

***ORANGE
COUNTY
TRACK
2022***

***BOYS & GIRLS
SCHOOL RECORDS
DATE OF SCHOOL OPENINGS
ALL-TIME COUNTY RECORDS
ALL-TIME INDOOR PERFORMERS LIST
ALL-TIME OUTDOOR PERFORMERS LIST
1915-1960 ALL-TIME PERFORMERS LIST***

Don Chadez

Revised— 7/14/2022

ORANGE COUNTY TRACK - 2022

This is the 33rd edition of Orange County Track that recognizes the many fine track and field performances by Orange County High School athletes. Included is an all-time outdoor and indoor boys and girls list. Most known school records are listed. This publication is by no means complete. People reading this work are encouraged to contact the author regarding errors or omissions. The school record section lists only those marks that are first listed on the all-time list.

The first edition was published prior to the 1989 track & field season. The original work was researched with the assistance and contributions of Ted Brazil (*OC Register*), Al Brit (Esperanza HS), Cary Brody (Los Alamitos HS), Mike Kennedy (*LA Times*), David Osterman (*OC Register*), Jack Shepard (*Track & Field News*), Doug Speck (Arcadia HS), Wayne Wilson (Amateur Athletic Foundation of Los Angeles) Jim Roldan of EPI Sports and many other individuals and coaches. Most recent editions have been proofed by Don Turnbull (Golden West College) and Dave Hurlburt.

THE STATS

Abbreviations

+ -mark converted from yards to meters.

c -mark converted from hand time to equivalent auto time.

w -wind aided mark.

y -original mark attained in a race run in yards

-fully auto timed races have no abbreviation and are noted to one hundred of a second.

-any hand time recorded to one hundred of a second has been rounded up to the next full tenth of a second.

' -mark made en route to a longer distance.

' -after name indicated foreign exchange student (if known).

* -before athletes name indicates junior year.

** -before athletes name indicates sophomore year.

*** -before athletes name indicates freshman year.

PERFORMANCE RANKING

For the purpose of ranking athletes and their performance, hand times have been converted to equivalent auto times and yard performances to metric. The *Track & Field News* policy of converting has been adopted. By using a multiplier, accurate percentage differentials are attained as the time gets longer.

CONVERSIONS

Hand times have been converted by adding 0.24 seconds for races less than one lap, and 0.14 for one lap races. Races of more than one lap have no conversion from hand to auto timing. The yard time was then multiplied by .9942 to get the metric equivalent. Common ratio races follow this formula. 100 yards/ 100 meters and 110 meters/120 yard hurdle events are not common ratio events.

ORANGE COUNTY TRACK - 2022

send errors/omissions to:

Don Chadez

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BOYS COUNTY OUTDOOR RECORDS

100 yd	9.3	Tony Pitts (SA Valley)	1978
100m	10.25	Domani Jackson (Mater Dei)	2021
200m	20.68	Max Thomas (Servite)	2022
220 yd	21.2	Clancy Edwards (Santa Ana)	1973
220 yd (straight)	20.7	Eddie Morris (Huntington Beach)	1940
400m	45.7	Chip Rish (Marina)	1985
440 yd	46.7	Tony Krzyzosiak (Garden Grove)	1971
800m	1:48.20	Sean Krinik (Valencia)	2010
880yd	1:49.2	Dennis Carr (Lowell)	1963
1500m	3:44.14	Austin Tamagno (Brea)	2016
1600m	4:00.83	Jantzen Oshier (Trabuco Hills)	2011
2000m	5:22.69	Brandon Bethke (El Toro)	2004
Mile	4:01.04	Austin Tamagno (Brea)	2016
3000m	8:17.5	Jon Butler (Edison)	1981
3200m	8:46.78	Jon Butler (Edison)	1981
Two Mile	8:44.6	Eric Hulst (Laguna Beach)	1976
Steeplechase	9:19.2	Eric Hulst (Laguna Beach)	1975
3 Mile	13:45.4	Ralph Serna (Loara)	1974
5000m	14:16.2	Ralph Serna (Loara)	1974
6 Mile	27:58.0	Eric Hulst (Laguna Beach)	1976
10,000m	28:55.0	Eric Hulst (Laguna Beach)	1976
One Hour Run	11m, 1043yd	Joey Gomez (Valencia)	1977
Marathon	2:27.25	Eric Hulst (Laguna Beach)	1976
120 yd Hurdles	13.3	John Peterson (Saddlback)	1975
110m Hurdles	13.41	Steve Kerho (Mission Viejo)	1982
180 vd Hurdles (curve)	18.6	Issac Curtis (Santa Ana)	1968
300m Hurdles (30")	35.85	Steve Kerho (Mission Viejo)	1982
330 yd Hurdles (30")	37.4	Tom Turner (Cypress)	1975
300m Hurdles (36")	36.45	Trevor Jones (Newport)	2000
400m Inter Hurdles	52.33	Trevor Jones (Newport)	2000
4 x 100m	41.24	Trabuco Hills	2018
4 x 110 yd	41.2	SA Valley	1971
4 x 220 yd	1:26.8	Bolsa Grande	1966
4 x 400m	3:13.98	Orange Lutheran	2008
4 x 440 yd	3:15.0	Santa Ana	1972
Sprint Medley (yd)	3:27.4	I.a Habra	1961
Sprint Medlev (m)	3:27.33	El Modena	1982
4 x 800m	7:40.30	Dana Hills	2009
4x 880yd	7:48.0	Tustin	1965
4 x 1500m	16:23.1	University	1981
4 x 1600m	17:12.60	Trabuco Hills	2012
4 x Mile	17:27.75	Dana Hills	2009
Distance Medley (yd)	10:12.0	El Modena	1970
Distance Medley (m)	9:58.76	Dana Hills	2010
High Jump	7-3	Sean Lee (Trabuco Hills)	2018
Pole Vault	16-9	Michael Woepse (Mater Dei)	2009
Long Jump	24-7	Dante Pettis (J Serra)	2014
Triple Jump	51-7.75	Phouphet Singbandith (Magnolia)	1990
Shot put (12 lb.)	71-7.25	Bronson Osborn (Esperanza)	2016
Shot Put (Junior 6kg)	69-9.5	Bronson Osborn (Esperanza)	2016
Shot Put (16 lb.)	59-5.75	Bronson Osborn (Esperanza)	2017
Discus (HS 1.62kg)	213-11	Scott Moser (Huntington Beach)	1997
Discus (Junior 1.75kg)	192-1	Bo Taylor (Newport)	2006
Discus (2kg)	161-2	Steve Lehmer (Loara)	1966
Decathlon	6525	Tohru Asami (Sunny Hills)	1978
Hammer (12 lb)	238-9	Brad Bolton (El Toro)	2011

GIRLS COUNTY OUTDOOR RECORDS

100 yd	11.04	Michelle Kelley (Irvine)	1979
100m	11.66	Carol Rodriguez (Western)	2003
200m	23.88	Maliyah Medley (El Toro)	2017
200 yd	24.51	Michelle Kelley (Irvine)	1979
400m	53.06	Maliyah Medley (El Toro)	2018
440 yd	54.3	Arlise Emerson (Westminster)	1978
800m	2:02.3	Mary Decker (Orange)	1974
1500m	4:16.42	Christine Babcock (Woodbridge)	2008
1600m	4:32.82	Christine Babcock (Woodbridge)	2008
Mile	4:35.24	Polly Plummer (University)	1982
3000m	9:30.4	Polly Plummer (University)	1982
3200m	9:54.89	Bethan Knights (Northwood)	2014
5000m	17:08.66	Nikki Zielinski (Canyon)	2016
110 yd Hurdles (30")	14.09	Lisa Gourdine (El Toro)	1977
100m Hurdles (30")	14.13	Laura Mills (University)	1981
100m Hurdles (33")	13.32	Ashley Bethel (Mission Viejo)	1997
300m Hurdles	41.86	Nyree Brown (Seegerstrom)	2018
400m Hurdles	61.63	Chris Davenport (Troy)	1979
4 x 100m	46.28	Santa Margarita	2017
4x 110 yd	47.98	SA Valley	1979
4 x 200m	1:41.99	Santa Margarita	2015
	1:41.99	Los Alamitos	2019
4 x 400m	3:46.67	Dana Hills	2017
4 x 440 yd	3:50.4	Fountain Valley	1979
4 x 800m	8:52.72	J Serra	2022
4 x 880 yd	9:46.4	Foothill	1981
Sprint Medley (m)	3:58.63	Los Alamitos	2015
Distance Medley (m)	11:34.65	Corona del Mar	2006
4 x 1500m	18:52.5	University	1982
4 x 1600m	20:17.73	J Serra	2022
4 x Mile	20:32.33	Corona del Mar	2005
Pole Vault	14-4	Rachel Baxter (Canyon)	2017
High Jump	6-2	Sharon Day (Costa Mesa)	2003
Long Jump	20-8.75	Karen Attlesey (Corona del Mar)	1971
Triple Jump	43-4.5	Michelle Sanford (Woodbridge)	2001
Shot Put	53-7.75	Natalie Kaaiawahia (Fullerton)	1983
Shot Put (81b)	50-6.5	Susie Ray (Villa Park)	1979
Discus	175-8	Kate Hutchinson (San Clemente)	2003
Javelin	169-7	Jacque Nelson (Canyon)	1979
Hammer	203-08	Joy McArthur (Mater Dei)	2016
Heptathlon	5405	Sharon Hatfield (Fountain Valley)	1982
Pentathlon	3925	Sharon Hatfield (Fountain Valley)	1980

BOYS COUNTY INDOOR RECORDS

50m	5.86	Tim Martin (San Clemente)	1990
60 yd/55m	6.33	Kerwin Bell (Edison)	1980
60m	6.78	Kerwin Bell (Edison)	1980
200m	21.58	Max Thomas (Servite)	2022
300m	37.82	Gabe Warner (Woodbridge)	2015
500 yd	58.2	Brian Theriot (Newport)	1975
600 yd	1:14.72	Chad Rozean (Trabuco Hills)	2010
800m	1:55.79	Brendon Confer (Servite)	2009
880 yd	1:57.6	Ruben Esparza (El Modena)	1983
1000 yd	2:17.7	Bruce Bess (La Habra)	1961
1500m	3:54.5	Jon Butler (Edison)	1981
Mile	4:11.3	Jon Butler (Edison)	1981
3000m	8:31.2	Mark Junkerman (Los Alamitos)	1983
Two Mile	8:55.2	Jon Butler (Edison)	1981
50m Hurdles	6.80	Charles Davidson (Saddleback)	1992
60 yd Hurdles	7.57	Steve Kerho (Mission Viejo)	1981
55m Hurdles	7.76	Dylan Atencio (Yorba Linda)	2015
4 x 160 yd	66.1	SA Valley	1978
8 x 160 yd	2:14.82	Edison	2000
4 x 440 yd	3:26.3	Newport	1975
4 x 880 yd	8:08.8	Westminster	1974
High Jump	6-10.75	Sean Lee (Trabuco Hills)	2016
Pole Vault	16-7	Michael Woepse (Mater Dei)	2010
Long Jump	23-10	Devin Harrison (Dana Hills)	2009
Triple Jump	49-1	Ken Williams (Troy)	1982
Shot Put	64-11.75	Dave Kurrasch (Newport)	1975
Shot Put #16	59-5.75	Bronson Osborn (Esperanza)	2017

GIRLS COUNTY INDOOR RECORDS

50m	6.67	Carol Rodriguez (Western)	2003
55m	7.16	Alyssa Tao (Fountain Valley)	2013
300m	42.67	Hope Bender (Newport)	2015
440 yd	54.8	Arlise Emerson (Westminster)	1979
500 yd	65.4	Arlise Emerson (Westminster)	1978
600 yd	1:27.20	Cassie Durgy (Huntington Beach)	2015
600m	1:32.9	Mary Decker (Orange)	1974
800m	2:01.8	Mary Decker (Orange)	1974
1000m	2:26.4	Mary Decker (Orange)	1974
1500m	4:26.2	Paula Rose (Corona del Mar)	1976
Mile	4:40.1	Mary Decker (Orange)	1976
3000m	10:04.73	Kelli Hines (Mission Viejo)	2019
Two Mile	10:45.7	Carrie Garritson (Sunny Hills)	1992
50m Hurdles	7.51	Elinor Tolson (Fountain Valley)	1992
55m Hurdles	8.38	Hope Bender (Newport)	2015
4x 160 yd	1:18.4	Mission Viejo	1988
4 x 400m	4:04.30	Mission Viejo	2019
4 x 440 yd	4:07.8	Edison	1985
4x 880 yd	9:37.3	Foothill	1983
High Jump	5-10.25	Sharon Day (Costa Mesa)	2003
Pole Vault	13-10.5	Rachel Baxter (Canyon)	2017
Long Jump	19-02.00	Dominique Ruotolo (Mater Dei)	2018
Triple Jump	40-02.00	Jade McDonald (Mater Dei)	2018
Shot Put	45-9.75	Mackenna Howard (Los Alamitos)	2014

ALL-TIME OUTDOOR BEST MARKS LIST—BOYS

100 yards

9.3	Tony Pitts (SA Valley)	1978	9.8	Richard Calvin (SA Valley)	1982
9.5	Jackie White (Santa Ana) (<i>State Runner up</i>)	1969	9.8	Teddy Baker (Saddleback)	1985
9.5	Devon Trahan (Saddleback)	1971	9.8	Chip Rish (Marina)	1985
9.5	Kerwin Bell (Edison)	1980	9.8	Ellis Bradford (SA Valley)	1986
9.6	Eddie Morris (Huntington Beach) (<i>State Champion</i>)	1940	9.8	* Kirk Ayers (Western)	1986
9.6	Bill Swisshelm (Santa Ana)	1954	9.8	Tien Bui (Villa Park)	1988
9.6	Bob Maimbourg (Garden Grove)	1960	9.8	* William Dancy (SA Valley)	1988
9.6	** Stan Edmonds (Savanna)	1964	9.8	* Dariel Whipple (Western)	1989
9.6	Fred Kuller (Santiago)	1964	9.8	Kevin Thomas (Valencia)	1989
9.6	Dick Coulter (SA Valley)	1967			
9.6	Ron Pharris (Anaheim) (<i>State Third Place</i>)	1967	Wind-aided:		
9.6	Ron Hamley (Lowell)	1968	9.5w	Eddie Morris (Huntington Beach)	1940
9.6	*Jack Struble (Kennedy)	1971	9.5w	Bill Swisshelm (Santa Ana)	1953
9.6	*Jim Straw (Garden Grove)	1973	9.5w	Dick Cooper (SA Valley)	1967
9.6	Clancy Edwards (Santa Ana) (<i>State Runner up</i>)	1973	9.5w	Clancy Edwards (Santa Ana)	1973
9.6	Walter Steen (SA Valley)	1982	9.6w	Kerwin Bell (Edison)	1980
9.84	* Kerwin Bell (Edison)	1979	9.6w	Stan Edmonds (Kennedy)	1966
9.7	Bill Swift (La Habra)	1959	9.6w	Richard Yukihiko (Western)	1967
9.7	Pat Moore (La Habra)	1959	9.6w	*Jim Beyers (Loara)	1970
9.7	Bob Armstrong (Rancho Alamitos)	1961	9.6w	Mike Rhue (SA Valley)	1976
9.7	* Ed Preston (Santa Ana)	1963			
9.7	Herman Grimes (SA Valley)	1964	100 meters		
9.7	Randy Lynch (Anaheim)	1965	10.25	*Domani Jackson (Mater Dei)	2021
9.7	Dave Samarin (La Habra)	1965	10.36	Curtis Godin (Mater Dei) (<i>State Champion</i>)	2014
9.7	Dave Cooke (Brea)	1966	10.40	Max Thomas (Servite)	2022
9.7	Ed Steward (Santa Ana)	1967	10.45	Matt Bruno (Trabuco Hills) (<i>State Champion</i>)	2002
9.7	Robert Ray (Santiago)	1967	10.46	***Devin Bragg (Los Alamitos)	2022
9.7	Bruce Rollinson (Mater Dei)	1995	10.49	Austin Overn (Foothill)	2022
9.7	Pete Sprout (El Modena)	1969	10.50	Justin Woods (Los Alamitos)	2005
9.7	Clyde Emery (SA Valley)	1969	10.51	Herbert Gamboa (San Clemente)	2012
9.7	Rick Gilson (Bolsa Grande)	1970	10.54	* Kyle Middlebrooks (Fountain Valley)	2009
9.7	Luis Castle (Sunny Hills)	1970	10.56	Tim Martin (San Clemente)	1991
9.7	* Steve Elkins (Loara)	1970	10.56	** Bryan Harrison (Dana Hills)	1995
9.7	*Jim Beyers (Loara)	1970	10.56	*Jake Burns (Trabuco Hills)	2018
9.7	Jim Rohrig (SA Valley)	1974	10.57	Elliot Dunning (SA Valley)	1984
9.7	Mike Rhue (SA Valley)	1976	10.57	Blake Hennesay (Santa Margarita)	2018
9.7	Rex Brown (Ocean View)	1982	10.58	Quinton Bell (Costa Mesa)	2014
9.7	Clay Kussler (Los Alamitos)	1984	10.60	Walter Steen (SA Valley)	1982
9.7	Elliot Dunning (SA Valley)	1984	10.61	Brian Woods (Los Alamitos)	2003
9.7	Paul Peters (SA Valley)	1987	10.62	Matt Slater (Servite)	2003
9.7	Erik Mitchell (Los Alamitos)	1990	10.63	Charlie Jarvis (Aliso Niguel)	2022
9.91	Ulysess Trammel (Rancho Alamitos)	1991	10.64c	Eddie Morris (Huntington Beach)	10.4 1940
9.8	Dan Hoefler (Fullerton)	1948	10.65	Chukwuekeze Nwachie (Loara)	2012
9.8	Johnny Allen (Santa Ana)	1956	10.65	Dominic Gates (Tesoro)	2022
9.8	Ron Vande Putte (Valencia)	1959	10.66	Tony Pitts (SA Valley)	1978
9.8	Gary Walker (Tustin)	1959	10.66	* Garland West (Cypress)	2004
9.8	Jim Lawrence (Buena Park)	1964	10.66	Braden Pegan (San Juan Hills)	2022
9.8	* Randy Julian (Bolsa Grande)	1965	10.67	Kevin Griswold (Garden Grove)	1996
9.8	Mike Morgan (Mater Dei)	1967	10.67	Damani Wilson (Orange Lutheran)	2010
9.8	Dennis Johnson (El Modena)	1969	10.67	Austin Hazel (Mater Dei)	2012
9.8	Keith Denson (SA Valley)	1969	10.68	Mike McNair (Mater Dei)	1998
9.8	Tom Teeple (Brea)	1969	10.68	Andy White (Mission Viejo)	2007
9.8	Darryl Blood (Newport)	1970	10.70	Kerwin Bell (Edison)	1980
9.8	Dave Johnson (Estancia)	1970	10.70	Erik Mitchell (Los Alamitos)	1990
9.8	Dave Lacey (Marina)	1970	10.70	Gary Young (Woodbridge)	1994
9.8	Phil Maas (Fountain Valley)	1971	10.70	* Claude Melvin (Brea)	1999
9.8	Tony Krzyzosiak (Garden Grove)	1986	10.70	*Kaden Reynolds (Aliso Niguel)	2019
9.8	Carlo Tosti (Corona del Mar)	1972	10.71	Rex Brown (Ocean View)	1982
9.8	James Butler (SA Valley)	1972	10.71	*Trent Langham (Pacifica)	2011
9.8	Warren Hansen (Garden Grove)	1973	10.71	Hunter Simmons (Tesoro)	2012
9.8	Doug Perrall (Pacifica)	1974	10.71	*Spencer Danner (San Juan Hills)	2013
9.8	Chris Saunders (Sonora)	1978	10.72	Kevin Alexander (Valencia)	1992
9.8	Robert Powell (SA Valley)	1978	10.72	Josh Brown (El Modena)	2007
9.8	Steve Southward (Fountain Valley)	1981	10.72	**Alex Suchesk (Santa Margarita)	2012
9.8	Rick Nichols (Fountain Valley)	1982	10.73	* Joey Branker (Mission Viejo)	2009
9.8	Rod Harmon (Santa Ana)	1982	10.73	Scott Patton (Woodbridge)	2015
			10.73	*Charlie Jarvis (Aliso Niguel)	2021
			10.74	Donovan Stephens (Mission Viejo)	1986
			10.74c	* Jarrett Murrell (Saddleback)	10.5 1991

10.74c	Charles Crook (Katella)	10.5	1997	10.89	*Keith Taylor (Servite)	2016
10.74c	Anthony Privitelli (Villa Park)	10.5	2008	10.89	**Bryson Washington (Mater Dei)	2018
10.74	Anton Jamir (Cypress)		2003	10.89	Cassius Savage (Western)	2019
10.75	Mavin Anderson (Mission Viejo)		2021	10.89	Nolan Clement (Troy)	2022
10.76	* Darryl Poston (Edison)		2000	10.90	***Michael Graham (Mater Dei)	1993
10.76	Kellen Foley (Dana Hills)		2008	10.90	Jason Boyce (Corona del Mar)	1994
10.76	Chris Nicholls (Servite)		2010	10.90	William Stovall (Woodbridge)	1997
10.76	**Hunter Simmons (Tesoro)		2011	10.90	Quinten Pounds (Cypress)	2015
10.76	Julius Irvin (Servite)		2018	10.90	*Chase Berryman (Mission Viejo)	2018
10.76	**Nate Frazier (Mater Dei)		2022	10.90	**Bryce Whitley (La Habra)	2022
10.77	* Teddy Baker (Saddleback)		1984	10.90	*Tyler Poti (Tesoro)	2022
10.77	*Matt Slater (Servite)		2002	10.90	*Deandre Moore ((Los Alamitos)	2022
10.77	Devin Harrison (Dana Hills)		2011	10.91	Kevin Thomas (Valencia)	1989
10.77	Michael Mitchell (Tesoro)		2016	10.91	Dane Endly (Laguna Hills)	2003
10.77	Jack De Bos (Edison)		2021	10.91	Andrew Tucker (Mission Viejo)	2004
10.78	* Chip Rish (Marina)		1984	10.91	Adrian Pioquinto (Century)	2009
10.79	* Terry Johnson (Katella)		1985	10.91	Brenden Schooler (Mission Viejo)	2016
10.79	Jake Burns (Trabuco Hills)		2019	10.91	*Marceese Yetts (Mater Dei)	2021
10.80	Dajuan Pannell (Western)		2000	10.92	* Clay Kussler (Los Alamitos)	1983
10.80	Arron Harris (Western)		2008	10.92	* Dariel Whipple (Western)	1989
10.80	*Ryan Kennedy (Mission Viejo)		2017	10.92	* Julius Williams (Tustin)	1997
10.80	Noah Styffe (Trabuco Hills)		2017	10.92	**Nick Wedin (Dana Hills)	2000
10.80	*Kyle McCray (Orange Lutheran)		2018	10.92	Turill Engleman (Marina)	2002
10.80	Jack Shippy (San Clemente)		2018	10.92	* Alex Miller (Savanna)	2003
10.81	* Chucky Linman (Edison)		2001	10.92	Grant Schwartz (Dana Hills)	2005
10.81	* Deshaun Foster (Tustin)		1997	10.92	Ibrahim Al-arnous (Mission Viejo)	2010
10.81	Shane Henry (Esperanza)		2006	10.92	Jacob Gasser (Los Alamitos)	2016
10.81	Matt Hurst (Corona del Mar)		2014	10.92	Kelley Stephens (J Serra)	2018
10.82	Tony Mosley (Santa Ana)		1987	10.92	**Cooper DEcillo (Trabuco Hills)	2021
10.82	Kamron Shahbahrami (Irvine)		2011	10.92	Caleb Harrell (Irvine)	2021
10.82	Chad Lemmons (Mater Dei)		2019	10.92	*Alex Skalmowski (Servite)	2022
10.83	Jeff Smith (Troy)		2001	10.93	* Charles Crook (Katella)	1996
10.83	Drew Endly (Laguna Hills)		2008	10.93	Scott White (Sonora)	1999
10.83	* Shawn Tucker (Laguna Hills)		2008	10.93	Vanden Staly (Canyon)	2002
10.83	*Alex Young (Woodbridge)		2015	10.93	Eddie Wallace (San Clemente)	2010
10.84c	Steve Jennings (Marina)	10.6	1986	10.93	*Derek Brajevich (Santa Margarita)	2017
10.84c	* William Dancy (SA Valley)	10.6	1988	10.93	Richard Antablin (Tesoro)	2019
10.84c	Ben Cesar (Ocean View)	10.6	1990	10.93	Jalen Jones (Santa Margarita)	2021
10.84c	Tim Fitzgerald (Santa Margarita)	10.6	1996	10.94c	Jeff Glead (Dana Hills)	10.7 1981
10.84c	Guillermo Esparza (Brea)	10.6	1997	10.94c	Norm Moss (SA Valley)	10.7 1984
10.84c	** Marshall Johnson (SA Valley)	10.6	1997	10.94c	Dave Reedus (Westminster)	10.7 1988
10.84	* Chad Watts (Saddleback)		1998	10.94c	Mark Barnum (Corona del Mar)	10.7 1990
10.84c	* Adolph Keyes (Los Alamitos)	10.6	1998	10.94c	Jarryd Gonzalez (Pacifica)	10.7 1992
10.84c	John Sanders (Fountain Valley)	10.6	1998	10.94c	Kojo Ahrin (Irvine)	10.7 1996
10.84c	Rasuli Webster (Brea)	10.6	1998	10.94	James Pham (La Quinta)	1998
10.84c	*Zach Chandy (Sage Hill)	10.6	2005	10.94c	Julio Peraza (Dana Hills)	10.7 1998
10.84	Malik Felton (Servite)		2011	10.94c	Josh Saunders (Capo Valley)	10.7 1998
10.85	Korey Alexander (Valencia)		1992	10.94	Adolph Keys (Los Alamitos)	1999
10.85	Denny Casupanan (Tustin)		2002	10.94c	* Turrill Engelman (Marina)	10.7 2001
10.85	Justin Hunter (Dana Hills)		2014	10.94	Nicholas Sanford (El Modena)	2005
10.85	Brandon Douglas (Los Alamitos)		2015	10.94	Sean Henderson (Los Alamitos)	2008
10.85	Jeff Hass (Edison)		2021	10.94	Adrian Hernandez (Mater Dei)	2015
10.86	Charlie Davidson (Saddleback)		1992	10.94	Ethan Du (Esperanza)	2016
10.86	* Alex Suchesk (Mission Viejo)		2013	10.94	*Chigozie Anusiem (Sonora)	2017
10.86	Logan Obbards (Mission Viejo)		2014	10.94	Andrew Ruffin (Cypress)	2018
10.86	Richie Caragao (Santa Margarita)		2018	10.94	Colin Somoza (Trabuco Hills)	2022
10.87	Scott Young (Cypress)		1985	10.95	* Che Garcia (Anaheim)	1992
10.87	Trevor Jones (Newport)		2000	10.95	* Austin Messick (Capo Valley)	2007
10.87	Vince Nguyen (Fountain Valley)		2001	10.95	Chad Grimmatt (El Toro)	2009
10.87	Wes Williams (Esperanza)		2005	10.95	Ameer Webb (Tustin)	2009
10.87	**Peter Costelli (Mission Viejo)		2019	10.95	Miles Robertson (La Habra)	2014
10.87	Jalen Jones (Santa Margarita)		2022	10.95	*Anthony Deluca (Trabuco Hills)	2018
10.88	Rich Brooks (Woodbridge)		1986	10.96	Allen Shumate (Tustin)	2000
10.88	Matt Brooks (Santa Margarita)		1998	10.96	**Jonathan Woods (El Toro)	2001
10.88	Mike Chavis (Mission Viejo)		1998	10.96	Whittaker (Mission Viejo)	2001
10.88	Greg Stewart (Costa Mesa)		2000	10.96	Jonah Hill (Cypress)	2014
10.88	Dominique Williams (Savanna)		2008	10.96	Jacob Garrett (Fountain Valley)	2017
10.88	Mikey Fischelli (Dana Hills)		2009	10.96	Lincoln Marschall (Los Alamitos)	2022
10.88	**Isaiah Diego Williams (J Serra)		2014	10.97	Anthony Ramirez (Mission Viejo)	1992
10.88	Michael Hamill (Beckman)		2014	10.97	* Aaron Ford (Los Alamitos)	1994
10.88	Josh Gray (Irvine)		2016	10.97	Allen Sabio (Servite)	1997
10.88	Scott Deng (Mater Dei)		2022	10.97	Aaron Coudy (St Margaret's)	2002
10.89	Jeff Williams (Orange)		1994	10.97	Raphael McFarlane (Mission Viejo)	2003
10.89	Scott Langford (Santa Margarita)		2001	10.97	Adam Gann (Trabuco Hills)	2011
10.89	Stephen Menzia (Mater Dei)		2016	10.97	Dustin Holtz (El Modena)	2012

10.97	Garrett Estrada (Mater Dei)	2015	11.04c	Chris Sandro (Estancia)	10.8	1991	
10.97	**Johnie Blockberger (Los Alamitos)	2018	11.04c	Jim Sebreros (Garden Grove)	10.8	1993	
10.98	Jim Adams (Anaheim)	1984	11.04c	* Mike Flores (Savanna)	10.8	1994	
10.98	Jeff Roach-(Laguna Hills)	1984	11.04c	Reuben Droughns (Anaheim)	10.8	1996	
10.98	Jesus Acevedo (Anaheim)	1997	11.04c	Mike Garko (Servite)	10.8	1996	
10.98	Julius Williams (Tustin)	1998	11.04c	Lydon Covington (Villa Park)	10.8	1996	
10.98	** Lb Al-amous (Canyon)	2008	11.04c	Steve Anstead (Dana Hills)	10.8	1997	
10.98	Kyle Hastings (Santa Margarita)	2017	11.04c	Jason Jerkins (Sunny Hills)	10.8	1997	
10.98	Harry Baker (University)	2017	11.04c	Eric Nuanes (Loara)	10.8	1997	
10.98	Cassidy Welles (Mission Viejo)	2019	11.04c	Wray Watkins (Fountain Valley)	10.8	1997	
10.98	Jordan Holmes (Yorba Linda)	2022	11.04c	Myron Bownes (Woodbridge)	10.8	1998	
10.99	Kimiko Bandy (SA Valley)	1992	11.04c	Ben Ogawa (Edison)	10.8	1999	
10.99	Rashad White (Garden Grove)	2000	11.04c	Darren Shorter (Cypress)	10.8	2000	
10.99	Joey Branker (Mission Viejo)	2010	11.04c	Darryl Parker (Canyon)	10.8	2001	
10.99	Cory Thomson (Santa Margarita)	2011	11.04c	Nick Nokoff (Dana Hills)	10.8	2005	
10.99	Trent McDuffy (Servite)	2017	11.04	Will Taylor (Mission Viejo)		2006	
10.99	*Richard Antablin (Tesoro)	2018	11.04	Brian Lockridge (Mission Viejo)		2007	
10.99	*Jacob Williams (Brea)	2019	11.04	* Matthew Nichols (Mater Dei)		2009	
10.99	Patrick Michinock (Mater Dei)	2019	11.04	Ronnie Hillman (La Habra)		2009	
10.99	*Jackson Christie (Villa Park)	2021	11.04	Ryan Lynn (San Clemente)		2012	
11.00	Greg Portis (Katella)	1985	11.04	**John Galloway (Aliso Niguel)		2015	
11.00	Sam Moore (El Toro)	1999	11.04	Sean Damiano (Aliso Niguel)		2015	
11.00	* Matt Moore (Corona del Mar)	2000	11.04	Jeremiah Harris (Orange Lutheran)		2015	
11.00	Matthew Kaloustian (Orange Lutheran)	2022	11.04	*Ryan Kennedy (Mission Viejo)		2017	
11.00	Chris Felix (Estancia)	1995	11.04	***Treyvon Tolmaire (Misison Viejo)		2022	
11.00	Logan Sweet (Santa Margarita)	2011					
11.00	* Joseph Velazquez (El Modena)	2013	Wind-aided:				
11.00	Jacob Williams (Brea)	2020	10.29	Curtis Godin (Mater Dei)		2014	
11.01	* Dahrin Footman (Esperanza)	1994	10.33	Matt Bruno (Trabuco Hills)		2002	
11.01	Ray Bardone (Edison)	1997	10.35	***Devin Bragg (Los Alamitos)		2022	
11.01	Weston Ellis (Pacifica)	2014	10.35	Max Thomas (Servite)		2022	
11.01	*Christian Parker (Marina)	2016	10.40	* Claude Melvin (Brea)		1999	
11.01	Mason Mitchell (Santa Margarita)	2016	10.42	** Bryan Harrison (Dana Hills)		1995	
11.01	**Jay Williams (Trabuco Hills)	2017		(<i>State Third Place</i>)			
11.01	Jake Cuero (Trabuco Hills)	2017	10.45	Austin Overn (Foothill)		2022	
11.01	*Kiwon Lee (Trabuco Hills)	2018	10.46	Tim Martin (San Clemente)		1991	
11.01	Drake Nguyen (Woodbridge)	2019		(<i>State Third Place</i>)			
11.01	*Cooper DeCillo (Trabuco Hills)	2022	10.48	Justin Woods (Los Alamitos)		2005	
11.01	Jason Plumb (Corona del Mar)	2022	10.48	* Kyle Middlebrooks (Fountain Valley)		2009	
11.02	Paul Peters (SA Valley)	1987	10.49	Dominic Gates (Tesoro)		2022	
11.02	Tien Bui (Villa Park)	1988	10.51	Quinton Bell (Costa Mesa)		2014	
11.02	**Greg Cleave (Cypress)	1993	10.52	Gary Young (Woodbridge)		1994	
11.02	* Steve Douglas (Loara)	2000	10.54	*Blake Hennesay (Santa Margarita)		2017	
11.02	**Marcus Collins (Mission Viejo)	2011	10.55	Mike McNair (Mater Dei)		1998	
11.02	*Xavier Bell (Mater Dei)	2016	10.55	Brian Woods (Los Alamitos)		2003	
11.02	*Lance Dravis (Orange Lutheran)	2016	10.58	Charles Crook (Katella)		1997	
11.02	Desmin Jackson (Orange Lutheran)	2022	10.59	Garland West (Cypress)		2005	
11.03	Mike Allison (Laguna Hills)	1989	10.60	Demarion Horton (Western)		2008	
11.03	* Al Williams (Irvine)	1997	10.60	Julius Irvin (Servite)		2018	
11.03	Russ Rommelfinger (Woodbridge)	1999	10.60	Chad Lemmons (Mater Dei)		2019	
11.03	Travis Pett (Huntington Beach)	2000	10.61	Josh Brown (El Modena)		2007	
11.03	**Sean Henderson (Los Alamitos)	2006	10.61	Andy White (Mission Viejo)		2007	
11.03	* Andrew Connell (Mission Viejo)	2008	10.61	Braden Pegan (San Juan Hills)		2022	
11.03	Nolan Grimm (El Toro)	2010	10.62	*Jake Burns (Trabuco Hills)		2018	
11.03	Karlton Dennis (Servite)	2011	10.63	* Rex Brown (Ocean View)		1981	
11.03	Josh Raylor (Misison Viejo)	2014	10.63	Kevin Griswold (Garden Grove)		1996	
11.03	*Mathew Avalos (Anaheim)	2017	10.63	*Alex Skalmowski (Servite)		2022	
11.03	***Mavin Aurelio-Anderson (Mission Viejo)	2018	10.64	Teddy Baker (Saddleback)		1985	
11.04c	Steve Ashworth (Orange Lutheran)	10.8	1979	10.64c	Chip Rich (Marina)	10.4w	1985
11.04c	Aaron Thigpen (Saddleback)	10.8	1982	10.64	Jake Burns (Trabuco Hills)		2019
11.04c	Damon Sweazy (El Toro)	10.8	1982	10.65	Anton Jamir (Cypress)		2003
11.04c	Lance Martin (Corona del Mat)	10.8	1983	10.65	Scott Patton (Woodbridge)		2015
11.04c	Troy McAllister (Saddleback)	10.8	1983	10.66	* Chucky Linman (Edison)		2001
11.04c	John Garcia (Esperanza)	10.8	1983	10.66	* Chris Nichols (Servite)		2009
11.04c	Mike Stafford (Marina)	10.8	1986	10.66	Amir Webb (Tustin)		2009
11.04c	John Sims (Marina)	10.8	1988	10.66	* Spencer Danner (San Juan Hills)		2013
11.04c	Vic Gutierrez (Ocean View)	10.8	1988	10.67	*Trent Langham (Pacifica)		2011
11.04c	Joe White (Capo Valley)	10.8	1989	10.67	Blake Hennesay (Santa Margarita)		2018
11.04c	Chuck Steen (SA Valley)	10.8	1989	10.68	* Joey Branker (Mission Viejo)		2009
11.04c	* Mark Brown (Sunny Hills)	10.8	1990	10.70	Stephen Menzia (Mater Dei)		2016
11.04c	Andre Hill (Troy)	10.8	1990	10.71	Alex Young (Woodbridge)		2016
11.04	Mark Mahone (Marina)	1992	10.71	Jacob Gasser (Los Alamitos)		2016	
11.04c	Cale Carter (Mater Dei)	10.8	1992	10.72	Darryl Poston (Edison)		2001
11.04c	Ulysses Trammel (Rancho Al)	10.8	1991	10.72	Shane Henry (Esperanza)		2006
11.04c	Childs (La Habra)	10.8	1991	10.72	Mikail Lowery (Bolsa Grande)		2010
11.04c	* Brandon Jessie (Edison)	10.8	1991	10.73	Dane Endly (Laguna Hills)		2003

