 57.2 | 1992 |
|----------------------|------|------|

#### 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 |
|-------------|---------|------|

#### HAMMER

|             |         |      |
|-------------|---------|------|
| Noah Bryant | 199' 3" | 2002 |
|-------------|---------|------|

#### DECATHALON

|                |           |      |
|----------------|-----------|------|
| Jeff Moorhouse | 5156 Pts. | 1979 |
|----------------|-----------|------|

## 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. Alfredo Cornejo - Alex Cuevas - Freddy Maldonado - Steven Lozier,         | 1:33.61 | 2008 |
| 4. Alfredo Cornejo - Steven Lozier - Freddy Maldonado - Alex Cuevas          | 1:34.72 | 2007 |
| 5. Carpinteria HS Class B Russell Cup Team                                   | 1:34.5c | 1969 |
| 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. Andrew McDonough - Steven Lozier - Alex Cuevas - Freddy Maldonado | 1:37.49 | 2008 |
| 2. Jerry Hamilton - Nick Solano - Alan Martell - Jeff Moorhouse      | 1:37.3c | 1980 |
| 3. Alfredo Cornejo - Steven Lozier - Alex Cuevas - Freddy Maldonado  | 1:38.39 | 2007 |
| 4. Steven Lozier - Ivan Millhollin - Alex Cuevas - Freddy Maldonado  | 1:38.89 | 2008 |
| 5. Mark Swinehart - Paul Sanchez - Mike Blodgett - Tom Grewe         | 1:38.7c | 1982 |
| Brandon Donovan - Luis Soto - Chris Grisingher - Jason Eiker-Wiles   | 1:38.7  | 2002 |
| 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 - Thomas McMahon - Antonio Vargas - Lucas Allen-Williams | 19:02.55 | 2004 |
|---------------------------------------------------------------------------|----------|------|

### 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. Haley Bowman     | 27.47 | 2006 |
| 2. Jessica Shugart   | 26.31 | 1995 | 12. Ashley Smith     | 27.49 | 1998 |
| 3. Kim Englert       | 26.5  | 1987 | 13. Sandra Quiroz    | 27.3c | 1978 |
| 4. Tessa Nash        | 26.82 | 2000 | 14. Emily DeArkland  | 27.56 | 2002 |
| 5. Kacey Nomura      | 26.83 | 2006 | 15. Lauren Colomy    | 27.70 | 2007 |
| 6. Lacey Bushey      | 26.90 | 2010 | 16. Shawn Henderson  | 27.5c | 1985 |
| 7. Shelby Dunlap     | 27.04 | 2010 | Veronica Gonzales    | 27.5  | 2002 |
| 8. Maria Albarran    | 27.05 | 2000 | 18. Kirsten Candaele | 27.7c | 1995 |
| 9. Margo Ledig       | 26.9  | 2005 | 19. Ligaya Coleman   | 27.8  | 1993 |
| 10. Marissa Carrillo | 27.33 | 2008 | 20. Kristy Campos    | 28.09 | 2004 |

### 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 | Kacey Nomura    | 5/ 4/06 | Oak Park               |
| 15. 26.84 | Kacey Nomura    | 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. 26.90 | Lacey Bushey    | 5/ 6/10 | Carpinteria HS         |
| 19. 26.97 | Kim Englert     | 5/14/88 | Arcadia                |
| 20. 27.00 | Kacey Nomura    | 3/29/07 | Oak Park               |
| 21. 27.01 | Tessa Nash      | 3/30/00 | Carpinteria HS         |
| 22. 27.02 | Lucy Duncan     | 3/10/00 | Carpinteria HS         |
| 23. 27.04 | Tessa Nash      | 5/15/99 | Azusa (Citrus College) |
| 27.04     | Tessa Nash      | 4/26/00 | Carpinteria HS         |
| 27.04     | Shelby Dunlap   | 4/22/10 | Carpinteria HS         |
| 26. 27.05 | Maria Albarran  | 4/26/00 | Carpinteria HS         |
| 27. 27.07 | Lacey Bushey    | 4/17/10 | Carpinteria HS (RC)    |
| 28. 27.08 | Lucy Duncan     | 4/15/00 | Carpinteria HS (RC)    |
| 29. 27.09 | Jessica Shugart | 5/11/96 | Arcadia                |
| 27.09     | Kacey Nomura    | 4/26/06 | Carpinteria            |

|           |                                |       |      |
|-----------|--------------------------------|-------|------|
| Senior    | Lucy Duncan                    | 26.59 | 2000 |
| Junior    | Lucy Duncan                    | 25.8  | 1999 |
| Sophomore | Kacey Nomura                   | 26.83 | 2006 |
| Freshman  | Lacey Bushey                   | 26.90 | 2010 |
| TVL       | Alexandra Courtnall, Oaks Chr. | 24.91 | 2011 |
| 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. Ashley Smith         | 62.41 | 1998 |
| 2. Kacey Nomura     | 59.84 | 2008 | 12. Astrid Van Wingerden | 62.6c | 1976 |
| 3. Lacey Bushey     | 59.95 | 2010 | 13. Corilynn Duddridge   | 62.89 | 2000 |
| 4. Haley Bowman     | 60.64 | 2005 | 14. Ligaya Coleman       | 63.03 | 1990 |
| 5. Emily DeArkland  | 60.72 | 2003 | 15. Shari Williams       | 62.8c | 1984 |
| 6. Jessica Shugart  | 61.49 | 1996 | 16. Renee Harris         | 63.2  | 1982 |
| 7. Maria Albarran   | 62.05 | 2001 | 17. Shannon Seaver       | 63.54 | 1994 |
| 8. Kirsten Candaele | 62.26 | 1995 | 18. Serena Renner        | 63.89 | 2004 |
| 9. Margo Ledig      | 62.33 | 2003 | 19. Tiondra Flynn        | 64.40 | 2006 |
| 10. Nikki Barbieri  | 62.1  | 1993 | 20. Kim Englert          | 64.4  | 1988 |

#### 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.  | 59.84     | Kacey Nomura                  | 5/ 1/08 | Carpinteria HS         |
| 8.  | 59.85     | Lucy Duncan                   | 5/13/00 | Walnut                 |
| 9.  | 59.88     | Kacey Nomura                  | 5/13/06 | Carpinteria HS         |
| 10. | 59.95     | Lacey Bushey                  | 5/ 6/10 | Carpinteria HS         |
| 11. | 60.01     | Lucy Duncan                   | 4/26/00 | Carpinteria HS         |
| 12. | 60.11     | Kacey Nomura                  | 5/10/08 | Carpinteria HS         |
| 13. | 60.17     | Kacey Nomura                  | 5/20/06 | Cerritos               |
| 14. | 60.23     | Lucy Duncan                   | 4/15/00 | Carpinteria HS (RC)    |
| 15. | 60.38     | Kacey Nomura                  | 4/15/06 | Carpinteria (RC)       |
| 16. | 60.44     | Lucy Duncan                   | 5/15/99 | Azusa (Citrus College) |
| 17. | 60.52     | Kacey Nomura                  | 5/12/07 | Carpinteria HS         |
| 18. | 60.4      | Lucy Duncan                   | 3/23/00 | Carpinteria HS         |
|     | 60.64     | Haley Bowman                  | 5/14/05 | Carpinteria HS         |
| 20. | 60.68     | Lucy Duncan                   | 4/15/99 | Oak Park               |
| 21. | 60.69     | Kacey Nomura                  | 4/25/07 | Carpinteria HS         |
| 22. | 60.70     | Kacey Nomura                  | 5/ 4/06 | Oak Park               |
| 23. | 60.72     | Emily DeArkland               | 5/17/03 | Walnut                 |
| 24. | 60.77     | Kacey Nomura                  | 4/21/07 | Carpinteria HS         |
| 25. | 60.84     | Kacey Nomura                  | 3/20/08 | Carpinteria HS         |
| 26. | 60.88     | Kacey Nomura                  | 5/17/08 | Walnut                 |
| 27. | 60.91     | Lucy Duncan                   | 4/ 8/00 | Azusa (Citrus College) |
| 28. | 60.92     | Kacey Nomura                  | 4/14/07 | Carpinteria HS (RC)    |
| 29. | 60.99     | Lacey Bushey                  | 4/17/10 | Carpinteria HS (RC)    |
| 30. | 60.9      | Lucy Duncan                   | 3/10/00 | Carpinteria HS         |
|     | Senior    | Lucy Duncan                   | 59.37   | 2000                   |
|     | Junior    | Lucy Duncan                   | 58.45   | 1999                   |
|     | Sophomore | Kacey Nomura                  | 59.88   | 2006                   |
|     | Freshman  | Lacey Bushey                  | 59.95   | 2010                   |
|     | TVL       | Danni Alakija, Oaks Christian | 57.17   | 2011                   |
|     | CIF       | Allyson Felix, LA Baptist     | 52.90   | 2002                   |

|        |         |                                                                |         |                      |
|--------|---------|----------------------------------------------------------------|---------|----------------------|
| 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.    | 3:28.19 | Max Gonzales, Tyler Matson, John Barbieri, Ben Scott           | 5/ 8/97 | Santa Barbara (SBCC) |
| 27.    | 3:28.0c | Dexter Hunt, Jim Phillips, Dan Rockwell, Larry Stark           | ?/??/70 | ???                  |
| 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    | 3:12.53 | Serra                                                          | 2010    |                      |

**1,600m RELAY**

(CIF event since 1968)

**30 Best Performances**

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

**800m RUN**

(CIF event since 1973)

**20 Best Performers**

|     |                 |         |      |     |                   |         |      |
|-----|-----------------|---------|------|-----|-------------------|---------|------|
| 1.  | Kacey Nomura    | 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 | 15. | Briana Stout      | 2:33.5  | 2007 |
| 6.  | Susie Barnett   | 2:30.4c | 1984 | 16. | Suzie Cordero     | 2:33.6c | 1984 |
| 7.  | Jessica Duncan  | 2:31.08 | 1997 | 17. | Maria Albarran    | 2:34.33 | 2000 |
| 8.  | Heather Gray    | 2:31.2  | 1982 | 18. | Tesa Coleamn      | 2:35.32 | 2008 |
| 9.  | Jessie Yates    | 2:31.4  | 1993 | 19. | Jessica Theilmann | 2:35.66 | 2002 |
| 10. | Kalani Floyd    | 2:32.24 | 2003 | 20. | Lacey Bushey      | 2:36.02 | 2010 |

**30 Best Performances**

|     |         |                 |         |                           |
|-----|---------|-----------------|---------|---------------------------|
| 1.  | 2:18.42 | Kacey Nomura    | 5/21/05 | Cerritos                  |
| 2.  | 2:19.17 | Kacey Nomura    | 5/14/05 | Carpinteria HS            |
| 3.  | 2:20.65 | Kacey Nomura    | 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 | Kacey Nomura    | 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. | 2:29.97 | Lucy Duncan     | 4/23/98 | Carpinteria HS            |
| 24. | 2:29.8  | Lucy Duncan     | 4/ 4/98 | El Rio                    |
| 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  | Kacey Nomura | 2:18.42 | 2005 |

|     |                                  |         |      |
|-----|----------------------------------|---------|------|
| TVL | Nikki Shaw, Fillmore             | 2:15.7  | 1990 |
| CIF | Camilla Dancer, West Valley Chr. | 2:10.15 | 2008 |

## 1600m RUN

(CIF event since 1973)

### **20 Best Performers**

|     |                    |         |      |     |                  |         |      |
|-----|--------------------|---------|------|-----|------------------|---------|------|
| 1.  | Bekah Ernst        | 5:13.66 | 2002 | 11. | Shellie Parton   | 5:41.55 | 2003 |
| 2.  | Susie Barnett      | 5:29.70 | 1986 | 12. | Jessica Duncan   | 5:41.79 | 1997 |
| 3.  | Jessica Clay       | 5:33.04 | 1994 | 13. | Elsha Cunningham | 5:42.9  | 1987 |
| 4.  | Amy Walsh          | 5:34.2  | 1988 | 14. | Julie Irabon     | 5:46.82 | 2004 |
| 5.  | Kacey Nomura       | 5:35.45 | 2005 | 15. | Meghan Tremmel   | 5:48.5  | 1987 |
| 6.  | Marcie Puita       | 5:35.5  | 1988 | 16. | Brianna Stout    | 5:51.59 | 2007 |
| 7.  | Araceli Hernandez  | 5:36.86 | 1997 | 17. | Sarah Allaback   | 5:51.9c | 1981 |
| 8.  | Jeanette Fernandez | 5:37.53 | 1993 |     | Kelly Tremmel    | 5:51.9c | 1986 |
| 9.  | Melissa Tovar      | 5:38.50 | 2010 | 19. | Nicole Spaeth    | 5:54.30 | 2008 |
| 10. | Ingrid Bowers      | 5:40.7c | 1979 | 20. | Maria Albarran   | 5:55.16 | 2000 |

