

BOYS TRACK & FIELD

TEAM CHAMPIONS

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

DIVISION I

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

DIVISION II

Date	Winner	Coach	Score	Runner-up	Coach	Score
1998	University City	John Hutsel	79	La Jolla	Chuck Boyer	57
1999	Serra	Jim Richards	91	University City	John Hutsel	53
2000	Eastlake	John McFadden	66	Lincoln	Vic Player	58
2001	Valley Center	Mike Cummings	91	University City	John Hutsel	82
2002	University City	John Hutsel	84	Serra	Ross Godfrey	50
2003	University City	John Hutsel	92	USDHS	Dan Geiger	50
2004	University City	John Hutsel	73.5	La Jolla	Chuck Boyer	56
2005	La Jolla	Chuck Boyer	68	University City	John Hutsel	61
2006	St. Augustine	Jerry Downey	92	Monte Vista	Rob Gorney	81
2007	University City	John Hutsel	92	Steele Canyon	Gary Stathas	73
2008	Ramona	Bob Verhoest	70	University City	John Hutsel	39.5
2009	Steele Canyon	Gary Stathas	78	Ramona	Bob Verhoest	68

CIFSDS COACHES AND HALL OF CHAMPIONS/MEDIA ATHLETE OF THE YEAR

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|--|---|
| 1961 — Mike Graves, El Cajon Valley | 1995 — Track: Felix Sanchez, University City
Field: Mike Brown, Torrey Pines |
| 1962 — Vernus Ragsdale, Lincoln Prep | 1996 — Track: Vince Williams, University City
Field: Lydell Burston, Morse, and
Tony Sotelo, Ramona |
| 1963 — Charles Sanford, San Diego | 1997 — Track: Reggie De Pass, Montgomery
Field: Tooran Gilliam, San Diego |
| 1964 — Bob Hose, Madison | 1998 — Track: Ike Okenwa, Morse
Field: Eric Hollins, Escondido |
| 1965 — Tim Danielson, Chula Vista | 1999 — Track: Kevin Chandler, Serra
Field: Danny Ames, El Capitan |
| 1966 — Doyle Steele, San Diego, and
Tim Danielson, Chula Vista | 2000 — Track: Evan Fox, West Hills
Field: Tony Ortiz, Helix |
| 1967 — Bruce Ruff, El Cajon Valley | 2001 — Track: Jeff Hunter, Granite Hills
Field: Vince Clarke, Granite Hills |
| 1968 — Peter Schmock, San Dieguito | 2002 — Track & Field — Reggie Bush, Helix |
| 1969 — Marion Franklin, Lincoln Prep | 2003 — None selected |
| 1970 — Jerry Culp, Oceanside | 2004 — Track & Field: Daniel Schaerer, Bishop's |
| 1971 — Dale Fleet, Clairemont | 2005 — Track & Field: Darius Savage, Morse |
| 1972 — Bruce Girasole, Madison | 2006 — Track & Field: Darius Savage, Morse |
| 1973 — Elijah Jefferson, Crawford | 2007 — Track & Field: Nelson Rosario, El Camino |
| 1974 — Willie Banks, Oceanside | 2008 — Track & Field: Nelson Rosario, El Camino |
| 1975 — Elijah Jefferson, Crawford | 2009 — Track & Field: Mac Fleet, University City |
| 1976 — Hildria Newell, Chula Vista | |
| 1977 — David Russell, Patrick Henry | |
| 1978 — Doke Williams, El Camino | |
| 1979 — Kipperr Bell, Patrick Henry | |
| 1980 — Kevin Shields, San Diego | |
| 1981 — Bruce Mitchell, El Camino, and
Kevin Shields, San Diego | |
| 1982 — Jose Vega, Chula Vista | |
| 1983 — Art Ramsay, Montgomery | |
| 1984 — Darron Norris, El Camino | |
| 1985 — David Gayden, Morse, and
Sean Hickey, Fallbrook | |
| 1986 — Track: Mark Dani, Valhalla
Field: Brian Boggess, El Capitan | |
| 1987 — Track: Raymond Ethridge, Crawford
Field: Matt Farmer, Monte Vista | |
| 1988 — Track: Mark Senior, Mt. Miguel
Field: Brent Noon, Fallbrook | |
| 1989 — Track: Frances O'Neill, San Pasqual
Field: Brent Noon, Fallbrook, and
Lenny McGill, Orange Glen | |
| 1990 — Track: Chris Jones, Morse
Field: Brent Noon, Fallbrook, and
Jerome Price, University City | |
| 1991 — Track: Darnay Scott, Kearny
Field: Scott Shim, San Pasqual | |
| 1992 — Track: Riley Washington, Southwest
Field: Chris Buddin, Orange Glen | |
| 1993 — Track: Mebrahtom Keflezighi, San Diego
Field: Chris Buddin, Orange Glen | |
| 1994 — Track: Mebrahtom Keflezighi, San Diego
Field: Von Ware, RB Vista | |