10.73	Chris Nicholls (Servite)		2010	10.94	Nathan Dowdell (Los Alamitos)		2021
10.73	Michael Mitchell (Tesoro)		2016	10.95	Bryan Dawson (Cypress)		1991
10.73	**Nate Frazier (Mater Dei)		2022	10.95	*Michael Chambers (Northwood)		2017
10.74c	Ricky Ellis (Mater Dei)	10.5w	1991	10.95	Tyler Rios (La Alamitos)		2014
10.74c	Jason Boyce (Corona del Mar)	10.5w	1994	10.95	Blake Morgan (Capo Valley)		2019
10.74c	Kai Lewis (San Clemente)	10.5	1999	10.96	* Andrew Connell (Mission Viejo)		2008
10.74	Carlo Reyes (Los Alamitos)		2021	10.96	Kevin Schaefer (Sage Hill)		2010
10.74	Jalen Jones (Santa Margarita)		2022	10.96	**Dylan Nicholson (Fullerton)		2016
10.75	DeShaun Foster (Tustin)		1998	10.96	*Matthew Avalos (Anaheim)		2017
10.75	** Ib Al-arnous (Canyon)		2008	10.96	**Jackson Christie (Villa Park)		2021
10.75	*Dominic Gates (Tesoro)		2021	10.97	Matthew Nichols (Mater Dei)		2010
10.76	* Denny Casupanan (Tustin)		2001	10.97	*Corbin Anderson (Mater Dei)		2010
10.76	Kamron Shahbahrami (Irvine)		2011	10.97	Ricardo Molina (Los Alamitos)		2013
10.76	Brenden Schooler (Mission Viejo)		2016	10.97	**Jay Williams (Trabuco Hills)		2017
10.76	Jack Shippy (San Clemente)		2018	10.97	*Nathan Tran (Portola)		2022
10.77	Austin Simkins (Huntington Beach)		2012	10.98	Sam Apraku (Savanna)		2006
10.77	**Isaiah Diego Williams (JSerra)		2014	10.98	Cory Thomson (Santa Margarita)		2011
10.77	Scott Deng (Mater Dei)		2022	10.98	* Vince Hernandez (Santa Margarita)		2013
10.78	Jonathan Hill (Cypress)		2014	10.98	Dante Pettis (JSerra)		2014
10.78	Logan Obbards (Mission Viejo)		2014	10.98	*John Galloway (Aliso Niguel)		2015
10.79	* Jonathan Woods (El Toro)		2002	10.98	Quincy Craig (Mater Dei)		2022
10.78	Nolan Clement (Troy)		2022	10.98	**Brian Eiseman (Santa Margarita)		2022
10.79	Dan Gomez (Troy)		2006	10.99	* Ed Presbury (Loara)		1991
10.79	Michael Hamill (Beckman)		2014	10.99	* Jeff Williams (Century)		1993
10.79	Jeremiah Harris (Orange Lutheran)		2015	10.99	*Blake Morgan (Capo Valley)		2018
10.80	Matt Brooks (Santa Margarita)		1998	10.99	Kiwon Lee (Trabuco Hills)		2019
10.80	Scott Langford (Santa Margarita)		2001				
10.81	Bernard Hardeman (Santa Ana)		1993				
10.81	* Adolph Keyes (Loa Alamitos)		1998	200 meters			
10.81	*Zach Chandy (Sage Hill)		2005	20.68	Max Thomas (Servite)		2022
10.81	*Logan Lyght (Mater Dei)		2022	20.82	Matt Bruno (Trabuco Hills)		2002
10.81	Nicholas Weaver (University)		2022		(<i>State Champion</i>)		
10.82	Drew Endly (Laguna Hills)		2008	20.85	Curtis Godin (Mater Dei)		2014
10.82	Kendall Holmes (Los Alamitos)		2012		(<i>State Champion</i>)		
10.82	**Peter Costelli (Mission Viejo)		2019	21.01	Chip Rish (Marina)		1985
10.83	Darrell Fuey (JSerra)		2012	21.04	*Jalen Craver (Woodbridge)		2010
10.83	Patrick Michinock (Mater Dei)		2019	21.10	** Bryan Harrison (Dana Hills)		1995
10.83	Drake Nguyen (Woodbridge)		2019	21.19	Zach Chandy (Sage Hill)		2006
10.84c	Tony Thompson (Huntington B)	10.6w	1984	21.21	Kevin Griswold (Garden Grove)		1996
10.84c	Shaun Massey (Marina)	10.6w	1985	21.25	Ameer Webb (Tustin)		2009
10.84	* Anton Jamir (Cypress)		2002	21.26	Mario Bassani (Irvine)		2001
10.84	Luke McCarthy (Sonora)		2011	21.28	Mike McNair (Mater Dei)		1997
10.85	Dahrin Footman (Esperanza)		1995	21.28	Wes Williams (Esperanza)		2005
10.85	Josh Gray (Irvine)		2016	21.28	Justin Woods (Los Alamitos)		2005
20.85	*Marceese Yettes (Mater Dei)		2021	21.29	Charles Crook (Katella)		1997
10.86	*Victor Bates (Buena Park)		2016	21.32+	Clancy Edwards (Santa Ana)	21.2y	1973
10.87	Alexander Donigian (Trabuco Hills)		2011		(<i>State Champion</i>)		
10.87	Toby Closure (Fullerton)		2011	21.33	Elliot Dunning (SA Valley)		1984
10.87	*Cooper DeCillo (Trabuco Hills)		2022	21.34	Erik Mitchell (Los Alamitos)		1990
10.88	* Joseph Velazquez (El Modena)		2013	21.34	Quinton Bell (Costa Mesa)		2014
10.89	* Chad Dunn (Los Alamitos)		2003	21.34	*Gabe Warner (Woodbridge)		2014
10.89	Austin Tinsley (Santa Margarita)		2014	21.39	Rex Brown (Ocean View)		1982
10.89	Jacob Garrett (Fountain Valley)		2017	21.39	Gary Young (Woodbridge)		1994
10.90	Drake Alvarez-Cates (Edison)		2012	21.39	Matt Slater (Servite)		2003
10.90	*Weston Ellis (Pacifica)		2014	21.39	Brian Woods (Los Alamitos)		2003
10.90	Caleb Harrell (Irvine)		2021	21.40	* Claude Melvin (Brea)		1999
10.90	Jason Plumb (Corona Del Mar)		2022	21.40	Darryl Poston (Edison)		2001
10.90	Jordan Holmes (Yorba Linda)		2022	21.40	Jake Burns (Trabuco Hills)	2018 &	2019
10.91	Carlo Valdes (Mater Dei)		2008	21.41	Dante Pettis (JSerra)		2014
10.91	Cassidy Welles (Mision Viejo)		2019	21.42+	Ron Pharris (Anaheim)	21.3y	1967
10.92	J,J Cisneros (Los Alamitos)		1988	21.42	Kevin Alexander (Valencia)		1992
10.92	Turill Engleman (Marina)		2002	21.44	* Spencer Danner (San Juan Hills)		2013
10.92	**Ryan Maxwell (Santa Margarita)		2005	21.44	Kelley Stephens (J Serra)		2018
10.92	LJ Kennedy (Rancho Alamitos)		2018	21.46	Teddy Baker (Saddleback)		1985
10.93	George Petsas (Esperanza)		2013	21.46	Dane Endly (Laguna Hills)		2003
10.93	Nolan Thompson (Huntington Beach)		2015	21.48	Paul Peters (SA Valley)		1987
10.94c	Chris Sperle (Fountain Valley)	10.7w	1984	21.50	Tim Martin (San Clemente)		1991
10.94c	Mark Mahone (Marina)	10.7w	1992	21.52+	Jackie White (Santa Ana)	21.4y	1970
10.94c	* Nate Gilkes (Troy)	10.7w	2002	21.54	* Kyle Middlebrooks (Fountain Valley)		2009
10.94	Michael Denton (Western)		2009	21.54	Devin Harrison (Dana Hills)		2011
10.94	Nick Malone (Fountain Valley)		2016	21.56	* Joey Branker (Mission Viejo)		2009
10.94	*Cooper Malerstein (Marina)		2016	21.57	Malik Felton (Servite)		2011
10.94	Jose Rubio (Loa Alamitos)		2017	21.60	William Stovall (Woodbridge)		1997
10.94	Sebastian Mora (La Habra)		2019	21.60	Herbert Gamboa (San Clemente)		2012
10.94	**Nolan Clement (Troy)		2020	21.61	Marcus North (Mission Viejo)		2006
10.94	*Chris Allen (Tesoro)		2021	21.61	Matt Hurst (Corona del Mar)		2014

21.62+	Devon Trahan (Saddleback)	21.5y	1971	22.01	Michael Phillippy (Aliso Niguel)	2018
21.62+	Jim Rohrig (SA Valley)	21.5y	1974	22.01	Chase Berryman (Mission Viejo)	2019
21.62+	Mike Kruthers (San Clemente)	21.75y	1977	22.02+	Jim Morgan (Mater Dei)	21.9y 1967
21.62	Austin Hazel (Mater Dei)		2012	22.02+	Jim Beyers (Loara)	21.9y 1971
21.62	*Cooper DeCillo (Trabuco Hills)		2022	22.02+	Tom Teeple (Brea)	21.9y 1971
21.64c	Jeff Glead (Dana Hills)	21.4	1981	22.02+	Jack Struble (Kennedy)	21.9y 1971
21.64	Damani Wilson (Orange Lutheran)		2010	22.02+	Brian Theriot (Newport)	21.9y 1975
21.67	* Terry Johnson (Katella)		1985	22.02+	Marshal Johnson (SA Valley)	21.9y 1978
21.72	* Mike Fritz (Anaheim)		1986	22.02+	Aaron Lybarger (El Toro)	21.9y 1982
21.72+	Dave Johnson (Estancia)	21.6y	1970	22.02+	Aaron Thigpen (Saddleback)	21.9y 1982
21.72+	Greg Jones (Mission Viejo)	21.6y	1977	22.02	*Jonathan Berry-Smith (Oxford Acad)	2010
21.72	Roshawn Sims (Esperanza)		1991	22.02	Scott Patton (Woodbridge)	2015
21.73	Anthony Davis (SA Valley)		1992	22.02	Jack De Bos (Edison)	2021
21.73	Anton Jamir (Cypress)		2003	22.03	Drake Alvarez-Cates (Edison)	2012
21.73	Drew Koesel (Aliso Niguel)		2019	22.03	*Kyle McCray (Orange Lutheran)	2018
21.75	Chad Lemmons (Mater Dei)		2019	22.03	Nolan Clement (Troy)	2022
21.76	Taylor Torres (Mater Dei)		2013	22.04	* Jarrett Murrell (Saddleback)	1991
21.78	*Jeff Jacobs (Santa Margarita)		2002	22.04c	* Mike Flores (Savanna)	21.8 1994
21.79	* Garland West (Cypress)		2004	22.05	* Vince Rivera (Savanna)	1982
21.80	Michael Mitchell (Tesoro)		2016	22.05	Kyle Dravis (Orange Lutheran)	2009
21.80	***Devin Bragg (Los Alamitos)		2022	22.05	** Brandon Douglas (Los Alamitos)	2013
21.80	Charlie Jarvis (Aliso Niguel)		2022	22.05	Stephen Menzia (Mater Dei)	2015
21.81	Keyon Riley (Servite)		2016	22.05	**Johnnie Blockberger (Los Alamitos)	2018
21.82+	Bruce Rollinson (Mater Dei)	21.7y	1967	22.05	Mavin Anderson (Mission Viejo)	2021
21.82+	* Steve Elkins (Loara)	21.7y	1970	22.06	Rasuli Webster (Brea)	1998
21.82+	Jack Struble (Kennedy)	21.7y	1972	22.06	David Traylor (Servite)	1999
21.82+	* Kirk Ayers (Western)	21.7y	1986	22.07	Shad Vickers (Tustin)	1991
21.82	*Trent Langham (Pacifica)		2011	22.07	Austin Tinsley (Santa Margarita)	2014
21.83	John Sanders (Fountain Valley)		1998	22.08	Brandon Douglas (Los Alamitos)	2015
21.83	Tubotein Taylor (Canyon)		2009	22.08	Harry Baker (University)	2017
21.84c	Donovan Stephens (Mission Viejo)		1986	22.08	Jalen Jones (Santa Margarita)	2022
21.84	Jeff Williams (Orange)		1994	22.09	* Rich Brooks (Woodbridge)	1985
21.84c	Kai Lewis (San Clemente)	21.6	1999	22.10	Bob Rust (Kennedy)	1980
21.84c	Jeff Smith (Troy)	21.6	2001	22.10	Logan Obbards (Mission Viejo)	2014
21.84	Nick Provencio (San Clemente)		2008	22.11+	Richard Yukihiro (Western)	22.0y 1967
21.84	Jonathan Hill (Cypress)		2014	22.11+	Andrews (Tustin)	22.0y 1969
21.84	*Blake Hennesay (Santa Margarita)		2017	22.11+	John Winstead (Santa Ana)	22.0y 1970
21.86	Max Halvax (Dana Hills)		2018	22.11+	Hein (Tustin)	22.0y 1970
21.87	** Marshall Johnson (SA Valley)		1997	22.11+	Robert Harrell (Santa Ana)	22.0y 1972
21.89	Bradley Gordon (Los Alamitos)		2011	22.11+	Rick Desmet (Costa Mesa)	22.0y 1972
21.89	Jerry Fitschen (Orange Lutheran)		2016	22.11+	Mike Johnson (Magnolia)	22.0y 1978
21.90	Mason Champieux (Laguna Hills)		2011	22.11+	Paul Harvey (Dana Hills)	22.0y 1984
21.91	Brandon Clark (Santa Margarita)		2002	22.11+	Ellis Bradford (SA Valley)	22.0y 1986
21.92+	* Phil Maas (Fountain Valley)	21.8y	1970	22.11+	Devon Edwards (Valencia)	22.0y 1991
21.92+	* Joe Ventimigila (Marina)	21.8y	1970	22.11	Julius Williams (Tustin)	1998
21.92+	Tony Krzyzostak (Garden Grove)	21.8y	1971	22.11	**Isaiah Diego Williams (JSerra)	2014
21.92+	Mike Gibson (Lowell)	21.8y	1973	22.11	*Noah Styffe (Trabuco Hills)	2016
21.92+	Kerwin Bell (Edison)	21.8y	1980	22.12	Hector Flores (Villa Park)	1993
21.92+	Mo Printup (Buena Park)	21.8y	1982	22.12	Mike Chavis (Mission Viejo)	1998
21.92	Korey Alexander (Valencia)		1992	22.12	Dajuan Pannell (Western)	2000
21.92	* Chris Nicholls (Servite)		2009	22.12	Will Taylor (Mission Viejo)	2006
21.92	Brenden Schooler (Mission Viejo)		2016	22.12	Adrian Hernandez (Mater Dei)	2015
21.92	*Caine Savage (Western)		2019	22.13	Ray Bardone (Edison)	1997
21.93	Dominic Gates (Tesoro)		2022	22.13	Cade Lindahl (Dana Hills)	2006
21.94c	* William Dancy (SA Valley)	21.7	1988	22.13	** Victor Blackwell (Mater Dei)	2009
21.94	Greg Stewart (Costa Mesa)		2000	22.13	Richard Antablin (Tesoro)	2019
21.94c	Darryl Parker (Canyon)	21.7	2001	22.13	*Chris Allen (Tesoro)	2021
21.95	Sean White (Servite)		2008	22.14c	Mike Duncan (Loara)	21.9 1981
21.95	Justin Hunter (Dana Hills)		2014	22.14	Henning Peterson (Esperanza)	1981
21.95	*Julius Irvin (Servite)		2017	22.14c	John Garcia (Esperanza)	21.9 1984
21.96c	Clay Kussler (Los Alamitos)	22.08y	1984	22.14	Ray Willis (Pacifica)	1988
21.96	Ahmad Wright (Kennedy)		1999	22.14	Dave Reedus (Westminster)	1988
21.96	*Alex Young (Woodbridge)		2015	22.14	Will York (El Toro)	1991
21.96	Jake Cuero (Trabuco Hills)		2017	22.14c	**Jason Boyce (Corona del Mar)	21.9 1992
21.96	*Michael Phillippy (Aliso Niguel)		2017	22.14c	* Jesus Alvarado (Anaheim)	21.9 1996
21.97	Matt Brooks (Santa Margarita)		1998	22.14c	Guillermo Esparza (Brea)	21.9 1997
21.97	Drew Endly (Laguna Hills)		2008	22.14c	Garrett Thompson (Santa Margarita)	21.9 1999
21.98	Jerard Bryant (Canyon)		1989	22.14c	* Nick McIver (Sonora)	21.9 2000
21.99	Dan Gomez (Troy)		2006	22.14	Sean Young (Irvine)	2011
21.99	Derek Barnes (Tesoro)		2012	22.14	*Kaden Reynolds (Aliso Niguel)	2019
21.99	Nick Van Vliet (Dana Hills)		2014	22.14	Jeff Hass (Edison)	2021
21.99	Jason Plumb (Corona del Mar)		2022	22.15	Danny Thompson (Huntington Beach)	1984
22.00	Gary Stenlund (Saddleback)		1980	22.15	** Jonathan Woods (El Toro)	2001
22.00	**Josh Herrera (La Habra)		1998	22.15	Vince Nguyen (Fountain Valley)	2001
22.00	* Chucky Linman (Edison)		2001	22.15	*Marcus Collins (Mission Viejo)	2012
22.00	Mason Mitchell (Santa Margarita)		2016	22.15	*Jack Shippy (San Clemente)	2017

22.41+	Rick Geddes (San Clemente)	22.3y	1969	21.67	Matt Brooks (Santa Margarita)	1998
22.41+	Tom Teeple (Brea)	22.3y	1970	21.68	Julius Irvin (Servite)	2017
22.41+	David Wade (Anaheim)	22.3y	1971	21.69	Keyon Riley (Servite)	2016
22.41+	Greg Kempton (El Dorado)	22.3y	1972	21.71	Taylor Torres (Mater Dei)	2013
22.41+	Len Swavely (El Modena)	22.3y	1972	21.72	Nick Van Vliet (Dana Hills)	2014
22.41+	Mark Rafter (Western)	22.3y	1972	21.72	Brandon Douglas (Los Alamitos)	2015
22.41+	Dwayne Bunker (Santa Ana)	22.3y	1973	21.74c	* Geoff Smith (Troy)	21.5 2000
22.41+	Jim Straw (Garden Grove)	22.3y	1974	21.77	Cade Lindahl (Dana Hills)	2006
22.41+	Mike Rhue (SA Valley)	22.3y	1976	21.81	Grant Schwartz (Dana Hills)	2006
22.41+	Wayne Kasperek (Newport)	22.3y	1978	21.81	Ameer Webb (Tustin)	2008
22.41+	Chris Saunders (Sonora)	22.3y	1978	21.82	Eddie Wallace (San Clemente)	2010
22.41+	Steve Southward (Fountain Valley)	22.3y	1981	21.83	Dan Gomez (Troy)	2006
22.41+	Walter Steen (SA Valley)	22.3y	1982	21.83	Dominic Gates (Tesoro)	2022
22.41+	* Keith Golden (Foothill)	22.3y	1985	21.87	Jalen Carter (Woodbridge)	2011
22.41+	Ron Rojas (Troy)	22.3y	1986	21.88	**Lance Dravis (Orange Lutheran)	2015
22.41+	Eric Adkins (El Modena)	22.3y	1987	21.88	*Ryan Kennedy (Mission Viejo)	2017
22.41+	Mark Shores (SA Valley)	22.3y	1988	21.89	*Chris Nicholls (Servite)	2009
22.41	Aaron Ford (Los Alamitos)		1995	21.89	*Jonathan Berry-Smith (Oxford Acad)	2010
22.41	** Dan Bowling (Mission Viejo)		1997	21.91	Drake Alvarez-Cates (Edison)	2012
22.41	Sam Moore (El Toro)		1999	21.91	**Alex Skalmowski (Servite)	2021
22.41	Nathan Farris (Brethren Christian)		1999	21.92	Kyle Dravis (Orange Lutheran)	2009
22.41	Bryce Bushnell (Mission Viejo)		2021	21.93	Austin Simpkins (Huntington Beach)	2012
22.42	Coy Collins (Loara)		1990	21.94	*Austin Hazel (Mater Dei)	2011
22.42	Steve Anstead (Dana Hills)		1997	21.95	Sam Phillippi (JSerra)	2015
22.42	**Ryan Maxwell (Santa Margarita)		2005	21.95	Stephen Menzia (Mater Dei)	2016
22.42	Tyler Nevala (Tesoro)		2021	21.96	Logan Obbards (Mission Viejo)	2014
22.43	* Austin Messick (Capo Valley)		2007	21.96	*Chase Berryman (Mission Viejo)	2018
22.43	Brando Oswald (Dana Hills)		2018	21.97	Trevor Jones (Newport)	2000
22.43	Hayden Cook (Capo Valley)		2021	21.98	Chas Harmon (JSerra)	2012
22.44c	David Diamond (Katella)	22.2	1981	22.00	Myron Bownes (Woodbridge)	1998
22.44c	Mark McGouney (El Modena)	22.2	1983	22.01	Cassidy Welles (Mission Viejo)	2019
22.44c	Shaun Massey (Marina)	22.2	1985	22.04	Chuckie Linman (Edison)	2002
22.44c	**Jeremy Buck (Dana Hills)	22.2	1990	22.04	Thomas Testini (Corona del Mar)	2012
22.44c	Anthony Ramirez (Mission Viejo)	22.2	1991	22.04	Dylan Plantinga (Huntington Beach)	2019
22.44	** Gary Young (Westminster)		1992	22.04	Jeff Hass (Edison)	2021
22.44c	Cale Carter (Mater Dei)	22.2	1992	22.04	*Chris Allen (Tesoro)	2021
22.44c	Greg Muniz (Woodbridge)	22.2	1992	22.06	*Jake Cuero (Trabuco Hills)	2017
22.44	Darius McMillan (Cypress)		1996	22.08	* Alex Suschesk (Mission Viejo)	2013
22.44c	Scott White (Sonora)	22.2	1999	22.08	Noah Styffe (Trabuco Hills)	2017
22.44	Vanden Staly (Canyon)		2002	22.08	*Michael Phillippy (Aliso Niguel)	2017
22.44	Bryan Payee (Trabuco Hills)		2004	22.09	**Nate Frazier (Mater Dei)	2022
22.44	Tomas Olech (Trabuco Hills)		2011	22.10	Alex Hardlund (Cypress)	2012
22.44	*Vince Hernandez (Santa Margarita)		2013	22.13	Arron Harris (Western)	2008
22.44	*Keyon Riley (Servite)		2015	22.13	*Marcus Collins (Mission Viejo)	2012
22.44	Weston Ellis (Pacifica)		2015	22.14	* Henning Peterson (Esperanza)	1981
22.44	Nicholas Delgado (Laguna Hills)		2017	22.14 c	Kamico Bandy (S A Valley)	21.9 1992
22.44	Mathew Der Torossian (Laguan Hills)		2019			
22.44	Desmin Jackson (Orange Lutheran)		2022			

Wind aided:

20.82	** Bryan Harrison (Dana Hills)		1995			
	(State Champion)					
20.92 +	Clancy Edwards (Santa Ana)	20.8y	1973			
21.01	Justin Woods (Los Alamitos)		2005			
21.09	Elliot Dunning (SA Valley)		1984			
21.13	Wes Williams (Esperanza)		2005			
21.17	Mike McNair (Mater Dei)		1998			
21.17	Gabe Warner (Woodbridge)		2015			
21.23	* Claude Melvin (Brea)		1999			
21.25	Tim Martin (San Clemente)		1991			
21.26	* Terry Johnson (Katella)		1985			
21.24	Ameer Webb (Tustin)		2009			
21.40	*Caine Savage (Western)		2019			
21.42	Tubotein Taylor (Canyon)		2009			
21.51+	Jim Rohrig (SA Valley)	21.4y	1973			
21.51	Chad Lemmons (Mater Dei)		2019			
21.53	* Anton Hector (Esperanza)		1994			
21.54	* Joey Branker (Mission Viejo)		2009			
21.54	*Cassius Savage (Western)		2019			
21.55	*Charlie Jarvis (Aliso Niguel)		2021			
21.59	*Cooper DeCillo (Trabuco Hills)		2022			
21.60	Alex Young (Woodbridge)		2016			
21.62+	Jim Beyers (Loara)	21.5y	1971			
21.63	** Victor Blackwell (Mater Dei)		2009			
21.64	Drew Koesel (Aliso Niguel)		2019			
21.66	Roshawn Sims (Esperanza)		1991			

220 yards (straight)

20.7	Eddie Morris (Huntington Beach)		1940			
	(State Champion)					
20.7	* Steve Elkins (Loara)		1970			
20.8	Bill Swisshelm (Santa Ana)		1954			
20.8	Devon Trahan (Saddleback)		1971			
20.8	* Eddie Preston (Santa Ana)		1963			
20.9	Derald Logue (La Habra)		1962			
20.9	Randy Julian (Bolsa Grande)		1966			
20.9	Dick Coulter (SA Valley)		1967			
21.0	Pat Moore (La Habra)		1959			
21.0	Bob Maimbourg (Garden Grove)		1960			
21.0	Stan Edmonds (Kennedy)		1966			
21.1	Dave Samarin (La Habra)		1965			
21.2	Ron Pharris (Anaheim)		1967			
21.3	Ron Van de Putte (Valencia)		1959			
21.3	Stan Pash (Western)		1963			
21.3	Fred Kuller (Santiago)		1964			
	(State Runner up)					
21.3	Dave Cooke (Brea)		1966			
21.3	Clyde Emery (SA Valley)		1968			
21.3	Jackie White (Santa Ana)		1969			
	(State Champion)					
21.4	Lanny Carter (Orange)		1953			
21.4	Earl Woodson (Western)		1960			
21.4	Randy Scott (Western)		1960			
21.4	Aldrich Vanderlinden (Garden Grove)		1963			
21.4	Jim Lawrence (Buena Park)		1964			

22.16+	Steve Ashworth (Orange Lutheran)	22.28y	1979	22.30	Joe White (Capo Valley)	1989
22.16	Blaise Bryant (Cypress)		1987	22.30	Robert Peinado (Savanna)	1997
22.16	* Nate Gilkes (Troy)		2002	22.30	* Denny Casupanan (Tustin)	2001
22.16	Josh Gray (Irvine)		2016	22.30	Kyle Crisp (Irvine)	2002
22.17	Cassidy Welles (Mission Viejo)		2019	22.30	Justin Christjaener (Edison)	2006
22.18	Kevin Thomas (Valencia)		1989	22.30	Richard Perez (Laguna Hills)	2012
22.18	Nicholas Sanford (El Modena)		2005	22.30	*John Galloway (Aliso Niguel)	2015
22.19	Jay Magruder (Katella)		1988	22.30	*Dimitrius Peters (Santa Margarita)	2015
22.19	Kendall Wesley (Katella)		1990	22.31	Ray Waiters (Trabuco Hills)	1987
22.19	* Kelvin Beatty (Kennedy)		2000	22.31+	Mike Morgan (Mater Dei)	22.2y 1967
22.19	Dominique Williams (Savanna)		2008	22.31+	Szatkowski (Pacifica)	22.2y 1969
22.19	Jacob Gasser (Los Alamitos)		2016	22.31+	Dennis Lackey (Savanna)	22.2y 1969
22.20	* Julius Williams (Tustin)		1997	22.31+	Phil Maas (Fountain Valley)	22.2y 1971
22.20	Kellen Foley (Dana Hills)		2008	22.31+	Carlo Tosti (Corona del Mar)	22.2y 1972
22.20	* Chad Rozean (Trabuco Hills)		2009	22.31+	Kirk Vandaveer (Savanna)	22.2y 1972
22.20	**Alex Skalmowski (Servite)		2021	22.31+	Paul Desmet (Costa Mesa)	22.2y 1974
22.21+	Clyde Emery (SA Valley)	22.1y	1969	22.31+	Warren Hansen (Garden Grove)	22.2y 1973
22.21+	Joe Ventimiglia (Marina)	22.1y	1969	22.31+	Howard Carson (Anaheim)	22.2y 1973
22.21+	Mike Black (Anaheim)	22.1y	1970	22.31+	Randy Hawkins (Marina)	22.2y 1973
22.21+	Lewis Castle (Sunny Hills)	22.1y	1971	22.31+	Dan Field (Valencia)	22.2y 1974
22.21+	M Ferguson (Savanna)	22.1y	1971	22.31+	Kevin Moerhing (Sunny Hills)	22.2y 1974
22.21+	John Miles (Corona del Mar)	22.1y	1972	22.31+	Doug Parrell (Pacifica)	22.2y 1974
22.21+	David Wade (Anaheim)	22.1y	1972	22.31+	Keith Denson (SA Valley)	22.2y 1975
22.21+	Gilbert Brito (Western)	22.1y	1973	22.31+	Steve Hines (Edison)	22.2y 1975
22.21+	M Callander (Buena Park)	22.1y	1975	22.31+	Rob Martin (Villa Park)	22.2y 1977
22.21+	Perry Johnson (Kennedy)	22.1y	1977	22.31+	Mike Dotterer (Mater Dei)	22.2y 1978
22.21+	William Steen (SA Valley)	22.1y	1978	22.31+	Mark Shores (SA Valley)	22.2y 1987
22.21+	Chris Corum (Newport)	22.1y	1978	22.31	* Shawn Tucker (Laguna Hills)	2008
22.21+	Rod Harmon (Santa Ana)	22.1y	1982	21.31	** Tramaine Brown (Savanna)	2003
22.21+	Lance Martin (Corona del Mar)	22.1y	1983	22.31	Christopher Cooper (Woodbridge)	2019
22.21+	Wayne Barrett (Santa Ana)	22.1y	1984	22.32	Bill Thurmond (Saddleback)	1987
22.21+	John Hollis (SA Valley)	22.1y	1986	22.32	Nathan Fatgate (Dana Hills)	2019
22.21+	Seals McCarthy (Brea)	22.34y	1987	22.32	**Cooper DeCillo (Trabuco Hills)	2021
22.21	* Tommy Adams (Capo Valley)		1987	22.33	Ryan Crane (Dana Hills)	1992
22.21+	* Ed Presbury (Loara)	22.1y	1991	22.33	Phil Sardis (Santa Margarita)	2000
22.21	* DeShawn Foster (Tustin)		1997	22.33	Shane Henry (Esperanza)	2006
22.21	Garrett Estrada (Mater Dei)		2015	22.33	George Petsas (Esperanza)	2013
22.21	Richie Caragao (Santa Margarita)		2018	22.33	Adhre Sparks (Los Alamitos)	2017
22.21	*Justin Caragao (Santa Margarita)		2019	22.33	Jade Fischbeck (San Juan Hills)	2019
22.22	*Brent Geray (Corona del Mar)		2010	22.34c	Chuck Steen (SA Valley)	22.1 1989
22.22	Josh Taylor (Mission Viejo)		2014	22.34	*** Jimmy Hutsell (Cypress)	1992
22.22	Braden Pegan (San Juan Hills)		2022	22.34c	Ethan Taub (Foothill)	22.1 1994
22.24c	Lance Martin (Corona del Mar)	22.0	1983	22.34c	Zach Berridge (Western)	22.1 1994
22.24c	Eric Shermerhorn (Woodbridge)	22.0	1984	22.34c	josh Christensen (Western)	22.1 1994
22.24	* Greg Portis (Katella)		1985	22.34c	Mike Flores (Savanna)	22.1 1995
22.24c	* Grant Pearsall (Villa Park)	22.0	1993	22.34c	Kojo Ahrin (Irvine)	22.1 1996
22.24c	***Michael Graham (Mater Dei)	22.0	1993	22.34c	Terrence Williams (Orange)	22.1 1996
22.24c	Gary Charles (Magnolia)	22.0	1995	22.34c	Kenny Greer (El Dorado)	22.1 2001
22.24c	Tim Fitzgerald (Santa Margarita)	22.0	1996	22.34	Malcolm Overbaugh (Northwood)	2018
22.24c	Young (Calvary Chapel)	22.0	1996	22.35	William Kim (Villa Park)	1983
22.24c	Jesus Acevedo (Anaheim)	22.0	1997	22.35	Ulysses Trammel (Rancho Alamitos)	1991
22.24c	Scott Thompson (Trabuco Hills)	22.0	1991	22.35	Stephen Ferguson (Dana Hills)	2008
22.24c	* Chris Ringstrom (Corona del Mar)	22.0	2003	22.35	Eddie Wallace (San Clemente)	2010
22.24	Aaron Harris (Western)		2009	22.36	Bob Nita (Katella)	1999
22.24	Joseph Velasquez (El Modena)		2014	22.36	Andrew Tucker (Mission Viejo)	2004
22.24	*Ryan Kennedy (Mission Viejo)		2017	22.36	*Kyle Dravis (Orange Lutheran)	2008
22.25	Ben Cesar (Ocean View)		1990	22.36	* Jeremy Maxwell (Edison)	2013
22.25	* Steve Douglas (Loara)		2000	22.36	**Jacob Williams (Brea)	2018
22.25	Chukwuekezie Nwachie (Loara)		2012	22.37	Micah Dennison (Dana Hills)	1994
22.25	Sachin Shurpalakar (Beckman)		2022	22.37	* Mike Chavis (Mission Viejo)	1997
22.26	Kamico Bandy (SA Valley)		1992	22.37	Justin Aguayo (Mission Viejo)	2009
22.26	* Sam Morton (Garden Grove)		2004	22.37	Miles Robertson (La Habra)	2014
22.26	* Jonathon Brady (Capo Valley)		2009	22.37	Lance Dravis (Orange Lutheran)	2017
22.26	Kamron Shahbahrami (Irvine)		2011	22.37	Adam Salen (San Juan Hills)	2021
22.26	**Hunter Simmons (Tesoro)		2011	22.39	Mike Sullivan (Sunny Hills)	1991
22.26	*Angel Ledezma (Canyon)		2019	22.39	Jarryd Gonzalez (Pacifica)	1992
22.26	Dylan Planeinga (Huntington Beach)		2019	22.39	Jimmy Thorson (Edison)	2000
22.27	John Van Dam (Pacifica)		1982	22.39	Duane Nix (Tustin)	2001
22.27	* Duke Ly (Magnolia)		1986	22.39	Justin Sylvia (Woodbridge)	2017
22.27	Richard CREDIT (Cypress)		2000	22.40	Jeff Dooley (Trabuco Hills)	1987
22.27	Grant Schwartz (Dana Hills)		2006	22.40	Bill Whalen (El Dorado)	1987
22.27	Ibrahim Al-arnous (Mission Viejo)		2010	22.40	Wray Watkins (Fountain Valley)	1997
22.28	*John Moos (Edison)		1997	22.40	*Alex Alvarez (San Clemente)	2010
22.29	Ricardo Molina (Los Alamitos)		2013	22.40	**Julius Irvin (Servite)	2016
22.29	Kyle Hastings (Santa Margarita)		2019	22.40	Troy Provenzano (Yorba Linda)	2022
22.30	Andy Sims (Dana Hills)		1984	22.41	Eric Padgett (Katella)	1983

21.4	Paul Hackett (La Habra)		1967	48.56+	Tom Grasha (Savanna)	48.7y	1971
21.5	Claude LaBarre (Santiago)		1963	48.57	Aaron Taub (Foothill)		1992
21.5	Dave Allen (Buena Park)		1963	48.57	Don Oliver (Foothill)		1994
21.5	John Winstead (Santa Ana)		1970	48.58	Geno Howard (Los Amigos)		1986
				48.58	Trevor Williams (Aliso Niguel)		2019
				48.59	* Jess Strutzel (Huntington Beach)		1995
				48.59	Garrett Baxter (Canyon)		2009
20.6w	Eddie Morris (Huntington Beach)		1940	48.60	Nick John Haiduc (Servite)		1987
20.6w	Randy Julian (Bolsa Grande)		1966	48.63	Nick Van Vliet (Dana Hills)		2014
20.6w	Jackie White (Santa Ana)		1970	48.63	Curtis Godin (Mater Dei)		2014
20.7w	* Steve Elkins (Loara)		1970	48.64	Greg Muniz (Woodbridge)		1992
20.8w	* Eddie Preston (Santa Ana)		1963	48.65	Kendall Wesley (Katella)		1990
20.8w	Rich Coulter (SA Valley)		1967	48.66+	Lanny Carter (Orange)	48.8y	1952
					(State Champion)		
				48.66+	Gil Rangel (Santa Ana)	48.8y	1963
				48.66+	*John Galbraith (Magnolia)	48.8y	1970
				48.66+	Jan Skaarud (Buena Park)	48.8y	1972
				48.66+	Matt Hogsett (Newport)	48.8y	1972
				48.66	Justin Woods (Los Alamitos)		2005
				48.68	Andy Sims (Dana Hills)		1984
				48.69	Richard Faircloth (Magnolia)		2006
				48.69	* Richard Garcia (Loara)		2009
				48.74	Terrence Williams (Orange)		1996
				48.74c	Bryan Payne (Trabuco Hills)	48.6	2004
				48.74c	** Devin Harrison (Dana Hills)	48.6	2009
				48.75	Joey Branker (Mission Viejo)		2010
				48.75	*Dylan Atencio (Yorba Linda)		2014
				48.75	Jay Williams (Trabuco Hills)		2019
				48.76+	Mark Joiner (Laguna Hills)	49.04y	1980
				48.76+	Curtis Mack (Western)	48.9y	1961
				48.76+	Jim Morgan (Mater Dei)	48.9y	1967
				48.76+	**Eric Olson (Estancia)	48.9y	1970
				48.76+	Vince Mulroy (Newport)	48.9y	1975
				48.77	Nick Provencio (San Clemente)		2008
				48.79	John Dingus (Tesorero)		2008
				48.81	Christopher Cooper (Woodbridge)		2019
				48.83	Vince McGuinness (Corona del Mar)		1983
				48.84	Jaylen Lynch (Orange Lutheran)		2022
				48.86+	* Dave Cooke (Brea)	49.0y	1965
				48.86+	Steve Christiano (Fountain Valley)	49.0y	1970
				48.86+	Bob Bradford (University)	49.0y	1973
				48.86+	Corner Sill (Troy)	49.0y	1979
				48.86	Chris Little (Cypress)		1988
				48.86	Terrance Brown (Orange Lutheran)		2009
				48.87	*Caine Savage (Western)		2019
				48.88	Devon Edwards (Valencia)		1991
				48.88	Trent Perez (Servite)		2008
				48.89	Joe White (Capo Valley)		1989
				48.92	Jonathon Brady (Capo Valley)		2010
				48.94c	* Eric Chesley (Mission Viejo)	48.8	1985
				48.94c	Shelton Davis (Villa Park)	48.8	1998
				48.96+	Grif Rimes (Newport)	49.1y	1972
				48.96+	Jim Harris (Westminster)	49.1y	1980
				48.96	* Brian Goodell (Mission Viejo)		2004
				48.98	Chase Walter (Dana Hills)		2020
				49.00	Jake Burns (Trabuco Hills)		2019
				49.01	Abrae Booker-Ciurrin (Mission Viejo)		2015
				49.01	Camden Patterson (El Toro)		2021
				49.02	* Henning Peterson (Esperanza)		1981
				49.04	Alex Hardlund (Cypress)		2012
				49.05	Garrett Thompson (Santa Margarita)		1999
				49.06+	Dan Hoefler (Fullerton)	49.2y	1949
				49.06+	Bart Walker (Tustin)	49.2y	1964
				49.06+	Bill Van Note (Corona del Mar)	49.2y	1966
				49.06+	Chuck Denmark (Santa Ana)	49.2y	1973
				49.06+	Tom Ahlstrom (Los Alamitos)	49.2y	1975
				49.06+	Chris Corum (Newport)	49.2y	1978
				49.06+	Jon Michael (El Dorado)	49.2y	1980
				49.06+	Greg Heet (Lowell)	49.2y	1964
				49.06+	Mike Terry (El Modena)	49.2y	1991
				49.09	Chris Sperle (Fountain Valley)		1984
				49.13	Jeff Dooley (Trabuco Hills)		1987
				49.13	* Gus Berga (Santa Margarita)		2008
				49.15	Tom Rodriguez (Mission Viejo)		2002
				49.15	David Christensen (El Dorado)		2014
				49.16+	Bob Bonebrake (Orange)	49.3y	1934

1:51.29	Jantzen Oshier (Trabuco Hills)		2011	1:54.18	David Boyd (Esperanza)		1983
1:51.34	Eric Behring (La Habra)		1981	1:54.2 +	Mark Schilling (Garden Grove)	1:54.8y	1972
1:51.4 +	Jan Underwood (Buena Park)	1:52.0y	1960	1:54.2 +	Tim Sall (Villa Park)	1:54.8y	1974
1:51.42	Andy Sims (Dana Hills)		1984	1:54.23	*Justin Larson (Northwood)		2019
1:51.49	*Thomas Heib (Los Alamitos)		2015	1:54.30	Craig Olson (El Dorado)		1987
1:51.6 +	* Tom Lloy (Edison)	1:52.2y	1974	1:54.32	Omar Adel (Woodbridge)		2018
1:51.7+	* Mike Owens (Valencia)	1:52.3y	1965	1:54.33	Tyler Valdes (Dana Hills)		2009
1:51.75	* Jess Strutzel (Huntington Beach)		1995	1:54.33	*John Wacker (Mater Dei)		2018
1:51.94	Doug Nichols (Edison)		1989	1:54.34	Juan Gonzalez (El Toro)		2013
1:52.06	Ryan Bush (Tesoro)		2018	1:54.4 +	Preston Campbell (Marina)	1:55.0y	1973
1:52.1 +	Nick Rose (Corona del Mar)	1:52.7y	1971	1:54.4 +	Jon Albrecht (La Habra)	1:55.0y	1975
1:52.19	Josh Kingsland (Woodbridge)		2011	1:54.4	*Dan Niednagel (Dana Hills)		1990
1:52.22	Eamon Smythe (Edison)		2014	1:54.40	Connor Kaddatz (Dana Hills)		2011
1:52.27	Angelo Cervantes (Savanna)		2011	1:54.42	* Ryan Valdes (Dana Hills)		2008
1:52.3 +	*Jon Cook (Mission Viejo)	1:52.9y	1974	1:54.44	Ryan Germann (El Toro)		2011
1:52.38	Jim Sorenson (Villa Park)		1986	1:54.47	Mike Hancock (Newport Harbor)		1991
1:52.40	Nick John Haiduc (Servite)		1981	1:54.49	Peter Robie (Servite)		2006
1:52.4 +	Carl Trentadue (Westminster)	1:53.0y	1965	1:54.5	Jim Robbins (Corona del Mar)		1988
1:52.47+	Frank Venclik (Newport)	1:53.13y	1978	1:54.51	Eric Solis (Costa Mesa)		1997
1:52.5 +	Eric Olson (Estancia)	1:53.1y	1972	1:54.52	Andrew Brown (Mission Viejo)		2013
1:52.50	Dave Cangelosi (Villa Park)		1979	1:54.58	*David Hulme (Foothill)		2016
1:52.60	Grant Callen (Foothill)		2019	1:54.6 +	Phil Wingard (Troy)	1:55.2y	1974
1:52.61	Jacob Gustafsson (Mission Viejo)		2002	1:54.6 +	* Steve Telaneus (Dana Hills)	1:55.2y	1976
1:52.62	Jim Gallivan (Mater Dei)		1983	1:54.6	Noel Trout (Irvine)		1986
1:52.66	* Ruben Esparza (El Modena)		1982	1:54.60	Dave Sanford (Los Alamitos)		1988
1:52.75	Dragan Simic (Woodbridge)		2012	1:54.61	Matt Stoner (Laguna Hills)		2009
1:52.8 +	* Bob Delaney (Orange)	1:53.4y	1961	1:54.61	Brandon Smith (Los Alamitos)		2018
1:52.8 +	Andy Clifford (Sunny Hills)	1:53.4y	1974	1:54.66	Lucas Divok (University)		2011
1:52.8 +	Larry Hayden (Sunny Hills)	1:53.4y	1975	1:54.7 +	Chuck Denmark (Santa Ana)	1:55.3y	1973
1:52.85	Jack Morgenson (Dana Hills)		2013	1:54.70	**Devin Lindahl (Dana Hills)		1997
1:52.89	* Matt Stollenwerk (San Clemente)		2003	1:54.71	Brent Jones (Brea)		1988
1:52.89	Brett Hickman (Mission Viejo)		2018	1:54.71	Hayden Beauchemin (San Clemente)		2022
1:52.9 +	Charlie Christensen (Edison)	1:53.5y	1976	1:54.76	Parker Hostrand (Corona del Mar)		2015
1:52.98	Garrett Corcoran (Villa Park)		2014	1:54.78	Jacob Robison (Foothill)		2021
1:52.87	* Alonso Smith (Tustin)		2000	1:54.8 +	Steve Moraga (Santa Ana)	1:55.4y	1975
1:52.92	John Carrow (Esperanza)		1988	1:54.80	Noel Trout (Irvine)		1985
1:52.95	Mike Terry (El Modena)		1991	1:54.8	Ethan Taub (Foothill)		1994
	(State Champion)			1:54.85	Sam Delgado (Orange Lutheran)		2008
1:52.99	Dave Anderson (Corona del Mar)		1984	1:54.86	* Chris Kemp (Mission Viejo)		1998
1:53.02	Jeff Williams (Foothill)		1982	1:54.89	Derrick Fleming (Woodbridge)		2010
1:53.0	** Kevin Green (Villa Park)		1982	1:54.9 +	Milford Dahl (Santa Ana)	1:55.5y	1958
1:53.1 +	Craig Lewis (Tustin)	1:53.7y	1966	1:54.9 +	Poss (Westminster)	1:55.5y	1973
1:53.12	Brian O'Bannon (Ocean View)		1995	1:54.9	Scott Smith (Dana Hills)		2005
1:53.13	John Cronin (Mission Viejo)		1985	1:54.92	Mark Gleason (Mission Viejo)		1998
1:53.19	Michael Andraszcyk (Aliso Niguel)		2008	1:54.97	*Karl Wenberg (Marina)		2010
1:53.2+	***Bruce Bess (La Habra)	1:53.5y	1960	1:55.0 +	Steve Christiano (Fountain Valley)	1:55.6y	1970
1:53.20	Tony Guadagnini (Marina)		2005	1:55.0	James Cameron (Mission Viejo)		2009
1:53.20	Jesus Molina (Dana Hills)		2010	1:55.1 +	Terry Fink (El Modena)	1:55.7y	1974
1:53.26	* Kris Monte (Capo Valley)		2000	1:55.1 +	Ralph Serna (Loara)	1:55.7y	1975
1:53.27	Arien Anderson (Mission Viejo)		1985	1:55.1 +	Matt Bell (Foothill)	1:55.7y	1975
1:53.34	Toby Villalva (El Toro)		2009	1:55.1 +	* Anthony Wells (SA Valley)	1:55.7y	1980
1:53.4 +	John Griffin (Lowell)	1:54.0y	1967	1:55.05	* Antonio Lozano (Katella)		1999
1:53.42	*Joe Gatel (Edison)		2004	1:55.08	Joe Alexander (Huntington Beach)		1984
1:53.46	Cole Guerin (Dana Hills)		2010	1:55.10	Kevin Knapp (Esperanza)		1985
1:53.48	Dan Niednagel (Dana Hills)		1991	1:55.10	John Peschelt (Newport)		2001
1:53.52	Louie Gallardo (Mater Dei)		2008	1:55.17	Josh Dowdy (Dana Hills)		2018
1:53.54	Tad Heath (Foothill)		1993	1:55.18	Riley Sullivan (Trabuco Hills)		2008
1:53.57	Brendon Confer (Servite)		2009	1:55.2 +	Bob Ironroad (Sonora)	1:55.8y	1972
1:53.6 +	Mike Bruggeman (Corona del Mar)	1:54.2y	1979	1:55.2 +	Matt Hogsett (Newport)	1:55.8y	1972
1:53.6 +	Phil Vasquez (University)	1:54.2y	1970	1:55.2 +	Mike Serna (Loara)	1:55.8y	1980
1:53.67	Daniel White (Tesoro)		2019	1:55.22	Mike Lynch (Foothill)		1993
1:53.7 +	Dave Hustwick (Laguna Beach)	1:54.3y	1970	1:55.22	* Billy Vetter (El Modena)		2008
1:53.7 +	Steve Dyer (Westminster)	1:54.3y	1972	1:55.25	Rusty Parker (Dana Hills)		2008
1:53.8 +	Bill Reimer (Edison)	1:54.4y	1980	1:55.26	Zach Chandy (Sage Hill)		2006
1:53.89	Ryan Martin (Santa Margarita)		2007	1:55.27	Jason Graney (Fountain Valley)		2001
1:53.9 +	Ken Hower (Mission Viejo)	1:54.5y	1973	1:55.28	Kyle Morton (Westminster)		1983
1:53.9 +	Mike Delacey (Orange)	1:54.5y	1973	1:55.3 +	Jim Greenman (Westminster)	1:55.9y	1965
1:53.9 +	Larry Sparks (Sonora)	1:54.5y	1979	1:55.30	Jim Bowles (Costa Mesa)		1985
1:54.03	*Cooper Kossick (Edison)		2014	1:55.30	Kyle Iverson (Corona de Mar)		2012
1:54.03	Jake Ogden (Dana Hills)		2016	1:55.32	Brenden Stone (Northwood)		2014
1:54.04	Ethan Florez (Canyon)		2022	1:55.33	Scott Snyder (El Modena)		1985
1:54.07	Dylan Manning (Tesoro)		2021	1:55.33	Wade Hauptmeier (Esperanza)		1986
1:54.09	*Anthony Grover (J Serra)		2019	1:55.36	Wes Luke (Trabuco Hills)		2000
1:54.1 +	Dexter Stanley (Foothill)	1:54.7y	1979	1:55.36	Humberto Rojas (Estancia)		2003
1:54.10	Cody Nguyen (Brea)		2012	1:55.4 +	Brian Hunsaker (Corona del Mar)	1:56.0y	1975