### **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   | Kacey Nomura                | 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. | 5:38.50   | Melissa Tovar               | 4/24/10 | Carpinteria HS       |
| 16. | 5:38.4    | Jeanette Fernandez          | 5/ 6/93 | Santa Barbara (SBCC) |
| 17. | 5:39.3    | Jessica Clay                | 4/16/94 | Carpinteria HS (RC)  |
| 18. | 5:39.75   | Melissa Tovar               | 4/17/10 | Carpinteria HS (RC)  |
| 19. | 5:40.23   | Araceli Hernandez           | 5/17/97 | Arcadia              |
| 20. | 5:40.7c   | Ingrid Bowers               | 5/ 3/79 | Fillmore             |
| 21. | 5:41.51   | Amy Walsh                   | 5/14/88 | Arcadia              |
| 22. | 5:41.55   | Shellie Parton              | 4/26/03 | Carpinteria HS       |
| 23. | 5:41.79   | Jessica Duncan              | 5/ 8/97 | Santa Barbara (SBCC) |
| 24. | 5:41.97   | Kacey Nomura                | 4/27/05 | Carpinteria HS       |
| 25. | 5:42.78   | Jessica Duncan              | 5/11/96 | Arcadia              |
| 26. | 5:42.96c  | Susie Barnett               | 5/11/85 | West Torrance        |
| 27. | 5:42.9    | Elsha Cunningham            | 5/ 7/87 | Santa Ynez           |
| 28. | 5:43.22   | Jeanette Fernandez          | 5/15/93 | Arcadia              |
| 29. | 5:43.3    | Kacey Nomura                | 3/17/05 | Newbury Park         |
| 30. | 5:44.19   | Shellie Parton              | 4/20/02 | Carpinteria HS       |
|     | Senior    | Bekah Ernst                 | 5:13.66 | 2002                 |
|     | Junior    | Ingrid Bowers               | 5:40.7c | 1979                 |
|     | Sophomore | Jessica Clay                | 5:33.04 | 1994                 |
|     | Freshman  | Kacey Nomura                | 5:35.45 | 2005                 |
|     | TVL       | Melissa Skiba, Oak Park     | 5:02.32 | 2010                 |
|     | CIF       | Katherine Delaney, J. Serra | 4:46.82 | 2011                 |

|     |       |                                                                 |         |                           |
|-----|-------|-----------------------------------------------------------------|---------|---------------------------|
| 18. | 44.33 | Alfred Gonzalez, Jeff Frowiss<br>Aaron Crouse, Rod Aguilar      | 5/ 6/99 | Santa Barbara<br>(SBCC)   |
| 19. | 44.1c | Jim Phillips, Gabe Corral<br>Dan Rockwell, Larry Stark          | 4/ 9/70 | Fillmore                  |
| 20. | 44.37 | Mark Swinehart, Tom Ciriacks<br>Mike Blodgett, Nick Solano      | 5/22/82 | Cerritos                  |
| 21. | 44.40 | Steven Lozier, Dustin Donovan<br>Freddy Maldonado, Alex Cuevas  | 5/ 3/07 | Carpinteria HS            |
| 22. | 44.41 | Alfredo Cornejo, Steven Lozier<br>Freddy Maldonado, Alex Cuevas | 3/20/08 | Carpinteria HS            |
| 23. | 44.2c | Jim Phillips, Gabe Corral<br>Dan Rockwell, Larry Stark          | 3/13/70 | Carpinteria HS            |
| 24. | 44.45 | Vino Jacinto, Luis Soto<br>Pedro Ramirez, Chris Grisingher      | 5/14/01 | Azusa<br>(Citrus College) |
|     | 44.45 | Ryan Dumm, Luis Soto<br>Brandon Donovan, Chris Grisingher       | 4/20/02 | Carpinteria HS            |
| 26. | 44.51 | Grant Savoy, Luis Soto<br>Pedro Ramirez, Chris Grisingher       | 5/19/01 | Cerritos                  |
| 27. | 44.52 | Jesus Mendoza, Mike Medel<br>Gabe Magana, Luis Barajas          | 5/11/96 | Arcadia                   |
| 28. | 44.3c | Jim Phillips, Gabe Corral<br>Dan Rockwell, Larry Stark          | 3/17/70 | Carpinteria HS            |
|     | 44.3c | Dexter Hunt, Jim Phillips<br>Gabe Corral, Larry Stark           | 4/23/70 | Carpinteria HS            |
|     | 44.3c | Nick Solano, Jeff Moorhouse<br>Alan Martell, Phil Adcock        | 3/13/80 | Lompoc                    |
| F/S | 44.88 | Alfredo Cornejo, Alex Cuevas<br>Freddy Maldonado, Steven Lozier | 5/ 4/06 | Oak Park                  |
| TVL | 42.28 | Oaks Christian                                                  | 2011    |                           |
| CIF | 40.97 | Serra                                                           | 2000    |                           |



**400m RELAY**

(CIF event since 1968)

**30 Best Performances**

|     |       |                                                                 |         |                              |
|-----|-------|-----------------------------------------------------------------|---------|------------------------------|
| 1.  | 42.8c | Jim Phillips, Don Edwards<br>Dan Rockwell, Larry Stark          | 5/22/70 | Cerritos                     |
| 2.  | 43.32 | Alfred Gonzalez, Aaron Crouse<br>Rod Aguilar, Ben Scott         | 5/22/99 | Cerritos                     |
| 3.  | 43.47 | Joel Carty, Luis Soto<br>Brandon Donovan, Chris Grisingher      | 5/18/02 | Cerritos                     |
| 4.  | 43.4c | Jim Phillips, Gabe Corral<br>Dan Rockwell, Larry Stark          | 4/18/70 | Carpinteria Jr HS<br>(RC)    |
| 5.  | 43.68 | Joel Carty, Luis Soto<br>Brandon Donovan, Chris Grisingher      | 4/24/02 | Carpinteria HS               |
| 6.  | 43.83 | Alfredo Cornejo, Steven Lozier<br>Freddy Maldonado, Alex Cuevas | 5/17/08 | Walnut                       |
| 7.  | 43.6c | Jim Phillips, Gabe Corral<br>Dan Rockwell, Don Edwards          | 5/16/70 | Inglewood                    |
| 8.  | 43.87 | Alfredo Cornejo, Steven Lozier<br>Freddy Maldonado, Alex Cuevas | 5/ 1/08 | Carpinteria HS               |
| 9.  | 43.97 | Alfred Gonzalez, Aaron Crouse<br>Rod Aguilar, Ben Scott         | 5/15/99 | Azusa<br>(Citrus College)    |
| 10. | 43.8c | Nick Solano, Alan Martell<br>Jeff Moorhouse, Phil Adcock        | 4/ 5/80 | Santa Paula                  |
|     | 43.8c | Jim Phillips, Gabe Corral<br>Dan Rockwell, Larry Stark          | 4/11/70 | Newbury Park                 |
| 12. | 44.05 | Joel Carty, Luis Soto<br>Brandon Donovan, Chris Grisingher      | 5/ 3/02 | Carpinteria HS               |
| 13. | 44.11 | Joel Carty, Luis Soto<br>Brandon Donovan, Chris Grisingher      | 4/18/02 | Carpinteria HS               |
| 14. | 44.15 | Alfred Gonzalez, Jeff Frowiss<br>Jason Requejo, Rod Aguilar     | 4/17/99 | Santa Barbara<br>(SBCC) (RC) |
| 15. | 44.16 | Alfred Gonzalez, Raul Salinas<br>Rod Aguilar, Jason Requejo     | 5/16/98 | Arcadia                      |
| 16. | 44.19 | Alfredo Cornejo, Steven Lozier<br>Freddy Maldonado, Alex Cuevas | 4/12/08 | Carpinteria HS<br>(RC)       |
| 17. | 44.0c | Jim Phillips, Dan Moyer<br>Gabe Corral, Larry Stark             | 4/16/70 | Santa Barbara                |

**3200m RUN**

(CIF event since 1977)

**20 Best Performers**

|     |                   |          |      |     |                  |          |      |
|-----|-------------------|----------|------|-----|------------------|----------|------|
| 1.  | Bekah Ernst       | 11:03.8  | 2002 | 11. | Mercedes Lopez   | 12:46.9  | 1991 |
| 2.  | Sarah Allaback    | 12:02.4  | 1981 | 12. | Sheryl McCollum  | 12:58.4c | 1979 |
| 3.  | Amy Walsh         | 12:08.1  | 1988 | 13. | Shellie Parton   | 12:59.83 | 2002 |
| 4.  | Kelly Tremmel     | 12:09.3  | 1986 | 14. | Brianna Stout    | 13:00.99 | 2005 |
| 5.  | Julie Irabon      | 12:28.36 | 2002 | 15. | Pauli Zandona    | 13:00.8c | 1986 |
| 6.  | Susie Barnett     | 12:33.2c | 1986 | 16. | Kacey Nomura     | 13:13.27 | 2008 |
| 7.  | Melissa Tovar     | 12:35.13 | 2010 | 17. | Jessica Clay     | 13:17.71 | 1994 |
| 8.  | Ingrid Bowers     | 12:35.5c | 1978 | 18. | Jessica Duncan   | 13:20.8  | 1997 |
| 9.  | Araceli Hernandez | 12:36.38 | 1997 | 19. | Jessica Gonzales | 13:22.7  | 1993 |
| 10. | Marcie Puita      | 12:46.6  | 1988 | 20. | Chryis Burnett   | 13:24.4c | 1984 |

**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. | 12:35.13  | Melissa Tovar           | 4/22/10  | Carpinteria HS         |
| 21. | 12:35.20  | Julie Irabon            | 4/24/03  | Carpinteria HS         |
| 22. | 12:35.2c  | Kelly Tremmel           | 4/22/86  | Carpinteria HS         |
| 23. | 12:35.5c  | Ingrid Bowers           | 5/ 4/78  | Santa Barbara (SMHS)   |
| 24. | 12:35.9c  | Amy Walsh               | 5/11/85  | West Torrance          |
| 25. | 12:36.38  | Araceli Hernandez       | 5/ 8/97  | Santa Barbara (SBCC)   |
| 26. | 12:36.6   | Julie Irabon            | 4/ 1/04  | Carpinteria HS         |
| 27. | 12:37.00  | Julie Irabon            | 5/ 7/04  | Carpinteria HS         |
| 28. | 12:37.20  | Julie Irabon            | 4/19/03  | Carpinteria HS (RC)    |
| 29. | 12:38.54  | Julie Irabon            | 4/10/03  | Carpinteria HS         |
| 30. | 12:39.1c  | Amy Walsh               | 3/28/85  | Santa Barbara (SMHS)   |
|     | 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       | Melissa Skiba, Oak Park | 10:53.10 | 2009                   |
|     | CIF       | Vicki Cook, Alemany     | 10:11.78 | 1982                   |

## 100m HIGH HURDLES

(CIF event since 1977)

### 20 Best Performers

|                        |       |      |                     |       |      |
|------------------------|-------|------|---------------------|-------|------|
| 1. Shelby Dunlap       | 15.53 | 2010 | Sachi Kitao         | 17.4c | 1991 |
| 2. Lauren Damerel      | 15.65 | 2002 | Casey Ryan          | 17.4c | 1992 |
| 3. Kirsten Candaele    | 15.79 | 1995 | 13. Shelby Reed     | 17.73 | 1994 |
| 4. Daisy Duncan        | 15.8  | 1998 | 14. Marg Watson     | 17.7c | 1985 |
| 5. Stacy Chamlee       | 16.21 | 2005 | 15. Whitney Chamlee | 18.03 | 2007 |
| 6. Sofia Van Wingerden | 16.54 | 2003 | 16. Judy Rios       | 17.8c | 1979 |
| 7. Jamie Chamlee       | 16.59 | 2001 | Eva Van Wingerden   | 17.8  | 2004 |
| 8. Debbie Wilson       | 16.8c | 1987 | 18. Wendy Wright    | 18.05 | 1997 |
| 9. Lee D'Alessandro    | 17.0c | 1986 | 19. Mary Grabiak    | 17.9  | 2003 |
| 10. Renee DeLucia      | 17.4c | 1988 | 20. Mojdeh Khalili  | 18.17 | 1999 |