BOYS TRACK & FIELD

INDIVIDUAL EVENT CHAMPIONS

100 Yard Dash

Year	Champion	Mark
1961	Dave Blunt, Escondido	9.7
1962	Vernus Ragsdale, Lincoln Prep	9.4 (Wind)
1963	Charles Sanford, San Diego	9.6
1964	Byron Olander, Helix	9.9
1965	Tim Schraeder, Granite Hills	9.9
1966	John Ellis, Lincoln Prep	9.7
1967	Mike Turnipseed, Carlsbad	9.8
1968	Larry Crayton, Oceanside	9.7
1969	Charles Robertson, Lincoln Prep	9.8
1970	Vincent Bredell, Kearny	9.7
1971	James Milton, Morse	10.0
1972	Bruce Girasole, Madison	9.6
1973	Elijah Jefferson, Crawford	9.6
1974	Elijah Jefferson, Crawford	9.6
1975	Elijah Jefferson, Crawford	9.5
1976	Hildria Newell, Chula Vista	9.8
1977	David Russell, Patrick Henry	9.7
1978	Dokie Williams, El Camino	9.4 (W)
1979	Kipperr Bell, Patrick Henry	9.5

100 Meter Dash

Year	Champion	Mark
1980	Kevin Shields, San Diego	10.76
1981	Kevin Shields, San Diego	10.67
1982	Gerald Johnson, Sweetwater, and Paul Day, Kearny (tie)	10.85 (W)
1983	Darron Norris, El Camino	10.61 (W)
1984	Darron Norris, El Camino	10.61
1985	Darron Norris, El Camino	10.89
1986	Ron Young, Mt. Miguel	10.83
1987	Patrick Rowe, Lincoln Prep	10.66
1988	Glen Reyes, Orange Glen	11.02
1989	Glen Reyes, Orange Glen	10.79
1990	Riley Washington, Southwest	10.55
1991	Darnay Scott, Kearny	10.59
1992	Riley Washington, Southwest	10.55
1993	Paul Turner, University City	10.85
1994	Johnny Robinson, Chula Vista	10.77
1995	Vince Williams, University City	10.60
1996	Vince Williams, University City	10.56
1997	Ike Okenwa, Morse	10.68
1998	Div I — Ike Okenwa, Morse	10.82
	Div II — Devon Ward, University City	10.90
1999	Div I — R.J. Oliver, Escondido	10.82
	Div II — Larry Miles, Crawford	10.73
2000	Div I — Michael Roberts, Patrick Henry	10.78
	Div II — Lamont Long, University City	10.59
2001	Div I — Reggie Bush, Helix	10.67
	Div II — Blake Frazier, University City	10.69
2002	Div I — Reggie Bush, Helix	10.62
	Div II — Blake Frazier, University City	11.90
2003	Derrell Hutsona, Helix	10.83
2004	Dax Danns, Helix	10.89
2005	Dax Danns, Helix	10.65
2006	Stan Griffin, Mt. Carmel	10.75
2007	Jamal Alston, Rancho Buena Vista	10.68
2008	Jamal Alston, Rancho Buena Vista	10.51
2009	Joe Cooks, Mission Hills	10.75

400 Meter Dash Mark

1961	Scott Knox, Coronado	49.2
1962	Larry Godfrey, Clairemont	49.6
1963	Tom Agsten, Hoover	48.5
1964	Don Renwick, Grossmont	48.8
1965	Mike Singletary, San Diego	48.0
1966	Bruce Ricketts, Granite Hills	49.4
1967	Bruce Ruff, El Cajon Valley	48.6
1968	T. Murphy, Lincoln Prep	48.3
1969	James Harris, St. Augustine	49.1

1970	Milton Mitchell, Lincoln Prep	48.2
1971	Donald Tyler, Lincoln Prep	48.7
1972	John Wilson, Point Loma	49.0
1973	Donald Moore, Morse	49.7
1974	Donald Moore, Morse	48.5
1975	Clint Bradburn, Montgomery	48.8
1976	Scott Stine, Poway	48.8
1977	Tony Banks, Morse	48.1
1978	Tony Banks, Morse	48.0
1979	Tony Banks, Morse	48.3
1980	Lawrence Brooks, Helix	48.66
1981	C.J. Robertson, Serra	49.80
1982	Roy Carls, Point Loma	49.01
1983	John Redding, San Diego	49.77
1984	Tim Patrick, University City	49.51
1985	David Gayden, Morse	48.00
1986	Patrick Rowe, Lincoln Prep	48.82
1987	Michael Stevenson, Morse	48.87
1988	Michael Stevenson, Morse	47.88
1989	Jerome Gross, Hoover	48.56
1990	Sean Cahill, Mira Mesa	48.89
1991	Marshall Evans, Mira Mesa	48.81
1992	Skiem Brown, Serra	49.10
1993	Jere Miller, Patrick Henry	48.77
1994	Jere Miller, Patrick Henry	47.41
1995	Clinton Lane, Patrick Henry	47.07
1996	Lydell Burston, Morse	47.36
1997	Scott Sims, La Costa Canyon	47.8
1998	Div I — Maurice Douglas, San Diego	48.60
	Div II — DeAndre Douglas, Uni. City	49.44
1999	Div I — Maurice Douglas, San Diego	47.71
	Div II — Mark Tate, Hoover	49.79
2000	Div I — R.J. Oliver, Escondido	49.21
	Div II — Boris McDaniel, Lincoln	48.58
2001	Div I — Deun White. R. Bernardo	47.36
	Div II — D.J. Contreras, Valley Center	48.17
2002	Div I — Brady Douglas, Mount Miguel	47.84
	Div II — D.J. Contreras, Valley Center	49.11
2003	Desean Cunningham, University City	47.19
2004	James Rhoades, Ramona	48.08
2005	Robert Christianson, St. Augustine	49.38
2006	Ben Maypole, Granite Hills	48.80
2007	Nico Reaves, Mount Miguel	48.01
2008	Nico Reaves, Lincoln	47.31
2009	Keegan Ryan, Carlsbad	47.61