1:55.4	+ Tom Fogerty (Capo Valley)	1:56.0y	1979
1:55.4	+ F Rossi (Canyon)	1:56.0y	1982
1:55.40	Andy Coleman (Corona del Mar)		1985
1:55.4	Chris Clark (El Modena)		1994
1:55.45	Pedro Mendez (Katella)		2012
1:55.46	Daniel Kor (Pacifica)		2003
1:55.46	Caden Denker (Dana Hills)		2018
1:55.46	*Spencer Allen (El Toro)		2011
1:55.48	Mike Villasin (Servite)		2008
1:55.5	+ Bill Armstrong (El Dorado)	1:56.1y	1974
1:55.5	+ Carlos Carrillo (Santa Ana)	1:56.1y	1976
1:55.5	+ Vic Herrera (Costa Mesa)	1:56.10y	1980
1:55.52	Garrett Rexford (Mission Viejo)		2017
1:55.53	* Ken Simms (Irvine)		1983
1:55.53	Jim Smith (Garden Grove)		1983
1:55.54	Mike Neckerman (Capo Valley)		1983
1:55.54	Luke Decker (JSerra)		2011
1:55.54	Dalton Hall (Mater Dei)		2013
1:55.56	Ricardo Campuzano (Dana Hills)		2011
1:55.6	+ * Dave Stoner (Magnolia)	1:55.2y	1963
1:55.60	Bob Grego (Costa Mesa)		1982
1:55.64	* Ross Gierczak (Los Alamitos)		2004
1:55.65	Mike Chavez (Esperanza)		2003
1:55.66	Talal Khan (Valencia)		2008
1:55.66	Robert Blackwell (Costa Mesa)		2012
1:55.66	*Chance Lamberth (Canyon)		2015
1:55.67	* John West (Sonora)		1997
1:55.7	+ Gil Rangel (Santa Ana)	1:56.3y	1963
1:55.7	+ Mike Eck (Savanna)	1:56.3y	1963
1:55.7	+ Ron Taylor (Garden Grove)	1:56.3y	1965
1:55.7	+ Kevin Eaton (Mission Viejo)	1:56.3y	1974
1:55.7	+ Bob Sutherland (Fullerton)	1:56.3y	1974
1:55.70	Darren Wood (Corona del Mar)		1985
1:55.70	Ryan Jensen (Newport)		1999
1:55.71	Tad Kaput (El Toro)		1996
1:55.71	Darron Grimes (Dana Hills)		2005
1:55.71	*Max McBride (Brea)		2011
1:55.72	Demetrious Lloyd (Servite)		2013
1:55.74	* Peter Gustafsson (Mission Viejo)		2003
1:55.75	*Frank Guadagnini (Servite)		2010
1:55.76	Thomas Wilfert (Dana Hills)		2017
1:55.77	* Dave Baker (Edison)		1989

1500 meters

3:44.14	Austin Tamagno (Brea)		2016
3:50.2	Charlie Christensen (Edison)		1977
3:50.24	Brandon Pacheco (Brethren Christian)		1995
3:50.4	Ralph Serna (Loara)		1975
3:51.1	Dave Cangelosi (Villa Park)		1979
3:51.2'	Jeff Williams (Foothill)		1982
3:52.0	Jon Butler (Edison)		1981
3:52.5	* Eric Hulst (Laguna Beach)		1975
3:52.5	* Jon Cook (Mission Viejo)		1974
3:52.5'	*Dennis Carr (Lowell)		1962
3:52.6	Andy Clifford (Sunny Hills)		1974
3:54.27	Eddie Lavelle (Corona del Mar)		1989
3:54.4'	Jim Geerlings (Newport)		1988
3:54.6'	Dale Story (Orange)		1959
3:54.8	Kyle Morton (Westminster)		1983
3:55.1'	Victor Valen (El Modena)		1984
3:55.4	John Gerhart (Costa Mesa)		1978
3:55.4'	Dave Anderson (Corona del Mar)		1984
3:55.6	Dave Daley (Foothill)		1978
3:55.66	James Cameron (Mission Viejo)		2009
3:56.1	Jim Robbins (Corona del Mar)		1988
3:56.11	Haissam Sabra (Ocean View)		1987
3:56.17	Shawn Gallagher (Corona del Mar)		1981
3:56.62	Ricardo Campuzano (Dana Hills)		2011
3:56.8	Mike Serna (Loara)		1980
3:56.89	Jaime Martinez (Orange)		1994
3:56.98	*Juan Gonzalez (El Toro)		2012
3:56.99	Greg Whiteley (University)		1985
3:57.1'	Mike Nielsen (Mater Dei)		1989
3:57.4'	Bruce Bess (La Habra)		1962
3:57.4	Ruben Esparza (El Modena)		1983

3:54.4'	Neil Stevenson (Capo Valley)		1989
3:57.8'	*Jim Olson (Irvine)		1985
3:57.8	Kurt Depfyffer (Laguna Beach)		1987
3:57.8'	Garrett Jensen (Sunny Hills)		1995

1600 meters

3:59.65+	Austin Tamagno (Brea)	4:01.04y	2016
	(<i>'15 & '16 State Champion</i>)		
4:00.83	Jantzen Oshier (Trabuco Hills)		2011
	(<i>State Champion</i>)		
4:03.13	Connor Dunne (San Clemente)		2016
4:03.77+	Garrett Corcoran (Villa Park)	4:05.19y	2014
4:04.0+	Mark Schilling (Garden Grove)	4:05.4y	1972
	(<i>State Champion</i>)		
4:05.3+	Andy Clifford (Sunny Hills)	4:06.7y	1974
4:05.54+	Ryan Bousquet (Esperanza)	4:06.97y	2000
4:05.6	+ Ralph Serna (Loara)	4:07.0y	1975
4:05.79	Jake Ogden (Dana Hills)		2016
4:06.75	Jon Butler (Edison)		1981
4:06.82	Andrew Burkhardt (J Serra)		2016
4:07.02+	Jeff Williams (Foothill)	4:08.46y	1982
4:07.1+	Carl Trentadue (Westminster)	4:08.5y	1965
4:07.1+	Charlie Christensen (Edison)	4:08.5y	1977
4:07.3+	* Dennis Carr (Lowell)	4:08.7y	1962
	(<i>State Champion—National Record</i>)		
4:07.26+	Mike Serna (Loara)	4:08.70y	1980
4:07.7+	* Eric Hulst (Laguna Beach)	4:09.1 y	1974
4:07.70+	Chance Lamberth (Canyon)	4:09.18y	2016
4:07.8+	Mike Solomon (Westminster)	4:09.2y	1967
4:08.3+	Robert Angel (Huntington Beach)	4:09.7y	1975
4:08.59	Brandon Pacheco (Brethren Christian)		1995
4:08.9+	Terry Lamb (Bolsa Grande)	4:10.4y	1969
4:08.97+	Jim Geerlings (Newport)	4:10.43y	1988
4:09.02	George Gleason (Huntington Beach)		2015
4:09.15+	James Cameron (Mission Viejo)	4:10.61y	2009
4:09.26	*Jai Dawson (Dana Hills)		2021
4:09.34	Victor Valen (El Modena)		1984
4:09.42	Toby Villalva (El Toro)		2009
4:09.5+	Doug MacLean (Costa Mesa)	4:10.9y	1972
4:09.53	*Brandon Bethke (El Toro)		2004
4:09.54	Sydney Gidabuday (El Modena)		2014
4:09.58	Connor Kaddatz (Dana Hills)		2011
4:09.6+	Dale Story (Orange)	4:11.0y	1959
	(<i>State Champion</i>)		
4:09.6+	Matt Bell (Foothill)	4:11.0y	1975
4:09.79	Juan Gonzalez (El Toro)		2013
4:09.8+	Mark Spilsbury (Foothill)	4:11.2y	1976
4:09.8+	Dave Cangelosi (Villa Park)	4:11.2y	1979
4:09.95	Tyler Valdes (Dana Hills)		2009
4:09.96+	Jared Steins (Servite)	4:11.41y	2022
4:10.51	Brennon Koryta (Brea)		2014
4:10.52	Peter Herold (J Serra)		2019
4:10.58	Humberto Rojas (Estancia)		2003
4:10.60	*Anthony Grover (J Serra)		2019
4:10.67	Zak Phillips (Dana Hills)		2009
4:10.73	Blake Ahrold (Dana Hills)		2010
4:10.74	Jim Robbins (Corona del Mar)		1988
4:10.84+	Ruben Esparza (El Modena)	4:12.31y	1982
4:10.92	Dave Anderson (Corona del Mar)		1984
4:10.97	Luke Decker (JSerra)		2011
4:10.99	Brandon Babiracki (Dana Hills)		2003
4:11.00	Sebastian Fisher (Laguna Beach)		2019
4:11.07	Joe Gatel (Edison)		2005
4:11.12	Billy Gaudreau (St Margaret's)		2012
4:11.2+	Tom Keefer (Anaheim)	4:12.6y	1969
4:11.32	Joshua Schuld (Beckman)		2021
4:11.56	Mike Nielsen (Mater Dei)		1989
4:11.6+	Pat Dutzi (El Dorado)	4:13.0y	1973
4:11.54	Haissam Sabra (Ocean View)		1987
4:11.74+	Nick Plumb (Trabuco Hills)	4:13.20y	2012
4:11.79	Ethan Florez (Canyon)		2022
4:11.82	Sean Krinik (Valencia)		2010
4:11.82	Mateo Bianchi (Laguna Beach)		2021
4:11.88	Cooper Kossick (Edison)		2015
4:11.94	Eddie Lavelle (Corona del Mar)		1989

4:12.0+	Bruce Bess (La Habra)	4:13.4y	1962	4:15.78	Brandon Price (St Margarets)	2013
	<i>(State Champion)</i>			4:15.79	Daniel Mejia (Katella)	2000
4:12.04	Austin Goins (Canyon)		2013	4:15.8+	Bill Graves (Pacifica)	4:17.2y 1974
4:12.08	Jeff Thies (Edison)		2013	4:15.80	*Ben McKenna (Aliso Niguel)	2019
4:12.21+	Dragan Simic (Woodbridge)	4:13.68y	2012	4:15.90	Bill Meyer (Villa Park)	1986
4:12.25	Scott Smith (Dana Hills)		2005	4:15.96	*Grant Sweningson (Foothill)	2021
4:12.38	Ryan Valdes (Dana Hills)		2009	4:16.01	Steve Frisone (Laguna Hills)	1989
4:12.46	Mike Chavez (Esperanza)		2003	4:16.01	Craig Huff (Marina)	2014
4:12.53	John Sullivan (Trabuco Hills)		2007	4:16.02	David Napper (Cypress)	2003
4:12.72	Riley Sullivan (Trabuco Hills)		2008	4:16.04	*Dragan Simic (Woodbridge)	2011
4:10.58	Humberto Rojas (Estancia)		2003	4:16.06	Timothy Scott (Corona del Mar)	2007
4:12.76	Andrew Daedler (Brea)		2011	4:16.1+	Mike Parker (Tustin)	4:17.5y 1982
4:12.8+	Ed Radermacher (Mission Viejo)	4:14.2y	1972	4:16.3+	Scott Fessenden (Lowell)	4:17.7y 1975
4:12.8+	John Gerhart (Costa Mesa)	4:14.2y	1978	4:16.3+	Brian Hunsaker (Corona del Mar)	4:17.7y 1975
4:12.87	Mike Bernstein (Garden Grove)		1991	4:16.3	D.J. Neuman (San Clemente)	2009
4:12.97	* Kevin Green (Villa Park)		1982	4:16.34	Juan Paredes (Santa Ana)	2008
4:13.01	Mason Coppi (Dana Hills)		2016	4:16.4+	Mickey Wooley (El Modena)	4:17.8y 1970
4:13.24	* Jaime Martinez (Orange)		1993	4:16.4+	Bill Ryan (Sunny Hills)	4:17.8y 1976
4:13.3	Greg Whiteley (University)		1985	4:16.4+	Brian Appell (Fountain Valley)	4:17.8y 1978
4:13.33	Talal Khan (Valencia)		2008	4:16.40	Kevin Durham (El Toro)	2012
4:13.33	Kevin McNulty (Orange Lutheran)		2018	4:16.43	Garret Hough (Dana Hills)	2019
4:13.34	Brett Hickman (Mission Viejo)		2018	4:16.46	Omar Adel (Woodbridge)	2018
4:13.47	Brennan Foody (Aliso Niguel)		2022	4:16.49	* Hunter Gulino (Fountain Valley)	2013
4:13.54	* Chris Kemp (Mission Viejo)		1998	4:16.50	Wesley Walsh (Canyon)	2015
4:13.55	Sean Byrne (Santa Margarita)		2018	4:16.5+	Bill Adamaitis (San Clemente)	4:17.9y 1976
4:13.56	Mark Gleason (Mission Viejo)		1998	4:16.51	*Sam VanDorpe (Mater Dei)	2017
4:13.56	* Scott Blair (Trabuco Hills)		2007	4:16.51	Dylan Manning (Tesoro)	2021
4:13.56	*Carrick Denker (Dana Hills)		2019	4:16.55+	Scott Lacrosse (Costa Mesa)	4:18.04y 1980
4:13.65	Karl Baranov (Marina)		2011	4:16.61+	Matt Groff (El Dorado)	4:18.10y 1980
4:13.78	*Jim Olson (Irvine)		1985	4:16.65	Luis Morales (Fountain Valley)	2011
4:13.84	Jacob Smith (Pacifica)		2017	4:16.63	Jay Bonthius (Fountain Valley)	2012
4:13.87	Kurt Depfyffer (Laguna Beach)		1987	4:16.75	Jordan Senko (El Toro)	2010
4:13.89	Abdow Haji (El Toro)		2007	4:16.8 +	Ron Fister (Western)	4:18.2y 1966
4:13.99	Garrett Jensen (Sunny Hills)		1995	4:16.80	Jared Hazlett (Trabuco Hills)	2012
4:14.0+	Sal Mendoza (Santa Ana)	4:15.4y	1964	4:16.86	Brian McCaffery (Marina)	1990
4:14.09	Josh Yelsey (Corona del Mar)		2001	4:16.73+	Jim Hartford (Corona del Mar)	4:18.22y 1980
4:14.1+	Dave Daley (Foothill)	4:15.5y	1978	4:17.0+	Neil Sybert (Westminster)	4:18.3y 1967
4:14.11	Gilbert Solorza (Buena Park)		2013	4:17.00+	Scott Curran (Tesoro)	4:18.3y 2014
4:14.15	Kyle Morton (Westminster)		1983	4:17.0+	John Holcomb (Newport)	4:18.4y 1972
4:14.2+	Colin McConnell (Edison)	4:15.6y	1976	4:17.0+	Mike Lansdon (Edison)	4:18.4y 1978
4:14.21c	Dalton Hall (Mater Dei)		2013	4:17.0+	Rick Cisneros (Valencia)	4:18.4y 1978
4:14.22	* William Feliciano (Cypress)		1984	4:17.0+	Jon Lee (El Dorado)	4:18.4y 1980
4:14.24	Conor Stanton (Servite)		2010	4:17.01	Rex Nelson (Newport)	2008
4:14.32	Ricardo Campuzano (Dana Hills)		2011	4:17.02	Grant Callen (Foothill)	2019
4:14.35	* Jesse Ramirez (Santa Ana)		2004	4:17.03	Brad Clary (Katella)	1982
4:14.37+	Raul Lara (Orange)	4:15.85y	2004	4:17.1+	Mike Walterhouse (Mission Viejo)	4:18.5y 1977
4:14.4+	Mark Hower (Mission Viejo)	4:15.8y	1974	4:17.1	*Jayson Hayes (Edison)	2005
4:14.4+	Shawn Gallagher (Corona del Mar)	4:15.8y	1981	4:17.2+	Jose Saavedra (Loara)	4:18.6y 1974
4:14.45	Grant Sweningson (Foothill)		2022	4:17.2+	* Bob Erickson (Fountain Valley)	4:18.6y 1981
4:14.48	Martin Brix (University)		1998	4:17.20	Josh Linen (Valencia)	2007
4:14.5+	Dave White (El Modena)	4:15.9y	1970	4:17.26	Fredd Hesslevik (University)	1982
4:14.59	Zeid Hussain (Beckman)		2021	4:17.32+	***Daniel White (San Juan Hills)	4:18.82y 2016
4:14.64	Cole Stark (Dana Hills)		2019	4:17.36	Greg Lamb (Mission Viejo)	1988
4:14.65	*Mason Coppi (Dana Hills)		2015	4:17.38	* Augie Escobar (Villa Park)	1999
4:14.72	* Mike Love (Katella)		1992	4 ⁷ 17.38	Dylan Scarsone (Canyon)	2016
4:14.72	Scott Blair (Trabuco Hills)		2008	4:17.4+	George Aguilar (SA Valley)	4:18.8y 1974
4:14.79	Andrew Brown (Mission Viejo)		2013	4:17.40	*Brennan Foody (Aliso Niguel)	2021
4:14.81	Justin Singer (Cypress)		2022	4:17.42	Javier Barrera (Dana Hills)	1988
4:14.93+	Brandon Ferguson (Woodbridge)	4:16.41y	2012	4:17.46	Spencer Keith (Corona del Mar)	2014
4:14.93	Jason Engel (Santa Margarita)		2013	4:17.46	**Caleb Niednagel (Dana Hills)	2018
4:14.96	* Jon Shawel (Troy)		2007	4:17.5+	Gary Blume (Marina)	4:18.9y 1974
4:15.10	Mark Junkermann (Los Alamitos)		1983	4:17.5+	Matt Blaty (Marina)	4:18.9v 1979
4:15.0+	Marc Genet (Santa Ana)	4:16.4y	1972	4:17.5+	Sam Francis (Tustin)	4:18.9y 1965
4:15.0+	Ken Martyn (Marina)	4:16.4y	1973	4:17.5+	Mark Wynne (Fullerton)	4:18.9y 1963
4:15.17	Juan Robles (Valencia)		2003	4:17.5+	Mike Messenger (Corona del Mar)	4:18.9y 1974
4:15.2+	Rick Bergstrom (Magnolia)	4:16.6y	1964	4:17.6+	Allan Sanford (Tustin)	4:19.0y 1965
4:15.32	**Michael Haddan (Woodbridge)		2002	4:17.6+	Bob Gallagher (Loara)	4:19.0y 1975
4:15.36	Greg Shryock (Corona del Mar)		1989	4:17.63	Cody Nguyen (Brea)	2012
4:15.42	Chris McMillen (Newport)		2001	4:17.63	Austin Shellito (Brea)	2015
4:15.43	John Dempsey (Brea)		2018	4:17.72	*Brandon Price (St. Margaret's)	2012
4:15.44	Alonzo Smith (Tustin)		2001	4:17.73	Alexis Garcia (Newport)	2019
4:15.46	Curt Herberts (Newport)		1999	4:17.75	* Bruce Hancock (Costa Mesa)	1998
4:15.53	Alfonso Leon (Santa Ana)		1999	4:17.76	Jose Carlos de Jesus (San Clemente)	2017
4:15.6+	Keith Strodl (Orange)	4:17.0y	1967	4:17.77	Adolfo Cruz (El Modena)	2015
4:15.60	* Matt McElroy (Edison)		2009	4:17.77	Ryan Smithers (Laguna Beach)	2019
4:15.67	Garrett Milner (San Clemente)		2000	4:17.80	Jesus Molina (Dana Hills)	2010
4:15.7+	Bill Delaney (Orange)	4:17.1y	1963			
4:15.7+	Armando Cendejas (Buena Park)	4:17.1y	1974			
4:15.75	Thomas Wilfert (Dana Hills)		2017			
4:15.77	Neil Stevenson (CapoValley)		1989			

4:17.80	*Cole Stark (Canyon)	2018	8:21.6	* Jeff Vandereems (Mission Viejo)	1979
4:17.90	Daniel Kor (Pacifica)	2003	8:22.26	Jim Rodriguez (SA Valley)	1989
4:17.92	Cameron Ashbaugh (Mission Viejo)	2014	8:22.4	Mark Junkermann (Los Alamitos)	1982
4:17.94	Anuare Magana (Costa Mesa)	2015	8:25.8	Gus Quinonez (Huntington Beach)	1983
4:17.99	Angelo Cervantes (Savanna)	2011	8:26.1	Steve Webb (Kennedy)	1978
4:18.0+	Bill Crain (Anaheim)	4:19.4y	8:26.8	* Augie Escobar (Villa Park)	1999
4:18.0+	Tom Lipski (Saddleback)	4:19.4y	8:26.9'	Shawn Gallagher (Corona del Mar)	1981
4:18.01	Chris Partner (Edison)	1988	8:26.15	* Steve Valen (El Modena)	1980
4:18.08	Matt McKeehan (Foothill)	2002	8:29.4'	Bob Erickson (Fountain Valley)	1982
4:18.1+	Tim Gollnick (Costa Mesa)	4:19.5y	8:29.7'	Greg Whiteley (University)	1985
4:18.1+	Brad Meyer (University)	4:19.5y	8:31.7'	Fredd Hesslevik' (University)	1982
4:18.1	*Jon Cook (Mission Viejo)	1975	8:32.3'	*Eddie Lavelle (Corona del Mar)	1988
4:18.1+	Jim Hartford (Corona del Mar)	4:19.6y	8:32.5'	Shannon Winkleman (Marina)	1988
4:18.14	Gavin Diem (Dana Hills)	2014	8:33.4'	Jaime Martinez (Orange)	1994
4:18.14	Bryson Crites (Tesoro)	2019	8:34.1	* Dave Cangelosi (Villa Park)	1978
4:18.19	Billy Thibault (Newport)	1990	8:34.5	Jose Herrera (Loara)	1999
4:18.19	*Peter Herold (J Serra)	2018	8:35.2'	Shawn Frack (Esperanza)	1993
4:18.2+	Ken Ernst (El Dorado)	4:19.7y	8:35.4'	Adalberto Sanchez (Capo Valley)	1995
4:18.20	*Lars Mitchel (Huntington Beach)	2018	8:37.0'	Chris Lugo (Valencia)	1987
4:18.21	Jon Kelly (Dana Hills)	1985	8:37.1'	Ben Flamm (Huntington Beach)	1993
4:18.23	Shane Daugherty (El Toro)	2002	8:38.68	Tony Trueba (Huntington Beach)	1997
4:18.25	Cesar Galvez (Santa Ana)	2011	8:38.8'	*Terrence Mahon (La Habra)	1987
4:18.26	Jack Landgraf (Dana Hills)	2018	8:39.4'	Mike Farrell (San Clemente)	1990
4:18.3+	Steve Webb (Kennedy)	4:19.8y	8:40.0	Curt Herberts (Newport)	1999
4:18.36	Ned Mosher (Fountain Valley)	1982	8:40.2'	*Steve Niednagel (Dana Hills)	1988
4:18.4+	Chris Mecher (La Habra)	4:19.9y	8:41.26	Dan Gaston (Huntington Beach)	1997
4:18.40	Jackson Marshall (Woodbridge)	2014	8:42.2	Brad Meyer (University)	1981
4:18.41	Jackson Adelman (St Margaret's)	2021	8:42.8	Robert Planta (Mater Des)	1982
4:18.44	Brett Knutson (Woodbridge)	2019	8:43.1	Robby Price (Saddleback)	1990
4:18.46	Bryan Llopis (Trabuco Hills)	2018	8:43.6	* William Feliciano (Cypress)	1984
4:18.5+	Tod White (Newport)	4:20.0y	8:44.4	Mark Clary (Katella)	1980
	(<i>State Champion</i>)		8:45.7	Mark Lindrud (Mission Viejo)	1986
4:18.5+	Rocky Chisolm (El Dorado)	4:20.0y	8:45.9	Allen McGaha (El Modena)	1983
4:18.5+	Ruben Mejia (La Habra)	4:20.0y			
4:18.5+	Ted Bechtel (Rancho Alamitos)	4:20.0y			
4:18.5+	Mike Annis (Sunny Hills)	4:20.0y			
4:18.5+	Mark Hallenbeck (Tustin)	4:20.0y			
4:18.5+	John Kolar (Costa Mesa)	4:20.0y			
4:18.53	*Elliot Myers (Esperanza)	2010			
4:18.55	Dan Kash (Westminster)	1987			
4:18.55	Jacob Gustafsson (Mission Viejo)	2002			
4:18.55	**Richie Soto (Marina)	2011			
4:18.56	Jose Madera (Anaheim)	2010			
4:18.6+	Bob Godfrey (Fullerton)	4:20.1y			
4:18.6	* David Moore (Orange)	1985			
4:18.63	David Abraham (Fountain Valley)	2014			
4:18.65	Ian Howard (Santa Margarita)	2018			
4:18.67	Nick Arciniaga (Fountain View)	2001			
4:18.67	Nick Krohn (Valencia)	2018			
4:18.7+	Dan McGaha (Orange)	4:20.3y			
4:18.7	* David Longyear (Villa Park)	1986			
4:18.72	John Janneck (Brea)	2013			
4:18.75	Julian DeRubira (Santa Margarita)	2006			
4:18.77	Mike Gavino (Fountain Valley)	2002			
4:18.78	Thomas Heib (Los Alamitos)	2016			
4:18.8+	Mike Hall (Tustin)	4:20.3y			
4:18.8+	Rick Carr (Lowell)	4:20.3y			
4:18.83	**Jayden Hernandez (Godinez)	2022			
4:19.0+	Grady Neal (Fullerton)	4:20.5y			
	(<i>State Runner up</i>)				
4:30.4y	Bill Kerr (Huntington Beach)	1921			
	(<i>State Champ as Jr & runner up as Sr</i>)				

2000 meters

5:22.69	* Brandon Bethke (El Toro)	2004
5:23.3h+	Eric Hulst (Laguna Beach)	1976
5:29.79	Michael Haddan (Woodbridge)	2004
5:31.10	Raul Lara (Orange)	2004

3000 meters

8:17.5'	Jon Butler (Edison)	1981
8:21.6	Matt Blaty (Marina)	1979

3200 meters

8:41.6+	Eric Hulst (Laguna Beach)	8:44.6y	1976
	(<i>State Champion—'75 & '76</i>)		
8:42.9+	Ralph Serna (Loara)	8:45.9y	1975
8:46.78	Jon Butler (Edison)		1981
	(<i>State Champion</i>)		
8:50.4+	Marc Genet (Santa Ana)	8:53.4y	1972
8:50.6+	Mark Spilsbury (Foothill)	8:53.6y	1976
	(<i>State Third Place</i>)		
8:51.2+	Jim Salcido (Sunny Hills)	8:54.2y	1972
8:51.7+	Bill St. John (Mater Dei)	8:54.8y	1976
8:51.9+	Colin McConnell (Edison)	8:55.0y	1976
8:52.18	Garrett Corcoran (Villa Park)		2014
8:53.7+	Brian Hunsaker (Corona del Mar)	8:56.8y	1975
8:54.01	Juan Gonzalez (El Toro)		2013
8:54.13	*Austin Tamagno (Brea)		2015
8:55.53	Mason Coppi (Dana Hills)		2016
8:55.73	Steve Valen (El Modena)		1981
8:56.09	Riley Sullivan (Trabuco Hills)		2008
8:56.23	Augie Escobar (Villa Park)		1999
8:56.25	Wesley Walsh (Canyon)		2015
8:56.334	Joshua Schuld (Beckman)		2021
8:56.44	* Matt McElroy (Edison)		2009
8:56.7+	*Dave White (El Modena)	8:59.8y	1969
8:57.5+	Armando Cendejas (Buena Park)	9:00.6y	1974
8:57.5+	Greg Whiteley (University)	9:00.6y	1985
8:57.7+	Gary Blume (Marina)	9:00.8y	1974
8:58.18+	John Sullivan (Trabuco Hills)	9:01.32y	2007
8:58.89	Peter Herold (J Serra)		2019
8:58.96+	Ken Ernst (El Dorado)	9:02.14y	1979
8:59.04	Blake Ahrold (Dana Hills)		2010
8:59.12	**Jake Ogden (Dana Hills)		2014
8:59.4+	* Jeff Vandereems (Mission Viejo)	9:02.5y	1979
8:59.5	Toby Villalva (El Toro)		2009
9:00.1+	* Mike Durham (Troy)	9:03.2y	1973
9:00.1+	Steve Webb (Kennedy)	9:03.2y	1978
9:00.23	Shawn Gallagher (Corona del Mar)		1981
9:00.24	Billy Gaudreau (St. Margaret's)		2012
9:00.7+	Breggar Moore (Rancho Alamitos)	9:03.8y	1975
9:00.9+	John Olswang (Costa Mesa)	9:04.0y	1972

9:01.15	Mark Junkermann (Los Alamitos)		1983	9:12.3+	Mike Davis (Garden Grove)	9:15.5y	1968
9:01.5+	Tom Olswang (Costa Mesa)	9:04.6y	1972	9:12.3+	Greg Dean (Fullerton)	9:15.8y	1976
9:01.53	Zeid Hussain (Beckman)		2021	9:12.6+	Mike Fisher (Villa Park)	9:15.8y	1980
9:01.62	Andrew Burkhardt (J Serra)		2016	9:12.6+	Randy Spotts (Orange)	9:15.8y	1971
9:01.7+	Ruben Mejia (La Habra)	9:04.8y	1969	9:12.0+	Chris Money (El Modena)	9:16.2y	1976
9:01.96	*Mason Coppi (Dana Hills)		2015	9:12.4+	George Aguilar (SA Valley)	9:16.6y	1974
9:02.03	Mateo Bianchi (Laguna Beach)		2021	9:13.19	*Jose Herrera (Loara)		1998
9:02.15	* Brandon Bethke (El Toro)		2004	9:13.38	Bryson Crites (Tesoro)		2019
9:02.42	Rex Nelson (Newport)		2008	9:13.6+	Bill Inglehart (Westminster)	9:16.8y	1966
9:02.57	Bob Erickson (Fountain Valley)		1982	9:13.62	Jared Hazlett (Trabuco Hills)		2012
9:02.67	Brennan Foody (Aliso Niguel)		2022	9:13.66	Daniel Mejia (Katella)		2000
9:02.88	Spencer Keith (Corona del Mar)		2014	9:13.76	Jesse Morrill (Marina)		2006
9:02.90	* Eddie Lavelle (Corona del Mar)		1988	9:13.80	*Tim Aukshunas (El Modena)		2003
9:03.06	* Jim Rodriguez (SA Valley)		1988	9:13.85	* Joe Gatel (Edison)		2004
9:03.57	Shannon Winkleman (Marina)		1988	9:13.88	Curt Herberts (Newport)		1999
9:04.1+	Pat Dutzi (El Dorado)	9:07.2y	1973	9:13.99	*Brandon Price (St. Margaret's)		2012
9:04.33	**Jack Landgraf (Dana Hills)		2016	9:14.00	Simon Fuller (Dana Hills)		2019
9:04.34	Jeff Thies (Edison)		2013	9:14.07	* Steve Niednagel (Dana Hills)		1988
9:04.35	Alexis Garcia (Newport)		2019	9:14.08	**Caleb Niednagel (Dana Hills)		2018
9:04.94	Kevin Durham (El Toro)		2012	9:14.2+	Kent Norton (Orange)	9:17.4y	1973
9:05.0+	Matt Blaty (Marina)	9:08.1y	1979	9:14.29	Mark Gleason (Mission Viejo)		1998
9:05.20	Sydney Gidabuday (El Modena)		2014	9:14.29	Ryan Smithers (Laguna Beach)		2019
9:05.5+	Doug MacLean (Costa Mesa)	9:08.6y	1972	9:14.43	Karl Baranov (Marina)		2011
9:05.86	Gus Quinonez (Huntington Beach)		1983	9:14.47	Ricardo Campuzano (Dana Hills)		2011
9:06.08	Jaime Martinez (Orange)		1994	9:14.49	* Blake Hofmeister (Laguna Beach)		2009
9:06.13	* Scott Blair (Trabuco Hills)		2007	9:14.84	Anuare Magana (Costa Mesa)		2015
9:06.4+	Joe Young (Costa Mesa)	9:09.5y	1977	9:14.9+	Rick Cisneros (Valencia)	9:18.2y	1978
9:06.43	Scott Smith (Dana Hills)		2005	9:14.95	Kyler Fisk (Tesoro)		2012
9:06.49	Fredd Hesslevik (University)		1982	9:14.98	Tyler Valdes (Dana Hills)		2009
9:06.5+	* Mike Walterhouse (Mission Viejo)	9:09.6y	1976	9:15.0+	Mark Cunnart (Los Amigos)	9:18.3y	1980
9:06.66	Robby Price (Saddleback)		1990	9:15.2+	* Robert Tillman (Valencia)	9:18.5y	1973
9:06.70	Shawn Frack (Esperanza)		1993	9:15.30	Nathaniel Cushing-Murray (Foothill)		2011
9:06.74	Javier Barerra (Dana Hills)		1988	9:15.33	Jantzen Oshier (Trabuco Hills)		2011
9:06.8+	Dave Cangelosi (Villa Park)	9:09.9y	1979	9:15.54	David Abraham (Fountain Valley)		2014
9:06.85	Josh Linen (Valencia)		2007	9:15.62	Mike Nielsen (Mater Dei)		1989
9:06.9+	* Larry Gerich (Foothill)	9:10.0y	1972	9:15.66	Brent Ritschel (Trabuco Hills)		2011
9:06.81	Mitch Eddy (Mater Dei)		1983	9:15.71	* Mark Gleason (Mission Viejo)		1997
9:06.82	*Kevin Durham (El Toro)		2011	9:15.72	Luke Dorman (Trabuco Hills)		2013
9:07.1+	Tom Keefer (Anaheim)	9:10.2y	1969	9:15.77	Jorge Suarez (Santa Ana)		2017
9:07.03	Mike Love (Katella)		1993	9:15.86	Julian DeRubira (Santa Margarita)		2006
9:07.51	* Mark Gonzales (La Habra)		1990	9:15.90	Sebastian Fisher (Laguna Beach)		2019
9:08.2+	Andy Gerkin (Corona del Mar)	9:12.4y	1978	9:16.0+	Allan Sanford (Tustin)	9:19.2y	1965
9:08.3+	Darrell Hatfield (Rancho Alamitos)	9:11.4y	1973	9:16.35	Mark Lindrud (Mission Viejo)		1986
9:08.35	Dylan Scarsone (Canyon)		2016	9:16.39	Gilbert Solorza (Buena Park)		2013
9:08.5 +	Mike Annis (Sunny Hills)	9:11.6y	1974	9:16.42	Scott Hakeman (El Dorado)		1983
9:08.6+	John Gerhart (Costa Mesa)	9:11.7y	1978	9:16.59	Dan Gaston (Huntington Beach)		1997
9:08.65	Chris Lugo (Valencia)		1987	9:16.16	Ryan Bousquet (Esperanza)		2000
9:08.68	Adalberto Sanchez (Capo Valley)		1995	9:16.81	Jose Penaloza (Godinez)		2013
9:08.7+	Jose Saavedra (Loara)	9:11.8y	1974	9:17.04	Jay Bonthius (Fountain Valley)		2012
9:08.80	Sean Byrne (Santa Margarita)		2018	9:17.07	Cameron Everhart (Orange Lutheran)		2008
9:08.87	Collin Price (St Margaret's)		2015	9:17.1+	Jeff Day (Corona del Mar)	9:20.3y	1976
9:08.99	Jared Steins (Servite)		2022	9:17.39	*Jeff Thies (Edison)		2012
9:09.4+	Neil Sybert (Westminster)	9:12.6y	1967	9:17.5+	Terry Carroll (Fullerton)	9:20.7y	1973
9:09.48	David Napper (Cypress)		2003	9:17.64	Juan Ramos (Santa Ana)		2022
9:09.52	* Mike Chavez (Esperanza)		2002	9:17.8+	Joey Gomez (Valencia)	9:2 1.0y	1978
9:09.58	Brad Meyer (University)		1981	9:17.86	*Lance Capel (Dana Hills)		2011
9:09.6+	Ron Fister (Western)	9:12.8y	1966	9:17.86	Brennon Koryta (Brea)		2014
9:09.62	James Cameron (Mission Viejo)		2009	9:17.87	Jose Alcaez (SA Valley)		1986
9:10.11	Mike Tansley (Dana Hills)		1989	9:17.95	*Brandon Pugh (San Juan Hills)		2011
9:10.19	Mike Farrell (San Clemente)		1990	9:17.98	Jacob Smith (Pacifica)		2017
9:10.41	* Terrence Mahon (La Habra)		1987	9:18.1+	Gordon Duff (Huntington Beach)	9:21.3y	1978
9:10.47	Jose Herrera (Loara)		1999	9:18.26	Jose Carlos de Jesus (San Clemente)		2017
9:10.53	*Anthony Grover (J Serra)		2019	9:18.35	*Nicholas Plumb (Trabuco Hills)		2011
9:10.72	George Gleason (Huntington Beach)		2015	9:18.35	Luis Chavez (Misson Viejo)		2018
9:10.78	Blake Hofmeister (Laguna Beach)		2010	9:18.4+	Frank Dauncey (Orange)	9:21.6y	1976
9:10.89	* Raul Lara (Orange)		2003	9:18.41	Josh O'Neill (Trabuco Hills)		2019
9:10.94	*Jimmy Dominguez (Santa Ana)		2022	9:18.47	Brandon Babiracki (Dana Hills)		2003
9:10.99	Ben Flamm (Huntington Beach)		1993	9:18.47	Sander Kushen (Tesoro)		2015
9:11.0+	Beldon Burch (San Clemente)	9:14.2y	1967	9:14.47	*Carrick Denker (Dana Hills)		2019
9:11.23	Thomas Wilfert (Dana Hills)		2017	9:18.48	Lalo Terriquez (Buena Park)		1980
9:11.3+	Tom Westfall (Villa Park)	9:14.5y	1977	9:18.53	Carter Christmann (Tesoro)		2016
9:11.42	Ryan Herson (Trabuco Hills)		2011	9:18.73	Amar Dholakia (Esperanza)		2012
9:11.6+	Robert Angel (Huntington Beach)	9:14.8y	1973	9:18.73	**Zachary Gibson (Santa Margarita)		2022
9:11.71	Brandon Hough (Dana Hills)		2017	9:18.83	Charara Mohammad (Buena Park)		2010
9:12.15	Justin Singer (Cypress)		2022	9:18.90	Shane Dougherty (El Toro)		2002
9:12.22	*Karl Baranov (Marina)		2010	9:19.12	Erin Vali (University)		1989