### 30 Best Performances

|     |           |                          |         |                           |
|-----|-----------|--------------------------|---------|---------------------------|
| 1.  | 15.53     | Shelby Dunlap            | 5/22/10 | Cerritos                  |
| 2.  | 15.65     | Lauren Damerel           | 5/ 3/02 | Carpinteria HS            |
| 3.  | 15.79     | Kirsten Candaele         | 5/20/95 | Cerritos                  |
| 4.  | 15.83     | Shelby Dunlap            | 5/15/10 | Carpinteria HS            |
| 5.  | 15.98     | Shelby Dunlap            | 5/ 6/10 | Carpinteria HS            |
| 6.  | 15.99     | Lauren Damerel           | 4/24/02 | Carpinteria HS            |
| 7.  | 16.01     | Lauren Damerel           | 4/13/02 | Carpinteria HS (RC)       |
|     | 16.01     | Shelby Dunlap            | 5/ 5/11 | Carpinteria HS            |
| 9.  | 16.02     | Lauren Damerel           | 5/12/01 | Azusa (Citrus College)    |
| 10. | 16.03     | Lauren Damerel           | 5/18/02 | Cerritos                  |
| 11. | 15.8      | Daisy Duncan             | 3/28/98 | Santa Barbara (SBCC)      |
| 12. | 16.08     | Shelby Dunlap            | 4/27/11 | Westlake                  |
| 13. | 16.10     | Daisy Duncan             | 5/23/98 | Cerritos                  |
| 14. | 16.16     | Kirsten Candaele         | 5/ 4/95 | Santa Barbara (SBCC)      |
| 15. | 16.18     | Lauren Damerel           | 5/11/02 | Walnut                    |
| 16. | 16.20     | Lauren Damerel           | 4/20/02 | Carpinteria HS            |
| 17. | 16.21     | Stacy Chamlee            | 5/ 6/05 | Carpinteria HS            |
| 18. | 16.22     | Lauren Damerel           | 5/20/00 | Cerritos                  |
|     | 16.22     | Shelby Dunlap            | 4/24/10 | Carpinteria HS            |
| 20. | 16.23     | Daisy Duncan             | 5/17/97 | Arcadia                   |
|     | 16.23     | Stacy Chamlee            | 4/ 2/05 | Bakersfield               |
| 22. | 16.25     | Stacy Chamlee            | 5/21/05 | Cerritos                  |
| 23. | 16.26     | Daisy Duncan             | 5/15/99 | Azusa (Citrus College)    |
| 24. | 16.27     | Daisy Duncan             | 5/ 7/98 | Santa Barbara (SBCC)      |
| 25. | 16.32     | Shelby Dunlap            | 4/23/11 | Carpinteria HS            |
| 26. | 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)       |
| 29. | 16.35     | Daisy Duncan             | 5/16/98 | Arcadia                   |
|     | 16.35     | Stacy Chamlee            | 4/23/05 | Carpinteria HS            |
|     | Senior    | Lauren Damerel           | 15.65   | 2002                      |
|     | Junior    | Shelby Dunlap            | 15.53   | 2010                      |
|     | Sophomore | Lauren Damerel           | 16.22   | 2000                      |
|     | Freshman  | Kirsten Candaele         | 16.5c   | 1992                      |
|     | TVL       | Taylor Johnson, Oak Park | 14.36   | 2010                      |
|     | CIF       | Kimyon Broom, Serra      | 13.81   | 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,<br>St. Bonaventure | 177' 3" | 2005                   |
|     | CIF       | Kyle Hammerquist, Webb                 | 180' 8" | 2004                   |

### SHOT PUT

(CIF event since 1913)

#### 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. John Bustillos   | 47' 2 1/2"  | 2010 |
| 7. Dave Tagles   | 50' 11"    | 1969 | 17. Wyatt Craddock   | 46' 10 1/2" | 2011 |
| 8. Andy Sheaffer | 49' 8 1/2" | 1986 | 18. Terry Stark      | 46' 10"     | 1973 |
| 9. John Opple    | 49' 7 1/2" | 1966 | 19. Frank Macias     | 46' 7 1/2"  | 1997 |
| 10. Ed Izquierdo | 49' 1 3/4" | 1976 | 20. Charles Gardner  | 46' 5 1/4"  | 1991 |

#### 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. Shelby Dunlap       | 46.04 | 2009 | 11. Sofia Van Wingerden | 51.02 | 2001 |
| 2. Kirsten Candaele    | 46.08 | 1995 | 12. Wendy Wright        | 51.14 | 1997 |
| 3. Daisy Duncan        | 47.53 | 1998 | 13. Shelby Reed         | 51.2  | 1993 |
| 4. Shari Williams      | 47.65 | 1984 | 14. Lucy Musson         | 51.47 | 2005 |
| 5. Lacey Bushey        | 48.64 | 2011 | 15. Stacy Chamlee       | 51.74 | 2005 |
| 6. Lee D'Alessandro    | 48.8c | 1986 | 16. Katie Wedemeyer     | 51.90 | 2005 |
| 7. Lauren Damerel      | 49.08 | 2000 | 17. Tammy Clay          | 52.1c | 1981 |
| 8. Debbie Wilson       | 49.3  | 1987 | 18. Jamie Chamlee       | 52.5  | 2000 |
| 9. <b>Kelsey Drain</b> | 50.34 | 2010 | 19. Hillary Mayberry    | 52.6c | 1987 |
| 10. Kim Wilde          | 50.3c | 1982 | Renee DeLucia           | 52.6  | 1988 |

#### 30 Best Performances

|           |                  |         |                      |
|-----------|------------------|---------|----------------------|
| 1. 46.04  | Shelby Dunlap    | 5/ 6/10 | Carpinteria HS       |
| 2. 46.08  | Kirsten Candaele | 5/20/95 | Cerritos             |
| 3. 46.17  | Shelby Dunlap    | 5/ 5/11 | Carpinteria HS       |
| 4. 46.31  | Shelby Dunlap    | 5/21/11 | Cerritos             |
| 5. 46.38  | Shelby Dunlap    | 5/14/11 | Carpinteria HS       |
| 6. 46.75  | Shelby Dunlap    | 4/ 9/11 | Arcadia              |
| 7. 46.76  | Shelby Dunlap    | 5/22/10 | Cerritos             |
| 8. 47.02  | Shelby Dunlap    | 4/24/10 | Carpinteria HS       |
| 9. 47.13  | Kirsten Candaele | 4/22/95 | Santa Barbara (DPHS) |
| 10. 47.20 | Shelby Dunlap    | 5/ 7/09 | Carpinteria HS       |
| 11. 47.53 | Daisy Duncan     | 5/23/98 | Cerritos             |
| 12. 47.57 | Shelby Dunlap    | 5/15/10 | Carpinteria HS       |
| 13. 47.64 | Kirsten Candaele | 5/15/93 | Arcadia              |
| 14. 47.65 | Shari Williams   | 5/19/84 | Cerritos             |
| 15. 47.81 | Shelby Dunlap    | 5/16/09 | Carpinteria HS       |
| 16. 47.6  | Kirsten Candaele | 4/24/93 | Santa Barbara (SBCC) |
| 17. 47.85 | Shelby Dunlap    | 4/23/11 | Carpinteria HS       |
| 18. 47.91 | Kirsten Candaele | 4/26/95 | Carpinteria HS       |
| 19. 47.93 | Shelby Dunlap    | 4/ 7/11 | Carpinteria HS       |
| 20. 47.96 | Kirsten Candaele | 5/ 4/95 | Santa Barbara (SBCC) |
| 21. 47.98 | Shelby Dunlap    | 4/27/11 | Westlake             |
| 22. 47.99 | Kirsten Candaele | 5/22/93 | Cerritos             |
| 23. 48.07 | Kirsten Candaele | 5/14/94 | Arcadia              |
| 24. 48.11 | Shelby Dunlap    | 4/ 3/10 | Quartz Hill          |
| 25. 48.22 | Shelby Dunlap    | 4/18/09 | Carpinteria HS (RC)  |
| 26. 47.9  | Kirsten Candaele | 5/ 6/93 | Santa Barbara (SBCC) |
| 27. 48.15 | Daisy Duncan     | 5/17/97 | Arcadia              |
| 28. 48.25 | Shari Williams   | 5/14/83 | Cerritos             |
| 29. 48.26 | Daisy Duncan     | 5/24/97 | Cerritos             |
| 30. 48.28 | Kirsten Candaele | 5/13/95 | Arcadia              |

|           |                           |       |      |
|-----------|---------------------------|-------|------|
| Senior    | Kirsten Candaele          | 46.08 | 1995 |
| Junior    | Shelby Dunlap             | 46.04 | 2010 |
| Sophomore | Shelby Dunlap             | 47.20 | 2009 |
| Freshman  | Daisy Duncan              | 48.60 | 1996 |
| TVL       | Sydney Lewis, Oak Park    | 45.90 | 2011 |
| CIF       | Turquoise Thompson, Serra | 41.45 | 2009 |

## LONG JUMP

(CIF event since 1973)

### **20 Best Performers**

|                   |          |      |                      |          |      |
|-------------------|----------|------|----------------------|----------|------|
| 1. Juliet Casso   | 16' 10"  | 2003 | 11. Mary Fisher      | 15' 11"  | 1997 |
| 2. Ligaya Coleman | 16' 8 ¼" | 1993 | 12. Deana Ross       | 15' 9"   | 1979 |
| 3. Carina Celio   | 16' 7 ¼" | 2007 | 13. Sandra Quiroz    | 15' 8"   | 1977 |
| 4. Rosa O'Reilly  | 16' 5 ¾" | 2003 | 14. Tara Gendron     | 15' 7 ¾" | 1998 |
| 5. Charis Haines  | 16' 3"   | 2000 | 15. Lindsay Dahlgren | 15' 7 ¼" | 1995 |
| 6. Nikki Barbieri | 16' 1"   | 1993 | 16. Julie Cota       | 15' 7"   | 1979 |
| Lana Wolverton    | 16' 1"   | 2005 | 17. Shawn Henderson  | 15' 6"   | 1982 |
| 8. Linda McNeil   | 16' 0"   | 1973 | 18. Elena Torres     | 15' 3 ½" | 2005 |
| Jessica Nobbe     | 16' 0"   | 1999 | 19. Lauren Damerel   | 15' 3"   | 2002 |
| Caitlin Wallace   | 16' 0"   | 2010 | 20. Lucy Musson      | 15' 2"   | 2008 |

### **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 ¼" | Carina Celio    | 5/17/08 | Walnut                 |
| 6.  | 16' 7"   | Ligaya Coleman  | 5/ 6/93 | Santa Barbara (SBCC)   |
|     | 16' 7"   | Ligaya Coleman  | 5/22/93 | Cerritos               |
|     | 16' 7"   | Carina Celio    | 5/10/08 | Carpinteria HS         |
| 9.  | 16' 6"   | Juliet Casso    | 5/ 9/03 | Carpinteria HS         |
| 10. | 16' 5 ¾" | Juliet Casso    | 4/30/03 | Oak Park               |
|     | 16' 5 ¾" | Rosa O'Reilly   | 5/17/03 | Walnut                 |
| 12. | 16' 5 ½" | Ligaya Coleman  | 5/16/92 | Arcadia                |
| 13. | 16' 4 ½" | Ligaya Coleman  | 3/11/93 | Ojai                   |
| 14. | 16' 4"   | Juliet Casso    | 5/13/00 | Walnut                 |
|     | 16' 4"   | Juliet Casso    | 4/26/03 | Carpinteria HS         |
| 16. | 16' 3 ½" | Juliet Casso    | 5/20/00 | Cerritos               |
| 17. | 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                 |
| 21. | 16' 2 ¾" | Ligaya Coleman  | 3/27/93 | Santa Barbara (SBCC)   |
| 22. | 16' 2 ½" | Rosa O'Reilly   | 3/27/04 | Santa Barbara (SBCC)   |
| 23. | 16' 1 ¾" | Juliet Casso    | 4/ 4/02 | Fresno                 |
|     | 16' 1 ¾" | Rosa O'Reilly   | 3/26/05 | Santa Barbara (SBCC)   |
| 25. | 16' 1"   | Nikki Barbieri  | 3/11/93 | Ojai                   |
|     | 16' 1"   | Lana Wolverton  | 3/17/05 | Newbury Park           |
|     | 16' 1"   | Carina Celio    | 4/10/08 | Westlake (OC)          |
| 28. | 16' ½"   | Ligaya Coleman  | 4/ 2/93 | Carpinteria HS         |
| 29. | 16' ¼"   | Rosa O'Reilly   | 5/15/04 | Moorpark               |
| 30. | 16' 0"   | Linda McNeil    | 4/12/73 | Ojai                   |
|     | 16' 0"   | Jessica Nobbe   | 5/15/99 | Azusa (Citrus College) |
|     | 16' 0"   | Caitlin Wallace | 3/27/10 | Santa Barbara (SBCC)   |

|           |                               |           |      |
|-----------|-------------------------------|-----------|------|
| 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       | Tayler Johnson, Oak Park      | 18' 4"    | 2010 |
| CIF       | Ashtyn Baltimore, Marlborough | 19' 11 ¾" | 2009 |