110 Meter High Hurdles

Year	Champion	Mark
1961	Lou White, San Diego	14.5
1962	Ken Bartlett, Escondido	15.0
1963	Lloyd Walker, San Diego	14.5
1964	James Fox, Lincoln Prep	14.6
1965	Harold Burt, Morse	14.4
1966	Dave Edwards, Lincoln Prep	14.2
1967	Doug Jones, Lincoln Prep	14.5
1968	Doug Jones, Lincoln Prep	14.3
1969	Marion Franklin, Lincoln Prep	14.4
1970	V. Coleman, Mar Vista	14.4
1971	Wesley Babcock, Lincoln Prep	14.3
1972	Mike Person, Kearny	14.1
1973	Robert Mosley, Oceanside	14.1
1974	Willie Banks, Oceanside	14.4
1975	Ned Armour, Morse	14.6
1976	Matt Santos, Lincoln Prep	14.6
1977	Jon Wilford, Castle Park	14.5
1978	Pat Nash, Escondido	14.4
1979	Wade Stone, Helix	14.6
1980	Roger Ramos, St. Augustine	14.63
1981	Bruce Mitchell, El Camino	14.43
1982	Jeff Smith, Serra	14.09 (W)
1983	Art Ramsey, Montgomery	14.31 (W)

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1984	Travis Knox, San Dieguito	14.45 (W)
1985	Travis Knox, San Dieguito	14.40
1986	Anthony Wolfe, La Jolla	14.75
1987	Charles Patterson, Lincoln Prep	14.74 (W)
1988	David Burton, Mt. Carmel	14.92
1989	Eric Bell, Castle Park	14.55
1990	Chris Jones, Morse	14.38
1991	Keith Williams, Escondido	14.34
1992	Josh Bailey, RB Vista	14.89
1993	Tom Perry, Mira Mesa	14.84
1994	Steve Forte, El Camino	14.43
1995	Jake Kuritz, Torrey Pines	14.19
1996	Reggie DePass, Montgomery	14.45
1997	Reggie DePass, Montgomery	13.8
1998	Div I — Raymond Wells, Mt. Miguel	14.83
	Div II — Aaron Shepard, Santana	15.41
1999	Div I — Bobby Salimi, R. Bernardo	14.45
	Div II — Tony Golston, Point Loma	14.50
2000	Div I — Bobby Salimi, R. Bernardo	14.08
	Div II — Ben Knight, Mar Vista	15.23
2001	Div I — Jeff Hunter, Granite Hills	13.98
	Div II — Jake Symons, Clairemont	14.90
2002	Div I — Kurt Hurler, Carlsbad	14.77
	Div II — Blake Frazier, University City	14.41
2003	Bryon Barmer, Helix	14.29
2004	Bryon Barmer, Helix	14.34
2005	Derick Barkum, Brawley	14.77
2006	Ronald Brookins, Helix	14.78
2007	Ron Brookens, Helix	14.50
2008	Kevin Finley, Granite Hills	14.61
2009	Elijah Muhammed, Morse	14.21

200 Meter Dash

		Mark
1961	Dave Dlunt, Escondido	21.0
1962	Vernus Ragsdale, Lincoln Prep	20.3 (W)
1963	Gordon Baker, San Diego	21.7
1964	Bill Massey, Chula Vista	21.7
1965	Tim Schraeder, Granite Hills	21.9
1966	John Ellis, Lincoln Prep	21.4
1967	Bruce Ruff, El Cajon Valley	21.7
1968	Bruce Ruff, El Cajon Valley	21.7
1969	Charles Patterson, Lincoln Prep	21.8
1970	Jesse Ochoa, St. Augustine	21.7
1971	Elijah Turner, San Diego	21.7
1972	Bruce Girasole, Madison	21.4
1973	Elijah Jefferson, Crawford	20.9
1974	Elijah Jefferson, Crawford	21.5
1975	Elijah Jefferson, Crawford	21.1
1976	Hildria Newell, Chula Vista	21.6
1977	David Russell, Patrick Henry	21.0
1978	Kipperr Bell, Patrick Henry	21.0
1979	Kipperr Bell, Patrick Henry	21.2
1980	Kevin Shields, San Diego	22.19
1981	Kevin Shields, San Diego	21.53 (W)
1982	Paul Day, Kearny	21.81 (W)
1983	Darrell Rosette, Morse	21.46 (W)
1984	Darron Norris, El Camino	21.58 (W)
1985	Ron Young, Mt. Miguel	21.72
1986	Ron Young, Mt. Miguel	21.88
1987	Patrick Rowe, Lincoln Prep	21.12 (W)
1988	Jimmy Kegl, San Diego	22.39
1989	Glen Reyes, Orange Glen	21.47
1990	Darnay Scott, Kearny	21.49
1991	Darnay Scott, Kearny	21.27
1992	Riley Washington, Southwest	21.59
1993	Jamal Mitchell, Mt. Miguel	21.92
1994	Jere Miller, Patrick Henry	21.60
1995	Vince Willaims, University City	21.31
1996	Vince Williams, University City	21.19
1997	Ike Okenwa, Morse	21.5