9:19.3+	Bill Villa (Saddleback)		9:22.5y	1975
9:19.38	Garrett Hough (Dana Hills)			2019
9:19.45	*Dragan Simic (Woodbridge)			2011
9:19.8+	Mike Solomon (Westminster)	9:23.0y		1967
9:19.80	* Juan Robles (Valencia)			2002
9:19.83	Jordan Senko (El Toro)			2010
9:20.01	*Jai Dawson (Dana Hills)			2021
9:20.06	Dave Anderson (Corona del Mar)			1984
9:20.14	Brian Kopczynski (Tesoro)			2007
9:20.18	Paul Brennenman (St Margaret's)			2012
9:20.20	**Tony Trueba (Huntington Beach)			1995
9:20.27	Ty Savely (Capo Valley)			2019
9:20.4+	Kent Norton (Orange)	9:23.6y		1973
9:20.48	Matt Cipolla (El Toro)			2003
9:20.60	*Connor Kaddatz (Dana hills)			2010
9:20.7+	Jack Martinez (Rancho Alamitos)	9:23.9y		1974
9:20.74	Conor Stanton (Servite)			2010
9:20.8+	Dave Howard (Dana Hills)	9:24.0y		1980
9:21.08	Brett Knutson (Woodbridge)			2019
9:20.89	Austin Goins (Canyon)			2013
9:21.95	Cole Stark (Dana Hills)			2019
9:20.98	Mike Parker (Tustin)			1982
9:21.18	Scott Brandos (Edison)			2001
9:21.2+	Paul O'Neil (El Dorado)	9:24.4y		1975
9:21.38	Juan Robles (Valencia)			2003
9:21.44	*Elliot Myers (Esperanza)			2010
9:21.57	Brnadon Ferguson (Woodbridge)			2012
9:21.63	Talal Khan (Valencia)			2008
9:21.64	Dimaggio Orozco (Brea)			2014
9:21.071	*Brennan Foody (Aliso Niguel)			2021
9:21.7+	Joe Smithson (Bolsa Grande)	9:24.9y		1971
9:21.73	Humberto Rojas (Estancia)			2003
9:21.80	Ulysses Orozco (El Toro)			2014
9:21.86	Leif Hellgren (Corona del Mar)			2017
9:21.99	Jackson Marshall (Woodbridge)			2014
9:22.04	*Jonathan Blanton (Troy)			2010
9:22.1+	Jeff Huber (La Habra)	9:25.3y		1970
9:22.15	Jerain Torres (Katella)			2004
9:22.10	Spencer Green (Villa Park)			1986
9:22.2+	Sam Walling (University)	9:25.4y		1979
9:22.22	* Chris Kemp (Mission Viejo)			1998
9:22.28	*Kyler Fisk (Tesoro)			2011
9:22.30	*Kenny Wanlass (Newport)			2022
9:22.32	**Bryson Crites (Tesoro)			2017
9:22.5+	Joe Rust (Garden Grove)	9:25.7		1972
9:22.50	Jason Manhart (Trabuco Hills)			1997
9:22.64	Jon Kelly (Dana Hills)			1985
9:22.7+	Jon Goldstein (Edison)	9:25.9y		1977
9:22.73	* Scott Curran (Tesoro)			2013
9:22.77	Warren Liem (Tesoro)			2011
9:22.79	Damien Nieves (Sonora)			2002
9:22.8+	Mark Dunlevie (Los Alamitos)	9:26.0y		1971
9:22.8+	Marv Alvarez (Garden Grove)	9:26.0		1976
9:22.8+	Terry Huddleston (San Clemente)	9:26.0		1974
9:22.84	Thomas Mordy (Capo Valley)			2021
9:22.85	Jose Madera (Anaheim)			2010
9:22.95	John Kentfield (Esperanza)			1991
9:22.98	Allen McGaha (El Modena)			1983
9:23.0+	Charlie Walczak (Edison)	9:26.2y		1974
9:23.1+	Jim Hartford (Corona del Mar)	9:26.3y		1980
9:23.19	John Nelson (Mater Dei)			1982
9:23.28	*Jose Penaloza (Godinez)			2012
9:23.3+	Charlie Christensen (Edison)	9:26.5y		1977
9:23.3+	Carl Anderson (Marina)	9:26.5y		1977
9:23.3+	Dave Ruble (Canyon)	9:26.5y		1979
9:23.33	Brian Herold (El Modena)			1980
9:23.37	Chris Hobson (Costa Mesa)			1987
9:23.4+	Dave Lockman (Marina)	9:26.6y		1971
9:23.4+	Jeff Spangler (Villa Park)	9:26.6y		1975
9:23.8+	Kurt Williams (Brea)	9:27.0y		1974
9:23.8+	Scott Fessenden (Lowell)	9:27.0y		1975
9:23.8+	Mark Labonte (Mission Viejo)	9:27.0y		1976
9:23.81	**Richie Soto (Marina)			2011
9:23.9+	Mike Lansdon (Edison)	9:27.1y		1978

Steeplechase

9:19.2	*Eric Hulst (Laguna Beach)	1975
9:24.2	* Ralph Serna (Loara)	1974
9:31.32	*Christian Wehrli (Tesoro)	2017
9:36.6	Gary Blume (Marina)	1974
9:41.6	Jeff Huber (La Habra)	1970
9:53.65	Charlie Appell (Estancia)	1996
10:16.2	John Weston (Edison)	1974

(2000 meters Steeplechase)

6:17.64	**Ben McKenna (Aliso Niguel)	2018
6:21.25	*Christian Wehrli (Tesoro)	2017

3 mile

13:45.4'	*Ralph Sema (Loara)	1974
13:51.9'	Eric Hulst (Laguna Beach)	1976
14:19.8	Dave White (El Modena)	1969
14:20.4	Brian Hunsaker (Corona del mar)	1975
14:20.8	Doug MacLean (Costa Mesa)	1972
14:27.0	**Robert Angel (Huntington Beach)	1973
14:36.6	Gary Blume (Marina)	1974
14:47.2	Bill St. John (Mater Dei)	1976
14:50.6	Mickey Wooley (El Modena)	1970

5000 meters

14:16.2	* Ralph Serna (Loara)	1974
14:26.86	Sydney Gidabuday (El Modena)	2014
14:29.35	Matt McElroy (Edison)	2010
14:32.8	** Eric Hulst (Laguna Beach)	1974
14:42.38	Mason Coppi (Dana Hills)	2016
14:59.00	Jeff Thies (Edison)	2013

6 mile

27:58.0'	Eric Hulst (Laguna Beach)	1976
30:30.0'	Robert Tillman (Valencia)	1974
30:47.4'	Breggar Moore (Rancho Alamitos)	1975
30:56.2	Mike Walterhouse (Mission Viejo)	1976
31:13.0	* Dennis Wilson (Edison)	1973
31:15.0'	*Jeff Spangler (Villa Park)	1974
31:16.0	Ralph Serna (Loara)	1974
31:40.6'	*Paul O'Neil (El Dorado)	1974
31:46.0'	Robert Slick (Orange)	1974
32:17.0	Jim Bransom (University)	1975
32:45.2'	***Joe Dowling (Mater Dei)	1972

10,000 meters

28:55.0	Eric Hulst (Laguna Beach)	1976
31:05.1	Joey Gomez (Valencia)	1978
31:54.0	Gus Quinonez (Huntington Beach)	1983

One Hour Run (track)

11m 1043	Joey Gomez (Valencia)	1977
11m 906y	Dave White (El Modena)	1970
11m 835y	Robert Tillman (Valencia)	1974
11m 786y	*Jeff Spangler (Villa Park)	1974
11m 381y	Robert Slick (Orange)	1974
11m 372y	Bill Ingelhart (Westminster)	1966
11m 326y	*Paul O'Neil (El Dorado)	1974
11m 211y	Tom Lipski (Saddleback)	1969
11m 111y	*Ralph Serna (Loara)	1974
11m 67y	*George Navarette (Valencia)	1974
11m 47y	Mickey Wooley (El Modena)	1969
10m 1753y	Ed Surman (Orange)	1973
10m 1710y	**Eric Hulst (Laguna Beach)	1974
10m 1544y	*Steve Boaz (Valencia)	1974
10m 1473y	Mike Mulvihill (El Dorado)	1977
10m 1440y	*** Darrell Hatfield (Rancho (Al)	1970
10m 1431y	**Mike Walterhouse (Mission Viejo)	1974
10m 1372y	*Nick Priest (Costa Mesa)	1973
10m 1270y	Lee Batson (Newport)	1973

Marathon

2:27.25	Eric Hulst (Laguna Beach)	1976
2:31:24	***Robert Planta (Mater Dei)	1978
2:34:21	Sam Simakis (Newport)	1974
2:35:23	Dave Daley (Foothill)	1978
2:35:28	Chris Buecher (Westminster)	1979
2:36:34	Gordon Duff (Huntington Beach)	1978
2:36:34	Michael Calvano (Huntington Beach)	1978
2:37:17	Doug Schmenk (Westminster)	1970
2:37:50	Craig Sterling (San Clemente)	1969
2:37:51	Wayne Akiyama (Westminster)	1970
2:38:27	* Paul O'Neil (El Dorado)	1974
2:40:49	Tim Ernst (El Dorado)	1977
2:41:06	* Jeff Spangler (Villa Park)	1974
2:41:48	* Steve Boaz (Valencia)	1974
2:42:05	***Jon Lee (Fullerton)	1977
2:42:43	Steve Kovatch (Canyon)	1977

Decathlon (Olympic Implements & Hurdles)

6525	Tohru Asami (Sunny Hills)	1978
6286	Roy Hedlund (Villa Park)	1977
6030	Chris Doble (Troy)	1978
6022	Ron Mooers (Valencia)	1971
6022	David Fair (El Toro)	1990
6012	David Kuhn (Calvary Chapel)	1996
5799	Dan Hedlund (Villa Park)	1971
5794	*Jeff Lawson (El Dorado)	1976
5753	Mario Herbst (El Dorado)	1976
5673	Kevin Kuechler (Mission Viejo)	2006
5667	Ken Evans (Rancho Alamitos)	1978
5664	Jeff Bedell (Villa Park)	1985
5552	Bruce BenBen (Villa Park)	1975
5512	David Fair (El Toro)	1989
5493	Terry Ludin (Villa Park)	1983
5403	* Darrin Tobolski (Katella)	1982
5354	Mark Von Iderstein (Valencia)	1971
5341	William Kim (Villa Park)	1983
5298	Craig Sharon (Villa Park)	1969
5276	Ron Carver (Sunny Hills)	1977
5196	Glen Williams (Villa Park)	1979
5181	Brian White (Mission Viejo)	2002
5162	Mark Horist (Villa Park)	2007
5120	Steve Melender (Villa Park)	1978
5073	*Geoffrey Delorie (Marina)	2016
5053	Bailey Thayer (Los Alamitos)	2015
5014	Nathan Coelho (Westminster)	1998
5017	Dave Petty (Villa Park)	1977
5003	Tim Birkmann (Villa Park)	1979

110 meter High Hurdles

13.41	Steve Kerho (Mission Viejo)	1982
	<i>(State Champion)</i>	
13.48	Dominique DeGrammont (Tustin)	1997
	<i>(State Champion)</i>	
13.58+	John Peterson (Saddleback)	13.3y 1975
13.82+	Ken Margerum (Fountain Valley)	13.78y 1977
13.88+	Wilbur Gregory (Mission Viejo)	13.6y 1975
13.88	Terry Johnson (Katella)	1986
	<i>(State Champion)</i>	
13.89	Jose Rubio (Los Alamitos)	2017
13.99	Trevor Jones (Newport)	2000
14.05	*Logan Lyght (Mater Dei)	2022
14.07	* Devalle Pedrogo (Mission Viejo)	2009
14.13	Adrian Brown (Huntington Beach)	1991
14.16	Kenny Vinh (Katella)	2000
14.16	Bryan Payne (Trabuco Hills)	2004
14.18+	Ron Hamley (Lowell)	13.9y 1968
14.20	Sam Barkley (Mater Dei)	2011
14.23	Al Williams (Irvine)	1998
14.24	Todd Hart (Servite)	1981
14.24	Mark Hale (Katella)	1981
14.24c	Steve Southward (Fountain Valley)	14.0 1981
14.27	Joe Fleskoski (Mission Viejo)	2002

14.27	Kyle Sandoval (Servite)	2017
14.28+	Wayne Claxton (La Habra)	14.0y 1968
14.28+	* Isaac Curtis (Santa Ana)	14.0y 1968
14.28+	Tom Turner (Cypress)	14.0y 1975
14.28	Mike Smith (El Toro)	1997
14.29	Charlie Davidson (Saddleback)	1992
	<i>(State Champion)</i>	
14.30	Mike Germain (Dana Hills)	1983
14.34	Ryan Crane (Dana Hills)	1992
14.34	James Brown (Dana Hills)	1998
14.34	Sean Morgan (Los Alamitos)	2017
14.36	Ahmad Wright (Kennedy)	1999
14.36	Cameron Hurd (Trabuco Hills)	2016
14.38	Jeff Damron (Servite)	1983
14.38	Pat Swanson (Esperanza)	1996
14.40	* Denny Flanagan (Edison)	2001
14.45	* John Sorenson (Mater Dei)	1984
14.45	Shane Vickers (Tustin)	1997
14.46	Jay Thorson (Laguna Beach)	1981
14.47	Marc Kallick (Marina)	1988
14.48+	Jeff Nelson (Bolsa Grande)	14.2y 1965
14.48+	Jim Davis (Santa Ana)	14.2y 1970
14.49	Kienan Briggs (Valencia)	2001
14.49	Abraham Lotfy (Los Alamitos)	2019
14.50	Dave Plett (Western)	1981
14.51	*Jalen Craver (Woodbridge)	2010
14.51	Daniel Sun (Woodbridge)	2016
14.55	Austin Tinsley (Santa Margarita)	2014
14.55	Quinn Williams (Mission Viejo)	2017
14.55	Jack Fairchild (Crean Lutheran)	2022
14.56	Nehemiah Nash (Woodbridge)	2016
14.57	Vince Fusco (Dana Hills)	2010
14.57	Kyle Kimble (Servite)	2019
14.58+	Howard Parker (Santa Ana)	14.3y 1962
14.58+	Leonard Sims (Santiago)	14.3y 1964
14.58+	Don Tilley (SA Valley)	14.3y 1967
14.58+	Keith Denson (SA Valley)	14.3y 1970
14.58+	Ward Kisman (Sunny Hills)	14.3y 1970
14.58+	* Bryan Poland (Brea)	14.3y 1970
14.58+	Dave Powell (Edison)	14.3y 1972
14.58	Maikolo Liti (Foothill)	2003
14.59	Jedediah Kaufman (Aliso Niguel)	2019
14.60	Connor Meech (San Juan Hills)	2015
14.61	John Kennedy (Servite)	1986
14.61	George Lynch (Mater Dei)	1988
14.57	Vince Fusco (Dana Hills)	2010
14.62	*Ramon Vargas (Huntington Beach)	2011
14.62	Tyler Rios (Los Alamitos)	2014
14.63	Michael Robbins (Tesoro)	2018
14.64	* Al Williams (Irvine)	1997
14.64c	Mitch Allen (El Toro)	14.4 2006
14.65	Anton Hector (Esperanza)	1995
14.66+	Simon Faivailo (SA Valley)	14.63y 1978
14.68+	Louie Muniz (Santa Ana)	14.4y 1963
14.68+	Dan Hedlund (Villa Park)	14.4y 1971
14.68+	Bob McQueen (Anaheim)	14.4y 1971
14.68+	Matt Hogsett (Newport)	14.4y 1972
14.68+	Dave Cooper (Magnolia)	14.4y 1972
14.68+	Steve Adams (Estancia)	14.4y 1974
14.68+	B. Richardson (El Modena)	14.4y 1974
14.68+	Jim Hunt (El Dorado)	14.4y 1976
14.68+	Zim Walker (Savanna)	14.4y 1977
14.68+	Alan Duncan (Fountain Valley)	14.4y 1981
14.68+	Steve Davis (Edison)	14.4y 1981
14.68	Dan Foote (Foothill)	1995
14.68	Jim Bittner (Katella)	1998
14.68	*Ryan Whites (Estancia)	2006
14.69	Nick Falcione (La Habra)	2004
14.70	Dwayne Gregory (Mission Viejo)	1984
14.70	Espinosa (Capo Valley)	1984
14.70	Scott Crowson (Mission Viejo)	1999
14.70	** Mike Liti (Foothill)	2001
14.71	* Brian Flowers (SA Valley)	1984
14.71	Chance Kuehnel (Sage Hill)	2016
14.72	Ben Forbes (Marina)	1998
14.72	Doyin Sule (Fullerton)	2011

14.73	Doug Miller (Estancia)		1986	14.88+	Jeff Butler (Los Alamitos)	14.6y	1975
14.73	* Preston Spence (Edison)		2008	14.88+	Owehand (Rancho Al)	14.6y	1975
14.73	Grant Bayr (Dana Hills)		2015	14.88+	Randy James (Lowell)	14.6y	1975
14.74c	Eric Nuanes (Loara)		1997	14.88+	Scott Bruckner (Lowell)	14.6y	1976
14.74	Myles Gregory (Fountain Valley)		2003	14.88+	* Mark Hale (Katella)	14.6y	1980
14.74	Octavio Moreno (Anaheim)		2017	14.88+	Tom Rish (Ocean View)	14.6y	1980
14.75	Brent Elliot (Canyon)		2011	14.88	Pat Swanson (Esperanza)		1995
14.76	Eric Dorn (Estancia)		1986	14.88	Matt Blasdel (Santa Margarita)		1996
14.76	Aaron Hill (Esperanza)		1999	14.89	Adolph Renaud (La Habra)		1986
14.76	James Finch (Capo Valley)		2017	14.90	David Frazier (Mission Viejo)		2002
14.77	** Mike Smith (Mission Viejo)		1995	14.90	Nick McGuinness (Corona del Mar)		2013
14.77	Ramon Vargas (Huntington Beach)		2012	14.91	Louie Muniz (Woodbridge)		1989
14.78+	Forrest Younger (Fullerton)	14.5y	1952	14.91	Muzae Sesay (Canyon)		2008
14.78+	Don Jones (Huntington Beach)	14.5y	1956	14.91	Andy Bardine (El Toro)		2012
14.78+	Bob Ballew (Garden Grove)	14.5y	1957	14.91	Jalen Gill (Woodbridge)		2016
14.78+	John Eastman (La Habra)	14.5y	1958	14.92	Sean Zeitler (Santa Margarita)		2001
14.78+	Dave Jensen (Valencia)	14.5y	1966	14.92	* Joe Emerson (Huntington Beach)		2002
14.78+	Carl Field (SA Valley)	14.5y	1969	14.93	Jim Flanagan (Edison)		2006
14.78+	Harry Bracy (Los Alamitos)	14.5y	1970	14.93	AJ Beynon (Edison)		2015
14.78+	Garth Wise (Huntington Beach)	14.5y	1971	14.93	Elias Ghazlani (Fountain Valley)		2016
14.78+	Darrel Walker (Tustin)	14.5y	1972	14.94c	Jesse Johnson (SA Valley)	14.7	1981
14.78+	Steve Pickford (Huntington Beach)	14.5y	1972	14.94c	Al Abdallah (SA Valley)	14.7	1981
14.78+	Steve Ward (La Quinta)	14.5y	1972	14.94c	Tom Fishbeck (Foothill)	14.7	1981
14.78+	Walter Mead (Santa Ana)	14.5y	1972	14.94c	Tyrone Tucker (Villa Park)	14.7	1983
14.78+	Henry Harrell (Santa Ana)	14.5y	1973	14.94c	Javon Guiens (Cypress)	14.7	2004
14.78+	Lars Soderlind (Anaheim)	14.5y	1973	14.94	Reggie Dunn (Los Alamitos)		1988
14.78+	Garry Templeton (SA Valley)	14.5y	1974	14.94	Sean Coye (Irvine)		1993
14.78+	John Bristol (La Quints)	14.5y	1975	14.94	Scott Dicus (El Modena)		1997
14.78+	Dave Berger (Canyon)	14.5y	1977	14.96	* Michael Colby (Tustin)		2000
14.78+	Vic Beradino (Cypress)	14.5y	1977	14.96	* Long Duong (Katella)		2000
14.78+	Chris Roberson (Kennedy)	14.5y	1977	14.97	** Steve Forte (Woodbridge)		1993
14.78+	Aaron Williamson (Westminster)	14.5y	1980	14.97	Oliver Pham (Canyon)		2012
14.78+	Brian Chapman (Troy)	14.5y	1986	14.97	Ryan Evans (Aliso Niguel)		2013
14.78	Brent Busch (Newport)		1991	14.97	Peyton Kilheffer (Brea)		2021
14.78	*Robert Garrett (Katella)		2010	14.98+	Dick Carson (Anaheim)	14.7y	1949
14.79	Andy Stuffer (Villa Park)		1982	14.98+	Keith Keckler (SA Valley)	14.7y	1969
14.79	Michael Miela (Trabuco Hills)		2009	14.98+	David Porter (Orange)	14.7v	1970
14.80	*Rich Nichols (Fountain Valley)		1982	14.98+	Bob Blacker (San Clemente)	14.7y	1970
14.80	Shaheed Quassin (Laguna Hills)		1992	14.98+	Don Mickelson (Los Alamitos)	14.7y	1970
14.80	Juan Lomeli (Saddleback)		1997	14.98+	Jeff Schrechengost (Loara)	14.7y	1971
14.80	Corey Hammond (Mater Dei)		2012	14.98+	Randy Lazenby (Garden Grove)	14.1y	1972
14.81	John Hall (Servite)		1996	14.98+	Lori Perez (Santa Ana)	14.7y	1972
14.81	Shaquille Richardson (Los Alamitos)		2010	14.98+	Gary Stewart (Loara)	14.7y	1973
14.81	Kaelin Moore (Canyon)		2017	14.98+	Craig Feola (El Dorado)	14.7y	1974
14.81	Collin Hurd (Trabuco Hills)		2018	14.98+	Jay Craig (SA Valley)	14.7y	1974
14.82	Todd Prukop (Servite)		1985	14.98+	Roy Hedlund (Villa Park)	14.7y	1977
14.82	Jimmy Martin (Santa Margarita)		2009	14.98+	Charles Lucky (Los Alamitos)	14.7y	1977
14.82	* Dennis Austria (Kennedy)		2009	14.98+	Jim Schulte (Foothill)	14.7y	1978
14.82	Greg Starkey (San Clemente)		2009	14.98+	Art Gourdine (El Toro)	14.7y	1978
14.82	Ethan Rupp (Sanat Margarita)		2019	14.98+	Steve McRoberts (Huntington Beach)	14.7y	1979
14.83	Jack Johnson (Crean)		2019	14.98+	Mike McGee (Dana Hills)	14.7y	1986
14.84c	Chris Fenn (Laguna Hills)	14.6	1981	14.98+	Todd Andrews (Fountain Valley)	14.7y	1982
14.84c	Adam Shapiro (Capo Valley)	14.6	1984	14.98	* Justin Rovin (Laguna Beach)		2006
14.84	Greg Muniz (Woodbridge)		1992	14.99	Tony Garcia (Foothill)		1994
14.84c	Dampen Roberts (SA Valley)	14.6	1998	14.99	Javier Nava (El Dorado)		2003
14.84c	Jordan Czaykowski (El Modena)	14.6	2000	14.99	Christian Ojeda (Servite)		2018
14.85+	Larry Neehan (Orange Lutheran)	14.82y	1979				
14.85	Jon Peck (Irvine)		1992	Wind-aided:			
14.86+	Jesse Johnson (SA Valley)	14.83y	1980	13.44	Dominique DeGrammont (Tustin)		1997
14.86	Carlos Valles (Katella)		2005	13.54c	Terry Johnson (Katella)	13.3	1986
14.86	Joshua Lindley (Aliso Niguel)		2009	13.94	Charlie Davidson (Saddleback)		1992
14.86	Ian Ward (Servite)		2017	13.94	*Logan Lyght (Mater Dei)		2022
14.86	*Abraham Lotfy (Los Alamitos)		2018	13.95	* Devalle Pedrogo (Mission Viejo)		2009
14.87+	Alan Duncan (Fountain Valley)	14.84y	1978	14.08	Sam Barkley (Mater Dei)		2011
14.88+	Steve Davis (Edison)	14.85y	1978	14.19	Pat Swanson (Esperanza)		1996
14.88+	Sonny Owens (Fullerton)	14.6y	1955	14.20	Mark Hale (Katella)		1981
14.88+	**Doug Hankins (Fullerton)	14.6y	1957	14.23	*Ramon Vargas (Huntington Beach)		2011
14.88+	Stan Kincade (Santa Ana)	14.6y	1963	14.23	Cameron Hurd (Trabuco Hills)		2016
14.88+	* Jeff Nelson (Bolsa Grande)	14.6y	1964	14.24	Ahmad Wright (Kennedy)		1999
14.88+	Brent Romney (Loara)	14.6y	1965	14.25	James Brown (Dana Hills)		1998
14.88+	Bob Wilkins (SA Valley)	14.6y	1965	14.26	Tyler Rios (Los Alamitos)		2014
14.88+	Craig Bothwell (Loara)	14.6y	1965	14.28+	Sonny Owens (Fullerton)	14.0y	1956
14.88+	Jack Handy (Loara)	14.6y	1971	14.29	* Denny Flangan (Edison)		2001
14.88+	Frank Mazon (Savanna)	14.6y	1971	14.31	Jose Rubio (Los Alamitos)		2016
14.88+	Dick Chemiesleski (Villa Park)	14.6y	1974	14.36	*Jalen Craver (Woodbridge)		2010
14.88+	Plent (La Habra)	14.6y	1974	14.40	Myles Gregory (Fountain Valley)		2003

14.40	Muzae Sesay (Canyon)		2008
14.41	Jack Fairchild (Crean Lutheran)		2022
14.45	Shane Vickers (Tustin)		1997
14.46	Jimmy Martin (Santa Margarita)		2009
14.46	Chance Kuehnel (Sage Hill)		2016
14.47	Anton Hector (Esperanza)		1995
14.48+	Doug Hankins (Fullerton)	14.2y	1959
14.48+	Keith Denson (S A Valley)	14.2y	1970
14.48+	Bob McQueen (Anaheim)	14.2y	1971
14.50	* Preston Spence (Edison)		2008
14.53	Eric Nuanes (Loara)		1997
14.54c	George Lynch (Mater Dei)	14.3	1988
14.54c	Brian Law (Villa Park)	14.3	2007
14.55	Dwayne Gregory (Mission Viejo)		1984
14.55	Brent Busch (Newport)		1991
14.57	Dylan Atencio (Yorba Linda)		2015
14.58+	Garth Wise (Huntington Beach)	14.3y	1971
14.58+	Todd Prukop (Servite)	14.3y	1985
14.58+	Lars Soderlind (Anaheim)	14.4	1973
14.60	Andy Bardine (El Toro)		2012
14.61	Carlos Valles (Katella)		2005
14.62	* Mike Liti (Foothill)		2002
14.62	Oliver Pham (Canyon)		2012
14.62	Kyle Kimble (Servite)		2019
14.63	Collin Hurd (Trabuco Hills)		2018
14.64	* Andy Stuffer (Villa Park)	14.4	1981
14.64c	Tony Garcia (Foothill)	14.4	1994
14.65	Nathan Arellano (Canyon)		2014
14.68	Brian Danskin (Pacifica)		1992
14.68	Nathan Willoghby (Fountain Valley)		2017
14.69	James Finch (Capo Valley)		2017
14.70	Shaquille Richardson (Los Alamitos)		2010
14.73	*Robert Garrett (Katella)		2010
14.74+	Steve Ward (La Quinta)	14.5y	1972
14.74+	Dave Powell (Edison)	14.5y	1972
14.74	* Kelvin Bias (Servite)	14.5	1987
14.74	* Eddie Dwelley (Edison)		2000
14.74	Sam Spencer (San Clemente)		2008
14.74	Ebba Adinew (Troy)		2022
14.75	* Joe Emerson (Huntington Beach)		2002
14.76	Samuel Scott (Los Alamitos)		2018
14.77	* Dusin Huynh (Fountain Valley)		2013
14.79	*Nathan Willoughby (Fountain Valley)		2016
14.80	AJ Beynon (Edison)		2014
14.83	*Grant Bayr (Dana Hills)		2014
14.83	Ian Ward (Servite)		2017
14.84+	Lin Sitton (Fullerton)	14.6y	1953
14.84c	Jesse Johnson (SA Valley)	14.6	1981
14.84	*Adam Hill (Esperanza)		2003
14.88+	Lin Sitton (Fullerton)	14.6	1953
14.89	Al Abadallah (SA Valley)		1981
14.89	* Mark Washington (Magnolia)		2009
14.91	Elmer Guzman (Mission Viejo)		2005
14.91	*Marc Tagle (Capo Valley)		2016
14.92	Sean Cheatham (Rancho Alamitos)		1987
14.94	*Jevan Hill (Fountain Valley)		2017
14.95	Malcolm Sun (Troy)		2014
14.97	Manual Gomez (Los Alamitos)		2015

120 yard High Hurdles (42")

14.8	Ross Nichols (Huntington Beach)		1923
(110m—42")			
14.39	Josey Rubio (Los Alamitos)		2017

180 yard Low Hurdles (straight)

18.6	*Isaac Curtis (Santa Ana)		1968
18.7	Bill Swisshelm (Santa Ana)		1954
18.7	Ron Hamley (Lowell)		1968
18.8	Keith Denson (SA Valley)		1970
18.9	Don Tilley (Santa Ana)		1968
18.9	Gene Taylor (Marina)		1972
18.9	Jim Morgan (Mater Dei)		1967
19.0	Claude LaBarre (Santiago)		1963
19.0	Greg Heet (Lowell)		1964

19.0	Rick Gilson (Bolsa Grande)		1970
19.0	Matt Hogsett (Newport)		1972
19.0	Darrel Walker (Tustin)		1972
19.1	Tom Deckert (Santa Ana)		1966
19.1	Richard Woods (Estancia)		1969
19.1	Carl Fields (SA Valley)		1969

wind-aided:

18.6	Richard Woods (Estancia)		1969
18.6	Keith Denson (SA Valley)		1970
18.7	Jim Davis (Santa Ana)		1970
18.8	Gene Taylor (Marina)		1972
18.9	Sonny Owens (Fullerton)		1956
18.9	Adams (Estancia)		1974
19.0	Bob McQueen (Anaheim)		1971
19.1	Rick Gilson (Bolsa Grande)		1970
19.1	Lin Sitton (Fullerton)		1953

300 meter Low Hurdles (1975-1983)

35.85	Steve Kerho (Mission Viejo)		1982
	<i>(State Champion)</i>		
37.19c	Tom Turner (Cypress)	37.4y	1975
37.19c	Jim Hunt (El Dorado)	37.4y	1976
37.24c	Mark Hale (Katella)	37.0	1981
37.33	Henning Peterson (Esperanza)		1982
37.50	* Jeff Roach (Laguna Hills)		1983
37.54+	Troy Belvins (Fountain Valley)	37.76y	1978
37.61	Pat Covington (El Toro)		1982
37.74+	Wayne Kasperek (Newport)	37.8y	1978
37.74+	* Andy Stuffer (Villa Park)	37.8y	1981
37.84+	Rich Harrison (Newport)	37.9y	1976
37.84+	Ken Margerum (Fountain Valley)	37.9y	1977
38.02+	Conner Sill (Troy)	38.1y	1979
38.02+	Todd Andrews (Fountain Valley)	38.24y	1982
38.04c	Fred Simmons (Saddleback)	37.8	1983
38.11	Ian Ward (Servite)		2017
38.12+	Scott Turner (Buena Park)	38.1y	1977
38.12+	Kevin Romine (Fountain Valley)	38.1y	1979
38.14c	Phil Rivera (Savanna)	37.9	1981
38.14c	Bob Grego (Costa Mesa)	37.9	1982
38.14c	Dan Thompson (Huntington Beach)	37.9	1983
38.17+	Jim Herkimer (El Modena)	38.39y	1979
38.22+	Bryant Humann (Newport)	38.2y	1976
38.22+	Kevin Romine (Fountain Valley)	38.2y	1978
38.22+	Larry Neeman (Orange Lutheran)	38.44y	1979
38.22	Tyrone Tucker (Villa Park)		1983
38.24c	Matt Bennyworth (Saddleback)	38.0	1982
38.26	Jeff Greer (Katella)		1983
38.32+	Roy Hedlund (Villa Park)	38.3y	1977
38.42+	Bruce Barrette (Fullerton)	38.4y	1975
38.42+	Chris Roberson (Kennedy)	38.4y	1977
38.42+	Zim Walker (Savanna)	38.4y	1977
38.42+	Tom Rish (Ocean View)	38.4y	1980
38.42+	Tim Tremper (Edison)	38.4y	1980
38.52+	Wilbur Gregory (Mission Viejo)	38.5y	1975
38.52+	Steve McRoberts (Huntington B)	38.5y	1980
38.52	Robert Lester (Servite)		1982

300 meter Intermediate Hurdles

(36") (1984-present)

36.45	Trevor Jones (Newport)		2000
	<i>(State Champion)</i>		
36.72	Jose Rubio (Los Alamitos)		2017
36.74	Keith Pontiflet (Esperanza)		1985
36.91	Dominique DeGrammont (Tustin)		1997
36.95	*Blake Hennesay (Santa Margarita)		2017
37.00	Connor Meech (San Juan Hills)		2015
37.13	Matt Blasdel (Santa Margarita)		1996
37.14	Al Williams (Irvine)		1998
	<i>(State Champion)</i>		
37.25	Austin Tinsley (Santa Margarita)		2014
37.26	Terry Johnson (Katella)		1986
37.26	Cameron Hurd (Trabuco Hills)		2016
37.27	Bryan Payne (Trabuco Hills)		2004

	(State Runner up)		38.80	Michael Ventura (Santa Margarita)	2020
37.27	Diego Courbis (Mission Viejo)	2014	38.81	*John Burns (Mission Viejo)	2019
37.35	Corey Hammond (Mater Dei)	2012	38.83	Myron Felix (Estancia)	1984
37.37	Anthony Hale (Garden Grove)	1988	38.85	Octavio Moreno (Anaheim)	2017
37.37	Brandon Phillips (Irvine)	2010	38.87	Justin Rovin (Laguna Beach)	2006
37.38	Kevin Ahlstrom (Los Alamitos)	2004	38.88	Davis Taff (Edison)	2004
37.41	Shaquille Richardson (Los Alamitos)	2010	38.92+	Mike Patton (Saddleback)	38.9y 1985
37.47	Brian Law (Villa Park)	2007	38.92	Manuel Gomez (Los Alamitos)	2015
37.50	Dylan Alencio (Yorba Linda)	2015	38.94c	Steve Lawrence (Capo Valley)	38.7 1987
37.51	Sam Barkley (Mater Dei)	2011	38.96	Justin Davis (San Clemente)	2002
37.54	Danny Thompson (Huntington Beach)	1984	38.97	Travis Harr (El Toro)	1994
37.56	Jeff Roach (Laguna Hills)	1984	38.99	** Steve Forte (Woodbridge)	1993
37.60	Mikey Fischetti (Dana Hills)	2009	39.00	*Nathan Lacson (Servite)	2018
37.62	Mel Lete (Saddleback)	1994	39.01	Kevin Carr (Esperanza)	1997
37.62	Ahmad Wright (Kennedy)	1999	39.02	Chris Milosch (Dana Hills)	2005
37.66	Charles Michinock (Mater Dei)	2011	39.02	*Logan Ltght (Mater Dei)	2022
37.69	Greg Muniz (Woodbridge)	1992	39.03	Mike McGee (Dana Hills)	1986
37.69	Tyler Rios (Los Alamitos)	2014	39.04	Hyrum Taylor (Northwood)	2004
37.70	Collin Hurd (Trabuco Hills)	2018	39.04	Aaron Birk (Edison)	2009
37.71	Vince Fusco (Dana Hills)	2010	39.04	Travion Phillips (Canyon)	2018
37.74	Kirk Ayers (Western)	1987	39.06	John Burns (Mission Viejo)	2020
37.75	Cullan Riser (Orange Lutheran)	2013	39.07	Brent Busch (Newport)	1991
37.77	Sheldon Evans (Pacifica)	2004	39.08	Ben Forties (Marina)	1998
37.79	Jalen Craver (Woodbridge)	2011	39.09	Justin Smith (Aliso Niguel)	2007
37.79	Matt Willis (Servite)	2002	39.11	Daniel Moyer (Newport)	2001
37.80	** Anton Hector (Esperanza)	1993	39.12	Ryan Crane (Dana Hills)	1992
37.81	John Hall (Servite)	1996	39.13	Chris Frazeur (Mission Viejo)	2003
37.85	Josh Hill (Mission Viejo)	2018	39.13	Randy Rense (St Margaret's)	2005
37.87	Peyton Kilheffer (Brea)	2021	39.14c	* Wes Williams (Esperanza)	38.9 2004
37.88	Vince Fusco (Dana Hills)	2010	39.14	Tyler Young (Rancho Alamitos)	2018
37.89	Jimmy Martin (Santa Margarita)	2009	39.15	Chad Hick-Beach (Marina)	1996
37.91	Quinn Williams (Mission Viejo)	2017	39.15	Nick Ahrold (Dana Hills)	2011
38.05	Shane Vickers (Tustin)	1997	39.16	Scott Crowson (Mission Viejo)	1999
38.05	Cole Paton (Mission Viejo)	2015	39.19	* Phil Oh (Irvine)	1995
38.11	Ian Ward (Servite)	2017	39.20	Sean Coye (Irvine)	1993
38.12	Daniel Sun (Woodbridge)	2016	39.21	Jonah Kim (Aliso Niguel)	2019
38.13	Carson Kaminski (Trabuco Hills)	2021	39.22	Christian Bohuslavizki (Santa Margarita)	2014
38.14	Nathan Willoughby (Fountain Valley)	2017	39.22	Donnie Marion (Fountain Valley)	2018
38.23	John Hollis (SA Valley)	1986	39.22	Jake Angier (El Modena)	2019
38.23	*Jalen Craver (Woodbridge)	2010	39.23	Michael Miela (Trabuco Hills)	2009
38.24	** Nolan Grimm (El Toro)	2008	39.23	Cameron Baldwin (Los Alamitos)	2012
38.25	Denny Flanagan (Edison)	2002	39.23	Jacob Anderson (Tustin)	2013
38.26	Ramon Vargas (Huntington Beach)	2011	39.23	Abraham Lotfy (Los Alamitos)	2019
38.28	Troy Hardy (Corona del Mar)	2013	39.24	Adrian Brown (Huntington Beach)	1991
38.30	Sean Zeitler (Santa Margarita)	2001	39.26	Doug Kalagian (Capo Valley)	2009
38.31	Charlie Davidson (Woodbridge)	1992	39.27	Scott Dicus (El Modena)	1997
38.33	Hassan Ilyas (Fountain Valley)	2011	39.27	Greg Starkey (San Clemente)	2009
38.33	Kyle Sandoval (Servite)	2017	39.28	John Gallup (Huntington Beach)	1986
38.34	*AJ Beynon (Edison)	2014	39.28	Tom Rodriguez (Mission Viejo)	2002
38.35	Kevin Jones (Fountain Valley)	2008	39.22+	Mark Holman (Orange)	39.2y 1986
38.37	Andrew Kokinakas (Aliso Niguel)	2009	39.24c	Dwayne Gregory (Mission Viejo)	39.0 1984
38.43	Elmer Guzman (Mission Viejo)	2005	39.25	Chad McHenry (Foothill)	1989
38.43	*Ramon Mendoza (Santa Margarita)	2022	39.25	Dante Maxey (Tustin)	1998
38.45	Pat Swanson (Esperanza)	1996	39.29	Brad Riehl (Servite)	2021
38.46	David Fair (El Toro)	1990	39.30	Tim Williams (Woodbridge)	1988
38.49	Chris Kruki (El Toro)	2018	39.30	*Jack Grose (Trabuco Hills)	2010
38.52	Phil Oh (Irvine)	1996	39.31	Brian Chapman (Troy)	1985
38.57	Geno Howard (Los Amigos)	1986	39.31	Edie Dwelley (Edison)	2000
38.59	Jalen Gill (Woodbridge)	2016	39.31	* Mike Mudge (Aliso Niguel)	2000
38.59	Michael Robbins (Tesoro)	2018	39.32+	Rodney Wright (Canyon)	39.3y 1986
38.60	Kyle Clark (Whittier Christian)	2008	39.32+	Brandon Beadle (Villa Park)	39.3y 1986
38.61	Jon Peck (Irvine)	1992	39.32	Ike Hicks (Cypress)	1996
38.64	* Eric Johnson (Sonora)	1987	39.33	Vince Flores (Savanna)	1991
38.65	Isaac Korn (Trabuco Hills)	2020	39.33	Jarrett Deschenes (Esperanza)	2001
38.66	Shad Vickers (Tustin)	1991	39.33	Nemiah Nash (Woodbridge)	2016
38.67	Trevor Wightman (Trabuco Hills)	2008	39.33	Kyle Kimbler (Servite)	2019
38.69	Chris Lamm (Irvine)	2001	39.34c	Robbie Pietsch (El Modena)	39.1 1989
38.71	Mike Smith (El Toro)	1997	39.34c	Don Oliver (Foothill)	39.1 1994
38.72	Elias Ghazlani (Fountain Valley)	2016	39.35	Steve Ernest (Canyon)	1989
38.73	Mitch Allen (El Toro)	2006	39.35	Dan Foote (Foothill)	1995
38.75	Myles Gregory (Fountain Valley)	2003	39.35	Robert Morell (Esperanza)	2000
38.76	Louie Muniz (Woodbridge)	1989	39.35	* Dan Moyer (Newport)	2000
38.77	George Lynch (Mater Dei)	1988	39.35	Ramon Vargas (Huntington Beach)	2012
38.77	** Jeremy Buck (Dana Hills)	1990	39.36	Chayne Chaldu (Laguna Beach)	1997
38.77	Kenny Vinh (Katella)	2000	39.36	Nick McGuinness (Corona del Mar)	2012
38.78	Jim Bittner (Katella)	1998	39.37	Jason Arellano (Edison)	1998

