

GIRLS 4X100 METER RELAY 1:00 P.M.

DIV	L. SCHOOL	TIME
4	1 La Reina	50.94
	2 Windward	50.69
	3 Chaminade	50.58
	4 Louisville	49.89
	5 St. Mary's Academy	47.71
	6 Marlborough	49.43
	7 Serra	49.91
	8 Maranatha	50.59
	9 Knight	50.82

EVENT
1

DIV	L. SCHOOL	TIME
3	1 Buena Park	50.06
	2 San Luis Obispo	49.91
	3 Diamond Ranch	49.42
	4 Gahr	48.86
	5 Muir	48.12
	6 Corona del Mar	48.85
	7 St. Lucy's	49.28
	8 Calabasas	49.79
	9 Culver City	50.00

EVENT
1

DIV	L. SCHOOL	TIME
2	1 Canyon/Anaheim	49.81
	2 San Geronio	49.58
	3 Woodbridge	49.16
	4 Dominguez	48.38
	5 Kennedy	46.86
	6 J.W. North	48.02
	7 Claremont	48.72
	8 University	49.55
	9 Mater Dei	49.64

EVENT
1

DIV	L. SCHOOL	TIME
1	1 Mission Viejo	48.96
	2 Los Alamitos	48.68
	3 Aliso Niguel	48.02
	4 Lynwood	47.42
	5 Rancho Cucamonga	46.89
	6 Wilson/Long Beach	46.94
	7 Rancho Verde	47.50
	8 Hart	48.47
	9 Paramount	48.74

EVENT
1

NATIONAL RECORD

School	Mark	Year
Logn Beach Poly (CA)	44.50	2004

CIF-SS BEST

Long Beach Poly	44.50	2004
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CIF-SS DIVISIONAL

Long Beach Wilson (D1)	45.10	2001
Hawthorne (D2)	46.64	1982
St. Bernard (D3)	45.37	1997
Los Angeles Baptist (D4)	47.64	2003

BOYS 4X100 METER RELAY 1:15 P.M.

DIV	L. SCHOOL	TIME
4	1 Fillmore	44.17
	2 Maranatha	43.81
	3 Chaminade	43.78
	4 Crespi	43.50
	5 Oaks Christian	43.32
	6 Mojave	43.37
	7 St. Bonaventure	43.76
	8 La Salle	43.78
	9 El Segundo	44.13

EVENT
2

DIV	L. SCHOOL	TIME
3	1 Vista Murrieta	43.43
	2 Santa Margarita	43.20
	3 Muir	42.99
	4 Diamond Ranch	42.54
	5 Notre Dame/SO	41.90
	6 Covina	42.22
	7 Apple Valley	42.81
	8 Morningside	43.20
	9 Bellflower	43.23

EVENT
2

DIV	L. SCHOOL	TIME
2	1 Pasadena	43.55
	2 El Toro	43.43
	3 Arroyo Grande	43.10
	4 Rio Mesa	42.44
	5 Dominguez	42.16
	6 Cypress	42.20
	7 Colony	42.60
	8 Edison	43.25
	9 Villa Park	43.46

EVENT
2

DIV	L. SCHOOL	TIME
1	1 Chino	43.29
	2 Rialto	42.90
	3 Valencia/Valencia	42.87
	4 Temecula Valley	42.79
	5 Poly/Long Beach	41.63
	6 Diamond Bar	42.75
	7 Rancho Cucamonga	42.79
	8 Esperanza	42.89
	9 La Sierra	42.91

EVENT
2

NATIONAL RECORD

School	Mark	Year
Wyatt/Ft. Worth, TX	39.76	1998

CIF-SS BEST

Long Beach Poly	40.14	1999
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CIF-SS DIVISIONAL

Hawthorne (D1)	40.36	1989
Hawthorne (D2)	40.89	1983
Serra (D3)	41.08	1998
Serra (D4)	40.97	2000

GIRLS 1600 METERS

1:35 P.M.

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
4	1 Kathryn Iwata (9)	Flintridge Prep	5:26.55	3
	2 Kylie Hunsaker (9)	St. Margaret's	5:24.43	
	3 Jane Kerner (9)	Lutheran/Orange	5:20.25	
	4 Jenessa Rose (9)	St. Bonaventure	5:19.66	
	5 Jennifer Bowles (11)	Calvary Chapel/SA	5:16.42	
	6 Heidi Rocha (12)	Paraclete	5:17.99	
	7 Lauren Von der Ahe (10)	Flintridge Prep	5:20.25	
	8 Liza Truax (10)	Santa Ynez	5:23.57	
	9 Kelly Rendon (12)	Lutheran/Orange	5:24.91	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
3	1 Courtney Lightfoot (9)	Oak Park	5:08.68	3
	2 Alyssa Robinson (12)	Nordhoff	5:08.08	
	3 Sarah Cummings (10)	Corona del Mar	5:06.48	
	4 Hilary May (10)	Corona del Mar	5:06.31	
	5 Annie St. Geme (11)	Corona del Mar	4:59.73	
	6 Anna Farias-Eisner (12)	Harvard-Westlake	5:04.41	
	7 Allison Damon (9)	Corona del Mar	5:06.39	
	8 Hannah Huff (10)	Paso Robles	5:07.63	
	9 Robinea McClendon (9)	Centennial/Compton	5:08.48	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
2	1 Angela Spadafino (12)	West Torrance	5:07.72	3
	2 Alison Kielty (12)	West Torrance	5:07.11	
	3 Kauren Tarver (9)	Serrano	5:04.95	
	4 Whitney Blue (11)	Newport Harbor	5:03.26	
	5 Anna Sperry (10)	Simi Valley	4:58.94	
	6 Samantha Costantini (12)	Mater Dei	5:02.66	
	7 Jessie Babcock (11)	Woodbridge	5:04.85	
	8 Candace Alai (11)	Edison	5:06.72	
	9 Jenna Ridgway (11)	San Marcos	5:07.26	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
1	1 Alyssa Brown (11)	Mission Viejo	5:10.15	3
	2 Lizzy Coe (9)	Fountain Valley	5:13.10	
	3 Kristina Moore (12)	M.L. King	5:10.49	
	4 Brienna Morris (10)	Quartz Hill	5:06.56	
	5 Shannon Murakami (10)	Saugus	4:59.20	
	6 Brenda Martinez (12)	Rancho Cucamonga	5:06.12	
	7 Brooke Russell (10)	Hart	5:06.63	
	8 Cristina Olivas (12)	Bloomington	5:13.00	
	9 Ashley Richie (10)	Silverado	5:08.94	

NATIONAL RECORD

Name/School	Mark	Year
Laura Matson, Bloomfield Hills (MI) (ht)	4:39.4	1985

CIF-SS BEST

Polly Plumer, University	4:39.92	1982
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CIF-SS DIVISIONAL

Kim Mortensen, Thousand Oaks (D1)	4:46.28	1996
Amber Steen, Newport Harbor (D2)	4:47.72	2001
Karen Hecox, South Hills (D3)	4:52.38	1990
Gladys Prieur, Le Lycee Francais (D4)	4:47.23	1983

BOYS 1600 METERS

2:00 P.M.