1998	Div I — Ike Okenwa, Morse	21.35
	Div II — Devon Ward, University City	21.63
1999	Div I — Maurice Douglas, San Diego	21.47
	Div II — Larry Miles, Crawford	21.44
2000	Div I — Michael Roberts, Patrick Henry	21.70
	Div II — Lamont Long, University City	21.50
2001	Div I — Deun White, R. Bernardo	21.17
	Div II — Chauncey Smith, Uni. City	21.70
2002	Div I — Reggie Bush, Helix	21.06
	Div II — Fiat Johnson, Serra	21.89
2003	Deun White, Helix	21.63
2004	Tre'Dale Tolver, Mira Mesa	21.67
2005	Dax Dannels, Helix	21.57
2006	Joe Cooks, Mission Hills	21.45
2007	Joe Cooks, Mission Hills	21.34
2008	Jamal Alston, Rancho Buena Vista	21.17
2009	Maurice Strickland, Mira Mesa	21.68

800 Meter Run

		Mark
1961	Bill Rainey, Crawford	1:58.8
1962	John Garrison, Helix	1:54.1
1963	Bob Hose, Madison	1:54.9
1964	Bob Hose, Madison	1:51.1
1965	Terry Rogers, Hilltop	1:53.4
1966	Terry Rogers, Hilltop	1:51.6
1967	Dan Ungricht, Monte Vista	1:53.0
1968	Ron Figueroa, Vista	1:55.0
1969	Pat McCallion, Madison	1:54.2
1970	Rory Trup, Mission Bay	1:55.3
1971	Stan Leonard, Vista	1:54.2
1972	Vic Scimo, Vista	1:53.5
1973	Rich Fields, Bonita Vista	1:56.5
1974	Quanard McDonald, Morse	1:55.9
1975	Paul Becklund, Patrick Henry	1:53.5
1976	Chris Powell, Point Loma	1:54.3
1977	Rick Krueger, Bonita Vista	1:54.8
1978	Jim Brennan, El Camino	1:56.2
1979	Jim Brennan, El Camino	1:53.4
1980	Shawn O'Neal, Oceanside	1:52.73
1981	Bob Russell, San Pasqual	1:55.75
1982	Jim Hedgepath, Oceanside	1:54.44
1983	Tom Ellsworth, Point Loma	1:56.99
1984	John Groulx, El Camino	1:55.24
1985	Jeff Haux, Serra	1:55.07
1986	Larry Williams, Morse	1:54.54
1987	Shawn Forhand, Mt. Carmel	1:53.25
1988	Mark Senior, Mt. Miguel	1:51.77
1989	Frances O'Neill, San Pasqual	1:52.40
1990	Greg Robeson, Mt. Carmel	1:54.49
1991	Isaac Sanchez, Castle Park	1:54.34
1992	Travis Jackowski, Mira Mesa	1:54.23
1993	Jesse Camp, El Capitan	1:52.04
1994	Jesse Camp, El Capitan	1:51.96
1995	Diego Ash, San Pasqual	1:54.38
1996	Ajani Brown, Crawford	1:53.83
1997	Steve Daynes, El Capitan	1:55.57
1998	Div I — Dustin Dias, West Hills	1:52.91
	Div II — Mohamed Aden, Kearny	1:57.58
1999	Div I — Sean Ricketts, R. Bernardo	1:54.11
	Div II — Marcus Chandler, Serra	1:55.93
2000	Div I — Sean Ricketts, R. Bernardo	1:52.69
	Div II — Troy Stroh, Valley Center	1:57.58
2001	Div I — Jimmy Ungricht, Fallbrook	1:54.01
	Div II — Cooper Bachman, V. Center	1:55.41
2002	Div I — Drew Porter, La Costa Canyon	1:58.54
	Div II — Eric Dunn, Point Loma	1:58.81
2003	Miguel Villarreal, Vista	1:55.48
2004	A.J. Acosta, El Camino	1:53.89
2005	Randy Pensinger, El Camino	1:52.51
2006	Alejandro Vargas, Vista	1:53.82