39.38	Chuck Loo (Newport)		1998	42.15	Servite		2021
39.39	Tony Wilson (Anaheim)		1984	42.18	Brea		1999
39.42+	Nick Matrisciano (Villa Park)	39.4y	1985	42.18	Mission Viejo		2011
39.42	* Kevin Carr (Esperanza)		1996	42.19+	Santa Ana	42.3y	1972
39.42	Sean Schuster (Mission Viejo)		2008	42.19+	Garden Grove	42.3y	1973
39.42	Elijah Sandoval (Servite)		2021	42.20	Woodbridge		1997
39.43	Gabaldon (Rancho Alamitos)		2001	42.20	Tustin		1998
39.44c	Wynn Fredenburg (Esperanza)	39.2	1984	42.20	Mater Dei		2009
39.44c	Craig Becker (Irvine)	39.2	1985	42.21	Mission Viejo		2009
39.44c	Greg Sheperd (Corona del Mar)	39.2	1990	42.21	J Serra		2014
39.45	Steve Jennings (Marina)		1986	42.22	Mater Dei		2016
39.48	*Ryan Whites (Estancia)		2006	42.23	Mission Viejo		2014
39.52	Jack Fairchild (Crean Lutheran)		2022	42.23	Mission Viejo		2019

400 meter Intermediate Hurdles

52.33	Trevor Jones (Newport)		2000	42.24	Cypress		2004
53.21	Steve Kerho (Mission Viejo)		1982	42.25	Tesoro		2019
54.36	Peyton Kilheffer (Brea)		2021	42.26	Servite		2016
54.49	Matt Willis (Servite)		2002	42.26	Mater Dei		2013
56.17	*Cullan Riser (Orange Lutheran)		2012	42.28	San Juan Hills		2019
57.59	Kyle Kimble (Servite)		2019	42.28	San Juan Hills		2019

4 x 100 meter Relay

41.10+	SA Valley	41.2y	1971	42.29	Mission Viejo		2020
41.24	Trabuco Hills		2018	42.29	Servite		2008
41.29+	Santa Ana	41.4y	1970	42.30	San Clemente		2011
	(State Champion)			42.30	Santa Margarita		2016
41.33	Los Alamitos		2022	42.31	Santa Margarita		1996
41.40	Trabuco Hills		2019	42.31	Servite		2011
41.48	Tustin		1997	42.31	Corona Del Mar		2012
41.56	Woodbridge		2015	42.32	Esperanza		1994
41.57	Mission Viejo		2006	42.32	Trabuco Hills		2011
41.57	Aliso Niguel		2019	42.33	Santa Margarita		2001
41.57	Mater Dei		2021	42.33	Santa Margarita		2018
41.61	Mission Viejo		2017	42.33	Santa Margarita		2018
41.69+	Santa Ana	41.8y	1968	42.35	Mater Dei		2012
41.70	Orange Lutheran		2009	42.36	Trabuco Hills		2016
41.71	Cypress		2005	42.37	Mission Viejo		2016
41.74	Servite		2017	42.38	SA Valley		1985
41.75	Aliso Niguel		2007	42.39	Fountain Valley		1998
41.78+	SA Valley	42.03y	1978	42.39	Santa Margarita		2015
41.78	Dana Hills		2008	42.3h	Marina		1984
41.79	Mater Dei		2014	42.43	Mater Dei		2015
41.83	Mission Viejo		2007	42.43	Mission Viejo		2004
41.85	Mater Dei		2020	42.37	Corona del Mar		2014
41.86	SA Valley		1984	42.37	Loara	42.5y	1971
41.86	Los Alamitos		2003	42.39+	Santa Ana	42.5y	1973
41.88	Trabuco Hills		2017	42.39+	Edison		1999
41.89	Woodbridge		2014	42.40	Savanna		2006
41.90	Los Alamitos		2012	42.41	Mission Viejo		2010
41.91	Cypress		2003	42.42	SA Valley		1992
41.94	Mater Dei		2019	42.46	Tustin		2000
41.97	Santa Margarita		2017	42.46	Santa Margarita		2000
41.99+	Anaheim	42.1y	1972	42.47	Los Alamitos		2004
41.99	Los Alamitos		2011	42.47	S A Valley	42.72y	1980
42.00	Esperanza		1995	42.48+	Capo Valley		1988
42.00	Irvine		2021	42.48	Valencia		1992
42.00	Edison		2001	42.48	Irvine		2011
42.02	Servite		2022	42.48	Fountain Valley		2017
42.04	Garden Grove		1996	42.48	Tesoro		2022
42.05	SA Valley		1986	42.49+	Mater Dei	42.6y	1967
42.05	Mission Viejo		2013	42.49+	Garden Grove	42.6y	1972
42.06	Marina		1985	42.49+	SA Valley	42.6y	1973
42.06	Los Alamitos		2002	42.49+	SA Valley	42.6y	1974
42.06	Servite		2003	42.49+	SA Valley	42.6y	1976
42.09+	Santa Ana	42.2y	1969	42.49	Mission Viejo		2012
42.09+	Loara	42.2y	1970	42.50	Esperanza		2010
42.09	Esperanza		2005	42.51	Esperanza		1993
42.09	Orange Lutheran		2008	42.51	Canyon		2009
42.09	Mater Dei		2008	42.51	Servite		2010
42.10	Pacifica		2011	42.53	Aliso Niguel		2015
42.12	Servite		2009	42.54c	Capo Valley	42.4	1989
42.13	Aliso Niguel		2018	42.54	Woodbridge		1994
42.14c	Mission Viejo	42.0	2008	42.54	Santa Margarita		2014
42.15	Mission Viejo		2018	42.54	Marina		2016
				42.55	Trabuco Hills		2010

42.56	Santa Margarita		2002	42.89+	Brea	43.0y	1970
42.56	Mission Viejo		2005	42.89+	SA Valley	43.0y	1972
42.56	Orange Lutheran		2022	42.89+	Corona del Mar	43.0y	1972
42.57	Yorba Linda		2022	42.89+	Los Alamitos	43.0y	1975
42.58	Los Alamitos		2014	42.89+	Villa Park	43.0y	1977
42.59	Mater Dei		2018	42.89+	Ocean View	43.0y	1981
42.60	Tesoro		2014	42.89+	Katella	43.0y	1981
42.60	Aliso Niguel		2021	42.89	Esperanza		1990
42.61	Mission Viejo		1992	42.89	Irvine		2001
42.61	Edison		2000	42.90	Mater Dei		1991
42.61	Santa Margarita		2021	42.90	Fountain Valley		1997
42.62	Saddleback		1991	42.90	San Clemente		2018
42.63	SA Valley		1983	42.90	Edison		2020
42.63	Woodbridge		1992	42.91	Troy		2000
42.63	Mater Dei		1998	42.91	Edison		2002
42.63	Dana Hills		2006	42.92	Foothill		1992
42.63	Tesoro		2018	42.92	El Modena		2008
42.64c	Edison	42.5	1980	42.92	Trabuco Hills		2009
42.65	Los Alamitos		2010	42.92	Los Alamitos		2019
42.65	Santa Margarita		2012	42.93	Dana Hills		2013
42.65	Woodbridge		2013	42.94	Villa Park		1983
42.66	Trabuco Hills		2022	42.94c	Saddleback	42.8	1985
42.67	Fountain Valley		2008	42.94	Irvine		2000
42.67	Servite		2018	42.95	Brea		1998
42.68	Mission Viejo		2022	42.95	El Toro		2012
42.69	Mission Viejo		1986	42.95	Woodbridge		2018
42.69+	Garden Grove	42.8y	1970	42.96	Saddleback		1984
42.69+	Fountain Valley	42.8y	1970	42.96	Santa Margarita		1997
42.69+	Sunny Hills	42.8y	1974	42.96	Los Alamitos		2001
42.69+	Newport	42.8y	1978	42.96	Cypress		2002
42.69	Tesoro		2021	42.96	San Clemente		2009
42.70	Savanna		2003	42.96	Servite		2013
42.70	San Clemente		2008	42.96	Corona del Mar		2022
42.71	Mission Viejo		2003	42.97	Sonora		2011
42.72	Santa Margarita		1999	42.97	Aliso Niguel		2012
42.72	Fountain Valley		2016	42.98	Edison		2019
42.72	Orange Lutheran		2016	42.99+	Lowell	43.1y	1968
42.72	Orange Lutheran		2019	42.99+	Marina	43.1y	1971
42.73	Mission Viejo		2021	42.99+	Kennedy	43.1y	1972
42.74	Katella		1986	42.99+	Santa Ana	43.1y	1973
42.74	Dana Hills		1994	42.99	Santa Margarita		1995
42.75	Mater Dei		1997	42.99	Huntington Beach		2011
42.76	Laguna Hills		2003	42.99	Canyon		2019
42.76	Edison		2012	43.00	El Toro		1997
42.76	Los Alamitos		2017	43.00	Savanna		2004
42.77	Canyon		2008	43.00	Western		2011
42.77	Orange Lutheran		2011	43.00	Laguna Hills		2012
42.78	San Clemente		2010	43.00	Los Alamitos		2013
42.79+	Saddleback	42.9y	1975	43.00	Servite		2014
42.80	Woodbridge		2016	43.00	Mission Viejo		2015
42.80	Irvine		2019	43.00	Aliso Niguel		2017
42.80	Canyon		2022	43.01	Corona del Mar		1994
42.81	Orange Lutheran		2018	43.01	Irvine		1995
42.82	Laguna Hills		2008	43.01	Dana Hills		1995
42.82	Irvine		2016	43.01	Mission Viejo		2002
42.82	Trabuco Hills		2021	43.01	Orange Lutheran		2012
42.83	Mission Viejo		1997	43.01	Santa Margarita		2013
42.83	San Juan Hills		2022	43.02	Dana Hills		2009
42.84c	Corona del Mar	42.7	1983	43.02	Western		2019
42.84c	Saddleback	42.7	1983	43.03+	Irvine	43.28y	1980
42.84	Woodbridge		1993	43.03	Anaheim		1996
42.84	Servite		1999	43.03	Fountain Valley		2009
42.85	Brea		1995	43.04	SA Valley		1988
42.85	Mater Dei		1996	43.04c	Saddleback	42.9	1990
42.85	Corona del Mar		2013	43.04c	Irvine	4.29	1996
42.86	Huntington Beach		2012	43.04	Dana Hills		2016
42.87	Katella		1985	43.05	Orange Lutheran		2013
42.87	Trabuco Hills		2001	43.05	Aliso Niguel		2020
42.87	Trabuco Hills		2004	43.07	El Toro		1987
42.87	Beckman		2014	43.07	Dana Hills		2005
42.86	Tesoro		2011	43.07	Mater Dei		2010
42.88	Mater Dei		2011	43.07	Brea		2019
42.88	University		2017	43.08	Los Alamitos		2021
42.89+	SA Valley	43.0y	1966	43.09+	El Modena	43.2y	1970
42.89+	Loara	43.0y	1969	43.09+	Santiago	43.2y	1970

43.09+	Fountain Valley	43.2y	1971	43.24c	Calvary Chapel	43.1	1996
43.09+	Katella	43.2y	1971	43.24c	San Clemente		2007
43.09+	Edison	43.2y	1975	43.24	Anaheim		1984
43.09+	Loara	43.2y	1975	43.24	Saddleback		1994
43.09+	La Habra	43.2y	1975	43.24	Trabuco Hills		2000
43.09+	Savanna	43.2y	1975	43.24	Villa Park		2011
43.09+	Loara	43.2y	1981	43.24	Los Alamitos		2018
43.09+	El Modena	43.2y	1982	43.25	Esperanza		1991
43.09	Esperanza		1985	43.25	Katella		1999
43.09	Irvine		1986	43.25	Edison		2005
43.09	Trabuco Hills		1987	43.25	Orange Lutheran		2006
43.09+	Buena Park	43.2y	1990	43.26	Edison		1998
43.10	Esperanza		2004	43.27	Capo Valley		1990
43.10	Tustin		2012	43.27	Tustin		1996
42.10	Edison		2018	43.27	Woodbridge		2017
43.10	Tesoro		2020	43.28	Edison		2013
43.11	SA Valley		1982	43.29+	Los Alamitos	43.4y	1989
43.11	Foothill		1991	43.29+	Katella	43.4y	1975
43.11	El Modena		2007	43.29+	SA Valley	43.4y	1975
43.11	Fountain Valley		2010	43.29+	El Modena	43.4y	1986
43.11	Dana Hills		2017	43.30	Mission Viejo		1999
43.11	Woodbridge		2019	43.30	Trabuco Hills		2015
43.12	Buena Park		1993	43.31	Esperanza		1997
43.12	Kennedy		1999	43.31	Valencia		2019
43.12	J Serra		2015	43.32	Newport		2001
43.12	Marina		2019	43.32	Servite		2019
43.12	Santa Margarita)		2019	43.33	San Juan Hills		2014
43.13	Edison		1997	43.33	Beckman		2022
43.13	Los Alamitos		2006	43.34c	Ocean View	43.2	1982
43.13	Laguna Hills		2019	43.34c	Saddleback	43.2	1982
43.13	Orange Lutheran		2021	43.34c	Mission Viejo	43.2	1988
43.14c	Anaheim	43.0	1985	43.34c	Marina	43.2	1983
43.14c	El Modena	43.0	1992	43.34c	Tustin	43.2	1990
43.14c	El Toro	43.0	2002	43.34c	Katella	43.2	1997
43.14c	Aliso Niguel	43.0	2008	43.34c	Canyon	43.2	2001
43.14	Huntington Beach		2010	43.34c	Los Alamitos	43.2	2008
43.14	Laguna Hills		2011	43.34	Servite		2020
43.14	Trabuco Hills		2020	43.35	Corona del Mar		2010
43.15	Sunny Hills		1995	43.35	San Juan Hills		2012
43.15	Canyon		2020	43.35	El Modena		2013
43.15	Edison		2022	43.36	Mater Dei		2017
43.16	Woodbridge		1998	43.37	Cypress		1992
43.16	Mission Viejo		2001	43.37	Beckman		2019
43.16	Irvine		2010	43.38	Dana Hills		1984
43.16	Laguna Hills		2017	43.38	Valencia		1986
43.17	Katella		1984	43.38	Los Alamitos		1994
43.17	Woodbridge		1999	43.38	Esperanza		1996
43.17	Trabuco Hills		2013	43.38	Tustin		2008
43.17	El Modena		2014	43.38	Yorba Linda		2016
43.18	San Clemente		2006	43.38	Edison		2021
43.18	Tesoro		2012	43.39	Fountain Valley		1988
43.18	Fountain Valley		2015	43.39	San Clemente		1990
43.19+	Newport	43.3y	1975	43.39	Savanna		2008
43.19+	SA Valley	43.3y	1987	43.39	University		2016
43.19	Servite		1996	43.40	Foothill		1990
43.19	El Toro		1999	43.40	El Toro		1998
43.19	San Juan Hills		2013	43.40	Dana Hills		1999
43.19	Aliso Niguel		2016	43.40	Tustin		2009
43.20	Rancho Alamitos		1990	43.41	San Clemente		1989
43.20	Trabuco Hills		1999	43.41	Mission Viejo		1994
43.20	Santa Margarita		2005	43.41	Huntington Beach		2008
43.20	Dana Hills		2015	43.41	Woodbridge		2010
43.20	El Toro		2021	43.42	Esperanza		2011
43.21	Marina		1986	43.42	Servite		2012
43.21	Kennedy		2001	43.42	San Juan Hills		2020
43.21	Los Alamitos		2005	43.43	Pacifica		2010
43.21	Esperanza		2009	54.43	Santa Margarita		2020
43.21	Aliso Niguel		2009	43.44c	Irvine	43.3	1981
43.21	Los Alamitos		2016	43.44c	Estancia	43.3	1986
43.21	Aliso Niguel		2022	43.44	Marina		1990
43.22	Santa Margarita		2008	43.44c	Rancho Alamitos	43.3	1991
43.22	Sonora		2012	43.44	Mater Dei		2001
43.22	Dana Hills		2018	43.44c	Esperanza	43.3	2008
43.24c	Corona del Mar	43.1	1980	43.44	Fullerton		2010
43.24c	Capo Valley		2008	43.44	Marina		2021

43.44	Villa Park		2022	3:16.06	Aliso Niguel		2017
43.45	Anaheim		1986	3:16.34	Mission Viejo		2004
43.45	Northwood		2016	3:16.40	Los Alamitos		2004

4 x 220 yard Relay

1:26.8	Bolsa Grande		1966	3:16.5 +	Fountain Valley	3:17.7y	1970
1:27.2	Santa Ana		1972	3:16.80	Mater Dei		2010
1:27.66c	Trabuco Hills	1:28.17	2017	3:16.80	Dana Hills		2018
1:27.9	Mater Dei		1967	3:16.91	Woodbridge		2015
1:28.4	SA Valley		1967	3:16.92	SA Valley		1986
1:28.5	Santa Ana		1956	3:17.28	Servite		2008
1:28.5	La Habra		1965	3:17.30	Trabuco Hills		2009
1:28.5	SA Valley		1977	3:17.34	Mater Dei		2011
1:28.7	Valencia		1966	3:17.46	Santa Margarita		2000
1:29.0	SA Valley		1964	3:17.57	Woodbridge		2014
1:29.0	Bolsa Grande		1965	3:17.72	Buena Park	3:19.0y	1972
1:29.00c	Orange Lutheran	1:28.48m	2009	3:17.72	Tesoro		2019
1:29.1	Santa Ana		1954	3:17.80	Corona del Mar		2012
1:29.10c	Orange Lutheran	1:28.58m	2008	3:17.84	Valencia		1991
1:29.18	Servite		2011	3:17.85	Valencia		1992
1:29.28	Orange Lutheran		2013	3:17.9 +	Garden Grove	3:19.2y	1970
1:29.3	Santa Ana		1938	3:17.9 +	Edison	3:19.2y	1975
	<i>(State Champion)</i>			3:17.92	Newport	3:19.2y	1977
1:29.5	Santa Ana		1969	3:18.12	Villa Park		1996
1:29.52c	Garden Grove	1:29.0m	1996	3:18.3 +	Newport	3:19.6y	1972
1:29.52c	Trabuco Hills	1:29.40m	2022	3:18.3 +	Los Alamitos	3:19.6y	1975
1:29.6	Santa Ana		1966	3:18.34	Cypress		2006
1:29.7	La Habra		1966	3:18.4 +	Bolsa Grande	3:19.7y	1966
1:29.7	Esperanza		1995	3:18.53	Foothill		1991
1:29.8	Santa Ana		1927	3:18.65	Dana Hills		2005
1:29.89	Valencia		1992	3:18.68	Servite		2011
1:29.9	Laguna Beach		1948	3:18.7 +	Western	3:20.0y	1972
1:29.9	Santa Ana		1953	3:18.82	Orange Lutheran		2007
1:29.9	Tustin		1960	3:18.82	Tustin		1997
1:29.9	Anaheim		1965	3:18.98	Trabuco Hills		2017
1:29.9	SA Valley		1992	3:18.98	Santa Ana	3:20.4y	1971
1:29.98	Edison		1999	3:19.1 +	Newport	3:20.5y	1974
1:30.0	Villa Park		1977	3:19.2 +	Santa Margarita		1998
1:30.0c	Cypress	1:29.4m	2006	3:19.23	Trabuco Hills		2015
1:30.1	Newport		1967	3:19.29	Edison		2005
1:30.1	Saddleback		1991	3:19.32	Edison		1989
1:30.11c	Dana Hills	1:29.58m	2008	3:19.34	Fountain Valley		1982
1:30.16c	Fountain Valley	1:29.63m	2008	3:19.46	El Modena		1982
1:30.2	Corona del Mar		1972	3:19.47	Orange Lutheran		2018
1:30.21	Mission Viejo		2020	3:19.49	Mater Dei		2013
1:30.28	Mission Viejo		2011	3:19.54	Mission Viejo		2013
1:30.42	Dana Hills		2013	3:19.60	Dana Hills		2013
1:30.45	Valencia		1991	3:19.64	Woodbridge		1989
1:30.51	San Jian Hills		2020	3:19.68	Servite		1999
1:30.62c	Mater Dei	1:30.09m	2008	3:19.82	Dana Hills		1984
1:30.68	Aliso Niguel		2020	3:19.83	Savanna	3:21.2y	1970
				3:19.9 +	Santa Ana	3:21.2y	1970
1:31.2	Santa Ana		1938	3:19.9 +	Tustin	3:21.3y	1969
	<i>(State Champion)</i>			3:20.0 +	Santa Ana	3:21.3y	1973
				3:20.00	Esperanza		1984
				3:20.04	Mission Viejo		2016
				3:20.06	Santa Margarita		2008
				3:20.1 +	Lowell	3:21.4y	1969
				3:20.10	Aliso Niguel		2019
3:13.8 +	Santa Ana	3:15.0y	1972	3:20.16	Dana Hills		2010
3:13.98	Orange Lutheran		2008	3:20.21	SA Valley		1992
3:14.53	Orange Lutheran		2009	3:20.23	Irvine		2010
	<i>(State Champion)</i>			3:20.26	Newport		2000
3:14.68	Aliso Niguel		2018	3:20.26	Mater Dei		2012
3:14.99	Foothill		1993	3:20.27	Esperanza		1983
3:15.10	Foothill		1992	3:20.32	Edison		1998
3:15.19	Santa Margarita		2002	3:20.4 +	Santa Ana	3:21.7y	1974
3:15.5 +	Newport	3:16.7y	1975	3:20.41	Mater Dei		2018
3:15.65	Trabuco Hills		2019	3:20.43	Trabuco Hills		2016
3:15.70	Santa Margarita		2001	3:20.49	Dana Hills		2017
3:15.79	Foothill		1994	3:20.52	Woodbridge		2013
3:15.81	Trabuco Hills		2004	3:20.55	Edison		2019
3:15.94	Santa Margarita		2003	3:20.57	Canyon		2008
3:15.96	Woodbridge		2010	3:20.59	Dana Hills		2014
3:16.0 +	Newport	3:17.2y	1978	3:20.62	Trabuco Hills		1998
3:16.02	Cypress		2005	3:20.71	Servite		2015

4 x 400 meter Relay

3:13.8 +	Santa Ana	3:15.0y	1972	3:20.16	Aliso Niguel		2019
3:13.98	Orange Lutheran		2008	3:20.21	Dana Hills		2010
3:14.53	Orange Lutheran		2009	3:20.23	SA Valley		1992
	<i>(State Champion)</i>			3:20.26	Irvine		2010
3:14.68	Aliso Niguel		2018	3:20.26	Newport		2000
3:14.99	Foothill		1993	3:20.27	Mater Dei		2012
3:15.10	Foothill		1992	3:20.32	Esperanza		1983
3:15.19	Santa Margarita		2002	3:20.4 +	Edison		1998
3:15.5 +	Newport	3:16.7y	1975	3:20.41	Santa Ana	3:21.7y	1974
3:15.65	Trabuco Hills		2019	3:20.43	Mater Dei		2018
3:15.70	Santa Margarita		2001	3:20.49	Trabuco Hills		2016
3:15.79	Foothill		1994	3:20.52	Dana Hills		2017
3:15.81	Trabuco Hills		2004	3:20.55	Woodbridge		2013
3:15.94	Santa Margarita		2003	3:20.57	Edison		2019
3:15.96	Woodbridge		2010	3:20.59	Canyon		2008
3:16.0 +	Newport	3:17.2y	1978	3:20.62	Dana Hills		2014
3:16.02	Cypress		2005	3:20.71	Trabuco Hills		1998
					Servite		2015

3:20.73	Orange Lutheran		2013	3:22.68	Esperanza		1989
3:20.73	Woodbridge		2016	3:22.71	Mater Dei		1981
3:20.74	Santa Margarita		1997	3:22.71	Canyon		1989
3:20.76	Los Alamitos		2003	3:22.71	Santa Margarita		2019
3:20.78	Dana Hills		2019	3:22.73	Los Alamitos		1983
3:20.80	Santa Margarita		2005	3:22.76	University		1981
3:20.83	Servite		2019	3:22.80	Irvine		1987
3:20.84	Mission Viejo		2002	3:22.80	Cypress		1993
3:20.87	Woodbridge		2017	3:22.80	Orange Lutheran		2006
3:20.89	Mission Viejo		2010	3:22.81	Costa Mesa		1982
3:20.98	Mission Viejo		2005	3:22.81	Woodbridge		2009
3:21.0 +	SA Valley	3:22.2y	1969	3:22.82	Esperanza		2000
3:21.11	Woodbridge		1992	3:22.82	Trabuco Hills		2013
3:21.12	Mater Dei		2009	3:22.85	Mission Viejo		2019
3:21.15	Mater Dei		2014	3:22.88	Edison		2001
3:21.16	Santa Margarita		1999	3:22.93	Trabuco Hills		2010
3:21.17	Villa Park		1983	3:23.0	El Modena		1981
3:21.18	Dana Hills		2008	3:23.00	Edison		1997
3:21.22	Tesoro		2010	3:23.09	Mission Viejo		2006
3:21.38	Los Alamitos		2015	3:23.09	Los Alamitos		2008
3:21.4 +	Westminster	3:22.7y	1973	3:23.09	Trabuco Hills		2011
3:21.4 +	Marina	3:22.7y	1976	3:23.10	Estancia		1986
3:21.4 +	Villa Park	3:22.7y	1977	3:23.13	Esperanza		1982
3:21.49	Dana Hills		2009	3:23.13	Mission Viejo		2014
3:21.49	Santa Margarita		2016	3:23.16	Rancho Alamitos		1984
3:21.5 +	Lowell	3:22.8y	1970	3:23.18	Villa Park		1985
3:21.5 +	University	3:22.8y	1980	3:23.18	Santa Margarita		1996
3:21.51	Anaheim		1984	3:23.23	Irvine		1986
3:21.56	Tustin		2012	3:23.24	Mission Viejo		2003
3:21.58	Mater Dei		1983	3:23.31	Servite		1986
3:21.60	Saddleback		1992	3:23.32	Katella		1983
3:21.6 +	Buena Park	3:22.9y	1971	3:23.33	University		1982
3:21.62	Trabuco Hills		2003	3:23.34	Dana Hills		2020
3:21.67	Mission Viejo		1985	3:23.36	Fountain Valley		2016
3:21.68	Corona del Mar		2013	3:23.39	Savanna		1997
3:21.7 +	Newport	3:23.0y	1973	3:23.42	Los Alamitos		2014
3:21.74	Trabuco Hills		2018	3:23.45	Esperanza		1991
3:21.75	Trabuco Hills		1999	3:23.45	Saddleback		1994
3:21.81	Dana Hills		1983	3:23.45	Mission Viejo		2009
3:21.85	Canyon		2009	3:23.46	Corona del Mar		1984
3:21.87	Aliso Niguel		2008	3:23.47	Huntington Beach		1990
3:21.88	SA Valley		1997	3:23.48	Dana Hills		2001
3:21.9 +	Estancia	3:23.2y	1976	3:23.49	Newport		1987
3:21.91	Edison		2014	3:23.5	Costa Mesa		1981
3:21.92	Woodbridge		2019	3:23.50	Katella		1989
3:21.96	Dana Hills		2012	3:23.50	Huntington Beach		2008
3:21.98	Aliso Niguel		2015	3:23.50	Servite		2013
3:22.04	Fountain Valley		1993				
3:22.04	Mission Viejo		2018				
3:22.06	Marina		1984				
3:22.09	Dana Hills		2011	3:26.1 +	La Habra	3:27.4y	1961
3:22.09	Woodbridge		2018	3:26.36	Los Alamitos		2016
3:22.1 +	Mission Viejo	3:23.4y	1975	3:26.7 +	Orange	3:27.9y	1961
3:22.1	Corona del Mar		1983	3:26.8 +	La Habra	3:28.5y	1962
3:22.2 +	Villa Park	3:23.5y	1976	3:27.24	Tesoro		2019
3:22.2 +	El Dorado	3:23.5y	1978	3:27.33	El Modena	3:27.4y	1982
3:22.21	Servite		2021	3:27.64	Loa Alamitos		2015
3:22.23+	Edison	3:23.41y	1980	3:27.64	Mission Viejo		2018
3:22.25	Katella		1988	3:29.27	Los Alamitos		2018
3:22.27	Mater Dei		2008	3:29.29	Tesoro		2018
3:22.27	Santa Margarita		2018	3:30.19	Los Alamitos		2017
3:22.28	Esperanza		1993	3:30.5 +	Sunny Hills	3:31.8y	1974
3:22.3 +	Newport	3:23.5y	1969	3:30.5 +	El Modena	3:31.8y	1977
3:22.30	Santa Margarita		2014	3:30.57	Dana Hills		2010
3:22.34	Edison		2013	3:30.61	Mater Dei		2013
3:22.40	Los Alamitos		2005	3:30.67	Dana Hills		2009
3:22.41	Orange		1983	3:31.76	Dana Hills		2014
3:22.41	Mission Viejo		2012	3:31.87	El Toro		2009
3:22.42	Aliso Niguel		2009	3:32.6	Katella		1980
3:22.5 +	El Dorado	3:23.8y	1980	3:32.7 +	Orange	3:34.0y	1963
3:22.50	El Dorado		1987	3:30.30	Trabuco Hills		1987
3:22.56	Los Alamitos		2001	3:33.36	San Juan Hills		2013
3:22.56	Woodbridge		2011	3:33.38	Mission Viejo		2020
3:22.59	Corona del Mar		2011	3:33.89	Dana Hills		2008
3:22.65	Servite		2022	3:33.96	Mission Viejo		2014
3:22.67	Servite		2016	3:34.11	Tesoro		2016

Sprint Medley

3:34.14	Los Alamitos	2019	10:14.08	Dana Hills	2008
3:34.27	Los Alamitos	2013	10:14.6 +	La Habra	10:18.2y 1968
3:34.57	El Modena	1994	10:14.65	Corona del Mar	2012
3:34.59	San Juan Hills	2014	10:15.06	El Modena	1981
3:34.72	Santa Margarita	2022	10:15.63	El Toro	2011
3:35.08	Trabuco Hills	2019	10:15.65	Dana Hills	2017
3:35.21	Servite	2022	10:15.92	Newport	1999
3:35.63	El Toro	2003	10:15.96	Dana Hills	2014
3:35.66	Edison	2021	10:16.1 +	Mission Viejo	10:19.6y 1974
3:35.80	Trabuco Hills	2010	10:16.21	El Modena	1983
			10:16.96	El Toro	2012
			10;17.2 +	Garden Grove	10:20.8y 1972
			10:17.2 +	Loara	10:20.8y 1975
			10;17.4 +	Westminster	10:21.1y 1967
			10:17.73	El Toro	2002
			10:17.88	Corona del Mar	1987
			10:17.93	Edison	2005
			10:18.2 +	Mission Viejo	10:21.8y 1975
			10:18.68	El Toro	2008
			10:18.73	Villa Park	1986
			10:18.78	Mission Viejo	2018
			10:19.0 +	Loara	10:22.6y 1974
			10:19.29	El Toro	2009
			10:19.39	Dana Hills	2019
			10:19.4	El Modena	1984
			10:19.5 +	La Habra	10:23.2y 1967
			10:20.4 +	Westminster	10:24.0y 1965
			10:20.75	Esperanza	2010
			10:20.85	Santa Ana	2007
			10:21.2	Edison	1980
			10:21.24	El Toro	2013
			10:21.4 +	Santiago	10:25.0y 1965
			10:24.54	Edison	2013
			10:21.71	Villa Park	1985
			10:21.79	Newport	2008
			10:21.87	Mater Dei	1983
			10:21.92	Santa Margarita	2007
			10:22.14	Woodbridge	2011
			10:22.30	Brea	2014
			10:22.40	Mission Viejo	2017
			10:22.5 +	Buena Park	10:26.1y 1977
			10:22.68	Corona del Mar	1984
			10:22.68	Orange	2003
			10:22.69	Brea	2016
			10:22.8 +	Mission Viejo	10:26.4y 1977
			10:22.82	Beckman	2021
			10:23.1 +	Corona del Mar	10:26.8y 1975
			10:23.5 +	Sunny Hills	10:27.2y 1974
			10:23.70	Esperanza	2003
			10:23.8 +	Foothill	10:27.5y 1978
			10:24.51	El Toro	2003
			10:24.54	Edison	2013
			10:24.6 +	Corona Del Mar	10:28.3y 1985
			10:24.7	Costa Mesa	10:28.4y 1977
			10:24.8 +	Valencia	10:28.5y 1977
			10:24.82	Mater Dei	1989
			10:25.03	El Toro	2007
			10:25.09	Dana Hills	2003
			10:25.4 +	Edison	1981
			10:25.40	Corona del Mar	1986
			10:25.64	El Modena	2014
			10:25.8 +	Lowell	10:29.4y 1963
			10:26.11	Mission Viejo	2014
			10:26.41	Dana Hills	2002
			10:26.49	La Habra	1986
			10:26.60	Trabuco Hills	2010
			10:27.2 +	Villa Park	10:30.8y 1983
			10:27.2	University	1980
			10:27.20	Tesoro	2021
			10:27.77	Santa Margarita	2006
			10:27.81	Servite	2010

4 x 800 meter Relay

7:40.30	Dana Hills	2009			
7:45.10	Dana Hills	2013			
7:45.2 +	Tustin	7:48.0y 1965			
7:46.4 +	Mission Viejo	7:49.2y 1973			
7:47.48	Corona del Mar	2012			
7:48.4	El Modena	1981			
7:49.49	Dana Hills	2008			
7:51.27	Mission Viejo	2013			
7:51.4 +	Orange	7:54.2y 1962			
7:51.51	Santa Margarita	2007			
7:52.10	Dana Hills	2005			
7:52.11	Servite	2008			
7:52.25	Mision Viejo	1985			
7:52.3 +	Magnolia	7:55.1y 1963			
7:52.4 +	Loara	7:59.1y 1975			
7:42.48	Dana Hills	2018			
7:52.83	El Toro	2006			
7:53.04	Valencia	2009			
7:53.2	Lowell	1965			
7:53.7	Edison	1989			
7:54.12	Dana Hills	2012			
7:54.4	Edison	1980			
7:54.04	Edison	2004			
7:54.7	Corona del Mar	1989			
7:55.1	Mater Dei	1982			
7:55.1	Katella	1982			
7:55.12	Marina	2010			
7:55.43	Servite	2010			
7:55.77	Villa Park	1983			
7:55.80	Irvine	1985			
7:56.07	Dana Hills	2010			
7:56.10	Marina	2011			
7:56.2	Magnolia	1964			
7:56.3 +	Villa Park	7:59.1y 1972			
7:56.34	Dana Hills	2014			
7:56.35	Capo Valley	1989			
7:56.59	Brea	2011			
7:56.6 +	Estancia	7:59.4y 1977			
7:57.67	Esperanza	2002			
7:57.87	Esperanza	2011			
7:58.21	El Toro	2007			
7:58.37	Brea Olinda	1994			
7:58.84	Santa Margarita	2003			
7:58.94	Esperanza	2003			
7:59.0	University	1980			
7:59.08	Dana Hills	2011			
7:59.2	El Dorado	1982			
7:59.21	Fountain Valley	2001			
7:59.33	Dana Hills	2002			
7:59.82	Marina	2005			
7:59.86	Dana Hills	2007			
7:59.9	Edison	1981			

Distance Medley

9:58.76	Dana Hills	2010			
10:01.50	Dana Hills	2009			
10:03.24	Trabuco Hills	2008			
10:06.73	Dana Hills	2015			
10:08.02	Dana Hills	2011			
10:08.4 +	El Modena	10:12.0y 1970			
10:08.50	Dana Hills	2013			
10:09.71	Corona del Mar	1989			
10:12.4 +	Laguna Beach	10:16.0y 1976			
10:13.41	Mission. Viejo	1998			
10:13.50	Esperanza	2011			

4 x 1500 meter Relay

16:23.1	University	1981
16:23.3	El Modena	1980

16:25.5	El Modena	1982
16:33.3	University	1985
16:36.2	Mater Dei	1982
16:37.4	El Dorado	1983
16:37.8	University	1982
16:41.3	University	1983
16:44.2	El Modena	1985
16:50.6	Tustin	1982
16:50.8	El Dorado	1982

4 x 1600 meter Relay

17:12.60	Trabuco Hills	2012
17:13.71	Dana Hills	2016
17:15.78	Dana Hills	2015
17:21.55+	Dana Hills	17:27.63y 2010
17:21.67+	Dana Hills	17:27.75y 2009
17:22.74+	Laguna Beach Canyon	17:28.82y 2019
17:23.26	Canyon	2015
17:25.60	Dana Hills	2011
17:28.79	Trabuco Hills	2011
17:31.6 +	Foothill	17:37.8y 1975
17:32.25	Dana Hills	2014
17:34.7 +	Villa Park	17:40.9y 1979
17:34.8 +	Marina	17:41.0y 1973
17:34.86	Dana Hills	2019
17:36.62	Valencia	2009
17:37.73+	Marina	17:43.90y 2006
17:38.9	Corona del Mar	1987
17:39.51+	El Toro	17:45.70y 2009
17:39.8 +	Edison	17:46.0y 1976
17:40.3 +	Fountain Valley	17:46.5y 1978
17:40.8 +	Loara	17:47.0y 1975
17:41.0 +	Mission Viejo	17:47.2y 1973
17:41.4 +	Lowell	17:47.6y 1975
17:41.6 +	Corona del Mar	17:47.8y 1975
17:42.8 +	Westminster	17:49.0y 1965
17:43.2 +	Tustin	17:49.4y 1965
17:43.2 +	Costa Mesa	17:49.4y 1977
17:44.74	Canyon	2016
17:44.77	Dana Hills	1989
17:44.77	Tesoro	2015
17:45.25	El Toro	2012
17:45.80	Dana Hills	2012
17:46.07	Orange	2003
17:46.7 +	Corona del Mar	17:53.0y 1980
17:47.3 +	Costa Mesa	17:53.6y 1978
17:47.36+	El Toro	17:53.59y 2007
17:47.94	Mater Dei	1989
17:48.07+	El Toro	17:54.30y 2006
17:48.9 +	Sunni Hills	17:55.2y 1973
17:49.0 +	Marina	17:55.3y 1978
17:49.52	Mission Viejo	2017
17:49.67	Newport	2019
17:50.6 +	Westminster	17:56.9y 1966
17:50.87	San Clemente	2022
17:50.97+	El Toro	17:57.22y 2008
17:51.39	Katella	1999
17:52.11+	Valencia	17:58.36y 2006
17:52.14	El Toro	2002
17:52.4 +	Orange	17:58.7y 1981
17:52.85	Trabuco Hills	2017
17:53.0 +	Foothill	17:59.3y 1977
17:53.2 +	Corona del Mar	17:59.5y 1978
17:53.8 +	Orange	18:00.1y 1980
17:53.9 +	Costa Mesa	18:00.2y 1972
17:53.9 +	Villa Park	18:00.2y 1975
17:54.20	Tesoro	2016
17:54.37	Trabuco Hills	2013
17:54.75	Fountain Valley	2014
17:55.8	Corona del Mar	1979
17:56.2 +	Villa Park	18:02.5y 1980
17:56.24	Fountain Valley	2013
17:56.3 +	Fountain Valley	18:02.6y 1980
17:57.36	Corona del Mar	2013
17:56.7 +	Fountain Valley	18:03.0y 1981