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
4	1 Greg Burris (12)	Webb	4:34.47	4
	2 Manuel Urban (12)	Santa Clara	4:33.57	
	3 Gerad Herkey (12)	Bell-Jeff	4:31.95	
	4 Chad Hall (10)	Big Bear	4:27.52	
	5 Carlyle Eubank (12)	Santa Ynez	4:18.55	
	6 Tom McLean (12)	Flintridge Prep	4:27.46	
	7 Sean Fuzzard (12)	Laguna Beach	4:30.25	
	8 Kenney Dietz (12)	Lutheran/Orange	4:33.36	
	9 Aman Bhatia (11)	Laguna Beach	4:34.47	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
3	1 Nick Chavez (12)	Servite	4:26.20	4
	2 Julian DeRubira (11)	Santa Margarita	4:23.98	
	3 Collin Hacker (11)	Cabrillo/Lompoc	4:22.96	
	4 Bryan Lopez (12)	Irvine	4:21.62	
	5 Jared Bell (12)	Harvard-Westlake	4:18.90	
	6 Brian Medigovich (12)	San Luis Obispo	4:19.44	
	7 Michael Coe (11)	Cabrillo/Lompoc	4:22.78	
	8 Nick Mosey (12)	Servite	4:23.66	
	9 Fawad Khan (10)	Palos Verdes	4:24.26	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
2	1 Max Goldman (10)	Beverly Hills	4:21.32	4
	2 Matthew Miller (12)	Loyola	4:20.35	
	3 Josh Mejia (12)	Perris	4:19.61	
	4 Cory Primm (10)	Westlake	4:18.91	
	5 Luis Medina (12)	Arroyo	4:18.15	
	6 Mark Matusak (12)	Loyola	4:18.17	
	7 Joe Gatel (12)	Edison	4:19.46	
	8 Jayson Hayes (11)	Edison	4:19.85	
	9 Thomas Richter (11)	Serrano	4:20.64	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
1	1 Danny Mercado (9)	West Covina	4:22.45	4
	2 Spencer Knight (10)	La Sierra	4:20.06	
	3 Fitsum Tesfa (12)	Don Lugo	4:19.96	
	4 Dylan Knight (10)	La Sierra	4:17.83	
	5 Alex Greenburg (12)	Upland	4:16.96	
	6 Scott Smith (12)	Dana Hills	4:17.62	
	7 Diego Mercado (9)	West Covina	4:18.77	
	8 Kevin Sullivan (11)	Royal	4:20.02	
	9 Hector Mendez (12)	Rancho Cucamonga	4:21.60	

NATIONAL RECORD

Name/School	Mark	Year
Alan Webb, South Lakes (VA)	3:59.51	2001

CIF-SS BEST

Ryan Hall, Big Bear	4:02.62	2001
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CIF-SS DIVISIONAL

Jon Butler, Edison (D1)	4:06.75	1981
Terry Williams, Lompoc (D2) (ht, yds)	4:08.4	1973
Mark Fricker, Hemet (D3) (ht, yds)	4:08.2	1977
Ryan Hall, Big Bear (D4)	4:05.78	2000

GIRLS 100 METER HIGH HURDLES 2:20 P.M.

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
4	1 Adrienne Baker (10)	St. Margaret's	16.86	5
	2 Stacy Chamlee (12)	Carpinteria	16.49	
	3 Breeanca Fleming (9)	Great Oak	16.23	
	4 Sasha Blanchard (9)	La Reina	15.80	
	5 Kimyon Broom (11)	Serra	14.41	
	6 Heather Gibson (11)	Lutheran/Orange	15.21	
	7 Tiffany Pransky (12)	Lutheran/Orange	15.93	
	8 Arah McNanamna (10)	Villanova Prep	16.37	
	9 Milly Souza (12)	St. Joseph/Santa Maria	16.72	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
3	1 Katrina Torres (10)	San Luis Obispo	16.18	5
	2 Kelly Collins (9)	Santa Margarita	15.92	
	3 Whitney Liehr (10)	Palos Verdes	15.29	
	4 Lauren Collins (12)	Santa Margarita	15.06	
	5 Jalisa Williams (10)	Muir	14.67	
	6 Kiani Profit (10)	Muir	15.03	
	7 Leslie Mercado (12)	Diamond Ranch	15.18	
	8 Jasmine Clark (10)	Muir	15.61	
	9 Ciji Harris (11)	Charter Oak	16.03	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
2	1 Elizabeth Bastos (11)	El Toro	15.43	5
	2 Kelsey Schuler (10)	Katella	15.33	
	3 Jennifer Albertson (12)	Adolfo Camarillo	15.06	
	4 Lauren Correa (12)	El Toro	14.87	
	5 Ashleigh Gunderman (12)	Mater Dei	14.70	
	6 Kristen Woepse (12)	Woodbridge	14.70	
	7 Lyndsay Pearson (9)	San Marcos	15.01	
	8 Marissa Smith (12)	Valley View	15.27	
	9 Laura Willeford (12)	Simi Valley	15.35	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
1	1 Courtney McGrath (12)	Valencia/Valencia	15.73	5
	2 Sylvia Roland (12)	Rialto	15.40	
	3 Allyson Stone (11)	Rancho Cucamonga	14.95	
	4 Shana Woods (11)	Poly/Long Beach	14.61	
	5 Ebony Collins (10)	Wilson/Long Beach	14.31	
	6 DeAna Carson (11)	Wilson/Long Beach	14.48	
	7 Tiffany Parker (11)	Rancho Verde	14.95	
	8 Linda Garrett (12)	Lynwood	14.96	
	9 Jennifer Cryer (11)	Ayala	15.64	

NATIONAL RECORD

Name/School	Mark	Year
Nichole Denby, J.W. North, Riverside (CA)	13.20	2000

CIF-SS BEST

Nichole Denby, J.W. North	13.20	2000
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CIF-SS DIVISIONAL

Nichole Denby, J.W. North (D1)	13.41	2000
JoAnna Hayes, J.W. North (D2)	13.76	1995
Randi Smith, Beverly Hills (D3)	14.33	1998
Kai Ivory, Marymount (D4)	14.26	2000

BOYS 110 METER HIGH HURDLES 2:40 P.M.

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
4	1 Chris Lawson (10)	Great Oak	16.55	6
	2 Aaron Harris (11)	Webb	16.17	
	3 Chris Dillingham (11)	Crespi	15.79	
	4 Jarin McClinton (12)	Crespi	15.59	
	5 Randy Rense (12)	St. Margaret's	15.42	
	6 Justin Rovin (11)	Laguna Beach	15.46	
	7 Garret Bray (12)	Brentwood	15.68	
	8 Adam Hutter (11)	Ontario Christian	16.16	
	9 Ike Irby (12)	Linfield Christian	16.35	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
3	1 Gabe Mansera (11)	Nipomo	15.51	6
	2 Robert Clemmens (12)	Diamond Ranch	15.43	
	3 Dylan Nielson (11)	Palm Desert	15.27	
	4 Garrett Green (11)	Notre Dame/SO	15.10	
	5 Robert Williams (12)	Ramona	14.53	
	6 Ken Shaw (10)	San Jacinto	14.73	
	7 Terry Prentice (10)	Diamond Ranch	15.21	
	8 Richard Baxter (9)	Gahr	15.31	
	9 Aaron Washington (12)	Covina	15.50	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
2	1 Avery Weldon (12)	Cypress	15.31	6
	2 Richard Sherman (9)	Dominguez	14.99	
	3 Tomek Czerwinski (11)	Rio Mesa	14.88	
	4 Mike Hernandez (11)	Valley View	14.80	
	5 Jordan Paul (12)	Loyola	14.44	
	6 Carlos Valles (12)	Katella	14.68	
	7 Mitch Allen (11)	El Toro	14.83	
	8 Brian Sung (11)	West Torrance	14.96	
	9 Robert Collins (12)	North Torrance	15.26	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
1	1 Jerremy Monegan (11)	Paramount	14.87	6
	2 Owen Morse (12)	Silverado	14.78	
	3 Terrence Austin (11)	Poly/Long Beach	14.68	
	4 Spencer Phillips (10)	Rancho Cucamonga	14.61	
	5 Brandon Howard (12)	La Sierra	14.22	
	6 Walter Thurmond (12)	West Covina	14.22	
	7 Jazz Trice (11)	Chaparral	14.66	
	8 Darrayl King (12)	Oxnard	14.70	
	9 Donn Thompson, Jr. (12)	Poly/Long Beach	14.82	