BOYS TRACK & FIELD

2007	Austin Jett, Eastlake	1:54.02
2008	Charles Jock, Mission Bay	1:54.75
2009	Alfred Haslerig, Otay Ranch	1:53.38

300 Meter Low/Intermediate Hurdles

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

**Intermediate height instituted in 1984

1600 Meter Run

		Mark
1961	Ray DeBolt, Granite Hills	4:28.2
1962	Ted Hack, Helix	4:25.9
1963	Darrel Dunafon, Hilltop	4:21.9
1964	Dave Funderburk, Vista	4:14.4
1965	Tim Danielson, Chula Vista	4:09.9
1966	Tim Danielson, Chula Vista	4:06.2
1967	Thorn Bigley, Clairemont	4:10.8
1968	T. Davidson, El Cajon Valley	4:09.1
1969	Dave Harper, Clairemont	4:16.8
1970	Dave Harper, Clairemont	4:12.5
1971	Dave Harper, Clairemont	4:12.4
1972	Terry Cotton, El Cajon Valley	4:08.1
1973	Mark Malec, Clairemont	4:13.5
1974	Jay Woods, Vista	4:15.3
1975	Thom Hunt, Patrick Henry	4:13.1
1976	Thom Hunt, Patrick Henry	4:14.7
1977	David Harlan, USDHS	4:18.2
1978	Fred Doane, Bonita Vista	4:15.5
1979	Steve Whitcomb, Helix	4:11.0
1980	Shawn O'Neal, Oceanside	4:16.77
1981	John Seeman, Helix	4:18.09
1982	Jose Vega, Chula Vista	4:17.87

1983	Joe Manuel, Bonita Vista	4:13.79
1984	Robert Fithen, Serra	4:15.92
1985	Mark Dani, Valhalla	4:16.98
1986	Jorge Castro, Ramona	4:16.83
1987	Marc Davis, San Diego	4:14.90
1988	Francis O'Neill, San Pasqual	4:18.23
1989	Francis O'Neill, San Pasqual	4:14.09
1990	Hector Hernandez, Mar Vista	4:17.26
1991	Hector Hernandez, Mar Vista	4:14.11
1992	Daniel Das Neves, Helix	4:09.40
1993	Mark Hauser, St. Augustine	4:11.33
1994	Mebrahtom Keflezighi, San Diego	4:06.16#
1995	Larry Henderson, Mira Mesa	4:13.19
1996	Larry Henderson, Mira Mesa	4:13.19
1997	Evan Fox, West Hills	4:16.74
1998	Div I — Mike Baskin, Mt. Carmel	4:17.35
	Div II — Marcus Chandler, Serra	4:16.43
1999	Div I — Evan Fox, West Hills	4:11.68
	Div II — Marcus Chandler, Serra	4:14.65
2000	Div I — Evan Fox, West Hills	4:10.84
	Div II — Ryan Moorcroft, St. Augustine	4:19.25
2001	Div I — Ben Aragon, West Hills	4:15.52
	Div II — Chris Ferrier, La Jolla	4:20.84
2002	Div I — Abadir Barre, Mt. Carmel	4:20.56
	Div II — Troy Swier, Mar Vista	4:18.31
2003	Troy Swier, Mar Vista	4:14.20
2004	A.J. Acosta, El Camino	4:12.31
2005	A.J. Acosta, El Camino	4:14.82
2006	A.J. Acosta, El Camino	4:12.29
2007	Austin Jett, Eastlake	4:12.13
2008	Mac Fleet, University City	4:12.81
2009	Mac Fleet, University Cty	4:09.46

3200 Meter Run

		Mark
1965	Otis Martin, Lincoln Prep	9:17.7
1966	Armando Valencia, El Cajon Valley	9:10.8
1967	Otis Martin, Lincoln Prep	9:01.0
1968	John Jacobsen, San Diego	9:12.1
1969	Dave Carter, Monte Vista	9:10.4
1970	Ed Mendoza, Helix	9:09.6
1971	Dale Fleet, Clairemont	9:02.9
1972	Lee Dick, San Dieguito	9:19.4
1973	Mike McGrath, Monte Vista	9:16.0
1974	K. Pfeffer, Crawford	9:08.4
1975	Thom Hunt, Patrick Henry	9:11.0
1976	Chris Hughes, Monte Vista	9:09.7
1977	Mark Keller, Helix	9:09.5
1978	Jeff Woodland, La Jolla	9:11.8
1979	Jeff Woodland, La Jolla	9:03.9
1980	Sean Evans, Patrick Henry	9:12.69
1981	Stan Aguilar, Helix	9:25.81
1982	Jose Vega, Chula Vista	9:18.60
1983	Chris Courter, Bonita Vista	9:18.59
1984	Pat Green, La Jolla	9:19.24
1985	Ellis del Sol, Hilltop	9:13.50
1986	Mark Dani, Valhalla	8:54.96
1987	Trevor Drummond, Helix	9:18.62
1988	Jason Salber, University City	9:20.05
1989	Francis O'Neill, San Pasqual	9:19.72
1990	Tom Bache, USDHS	9:25.78
1991	Javier Lozano, Helix	9:21.63
1992	Daniel Das Neves, Helix	9:12.85
1993	Mebrahtom Keflezighi, San Diego	9:11.76
1994	Mebrahtom Keflezighi, San Diego	9:03.27#
1995	Dave McQuitty, Grossmont	9:16.45
1996	Larry Henderson, Mira Mesa	9:26.62
1997	Mike Baskin, Mt. Carmel	9:19.61
1998	Div I — Reed Steele, Carlsbad	9:30.73
	Div II — Marcus Chandler, Serra	9:29.51
1999	Div I — Jason Finch, Granite Hills	9:22.69