17:57.3 +	Loara	18:03.6y 1973
17:57.33 +	Brea	18:03.62y 2010
17:57.48	Santa Margarita	2007
17:58.05	El Toro	2011
17:58.7 +	El Modena	18:05.0y 1980

High Jump

7-3	Sean Lee (Trabuco Hills)	2018
	<i>(State Champion '17 & '18 - '15 & '16 medalist)</i>	
7-2.5	Harrison Steed (J Serra)	2010
7-2	Elliott Parks (El Toro)	1997
	<i>(State Champion)</i>	
7-1	Kevin Carlson (Katella)	1991
	<i>(State Champion)</i>	
7-0.5	* TJ Fakehinde (Eastside Chr)	2002
7-0	Brian Carlson (Katella)	1993
7-0	Cory Johnson (Los Alamitos)	1996
6-11.75	Doug Dreibelbis (Foothill)	1983
6-11.5	Alex Marbley (Tustin)	2001
6-11	Brad Harris (Los Alamitos)	1978
6-11	Jay Thorson (Laguna Beach)	1981
6-11	* Terry Mann (Sunny Hills)	1991
6-11	Daniel Kirkpatrick (Trabuco Hills)	2007
	<i>(State Champion)</i>	
6-11	Cody Crampton (Canyon)	2012
	<i>(State Champion)</i>	
6-10.75	Cary Burt (Huntington Beach)	1977
6-10.5	Jay Lim (Sonora)	1993
6-10.25	Doug Case (Laguna Beach)	1974
6-10.25	Troy Langley (Canyon)	1994
6-10.25	*CJ McCord (Sage Hill)	2014
6-10	Joe Phillips (SA Valley)	1974
6-10	Ken Connor (Estancia)	1975
6-10	Doug Nordquist (Sonora)	1977
6-10	*Ron Edgley (El Dorado)	1979
6-10	Eric Smyth (Dana Hills)	1979
6-10	Larry Berger (Esperanza)	1979
6-10	*John Landon (Savanna)	1980
6-10	*Francel Jones (SA Valley)	1981
6-10	Eric Wheelwright (Edison)	1985
6-10	Myron Williams (Orange)	1987
6-10	John Amneus (Foothill)	1987
6-10	Lester DeRaad (Tustin)	1997
6-10	Matt Carter (El Modena)	2003
6-10	Mason Hahn (Orange Lutheran)	2010
6-10	Jack Wiseman (Huntington Beach)	2019
6-10	Kyle Jankans (Villa Park)	2020
6-9.25	** Jeff Lawson (El Dorado)	1975
6-9.25	Wade Freier (Laguna Beach)	1977
6-9.25	Dave Reddick (Laguna Beach)	1977
6-9.25	Alan Gersten (University)	1977
6-9	Tony Madau (El Dorado)	1972
6-9	Jim Boyd (El Dorado)	1977
6-9	*Chris Stumfall (Los Amigos)	1979
6-9	Jim Cody (Servite)	1984
6-9	Eric Dorn (Estancia)	1986
6-9	Andy Lopries Western	1988
6-9	Chris Moxley Mission Viejo	1990
6-9	*David Benton Woodbridge	1990
6-9	Tim Cody (Servite)	1991
6-9	*Jeff Waldren (Cypress)	1991
6-9	Santosh Swamidass (El Modena)	1998
	<i>(State Third Place)</i>	
6-9	Sage Stone (Mission Viejo)	2013
6-9	Myles Hawkins (Orange Lutheran)	2014
6-9	Quinten Pounds (Cypress)	2015
6-9	Kevin Schmitt (Los Alamitos)	2018
6-8.75	Tohru Asami (Sunny Hills)	1978
6-8.5	Ed Caruthers (SA Valley)*	1963
	<i>*(Recordholder for the Straddle Technique)</i>	
6-8.5	Dave White (Marina)	1977
6-8.5	Jeff Bedell (Villa Park)	1985
6-8.5	Matt Dispenza (Marina)	2014
6-8.25	Carl Eissman (San Clemente)	1975
6-8.25	Roger Leary (El Toro)	1982

6-8	Rick Sloan (Anaheim)	1964	6-6	Greg Lynch (Lowell)	1971
6-8	Greg Heet (Lowell)	1964	6-6	Tom Johnson (Loara)	1972
6-8	Parker Kennedy (Foothill)	1966	6-6	Joe Denger (Corona del Mar)	1972
6-8	Dave Russ (Garden Grove)	1969	6-6	Paul Morton (Kennedy)	1972
6-8	Kevin Cuervo (Western)	1975	6-6	Doug Martin (Mater Dei)	1972
6-8	*Dave Kahn (Lowell)	1978	6-6	Jeff Hutton (Katella)	1972
6-8	Jim Allen (Cypress)	1978	6-6	Dave Gemmill (Lowell)	1973
6-8	Jeff Stevens (Tustin)	1978	6-6	Parker (Westminster)	1974
6-8	Dave Martin (Huntington Beach)	1979	6-6	Craig Feola (El Dorado)	1974
6-8	Imad Jamal (Fullerton)	1979	6-6	Mitch Herold (Los Alamitos)	1974
6-8	Todd Hart (Servite)	1980	6-6	Chris Davis (Edison)	1975
6-8	Mike Spera (Tustin)	1980	6-6	Gary Armstrong (Katella)	1975
6-8	* Ed McGowan (Katella)	1980	6-6	Eric Schommer (Los Alamitos)	1975
6-8	Jeff Armstrong (Western)	1980	6-6	John Peterson (Saddleback)	1975
6-8	Ian Dougherty (Villa Park)	1982	6-6	Todd Kirschner (El Dorado)	1975
6-8	*Jay Jensen (Los Alamitos)	1983	6-6	Keith DeLapp (Saddleback)	1976
6-8	LeRon Ellis (Mater Dei)	1987	6-6	Jacquez Tuz (Corona del Mar)	1977
6-8	Chris Chapman (Esperanza)	1994	6-6	Imad Jamal (Fullerton)	1978
6-8	Danny Vasquez (Century)	1995	6-6	John Peavy (El Toro)	1978
6-8	Jim Lunnen (Santa Margarita)	2000	6-6	Doug Lalicker (Savanna)	1978
6-8	Hunter Orahoad (San Clemente)	2001	6-6	Chris McNeese (Foothill)	1978
6-8	Dionte Holloway (Kennedy)	2002	6-6	Dave Garrett (Santa Ana)	1978
6-8	Jeff Goddard (Edison)	2003	6-6	Mike Seidschlag (Orange)	1979
6-8	Drake Oberle (Cypress)	2004	6-6	Mike Aschieris (Foothill)	1979
6-8	Tim George (Los Alamitos)	2005	6-6	Rich Chang (Edison)	1980
6-8	Daniel Gomez (Troy)	2006	6-6	Eugene Harriman (Magnolia)	1981
6-8	Kevin Conrad (Buena Park)	2008	6-6	*Kevin Harrison (Foothill)	1981
6-8	Mike La Rocca (Dana Hills)	2008	6-6	Allan Galloway (Pacifica)	1982
6-8	Mitchell Bland (Tesoro)	2014	6-6	Brad Burns (Ocean View)	1982
6-8	*James Phillips (Yorba Linda)	2016	6-6	Ron Murray (Los Alamitos)	1982
6-8	Chance Kuehnell (Sage Hill)	2016	6-6	Ken Williams (Troy)	1982
6-8	*Kyle Jankans (Villa Park)	2019	6-6	** Tom Ward (El Dorado)	1983
6-8	***Brandon Gorski (Mater Dei)	2022	6-6	Black (Santa Ana)	1983
6-7.5	Chat Chuenrudeemol (Sunny Hills)	1990	6-6	Todd Prukop (Servite)	1984
6-7.25	Steve Baskin (Esperanza)	1975	6-6	Todd Jorgenson (Los Alamitos)	1985
6-7.25	Mike Weinrich (Santa Ana)	1964	6-6	Walter Lauderdale (Kennedy)	1985
6-7	Willie Gardner (Garden Grove)	1971	6-6	Ryan Gillette (Villa Park)	1985
6-7	Bill Gordon (La Habra)	1971	6-6	Steve Koehl (Foothill)	1986
6-7	George Kent (Corona del Mar)	1972	6-6	Pete Gontang (Mission Viejo)	1986
6-7	Mike Sena (Mission Viejo)	1974	6-6	John Grehata (SA Valley)	1986
6-7	Ed Holahan (Buena Park)	1978	6-6	Richie (Costa Mesa)	1986
6-7	Greg Lawson (El Dorado)	1979	6-6	Bill Price (Valencia)	1987
6-7	*Jay Hunnemeyer (Troy)	1979	6-6	Dave Ellis (Woodbridge)	1987
6-7	Lorenzo Demeyers (Edison)	1982	6-6	Wil Foster (Edison)	1987
6-7	Scott Buccola (University)	1982	6-6	Greg Reyes (Los Alamitos)	1988
6-7	Eric Samuelson (Sonora)	1983	6-6	Bob Breneman (Trabucco Hills)	1988
6-7	* Todd Fenton (Cypress)	1984	6-6	Paul Mackay (Foothill)	1988
6-7	Mark Palmer (Corona del Mar)	1984	6-6	Tom Sheehy (Tustin)	1989
6-7	Perez (Fullerton)	1986	6-6	Anthony Ortiz (La Habra)	1989
6-7	Matt Malone (Marina)	1987	6-6	Ian Alexander (Foothill)	1990
6-7	Will Foster (Edison)	1987	6-6	Melendez (Anaheim)	1990
6-7	* Greg Ramsey (Loara)	1989	6-6	Jason Swericz (San Clemente)	1991
6-7	* Paul Nihipali (Esperanza)	1992	6-6	* Ramsey Alexander (Tustin)	1991
6-7	Steve Sherwood (Esperanza)		6-6	Mike Desimore (Dana Hills)	1991
6-7	Robert Fuentes (Saddleback)	1998	6-6	Tom Bottiaux (Canyon)	1991
6-7	Chase Thomas (Orange Lutheran)	2006	6-6	Thomas Clayton (Tustin)	1991
6-7	Ryan Arambulo (Beckman)	2008	6-6	Drew Hubbard (Brea)	1992
6-7	Oscar Munson (San Clemente)	2011	6-6	Noah Kimbwalla (Orange)	1992
6-7	AJ Beynon (Edison)	2015	6-6	Mark Greenwood (Canyon)	1993
6-7	Aiden Garnett (Edison)	2019	6-6	*Matt Byrd (Fountain Valley)	1994
6-6.75	Sprague Hanavan (El Modena)	1986	6-6	David Barnes (Marina)	1994
6-6.75	**Griffin Schwab (San Clemente)	2022	6-6	Steve McNully (La Habra)	1995
6-6.5	Andy Curbs (Western)	1961	6-6	Dustin Miller (Dorado)	1995
6-6.5	Mike Maxey (Buena Park)	1973	6-6	*Dan Busch (Orange)	1995
6-6.5	Steve Cox (El Toro)	1975	6-6	*Danny DeRosier (Cypress)	1996
6-6.5	Craig Fidone (Edison)	1977	6-6	Chris Lawford (Dana Hills)	1997
6-6.5	Rob Spencer (Canyon)	1978	6-6	Bryan Reese (Dana Hills)	1997
6-6.5	Eric Pryce (Mission Viejo)	1988	6-6	* Santosh Swamidass (El Modena)	1997
6-6.5	Dan Funks (Laguna Hills)	1995	6-6	Steve Smith (Costa Mesa)	1997
6-6.25	Peter Hart (Villa Park)	1970	6-6	Ryan Kugel (Brea)	1998
6-6.25	K.C. Connell (Newport)	1975	6-6	Bilian Panian (Los Alamitos)	1999
6-6.25	Ron Craig (Newport)	1977	6-6	Joe Thomas (Buena Park)	1999
6-6.25	* Todd Broesder (Loara)	1981	6-6	Andy Spaulding (Dana Hills)	2000
6-6	Mike Lange (Costa Mesa)	1962	6-6	Matt Johnson (Santa Margarita)	2001
6-6	Dave Russ (Garden Grove)	1969	6-6	Daryl Parker (Canyon)	2001

6-6	* J.T. Perryman (Woodbridge)	2001	15-7	*R.W. Henson (Newport)	1987
6-6	Mike Prouder (Cypress)	2001		<i>(State Runner up)</i>	
6-6	*Jeff Goodard (Edison)	2002	15-7	*Chris Doerr ((Trabuco Hills)	2015
6-6	Brian McTigue (Mlision Viejo)	2002	15-6	Doug Miller (Estancia)	1986
6-6	Zach Novae (Estancia)	2003	15-6	Ra Darling (Ocean View)	1988
6-6	Blake Remeyer (Trabuco Hills)	2003	15-6	Lu e Stokes (Edison)	1997
6-6	Williams (Savanna)	2003	15-5	*Leo Davis (Newport)	2022
6-6	Roy Butts (Buena Park)	2004	15-6	* Hong Nguyen (Katella)	2002
6-6	Mike Lawrence (Servite)	2004	15-6	Jeff Tran (Fountain Valley)	2009
6-6	Rick Fisher (El Toro)	2005	15-6	Jesse Phillips (Katella)	2010
6-6	**Warren Reuland (Mission Viejo)	2006	15-6	Paul Thenard (Marina)	2013
6-6	Chase Redfield (Dana Hills)	2007	15-6	Riley Turner (Mater Dei)	2014
6-6	* Colton Grandbouche (Canyon)	2008	15-6	Tommy Nord (Mater Dei)	2014
6-6	* Andy Multari (Sage Hill)	2009	15-6	***Aidan Chenault (J Serra)	2017
6-6	Neimah Jones (Irvine)	2009	15-5	Nolan Blachowski (Servite)	2020
6-6	Jordan Sachs (La Habra)	2009	15-4	Eric Whitcomb (Valencia)	1989
6-6	Winston Lawson (Segerstrom)	2011	15-4	Gary VanSluis (El Modena)	1993
6-6	Alex Wilde (Corona del Mar)	2014	15-4	Travis Vandrovec (Fountain Valley)	1997
6-6	*Ryan Bentley (Orange Lutheran)	2019	15-4	Curbs Hendrick (Marina)	2003
6-6	*JD Martinez (Villa Park)	2019	15-4	Leon Roach (Marina)	2008
6-6	Aryan Shrivastova (Portola)	2022	15-4	Ryan Simioni (Edison)	2008
6-4.25	Phil Jacques (Santa Ana)	1931	15-4	Matt Cooper (Mater Dei)	2009
	<i>(State Champion)</i>		15-4	Eric Sims (Servite)	2009
			15-4	Kevin Stull (Orange Lutheran)	2013
			15-4	Chandler Thorpe (Edison)	2013
			15-4	Danny Affleck (Aliso Nigul)	2020
			15-3	Paul Peters (Villa Park)	1981
			15-3	Ted Whalen (Mater Dei)	1997
			15-3	B. J. Vandrovec (Fountain Valley)	2001
			15-3	Sean Jones (Mission Viejo)	2002
			15-3	* Michael Simms (Servite)	2006
			15-3	Sean McNanny (Mission Viejo)	2009
			15-3	Jesse Shank (Servite)	2014
			15-3	Jacob Adler (Mission Viejo)	2014
			15-3	Pierson O'Connell (Servite)	2018
			15-3	Joshua Kato (San Juan Hills)	2021
			15-3	David Brok (Los Alamitos)	2022
			15-2	Ron Mooers (Valencia)	1971
			15-2	Willy Thorns (Newport)	1980.
			15-2	Fritz Howser (Newport)	1985
			15-2	* Bobby Sparks (Esperanza)	1998
			15-2	* Brandon Mora (Katella)	2002
			15-2	Chris Ostoich (St Margaret's)	2002
			15-2	Noah Metzдорff (Trabuco Hills)	2017
			15-2	Fernando Martinez (J Serra)	2017
			15-1.5	* David Giang (Katella)	2001
			15-1	Jim Collins (Valencia)	1972
			15-1	Jim Bogart (Edison)	1976
			15-1	Keith Miller (Corona del Mar)	1991
			15-1	Brendan Pena (Edison)	2003
			15-1	Stephen Horrell (Dana Hills)	2005
			15-1	* Matt Cooper (Mater Dei)	2008
			15-1	* Garrett McRoberts (Mater Dei)	2008
			15-1	Michael Loschiavo (Huntington Beach)	2010
			15-1	*Jack Gallivan (Mater Dei)	2011
			15-1	Fritz Howser (Newport)	2012
			15-1	Clint Gallivan (Mater Dei)	2013
			15-0	*Sam Caruthers (SA Valley)	1965
			15-0	Tom DiStanislaio (Newport)	1973
			15-0	Mike Baker (Katella)	1973
			15-0	Brian Cornett (Katella)	1979
			15-0	Jeff Conkle (Cypress)	1977
			15-0	Lance Betson (Newport)	1983
			15-0	Trevor Lycett (Esperanza)	1991
			15-0	*Gary VanSluis (El Modena)	1992
			15-0	Josh Petlowany (El Toro)	1998
			15-0	Brad Slinkard (Santa Margarita)	2001
			15-0	Clay Starnes (Trabuco Hills)	2002
			15-0	Brian Whalen (Mater Dei)	2004
			15-0	Andrew Prodoehl (Santa Margarita)	2005
			15-0	Nick Jennings (San Clemente)	2008
			15-0	*Tanner Greeley (Edison)	2010
			15-0	Jeremy Kennedy (Marina)	2010
			15-0	Connor McNicholas (Mission Viejo)	2012
			15-0	Halden Comoglio (Dana Hills)	2014
			15-0	*Preston O'Connell (Servite)	2015

Pole Vault

17-6	Michael Woepse (Mater Dei)	2010
	<i>(State Champion)</i>	
17-2	Jett Gordon (Marina)	2016
	<i>(State Champion)</i>	
17-0	Carl Johansson (Orange Lutheran)	2014
	<i>(State Champion)</i>	
16-8	Johnny Quinn (St Margaret's)	2006
16-7	Logan Odden (Marina)	2000
16-7	Greg Woepse (Mater Dei)	2006
16-6	Greg Ernst (El Dorado)	1978
16-6	Ryan Fegan (Newport)	2017
16-5.25	Steve Michels (Brethren Christian)	1996
	<i>(State Champion)</i>	
16-4	Dave Noel (Edison)	1988
16-3.25	Keith Schimmel (Villa Park)	1975
	<i>(State Champion)</i>	
16-3.25	Jim Sidler (Villa Park)	1977
16-3	Scott Cook (Mater Dei)	2010
	<i>(State Champion)</i>	
16-3	Mark Sakioka (Newport)	2011
16-3	Adam Bragg (El Toro)	2011
16-2	Dustin Deleo (Los Alamitos)	2004
16-1	Tim Vahlstrom (Villa Park)	1975
16-1	Greg Stull (Troy)	1980
16-1	Nate Fox (Edison)	1996
16-0.75	Michael Rovzar (Mater Dei)	2013
16-0	Tim McIntyre (Los Alamitos)	1979
16-0	Steve Williams (Servite)	1986
16-0	Steve Slocum (Foothill)	1987
	<i>(State Champion)</i>	
16-0	Parker Curry (Santa Margarita)	2014
16-0	Michael Chadwick (Edison)	2017
16-0	Michael Magula (Marina)	2017
15-10	Alex Escalera (Sage Hill)	2017
15-10	*Skyler Magula (Marina)	2018
15-9	Pete Kovacs (El Modena)	1995
15-9	Nick Masterson (Servite)	2008
15-9	David Bean (Orange Lutheran)	2014
15-9	Luke Newman (Trabuco Hills)	2015
15-9	Mason Gariepy (Mission Viejo)	2018
15-9	*David Brok (Los Alamitos)	2021
15-8.5	Steve Rakhshani (Edison)	1977
15-8	Jeff Ryan (Huntington Beach)	1999
15-8	Pat Luke (Santa Margarita)	2000
15-8	Aaron Corbett (Edison)	2002
15-8	Blake Mason (Fountain Valley)	2008
15-8	Landon Shank (Servite)	2016
15-7	David Kim (Los Alamitos)	2010
15-7	Jeremy Kennedy (Marina)	2010

14-0	John Kwan (Santa Ana)	1972
14-0	Jack Hanion (Anaheim)	1972
14-0	M. Kinnison (El Modena)	1972
14-0	Steve Johnson (Troy)	1972
14-0	Steve Pulvers (Garden Grove)	1972
14-0	Many Gresham (Marina)	1973
14-0	Wayne Parris (Savanna)	1973
14-0	Allobello (La Habra)	1974
14-0	Eric Engberg (Brea)	1975
14-0	Dean Barnett (Lowell)	1975
14-0	Rob Conrad (Katella)	1975
14-0	Mark Harris (Lowell)	1975
14-0	Gary Grochow (Estancia)	1976
14-0	*Rob Little (Saddleback)	1977
14-0	Chris Hart (Western)	1977
14-0	Dan Duddridge (Costa Mesa)	1977
14-0	Tony Brassfield (Mission Viejo)	1977
14-0	Dan Worthington (Troy)	1977
14-0	Mike Houseal (Saddleback)	1978
14-0	*Jeff Koegel (Valencia)	1979
14-0	Pat Gleason (Edison)	1979
14-0	George Pickney (Estancia)	1979
14-0	John Knox (Edison)	1979
14-0	Steve Verdone (Villa Park)	1980
14-0	Jim Kinnane (Troy)	1980
14-0	Ken Bodenhoefer (Newport)	1980
14-0	Dennis Crawford (Katella)	1981
14-0	Curt Hildt (Irvine)	1982
14-0	Sean Robertson (Troy)	1983
14-0	Darren Stout (Valencia)	1984
14-0	Karl Schnug (Corona del Mar)	1984
14-0	*Jeff Jones (Estancia)	1985
14-0	Bruce Clemons (Dana Hills)	1986
14-0	Gary Covington (Los Alamitos)	1986
14-0	Josh McHugh (Marina)	1988
14-0	Sean Woolsey (Corona del Mar)	1988
14-0	Curt Shipcott (Foothill)	1988
14-0	*Brad Williams (Servite)	1988
14-0	Derrick Fritz (Foothill)	1988
14-0	*Tyson Jacobson (Capo Valley)	1989
14-0	Keith Miller (Corona del Mar)	1989
14-0	Brian Zeller (Trabuco Hills)	1989
14-0	Joel Cardenas (Saddleback)	1989
14-0	Jason Brizic (El Toro)	1990
14-0	Derek Nguyen (Katella)	1991
14-0	Tom Bottiaux (Canyon)	1991
14-0	Mark Crowley (Marina)	1992
14-0	Peter Barney (University)	1992
14-0	Adam Dyer (Esperanza)	1993
14-0	* Robert Heckman (Huntington Beach)	1994
14-0	Robert Villegas (Century)	1995
14-0	Kevin Voorhis (Irvine)	1995
14-0	Kevin Bradley (Fountain Valley)	1996
14-0	* Greg Walker (El Toro)	1996
14-0	Dave Bienek (El Toro)	1998
14-0	* Brandon Guffey (Esperanza)	1998
14-0	Chits Heiner (Marina)	1998
14-0	Jason Knowles (Fountain Valley)	1998
14-0	Jim Whitesides (El Toro)	1998
14-0	Tom St Clair (Brea)	1999
14-0	Ray Kroona (Foothill)	2000
14-0	** David Grant (Katella)	2000
14-0	Ryan Borland (Dana Hills)	2000
14-0	Mark Martello (San Clemente)	2000
14-0	Scott Robinson (Esperanza)	2000
14-0	John Rossell (Brea)	2001
14-0	* Byron Collins (Esperanza)	2002
14-0	Tyler Panian (Los Alamitos)	2002
14-0	Cart (Mission Viejo)	2002
14-0	Robert Fulton (Servite)	2005
14-0	Brett DeAvila (Mission Viejo)	2006
14-0	Michael Trieu (Woodbridge)	2006
14-0	James Wu (Dana Hills)	2006
14-0	Greg Bowlin (Aliso Niguel)	2007
14-0	Mathew McCormick (Dana Hills)	2008
14-0	Austin McGroaty (Marina)	2009

14-0	Daniel Taylor (Aliso Niguel)	2009
14-0	*Connor Hawks (Mater Dei)	2010
14-0	Trevor Rothaus (Servite)	2010
14-0	Tyler Frank (Santa Margarita)	2011
14-0	Jack Gallivan (Mater Dei)	2012
14-0	David Munoz (Newport)	2013
14-0	Christian Abbey (Newport)	2013
14-0	Jason McKinnon (Fountain Valley)	2013
14-0	Ryan Riviere (Servite)	2014
14-0	*Gavin Carter (Fountain Valley)	2016
14-0	**Mason Garipey (Mission Viejo)	2017
14-0	Gavin Carter (Fountain Valley)	2017
14-0	*Nam Do (Fountain Valley)	2017
14-0	*Zachary Ashton (Yorba Linda)	2019
14-0	*Nathan Soto (St Margaret's)	2019
14-0	Pierce Egbert (San Clemente)	2021

13-3	Gary Dow (Anaheim) <i>(Tied State Championship)</i>	1960
13-0	Don Barnes (Fullerton) <i>(State Champion)</i>	1948

Long Jump

24-7	Dante Pettis (JSerra)	2014
24-5	Tony Pitts (SA Valley)	1978
24-5	Jason Plumb (Corona del Mar) <i>(State Champion)</i>	2022
24-1	Tony Krzyzosiak (Garden Grove)	1971
24-1	*Devin Harrison (Dana Hills)	2010
24-0	Jeremy Wooldridge (Trabuco Hills)	2003
24-0.5	* Dan Carpenter (Brea)	1972
23-11	Stan Edmonds (Kennedy)	1966
23-11	Chris Macke (Edison)	2006
23-10.75	Steve Baxter (Loara)	1971
23-10.75	Hayden Pierce (Esperanza)	2010
23-10.5	Bob Rust (Kennedy)	1980
23-10.5	Michael Mitchell (Tesoro)	2016
23-10	Justin Schneider (El Toro)	2012
23-9.75	Danny Casupanan (Tustin)	2002
23-8.75	Walder Steen (SA Valley)	1982
23-8.25	Drake Nguyen (Woodbridge)	2019
23-7.5	Kevin McGannon (Buena Park)	1965
23-7.5	Dave Berger (Canyon)	1978
23-7	Ernie Fisher (Los Amigos)	1978
23-6.75	Charlie Tyler (Edison)	1988
23-6	Elliot Dunning (SA Valley)	1984
23-6	* William Dancy (SA Valley)	1988
23-6	Arik Nesbit (San Clemente)	2014
23-5.5	* Larry Williams (SA Valley)	1982
23-5.5	Jose Rubio (Loa Alamitos)	2017
23-5.5	Antonio Thomas (Century)	2000
23-5.25	* Myles Hawkins (Orange Lutheran)	2013
23-5	* Sean Sawyer (El Modena)	1984
23-4.5	Willie Gardner (Garden Grove)	1971
23-4.5	Troy McAllister (Saddleback)	1983
23-4.25	Earl Jones (Saddleback)	1984
23-3.75	* Todd Fenton (Cypress)	1984
23-3.5	Sheldon Blockburger (Newport)	1983
23-3.5	Lee Mitchell (Tesoro)	2014
23-3.25	Isaac Curtis (Santa Ana)	1968
23-3.25	Matt Malone (Marina)	1987
23-3	Darrell Roberts (Fullerton)	1955
23-3	*Kirk Ayers (Western)	1986
23-3	J.J. Cisneros (Los Alamitos)	1988
23-2.75	Eric Dorn (Estancia)	1986
23-2.75	*Jeremiah Harris (Orange Lutheran)	2014
23=2.5	Conor Zeutzius (Edison)	2022
23-2	Ric Hibbs (Pacifica)	1966
23-2	Mike Morgan (Mater Dei)	1966
23-1.75	Tohru Asami (Sunny Hills)	1978
23-1.25	Tony Mosley (Santa Ana)	1987
23-1	Garth Wise (Huntington Beach)	1971
23-1	Troy Blevins (Fountain Valley)	1978
23-1	Richard Brim (Huntington Beach)	1982
23-1	* Mario Valencia (Mater Dei)	2003

15-0	Nikola Perelman (Aliso Niguel)	2019	14-6	Jonathan Sweeney (Dana Hills)	2021
14-10.75	Kevin Cuervo (Western)	1976	14-5.5	Pat Lustig (Marina)	1981
14-10.25	Dennis Walp (Loara)	1966	14-5.25	Eric Berg (Costa Mesa)	1962
14-10	Steve DeBerg (Savanna)	1972		(<i>State Champion</i>)	
14-10	Bob Goto (Lowell)	1973	14-5	*Julien Okey (Tesoro)	2010
14-10	Andy Spindler (Woodbrriage)	2002	14-4.5	Mike Lindsay (Santa Ana)	1962
14-10	* Jose Magana (Katella)	2002	14-4.5	Boyd (Western)	1964
14-10	Trent Perez (Servite)	2008	14-4	Gordy Mooers (Valencia)	1969
14-10	Cooper Montano (Servite)	2012	14-4	Wood (Laguna Beach)	1969
14-10	Andrew Fowler (Los Alamitos)	2016	14-4	Bruce Hooten (Edison)	1986
14-9	Kevin Anthony (Tustin)	1976	14-4	** Song Yang (Katella)	2000
14-9	* Travis Pett (Huntington Beach)	1999	14-4	* Eric Simms (Servite)	2008
14-9	Matt Kirsten (Mission Viejo)	2004	14-4	Kevin Mohr (Troy)	2016
14-9	**Carl Johansson (Orange Lutheran)	2012	14-3.25	*Ty Mason (Fountain Valley)	2012
14-9	Keith Messinger (Dana Hills)	2012	14-3	*Kevin Manix (Costa Mesa)	1968
14-9	Paul Bowker (Mission Viejo)	2012	14-3	John Boyd (Kennedy)	1968
14-9	Adam Garrison (Fountain Valley)	2022	14-3	Will Blockleman (Lowell)	1974
14-8.5	Tom Lueras (Santa Ana)	1972	14-3	Geof Gerstner (Sunny Hills)	1975
14-8.5	Aaron Corbett (Edison)	2001	14-3	Tom Turner (Cypress)	1975
14-8	Mike Sampson (La Habra)	1969	14-3	Dale Anderson (Saddleback)	1978
14-8	Mark Hill (Sunny Hills)	1983	14-3	John Carroll (Villa Park)	1983
14-8	Manuel Ballard(Cypress)	1985	14-3	*Vince Vu (Marina)	1990
14-8	Shawn Rogen (Irvine)	1989	14-3	Arthur Odden (Marina)	1997
14-8	*Sean Kelsay (San Clemente)	2016	14-3	Alexander Hale (Los Alamitos)	2003
14-8	*Aiden Bennett (San Clemente)	2022	14-3	Phong Duong (Katella)	2004
14-7.75	John Reed (Los Amigos)	1981	14-3	Mike O'Sullivan (El Toro)	2007
14-7.5	Les Hague (Santa Ana)	1965	14-3	Travis Stock (Dana Hills)	2009
14-7.5	Jim Burton (SA Valley)	1966	14-3	Scott Anderson (Santa Margarita)	2010
14-7.25	Mike Simmons (Newport)	1966	14-3	*Peter Klepp (El Toro)	2010
14-7	Ed Elliot (SA Valley)	1967	14-3	Kyle Garcia (Edison)	2010
14-7	* Sven Northcott (Marina)	1994	14-3	**Jack Gallivan (Mater Dei)	2010
14-7	* Brian Lindley (University)	1995	14-3	Nick Van Hoogmoed (Servite)	2011
14-7	Matt Summer (Marina)	1997	14-3	**Riley Turner (Mater Dei)	2012
14-7	* Aaron Roy (Edison)	2005	14-3	**David Bean (Orange Lutheran)	2012
14-7	Matt McCormick (Dana Hills)	2008	14-3	John Macwillie (Fountain Valley)	2012
14-7	Cameron Van Dieren (Servite)	2010	14-3	Diego Gandara (Los Alamitos)	2018
14-7	Ty Polk (Marina)	2021	14-3	*Danny Affleck (Aliso Niguel)	2019
14-6.5	Tony Hoffman (San Clemente)	1971	14-3	Brendan Conway (Mater Dei)	2022
14-6.5	Kevin Magula (Marina)	1988	14-3	*Micah Krosby (Mission Viejo)	2022
14-6	John Anderson (Santa Ana)	1969	14-2.5	Bob Schenk (Fountain Valley)	1972
14-6	Dan Ripley (Loara)	1971	14-2	Jeff Oldham (Santa Ana)	1967
14-6	Bruce Fandel (Santiago)	1971	14-2	Alvin Alaman (SA Valley)	1972
14-6	Dan Polk (La Habra)	1972	14-2	*Dave Tucker (Magnolia)	1971
14-6	Amaro Lopez (Santa Ana)	1972	14-2	Steve Pulvers (Garden Grove)	1973
14-6	Terry Lowry (Savanna)	1973	14-2	Foster (Laguna Beach)	1975
14-6	Larry Castanguay (Esperanza)	1975	14-2	Tom Keim (Marina)	1995
14-6	Plett (Troy)	1977	14-2	Mackel Vaughan (Dana Hills)	2004
14-6	Randy Parker (Brea)	1977	14-2	Andrew Wong (Corona del Mar)	2004
14-6	Scott Kissick (Lowell)	1977	14-2	Michael Parson (Los Alamitos)	2018
14-6	Al Geduld (Valencia)	1979	14-2	Jacob Wong (Trabuco Hills)	2018
14-6	Scot McKay (Newport)	1979	14-1.5	Joe Vermilyer (Santa Ana)	1971
14-6	Dennis Shannon (Irvine)	1979	14-1.5	Terry Parkinson (Fountain Valley)	1971
14-6	Terry Lomheim (Valencia)	1982	14-1.5	Mike Cirillo (Corona del Mar)	1976
14-6	Rich Forsythe (Edison)	1982	14-1	John Trosko (Valencia)	1964
14-6	Wayde Walker (Troy)	1983	14-1	Andy Solis (Santa Ana)	1968
14-6	Chuck Griffin (Sonora)	1983	14-1	Doug Boswell (Westminster)	1977
14-6	Chris Madsen (Los Alamitos)	1985	14-1	Brummel (Mission Viejo)	1991
14-6	Josh Herndon (Unversity)	1989	14-1	Roger Van Sluis (El Modena)	1995
14-6	Rob Lindley (Dana Hills)	1990	14-1	Richard Gridley (Katella)	1998
14-6	John Bain (Foothill)	1994	14-1	David Morris (Katella)	2000
14-6	David Allen (Woodbride)	1997	14-1	Mardsen (Katella)	2001
14-6	Cameron St Clair (Brea)	1997	14-1	Pha Ngo (Marina)	2003
14-6	Kris Scotten (Edison)	1998	14-1	*Blake Coscino (Dana Hills)	2007
14-6	* Dwayne McCabe (El Modena)	2000	14-1	Brandon Janca (Edison)	2009
14-6	Tom Sparks (Esperanza)	2000	14-1	Mark Sakioka (Newport)	2009
14-6	* Brian Rother (San Clemente)	2003	14-1	Jeremy Kennedy (Marina)	2009
14-6	Garrett Gaska (Fountain Valley)	2005	14-1	Christian Virga (Los Alamitos)	2015
14-6	Blake Coscino (Dana Hills)	2008	14-1	Tommy Cook (Newport)	2019
14-6	Kevin Miller (Fountain Valley)	2010	14-0.5	Jeff Gilbert (El Dorado)	1975
14-6	*Max Van Bergh (Newport)	2010	14-0.25	Clay Staines (Trabuco Hills)	2001
14-6	Tyger Morgan (Marina)	2010	14-0	Laskey (SA Valley)	1965
14-6	Bradley Wernick (Capo Valley)	2012	14-0	Jim Feeny (Katella)	1968
14-6	Ty Mason (Fountain Valley)	2013	14-0	Alan Simons (Loara)	1969
14-6	Jordan Antol (Mission Viejo)	2014	14-0	Richard Carlson (Pacifica)	1969
14-6	Nick Gutierrez (Corona del Mar)	2019	14-0	Wayne Gorman (Anaheim)	1971

23-1	Austin Overn (Foothill)	2022	22-7.5	Charles Dodson (Huntington Beach)	1951
23-0.75	Bob McNamera (Fullerton)	1958	22-7.5	Larry Horton (El Modena)	1968
23-0.75	Jason Neben (Orange Lutheran)	1989	22-7.5	Dennis Lackey (Savanna)	1969
23-0.5	Jim Mitchell (Villa Park)	1974	22-7.5	Harry Dolan (Buena Park)	1972
23-0.25	*Dallas White (J Serra)	2022	22-7.5	* Tony Parrish (Marina)	1992
23-0	Ray Harris (Fountain Valley)	1971	22-7.5	Jason Boyce (Corona del Mar)	1994
23-0	Don Moreno (Valencia)	1977	22-7.25	Marc Roosen (Ocean View)	1989
23-0	*Phouphet Singbandith (Magnolia)	1989	22-7.25	Donovan Toban (Cypress)	2008
23-0	Frank Smith (Woodbridge)	1990	22-7	Lee Hodge (Fullerton)	942
23-0	Elliott Parks (El Toro)	1997	22-7	Ray Crawford (Santa Ana)	1972
22-11.5	Ron Crawford (Santa Ana)	1973	22-7	David Fisher (Villa Park)	1974
22-11.5	Rich Julien (Estancia)	1976	22-7	*William Kim (Villa Park)	1983
22-11.5	Robert Gaither (SA Valley)	1980	22-7	*** Richard Fanti (Santa Ana)	1985
22-11.5	Scott McKenzie (El Toro)	1980	22-7	Frank Smith (Woodbridge)	1988
22-11.5	Eric Andrade (Servite)	1982	22-7	* Keith Hughes (Capo Valley)	1989
22-11.5	James Chun (Kennedy)	1990	22-7	Ace Riggins (Valencia)	1993
22-11.5	Danny Steagall (Villa Park)	2001	22-7	Tovin Beeler (Ocean View)	2001
22-11.25	Drew Huusfeldt (Esperanza)	2010	22-7	Austin Hazel (Mater Dei)	2012
22-11	Steve Alff (Lowell)	1969	22-6.75	*Kevin Cochran (Orange)	1964
22-11	* Roger Lemons (Katella)	1979	22-6.75	John Mackorie (Fullerton)	1972
22-11	Bernie Chapman (Capo Valley)	1991	22-6.75	D.K. Kelly (Santa Ana)	1982
22-11	Kenny McGee (Magnolia)	2008	22-6.5	Ken Williams (Troy)	1982
22-11	Jack Haley (Irvine)	2019	22-6.5	Adrian Brown (Huntington Beach)	1991
22-10.75	Jim Morgan (Mater Dei)	1967	22-6.5	* Ruben Droughns (Anaheim)	1995
22-10.75	Joe Birdo (SA Valley)	1982	22-6.5	*Emilio Sartori (Villa Park)	2005
22-10.75	Vince Church (Kennedy)	1990	22-6.5	Brandon Phillips (Irvine)	2008
22-10.5	Dan Hedlund (Villa Park)	1971	22-6.5	David Ko (Pacifica)	2019
22-10.5	Russ Samuels (Bolsa Grande)	1972	22-6.25	Lyn Jerkins (Los Alamitos)	1978
22-10.5	Sean Ayale (Los Alamitos)	2019	22-6.25	Keith Thomas (Valencia)	1989
22-10.5	***Brandon Gorski (Mater Dei)	2022	22-6.25	DeAngelo Bonner (Troy)	2010
22-10.25	Doug Switzer (La Habra)	1966	22-6	Ron Copings (Edison)	1972
22-10	Bob Smith (SA Valley)	1963	22-6	Brian Wood (San Clemente)	1976
22-10	* Eddie Preston (Santa Ana)	1963	22-6	* Dariel Whipple (Western)	1989
22-10	Carl Fields (SA Valley)	1969	22-6	* Mike Sullivan (Sunny Hills)	1990
22-10	Robin Brown (Katella)	1970	22-6	Ernie Wilson (El Modena)	1993
22-10	Keith Denson (SA Valley)	1970	22-6	Ryan Collier (Northwood)	2011
22-9.75	Ricky Franklin (Santa Ana)	1982	22-6	*Michael Mitchell (Tesoro)	2015
22-9.5	Henry Harrell (Santa Ana)	1973	22-5.75	*Josh Jornadal (J Serra)	2022
22-9.5	Sean Savala (Villa Park)	1984	22-5.5	Verden Nash (Huntington Beach)	1922
22-9.5	Fridoon Abawi (Marina)	1990		<i>(Three time State Champ)</i>	
22-9.5	Mitchell Bland (Tesoro)	2014			
22-9.5	Malcolm Wesley (Santa Ana Valley)	2018	Wind-aided:		
22-9	* Lyn Jerkins (Los Alamitos)	1977	24-8.75	Danny Casupanan (Tustin)	2002
22-9	*Larry Williams (SA Valley)	1982	24-5.75	Jason Plumb (Coroan del Mar)	2022
22-9	Orlando Robbins (Buena Park)	1986	24-2	* Roger Lemons (Katella)	1979
22-9	Tony Robinson (San Clemente)	1990	23-8	Ryan Collier (Northwood)	2011
22-9	Mike Smith (El Toro)	1997	23-7	J.J. Cisneros (Los Alamitos)	1988
22-9	Darryl Poston (Edison)	2001	23-5.25	Kenny McGee (Magnolia)	2008
22-9	*Jason Plumb (Coroan del Mar)	2021	23-4.50	* Myles Hawkins (Orange Lutheran)	2013
22-8.75	Tom Teeple (Brea)	1971	23-4.5	*Ryan Kennedy (Mission Viejo)	2017
22-8.75	Robert Marshall (Santa Ana)	1973	23-4.25	*Kirk Ayers (Western)	1986
22-8.5	Norman Paul (Santa Ana)	1930	23-4.25	Brenden Schooler (Mission Viejo)	2016
22-8.5	Bob Chambers (Fullerton)	1936	23-4	* Eric Dorn (Estancia)	1986
	<i>(Third place State Meet)</i>		23-3.5	*Angel Ledezma (Canyon)	2019
22-8.5	Garry Templeton (SA Valley)	1974	23-3	Tyler Coffmann (Los Alamitos)	2016
22-8.5	Tom Leonard (Western)	1975	23-1.75	*Malcolm Wesley (Santa Ana Valley)	2017
22-8.5	Joe Thomas (Buena Park)	1999	23-1	*JD Martinez (Villa Park)	2019
22-8.5	* Chuck Steer (SA Valley)	1988	23-0.5	*** *Richard Fanti (Santa Ana)	1985
22-8.5	** Robert Steppers (La Habra)	2003	23-0.25	Brent Watson (Orange)	1971
22-8.5	Jack Shippy (San Clemente)	2017	23-0.25	*Jose Rubio (Los Alamitos)	2016
22-8.5	Dylan Fox (Irvine)	2021			
22-8.25	George Bamett (Estancia)	1969	Triple Jump		
22-8	Carlos Herrera (Westminster)	1966	51-7.75	Phouphet Singbandith (Magnolia)	1990
22-8	Mac Rorie (Fullerton)	1972	50-11.75	Tony Parrish (Marina)	1993
22-8	Brian Heaney (El Toro)	1974		<i>('92 & '93 State Champion)</i>	
22-8	Ignacio Perez (Santa Ana)	2003	50-3.5	Ken Williams (Troy)	1982
22-8	Anton Jamir (Cypress)	2003	49-4	Mitchell Bland (Tesoro)	2014
22-8	Diego Courbis (Mission Viejo)	2014	48-9.5	Clarence Moore (Cypress)	2000
22-8	Brenden Schooler (Mission Viejo)	2016	48-7.75	* Reggie Curry (Tustin)	1994
22-8	Jack Haley (Irvine)	2017	48-6.5	Sheldon Blockburger (Newport)	1983
22-8	Jacob Haley (Irvine)	2019	48-6.25	Clayton Tharrington (Esperanza)	1990
22=8	Reuben Lopez (Mission Viejo)	2022	48-4.5	* Myles Hawkins (Orange Lutheran)	2013
22-7.75	*Josiah Williams (Valencia)	1990	48-1.5	Ken Margerum (Fountain Valley)	1977
22-7.75	Ray Bardone (Edison)	1997	48-1.5	Tony Robinson (San Clemente)	1990
22-7.75	*Ryan Kennedy (Mission Viejo)	2017	48-0.5	Charlie Cummings (Kennedy)	1989
22-7.75	*Angel Ledezma (Canyon)	2019			