NATIONAL BEST

Name/School	Mark	Year
Chris Nellums, Dunbar (OH)	13.30	1990

CIF-SS BEST

Steve Kerho, Mission Viejo	13.41	1982
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CIF-SS DIVISIONAL

Ken-Yon Rambo, Long Beach Poly (D1)	13.86	1997
Terry Johnson, Katella (D2)	14.01	1986
Steve Kerho, Mission Viejo (D3)	13.65	1982
George Porter, Cabrillo/Lompoc (D4)	14.29	1985

GIRLS 400 METERS
2:55 P.M.

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
4	1 Michelle Bellissimo (12)	Marymount	59.81	7
	2 Lauren Edwards (9)	Brentwood	59.61	
	3 Ashley Campbell (9)	Valley Christian/Cerritos	50.09	
	4 Alisha Smith (10)	Calvary Chapel/SA	58.37	
	5 Aunjel Street (9)	St. Mary's Academy	57.43	
	6 Kate Grace (10)	Marlborough	57.65	
	7 Adriana Bracamonte (10)	Lutheran/Orange	58.58	
	8 Cristen Drummond (10)	Marymount	59.22	
	9 Jen Regas (10)	Poly/Pasadena	59.79	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
3	1 Laura Meadors (9)	Harvard-Westlake	59.27	7
	2 TreAna Hundley (12)	Gahr	58.96	
	3 Kelly Morgan (11)	Corona del Mar	57.50	
	4 Chelsea Davis (10)	Newbury Park	57.19	
	5 Joy Eaton (10)	St. Lucy's	56.86	
	6 Melissa Swigert (12)	Corona del Mar	57.00	
	7 Tonie Williams (9)	San Luis Obispo	57.36	
	8 Ashley Robinson (12)	Apple Valley	58.63	
	9 Morgan Kelly (11)	Palos Verdes	59.16	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
2	1 Kierstan Kirkland (9)	J.W. North	59.32	7
	2 Brittany Flores (10)	Cypress	58.60	
	3 Jeanne Newman (12)	Moorpark	57.58	
	4 Amanda Rosencrantz (12)	Kennedy	56.93	
	5 Lorraine King (12)	J.W. North	56.39	
	6 Tifney Reeve (11)	Capistrano Valley	56.51	
	7 Ashley Menzies (10)	Beverly Hills	57.01	
	8 Denise Gallion (12)	Woodbridge	58.41	
	9 Rebecca Daniel (11)	Sunny Hills	59.00	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
1	1 Kelcey White (10)	Ayala	58.94	7
	2 Alexandra Duncan (10)	Cabrillo/Long Beach	57.38	
	3 Angele Cooper (9)	Wilson/Long Beach	57.11	
	4 Leah Richmond (10)	Poly/Long Beach	56.78	
	5 Nicole Stone (11)	Rancho Cucamonga	56.21	
	6 Alexis Deol (9)	Aliso Niguel	56.74	
	7 Sade Williams (10)	Rancho Cucamonga	56.80	
	8 Brianna Atkins (9)	Rancho Cucamonga	57.26	
	9 Marina Young (12)	Wilson/Long Beach	57.45	

NATIONAL RECORD

Name/School	Mark	Year
Monique Henderson, Morse, San Diego (CA)	50.74	2000

CIF-SS BEST

Angel Perkins, Gahr, Cerritos (CA)	52.18	2001
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CIF-SS DIVISIONAL

Angel Perkins, Gahr (D1)	52.28	2000
Marion Jones, Rio Mesa (D2)	52.91	1991
LaShawn Stringer, Morningside (D3)	54.88	1993
Allyson Felix, Los Angeles Baptist (D4)	52.90	2003

BOYS 400 METERS
3:10 P.M.

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
4	1 Scott DeYoung (9)	St. Margaret's	51.82	8
	2 Mark Watley (9)	Crespi	50.75	
	3 Cameron Ellis (11)	Serra	50.67	
	4 Edwin Scott (11)	La Salle	52.15	
	5 Zach Chandy (11)	Sage Hill	49.37	
	6 Marcell Keeling (12)	Serra	49.95	
	7 Josue Garcia (12)	Fillmore	50.51	
	8 Westley Riley (10)	La Salle	50.70	
	9 Adam Liranzo (11)	St. Bonaventure	50.81	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
3	1 Johnny McNeil (12)	Gahr	49.97	8
	2 Sam Morton (12)	Garden Grove	49.56	
	3 Rogelio Carpenter (11)	Burroughs/Ridgecrest	49.26	
	4 Jutin Porter (11)	Vista Murrieta	49.05	
	5 Donald Sanford (12)	Morningside	48.89	
	6 Brandon Edwards (12)	Diamond Ranch	49.04	
	7 Johnnie McIntyre (12)	Western	49.25	
	8 Bobby Haghani (12)	Laguna Hills	49.44	
	9 Deyon Boykin (12)	Charter Oak	49.61	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
2	1 Brandon Henderson (12)	Victor Valley	50.42	8
	2 Morgan Rose (12)	Cypress	50.24	
	3 Roland Hernandez (11)	Loyola	50.00	
	4 Aaron Williams (11)	Cajon	49.51	
	5 D'Andre Hall (11)	Dominguez	48.15	
	6 Nevin Gutierrez (10)	J.W. North	48.81	
	7 Justin Parga (11)	Cypress	49.83	
	8 Teo Diaz (12)	North Torrance	50.05	
	9 Mazeratti Byers (12)	Whittier	50.39	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
1	1 Kenyon Stewart (12)	Cabrillo/Long Beach	50.04	8
	2 Brian Goodell (12)	Mission Viejo	49.76	
	3 Brandon Leggette (11)	A.B. Miller	49.56	
	4 Alex Moreno (11)	Saddleback	49.35	
	5 Ennis Jones (11)	La Sierra	47.96	
	6 Bryshon Nellum (10)	Poly/Long Beach	48.93	
	7 Virgil Hill (10)	Valencia/Valencia	49.44	
	8 R.J. Stanford (11)	Chino	49.64	
	9 Deondray Williams (12)	Poly/Long Beach	49.86	

NATIONAL RECORD

Name/School	Mark	Year
Calvin Harrison, North Salinas (CA)	45.25	1993

CIF-SS BEST

Obea Moore, Muir	45.81	1996
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CIF-SS DIVISIONAL

Obea Moore, Muir (D1)	45.96	1995
Tyree Washington, La Sierra (D2)	46.34	1995
Mike Turner, Centennial/Compton (D3)	46.92	1980
Derrick Johnson, Notre Dame/Riverside (D4)	47.74	2000

GIRLS 100 METERS

3:25 P.M.