BOYS TRACK & FIELD

	Div II — Marcus Chandler, Serra	9:31.32
2000	Div I — Travis Laird, San Marcos	9:21.07
	Div II — Matt McInvale, Ramona	9:34.73
2001	Div I — Abadir Barre, Mt. Carmel	9:20.11
	Div II — Drew Bouchard, St. Augustine	9:35.76
2002	Div I — Babey Wagnew, Helix	9:25.61
	Div II — Troy Swier, Mar Vista	9:26.00
2003	Babey Wagnew, Helix	9:19.52
2004	Babey Wagnew, Helix	9:19.65
2005	A.J. Acosta, El Camino	9:19.31
2006	A.J. Acosta, El Camino	9:19.62
2007	Eric Avila, Bonita Vista	9:17.95
2008	Adrian Sherrod, Steele Canyon	9:24.22
2009	Collin Jarvis, RB Vista	9:06.24

High Jump

		Mark
1961	William Jones, Grossmont	6'2 1/8"
1962	Walter Scott, Lincoln Prep	6'4"
1963	Ed Hanks, Hoover	6'5"
1964	Ed Hanks, Hoover	6'8"
1965	Phil Shelley, Lincoln Prep	6'4"
1966	Harold Greenwood, Morse	6'8 1/4"
1967	Craig Baumberger, Coronado	6'6"
1968	Doug Jones, Lincoln Prep	6'4 1/4"
1969	Jerry Culp, Oceanside	6'7 3/4"
1970	Jerry Culp, Oceanside	6'10"
1971	Greg Gorsuch, Castle Park	6'6"
1972	Keith Walker, Morse	6'5"
1973	Al McClure, Vista	6'7"
1974	Scott Young, Bonita Vista	6'6"
1975	Chris Rackley, Escondido	6'4"
1976	Dan Sivadge, Granite Hills	6'8"
1977	Randy Wallace, Grossmont	6'8"
1978	Reggie Younger, Mira Mesa	6'10"
1979	Frank Schiefer, Madison	6'10"
1980	Bud Larson, Vista	6'6"
1981	Berrett Francis, Vista	6'8"
1982	Mike Heintschel, Escondido	6'6"
1983	Kevin Kries, University City	6'8"
1984	Eric McKenzie, Monte Vista	6'8"
1985	Erik Peterson, Monte Vista	6'7"
1986	Erik Peterson, Monte Vista	6'8"
1987	Matt Farmer, Monte Vista	6'8"
1988	Kris Peter, Bonita Vista	6'8"
1989	Mike Herman, Mt. Carmel	6'8"
1990	Jerrel Stokes, Point Loma	6'6"
1991	Brian Beck, El Camino	6'4"
1992	Yusuf Hasan, San Diego	6'8"
1993	Yusuf Hasan, San Diego	6'8"
1994	Nate Foreman, Bonita Vista	6'4"
1995	Ryan Mitchell, Sweetwater	6'5"
1996	Mauri Ray, Bonita Vista	6'6"
1997	Eric Hollins, Escondido	6'8"
1998	Div I — Eric Hollins, Escondido	6'8"
	Div II — Jason Anhorn, Hilltop	6'2"
1999	Div I — Jason Gatewood, RB Vista	6'6"
	Div II — Tony Golston, Point Loma	6'2"
2000	Div I — Chris Staton, Patrick Henry	6'8"
	Div II — Issac Simms, University City	6'5"
2001	Div I — Keno White, Rancho Bernardo	6'6"
	Div II — Franklin Egypt, Crawford	5'11"
2002	Div I — Keno White, Rancho Bernardo	6'8"
	Div II — Reid McLean, Coronado	6'2"
2003	Desi Burt, Serra	6'4"
2004	Desi Burt, Serra	6'8"
2005	Nathan Gwozdz, La Jolla	6'6"
2006	Richard LaFleur, Escondido	6'8"
2007	Nelson Rosario, El Camino	6'7"
2008	Tynan Murray, Poway	6'8"
2009	Brandon Ford, Mt. Carmel	6'6"