## POLE VAULT

(CIF event since 1913)

### **20 Best Performers**

|                   |          |          |                     |          |      |
|-------------------|----------|----------|---------------------|----------|------|
| 1. Daniel Chamlee | 14' 0"   | 1999     | Ed Warnock          | 12' 6"   | 1975 |
| 2. Thomas Chamlee | 13' 7"   | 2003     | Gene Saito          | 12' 6"   | 1978 |
| 3. Paul Suominen  | 13' 6 ½" | 1988     | Mike Elgan          | 12' 6"   | 1979 |
| 4. Paul Wright    | 13' 6"   | 1976     | Jess Torres         | 12' 6"   | 1984 |
| 5. Robert Villa   | 13' 3"   | 1989     | 16. Dick Howitt     | 12' 4 ½" | 1962 |
| 6. Jim Peterson   | 13' 1 ½" | 1937     | 17. Hank Hernandez  | 12' 3"   | 1962 |
| 7. Anthony Vega   | 13' 0"   | 1991     | 18. Richard Elliott | 12' 0"   | 1950 |
| Terry Small       | 13' 0"   | 1994-'95 | Mark Hutchins       | 12' 0"   | 1981 |
| Nick Van Eyck     | 13' 0"   | 2005     | Erik Graham         | 12' 0"   | 1991 |
| 10. Jim Lofgreen  | 12' 9"   | 1976     | Evan Stanford       | 12' 0"   | 2009 |
| 11. Dan Rockwell  | 12' 6"   | 1970     | Travis Doop         | 12' 0"   | 2009 |

### **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       | Connor Stark, Oak Park       | 14' 9" | 2010 |
| CIF       | Johnny Quinn, St. Margaret's | 16' 8" | 2006 |

## HIGH JUMP

(CIF event since 1913)

### **20 Best Performers**

|                  |           |          |                     |            |          |
|------------------|-----------|----------|---------------------|------------|----------|
| 1. Derek Mason   | 6' 6"     | 1991     | 10. 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 |
| 9. Raul Corral   | 6' 1"     | 1967     | 18. Tom Poulos      | 5' 11 1/2" | 1980     |
|                  |           |          | 19. 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        | 6' 6"     | 1991                   |
|           |           | Junior        | 6' 4"     | 1990                   |
| Sophomore |           | JD Thompson   | 6' 3"     | 1993                   |
| Freshman  |           | Justin Clay   | 6' 0"     | 1990                   |
|           |           | JD Thompson   | 6' 0"     | 1992                   |
|           |           | TVL           | 6' 8 1/4" | 2009                   |
|           |           | CIF           | 7' 0"     | 2008                   |

## TRIPLE JUMP

(CIF event since 1982)

### **20 Best Performers**

|                     |             |      |                      |            |      |
|---------------------|-------------|------|----------------------|------------|------|
| 1. Ligaya Coleman   | 36' 7 3/4"  | 1993 | 11. Caitlin Wallace  | 33' 3"     | 2010 |
| 2. Rosa O'Reilly    | 35' 10 1/2" | 2005 | 12. Elena Torres     | 33' 2 1/4" | 2005 |
| Carina Celio        | 35' 10 1/2" | 2008 | 13. Hannah Stuber    | 33' 0"     | 2007 |
| 4. Nikki Barbieri   | 34' 8"      | 1993 | 14. Natalie Hipple   | 32' 11"    | 2011 |
| 5. Lana Wolverton   | 34' 4"      | 2005 | 15. Allison Requejo  | 32' 8"     | 2001 |
| 6. Jessica Nobbe    | 34' 3 1/4"  | 1999 | 16. Jaymee Gentry    | 32' 7 1/2" | 2000 |
| 7. Mary Fisher      | 34' 3"      | 1997 | 17. Kristen Carstens | 32' 3 1/2" | 1998 |
| 8. Charis Haines    | 34' 2 1/2"  | 2000 | Sofia Van Wingerden  | 32' 3 1/2" | 2002 |
| Lucy Musson         | 34' 2 1/2"  | 2008 | 19. Lea Boyd         | 32' 3 1/4" | 1994 |
| 10. Shawn Henderson | 33' 8 1/2"  | 1985 | Selena Burquez       | 32' 3 1/4" | 1996 |

### **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       |
|           | 35' 10 1/2" | Carina Celio   | 4/19/08     | Carpinteria HS       |
| 6.        | 35' 9 3/4"  | Ligaya Coleman | 4/17/93     | Carpinteria HS (RC)  |
| 7.        | 35' 7 3/4"  | Rosa O'Reilly  | 5/21/05     | Cerritos             |
| 8.        | 35' 5 3/4"  | Ligaya Coleman | 4/10/93     | Arcadia              |
| 9.        | 35' 5"      | Ligaya Coleman | 5/16/92     | Arcadia              |
| 10.       | 35' 4"      | Rosa O'Reilly  | 5/ 6/05     | Carpinteria HS       |
| 11.       | 35' 3 1/2"  | Rosa O'Reilly  | 4/23/05     | Carpinteria HS       |
|           | 35' 2"      | Carina Celio   | 5/10/08     | Carpinteria HS       |
|           | 35' 1 1/2"  | Carina Celio   | 5/17/08     | Walnut               |
| 14.       | 35' 1 1/4"  | Rosa O'Reilly  | 5/22/04     | Cerritos             |
| 15.       | 35' 1/4"    | Rosa O'Reilly  | 5/15/04     | Moorpark             |
| 16.       | 34' 11 1/4" | Rosa O'Reilly  | 4/10/03     | Carpinteria HS       |
| 17.       | 34' 10 3/4" | Rosa O'Reilly  | 5/17/03     | Walnut               |
| 18.       | 34' 8"      | Nikki Barbieri | 3/11/93     | Ojai                 |
| 19.       | 34' 7 1/4"  | Ligaya Coleman | 4/ 2/93     | Carpinteria HS       |
|           | 34' 6 1/2"  | Carina Celio   | 4/12/08     | Carpinteria HS (RC)  |
| 21.       | 34' 6"      | Rosa O'Reilly  | 5/ 9/03     | Carpinteria HS       |
| 22.       | 34' 5 1/4"  | Ligaya Coleman | 5/ 7/92     | Ventura              |
| 23.       | 34' 5"      | Nikki Barbieri | 5/16/92     | Arcadia              |
| 24.       | 34' 4"      | Lana Wolverton | 4/14/05     | Carpinteria HS       |
|           | 34' 4"      | Carina Celio   | 4/ 5/08     | Malibu               |
| 26.       | 34' 3 1/4"  | Jessica Nobbe  | 4/ 1/99     | Fresno               |
| 27.       | 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                 |
| 30.       | 34' 2 1/2"  | Charis Haines  | 4/20/00     | Carpinteria HS       |
|           | 34' 2 1/2"  | Lucy Musson    | 4/12/08     | Carpinteria HS (RC)  |
|           |             | Senior         | 36' 7 3/4"  | 1993                 |
|           |             | Junior         | 35' 5"      | 1992                 |
| Sophomore |             | Rosa O'Reilly  | 34' 11 1/4" | 2003                 |
| Freshman  |             | Rosa O'Reilly  | 33' 6 1/4"  | 2002                 |
|           |             | TVL            | 36' 1/2"    | 1993                 |
|           |             | CIF            | 40' 4 1/2"  | 2011                 |

## HIGH JUMP

(CIF event since 1973)

### **20 Best Performers**

|                      |            |          |                     |        |          |
|----------------------|------------|----------|---------------------|--------|----------|
| 1. Kristen Carstens  | 5' 3"      | 1999     | Patience Juarez     | 4' 10" | 1989     |
| 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     | Camille Stout       | 4' 10" | 2010     |
| Margo Ledig          | 5' 2"      | 2005     | 20. Karen Vestal    | 4' 8"  | 1979     |
| Shelby Dunlap        | 5' 2"      | 2010-'11 | Suzie Cordero       | 4' 8"  | 1985-'86 |
| Caitlin Wallace      | 5' 2"      | 2010     | Debbie Wilson       | 4' 8"  | 1987     |
| 8. Kim Schuyler      | 5' 0"      | 1991     | Marcie Puita        | 4' 8"  | 1988     |
| Lea Boyd             | 5' 0"      | 1993-'94 | Jennifer Ives       | 4' 8"  | 1990     |
| Lucy Musson          | 5' 0"      | 2006-'07 | Casey Ryan          | 4' 8"  | 1992     |
| 11. Kasey Gentry     | 4' 11"     | 2003     | Tara Gendron        | 4' 8"  | 1997-'98 |
| 12. Charis Haines    | 4' 10 1/2" | 2000     | Vanessa Ray         | 4' 8"  | 1999     |
| Jamie Chamlee        | 4' 10 1/2" | 2000     | Sofia Van Wingerden | 4' 8"  | 2001-'02 |
| 14. Helen Van Koppen | 4' 10"     | 1974     | Rosa O'Reilly       | 4' 8"  | 2005     |
| Shawn Henderson      | 4' 10"     | 1984     | Ally Winn           | 4' 8"  | 2009     |

### **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             | 4/15/99 | 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            |
|           | 5' 2"  | Shelby Dunlap                | 3/17/10 | Carpinteria HS            |
|           | 5' 2"  | Caitlin Wallace              | 3/25/10 | Ojai                      |
|           | 5' 2"  | Shelby Dunlap                | 3/25/10 | Ojai                      |
|           | 5' 2"  | Shelby Dunlap                | 4/22/10 | Carpinteria HS            |
|           | 5' 2"  | Caitlin Wallace              | 4/24/10 | Carpinteria HS            |
|           | 5' 2"  | Shelby Dunlap                | 4/24/10 | Carpinteria HS            |
|           | 5' 2"  | Shelby Dunlap                | 5/15/10 | Carpinteria HS            |
|           | 5' 2"  | Shelby Dunlap                | 5/22/10 | Cerritos                  |
|           | 5' 2"  | Shelby Dunlap                | 5/ 5/11 | Carpinteria HS            |
|           | 5' 2"  | Shelby Dunlap                | 5/14/11 | Carpinteria HS            |
| 26.       | 5' 1"  | Ligaya Coleman               | 4/28/93 | Oak Park                  |
|           | 5' 1"  | Shelby Dunlap                | 4/ 7/10 | Carpinteria HS            |
|           | 5' 1"  | Caitlin Wallace              | 4/ 7/10 | Carpinteria HS            |
|           | Senior | Kristen Carstens             | 5' 3"   | 1999                      |
|           | Junior | Kristen Carstens             | 5' 2"   | 1998                      |
|           |        | Shelby Dunlap                | 5' 2"   | 2010                      |
| Sophomore |        | Lea Boyd & Heather Schuyler  | 5' 0"   | 1994                      |
|           |        | Lauren Damerel               | 5' 0"   | 2000                      |
|           |        | Lucy Musson                  | 5' 0"   | 2006                      |
|           |        | Shelby Dunlap                | 5' 0"   | 2009                      |
| 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                      |
|           |        | Zibby Boyer, Pasadena Poly   | 5' 8"   | 2011                      |

## TRIPLE JUMP

(CIF event since 1973)

### **20 Best Performers**

|                       |             |      |                     |             |      |
|-----------------------|-------------|------|---------------------|-------------|------|
| 1. Ian Allen-Williams | 43' 6 1/2"  | 2000 | 11. Hernan Martinez | 40' 6 1/2"  | 2005 |
| 2. JD Thompson        | 42' 11 1/2" | 1994 | 12. Brian Lammer    | 40' 5 3/4"  | 1994 |
| 3. Kirby Gannett      | 42' 7 1/2"  | 2006 | 13. Erik Graham     | 40' 2 3/4"  | 1991 |
| 4. Ray Martinez       | 42' 3/4"    | 1986 | Kenny Lopez         | 40' 2 3/4"  | 2003 |
| 5. Cody Labrum        | 42' 1/4"    | 2010 | 15. Ralph Sells     | 39' 10 1/2" | 1983 |
| 6. Alan Martell       | 41' 9 1/2"  | 1978 | 16. David Martell   | 39' 8"      | 1977 |
| 7. Pepe Delgadillo    | 41' 3 1/2"  | 2006 | 17. Shawn Jackson   | 39' 6 1/2"  | 1985 |
| 8. David Miller       | 40' 9 1/4"  | 1987 | Mike Medel          | 39' 6 1/2"  | 1996 |
| 9. Peter Heinrich     | 40' 7"      | 1999 | 19. Beto Puita      | 39' 6"      | 1989 |
| Scott Lopez           | 40' 7"      | 2001 | 20. Tracy Duba      | 39' 5"      | 1978 |