DIV 4	L. NAME (YR.)	SCHOOL	TIME
	1 Troy Mullins (12)	Marlborough	12.68
	2 Morgan Taylor (10)	St. Mary's Academy	12.60
	3 Brittany Clark (10)	Laguna Beach	12.51
	4 Erinne Benny (11)	St. Mary's Academy	12.27
	5 Elizabeth Olear (12)	Louisville	11.80
	6 Yasmine Woodruff (9)	St. Mary's Academy	12.11
	7 Amanda Hunter (9)	Marlborough	12.45
	8 Rachel Hudson (12)	Maranatha	12.53
	9 Tiffany Pransky (12)	Lutheran/Orange	12.61

EVENT 9

DIV 3	L. NAME (YR.)	SCHOOL	TIME
	1 Dani Beck (11)	Oak Park	12.96
	2 Dominique Sterling (10)	Centennial/Compton	12.87
	3 Monique Bassey (11)	Notre Dame/SO	12.76
	4 Anita Ashford (10)	Buena Park	12.69
	5 Leslie Mercado (12)	Diamond Ranch	12.63
	6 Kira Davis-Quarrie (11)	St. Lucy's	12.66
	7 Christina Ta (11)	Rancho Alamitos	12.72
	8 Mina Mohamadi (10)	South Pasadena	12.83
	9 Nathalie Michiels (11)	Santa Margarita	12.90

EVENT 9

DIV 2	L. NAME (YR.)	SCHOOL	TIME
	1 Frances Wright (11)	San Geronio	12.40
	2 Erin Albee (11)	El Toro	12.33
	3 Shanelle Stephens (10)	Dominguez	12.25
	4 Kristin Holmes (12)	Claremont	12.03
	5 Saravia Richardson (11)	J.W. North	11.89
	6 Janice Nsor (12)	Kennedy	11.90
	7 Elia Reid (9)	Kennedy	12.09
	8 Hebrand Shameka (12)	Victor Valley	12.31
	9 Mary Jones (9)	Victor Valley	12.34

EVENT 9

DIV 1	L. NAME (YR.)	SCHOOL	TIME
	1 Christyn Keeling (11)	Palmdale	12.28
	2 Dominique Calvin (12)	Littlerock	12.26
	3 Alicia King (10)	Rancho Verde	12.13
	4 Amber Moore (12)	Aliso Niguel	11.99
	5 Tiana Hood (12)	Wilson/Long Beach	11.91
	6 Ebony Collins (10)	Wilson/Long Beach	11.92
	7 Kim Sherrod (11)	Murrieta Valley	12.11
	8 Jessica Chambers (12)	Paramount	12.24
	9 Erin Reid (9)	Poly/Long Beach	12.28

EVENT 9

NATIONAL RECORD

Name/School	Mark	Year
Marion Jones, Thousand Oaks (CA)	11.14	1992

CIF-SS BEST

Marion Jones, Thousand Oaks	11.14	1992
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CIF-SS DIVISIONAL

Angela Williams, Chino (D1)	11.23	1997
Marion Jones, Rio Mesa (D2)	11.30	1991
Gervaise McCraw, Ganesha (D3)	11.64	1982
Allyson Felix, Los Angeles Baptist (D4)	11.37	2003

BOYS 100 METERS

3:35 P.M.

DIV 4	L. NAME (YR.)	SCHOOL	TIME
	1 Matt Sablan (12)	Aquinas	11.20
	2 Marcell Marks (11)	Serra	11.16
	3 Aaron Ware (12)	Oaks Christian	11.03
	4 Marshall Jones (10)	Oaks Christian	10.96
	5 Randle Harris (12)	Crespi	10.79
	6 Jonnie Adjei (12)	Lighthouse Christian	10.88
	7 Lawrence Trice (11)	Serra	11.01
	8 Derron Juarez (11)	Chaminade	11.05
	9 Aaron Cassou (12)	Maranatha	11.19

EVENT 10

DIV 3	L. NAME (YR.)	SCHOOL	TIME
	1 Anthony Sampson (12)	Alemany	11.29
	2 Ryan Tatum (12)	Morningside	11.26
	3 Cary Harris (12)	Notre Dame/SO	11.18
	4 Greg Johnson (12)	Apple Valley	11.13
	5 Rodney Glass (11)	Notre Dame/SO	10.93
	6 Jamal James (10)	Covina	11.08
	7 Bradley Ike (12)	Diamond Ranch	11.18
	8 Frank Mansera (12)	Nipomo	11.23
	9 DeShawn Smith (11)	San Jacinto	11.27

EVENT 10

DIV 2	L. NAME (YR.)	SCHOOL	TIME
	1 Brandon Smith (12)	Ventura	10.97
	2 Chris Lucero (11)	Damien	10.93
	3 Edward Hardeman (12)	Ontario	10.91
	4 James Wilson (12)	Pasadena	10.84
	5 Brian Williams (10)	Valley View	10.83
	6 Garland West (12)	Cypress	10.83
	7 George Hernandez (11)	Rio Mesa	10.88
	8 Derrick Smith (11)	Colony	10.91
	9 Darryl Crummie (9)	Dominguez	10.94

EVENT 10

DIV 1	L. NAME (YR.)	SCHOOL	TIME
	1 Duke Greer (10)	Corona	10.83
	2 Paul Ned (10)	Canyon/CC	10.79
	3 Jonathan Williams (11)	Temecula Valley	10.76
	4 Travon Patterson (11)	Poly/Long Beach	10.65
	5 Justin Woods (12)	Los Alamitos	10.48
	6 Brandon Fields (11)	Etiwanda	10.63
	7 Vincent Joseph (11)	Poly/Long Beach	10.70
	8 Daniel Lock (10)	Santa Monica	10.78
	9 Mark Alston (11)	Los Osos	10.83

EVENT 10

NATIONAL RECORD

Name/School	Mark	Year
Henry Neal, Greenville (TX)	10.15	1990

CIF-SS BEST

Henry Thomas, Hawthorne	10.25	1985
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CIF-SS DIVISIONAL

Henry Thomas, Hawthorne (D1)	10.27	1984
Bryan Howard, Canyon Springs (D2)	10.43	1994
Miguel Fletcher, Alemany (D3)	10.36	1998
Warren Rogers, Serra (D4)	10.47	2000

GIRLS 800 METERS 3:50 P.M.