47-10	*Jesse Johnson (SA Valley)	1980	45-7.5	* Pamale Skipps (Los Amigos)	1987
47-8	Titan Ruotolo (Mater Dei)	2019	45-7.5	* Brian Valdez (El Modena)	1991
47-7.75	Donald Hawthorne (Aliso Niguel)	2002	45-7.5	Jordan Singleton (Dana Hills)	2008
47-7	Rick Brown (Saddleback)	1976	45-7.25	Jeff Hutton (Katella)	1972
47-7.5	Vince Church (Kennedy)	1991	45-7	Jake Justeen (Dana Hills)	2017
47-6.25	Anthony Victa (Laguna Hills)	2019	45-6.5	Emile Harry (Fountain Valley)	1984
47-5.75	Mike Phillips (Foothill)	1985	45-6.5	Tom Desiano (Mission Viejo)	1985
47-5.5	Chris Conrad (Mater Dei)	1987	45-6.5	* Chris Jackson (Mater Dei)	1992
47-5	Dennis Cowan (Fountain Valley)	1979	45-6.5	Thomas Hopson (Trabuco Hills)	2004
47-4.5	Arik Nesbit (San Clemente)	2014	45-6.25	Ike Nioku (Kennedy)	2002
47-4	Drew Huusfeldt (Esperanza)	2010	45-6	Jake Burch (Orange)	1974
47-3	Bernie Chapman (Capo Valley)	1991	45-6	Zach Hickman (Dana Hills)	1989
47-2	*Jonathan Yu (Fountain Valley)	2022	45-6	Daniel Siapin (Sonora)	2001
46-11.25	Kenny McGee (Magnolia)	2008	45-6	*Myles Carter (Northwood)	2020
46-10.5	Jeremy Wooldridge (Trabuco Hills)	2003	45-5.75	Mark Kammerlohr (Orange)	1990
46-9.75	*Ken Gates (Foothill)	1980	45-5.5	Richard Werner (El Modena)	1976
46-9.5	LeRon Ellis (Mater Dei)	1987	45-5.5	*Dave Hancock (San Clemente)	1978
46-9.25	Robert Gaither (SA Valley)	1980	45-5.25	Kevin Chang (El Modena)	2005
46-9.25	* Tony Robinson (San Clemente)	1989	45-5	Jamie Nelson (Villa Park)	1986
46-9	Tony Pitts (SA Valley)	1978	45-4.75	Michael Nguyen (Westminster)	1999
46-9	David Gates (Foothill)	1984	45-4.5	Derek Jackson (Saddleback)	1978
46-9	Blaise Bryant (Cypress)	1987	45-4.5	* Robert Gaither (SA Valley)	1979
46-9	Myles Carter (Northwood)	2021	45-4.5	Steve Feeney (Santa Margarita)	1991
46-8.75	Mark McGovney (El Modena)	1983	45-4.25	Jeremy Coe (San Clemente)	2008
46-8.75	Joe Thomas (Buena Park)	1999	45-4	*John Moore (Loara)	1980
46-8	Chris Mandeville (Irvine)	1983	45-3.75	Ben Nikalojivic (Fullerton)	1983
46-8	*Joe Birdo (SA Valley)	1981	45-3.75	Sean Sawyer (El Modena)	1985
46-5.75	Matt Dispenza (Marina)	2014	45-3.5	*Earl Jones (Saddleback)	1983
46-5.5	Owen Morse (Tustin)	1985	45-3.5	M. Walker (Los Amigos)	1997
46-5.5	Ian Jennings (Edison)	1998	45-3.25	Philavong (Buena Park)	1989
46-5.25	Alain Nicasio (Aliso Niguel)	1998	45-3.25	Justin Haney (Villa Park)	1999
46-4.75	Blaine Bolus (Corona del Mar)	2009	45-3	Al Ruiz (El Modena)	1981
46-3	Art Gourdine (El Toro)	1978	45-3	Silaphet Singbandith (Magnolia)	1992
46-3	Blair Robinson (Kennedy)	2015	45-2.75	Adam Shapiro (Capo Valley)	1982
46-2	Jack Fairchild (Crean Lutheran)	2022	45-2.75	Will Foster (Edison)	1987
46-1.75	Tony Mosley (Santa Ana)	1987	45-2.5	Jeff Robins (Saddleback)	1977
46-1.5	Mike DeVore (Orange)	1985	45-2.5	Gatlin (?)	1985
46-1.25	*David Hall (Mission Viejo)	1986	45-2	Robbie Glover (Orange)	1987
46-1	Mark Miller (Magnolia)	1973	45-2	J.J. Cisneros (Los Alamitos)	1988
46-1	Ben Forbes (Marina)	1998	45-2	Scott Capulong (Woodbridge)	1989
46-1	* Alex Miller (Savanna)	2003	45-2	Tony Muniz (Woodbridge)	1994
46-1	Raphael McFarlane (Mission Viejo)	2003	45-2	Javon Givens (Cypress)	2004
46-0	* Justin Haney (Villa Park)	1998	45-2	**Jonathan Yu (Fountain Valley)	2021
45-11.5	Eric Fisher (Capo Valley)	1992	45-1.75	Doug Nordquist (Sonora)	1977
45-11.5	David Shaw (Ocean View)	1994	45-1.75	Dave McDonald (Dana Hills)	1982
45-11	Mike Vogel (Orange)	1982	45-1.75	Carl Satterfield (Huntington Beach)	1983
45-11	* Jeremy Becker (Cypress)	1993	45-1.5	Tim Hickey (El Dorado)	1979
45-10.5	Greg Portis (Katella)	1986	45-1.5	Chris Boras (Dana Hills)	1986
45-10.5	* Mitchell Bland (Tesorero)	2013	45-1.5	Jason Nunez (Villa Park)	1987
45-10.25	*Joshua Caiquo (Los Alamitos)	2011	45-1.25	Joe Cheng (Woodbridge)	1983
45-10.25	Paul Magana (Anaheim)	2016	45-1	Larry Williams (SA Valley)	1983
45-10	Chris Moxley (Mission Viejo)	1990	45-1	Toney Jerkins (Capo Valley)	1989
45-10	Ryan Finnie (Mater Dei)	2013	45-0.75	Mark Palmer (Corona del Mar)	1984
45-9.75	Chris Jackson (Canyon)	1999	45-0.5	Ron Hodgkinson (Loara)	1982
45-9.5	*Dave Berger (Canyon)	1977	45-0.5	Emilio Sartori (Villa Park)	2005
45-9.5	** Robert Stevens (La Habra)	2003	45-0.5	* Sean Larson (Edison)	2009
45-9.50	* Matt Dispenza (Marina)	2013	45-0.25	Kevin Reiter (El Dorado)	1977
45-9.5	*Malcolm Wesley (Santa Ana Valley)	2017	45-0.25	Stephen Jen (University)	1984
45-9.25	Ryan Gillette (Villa Park)	1985	45-0.25	Mike Alvidrez (El Modena)	1996
45-9	*Steven Jen (University)	1983	45-0.25	Matt Brumen (Marina)	2004
45-9	Kienan Brigs (Valencia)	2001	45-0	Joe Lawrence (Fountain Valley)	2000
45-8.75	Tohru Asami (Sunny Hills)	1977	45-0	Isaiah Galloway (Fountain Valley)	2018
45-8.75	John Amneus Foothill)	1987			
45-8.75	* Cody Jones (Edison)	1997			
45-8.5	Harvey Horse (Western)	1978	Wind-aided:		
45-8.5	Todd Fenton (Cypress)	1984	51-10	Ken Williams (Troy)	1982
45-8.5	* Ruben Hernandez (La Habra)	1993	49-10	* Myles Hawkins (Orange Lutheran)	2013
45-8.25	Bob Rust (Kennedy)	1980	49-8.5	* Reggie Curry (Tustin)	1994
45-8	Greg Ruzicka (Corona del Mar)	1973	48-9.5	Clarence Moore (Cypress)	2000
45-8	Don Stanford (Edison)	1976	48-2.75	Vince Church (Kennedy)	1991
45-8	Estrada (Villa Park)	1985	47-10	Donald Hawthorne (Also Niguel)	2002
45-8	Justin Baker (Irvine)	2004	47-9	Bernie Chapman (Capo Valley)	1991
45-8	Hayden Pierce (Esperanza)	2010	47-6	Myles Carter (Northwood)	2021
45-7.75	Bill Crutchfield (Orange)	1980	47-5	Blair Robinson (Kennedy)	2015
45-7.75	Rob Boldt (El Toro)	1988	47-3	Stephen Jen (University)	1984
45-7.5	Chris Mandeville (Irvine)	1983	47-2.25	Drew Huusfeldt (Esperanza)	2010
			47-0	Raphael McFarlane (Mission Viejo)	2003

46-11	Chris Gonzalez (Garden Grove)	2015	60-11	Pat Kyle (Buena Park)	1982
46-9	Todd Fenton (Cypress)	1985		<i>(State Champion)</i>	
46-8.5	**Myles Hawkins (Orange Lutheran)	2012	60-11	Chad Peare (Trabuco Hills)	1993
46-8.5	Ryan Finnie (Mater Dei)	2013	60-11	Connor Einck (Servite)	2012
46-7.25	* Blaine Bolus (Corona del Mar)	2008	60-10.75	Dave Johnson (Brea)	1976
46-6	Estrada (Villa Park)	1985	60-9.5	*Malik McMorris (Mater Dei)	2014
46-5	Justin Hovey (Capo Valley)	1994	60-8.5	Sam Lightbody (Huntington Beach)	1999
46-3.5	Steve Feeny (Santa Margarita)	1991	60-6.5	Mason Miller (Esperanza)	2011
46-3.5	**Myles Carter (Northwood)	2019	60-6.25	Roy Thurman (Western)	1963
46-2.5	* Matt Dispenza (Marina)	2013	60-6.25	Caleb McCurry (Northwood)	2009
46-1.25	* Scott Capulong (Woodbridge)	1988	60-4.75	Bob Jensen (Magnolia)	1966
45-11.25	Aziz Spellman (Misison Viejo)	2007	60-4.5	Steve DeForrest (Katella)	1977
45-10.75	Ryan Collier (Northwood)	2011	60-3	Tambi Wenj (Fountain Valley)	1984
45-10	Tommy Plusayarang (Saddleback)	1984	60-3	Justin Birell (Esperanza)	1997
45-10	* Mitchell Bland (Tesoro)	2013	60-0.75	*Jim Neidhart (Katella)	1972
45-7.75	Dwayne Gregory (Mission Viejo)	1984	60-1.25	Ryan Andrews (Newport)	2011
45-7.5	Donavan Toban (Cypress)	2008	59-9.75	Larry Saugstead (SA Valley)	1969
45-6	Danny Samarin (Edison)	2008	59-9.25	Jim Heath (Anaheim)	1969
45-5.75	Justin Williams (Trabuco Hills)	2019	59-9	Steve Lehmer (Loara)	1966
45-5	Jamie Nelson (Villa Park)	1986	59-8.75	*Brad Bolton (El Toro)	2011
45-5	Ian Jones (Sonora)	2021	59-8.50	Tommy Brown (Mater Dei)	2018
			59-6.5	Brian Dyke (Bolsa Grande)	1973
			59-6.5	*Jake Arnold (Marina)	2016
			59-6.25	Maltipo Fuentes (Servite)	1977
			59-6	*Jake Porter (Canyon)	2019
			59-5.5	Ziad Khozam (El Modena)	1985
			59-5.5	Jeff Baca (Mission Viejo)	2008
			59-4	Dale Gordon (El Modena)	1969
			59-4	Alex Butler (El Modena)	2005
			59-1.75	Rory Mount (Dana Hills)	2009
			59-1	Tony Ciarelli (Huntington Beach)	1972
			58-11.75	Sullivan Parker (El Toro)	2011
			58-11.5	Kevin Jefferies (Newport)	1981
			58-10	Mike Johnson (Bolsa Grande)	1966
			58-10	Doug Blanchard (Edison)	1987
			58-9.5	Ed Labate (Villa Park)	1973
			58-9.5	Dave Torbert (Lowell)	1969
			58-8.5	Ken DeShano (Canyon)	1979
			58-8	Mike Watson (SA Valley)	1976
			58-7.5	Kevin Keeders (Anaheim)	1969
			58-6.75	Kirk Wassell (Western)	1964
			58-6	Jon O'Neil (Santa Margarita)	1997
			58-5.75	David Sampson (Cypress)	2003
			58-5.5	Joe Walshe (Foothill)	1984
			58-5	Jamil Douglas (Cypress)	2010
			58-4.5	John Harper (San Clemente)	1977
			58-4	Rocky Fenton (San Clemente)	2014
			58-3.5	Chris Dressel (El Dorado)	1979
			58-3.25	Mark Kinney (Esperanza)	1990
			58-3.25	Michael Sota (Valencia)	2014
			58-3	Steve Michaelsen (Newport)	2012
			58-1.5	Geof Harrowby (Laguna Beach)	1968
			58-1.25	Bill Flores (Kennedy)	1983
			58-1	Stephen Gonzales (Newport)	1994
			58-0	Steve Ledbetter (Brea)	1962
			57-11.5	Jerry Streny (Lowell)	1975
			57-11	John Logsdon (Rancho Alamitos)	1975
			57-11	Mitch Johnson (Pacifica)	1984
			57-11	Cecil Whiteside (Newport)	2009
			57-10.5	Mike Stone (Lowell)	1966
			57-10.25	Jerry Shipkey (Anaheim)	1943
				<i>(No State Meet in 1943)</i>	
			57-9.5	Sean Fenton (Corona del Mar)	2000
			57-9.5	Edgar Oregel (SA Valley)	2003
			57-8.25	Grant Heffernan (University)	2007
			57-7.5	Travis Jones (Esperanza)	2001
			57-7	Jim Ulam (Kennedy)	1968
			57-6.75	Pat Murray (Lowell)	1969
			57-6	Terry Guy (Fullerton)	1957
			57-4.75	Joe Tosti (Corona del Mar)	1973
			57-4.5	Keith Van Horne (Fullerton)	1976
			57-4.5	Jerry French (SA Valley)	1967
			57-4.5	Will Fortier (Newport)	2014
			57-3.75	*Jake Porter (Canyon)	2019
			57-3.25	Mike Seibl (Magnolia)	1971
			57-3.25	Skip Franklin (Newport)	1974

Shot Put

71-7.25	*Bronson Osborn (Esperanza)	2016
	<i>(State Champion)</i>	
69-6.5	Brian Blutreich (Capo Valley)	1985
	<i>('84 & '85 State Champion)</i>	
69-3.75	Jim Neidhart (Newport)	1973
	<i>(State Champion)</i>	
68-5	Dave Kurrasch (Newport)	1975
	<i>(State Champion)</i>	
67-9	Terry Albritton (Newport)	1972
67-2.25	Mark Stevens (Newport)	1971
	<i>(State Champion)</i>	
67-2	Dave Murphy (Sunny Hills)	1966
	<i>(State Champion)</i>	
66-8	Mark Parlin (Esperanza)	1991
	<i>(State Champion)</i>	
66-8	*Jeff Duensing (Esperanza)	2019
65-1	Nick Robinson (El Toro)	2006
64-11.75	Jim Doehring (San Clemente)	1980
64-7.5	Greg Aitkenhead (Mission Viejo)	1984
64-6.5	Ethan Cochran (Newport)	2012
	<i>(State Champion)</i>	
64-5.5	John Brenner (Fullerton)	1979
64-0.5	Kaleaph Carter (Edison)	1988
	<i>(State Champion)</i>	
63-11.25	Bo Taylor (Newport)	2006
63-10.5	*Dave Kurrasch (Santa Ana)	1974
	<i>(State Champion)</i>	
63-10	Kyle Tsu (Marina)	2017
63-8	Aidan Elbettar (Newport)	2020
63-6.5	Craig Polley (Sunny Hills)	1977
	<i>(State Champion)</i>	
63-5	Jake Fraser (El Toro)	2011
63-3.5	Sean Rhyan (San Juan Hills)	2019
63-0.5	Nick Coghill (Valencia)	2015
62-6.75	* Kelsey Benoit (San Clemente)	2013
62-6.25	Chad Smith (University)	2004
62-5.75	Clint Meyer (Esperanza)	2016
62-5	Marty Taylor (Newport)	2013
62-4.5	William Truong (Esperanza)	2014
61-11.5	Kent Pagel (Fullerton)	1970
61-10.5	Scott Moser (Huntington Beach)	1997
61-8.25	Rich Torbert (Lowell)	1974
61-8	Cole Smith (Newport)	2017
61-7	Tony Mancuso (Newport)	1992
61-6	Wade Tift (Newport)	1994
61-3.75	Vince Brown (Mater Dei)	1978
61-2	*Sawyer Howard (Los Alamitos)	2019
61-1	Gabe Long (Esperanza)	2003
61-0	Brian Ruziecki (Huntington Beach)	2002
61-0	Blake Poole (Esperanza)	2008
60-11.75	Aaron Dan (Esperanza)	2005
60-11	Ken Mills (University)	1979

57-3	*Gabe Perez (Valencia)	2012
57-2	Mike Mathews (Mission Viejo)	2014
57-2.75	Jordon Ammann (Esperanza)	2016
57-1.5	Rich Brown (Mission Viejo)	1987
57-1.25	Don Brandes (Canyon)	1977
57-1.25	Beau Ralphs (Newport)	1993
57-0.5	*Michael Jarbee (Newport)	2016
57-0.25	Jeff Klein (Rancho Alamitos)	1973
57-0	Brent Reiderich (Edison)	1985
57-0	Paul Castenada (SA Valley)	2004
56-11	Jerry Langenfeld (Rancho Alamitos)	1972
56-11	Chuck Underwood (Esperanza)	1989
56-10	Dick Mann (Savanna)	1971
56-10	Rick Tarvin (Marina)	1975
56-10	Vic Rakhshani (Edison)	1976
56-9.5	Rick Obema (Buena Park)	1974
56-9	Dan Noll (El Toro)	1996
56-9	Colin Schooler (Mission Viejo)	2017
56-8.75	Donnie Alaman (SA Valley)	1974
56-8.5	Kevin Einck (Servite)	1980
56-8.25	Chris Conrad (Brea)	1993
56-8	Dick Lindsay (Tustin)	1962
56-8	Kurt Clemens (Huntington Beach)	1969
56-8	Jeff Bodholdt (Irvine)	1994
56-7.75	J Tesimale (SA Valley)	1975
56-7	Jake Taylor (Newport)	2010
56-6.25	Mike Johnson (Bolsa Grande)	1965
56-5.5	Watson (SA Valley)	1975
56-5.5	Brian Stack (El Dorado)	1976
56-5	Dennis Shields (Tustin)	1965
56-5	Gus Coppens (Sunny Hills)	1973
56-5	*Matt Gray (Esperanza)	2003
56-4.75	John Covington (Sunny Hills)	1972
56-4.5	Curt Eilenberg (Costa Mesa)	1975
56-4.25	JB Salem (Newport)	2011
56-3.75	Doug Torbert (Lowell)	1969
56-3.75	Ed Thompson (Villa Park)	1970
56-3.75	Kevin McLain (Loara)	1971
56-3.25	*Brodie Reiderich (Edison)	1996
56-3	Matt Jordan (Dana Hills)	1990
56-3	Travis McCullough (Esperanza)	1993
56-2.75	Greg Blixt (SA Valley)	1982
56-2.5	Clarence Jackson (Saddleback)	1975
56-1.75	Robert Hulliger (Costa Mesa)	2000
56-0.75	John Jaragoski (Buena Park)	1965
56-0.75	P Cavanaugh (La Habra)	1969
56-0.75	Jerry Gillespie (Westminster)	1989
56-0	Jeff Brown (Corona del Mar)	1984
55-11.75	Dave Lawson (Corona del Mar)	1983
55-11.75	Kevin Fairman (Edison)	1987
55-11.5	T.J. Brown (Mission Viejo)	1993
55-11	Don Jones (Westminster)	1966
55-11	Matt Rudesill (Costa Mesa)	1998
55-11	*Tommy Brown (Mater Dei)	2017
55-10.5	John Raitt (Fullerton) (State Champion)	1935
55-10.5	Don Kolstad (Santiago)	1970
55-10.5	Mark Davenport (El Dorado)	1972
55-10.5	Greg Thurston (Edison)	1989
55-10	Richard Keyser (Foothill)	1971
55-10	Patrick Geers (Capo Valley)	2012
55-9.75	Pat McRae (Pacifica)	1977
55-9.5	*Mike Burns (Esperanza)	1990
55-9.5	*Keneti Faagata (Trabuco Hills)	2004
55-9.5	Stephan Gabbard (Huntington Beach)	2007
55-9	Mike Evans (Orange)	1970
55-9	Trevor Theriot (Newport)	2005
55-8.5	Dwayne Peck (Marina)	2004
55-8	Kristian Crabb (Huntington Beach)	2016
55-7.75	Cole White (Corona del Mar)	2019
55-7.5	Steve Timmermann (Edison)	1972
55-7.5	Dave Lawson (Corona del Mar)	1983
55-7.5	Scott Bolton (Rancho Alamitos)	1981
55-7	Chris Sweeney (Capo Valley)	1980
55-7	*Javier Venegas (Newport)	2012
55-6.5	Joe Moretti (Magnolia)	1972

2012	55-6	Rocky Liapis (Fullerton)	1975
2014	55-6	Joshua Scherer (Trabuco Hills)	2010
2016	55-5.5	Brad McPherson (Orange)	1973
1987	55-5.5	Garrett Sweetser (Esperanza)	2014
1977	55-5.5	*Kyle Tsu (Marina)	2016
1993	55-5	Randy Vandivier (Anaheim)	1977
2016	55-5	Ken Felix (Capo Valley)	1985
1973	55-5	Trevor Lawrence (Newport)	2011
1985	55-4.75	Steve Meier (Santa Ana)	1965
2004	55-4.5	*Joe Walsche (Foothill)	1983
1972	55-4	Sam Rossi (El Dorado)	1970
1989	55-4	Paul Everson (Troy)	2001
1971	55-4	Earnie Sagiao (Edison)	2008
1975	55-3.5	Asi Faoa (Magnolia)	1999
1976	55-3.5	Ryan Powdrell (Mission Viejo)	2002
1974	55-3.25	Lawson Mollica (Edison)	1990

Shot Put (Junior 6kg)

69-9.5	*Bronson Osborn (Esperanza)	(21.27m)	2016
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Shot Put (International 16 lb.)

59-5.75	Bronson Osborn (Esperanza)	2017
57-10.25	Dave Murphy (Sunny Hills)	1966
55-10.5	Jim Neidhart (Newport)	1973
55-9	Dave Kurrasch (Newport)	1975
55-3.25	Terry Albritton (Newport)	1972
54-11.5	John Brenner (Fullerton)	1979
53-11	Greg Aitkenhead (Mission Viejo)	1984
53-7.5	*Brian Blutreich (Capo Valley)	1984

Discus (HS 1.62kg)

213-11	Scott Moser (Huntington Beach) (*'96 & '97 State Champion)	1997
213-7	Bo Taylor (Newport)	2006
210-8	Brian Blutreich (Capo Valley) (State Champion)	1985
209-8	Ethan Cochran (Newport) (*'11 & '12 State Champion)	2012
204-4	*Bronson Osborn (Esperanza) (State Champion)	2016
203-10	*Brendon See (J Serra) (State Champion)	2022
203-5	Travis Pendleton (Esperanza) (State Champion)	2000
200-9	Matt Gray (Esperanza)	2004
200-8	Aidan Elbettar (Newport)	2020
197-0	Nick Robinson (El Toro)	2006
195-11	Sam Lightbody (Huntington Beach)	1999
194-8	Malik McMorris (Mater Dei)	2015
194-2	Mark Parlin (Esperanza)	1991
193-9	Aaron Dan (Esperanza)	2005
193-6	Blake Ayles (Orange Lutheran)	2008
192-1	Andy Marrone (Dana Hills)	1990
191-6	Brian Ruziecki (Huntington Beach)	2002
191-11	Chad Peare (Trabuco Hills) (State Champion)	1993
190-9	*Jeff Duensing (Esperanza)	2019
190-8	Tambi Wenj (Fountain Valley) (State Champion)	1984
190-4	Marty Taylor (Newport)	2013
190-01	Nick Coghill (Valencia)	2015
190-0	Will Parsons (La Habra)	2011
189-10	Mike Bain (Corona del Mar)	1987
188-7	Quaid Vuncannon (San Clemente)	2012
187-9	Cecil Whiteside (Newport)	2009
187-2	Scott Hudson (Mission Viejo)	1980
186-8	Dan Westerfield (Capo Valley)	1981
186-2	Kaleaph Carter (Edison)	1988
185-10	Sepehr Sharifi (University)	1995
185-11	Kevin Jefferies (Newport)	1981
185-2	Greg Aitkenhead (Mission Viejo)	1984

185-9	Jake Fraser (El Toro)	2011	172-2	Mike Johnson (Bolsa Grande)	1966
185-9	Clint Meyer (Esperanza)	2016	172-0	Sean Ullom (Orange)	1987
185-1	Steve Michaelson (Newport)	2012	171-6	Dale Gordon (El Modena)	1969
185-1	Kelsey Benoit (San Clemente)	2014	171-6	Schuyler Francine (Villa Park)	1983
184-10	Rocky Fenton (San Clemente) (<i>State Champion</i>)	2014	171-5	Mike Evans (Orange)	1970
184-2	Kevin Corbett (El Dorado)	1976	171-4	Sean Fenton (Corona del Mar)	2000
183-0	Eki Faagai (Huntington Beach)	2004	171-1	Joe Walshe (Foothill)	1984
182-7	Christian Lavallo (Mission Viejo) (<i>State Champion</i>)	2018	171-1	*Brad Bolton (El Toro)	2010
182-2	Ken Mills (University)	1979	171-0	Nash Parker (Dana Hills)	2015
182-1	Steve Lehmer (Loara)	1966	171-0	**Adam Chacon (J Serra)	2016
181-8	Miguel Lopez (Esperanza)	2010	171-0	Tommy Brown (Mater Dei)	2018
181-4	Phil Fulbright (Capo Valley)	1995	170-11	Jeff Bodholdt (Irvine)	1994
181-2	Jake Pendleton (Esperanza)	2009	170-10	Mike Jablonsky (Esperanza)	2005
180-8	Brendon Birdsell (Beckman)	2009	170-5	McMullen (Calvary Chapel)	1996
180-7	Jason Bader (Edison)	1995	170-4	Dave Sommers (Katella)	1977
180-5	Mason Miller (Esperanza)	2011	170-4	Lou Sargeant (El Toro)	1983
180-3	Dylan Connor (El Modena)	2022	170-4	Rich Brown (Mission Viejo)	1987
179-9	Max McKhann (Dana Hills)	2018	170-4	*Jim Stewart (Esperanza)	1993
179-8	Dylan Storey (El Modena)	2003	170-3	Chris Conrad (Brea)	1993
179-6	Zfad Khozam (El Modena)	1985	170-2	Sager (Huntington Beach)	2004
179-6	*Sullivan Parker (El Toro)	2010	170-0	Mark Stevens (Newport)	1971
179-4	Caleb McCurry (Northwood)	2009	170-0	Jess Rogers (Rancho Alamitos)	1980
179-3	Dave Winters (Valencia)	1984	170-0	Chris Chester (Tustin)	2001
179-3	*Cole Smith (Newport)	2016	169-10	Leonard Ostrum (Orange)	1970
178-11	Chad Seymour (Aliso Niguel)	2009	169-9	Ed Labate (Villa Park)	1973
178-9	Scott Hudson (Mission Viejo)	1979	169-8	Matt Rudesill (Costa Mesa)	1998
178-7	Jim Norum (Brea)	1997	169-7	Bill Flores (Kennedy)	1983
178-6	Rich Stewart (La Quinta)	1975	169-4	Jud Binley (Laguna Beach)	1973
178-4	Zach Tombol (Servite)	2013	169-4	Jeff Greenbough (Laguna Beach)	1977
178-3	Jeff Hall (Katella)	1982	169-4	Jon O'Neil (Santa Margarita)	1997
177-11	David Sampson (Cypress)	2003	169-3	Randy Kendrick (Huntington Beach)	1982
177-9	Steve Gonzales (Newport)	1994	169-2	*Jim Harper (San Clemente)	1976
177-7	Jordan Arumann (Esperanza)	2016	169-1	Jim Ulam (Kennedy)	1968
177-6	Richard Bolton (Rancho Alamitos)	1977	169-1	Blair Parrott (San Clemente)	1991
177-6	Troy Nikalus (Servite)	2011	169-1	Nick Sharp (Huntington Beach)	2002
177-5	Mike Richie (Troy)	1998	169-1	Matt Murphy (El Toro)	2007
177-0	Mark Baughman (Katella)	1975	169-0	*Ed Clarke (Newport)	1997
176-3	Luke Wattenberg (J Serra)	2016	169-0	Carlo Valdes (Mater Dei)	2008
176-11	Steve Bruce (Valencia)	1978	168-10	Jeff Safarik (Fullerton)	1979
176-8	Andrew Cruikshank (Foothill)	2010	168-9	Todd Kausen (Corona del Mar)	1978
176-8	Kyle Tsu (Marina)	2017	168-9	** Troy Nikalas (Servite)	2009
176-3	Randy Hein (Dana Hills)	1995	168-8	Jim Osborn (Rancho Alamitos)	1985
176-2	Sean Jarne (Esperanza)	1996	168-8	Jesse McDonald (Laguna Hills)	1994
176-2	Justin Stafford (Dana Hills)	2014	168-8	* Alex Butler (El Modena)	2004
176-2	Spencer Blake (Newport)	2018	168-8	Alec Cranford (Dana Hills)	2013
175-10	Trevor Ofisa (Magnolia)	2010	168-7	*John Moses (Loara)	1980
175-8	John Sheppard (Katella)	1976	168-7	Roger Masangkay (Huntington Beach)	1984
175-8	*Joel Heaton (Aliso Niguel)	2006	168-7	Chad Smith (University)	2004
175-6	Dave Kurrasch (Newport)	1975	168-7	Mason Crane (Corona del Mar)	2017
175-2	*Christian Lavallo (Mission Viejo)	2017	168-6	Joel Brodowski (Pacifica)	1980
174-11	Matt Plowman (Esperanza)	2002	168-5	John Karahallos (Western)	1979
174-9	Jake Arnold (Marina)	2017	168-4	B Vamell (Sunny Hills)	1982
174-8	Chris Dressel (El Dorado)	1979	168-4	Paul Castenada (SA Valley)	2004
174-8	Jim Doehring (San Clemente)	1980	168-2	*Bob McGuire (Foothill)	1973
174-6	Morad Moussabeck (Fountain Valley)	2005	168-1	Jim Eddleman (Valencia)	2000
174-2	*Kelsey Benoit (San Clemente)	2013	168-0	JR Sauni (Orange)	1991
174-1	Mike Morales (Garden Grove)	1986	167-11	Scott Wingerson (Orange)	1981
174-0	John Ortman (University)	1978	167-10	Craig Rebeck (Capo Valley)	1987
174-0	*Dillon Hayes (Tustin)	2000	167-10	*Nick Woloshun (Valencia)	2001
174-0	Joshua Scherer (Trabuco Hills)	2010	167-10	Nate Talbort (Newport)	2008
173-5	Af Haghi E (University)	1990	167-10	William Truong (Esperanza)	2014
173-5	Al Avila (Loara)	1990	167-9	Shane Reese (Newport)	1997
173-4	Alex Covarrubias (Valencia)	1972	167-9	*Marty Taylor (Newport)	2012
173-4	Sullivan Parker (El Toro)	2011	167-9	Blake Baloun (El Toro)	2018
173-2	Clark (Laguna Beach)	1979	167-6	Tom Allison (Los Alamitos)	1985
173-1	Curt Eilenberg (Costa Mesa)	1975	167-6	Jeremiah Fagilli (Magnolia)	1998
173-0	Scott Strayer (Huntington Beach)	2005	167-3	*Dustin Slinkard (Santa Margarita)	2002
173-0	*Gabe Perez (Valencia)	2012	167-0	Jake Brower (Orange)	1987
172-11	Howard Royster (Corona del Mar)	1972	167-0	Brad Grace (Huntington Beach)	1988
172-11	John Brenner (Fullerton)	1979	167-0	Raphael Alvarez (Esperanza)	2002
172-10	Mike Zupancic (Trabuco Hills)	2008	166-11	Chris Sweeney (Capo Valley)	1981
172-10	*Javier Venegas (Newport)	2012	166-11	**Aydin Breland (Mater Dei)	2022
172-9	Nathan Talbott (Newport)	2008	166-8	Tom Pellicer (Esperanza)	1993
172-9	Cole Smith (Newport)	2017	166-7	Scott Hoth (El Toro)	1982
172-9	Yusuf Hashem (Esperanza)	2019	166-7	Dylan Storey (El Modena)	2003
172-7	*Barrett Woods (Esperanza)	1998	166-6	Ryan Coy (Los Alamitos)	2016
172-6	Kurt Vollers (Servite)	1997	166-5	Sinali Manu (Magnolia)	2000
172-6	Asi Faoa (Magnolia)	1999	166-5	Austin Niklas (Servite)	2008
			166-5	Mitch Dixon (Trabuco Hills)	2013
			166-4	Kevin Watson (Century)	1999

166-4 Rick Fry (Esperanza) 2001
 166-3 Bruce Mondello (Cypress) 1977
 166-3 Cole Smith (Mission Viejo) 2015
 166-1 John Ortman (University) 1979
 166-1 Tom Cowell (Western) 1990
 166-1 Justin Birrell (Esperanza) 1998
 166-1 Adam Hernandez (Los Amigos) 2016
 166-1 *Jake Stafford (JSerra) 2022
 166-0 Shane Tucker (El Toro) 2008
 165-10 *Travis Kirschke (Esperanza) 1992
 165-10 Adam Leiva (Tesoro) 2017
 165-10 *Jake Porter (Canyon) 2019
 165-9 Eddie Cook (Katella) 1979
 165-7 Steve Brown (Valencia) 1973
 165-7 Bill Ashmore (Katella) 1987
 165-6 *Shane Reese (Newport) 1996
 165-4 Derek Davis (Woodbridge) 2003
 165-3 Erik Bansberg (El Toro) 2000
 165-2 Kevin McLain (Loara) 1971
 164-11 Cody Maresh (Orange) 1971
 164-11 Nathan Neemia (Katella) 1999
 164-9 Talaesea (Santiago) 1973
 164-9 Eric Van Skike (Foothill) 1978
 164-8 **Kyle Grosky (Esperanza) 2006
 164-6 Bob Raya (El Modena) 1978
 164-6 Chuck Underwood (Esperanza) 1989
 164-5 Ryan Belanger (Esperanza) 2010
 164-5 Trevor Lawrence (Newport) 2011
 164-4 Pat McRae (Pacifica) 1977
 164-4 David Keller (Ocean View) 1989
 164-4 Kostas Hatzidakis (Esperanza) 1996
 164-4 Jefferson Santos (Woodbridge) 2006
 164-4 Mark Russell (Sonora) 2011
 164-4 Jake Porter (Canyon) 2020
 164-3 Ed Clarke (Newport) 1998
 164-3 C. O'Brian (Dana Hills) 1998
 164-2 Gabe Paldi (El Modena) 1978
 164-2 Lucas Dunbar (Marina) 1998
 164-0 Ed LeVasseur (Saddleback) 1978
 163-11 Brad Bolton (El Toro) 2011
 163-9 Jeff Brown (El Dorado) 1974
 163-9 Stephen Mantei (Newport) 2015
 163-9 Charles Vernoy (Valencia) 2016
 163-8 Kirk Wassell (Western) 1964
 163-8 *Max McKhann (DanaHills) 2017
 163-7 **Favio Lochananonda (Woodbridge) 2000
 163-5 Tony Mancuso (Newport) 1992
 163-4 Tony Buonacorsi (Trabuco Hills) 1998
 163-3 Carlo Bell (Valencia) 1982
 163-3 McDuffie (El Modena) 1985
 163-3 Raphael Molle (Irvine) 1989
 163-3 Scott Bolton (Tesoro) 2009
 163-3 Scott DeCou (Woodbridge) 2011
 163-2 Hadley James (Santiago) 1966
 163-2 Brendon Jordahl (Edison) 2016
 163-0 Bob Wilson (Edison) 1977
 163-0 Greg Thurston (Edison) 1989
 163-0 *Chad Seymour (Tesoro) 2008
 162-10 Bill Ashmore (Katella) 1986
 162-10 Joey Hawley (Esperanza) 2006
 162-9 Joshua Schnitzer (Los Alamitos) 2009
 162-8 Ed Cook (Katella) 1979
 162-8 *Tony Buogiocolsi (Trabuco Hills) 1997
 162-8 Luis Guzman (Katella) 2006
 162-8 Travis Zavala (Canyon) 2021
 162-7 Eric Shank (Irvine) 1986
 162-6 Gavin Fallen (Foothill) 2010
 162-4 Dave Fouche (Magnolia) 1974
 162-4 Abe Mendoza (Mission Viejo) 1996
 162-4 Matt Plowman (Esperanza) 2000
 162-4 Moe Bradley (Canyon) 2020
 162-2 Jim Sanders (Westminster) 1976
 162-2 Qualic Vargas (Costa Mesa) 2004
 162-2 Brandon Kula (Newport) 2009
 162-1 Brad Griffiths (Saddleback) 1977
 162-1 A. Perez (Valencia) 2000
 162-1 James Axelson (Woodbridge) 2017