### **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"  | Kirby Gannett               | 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' 1/4"    | Cody Labrum                 | 4/ 3/10    | Quartz Hill            |
| 13.       | 42' 0"      | Ian Allen-Williams          | 4/22/00    | Carpinteria HS         |
|           | 42' 0"      | Ian Allen-Williams          | 5/ 4/00    | Carpinteria HS         |
| 15.       | 41' 10 1/2" | JD Thompson                 | 5/20/95    | Cerritos               |
| 16.       | 41' 9 1/2"  | Alan Martell                | 5/ 4/78    | Santa Barbara (SMHS)   |
| 17.       | 41' 9"      | JD Thompson                 | 4/22/95    | Santa Barbara (DPHS)   |
| 18.       | 41' 8"      | Ray Martinez                | 3/11/87    | Carpinteria HS         |
|           | 41' 8"      | JD Thompson                 | 5/ 6/93    | Santa Barbara (SBCC)   |
| 20.       | 41' 7 1/2"  | JD Thompson                 | 4/24/93    | Santa Barbara (SBCC)   |
| 21.       | 41' 6 1/4"  | JD Thompson                 | 4/17/93    | Carpinteria HS (RC)    |
| 22.       | 41' 6"      | JD Thompson                 | 5/13/95    | Arcadia                |
|           | 41' 6"      | Ian Allen-Williams          | 3/25/00    | Santa Barbara (SBCC)   |
| 24.       | 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) |
| 27.       | 41' 5"      | Ian Allen-Williams          | 5/ 4/01    | Carpinteria HS         |
| 28.       | 42' 7 1/2"  | Kirby Gannett               | 4/22/06    | CarpinteriaHS          |
| 29.       | 41' 4 1/2"  | Cody Labrum                 | 4/17/10    | Carpinteria HS (RC)    |
| 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         | Jules Sharp, Oaks Christian | 46' 5 1/4" | 2009                   |
|           | 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. Shawn Jackson        | 20' 4 3/4"  | 1985 |
| 9. Chris Harris    | 20' 11 1/2" | 1985 | Ian Allen-Williams       | 20' 4 3/4"  | 2000 |
| 10. Richard Morris | 20' 11"     | 1953 | 19. <b>David Cornejo</b> | 20' 3 3/4"  | 2011 |

### 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             | Niko Di Martino, Oaks Chris. | 22' 8 1/2"  | 2010                      |
| CIF             | Marquise Lee, Serra          | 24' 8"      | 2011                      |

## POLE VAULT

(CIF event since 1995)

### 20 Best Performers

|                           |        |      |                      |           |      |
|---------------------------|--------|------|----------------------|-----------|------|
| 1. Stephanie Norris       | 10' 0" | 1998 | Amy Fortunato        | 7' 0"     | 2000 |
| 2. <b>Sally Lam</b>       | 9' 6"  | 2011 | Tesa Coleman         | 7' 0"     | 2008 |
| 3. Jamie Chamlee          | 9' 0"  | 2001 | 13. April Wood       | 6' 7 3/4" | 2003 |
| <b>Kelsey Drain</b>       | 9' 0"  | 2011 | 14. Lexie Greene     | 6' 6"     | 2000 |
| 5. Lucy Duncan            | 8' 6"  | 1998 | Whitney Chamlee      | 6' 6"     | 2005 |
| 6. Stacy Chamlee          | 8' 0"  | 2003 | <b>Joanna Hipple</b> | 6' 6"     | 2011 |
| 7. <b>Tabitha Goulart</b> | 7' 6"  | 2011 | 17. Katie Wedemeyer  | 6' 0"     | 2002 |
| 8. Katie Buchmiller       | 7' 2"  | 2009 | 18. Jazmin Vargas    | 6' 0"     | 2006 |
| 9. Cindy Green            | 7' 0"  | 1997 | 19. Lydia Han        | 5' 6"     | 2011 |
| Miranda Morden            | 7' 0"  | 2000 | 20. Claire Steggall  | 5' 0"     | 1997 |
|                           |        |      | Taylor Mann          | 5' 0"     | 2010 |

### 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) |
| 9' 6"     | <b>Sally Lam</b>            | 5/14/11 | Carpinteria HS       |
| 16. 9' 1" | Stephanie Norris            | 3/17/98 | Santa Barbara (DPHS) |
| 17. 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             |
| 9' 0"     | <b>Kelsey Drain</b>         | 4/14/11 | Oak Park             |
| 21. 8' 9" | Stephanie Norris            | 4/24/96 | Carpinteria HS       |
| 8' 9"     | Jamie Chamlee               | 5/ 4/01 | Carpinteria HS       |
| 23. 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) |
| 8' 6"     | <b>Kelsey Drain</b>         | 4/ 7/11 | Carpinteria HS       |
| 8' 6"     | <b>Kelsey Drain</b>         | 4/23/11 | Carpinteria HS       |
| 8' 6"     | <b>Kelsey Drain</b>         | 4/27/11 | Westlake             |
| 8' 6"     | <b>Sally Lam</b>            | 5/ 5/11 | 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       | Kim Sanchez, Oaks Christian | 11' 6"  | 2011                 |
| CIF       | Natasha Kolbo, St. Joseph   | 12' 6"  | 2010                 |

### 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. Marissa Carrillo   | 29' 7 1/2" | 2008 |
| 10. Sarah Grieve      | 32' 5 3/4"  | 2001 | 20. Monica Johnson     | 29' 7"     | 2005 |

#### **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        | 38.5c  | 1977 | Kirby Carbajal           | 42.0c | 1983 |
| 4. Phil D'Alessandro | 39.1   | 1993 | 14. Rick Puita           | 42.4c | 1991 |
| 5. Jeff Moorhouse    | 39.78c | 1980 | 15. <b>David Cornejo</b> | 42.65 | 2011 |
| 6. Ryan Dumm         | 40.80  | 2003 | 16. Danny Andrews        | 42.66 | 1999 |
| 7. Dale Hutchins     | 40.6c  | 1980 | 17. Brian Doyle          | 42.5  | 1987 |
| 8. Robert Abe        | 41.4c  | 1975 | 18. John Morris          | 42.6c | 1989 |
| Robert Dunn          | 41.4c  | 1978 | 19. Warren Branson       | 43.1c | 1978 |
| 10. Jerry Hamilton   | 41.8c  | 1980 | Daniel Cordero           | 43.1  | 1990 |

#### **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 | 11. John Hoffman   | 15.7  | 1962 |
| 2. John Barbieri     | 14.65 | 1999 | Russ Hunziker      | 15.7  | 1972 |
| 3. Phil D'Alessandro | 14.5  | 1993 | 13. Danny Andrews  | 16.00 | 1999 |
| 4. Don Edwards       | 14.6  | 1971 | 14. John Tisdell   | 15.8  | 1966 |
| 5. Jason Eiker-Wiles | 14.93 | 2003 | 15. Jerry Hamilton | 15.9  | 1980 |
| 6. Ryan Dumm         | 15.22 | 2003 | Bob Gemeinhardt    | 15.9  | 1965 |
| 7. Jim Peterson      | 15.0  | 1937 | 17. Robert Allen   | 16.0  | 1970 |
| 8. Harry Cosseboom   | 15.5  | 1964 | Chuey Villapando   | 16.0  | 1955 |
| 9. John Savala       | 15.6  | 1951 | David Moreno       | 16.0  | 1956 |
| Ken Brown            | 15.6  | 1975 | 20. Jim Bailard    | 16.1  | 1968 |

### 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' 10" | 2004 |
| 6. Becca Stowers      | 113' 0"  | 1991 | 16. Suz. Van Kreeveld | 96' 10" | 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 | Natalie Hipple        | 92' 9"  | 2011 |
| 10. Sarah Grieve      | 103' 10" | 2001 | 20. Lani Evans-Gonda  | 92' 7"  | 2009 |

### 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<br>Maria Albarran, Lucy Duncan           | 5/20/00  | Cerritos                        |
| 2.  | 50.71 | Juliet Casso, Emily DeArkland<br>Maria Elena Malovos, Kristy Campos     | 5/17/03  | Walnut                          |
| 3.  | 51.05 | Tessa Nash, Corilynn Duddridge<br>Maria Albarran, Lucy Duncan           | 5/ 4/00  | Carpinteria HS                  |
| 4.  | 51.10 | Tessa Nash, Corilynn Duddridge<br>Juliet Casso, Lucy Duncan             | 5/13/00  | Walnut                          |
| 5.  | 51.15 | Tessa Nash, Corilynn Duddridge<br>Maria Albarran, Lucy Duncan           | 4/26/00  | Carpinteria HS                  |
| 6.  | 51.27 | Juliet Casso, Allison Requejo<br>Maria Albarran, Veronica Gonzales      | 5/ 04/01 | Carpinteria HS                  |
| 7.  | 51.36 | Tessa Nash, Corilynn Duddridge<br>Maria Albarran, Lucy Duncan           | 4/22/00  | Carpinteria HS<br>(SB County)   |
| 8.  | 51.64 | Denette Russell, Candi Kelsey<br>Shawn Henderson, Shari Williams        | 5/19/84  | Cerritos                        |
|     | 51.4  | Juliet Casso, Emily DeArkland<br>Maria Elena Malovos, Kristy Campos     | 5/ 9/03  | Carpinteria HS                  |
| 10. | 51.71 | Juliet Casso, Kristy Campos<br>Emily DeArkland, Veronica Gonzales       | 5/ 3/02  | Carpinteria HS                  |
|     | 51.71 | Juliet Casso, Emily DeArkland<br>Kristy Campos, Veronica Gonzales       | 5/11/02  | Walnut                          |
| 12. | 51.73 | Tessa Nash, Corilynn Duddridge<br>Maria Albarran, Lucy Duncan           | 4/15/00  | Carpinteria HS<br>(Russell Cup) |
| 13. | 51.77 | Juliet Casso, Emily DeArkland<br>Maria Elena Malovos, Veronica Gonzales | 4/18/02  | Carpinteria HS                  |
| 14. | 51.78 | Karla Martinez, Kristy Campos<br>Serena Renner, Haley Bowman            | 5/15/04  | Moorpark                        |
| 15. | 51.81 | Lucy Musson, Kacey Nomura<br>Marissa Carrillo, Carina Celio             | 5/ 1/08  | Carpinteria HS                  |
| 16. | 51.84 | Tessa Nash, Jessica Nobbe<br>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. | Thomas McMahan | 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       | Mark Nevers, Oak Park | 9:25.70 | 2001                   |
|     | 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. Enrique Roig   | 4:31.73 | 1986 |
| 3. Bret Kimple          | 4:14.19  | 1987 | 13. Tony Sourmancy | 4:31.5c | 1980 |
| 4. Miguel Santizo       | 4:15.1c  | 1973 | 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. John Norris    | 4:34.06 | 2003 |
| 7. Dale Schuyler        | 4:26.4c  | 1935 | 17. Mike Russell   | 4:33.9c | 1978 |
| 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. Travis Madden  | 4:37.39 | 2011 |