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
4	1 Nicole Fisk (11)	Chadwick	2:22.90	11
	2 Jennifer Bowles (11)	Calvary Chapel/SA	2:20.80	
	3 Kacey Nomure (9)	Carpinteria	2:19.17	
	4 Jenna Novelli (11)	Paraclete	2:18.70	
	5 Roseanne Fleming (9)	Oaks Christian	2:15.93	
	6 Lauren Campfield (10)	Great Oak	2:16.98	
	7 Kate Grace (10)	Marlborough	2:18.90	
	8 Maddie Weissman (11)	Westridge	2:20.09	
	9 Alex Diamond (12)	Chaminade	2:20.92	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
3	1 Hilary May (10)	Corona del Mar	2:19.76	11
	2 Allison Damon (9)	Corona del Mar	2:18.27	
	3 Kelsey Connor (11)	Oak Park	2:17.81	
	4 Tonie Williams (9)	San Luis Obispo	2:16.21	
	5 Anna Farias-Eisner (12)	Harvard-Westlake	2:14.40	
	6 Annie St. Geme (11)	Corona del Mar	2:14.42	
	7 Danielle Evans (12)	Diamond Ranch	2:16.41	
	8 Melinda Scow (12)	Granite Hills	2:17.85	
	9 Tatiana Camacho (12)	Oak Park	2:18.49	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
2	1 Anna Sperry (10)	Simi Valley	2:19.12	11
	2 Angela Spadafino (12)	West Torrance	2:18.93	
	3 Jillian Bennett (9)	Foothill	2:17.70	
	4 Rebecca Brinkenhoff (10)	Ventura	2:17.62	
	5 Kauren Tarver (9)	Serrano	2:14.71	
	6 Amelia Mathis (9)	Buena	2:15.65	
	7 Samantha Costantini (12)	Mater Dei	2:17.68	
	8 Molly Pierson (12)	El Toro	2:17.82	
	9 Janelle Sisting (12)	Rio Mesa	2:18.94	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
1	1 Brandi Sexton (11)	Lynwood	2:19.97	11
	2 Marissa Hager (12)	Lancaster	2:18.14	
	3 Brenda Martinez (12)	Rancho Cucamonga	2:17.95	
	4 Haley Lawrence (10)	Aliso Niguel	2:17.20	
	5 Gabrielle Bournes (12)	Poly/Long Beach	2:15.17	
	6 Lauren Medina (9)	Mission Viejo	2:16.84	
	7 Marina Young (12)	Wilson/Long Beach	2:17.70	
	8 Erendira Uriostegui (11)	Saddleback	2:18.00	
	9 Jennifer Wells (11)	Fountain Valley	2:19.15	

NATIONAL RECORD

Name/School	Mark	Year
Joetta Clark, Columbia (NJ) (ht)	2:04.5	1980

CIF-SS BEST

Trena Hull, Compton	2:04.91	1984
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CIF-SS DIVISIONAL

Trena Hull, Compton (D1)	2:07.09	1984
Suzu Henzel, Valencia/Placentia (D2)	2:09.82	1983
Rennie Durand, Langua Beach (D3)	2:08.10	1982
Kim Toney, Atascadero (D4)	2:11.27	1990

BOYS 800 METERS 4:00 P.M.

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
4	1 Kyle Delahooke (10)	Marantha	2:02.41	12
	2 Nick Sawaya (12)	Cate	2:01.67	
	3 Jeremy Eaton (10)	Laguna Beach	2:01.24	
	4 Ryan Gordon (12)	Brentwood	2:00.66	
	5 Eric Meissner (12)	Oaks Christian	1:56.31	
	6 Bryant Loung (12)	St. Joseph/Santa Maria	1:57.07	
	7 Gerad Herkey (12)	Bellermino-Jefferson	2:01.14	
	8 David Martinez (12)	Maranatha	2:01.43	
	9 Shane Riehl (12)	Laguna Beach	2:02.23	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
3	1 Mike Villasin (9)	Servite	2:00.94	12
	2 Tito Castaneda (11)	Estancia	2:00.27	
	3 Ryan Sanders (11)	Vista Murrieta	1:59.58	
	4 Jared Bell (12)	Harvard-Westlake	1:57.96	
	5 Josh Castaneda (12)	Bonita	1:56.57	
	6 Michael Coe (11)	Cabrillo/Lompoc	1:56.64	
	7 Peter Robie (11)	Servite	1:59.29	
	8 Jeff Monteleone (10)	Cabrillo/Lompoc	1:59.95	
	9 Andy Ferrara (11)	South Torrance	2:00.81	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
2	1 Stephen Foster (11)	Poly/Riverside	1:58.40	12
	2 Luis Gallardo (9)	Mater Dei	1:58.30	
	3 Colin Campbell (12)	Ventura	1:57.88	
	4 Luis Gonzalez (12)	Ontario	1:57.02	
	5 Gustavo Alejandro (12)	Dominguez	1:56.60	
	6 Cory Primm (10)	Westlake	1:56.86	
	7 Luis Medina (12)	Arroyo	1:57.85	
	8 Justin Reed (11)	Loyola	1:58.02	
	9 Josh Mejia (12)	Perris	1:58.38	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
1	1 Jesse Ramirez (12)	Santa Ana	1:57.66	12
	2 Ross Gierczak (12)	Los Alamitos	1:56.93	
	3 Buddy Rogers (12)	Rialto	1:55.96	
	4 Alex Greenburg (12)	Upland	1:55.02	
	5 Tony Guadagnini (12)	Marina	1:53.20	
	6 Ryan Gamboa (10)	Upland	1:55.00	
	7 Solomon Seleshi-Testaye (12)	Los Osos	1:55.26	
	8 Pedro Ramos (12)	Poly/Long Beach	1:56.13	
	9 Jason Simon (12)	Glendora	1:57.60	

NATIONAL RECORD

Name/School	Mark	Year
Michael Granville, Bell Gardens (CA)	1:46.45	1996

CIF-SS BEST

Michael Granville, Bell Gardens	1:46.45	1996
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CIF-SS DIVISIONAL

Michael Granville, Bell Gardens (D1)	1:47.94	1996
Greg Vining, Hawthorne (D2)	1:51.60	1980
Duane Solomon, Cabrillo/Lompoc (D3)	1:50.99	2003
Coley Candaele, Carpinteria (D4)	1:50.87	1990

GIRLS 300 METER LOW HURDLES 4:15 P.M.

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
4	1 Lindsay Louie (10)	Marlborough	48.66	13
	2 Brittan Smith (12)	Vivian Webb	48.12	
	3 Heather Gibson (11)	Lutheran/Orange	47.54	
	4 Brittany Donofrio (12)	Blair	46.65	
	5 Kimyon Broom (11)	Serra	46.20	
	6 Sasha Blanchard (9)	La Reina	46.53	
	7 Tiffany Pransky (12)	Lutheran/Orange	46.94	
	8 Erica Slater (9)	Flintridge Prep	48.05	
	9 Adrienne Baker (10)	St. Margaret's	48.44	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
3	1 Laura Covarrubias (12)	Lompoc	47.38	13
	2 Emilie Winkel (11)	Santa Margarita	47.35	
	3 Jalisa Williams (10)	Muir	45.98	
	4 Raynal Johnson (9)	Gahr	45.72	
	5 Yasmin Webb (12)	Buena Park	45.37	
	6 Kiani Profit (10)	Muir	45.58	
	7 Nicole Yergler (12)	Santa Margarita	45.76	
	8 Jessica Brown (12)	Rosary	47.13	
	9 Diana Fleenor (11)	San Luis Obispo	47.37	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
2	1 Liana Fuentes (9)	Cypress	47.46	13
	2 Kierstan Kirkland (9)	J.W. North	46.35	
	3 Jennifer Albertson (12)	Adolfo Camarillo	45.39	
	4 Elizabeth Bastos (11)	El Toro	45.08	
	5 Lyndsay Pearson (9)	San Marcos	43.69	
	6 Ashika Charan (11)	Claremont	44.98	
	7 Kristen Kiefer (10)	Capistrano Valley	45.09	
	8 Lorraine King (12)	J.W. North	45.71	
	9 Britteny Dillon (12)	Rio Mesa	47.10	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
1	1 Kylie Dudley (11)	Temecula Valley	46.50	13
	2 Courtney Winovitch (12)	Tesoro	46.35	
	3 Lauren Wilson (11)	Esperanza	46.06	
	4 Morinsda Keshinro (12)	Redlands East Valley	44.91	
	5 Ebony Collins (10)	Wilson/Long Beach	44.42	
	6 Shana Woods (11)	Poly/Long Beach	44.63	
	7 Nicole Stone (11)	Rancho Cucamonga	45.66	
	8 Cheri Ramirez (10)	Hart	46.20	
	9 Linda Garrett (12)	Lynwood	46.35	

