RESULTS OF C.I.F., SOUTHERN SECTION, TRACK AND FIELD CHAMPIONSHIPS HELD AT EXCELSIOR HIGH SCHOOL, MAY 22, 1954

- 100-YARD DASH: Swisshelm (Santa Ana); Dorsey (Santa Monica); Thompson (San Diego) Graham (Pomona); Poynter (McKinley, Jr.) 10.0
- 220-YARD DASH: Swisshelm (Santa Ana); Dorsey (Santa Monica); Graham (Pomona); King (Beverly Hills); Poynter (McKinley, Jr.) 22.3
- 440-YARD DASH: Kitchen (Riverside); Graves (Burbank); Zetzman (Whittier); Frey (Corona): Woolett (Glendale) 49.6
- 880-YARD RUN: Giyer (Grossmont); Gaines (San Bernardino); Gilmore (Riverside); Hester (Torrance); Logan (Glendale) 1:59.1
- ONE MILE RUN: Hadley (Bellflower); Weir (Kearny); Barnes (Fullerton);
 Flores (Whittier); Wright (Riverside) 4:25.8
- 120-YARD HIGH HURDLES: Thompson (Centennial); Allen (Alhambra) Wesley (Oxnard); Andrews (Centennial); Robbins (Colton) 14.6
- 180-YARD LOW HURDLES: Trainor (Laguna Beach); Thompson (San Diego); Lowe (Centennial) Graves (Burbank); Machamer (Whittier) 19.7
- 880-YARD RELAY: Santa Ana; Glendale; Redlands; Santa Monica; Compton. 1:29.1
- HIGH JUMP: Dumas (Centennial) 6-5 1/2; Snakenburg (Rosemead) 6-2 1/2; tie for third between Baker (L.B. Pely) and Strickland (San Diego) 6-1 1/2; tie for fifth between Turner (antelope Valley) and Lamkin (Bishop) 5-11 1/2
- POLE VAULT: Tie for first between McKay (Inglewood) and Rose (Hoover, Glendale) 13-7 1/2*; tie for third among James (Compton), Johnston (Victor Valley), Hren (Inglewood), and Burns (Chaffey) 12-0.

 (Johnston, Victor Valley, won jump-off at 12-6 for State meet)
- BROAD JUMP: Searcy (Compton) 22-0 1/4; Stephens (Leuzinger) 21-11; Roberts (Fullerton) 21-9 3/4; Harling (Colton) 21-7 1/2; Hudson (San Diego) 21-7
- SHOT PUT: Bronson (Grossmont) 59-8 7/8; Goodenough (Fillmore) 55-0 1/8; Milleman (Fontana) 54-4 3/8; Shleffer (Santa Monica) 53-5 3/8; Yuroseh (Hart) 53-3 3/4
 - * New C.I.F. Southern Section meet record
 - SCORING: (First Six) Santa Ana 15; Centennial 15; Santa Monica 12; San Diego 10 1/2; Grossmont 10; Riverside 9