## 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. | 4:13.90  | Coley Candaele | 5/13/89 | Arcadia              |
| 16. | 4:12.7c  | Tom Grewe      | 4/ 6/82 | Santa Ynez           |
| 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 |

|     |       |                                                                         |         |                           |
|-----|-------|-------------------------------------------------------------------------|---------|---------------------------|
|     | 51.6  | Tessa Nash, Corilynn Duddridge<br>Maria Albarran, Lucy Duncan           | 4/13/00 | Fillmore                  |
| 18. | 51.86 | Tessa Nash, Jessica Nobbe<br>Lucy Duncan, Kelsey Ferguson               | 5/15/99 | Azusa<br>(Citrus College) |
| 19. | 51.87 | Tessa Nash, Corilynn Duddridge<br>Maria Albarran, Lucy Duncan           | 3/30/00 | Carpinteria HS            |
| 20. | 51.89 | Tessa Nash, Corilynn Duddridge<br>Maria Albarran, Lucy Duncan           | 4/20/00 | Carpinteria HS            |
| 21. | 51.94 | Juliet Casso, Emily DeArkland<br>Maria Elena Malovos, Veronica Gonzales | 4/24/02 | Carpinteria HS            |
| 22. | 51.98 | Nikki Barbieri, Ligaya Coleman<br>Jessica Nesheim, Kirsten Candaele     | 5/16/92 | Arcadia                   |
|     | 51.98 | Haley Bowman, Kristy Campos<br>Serena Renner, Margo Ledig               | 4/ 1/04 | Carpinteria HS            |
| 24. | 52.04 | Juliet Casso, Allison Requejo<br>Maria Albarran, Veronica Gonzales      | 5/12/01 | Azusa<br>(Citrus College) |
| 25. | 52.07 | Tessa Nash, Jessica Nobbe<br>Lucy Duncan, Kelsey Ferguson               | 5/ 6/99 | Santa Barbara<br>(SBCC)   |
| 26. | 52.08 | Juliet Casso, Serena Renner<br>Maria Elena Malovos, Kristy Campos       | 4/19/03 | Carpinteria HS<br>(RC)    |
| 27. | 52.09 | Jade Jones, Kacey Nomura<br>Marissa Carrillo, Lauren Colomy             | 5/ 3/07 | Carpinteria HS            |
| 28. | 52.23 | Lucy Musson, Kacey Nomura<br>Marissa Carrillo, Carina Celio             | 4/12/08 | Carpinteria HS<br>(RC)    |
| 29. | 52.29 | Kim Englert, Cherie Breland<br>Shawn Henderson, Denette Russell         | 5/18/85 | Walnut                    |
| 30. | 52.1  | Denette Russell, Candi Kelsey<br>Shawn Henderson, Shari Williams        | 4/21/84 | Santa Ynez                |
| F/S | 53.08 | Juliet Casso, Monica Gonzales<br>Maria Elena Malovos, Emily DeArkland   | 4/14/01 | Carpinteria HS<br>(RC)    |
| TVL | 48.46 | Oaks Christian                                                          | 2011    |                           |
| CIF | 46.04 | Serra                                                                   | 2009    |                           |

### 1600 METER RELAY

(CIF event since 1974)

#### **30 Best Performances**

|     |         |                                                               |         |                                 |
|-----|---------|---------------------------------------------------------------|---------|---------------------------------|
| 1.  | 4:03.61 | Corilynn Duddridge, Tessa Nash<br>Maria Albarran, Lucy Duncan | 5/20/00 | Cerritos                        |
| 2.  | 4:04.97 | Corilynn Duddridge, Tessa Nash<br>Maria Albarran, Lucy Duncan | 4/22/00 | Carpinteria HS<br>(SB County)   |
| 3.  | 4:05.40 | Corilynn Duddridge, Tessa Nash<br>Maria Albarran, Lucy Duncan | 4/15/00 | Carpinteria HS<br>(Russell Cup) |
| 4.  | 4:05.72 | Tiondra Flynn, Kacey Nomura<br>Margo Ledig, Haley Bowman      | 5/21/05 | Cerritos                        |
| 5.  | 4:06.21 | Corilynn Duddridge, Tessa Nash<br>Maria Albarran, Lucy Duncan | 4/26/00 | Carpinteria HS                  |
| 6.  | 4:07.02 | Ashley Smith, Lucy Duncan<br>Daisy Duncan, Tessa Nash         | 5/23/98 | Cerritos                        |
| 7.  | 4:07.55 | Corilynn Duddridge, Tessa Nash<br>Maria Albarran, Lucy Duncan | 5/ 4/00 | Carpinteria HS                  |
| 8.  | 4:07.6  | Corilynn Duddridge, Tessa Nash<br>Maria Albarran, Lucy Duncan | 3/23/00 | Carpinteria HS                  |
| 9.  | 4:07.91 | Tiondra Flynn, Kacey Nomura<br>Margo Ledig, Haley Bowman      | 5/14/05 | Carpinteria HS                  |
| 10. | 4:08.00 | Tessa Nash, Corilynn Duddridge<br>Daisy Duncan, Lucy Duncan   | 5/22/99 | Cerritos                        |
| 11. | 4:08.42 | Tessa Nash, Emily DeArkland<br>Maria Albarran, Lucy Duncan    | 5/13/00 | Walnut                          |
| 12. | 4:08.47 | Corilynn Duddridge, Tessa Nash<br>Maria Albarran, Lucy Duncan | 4/ 8/00 | Azusa<br>(Citrus College)       |
| 13. | 4:08.63 | Tiondra Flynn, Kacey Nomura<br>Margo Ledig, Haley Bowman      | 5/ 6/05 | Carpinteria HS                  |
| 14. | 4:09.02 | Tiondra Flynn, Kacey Nomura<br>Margo Ledig, Haley Bowman      | 4/21/05 | Westlake                        |
| 15. | 4:09.34 | Tessa Nash, Kelsey Ferguson<br>Daisy Duncan, Lucy Duncan      | 5/ 6/99 | Santa Barbara<br>(SBCC)         |
| 16. | 4:09.45 | Tiondra Flynn, Nicole Spaeth<br>Haley Bowman, Kacey Nomura    | 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.  | Armando Flores       | 1:55.25 | 2002 |     | Tom Grewe      | 1:58.0c  | 1982 |
| 4.  | Miguel Santizo       | 1:55.1c | 1974 | 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 McMahon | 2:00.55  | 2007 |

#### **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. | 1:53.61          | Coley Candaele              | 6/ 2/89 | Cerritos               |
|     | 1:53.61          | Coley Candaele              | 6/ 3/89 | Cerritos               |
| 12. | 1:53.4           | Coley Candaele              | 5/ 3/90 | Santa Barbara (SBCC)   |
| 13. | 1:53.78          | Coley Candaele              | 5/13/89 | Arcadia                |
| 14. | 1:53.86          | Coley Candaele              | 6/ 1/90 | Cerritos               |
| 15. | 1:53.7           | Coley Candaele              | 3/10/90 | Santa Barbara (SBCC)   |
| 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. | 1:55.25          | Armando Flores              | 5/18/02 | Cerritos               |
| 24. | 1:55.1c          | Miguel Santizo              | 4/20/74 | Carpinteria Jr HS (RC) |
|     | 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 | Armando Flores     | 50.94 | 2002 |
| 2.  | Terry Stark      | 49.5c | 1973 | 12. Ben Scott      | 51.27 | 1999 |
| 3.  | Grant Savoy      | 50.17 | 2001 | 13. Vino Jacinto   | 51.2  | 2003 |
| 4.  | Scott Caldwell   | 50.0  | 1986 | 14. Mike Medel     | 51.46 | 1996 |
| 5.  | Max Gonzalez     | 50.30 | 1998 | 15. Luis Miranda   | 51.74 | 2005 |
| 6.  | Freddy Maldonado | 50.33 | 2008 | 16. Jose Padilla   | 51.87 | 1985 |
| 7.  | Walton Kendrick  | 50.3c | 1935 | 17. Todd McIntyre  | 51.8c | 1965 |
| 8.  | Greg Carty       | 50.6c | 1972 | 18. Dexter Hunt    | 51.9c | 1971 |
| 9.  | John Barbieri    | 50.92 | 1999 | 19. JD Thompson    | 52.23 | 1995 |
| 10. | Dan Rockwell     | 50.7c | 1970 | 20. Jose Hernandez | 52.0  | 1990 |

#### 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.  | 50.17 | Grant Savoy      | 5/19/01 | Cerritos               |
| 5.  | 50.0  | Scott Caldwell   | 4/19/86 | Santa Ynez             |
| 6.  | 50.30 | Max Gonzalez     | 5/23/98 | Cerritos               |
| 7.  | 50.33 | Freddy Maldonado | 5/ 1/08 | Carpinteria HS         |
| 8.  | 50.1c | Terry Stark      | 5/12/73 | Placentia              |
| 9.  | 50.3c | Walton Kendrick  | 5/18/35 | Los Angeles            |
| 10. | 50.4c | Coley Candaele   | 4/20/89 | Fillmore               |
|     | 50.4c | Coley Candaele   | 3/ 8/90 | Ojai                   |
| 12. | 50.75 | Max Gonzales     | 5/ 7/98 | Santa Barbara (SBCC)   |
|     | 50.75 | Max Gonzales     | 5/16/98 | Arcadia                |
| 14. | 50.79 | Freddy Maldonado | 5/11/08 | Walnut                 |
| 15. | 50.6c | Greg Carty       | 4/29/72 | Santa Barbara (SBCC)   |
| 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. | 50.7c | Dan Rockwell     | 4/18/70 | Carpinteria Jr HS (RC) |
|     | 50.94 | Armando Flores   | 4/24/02 | Carpinteria HS         |
| 21. | 50.8c | Dan Rockwell     | 4/23/70 | Carpinteria HS         |
|     | 50.8c | Greg Carty       | 4/ 8/72 | Carpinteria Jr HS (RC) |
| 23. | 50.9c | Dan Rockwell     | 4/16/70 | Santa Barbara (SBCC)   |
|     | 50.9c | Dan Rockwell     | 4/14/71 | Carpinteria HS         |
| 25. | 51.0c | Greg Carty       | 4/27/72 | Carpinteria HS         |
|     | 51.0  | Coley Candaele   | 4/28/88 | Santa Ynez             |
| 27. | 51.27 | Ben Scott        | 3/ 6/99 | Santa Barbara (SBCC)   |
|     | 51.27 | Freddy Maldonado | 5/10/08 | Carpinteria HS         |
| 29. | 51.1  | John Barbieri    | 4/ 7/99 | Cate School            |
| 30. | 51.35 | Ben Scott        | 4/22/99 | Santa Barbara (SBCC)   |

|           |                             |       |      |
|-----------|-----------------------------|-------|------|
| Senior    | Coley Candaele              | 49.0  | 1990 |
| Junior    | Coley Candaele              | 49.8c | 1989 |
| Sophomore | Coley Candaele              | 51.0  | 1988 |
| Freshman  | Freddy Maldonado            | 52.60 | 2006 |
| TVL       | James Short, St Bonaventure | 49.33 | 2009 |
| CIF       | Robert Woods, Serra         | 46.99 | 2010 |

|        |          |                                                                     |         |                              |
|--------|----------|---------------------------------------------------------------------|---------|------------------------------|
| 17.    | 4:09.73  | Serena Renner, Monica Gonzales<br>Margo Ledig, Emily DeArkland      | 5/17/03 | Walnut                       |
| 18.    | 4:10.57  | <b>Kelsey Drain</b> , Melissa Tovar,<br>Lacey Bushey, Shelby Dunlap | 5/15/10 | Carpinteria HS               |
| 19.    | 4:10.90  | Tessa Nash, Corilynn Duddridge<br>Daisy Duncan, Lucy Duncan         | 5/15/99 | Azusa<br>(Citrus College)    |
| 20.    | 4:11.65  | Corilynn Duddridge, Tessa Nash<br>Maria Albarran, Lucy Duncan       | 3/10/00 | Carpinteria HS               |
| 21.    | 4:12.22  | Ashley Smith, Lucy Duncan<br>Daisy Duncan, Tessa Nash               | 5/ 7/98 | Santa Barbara<br>(SBCC)      |
| 22.    | 4:12.23  | <b>Kelsey Drain</b> , Melissa Tovar,<br>Lacey Bushey, Shelby Dunlap | 5/ 6/10 | Carpinteria HS               |
| 23.    | 4:12.56  | Tessa Nash, Corilynn Duddridge<br>Daisy Duncan, Lucy Duncan         | 4/17/99 | Santa Barbara<br>(SBCC) (RC) |
| 24.    | 4:13.92  | Karla Martinez, Haley Bowman<br>Serena Renner, Margo Ledig          | 5/ 7/04 | Carpinteria HS               |
| 25.    | 4:14.22  | Juliet Casso, Emily DeArkland<br>Jamie Chamlee, Maria Albarran      | 5/12/01 | Azusa<br>(Citrus College)    |
| 26.    | 4:14.53  | Juliet Casso, Emily DeArkland<br>Jamie Chamlee, Maria Albarran      | 5/ 4/01 | Carpinteria HS               |
| 27.    | 4:14.58  | Ashley Smith, Lucy Duncan<br>Daisy Duncan, Tessa Nash               | 5/16/98 | Arcadia                      |
| 28.    | 4:15.07  | Tiondra Flynn, Nicole Spaeth<br>Haley Bowman, Kacey Nomura          | 4/26/06 | Carpinteria                  |
| 29.    | 4:15.15  | Serena Renner, Moncia Gonzales<br>Julissa Alvarez, Emily DeArkland  | 4/26/03 | Carpinteria HS               |
| 30.    | 4:15.32  | Tiondra Flynn, Nicole Spaeth<br>Haley Bowman, Kacey Nomura          | 5/13/06 | Carpinteria                  |
| F/S    | 4:17.95  | Lucy Musson, Kacey Nomura<br>Tiondra Flynn, Haley Bowman            | 2005    |                              |
| Indoor | 4:28.43c | Tessa Nash, Allison Requejo<br>Daisy Duncan, Lucy Duncan            | 1999    |                              |
| TVL    | 3:57.77  | Oaks Christian                                                      | 2011    |                              |
| CIF    | 3:44.29  | Serra                                                               | 2010    |                              |