NATIONAL RECORD

Name/School	Mark	Year
Lashinda Demus, Long Beach Wilson (CA)	39.98	2001

CIF-SS BEST

Lashinda Demus, Long Beach Wilson	39.98	2001
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CIF-SS DIVISIONAL

Lashinda Demus, Long Beach Wilson (D1)	39.98	2001
Gayle Kellon, Walnut (D2)	41.46	1983
Randi Smith, Beverly Hills (D3)	42.51	1998
Loni Larson, Fillmore (D4)	43.91	1986

BOYS 300 METER INTER. HURDLES 4:25 P.M.

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
4	1 R.J. Wynn (11)	Brentwood	42.35	14
	2 Marcus Henson (11)	Kilpatrick	42.08	
	3 Andrew Gerardy (11)	Fillmore	41.37	
	4 Adam Liranzo (11)	St. Bonaventure	40.93	
	5 Justin Rovin (11)	Laguna Beach	40.11	
	6 Randy Rense (12)	St. Margaret's	40.80	
	7 Derrick Qualls (11)	Chaminade	40.93	
	8 Garret Bray (12)	Brentwood	41.81	
	9 Daniel Park (10)	Webb	42.26	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
3	1 Miles Chapman (11)	Desert Hot Springs	40.27	14
	2 Daniel Bernal (10)	Wilson/Hacienda Heights	39.78	
	3 Ken Shaw (10)	San Jacinto	39.42	
	4 Michael Rose (12)	Artesia	39.05	
	5 Garrett Green (11)	Notre Dame/SO	38.30	
	6 Robert Williams (12)	Ramona	38.68	
	7 Mark Gutierrez (10)	Mountain View	39.36	
	8 Frank Mansera (12)	Nipomo	39.69	
	9 Jon Duran (12)	Santa Paula	40.03	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
2	1 James Valez (11)	Arroyo Grande	40.60	14
	2 Robert Collins (12)	North Torrance	40.17	
	3 Mitch Allen (11)	El Toro	40.04	
	4 Jordan Paul (12)	Loyola	39.84	
	5 Elijah Wesson (9)	Dominguez	39.54	
	6 Tomek Czerwinski (11)	Rio Mesa	39.55	
	7 Deangelo Waller (11)	Arroyo Grande	39.88	
	8 Carlos Vazquez (12)	Loara	40.07	
	9 Carlos Valles (12)	Katella	40.40	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
1	1 Steven Evans (12)	Jordan	39.72	14
	2 Vernard Wilkins (11)	Highland	39.70	
	3 Dee Hankins (12)	Walnut	39.54	
	4 Kyle Hansen (12)	Chaparral	39.35	
	5 Elmer Guzman (12)	Mission Viejo	38.81	
	6 Darrayl King (12)	Oxnard	38.95	
	7 Chris Milosch (12)	Dana Hills	39.43	
	8 William Wallace (9)	West Covina	39.65	
	9 Chris Dang (12)	Alhambra	39.71	

NATIONAL RECORD

Name/School	Mark	Year
George Porter, Cabrillo, Lompoc (CA)	35.32	1985

CIF-SS BEST

George Porter, Cabrillo/Lompoc	35.32	1985
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CIF-SS DIVISIONAL

Makio Haywood, Muir (D1)	36.69	1996
Keith Pontiflet, Esperanza (D2)	36.74	1985
George Porter, Cabrillo/Lompoc (D3)	36.25	1984
George Porter, Cabrillo/Lompoc (D4)	35.57	1985

GIRLS 200 METERS

4:40 P.M.

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
4	1	Adriana Bracamonte (10)	Lutheran/Orange 25.81	15
	2	Ashley Campbell (9)	Valley Christian/Cerritos 25.70	
	3	Amanda Hunter (9)	Marlborough 25.61	
	4	Shelese Ruffin (12)	Beaumont 25.53	
	5	Elizabeth Olear (12)	Louisville 23.99	
	6	Yasmine Woodruff (9)	St. Mary's Academy 25.15	
	7	Erinne Benny (11)	St. Mary's Academy 25.58	
	8	Rachel Hudson (12)	Maranatha 25.63	
	9	Anjel Street (9)	St. Mary's Academy 25.76	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
3	1	Vernish Crayton (12)	Muir 26.15	15
	2	Jhathon Robinson (9)	Lawndale 26.05	
	3	Kira Davis-Quarrie (11)	St. Lucy's 25.83	
	4	Melissa Swigert (12)	Corona del Mar 25.29	
	5	Joy Eaton (10)	St. Lucy's 24.71	
	6	Chelsea Davis (10)	Newbury Park 25.16	
	7	Amanda Thompson (12)	Muir 25.76	
	8	Dominique Sterling (10)	Centennial/Compton 25.92	
	9	Nathalie Michiels (11)	Santa Margarita 26.12	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
2	1	Tiera Hilliard (10)	Mayfair 25.37	15
	2	Oganna Agu (11)	Hemet 25.29	
	3	Amanda Rosencrantz (12)	Kennedy 25.01	
	4	Elia Reid (9)	Kennedy 24.49	
	5	Kristin Holmes (12)	Claremont 24.32	
	6	Saravia Richardson (11)	J.W. North 24.39	
	7	Jeanne Newman (12)	Moorpark 24.52	
	8	Tifney Reeve (11)	Capistrano Valley 25.15	
	9	Erin Albee (11)	El Toro 25.29	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
1	1	Jessica Chambers (12)	Paramount 25.12	15
	2	Ebony Collins (10)	Wilson/Long Beach 25.04	
	3	Jessica Barfield (10)	Lynwood 24.86	
	4	Tiana Hood (12)	Wilson/Long Beach 24.16	
	5	Sade Williams (10)	Rancho Cucamonga 23.85	
	6	Shana Woods (11)	Poly/Long Beach 24.14	
	7	DeAna Carson (11)	Wilson/Long Beach 24.65	
	8	Brianna Atkins (9)	Rancho Cucamonga 24.95	
	9	Dominique Calvin (12)	Littlerock 25.10	

NATIONAL RECORD

Name/School	Mark	Year
Allyson Felix, Los Angeles Baptist	22.52	2003

CIF-SS BEST

Allyson Felix, Los Angeles Baptist	22.52	2003
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CIF-SS DIVISIONAL

Aminah Haddad, Long Beach Poly (D1)	23.23	1995
Marion Jones, Thousand Oaks (D2)	22.67	1992
Gervaise McCraw, Ganesha (D3)	23.27	1982
Allyson Felix, Los Angeles Baptist (D4)	22.88	2003

BOYS 200 METERS

4:50 P.M.