Long Jump

		Mark
1961	Vernon King, San Diego	22'3 1/4"
1962	James Kennedy, Lincoln Prep	23'7 1/4"
1963	James Kennedy, Lincoln Prep	24'-1/4"
1964	Glen Richardson, Granite Hills	23'1"
1965	Rudy Silas, Lincoln Prep	23'5"
1966	Doyle Steele, San Diego	25'5 1/4"
1967	Lewis King, Lincoln Prep	23'9"
1968	James Moore, San Diego	24'2 1/2"
1969	Blake Martinson, Vista	22'10"
1970	Darrell Guthridge, Granite Hills	22'11 1/2"
1971	Dave Crouch, Crawford	23' -1/2"
1972	Willie Banks, Oceanside	23'4 1/2"
1973	Robert Mosley, Oceanside	23'2 3/4"
1974	Willie Banks, Oceanside	23'7 1/2"
1975	Ned Armour, Morse	23'-1/4"
1976	Kevin Dorrell, Helix	22'2 1/4"
1977	Dokie Williams, El Camino	22'11"
1978	Dokie Williams, El Camino	24'-1/2"
1979	George Crockett, Mt. Carmel	22'6 1/4"
1980	Troy Kuretich, San Pasqual	22'7"
1981	Anthony McClendon, USDHS	23'7 1/2"
1982	Vchenna Agu, Army-Navy	23'5 1/4"
1983	Art Ramsey, Montgomery	24'2 1/2"
1984	Mike Smith, Oceanside	23'9"
1985	Jim Chapon, Mt. Carmel	23'6 1/4"
1986	Charles Huff, La Jolla	23'4 3/4"
1987	Matt Farmer, Monte Vista	23'10 1/4" (W)
1988	Glen Reyes, Orange Glen	23'6 1/2" (W)
1989	Jerome Price, University City	24'4 1/2"
1990	Jerome Price, University City	25'4 1/2"
1991	Terrence Sweet, Morse	23'9 3/4"
1992	Cary Taylor, Morse	22'6 3/4"
1993	Jerome Green, Chula Vista	23'1 1/2"
1994	Majaliwa McKeaver, Ramona	23'1 3/4"
1995	Majaliwa McKeaver, Ramona	22'7 1/2"
1996	Lawrence Owusu, El Camino	23'4 1/2"
1997	Elliot Walker, Morse	23'8 1/2"
1998	Div I — Daniel Herman, Granite Hills	23'9"
	Div II — Danny Espinoza, Hilltop	21'6 1/2"
1999	Div I — Rashard Holmes, R. Bernardo	22'4 3/4"
	Div II — Jon Reynolds, Serra	21'8 3/4"
2000	Div I — Tony Ortiz, Helix	23'8 3/4"
	Div II — Alton Gilbert, Lincoln	22'4 1/2"
2001	Div I — Trandon Harvey, Sweetwater	22'6"
	Div II — Shannon Nowden, Mission Bay	22'9 3/4"
2002	Div I — Keno White, Rancho Bernardo	21'7" (W)
	Div II — Dean Wu, University City	21'9 1/2"
2003	Demetrious, Westbrooks, Morse	23' 7"
2004	Andrew Denny, Mt. Carmel	23' 6"
2005	Nelson Rosario, El Camino	23' 2 1/2"
2006	Karlin Stewart, Mount Miguel	22' 2 1/2"
2007	Nelson Rosario, El Camino	24' 2 1/2"
2008	Nelson Rosario, El Camino	23' 4 3/4"
2009	Aaron Harris, Granite Hills	23' 7"

Discus

		Mark
1961	Tom Watson, Oceanside	131'11 1/2"
1962	Ed Speed, Grossmont	152'1"
1963	John Bishop, Point Loma	145'11"
1964	Richard Grise, Grossmont	170'5"
1965	David Felton, Mar Vista	158'2 1/2"
1966	Randy Gold, Grossmont	163'1 3/4"
1967	Mike Robinson, Mt. Miguel	155'11"
1968	Pat Foley, Monte Vista	175'1"
1969	Bill Winchester, Mt. Miguel	175'4"
1970	Bill Winchester, Mt. Miguel	180'6"
1971	Jim Fulcher, El Capitan	152'
1972	Bill Harvey, Vista	164' 9 1/2"
1973	Bill Harvey, Vista	177' 5 1/2"

BOYS TRACK & FIELD

2000	Div I — Rancho Bernardo	41.93
	Div II — University City	41.18
2001	Div I — Helix	41.47
	Div II — University City	41.29
2002	Div I — Helix	41.69
	Div II — University City	41.54
2003	University City	41.86
2004	Mira Mesa	42.19
2005	Torrey Pines	42.58
2006	Vista	42.53
2007	Escondido	41.90
2008	Steele Canyon	41.89
2009	Mission Hills	41.88

CIFSDS TRACK & FIELD RECORDS

Year	Event	Name, School	Mark
1992	100 Meter Dash	Riley Washington, Southwest	10.30
1998	200 Meter Dash	Ike Okenwa, Morse	20.97
1996	400 Meter Dash	Lydell Burston, Morse	46.85 (n)
1988	800 Meter Run	Mark Senior, Mt. Miguel	1:50.25
1972	1600 Meter Run	Terry Cotton, El Cajon Valley	4:04.04*(n)
1976	3200 Meter Run	Thom Hunt, Patrick Henry	8:41.8*
1997	110 High Hurdles	Reggie DePass, Montgomery	13.86
2001	300 Intermediate Hurdles	Jeff Hunter, Granite Hills	36.25
1998	400 Meter Relay	University City (Long, Ward, Hayes, Douglas)	40.66
1996	1600 Meter Relay	Morse (Jones, Carter, Pinson, Burston)	3:10.80 (n)
1979	High Jump	Frank Schiefer, Madison	7'2"
1995	Pole Vault	Mike Brown, Torrey Pines	16'4"
1966	Long Jump	Doyle Steel, San Diego	25'5 1/4"
1994	Triple Jump	Von Ware, RB Vista	52'0"
1990	Shot Put	Brent Noon, Fallbrook	76'2"
2004	Discus	Daniel Schaerer, Bishop's	206'5" (n)