## 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. Lucy Musson - Marissa Carrillo - Carina Celio - Kasey Nomura        | 1:51.57 | 2008 |
| 4. Serena Renner - Kristy Campos - Karla Martinez - Margo Ledig        | 1:51.93 | 2004 |
| 5. Kelsey Fergusson - Tessa Nash - Lucy Duncan - Daisy Duncan          | 1:52.85 | 1999 |
| F/S Lauren Colomy - Celina Torres - Marissa Carrillo - Kasey Nomura    | 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. Marissa Carrillo - Maggie Thompson - Haley Bowman - Kasey Nomura      | 1:56.72 | 2006 |
| 3. Carina Celio - Jade Jones - Marissa Carrillo - Kasey Nomura           | 1:57.05 | 2007 |
| 4. Maria Elena Malovos - Serena Renner - Kristy Campos - Emily DeArkland | 1:57.59 | 2003 |
| 5. Nikki Barbieri - Tracey Herrera - Vicki Cota - Ligaya Coleman         | 1:57.7  | 1990 |
| F/S Marissa Carrillo - Celina Torres - Lucy Musson - Kasey Nomura        | 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. Tesa Coleman - Hilary Ribbens - Nicole Spaeth - Brianna Stout      | 10:54.24 | 2008 |
| 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 Brianna Stout - Nicole Spaeth - Jazmin Vargas - Kacey Nomura      | 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. Carina Celio, Courtney Jones, Jade Jones          | 43' 8 ¾"  | 2007 |
| 4. Carina Celio, Courtney Jones, Jade Jones          | 43' 2 ½"  | 2007 |
| 5. Tara Gendron - Ashley Smith - Kristen Carstens    | 42' 10 ½" | 1998 |
| F/S Rosa O'Reilly - Lana Wolverton - Elena Torres    | 41' 9 ¼"  | 2003 |

## 200m DASH

(CIF event since 1913)

### 20 Best Performers

|                     |       |      |                       |       |      |
|---------------------|-------|------|-----------------------|-------|------|
| 1. Todd McIntyre    | 21.9c | 1964 | Robert Dunn           | 22.6c | 1978 |
| Terry Stark         | 21.9c | 1972 | Ben Scott             | 22.84 | 1999 |
| 3. Mike Saragosa    | 22.2c | 1966 | 13. Alex Cuevas       | 22.87 | 2008 |
| 4. John Barbieri    | 22.50 | 1999 | 14. Grant Savoy       | 22.91 | 2001 |
| 5. Tom Morrison     | 22.3c | 1952 | 15. Freddy Maldonado  | 23.03 | 2008 |
| Larry Stark         | 22.3c | 1970 | 16. Jason Eiker-Wiles | 23.12 | 2003 |
| 7. Walton Kendrick  | 22.5c | 1934 | 17. Richard Morris    | 22.9c | 1954 |
| Jim Peterson        | 22.5c | 1937 | Ward Small            | 22.9c | 1959 |
| 9. Chris Grisingher | 22.81 | 2002 | Larry McIntyre        | 22.9c | 1964 |
| 10. Neil Clark      | 22.6c | 1939 | 20. Max Gonzales      | 23.20 | 1998 |

### 30 Best Performances

|           |                  |         |                        |
|-----------|------------------|---------|------------------------|
| 1. 21.9c  | Todd McIntyre    | 5/ 2/64 | Santa Ynez             |
| 21.9c     | Terry Stark      | 4/27/72 | Carpinteria HS         |
| 3. 22.2c  | Mike Saragosa    | ?/??/66 | ???                    |
| 4. 22.50  | John Barbieri    | 5/15/99 | Azusa (Citrus College) |
| 5. 22.3c  | Tom Morrison     | 5/10/52 | Carpinteria HS         |
| 22.3c     | Larry Stark      | 5/22/70 | Cerritos               |
| 7. 22.62  | John Barbieri    | 5/22/99 | Cerritos               |
| 8. 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)   |
| 18. 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) |
| 25. 22.81 | Chris Grisingher | 5/ 3/02 | Carpinteria HS         |
| 26. 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    | Todd McIntyre | 21.9c | 1964 |
|           | Terry Stark   | 21.9c | 1972 |
| Sophomore | Mike Saragosa | 22.2c | 1966 |
| Freshman  | Dan Moyer     | 23.6c | 1970 |

|     |                                 |       |      |
|-----|---------------------------------|-------|------|
| TVL | Niko Di Martino, Oaks Christian | 21.65 | 2010 |
| CIF | Warren Rogers, Serra            | 21.07 | 2000 |

### 100m DASH

(CIF event since 1913)

#### **20 Best Performers**

|     |                  |       |      |                    |       |      |
|-----|------------------|-------|------|--------------------|-------|------|
| 1.  | Jim Peterson     | 10.9c | 1937 | Tom Morrison       | 11.2c | 1952 |
|     | Larry Stark      | 10.9c | 1971 | Dick Howitt        | 11.2c | 1962 |
|     | Terry Stark      | 10.9c | 1973 | Phil Adcock        | 11.2c | 1980 |
|     | Shawn Jackson    | 10.9c | 1985 | Chris Harris       | 11.2  | 1985 |
| 5.  | Chris Grisingher | 11.15 | 2002 | Damon Shirley      | 11.2  | 1990 |
| 6.  | Alex Cuevas      | 11.20 | 2007 | 18. Richard Morris | 11.3c | 1954 |
| 7.  | Robert Dunn      | 11.0c | 1977 | Bob Hoffman        | 11.3c | 1957 |
| 8.  | Rod Aguilar      | 11.30 | 1999 | Mike Curtis        | 11.3c | 1968 |
| 9.  | Alfred Gonzalez  | 11.40 | 1999 | David Walters      | 11.3c | 1972 |
| 10. | Jeff Frowiss     | 11.43 | 1999 | Nick Solano        | 11.3c | 1982 |
|     | Luis Soto        | 11.43 | 2002 | Mike Blodgett      | 11.3  | 1983 |
| 12. | Allen Burch      | 11.2c | 1933 | Ryan Kuttler       | 11.3  | 1993 |
|     |                  |       |      | 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.  | 11.20     | Alex Cuevas                | 5/ 3/07 | Carpinteria HS         |
|     | 11.20     | Alex Cuevas                | 5/19/07 | Cerritos               |
| 11. | 11.22     | Chris Grisingher           | 4/13/02 | Carpinteria HS (RC)    |
| 12. | 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         |
| 26. | 11.26     | Alex Cuevas                | 3/ 8/08 | Moorpark               |
|     | 11.26     | Alex Cuevas                | 5/ 1/08 | Carpinteria HS         |
| 28. | 11.27     | Chris Grisingher           | 3/ 8/02 | Carpinteria HS         |
| 29. | 11.28     | Chris Grisingher           | 4/20/02 | Carpinteria HS         |
| 30. | 11.30     | Rod Aguilar                | 5/15/99 | Azusa (Citrus College) |
|     | 11.30     | Alex Cuevas                | 4/19/08 | 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.  | Carina Celio - Jade Jones - Hannah Stuber     | 93' 5"     | 2007 |
| 4.  | Ligaya Coleman - Nikki Barbieri - Lea Boyd    | 92' 2"     | 1993 |
| 5.  | Jessics Nobbe - Jaymee Gentry - Joanna Nobbe  | 91' 5"     | 1999 |
| 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.  | Caitlin Wallace - Shelby Dunlap - Autumn Ribbens     | 14' 2"  | 2010 |
| 3.  | 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 |
| 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 |
| 2.  | Stephanie Norris                               | 8' 0"  | 1996 |
| 3.  | <b>Kesley Drain</b>                            | 7' 0"  | 2010 |
| 4.  | Lucy Duncan                                    | 6' 6"  | 1997 |
| 5.  | Katie Buchmiller                               | 6' 0"  | 2009 |
| 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.  | Natalie Hipple - Gina Targoni - Sally Lam         | 244' 3" | 2011 |
| 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. | Chrissy Burnett | 15:07.7 | 1984 |
| 2. | Angela Carreno  | 15:44.4 | 1986 |

#### JAVELIN

|                 |         |      |
|-----------------|---------|------|
| Amanda Thompson | 86' 10" | 2002 |
|-----------------|---------|------|

#### HEPTHALON

|                |          |      |
|----------------|----------|------|
| Lauren Damerel | 2990 Pts | 2002 |
|----------------|----------|------|

**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                   | 24         | 1          | 0        | 11         | 5          | 1        | 5          | 0         | 0        | 5         | 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               | 35         | 4          | 0        | 29         | 1          | 1        | 13         | 20        | 0        | 12        | 5         |          |
| 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          | 9          | 0        | —          | —         | —        | 7         | 7         |          |
| Moorpark               | 25         | 1          | 0        | 5          | 2          | 0        | 10         | 0         | 0        | —         | —         |          |
| Newbury Park           | 5          | 4          | 0        | 1          | 6          | 0        | 2          | 5         | 0        | 2         | 5         |          |
| Nordhoff               | 24         | 21         | 0        | 9          | 24         | 0        | 14         | 20        | 1        | 2         | 24        |          |
| Oak Park               | 13         | 15         | 0        | 12         | 17         | 0        | 18         | 11        | 0        | 6         | 12        |          |
| Oaks Christian         | 0          | 5          | 0        | 0          | 5          | 0        | 2          | 3         | 0        | 2         | 3         |          |
| 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            | 13         | 2          | 0        | 9          | 0          | 0        | 9          | 2         | 0        | 3         | 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         | 14         | 1        | 31         | 3          | 1        | 27         | 10        | 0        | 15        | 3         |          |
| 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>266</b> | <b>123</b> | <b>5</b> | <b>134</b> | <b>109</b> | <b>4</b> | <b>153</b> | <b>93</b> | <b>1</b> | <b>69</b> | <b>70</b> | <b>0</b> |

**WARRIORS IN CIF CHAMPIONSHIPS**

|             |                          |           |                  |             |
|-------------|--------------------------|-----------|------------------|-------------|
| <b>2006</b> | 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     |           |                  |             |
| <b>2007</b> | Thomas McMahon           | 6th Place | 800 meters       | 2:00.61     |
|             | Kacey Nomura             | 6th Place | 400 meters       | 60.17       |
|             | Alex Cuevas              | 7th Place | 100 meters       | 11.20       |
|             | Thomas McMahon           | 7th Place | 800 meters       | 2:00.55     |
| <b>2008</b> | Lucy Musson              | 7th Place | High Jump        | 4' 11"      |
|             | A. Cuevas, T. McMahon    | 7th Place | 1600m Relay      | 3:32.74     |
|             | E. Esqueda, F. Maldonado |           |                  |             |
|             | Freddy Maldonado         | 5th Place | 400 meters       | 50.79       |
| <b>2010</b> | A. Cuevas, E. Esqueda    | 5th Place | 1600m Relay      | 3:29.50     |
|             | S. Lozier, F. Maldonado  |           |                  |             |
|             | A. Cornejo, S. Lozier    | 6th Place | 400m Relay       | 43.83       |
|             | F. Maldonado, A. Cuevas  |           |                  |             |
| <b>2011</b> | Shelby Dunlap            | 3rd Place | 100 High Hurdles | 15.53       |
|             | Travis Doop              | 4th Place | Pole Vault       | 12' 0"      |
|             | John Bustillos           | 6th Place | Shot Put         | 47' 2 1/2"  |
|             | Shelby Dunlap            | 6th Place | High Jump        | 5' 2"       |
| <b>2011</b> | Shelby Dunlap            | 7th Place | 300 Low Hurdles  | 46.76       |
|             | Wyatt Craddock           | 6th Place | Shot Put         | 46' 10 1/2" |
|             | Shelby Dunlap            | 7th Place | 300 Low Hurdles  | 46.31       |
|             | Shelby Dunlap            | 7th Place | High Jump        | 5' 0"       |