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
4	1	Joe Johnson (11)	Serra 22.74	16
	2	Marcell Marks (11)	Serra 22.53	
	3	Justin Lucas (12)	La Salle 22.47	
	4	Derron Juarez (11)	Chaminade 22.27	
	5	Zach Chandy (11)	Sage Hill 21.94	
	6	Jonnie Adjei (12)	Lighthouse Christian 22.15	
	7	Lawrence Trice (11)	Serra 22.35	
	8	Shawn Smith (12)	Blair 22.48	
	9	Chris Stevens (12)	Mojave 22.72	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
3	1	Ryan Maxwell (12)	Santa Margarita 22.49	16
	2	Jamal James (10)	Covina 22.42	
	3	Rogelio Carpenter (11)	Burroughs/Ridgecrest 22.34	
	4	Cary Harris (12)	Notre Dame/SO 22.25	
	5	Rodney Glass (11)	Notre Dame/SO 22.12	
	6	Donald Sanford (12)	Morningside 22.25	
	7	Brandon Edwards (12)	Diamond Ranch 22.31	
	8	Justin Porter (11)	Vista Murrieta 22.41	
	9	Jonathan Cheng (10)	Harvard-Westlake 22.43	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
2	1	Brandon Henderson (12)	Victor Valley 22.33	16
	2	Nevin Gutierrez (10)	J.W. North 22.19	
	3	George Henandez (11)	Rio Mesa 22.13	
	4	Deondre Smith (12)	Pasadena 22.04	
	5	Garland West (12)	Cypress 21.70	
	6	D'Andre Hall (11)	Dominguez 21.99	
	7	Brian Williams (10)	Valley View 22.07	
	8	Darryl Crummie (9)	Dominguez 22.16	
	9	James Wilson (12)	Pasadena 22.22	

DIV	L. NAME (YR.)	SCHOOL	TIME	EVENT
1	1	Donn Thompson, Jr. (12)	Poly/Long Beach 21.93	16
	2	Deondray Williams (12)	Poly/Long Beach 21.86	
	3	Ennis Jones (11)	La Sierra 21.54	
	4	Bryshon Nellum (10)	Poly/Long Beach 21.39	
	5	Justin Woods (12)	Los Alamitos 21.31	
	6	Wes Williams (12)	Esperanza 21.36	
	7	Brandon Fields (11)	Etiwanda 21.48	
	8	R.J. Stanford (11)	Chino 21.84	
	9	Travon Patterson (11)	Poly/Long Beach 21.90	

NATIONAL RECORD

Name/School	Mark	Year
Roy Martin, Roosevelt, Dallas (TX)	20.13	1985

CIF-SS BEST

Sultan McCullough, Muir	20.62	1997
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CIF-SS DIVISIONAL

Sultan McCullough, Muir (D1)	20.62	1997
Lionel Larry, Dominguez (D2)	20.73	2004
Miguel Fletcher, Alemany (D3)	20.95	1998
Warren Rogers, Serra (D4)	21.07	2000

GIRLS 3200 METERS

DIV 1 & 4 5:05 P.M. DIV 2 & 3 5:20 P.M.

DIV	L.	NAME (YR.)	SCHOOL	TIME	EVENT
4	1	Breanne Strenkowski (10)	Oaks Christian	12:09.16	17
	2	Margaret Sitker (10)	La Salle	11:56.11	
	3	Krista Andrew (9)	Lutheran/Orange	11:54.37	
	4	Rachel Gill (10)	Maranatha	11:43.91	
	5	Alex Crawley (10)	Laguna Beach	11:36.29	
	6	Liza Truax (10)	Santa Ynez	11:41.90	
	7	Jenessa Rose (9)	St. Bonaventure	11:45.81	
	8	Jane Kerner (9)	Lutheran/Orange	11:55.95	
	9	Kaitlin Huerta (10)	Paraclete	12:07.60	

DIV	L.	NAME (YR.)	SCHOOL	TIME	EVENT
3	1	Annie St. Geme (11)	Corona del Mar	11:27.06	17
	2	Melody Foelsh-Clarke (12)	Irvine	11:24.41	
	3	Anne Gustafson (12)	Brea Olinda	11:22.19	
	4	Anna Farias-Eisner (12)	Harvard-Westlake	11:17.32	
	5	Sarah Cummings (10)	Corona del Mar	11:13.83	
	6	Alyssa Robinson (12)	Nordhoff	11:17.18	
	7	Kristina Wilson (12)	South Hills	11:18.32	
	8	Rocio Pelayo (10)	Bolsa Grande	11:24.03	
	9	Courtney Lightfoot (9)	Oak Park	11:25.58	

DIV	L.	NAME (YR.)	SCHOOL	TIME	EVENT
2	1	Courtney Kostrikin (10)	Edison	11:33.27	17
	2	Emily Spiker (11)	Ventura	11:14.95	
	3	Kelly Shambaugh (9)	Mira Costa	11:12.58	
	4	Alison Kielty (12)	West Torrance	11:05.70	
	5	Whitney Blue (11)	Newport Harbor	10:56.20	
	6	Jessie Babcock (11)	Woodbridge	11:03.07	
	7	Jessica Bryant (12)	Ventura	11:06.85	
	8	Miranda McCune (12)	San Marcos	11:12.84	
	9	Tara Bryant (12)	Ventura	11:15.50	

DIV	L.	NAME (YR.)	SCHOOL	TIME	EVENT
1	1	Crystal Reed (11)	Fountain Valley	11:23.59	17
	2	Alma Escobar (11)	Corona	11:13.50	
	3	Brittany Morreale (11)	Peninsula	11:05.03	
	4	Christy Adamyk (10)	Glendora	11:01.67	
	5	Shannon Murakami (10)	Saugus	10:49.47	
	6	Robyn Guggiana (9)	Warren	10:59.63	
	7	Lynne Fletcher (11)	Thousand Oaks	11:03.69	
	8	Brooke Lademan (12)	Peninsula	11:07.35	
	9	Alyssa Brown (11)	Mission Viejo	11:21.13	

NATIONAL RECORD

Name/School	Mark	Year
Kim Mortensen, Thousand Oaks (CA)	9:48.59	1996

CIF-SS BEST

Kim Mortensen, Thousand Oaks	9:48.59	1996
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CIF-SS DIVISIONAL

Kim Mortensen, Thousand Oaks (D1)	10:03.11	1996
Rayna Cervantes, Montebello (D2)	10:32.89	1989
Vicki Cook, Alemany (D3)	10:24.91	1981
Vicki Cook, Alemany (D4)	10:11.78	1982

BOYS 3200 METERS

DIV 1 & 4 5:35 P.M. DIV 2 & 3 5:50 P.M.