(n) Non-winning mark *Converted to metric time from yards time

CIFSDS TRACK & FIELD MEET RECORDS

Year	Event	Name, School	Mark
1990	100 Meter Dash	Riley Washington, Southwest	10.53
1977	200 Meter Dash	David Russell, Patrick Henry	21.0
1978		Kipper Bell, Patrick Henry	
1995	400 Meter Dash	Clinton Lane, Patrick Henry	47.07
1964	800 Meter Run	Bob Hose, Madison	1:49.2*
1966	1600 Meter Run	Tim Danielson, Chula Vista	4:04.6*
1986	3200 Meter Run	Mark Dani, Valhalla	8:54.96
1997	110 Meter High Hurdles	Reggie DePass, Montgomery	13.86
2001	300 Intermediate Hurdles	Jeff Hunter, Granite Hills	36.34
1997	400 Meter Relay	Morse	41.08
1996	1600 Meter Relay	Morse	3:14.99
1970	High Jump	Jerry Culp, Oceanside	7'-1/4"
1966	Long Jump	Doyle Steel, San Diego	25'5 1/4"
1978	Triple Jump	Dokie Williams, El Camino	51'-3/4"
1995	Pole Vault	Mike Brown, Torrey Pines & Mike Poirier, Mt. Carmel	15'9"
1990	Shot Put	Brent Noon, Fallbrook	74'10 1/2"
2006	Discus	Darius Savage, Morse	198' 10"

*Converted to metric time for metric distance

BOYS TRACK & FIELD

STATE CHAMPIONS

100 Meter Dash

1973 — Elijah Jefferson, Crawford
1974 — Elijah Jefferson, Crawford
1977 — David Russell, Patrick Henry
1992 — Riley Washington, Southwest

200 Meter Dash

1977 — David Russell, Patrick Henry

400 Meter Dash

1979 — Tony Banks, Morse

800 Meter Run

1964 — Bob Hose, Madison
1966 — Terry Rodgers, Hilltop
1988 — Mark Senior, Mount Miguel
2005 — Jesse O'Brien, San Pasqual
2008 — Charles Jock, Mission Bay

1600 Meter Run

1965 — Tim Danielson, Chula Vista
1966 — Tim Danielson, Chula Vista
1989 — Frances O'Neill, S. Pasqual
1991 — Daniel Das Neves, Helix
1992 — Daniel Das Neves, Helix
1994 — Meb Keflezighi, San Diego
1999 — Marcus Chandler, Serra
2000 — Evan Fox, West Hills
2006 — A.J. Acosta, El Camino
2009 — Mac Fleet, University City

3200 Meter Run

1971 — Dale Fleet, Clairemont
1994 — Meb Keflezighi, San Diego

300 Meter Intermediate Hurdles

1991 — Keith Williams, Escondido
2001 — Jeff Hunter, Granite Hills

400 Meter Relay

1994 — El Camino
2001 — Helix

High Jump

1970 — Jerry Culp, Oceanside

Pole Vault

1961 — Mike Graves, El Cajon Valley
1995 — Mike Brown, Torrey Pines

Long Jump

1962 — James Kennedy, Lincoln
1966 — Doyle Steele, San Diego
1978 — Dokie Williams, El Camino
1990 — Jerome Price, University City
2003 — Derrell Hutsona, Helix

Mark

9.6y
9.8y
9.61y
10.30

Mark

20.97y

Mark

47.28

Mark

1:51.1y
1:51.5y
1:51.37
1:53.71
1:51.64

Mark

4:08.4y
4:07.0y
4:08.67
4:12.22
4:09.54
4:07.67
4:10.44
4:09.44
4:04.95
4:05.33

Mark

8:53.8y
8:58.11

Mark

37.28
36.25

Mark

41:16
41.17

Mark

7'0 1/4"

Mark

14' 2 1/4"
16'4"

Mark

24' 5 3/4"
25' 3 1/4"
25' 1 1/4"
25' 3 1/4"
25' 5 3/4"

Triple Jump

1973 — Willie Banks, Oceanside
1974 — Willie Banks, Oceanside
1977 — Dokie Williams, El Camino
1978 — Dokie Williams, El Camino
1989 — Lenny McGill, Orange Glen
1994 — Vone Ware, RB Vista

Shot Put

1968 — Pete Schmock, San Dieguito
1986 — Brian Boggess, El Capitan
1989 — Brent Noon, Fallbrook
1990 — Brent Noon, Fallbrook
2006 — Darius Savage, Morse

Discus

1999 — Dan Ames, El Capitan
2004 — Daniel Schaerer, Bishop's
2005 — Darius Savage, Morse
2006 — Darius Savage, Morse

Mark

49' 7 1/4"
50' 9"
51' 0 1/2"
50' 4 1/4"
51' 1 1/4"
50' 6"

Mark

63' 11"
61' 4"
66' 1 1/4"
74' 4 3/4"
66' 3 1/4"

Mark

199'9"
206'5"
194'8"
205'6"