**WARRIORS IN CIF CHAMPIONSHIPS**

|                   |                            |                   |                  |                           |
|-------------------|----------------------------|-------------------|------------------|---------------------------|
| <b>2001</b>       | <b>GRANT SAVOY</b>         | Champion          | 400 meters       | 50.17                     |
|                   | <b>NOAH BRYANT</b>         | Champion          | Shot Put         | 61' 11 ½"<br>(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 ¾"                  |
|                   | 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"           |                           |
| <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"<br>(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                   |
|                   | M. Ledig, H. Bowman        |                   |                  |                           |

**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)  
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**  
(12 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  
2006 - 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 ½ points)  
1999 - **Champion** (66 points)  
2000 - 5th place (26 points)  
2001 - **Champion** (57 ½ points)  
2002 - 3rd place (50 points)

**WARRIORS IN CALIFORNIA STATE CHAMPIONSHIPS**

|      |                    |                 |             |                              |
|------|--------------------|-----------------|-------------|------------------------------|
| 1935 | RALPH WOOD         | <b>Champion</b> | 880 yards   | 1:57.6<br>(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<br>(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 (Girls)*

| Points | Name               | Year(s) | Points | Name                 | Year(s) |
|--------|--------------------|---------|--------|----------------------|---------|
| 40 ¼   | 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 ½   | Lucy Duncan        | 1997-00 | 2      | Sophia Van Wingerden | 2003    |
| 23     | Daisy Duncan       | 1996-99 | 2      | Lucy Musson          | 2007    |
| 21 ½   | Lauren Damerel     | 2000-02 | 1 ¾    | Maria Albarran       | 2000    |
| 18     | Micheline Sheaffer | 1987-88 | 1 ¾    | Haley Bowman         | 2005-06 |
| 15     | Shelby Dunlap      | 2010-11 | 1 ¾    | Tiondra Flynn        | 2005-06 |
| 12     | Ligaya Coleman     | 1993    | 1 ½    | 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 ¾    | Margo Ledig        | 2002-05 | 1      | Nicole Spaeth        | 2006    |
| 6      | Shari Williams     | 1983-84 | ¼      | Cherie Breland       | 1985    |
| 5      | Heather Schuyler   | 1994-95 | ¼      | Kim Englert          | 1985    |
| 5      | Stacy Chamlee      | 2004-05 | ¼      | Shawn Henderson      | 1985    |
| 5      | Jamie Chamlee      | 2001    | ¼      | Denette Russell      | 1985    |
| 4      | Jessica Clay       | 1996    | ¼      | Nikki Barbieri       | 1993    |
| 4      | Mary Fisher        | 1997    | ¼      | Shannon Seaver       | 1993    |
| 4      | Tessa Nash         | 1998-00 | ¼      | Jessie Yates         | 1993    |
| 2 ½    | Kristen Carstens   | 1998-99 | ¼      | Jessica Nobbe        | 1999    |
| 2 ¼    | Corilynn Duddridge | 1999-00 | ¼      | Kelsey Ferguson      | 1999    |

**WARRIORS IN CIF CHAMPIONSHIPS**

|      |                         |                 |                  |          |
|------|-------------------------|-----------------|------------------|----------|
| 1997 | 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 | <b>BEN SCOTT</b>        | <b>Champion</b> | 800 meters       | 1:57.99  |
|      | <b>JOHN BARBIERI</b>    | <b>Champion</b> | 300 Int. Hurdles | 39.09    |
|      | <b>DANIEL CHAMLEE</b>   | <b>Champion</b> | Pole Vault       | 12' 0"   |
|      | <b>STEPHANIE NORRIS</b> | <b>Champion</b> | 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  |                 |                  |          |
| 1999 | <b>BEN SCOTT</b>        | <b>Champion</b> | 800 meters       | 1:56.46  |
|      | <b>JOHN BARBIERI</b>    | <b>Champion</b> | 110 High Hurdles | 14.65    |
|      | <b>JOHN BARBIERI</b>    | <b>Champion</b> | 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 ½" |
|      | 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 ¼" |
|      | T. Nash, Je. Nobbe      | 6th Place       | 400 Relay        | 51.84    |
|      | L. Duncan, K. Ferguson  |                 |                  |          |
| 2000 | <b>CHRIS GOCONG</b>     | <b>Champion</b> | Discus           | 175' 2"  |
|      | Chris Gocong            | 2nd Place       | Shot Put         | 50' 8 ½" |
|      | 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 ½" |
|      | 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  |                 |                  |          |

**WARRIORS IN CIF CHAMPIONSHIPS**

|                       |                         |                         |                  |                  |            |
|-----------------------|-------------------------|-------------------------|------------------|------------------|------------|
| 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"          |            |
|                       | 1996                    | <b>LARISSA GODKIN</b>   | 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 1/2"       |            |
| J. Mendoza, M. Medel  |                         | 6th Place               | 400 relay        | 45.04            |            |
| G. Magana, L. Barajas |                         |                         |                  |                  |            |
| 1997                  |                         | <b>JOHN BARBIERI</b>    | 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"          |            |
|                       |                         |                         |                  |                  |            |

**WARRIOR CHAMPIONSHIP POINT SCORERS**

***CIF Southern Section Championships (Boys)***

| Points | Name                 | Year(s) | Points | Name               | Year(s) |
|--------|----------------------|---------|--------|--------------------|---------|
| 70 1/2 | Coley Candaele       | 1988-90 | 4      | Frank Macias       | 1997    |
| 57     | John Barbieri        | 1997-99 | 4      | Ian Allen-Williams | 2000    |
| 43     | Carl Elgan           | 1977-78 | 3 3/4  | Mike Medel         | 1996    |
| 40     | Tom Grewe            | 1981-82 | 3 1/2  | Jeff Gunning       | 1977-78 |
| 38 1/2 | Jason Eiker-Wiles    | 2001-04 | 3      | Alan Martell       | 1978-79 |
| 36     | Bret Kimple          | 1985-87 | 3      | Allen Wilson       | 1978-79 |
| 34     | Chris Gocong         | 1999-01 | 3      | Nick Van Eyck      | 2005    |
| 34     | Noah Bryant          | 2001-02 | 3      | John Bustillos     | 2010    |
| 30 1/2 | Ben Scott            | 1996-99 | 3      | Wyatt Craddock     | 2011    |
| 27     | Phil Adcock          | 1978-80 | 2 1/2  | Scott Caldwell     | 1986    |
| 25     | JD Thompson          | 1993-95 | 2 1/2  | Victor Miranda     | 1986-87 |
| 20 1/2 | Robert Dunn          | 1977-78 | 2 1/2  | Jose Hernandez     | 1990    |
| 20     | Chris Redfield       | 1997-00 | 2 1/2  | BJ Shamblin        | 1990    |
| 17 1/2 | Armando Flores       | 2001-02 | 2      | Gene Saito         | 1977    |
| 17     | Joaquin Gomez        | 2003-05 | 2      | Jose Padilla       | 1985    |
| 14     | John Paine           | 1982-83 | 2      | Zach Mueller       | 1988    |
| 12     | Grant Savoy          | 2001    | 2      | Manual Nunez       | 1991    |
| 11 1/2 | Jeff Moorhouse       | 1978-80 | 2      | Ian MacDonald      | 1993    |
| 11     | Tom Ciriacks         | 1981-82 | 2      | Aaron Crouse       | 1999    |
| 10 1/2 | Beto Puita           | 1990    | 1 3/4  | Luis Barajas       | 1996    |
| 10     | Terry Stark          | 1973    | 1 3/4  | Joel Carty         | 2002    |
| 10     | Phil D'Alessandro    | 1992    | 1 3/4  | Luis Soto          | 2002    |
| 10     | Jamon Peariso        | 1993-94 | 1 3/4  | Brandon Donovan    | 2002    |
| 10     | Daniel Chamlee       | 1998    | 1 3/4  | Chris Grisingher   | 2002    |
| 8 1/4  | Rod Aguilar          | 1998-99 | 1 3/4  | Steven Lozier      | 2008    |
| 8      | Ralph Woods          | 1935    | 1 1/2  | Cameron Carr       | 1977    |
| 8      | Paul Wright          | 1977    | 1 1/2  | David Martell      | 1977    |
| 7 1/2  | Tyler Matson         | 1998-99 | 1 1/2  | Dale Hutchins      | 1980    |
| 7 1/4  | Freddy Maldonado     | 2006-08 | 1 1/2  | Brian Lammer       | 1993-94 |
| 7      | Chris Targoni        | 2005    | 1 1/2  | Thomas Chamlee     | 2001    |
| 6 1/2  | Max Gonzales         | 1996-98 | 1 1/2  | Tom Hallock        | 2002    |
| 6 1/2  | Thomas McMahan       | 2006-07 | 1 1/2  | Erick Equeda       | 2007-08 |
| 6      | Dale Schuyler        | 1935    | 1 1/4  | Raul Salinas       | 1997-98 |
| 6      | Ron Trevethan        | 1977    | 1      | Walton Kendrick    | 1935    |
| 6      | David Nunes          | 1978    | 1      | Bill Reid          | 1937    |
| 6      | John Blum            | 1979    | 1      | Nick Solano        | 1982    |
| 6      | Ryan Dumm            | 2002-03 | 1      | Mike Blodgett      | 1982    |
| 6      | Lucas Allen-Williams | 2004    | 1      | Mark Swinehart     | 1982    |
| 5 1/4  | Alex Cuevas          | 2006-08 | 1      | Andy Sheaffer      | 1986    |
| 5      | Terry Small          | 1993-95 | 1      | Steven Lozier      | 2006    |
| 5      | Travis Doop          | 2010    | 1/2    | Greg Rogers        | 1986    |
| 4 1/2  | Enrique Roig         | 1986    | 1/2    | Ryan Kuttler       | 1996    |
| 4 1/2  | Vino Jacinto         | 2001-02 | 1/2    | Santos Unzueta     | 1996    |
| 4 1/4  | Alfred Gonzalez      | 1998-99 | 1/2    | Shawn Whiteman     | 1996    |
| 4      | Jim Peterson         | 1936    | 1/4    | Chris Ames         | 1985    |
| 4      | Phil Olds            | 1937    | 1/4    | Mike Cox           | 1985    |
| 4      | Miguel Santizo       | 1974    | 1/4    | Chris Harris       | 1985    |
| 4      | Mike Elgan           | 1979    | 1/4    | Shawn Jackson      | 1985    |
| 4      | Tony Sourmany        | 1980    | 1/4    | Gabe Magana        | 1996    |
| 4      | Greg Ehlert          | 1989    | 1/4    | Jesus Mendoza      | 1996    |
| 4      | Derek Mason          | 1991    | 1/4    | Jason Requejo      | 1998    |
| 4      | Jeff Shaw            | 1994-95 | 1/4    | Alfredo Cornejo    | 2008    |

WARRIORS IN CIF CHAMPIONSHIPS

|                       |                         |            |                      |                         |
|-----------------------|-------------------------|------------|----------------------|-------------------------|
| 1934                  | DALE SCHUYLER           | Champion   | 1320 yards (Class B) | 3:15.6<br>(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 Trevetan            | 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                   |
| 1979                  | PHIL ADCOCK             | Champion   | 800 meters           | 1:56.89<br>(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<br>(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                   |
| 1981                  | TOM GREWE               | Champion   | 1600 meters          | 4:15.55<br>(CIF Record) |
|                       | TOM GREWE               | Champion   | 3200 meters          | 9:20.70                 |
|                       | Tom Ciriacks            | 6th Place  | High Jump            | 6' 2"                   |

WARRIORS IN CIF CHAMPIONSHIPS

|               |                           |           |                  |                         |
|---------------|---------------------------|-----------|------------------|-------------------------|
| 1982          | TOM GREWE                 | Champion  | 1600 meters      | 4:09.64<br>(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"<br>(CIF Record) |
| 1989          | COLEY CANDAELE            | Champion  | 800 meters       | 1:52.18<br>(CIF Record) |
|               | COLEY CANDAELE            | Champion  | 1600 meters      | 4:12.58                 |
|               | Greg Ehlert               | 4th Place | 3200 meters      | 9:46.66                 |
|               | Zach Mueller              | 5th Place | Discus           | 142' 7"                 |
| 1990          | COLEY CANDAELE            | Champion  | 800 meters       | 1:50.87<br>(CIF Record) |
|               | COLEY CANDAELE            | Champion  | 1600 meters      | 4:06.58<br>(CIF Record) |
|               | J. HERNANDEZ, B. PUITA    | Champions | 1600m Relay      | 3:23.60                 |
|               | BJ SHAMBLIN, C. CANDAELE  |           |                  |                         |
|               | 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"                   |