DIV	L.	NAME (YR.)	SCHOOL	TIME	EVENT
4	1	Marcus Buckles (10)	Twentynine Palms	10:02.32	18
	2	Miguel Cisneros (11)	Santa Clara	9:58.18	
	3	Peter Bartlett (12)	Chadwick	9:55.05	
	4	Tom McLean (12)	Flintridge Prep	9:50.56	
	5	Joaquin Gomez (12)	Carpinteria	9:37.21	
	6	Carlyle Eubank (12)	Santa Ynez	9:41.04	
	7	Tony Hilling (11)	Maranatha	9:54.29	
	8	Chad Hall (10)	Big Bear	9:55.95	
	9	Greg Burris (12)	Webb	9:59.47	

DIV	L.	NAME (YR.)	SCHOOL	TIME	EVENT
3	1	Fawad Khan (10)	Palos Verdes	9:46.40	18
	2	Nick Mosey (12)	Servite	9:43.11	
	3	Eduardo Ramos (12)	Lompoc	9:36.37	
	4	Ken Brook (12)	Oak Park	9:29.90	
	5	Brian Medigovich (12)	San Luis Obispo	9:27.23	
	6	Jared Bell (12)	Harvard-Westlake	9:27.93	
	7	Julian DeRubira (11)	Santa Margarita	9:31.37	
	8	Sam Melton (11)	Barstow	9:39.27	
	9	Jordan Page (12)	Oak Park	9:46.25	

DIV	L.	NAME (YR.)	SCHOOL	TIME	EVENT
2	1	Kent Morikawa (10)	Torrance	9:45.71	18
	2	Chris Gurney (12)	Ventura	9:44.10	
	3	Roman Pena (11)	Valencia/Placentia	9:41.88	
	4	Waleed Totari (12)	Damien	9:33.11	
	5	Ted Price (11)	Adolfo Camarillo	9:30.73	
	6	Matthew Miller (12)	Loyola	9:31.54	
	7	Mark Matusak (12)	Loyola	9:36.45	
	8	Jesus Solis (12)	Righetti	9:43.19	
	9	Trevor Wiseman (12)	West Torrance	9:45.61	

DIV	L.	NAME (YR.)	SCHOOL	TIME	EVENT
1	1	Spencer Knight (10)	La Sierra	9:28.39	18
	2	Rusty Whisman (12)	Crescenta Valley	9:24.86	
	3	John Sullivan (10)	Trabuco Hills	9:22.63	
	4	Diego Mercado (9)	West Covina	9:15.35	
	5	Mike Cybulski (10)	Royal	9:11.18	
	6	Scott Smith (12)	Dana Hills	9:14.46	
	7	Patrick Milloy (11)	Murrieta Valley	9:19.11	
	8	Fitsum Tesfa (12)	Don Lugo	9:23.20	
	9	Dylan Jaedtke (12)	Royal	9:25.88	

NATIONAL RECORD

Name/School	Mark	Year
Dathan Ritzenheim, Rockford (MI)	8:41.10	2000

CIF-SS BEST

Eric Hulst, Laguna Beach (ht, yds)	8:44.6	1976
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CIF-SS DIVISIONAL

Eric Reynolds, Adolfo Camarillo (D1)	8:49.88	1983
Jeff Nelson, Burbank (D2) (yds)	8:51.22	1979
Eric Hulst, Laguna Beach (D3) (ht, yds)	8:53.0	1976
Ryan Hall, Big Bear (D4)	9:04.41	2000

GIRLS 4X400 METER RELAY

6:05 P.M.

DIV	L. SCHOOL	TIME	EVENT
4	1 Flintridge Prep	4:11.87	19
	2 Carpinteria	4:07.91	
	3 Marymount	4:06.70	
	4 Lutheran/Orange	4:03.26	
	5 Louisville	3:56.13	
	6 St. Mary's Academy	4:03.03	
	7 Marlborough	4:06.01	
	8 Calvary Chapel/SA	4:07.51	
	9 Paraclete	4:11.00	

DIV	L. SCHOOL	TIME	EVENT
3	1 Newbury Park	4:06.37	19
	2 Diamond Ranch	4:06.04	
	3 San Luis Obispo	4:01.66	
	4 Corona del Mar	3:59.90	
	5 Muir	3:58.54	
	6 Gahr	3:59.45	
	7 Santa Margarita	4:01.25	
	8 Notre Dame/SO	4:04.95	
	9 Harvard-Westlake	4:06.07	

DIV	L. SCHOOL	TIME	EVENT
2	1 Sunny Hills	4:02.02	19
	2 San Marcos	4:00.86	
	3 Mayfair	3:59.77	
	4 Woodbridge	3:57.50	
	5 J.W. North	3:53.51	
	6 El Toro	3:57.50	
	7 Kennedy	3:59.63	
	8 Capistrano Valley	4:00.20	
	9 Edison	4:02.01	

DIV	L. SCHOOL	TIME	EVENT
1	1 Etiwanda	4:03.64	19
	2 Lakewood	3:59.72	
	3 Lynwood	3:57.27	
	4 Rancho Cucamonga	3:54.42	
	5 Poly/Long Beach	3:52.11	
	6 Aliso Niguel	3:54.26	
	7 Wilson/Long Beach	3:56.80	
	8 Trabuco Hills	3:59.39	
	9 Ayala	4:02.81	

NATIONAL RECORD

School	Mark	Year
Long Beach Poly (CA)	3:35.49	2004

CIF-SS BEST

Long Beach Poly	3:35.49	2004
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CIF-SS DIVISIONAL

Muir (D1)	3:37.69	1985
Hawthorne (D2)	3:49.49	1983
St. Bernard (D3)	3:41.32	1997
La Salle (D4)	3:56.75	2000

BOYS 4X400 METER RELAY

6:30 P.M.

DIV	L. SCHOOL	TIME	EVENT
4	1 Lutheran/Orange	3:30.39	20
	2 Chaminade	3:29.18	
	3 St. Bonaventure	3:28.96	
	4 Oaks Christian	3:24.16	
	5 La Salle	3:23.63	
	6 Serra	3:24.09	
	7 Crespi	3:24.47	
	8 St. Bernard	3:29.16	
	9 Fillmore	3:30.12	

DIV	L. SCHOOL	TIME	EVENT
3	1 Gahr	3:25.54	20
	2 Bonita	3:25.05	
	3 Oak Park	3:24.12	
	4 Santa Margarita	3:23.76	
	5 Notre Dame/SO	3:23.02	
	6 Vista Murrieta	3:23.66	
	7 Diamond Ranch	3:23.99	
	8 Artesia	3:24.39	
	9 Morningside	3:25.14	

DIV	L. SCHOOL	TIME	EVENT
2	1 Arroyo	3:28.35	20
	2 El Toro	3:27.32	
	3 Poly/Riverside	3:25.18	
	4 Edison	3:23.83	
	5 Dominguez	3:21.53	
	6 Cypress	3:21.71	
	7 Loyola	3:24.79	
	8 Mayfair	3:26.35	
	9 Rio Mesa	3:27.40	

DIV	L. SCHOOL	TIME	EVENT
1	1 Chaparral	3:24.38	20
	2 Los Alamitos	3:24.11	
	3 Rancho Cucamonga	3:22.40	
	4 La Sierra	3:21.46	
	5 Poly/Long Beach	3:20.90	
	6 Valencia/Valencia	3:21.31	
	7 Upland	3:21.98	
	8 Dana Hills	3:24.10	
	9 Canyon/Canyon Country	3:24.36	

NATIONAL RECORD

School	Mark	Year
Hawthorne (CA)	3:07.40	1985

CIF-SS BEST

Hawthorne	3:07.40	1985
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CIF-SS DIVISIONAL

Hawthorne (D1)	3:12.23	1985
Hawthorne (D2)	3:13.86	1983
Centennial/Compton (D3)	3:15.61	1980
Perris (D4)	3:14.84	1983