2001 Mike Pedro (Irvine) 1991
 161-11 *Troy McWhinney (Huntington Beach) 1991
 161-11 Travis McCullough (Esperanza) 1993
 161-10 Chris Johnson (E Modena) 1989
 161-9 Steve Horvath (Villa Park) 1980
 161-9 Zach Tombol (Servite) 2012
 161-8 Don Brandes (Canyon) 1977
 161-8 Tim Osborne (Rancho Alamitos) 1984
 161-8 Tim Tillman (Savanna) 1989
 161-8 FrankCracchiolo (Fountain Valley) 1995
 161-8 Griffin Wayne (Esperanza) 1996
 161-7 Christian Ydends (Santa Margarita) 2015
 161-6 Ryan Caine (Villa Park) 2000
 161-6 Dwayne Peck (Marina) 2004
 161-4 Richard Echard (Los Alamitos) 1971
 161-4 Brian Dyke (Bolsa Grande) 1973
 161-4 Roger Masangkay (Huntington Beach) 1983
 161-4 Cameron Calvin (Woodbridge) 2004
 161-3 Don Winters (Valencia) 1987
 161-3 Travis Zavala (Canyon) 2022
 161-2 Earnie Sagiao (Edison) 2008
 161-1 Skip Rimer (Corona del Mar) 1970
 161-1 *Brendon Birdsell (Beckman) 2008
 161-0 John Covington (Sunny Hills) 1972
 161-0 ***Scott Paulsen (Valencia) 1986
 160-11 Chad Bruechert (Fullerton) 1988
 160-11 Jason Carpenter (Katella) 1996
 160-10 Taso Tsirtsis (El Toro) 1996
 160-10 Shane Torrea (Dana Hills) 2005
 160-10 Donald Caskey (Mater Dei) 2010
 160-9 *Peter Timoti (Valencia) 2014
 160-7 T. J. Brown (Mission Viejo) 1993
 160-7 Kyle Hodges (Dana Hills) 2006
 160-6 Rick Hill (University) 1982
 160-6 James Sargent (Tustin) 1999
 160-5 *Mark Kricfalusi (Canyon) 1980
 160-5 Zach Smotherman (El Modena) 2006
 160-4 Dave Ayles (LaQuinta) 1979
 160-4 Rudy Motley (Santiago) 1989
 160-3 Pedro Lucas (Western) 2004
 160-2 Greg Holden (Costa Mesa) 1976
 160-2 *Adam Waller (Esperanza) 2014
 160-1 *Scott Strayer (Huntington Beach) 2004
 160-0 Pat O'Shaughnessy (Valencia) 1972
 160-0 Paul Richard (Valencia) 1991
 160-0 Phil Amico (Huntington Beach) 2000
 160-0 Mark Corrales (Huntington Beach) 2000

Junior Discus (1.75 kg)

192-1 Bo Taylor (Newport) 2006
 189-04 *Bronson Osborn (Esperanza) 2016

International Discus (2kg)

161-2 Steve Lehmer (Loara) 1966
 155-3 *Brian Blutreich (Capo Valley) 1984
 147-8 Dale Gordon (El Modena) 1969
 145-9 Doug Stoner (Laguna Beach) 1956
(State Champion—non scoring event)

Hammer Throw #12

238-9 Brad Bolton (El Toro) 2011
 218-8 Jacob Sun (St Margaret's) 2022
 204-7 Max McKhann (Dana Hills) 2018
 203-11 Silviu Bocancea (Corona del Mar) 2015
 197-8 *Mason Crane (Coroan del Mar) 2016
 186-6 **Jake Stafford (Dana Hills) 2022
 183-5 *Mason McKhann (Dana Hills) 2019
 178-10 *Jake Porter (Canyon) 2019
 170-7 Cole White (Corona del Mar) 2019
 165-8 *Lance Eades (San Clemente) 2019
 156-8 *Jake Arnold (Marina) 2016
 150-8 Jacob Fraser (El Toro) 2011
 150-4 Joe Parsons (La Habra) 2007
 148-9 **Christopher Herimann (Corona del Mar) 2017

148-4	Brian Snell (Esperanza)	1994
147-9	Griffin Wayne (Esperanza)	2004
147-8	Justin Birrell (Esperanza)	1997
139-3	Will Parsons (La Habra)	2010
128-3	Sean Jarne (Esperanza)	1995
128-2	Travis Kirske (Esperanza)	1992
124-0	R Frye (Esperanza)	1999

International Hammer (16-lb)

207-10	Brad Bolton (El Toro)	2011
183-8	Jacob Sun (St Margaret's)	2022
147-9	Griffin Wayne (Esperanza)	2004
147-8	Justin Birrell (Esperanza)	1997
139-3	Will Parsons (La Habra)	2010
128-3	Sean Jarne (Esperanza)	1995
128-2	Travis Kirske (Esperanza)	1992
124-0	R Frye (Esperanza)	1999

Junior Hammer (6kg/13.2-lb)

217-6	Brad Bolton (El Toro)	2011
210-5	Max McKhann (Dana Hills)	2018
207-7	Jacob Sun (St Margaret's)	2022

ALL-TIME INDOOR MARKS LIST

Boys

50 meters

5.86	* Tim Martin (San Clemente)	1990
5.90	Matt Bruno (Trabuco Hills)	2002
5.91	Darryl Poston (Edison)	2001
5.93	Gary Young (Woodbridge)	1994
5.94	Denny Casupanan (Tustin)	2002
5.99	Erik Mitchell (Los Alamitos)	1990
60.2	Scott Langford (Santa Margarita)	2001
6.04	* Daniel Whipple (Western)	1990
6.05	Vince Nguyen (Fountain Valley)	2001
6.07	** Bryan Harrison (Dana Hills)	1995
6.08	Chris Lamm (Irvine)	2001
6.12	** Michael Graham (Edison)	1994
6.13	Nic Wedin (Dana Hills)	2001
6.14	* Greg Cleave (Cypress)	1994
6.16	Dahrin Footman (Esperanza)	1995
6.16	Mike Flores (Savanna)	1995
6.16	Josh Herrera (La Habra)	1999
6.16	Jim Thorson (Edison)	2000
6.16	Jonathan Woods (El Toro)	2002
6.17	Darren Shorter (Cypress)	2001
	Turrill Engelman (Marina)	2002
6.19	Matt Slater (Servite)	2003
6.23	* Sparks (Mater Dei)	1991
6.24	Phil Lau (Mission Viejo)	1999
6.26	Adam Hayworth (Marina)	2002
6.27	Ed Presbury (Loara)	1992
6.31	Tim Fitzgerald (Santa Margarita)	1996

60 yards/55 meters#

6.33	Kerwin Bell (Edison)	1980
6.34	Tony Pitts (SA Valley)	1978
6.43	#Kyle Middlebrooks (Fountain Valley)	2010
6.43	Alex Donigian (Trabuco Hills)	2011
6.46	* Rex Brown (Ocean View)	1982
6.53	Chip Rish (Marina)	1984
6.53	#Alex Young (Woodbridge)	2015
6.54c	*Rich Brooks (Woodbridge)	6.3 1985
6.54c	Jim Beyers (Loara)	6.3 1971
6.54c	Tom Teeple (Brea)	6.3 1971
6.55	#Devin Harrison (Dana Hills)	2010
6.59	#* Alex Suchesk (Mission Viejo)	2013
6.61	Ellis Bradford (SA Valley)	1986
6.64	#Chris Brown (Mission Viejo)	2015
6.57	#Tyler Rios (Los Alamitos)	2014
6.60	#Brandon Douglas (Los Alamitos)	2014
6.60	#Dylan Atencio (Yorba Linda)	2015
6.63	#*Michael Mitchell (Tesoro)	2015
6.63	#Scott Patton (Woodbridge)	2015
6.71	#Matt Nichols (Irvine)	2010
6.72	#Lee Mitchell (Tesoro)	2014
6.73	#Charles Wheeler (Edison)	2013
6.78	#* Justin Hunter (Dana Hills)	2013
6.80	#Dakari Barnett (Fountain Valley)	2014
6.82	#*** Nicholas Malone (Fountain Valley)	2013
6.82	# Alexander Cliatt (Irvine)	2013
6.84c	Keith Denson (SA Valley)	6.6 1975
6.86	Anderson Hua (Fountain Valley)	2011
6.86	Jacob Miller (Fountain Valley)	2011
6.88	#*Dimitrius Peters (Santa Margarita)	2015
6.92	#* Phillip Huynh (Fountain Valley)	2013
6.92	#***Nathan Willoughby (Fountain Valley)	2015
6.94c	Larry Hill (Katella)	6.7 1975

60 meters

6.78	Kerwin Bell (Edison)	1980
6.85	Kyle Middlebrooks (Fountain Valley)	2009
6.87	Tony Pitts (SA Valley)	1978
7.15	David Reedus (Westminster)	1988

200 meters

21.58	Max Thomas (Servite)	2022
22.85	Alex Skalmowski (Servite)	2022

300 meters

37.82	Gabe Warner (Woodbridge)	2015
37.87	*Dimitrius Peters (Santa Margarita)	2015
38.76	** Josh Mitchell (Mission Viejo)	2015
39.00	*Austin Baxter (Corona del Mar)	2015
39.39	** Hunter Hawthorne (Mission Viejo)	2015
39.40	Cole Paton (Mission Viejo)	2015
39.54	*Ashtin Fernandes (Fountain Valley)	2015
39.55	*Daniel Sun (Woodbridge)	2015
39.85	*Hunter Albrecht (Dana Hills)	2015
39.90	* Elias Ghazlani (Fountain Valley)	2015

500 yards

58.2	Brian Theriot (Newport)	1975
58.9	* Kirk Ayers (Western)	1986
59.5	Rod Emery (Fountain Valley)	1982
59.5	Marshall Johnson (SA Valley)	1978
59.6	Bryan Humann (Newport)	1975
59.6	Jeff Roach (Laguna Hills)	1984
59.6	Aaron Taub (Foothill)	1992
59.8	David Boyd (Esperanza)	1983
59.9	George McQuarrie (Bolsa Grande)	1975
59.9	Eric Schermerhorn (Woodbridge)	1984
59.9	Chris Sperle (Fountain Valley)	1984
59.2	Ethan Taub (Foothill)	1994
59.5	* Jimmy Hutsell (Cypress)	1994
60.0	Paul Peters (SA Valley)	1986
60.0	Kevin Griswold (Garden Grove)	1996
60.3	Vince Mulroy (Newport)	1975
60.4	Jim Harris (Westminster)	1980
60.5	Jeff Jacobs (Santa Margarita)	2003
60.7	Nick John Haiduc (Servite)	1987
60.8	Chris Corum (Newport)	1978
61.1	Roshawn Sims (Esperanza)	1991
61.7	Ryan Crane (Dana Hills)	1992

600 yards

1:14.72	Chad Rozean (Trabuco Hills)	2010
1:14.93	Brandon Phillips (Irvine)	2010
1:17.91	* Elias Ghazlani (Fountain Valley)	2015
1:17.95	Josh Cerda (Fountain Valley)	2013
1:18.02	*Gabriel Warner (Woodbridge)	2014
1:18.20	Cullen Riser (Orange Lutheran)	2013
1:18.64	Phillip Bui (Fountain Valley)	2015
1:19.02	Trelani Waters (Mission Viejo)	2015
1:19.10	Elliot Loudon (Woodbridge)	2014
1:20.34	Kamran Tariq (Tesoro)	2015
1:20.79	Anderson Hua (Fountain Valley)	2012
1:20.86	* Mauro Marquina (Dana Hills)	2013
1:20.88	Ethan Hold (Corona del Mar)	2014
1:21.15	Zeph Alva (Dana Hills)	2013
1:21.30	*Hunter Clark (San Clemente)	2015
1:21.39	Nathaniel Esquivel (Fountain Valley)	2013
1:21.40	**Alex Young (Woodbridge)	2014
1:21.55	Josh Cerda (Fountain Valley)	2012
1:21.75	Drake Johnson (Dana Hills)	2012
1:22.29	** Phillip Bui (Fountain Valley)	2013
1:22.56	* Matt Oyakawa (Fountain Valley)	2013
1:22.70	* Shane Hernandez (Los Alamitos)	2013
1:23.0	Scott Kipers (Mission Viejo)	1973

800 meters

1:55.79	Brendon Confer (Servite)	2009
2:01.1	*Tony Lozano (Katella)	1999

880 yards

1:57.6	Ruben Esparza (El Modena)	1983
1:58.6	* Kyle Morton (Westminster)	1982
1:58.8	Jim Robbins (Corona del Mar)	1988
1:58.9	* Anthony Wells (SA Valley)	1980
1:59.1	Andy Sims (Dana Hills)	1984
1:59.6	Jim Sorenson (Villa Park)	1986
1:59.7	Kevin Green (Villa Park)	1984
2:00.19c	Luke Decker (Mission Viejo)	1:59.49m 2010
2:00.2	Seth Pickering (San Clemente)	2001
2:00.4	David Sanford (Los Alamitos)	1988
2:01.5	Ken Sims (Irvine)	1984
2:01.7	Jan Maynard (Marina)	1996
2:01.8	Dave McMillen (Irvine)	1986
2:01.8	Mike Balderas (Garden Grove)	1995
2:01.9	Craig Olson (El Dorado)	1987
2:01.9	* Alonso Smith (Tustin)	2000
2:02.1	* Matt Blasdel (Santa Margarita)	1995
2:02.2	* Eric Schermerhorn (Woodbridge)	1983
2:02.6	John Cronin (Mission Viejo)	1985
2:02.6	* Jon Jeffrey (Woodbridge)	1996
2:02.8	Mike Maynard (Capo Valley)	1985
2:02.9	Kevin Knapp (Esperanza)	1985

1000 Yards

2:17.7	Bruce Bess (La Habra)	1961
2:18.4	Chuck Steak (Newport)	1979
2:18.6	Jon Cook (Mission Viejo)	1975
2:18.6	Sam Henrick (Marina)	1976
2:19.7	Steve Moraga (Santa Ana)	1975
2:20.5	Brian Appell (Fountain Valley)	1978
2:22.5	Charlie Christensen (Edison)	1977
2:23.1	Mark Hower (Mission Viejo)	1974
2:23.3	Larry Hayden (Sunny Hills)	1975
2:24.0	Kirk Clark (Newport)	1975
2:24.9	Bob Bradford (University)	1973

One Mile

4:11.3	Jon Butler (Edison)	1981
4:12.9	Eric Hulst (Laguna Beach)	1976
4:15.86	*Anthony Grover (J Serra)	2019
4:16.97	*Jantzen Oshier (Trabuco Hills)	2010
4:17.1	Mike Solomon (Westminster)	1967
4:17.5	Bruce Bess (La Habra)	1961
4:17.6	* Jeff Vandereems (Mission Viejo)	1979
4:18.1	Mark Junkermann (Los Alamitos)	1984
4:19.3	Ruben Esparza (El Modena)	1983
4:19.93	**Austin Tamagno (Brea Olinda)	2014
4:19.4	Andy Clifford (Sunny Hills)	1974
4:20.0	* Ralph Serna (Loara)	1974
4:20.04	Jim Olson (Irvine)	1986
4:20.5	Sam Francis (Tustin)	1965
4:20.8	Steve Valen (El Modena)	1981
4:21.2	Pat Dutzi (El Dorado)	1973
4:21.5	Mark Schilling (Garden Grove)	1971
4:21.5	Jim Hartford (Corona del Mar)	1981
4:21.5	Bill Meyer (Villa Park)	1986
4:21.9	Jon Cook (Mission Viejo)	1975
4:22.1	Ned Mosher (Fountain Valley)	1982
4:22.3	Jeff Williams (Foothill)	1982
4:22.6	Allen Sanford (Tustin)	1965
4:22.6	Shawn Gallagher (Loam)	1975
4:22.6	Victor Valen (El Modena)	1984
4:23.2	Ed Lavelle (Corona del Mar)	1989
4:23.6	Robert Angel (Huntington Beach)	1975
4:23.6	David Moore (Orange)	1986
4:24.1	Ken Martyn (Marina)	1973

4:24.3	Carl Trentadue (Westminster)	1965
4:24.7	Bob Delaney (Orange)	1962
4:24.7	Doug MacLean (Costa Mesa)	1972
4:24.9	Haissam Sabra (Ocean View)	1986
4:24.9	*Greg Shyrook (Corona del Mar)	1988
4:25.0	Larry Hayden (Sunny Hills)	1975
4:25.0	Fredd Hesslevik (University)	1982

1500m

3:45.5'	Jon Butler (Edison)	1981
3:59.06	*Anthony Grover (J Serra)	2019

Two Mile

8:55.2	Jon Butler (Edison)	1981
8:55.8	Eric Hulst (Laguna Beach)	1976
9:00.0	Mark Spilsbury (Foothill)	1976
9:01.4	* Ralph Serna (Loara)	1974
9:07.9	Mark Junkermann (Los Alamitos)	1983
9:09.5	Ken Ernst (El Dorado)	1979
9:10.3	Matt Blaty (Marina)	1979
9:11.1	Greg Whiteley (University)	1985
9:11.4	Pat Dutzi (El Dorado)	1973
9:12.6	Robert Tillman (Valencia)	1974
9:14.8	Robert Angel (Huntington Beach)	1973
9:15.0	*Dave White (El Modena)	1969
9:16.80	Peter Herold (J Serra)	2019
9:18.4	Gus Quinonez (Huntington Beach)	1983
9:18.8	Marc Genet (Santa Ana)	1972
9:19.2	Breggar Moore (Rancho Alamitos)	1975
9:20.5	Mike Walterhouse (Mission Viejo)	1977
9:21.1	Mark Cunnart (Los Amigos)	1980
9:21.2	Larry Gerich (Foothill)	1973
9:21.3	Don Scott (Foothill)	1980
9:22.6	Jose Saavedra (Loara)	1974
9:23.0	Jeff Day (Corona del Mar)	1976
9:23.7	Brett Clifford (Dana Hills)	1983
9:23.8	Shannon Winkleman (Marina)	1988
9:24.8	Don Scott (Foothill)	1980
9:25.1	Tim Aukshunas (El Modena)	2003
9:25.2	Brad Meyer (University)	1981
9:26.2	Dave Cangelosi (Villa Park)	1978
9:26.9	Chris Lugo (Valencia)	1987
9:28.1	Bob Erickson (Fountain Valley)	1982
9:28.4	Steve Valen (El Modena)	1980
9:28.85	Bill Meyer (Villa Park)	1986
9:29.4	Scott Hakeman (El Dorado)	1983

3,000 meters

8:31.2'	Mark Junkerman (Los Alamitos)	1983
8:38.2'	Gus Quinonez (Huntington Beach)	1983
8:40.09'	Peter Herold (J Serra)	2019

50 meter High Hurdles

6.80	Charlie Davidson (Saddleback)	1992
6.98	Pat Swanson (Esperanza)	1996
6.99	* Dominique DeGrammont (Tustin)	1996
7.06	James Brown (Dana Hills)	1998
7.06	Kenny Vinh (Katella)	2000
7.15	* Mike Smith (El Toro)	1996
7.19	Tony Garcia (Foothill)	1994
7.20	Kenny Vinh (Katella)	1999
7.23	Denny Flanagan (Edison)	2001
7.35	Jim Bittner (Katella)	1998
7.37	Al Williams (Irvine)	1998
7.37	Aldee Winter (Laguna Hills)	2000
7.38	Dan Foote (Foothill)	1995
7.48	Ramsay (Paciifca)	1994
7.50	Ben Forbes (Marina)	1998

60 Yard High Hurdles

7.57	Steve Kerho (Mission Viejo)		1981
7.64c	Terry Johnson (Katella)	7.4	1986
7.74c	John Peterson (Saddleback)	7.5	1975
7.84c	Tom Turner (Cypress)	7.6	1975
7.94c	Brian Flowers (SA Valley)	7.7	1985
7.94c	Ken Margerum (Fountain Valley)	7.7	1977
8.04c	Wilbur Gregory (Mission Viejo)	7.8	1975
8.14c	Daryle Ware (Cypress)	7.9	1975

55 meter High Hurdles

7.76	Dylan Atencio (Yorba Linda)		2015
7.80	Connor Meech (San Juan Hills)		2015
7.83	Grant Bayr (Dana Hills)		2015
7.86	Tyler Rios (Los Alamitos)		2014
7.89	Dustin Huynh (Fountain Valley)		2014
7.96	George Lynch (Mater Dei)		1988
8.06	* Daniel Sun (Woodbridge)		2015
8.07	**Daniel Sun (Woodbridge)		2014
8.15	Muaz Ilyas (Fountain Valley)		2013
8.19	*Grant Bayr (Dana Hills)		2014

4 x 160 yard Relay

66.1	SA Valley		1978
67.2	Edison		2000
67.4	Saddleback		1991
67.5	Mission Viejo		1992
68.0	SA Valley		1973
68.0	Edison		2001
68.2	Katella		1986
68.36	Edison		1999
68.5	Saddleback		1975
68.66	Corona del Mar	4x145m	2014
68.8	Garden Grove		1969
68.8	Esperanza		1994
69.0	Edison		1980
69.0	Fountain Valley		1998
69.0	Edison		1998
69.1	Katella		
69.1	Foothill		1992
69.1	Fountain Valley		1999
69.24	Yorba Linda	4x145m	2015
69.3	Brea		1966
69.3	Anaheim		1969
69.3	Marina		1969
69.3	Laguna Beach		1973
69.4	Bolsa Grande		1965
69.4	Santa Ana		1972
69.5	SA Valley		1976
69.5	Edison		1999
69.55	Corona del Mar	4x145m	2013
69.6	Santa Ana		1966
69.6	Irvine		1996

8 x 160 yard Relay

2:14.82	Edison		2000
2:15.6	SA Valley		1984
2:17.9	SA Valley		1992
2:18.3	SA Valley		1988
2:18.7	Katella		1998
2:18.9	SA Valley		1985
2:19.3	Santa Ana		1983
2:19.7	Saddleback		1993
2:19.8	Saddleback		1985
2:19.94	Katella		2000
2:20.1	SA Valley		1989
2:20.13	Katella		1999
2:20.4	Santa Ana		1982

2:21.42	Katella		1996
2:21.9	SA Valley		1987
2:22.0	Mission Viejo		1999
2:23.0	Santa Margarita		1999
2:23.5	El Modena		1982
2:23.6	Newport		1983
2:23.7	SA Valley		1993
2:23.7	SA Valley		1998

Mile Relay

3:26.3	Newport		1975
3:27.0	Newport		1978
3:27.6	Foothill		1994
3:28.0	Foothill		1992
3:28.9	Newport		1979
3:30.2	Foothill		1993
3:31.0	Costa Mesa		1982
3:31.1	Santa Ana		1975
3:31.2	Los Alamitos		1984
3:32.6	Loara		1975
3:33.1	El Modena		1982
3:33.2	Irvine		1996
3:34.7	Newport		1976

4 x 880 Relay

8:08.8	Westminster		1974
8:13.2c	Saddleback		
	(converted time-one lap too long)		1992
8:14.5	Foothill		1979
8:14.9	Mater Dei		1983
8:18.7	Orange		1995
8:18.9	Esperanza		2003
8:20.9	Mission Viejo		1985
8:22.3	University		1981
8:22.8	Corona del Mar		1975
8:22.8	Costa Mesa		1977
8:23.8	Costa Mesa		1975
8:25.3	Capo Valley		1989
8:25.4	El Toro		2002
8:27.1	Loara		1979
8:27.7	Saddleback		1994
8:28.1	Villa Park		1994
8:28.9	Katella		1999
8:29.2	Marina		1975
8:29.2	El Modena		1988
8:29.9	Esperanza		1988

High Jump

6-10.75	**Sean Lee (Trabuco Hills)		2016
6-10	Harrison Steed (JSerra)		2010
6-7	Dave White (Marina)		1977
6-6	Kevin Connell (Newport)		1975
6-6	Kevin Cuervo (Western)		1976
6-6	Brad Harris (Los Alamitos)		1978
6-6	Todd Hart (Servite)		1981
6-6	Francel Jones (SA Valley)		1982
6-6	Eric Wheelwright (Edison)		1985
6-6	Jeff Waldren (Cypress)		1992
6-6	Jay Lin (Sonora)		1993
6-6	Brian Carlson (Katella)		1993
6-6	Alex Marbley (Tustin)		2001
6-5	Roger Leary (El Toro)		1983
6-5	Mitchell Bland (Tesorero)		2014
6-4	Ken Corner (Estancia)		1975
6-4	Gary Armstrong (Katella)		1975
6-4	Todd Kirschner (EL Dorado)		1975
6-4	Mitch Herold (Los Alamitos)		1975
6-4	Jeff Lawson (El Dorado)		1976
6-4	Eric Dorn (Estancia)		1986
6-4	John Amneus (Foothill)		1987
6-4	Greg Ramsey (Loara)		1990
6-4	Matt Gwaltney (Fountain Valley)		1993

6-4	Troy Langley (Canyon)	1994
6-4	Danny Vasquez (Century)	1995
6-4	* F. Elliott Parks (El Toro)	1996
6-4	Beatty (Troy)	2003

44-7.25	Clarence Moore (Cypress)	2000
44-3.5	Dennis Cowan (Fountain Valley)	1979

Pole Vault

16-7	Michael Woepse (Mater Dei)	2010
16-0.75	Steve Michels (Brethren Christian)	1996
16-0	Logan Odden (Marina)	2000
16-0	Mark Sakioka (Newport)	2011
16-0	Carl Johansson (Orange Lutheran)	2014
15-10	Adam Bragg (El Toro)	2011
15-9	Greg Woepse (Mater Dei)	2006
15-6	Greg Ernst (El Dorado)	1978
15-6	Greg Stull (Troy)	1980
15-3	Jeff Tran (Fountain Valley)	2009
15-1	Jim Sidler (Villa Park)	1977
15-1	Adam Bragg (El Toro)	2011
15-0	Keith Schimmel (Villa Park)	1975
15-0	Tim Vahlstrom (Villa Park)	1975
15-0	Tim McIntyre (Loa Alamitos)	1979
15-0	Steve Williams (Servite)	1986
15-0	Steve Slocum (Foothill)	1987
15-0	Aaron Corbett (Edison)	2002
15-0	Luke Newman (Trabuco Hills)	2015
15-0	David Bean (Orange Lutheran)	2014
14-9	Hong Nguyen (Katella)	2003
14-9	Brendan Pena (Edison)	2003
14-9	Matt Cooper (Mater Dei)	2009
14-6	Mike Baker (Katella)	1973
14-6	Tanner Greeley (Edison)	2011
14-6	Chandler Thorpe (Edison)	2013
14-3	Brian Whalen (Mater Dei)	2003
14-0	Tom Turner (Cypress)	1975
14-0	Greg Woepse (Mater Dei)	1975
14-0	Lance Betson (Newport)	1983
14-0	R.W. Henson (Newport)	1988
14-0	Trevor Lycett (Esperanza)	1991
14-0	Brandon Guffy (Esperanza)	1999
14-0	Paul Luke (Santa Margarita)	2000
14-0	David Giang (Katella)	2001
14-0	Ty Mason (Fountain Valley)	2012
14-0	Kevin Stull (Orange Lutheran)	2013
14-0	* Jeff Gordon (Marina)	2015
14-0	Nate Harper (Trabuco Hills)	2015

Shot Put

64-11.75	Dave Kurrasch (Newport)	1975
62-4	Terry Albritton (Newport)	1972
62-3	Jim Neidhart (Newport)	1973
59-10.5	William Troung (Esperanza)	2014
59-9.75	Kelsey Benoit (San Clemente)	2014
59-1	Wade Tilt (Newport)	1994
58-9.5	Ed Labate (Villa Park)	1973
58-7	Jim Harper (San Clemente)	1977
58-3.75	Marty Taylor (Newport)	2013
58-0	Berian Ruziecki (Huntington Beach)	2002

#16 Shot Put

59-5.75	Bronson Osborn (Esperanza)	2017
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Weight Throw 25#

73-4	Brad Bolton (El Toro)	2011
62-10	Max McKhann (Dana Hills)	2018
62-5.5	* Silviu Bocancea (Corona del Mar)	2015
58-2.75	Rocky Fenton (San Clemente)	2014
54-7.5	*Brendon See (J Serra)	2022

Long Jump

23-10	Devin Harrison (Dana Hills)	2009
23-2.5	Tony Pitts (SA Valley)	1978
22-9.5	* Jim Morgan (Mater Dei)	1966
22-8	William Dancy (SA Valley)	1989
22-6.25	* Dakarai Barnett (Fountain Valley)	2015
22-5	Eric Dorn (Estancia)	1986
22-3.5	Denny Casupanan (Tustin)	2002
22-2.75	Earl Jones (Saddleback)	1985
22-2	Richard Fanti (SA Valley)	1986
21-10.5	Mike Sullivan (Sunny Hills)	1991
21-9.5	Hayden Pierce (Esperanza)	2010
21-9	Tom Leonard (Western)	1975
21-9	Ricky Franklin (SA Valley)	1983
21-9	Sean Sawyer (El Modena)	1985
21-9	Lee Mitchell (Tesoro)	2014
21-8.75	Steve Baxter (Loara)	1971

Triple Jump

49-1	Ken Williams (Troy)	1982
48-3.25	Ken Margenun (Fountain Valley)	1977
47-3.25	* Reggie Curry (Tustin)	1994
46-9.5	Arik Nesbit (San Clemente)	2014
46-6.5	Tony Parrish (Marina)	1993
45-4	Mike Phillips (Foothill)	1985
45-0	Joe Thomas (Buena Park)	1999

ALL-TIME OUTDOOR BEST MARKS LIST—GIRLS

100 Yards

11.04	Michelle Kelley (Irvine)	1979
11.05	Janet Steen (SA Valley)	1979
11.06	Vanessa Denniston (Huntington B)	1979
11.10	Estelle White (Saddleback)	1982
11.0	* Tserne Jackson (Edison)	1979
11.1	***Kenya Thomburg (University)	1980
11.1	Brenda Owens (SA Valley)	1982
11.1	** Michelle Banks (El Dorado)	1983
11.1	** Michelle Van Exel (Saddleback)	1983
11.39	Kristen Fleeting (Tustin)	1980
11.2	Joy Marimon (Newport)	1976
11.2	Loretta Holmes (El Toro)	1977
11.2	Sue League (SA Valley)	1982
11.2	* Nedra Lyons (Laguna Hills)	1983
11.2	*** Clarie Hill (Saddleback)	1983
11.2	*** Marina Laymon (La Habra)	1980
11.2	Cheryl Henderson (Fountain Valley)	1984
11.2-	Tiffany Felix (Mater Dei)	1984
11.2	Alyssa Phillips (Cypress)	1985
11.2	* Casey Lozano (Sonora)	1991
11.2	** Cavetra Mitchell (Los Alamitos)	1991
11.2	Katie Mook (Foothill)	1992
11.2	* Megan Reppe (Villa Park)	1994
11.2	* Tara Oettinger (Foothill)	1994
11.48	* Karyn Haight (Orange Lutheran)	1978
11.53	*** Megan Reppe (Villa Park)	1992
11.3	Lisa Gourdine (El Toro)	1977
11.3	Tracy Hanlon (Edison)	1979
11.3	* Val Macayan (Fountain Valley)	1981
11.3	Tina Johnson (Kennedy)	1981
11.3	Lum (Estancia)	1982
11.3	Stacy Noton (Sunny Hills)	1983
11.3	Kathy Hargis (Magnolia)	1986
11.3	K. Lambert (Foothill)	1986
11.3	* Heather McBride (Foothill)	1985
11.3	* Alida Dixon (SA Valley)	1988
11.3	Sherrie Buente (Esperanza)	1990
11.3	*** Tara Oettinger (Foothill)	1992
11.3	* Julie Petrilla (El Dorado)	1992
11.4	L. Eckstein (El Modena)	1976
11.4	Carolyn Hatchett (SA Valley)	1978
11.4	Cathy Conner (Esperanza)	1982
11.4	Chris Salerno (Canyon)	1982
11.4	* Trish Aubuchon (Esperanza)	1984
11.4	*** Vanessa Blanco (Los Alamitos)	1986
11.4	Stacy Walden (Estancia)	1987
11.4	Stephanie Bell (Foothill)	1986
11.4	Buse (Foothill)	1988
11.4	* Judy Jackson (Tustin)	1988
11.4	Danetta Chaney (Saddleback)	1989
11.4	Leila Campbell (Loara)	1989
11.4	* Pam Kurtella (Los Alamitos)	1989

Wind-aided:

11.01	Janet Steen (SA Valley)	1979
11.1	** Mildred Owens (SA Valley)	1981
11.1	Tina Johnson (Kennedy)	1981
11.2	Lisa Gourdine (El Toro)	1976
11.2	* Chrissy Salerno (Canyon)	1983
11.3	*** Tiffany Felix (Mater Dei)	1983
11.3	Melanie Williams (Western)	1986
11.4	Kathy Grant (Estancia)	1986

100 Meters

11.66	*Carol Rodriguez (Western)	2003
11.78	Tessa Green (Santa Margarita)	2019
11.82	Nikki Merritt (Santa Margarita)	2018
11.87	**Gianna Lowery (Capo Valley)	2010
11.94	Sara Limp (Los Alamitos)	2015
11.95	Janice Nsor (Kennedy)	2005
11.95	**Becky Obinma (Rosary)	2016
11.97	Danielle Darden (Aliso Niguel)	2013
11.99	Jackie Dix (Woodbridge)	1997
11.99	Kelli Godin (Mater Dei)	2018
12.01	Estelle White (Saddleback)	1982
12.04c	Crystal Davis (SA Valley)	11.8 2001
12.04	Perris William-Mensah (Estancia)	2014
12.04	Simran Malhotra (Woodbridge)	2019
12.05	** Hilary Ojinnaka (Cypress)	2013
12.05	Danielle Limp (Los Alamitos)	2019
12.07	* Marquita Taylor (San Clemente)	2001
12.07	Percylla Nared (Trabuco Hills)	2010
12.07	*Chrystal Aluya (Valencia)	2019
12.08	** Cavetra Mitchell (Los Alamitos)	1991
12.09	* Trisha Aubuchon (Esperanza)	1984
12.10	* Snita Ashford (Buena Park)	2006
12.10	***Kylie Klein (Villa Park)	2010
12.12	*** Annette Rogers (University)	1981
12.12	Gia Trevisan (Mater Dei)	2011
12.13	Amber Moore (Aliso Niguel)	2005
12.13	*Estelle McLeary (Villa Park)	2022
12.14c	* Juanita Lawson (El Modena)	11.9 2001
12.15	* Meryl Stone (Woodbridge)	1998
12.15	Julia Cabrales (Mission Viejo)	2012
12.15	*Alexis Turley-Young (Canyon)	2015
12.16	Caroline Hawkes (San Clemente)	2022
12.18	* Cheryl Henderson (Fountain Valley)	1983
12.18	Sheri Bertell (Mission Viejo)	1988
12.18	*Grace Esslinger (Dana Hills)	2008
12.19	*Maddie Jocson (Tesoro)	2018
12.21	*Holly Rieck (Capo Valley)	2011
12.22	***Ally Lynn (San Clemente)	2011
12.22	Alyssa Tao (Fountain Valley)	2013
12.23	Kandyce Doxey (Cypress)	2008
12.23	***Ariana Wright (Westminster)	2008
12.24	* Dionne Garner (Valencia)	1984
12.24	**Erica Lee (Irvine)	1989
12.24	** Erin Stovall (Woodbridge)	1995
12.24	Debra Blyden (Westminster)	12.0 1979
12.24c	* Ashley Bethel (Mission Viejo)	12.1 1997
12.24	* Ashley Bush (Sonora)	2009
12.25	***Becky Obinma (Villa Park)	2015
12.25	Nia Toliver (Villa Park)	2015
12.26	Alexia Williams (Irvine)	2013
12.26	*Haley Hopkins (Mater Dei)	2015
12.26	*Sydney Carr (El Modena)	2016
12.26	Nicole Martinez (Yorba Linda)	2017
12.27	*** Elia Reid (Kennedy)	2005
12.27	**Cori Hoffer (Edison)	2018
12.28	** Michelle Sanford (Woodbridge)	2001
12.28	Brittany Clark (Laguna Beach)	2007
12.28	**Ava Simos (Corona del Mar)	2022
12.29	Meghan Atkinson (Santa Margarita)	2000
12.29	*Mallory Barnes (Santa Margarita)	2017
12.29	Sarah McMillan (Cypress)	1998
12.29	**Ally Lynn (San Clemente)	2012
12.29	***Maliyah Medley (El Toro)	2015
12.30	Nedra Lyons (Laguna Hills)	1984
12.30	*Lauren Little (San Clemente)	2007
12.30	Kylee Wehrly (Trabuco Hills)	2017
12.30	*Caroline Glessing (Corona del Mar)	2021
12.31	Danetta Chaney (Saddleback)	1989

12.31	*Kennedy Gillian (Mission Viejo)	2015	12.47	* Bridgett Brown (Cypress)	2000
12.31	Ashley Willingham (Los Alamitos)	2016	12.47	**Danielle Limp (Los Alamitos)	2017
12.32	**Kelley Peterson (El Toro)	2011	12.48	Tami Letterman (Edison)	1995
12.32	Alycia Turner (Aliso Niguel)	2017	12.48	Megan Blanchard (Northwood)	2008
12.32	Cora Davis (Fountain Valley)	2017	12.48	*Shebanette Terry (Irvine)	2012
12.32	*Rayne Anwar (Capo Valley)	2018	12.48	*Haley Hopkins (Mater Dei)	2016
12.33	* Kylie McCuen (Brea)	2001	12.48	**Emillie Bennett (San Clemente)	2017
12.33	***Lillian Ebanks (Valencia)	2012	12.48	*Tara Ohlwiler (Trabuco Hills)	2022
12.33	Nicole Moeller (Trabuco Hills)	2017	12.48	*Lillian Gomez (El Modena)	2022
12.34	* Michelle Banks (El Dorado)	1984	12.49	Rakita Roberson (Loara)	1987
12.34c	**Trindl Fearnley (Edison)	12.1 1984	12.49	Eurie Jennings (Edison)	2000
12.34c	Breck Nester (El Toro)	12.1 1993	12.49	Frenchy Silva (Dana Hills)	2008
12.34c	** Meisha Wilson-Duval (Woodbridge)	12.1 1994	12.49	*Gentry Gillian (Mission Viejo)	2019
12.34c	** Adriana Gallardo (Saddleback)	12.1 1994	12.49	**Emily Psarras (Mission Viejo)	2021
12.34c	Ebony Dozier (Western)	12.1 1997	12.50	* Arika Griffith (El Toro)	1988
12.34	Carla Battle (Anaheim)	1997	12.50	** Maika Nelson (Brea)	1996
12.34	Kristyne Hamberg (Mission Viejo)	2005	12.50	*** Caitlin Atkinson (Santa Margarita)	2003
12.34	** Kaitlyn Merritt (Santa Margarita)	2003	12.50	**Kaitlyn Paculba (Marina)	2019
12.34	Haley Hopkins (Mater Dei)	2017	12.50	Sophia Hartwell (Orange Lutheran)	2019
12.34	Sydnee Kolster (Los Alamitos)	2019	12.50	*Jenna Onestinghel(Canyon)	2022
12.35	Stacy Noton (Sunny Hills)	1983	12.51	* Michelle Muniz (Woodbridge)	1989
12.35	Kim Steele (Esperanza)	1997	12.51	* Erin Tuber (El Toro)	2005
12.35	* Danielle Eichelberger (Western)	2003	12.51	Ellexi Snover (Mater Dei)	2011
12.36	Sher DuFur (Canyon)	1981	12.51	*Lauren McLeese (Tesoro)	2015
12.36	** Andrea Dean (Mission Viejo)	1990	12.51	**Jordyn Gather (J Serra)	2018
12.36	Shalanie Ross (Esperanza)	2000	12.52	* Erika Ebel (Orange Lutheran)	1991
12.36	** Amy Burlingham (Newport)	2001	12.52	** Brooke Thulin (Edison)	2000
12.36	** Mia Hummel (Canyon)	2013	12.52	*Crystal Eckman (Fountain Valley)	2014
12.36	**Sarah Perez (Mater Dei)	2014	12.52	Kaylin Raibon (Aliso Niguel)	2022
12.36	Bethany Nguyen (Beckman)	2019	12.52	Anyiah League (Cypress)	2022
12.36	Danika Pagaduan (Mission Viejo)	2019	12.53	* Amanda Wheeland (Corona del Mar)	1989
12.36	*Brooklyn Davis (Los Alamitos)	2022	12.53	Rai Ahmed-Green (Irvine)	2014
12.37	* Tara Oettinger (Foothill)	1994	12.53	*Nicole Moeller (Trabuco Hills)	2016
12.38	* Eileen Dunaway (Huntington Beach)	1995	12.53	*Aryianna Faircloth (Magnolia)	2018
12.37	Nicole Johnson (Laguna Beach)	1999	12.54c	Ann Kissinger (Marina)	12.3 1988
12.37	***Heather Walleigh (Santa Margarita)	2011	12.54c	Rose Chavez (Kennedy)	12.3 1991
12.37	**Avery Groves (Santa Margarita)	2022	12.54	*** Julianne Santos (Capo Valley)	12.3 1991
12.39	*Hollis Donovan (Dana Hills)	2014	12.54c	Casey Lozano (Sonora)	12.3 1992
12.40	* Catherine Soto (Mater Dei)	1989	12.54c	* Elinor Tolson (Fountain Valley)	12.3 1992
12.40	Patrice Donaldson (Orange)	2001	12.54c	** Jaime Terry (Trabuco Hills)	12.3 1994
12.40	Tia McFarlane (Trabuco Hills)	2009	12.54c	** Denay Dominic (Canyon)	12.3 1997
12.41	Roxanne Packard (Westminster)	1997	12.54c	* Brooke Fitzgerald (Santa Marg)	12.3 1997
12.41	Julie Steele (Troy)	1997	12.54c	Allison Woody (Sonora)	12.3 2007
12.41	* Christina Ciampa (San Clemente)	1998	12.54	**Tanaz Nourian (San Clemente)	2012
11.41	*Michelle Quinn (Yorba Linda)	2018	12.54	*** Paige LaBare (Costa Mesa)	2013
12.42	** S. Salcido (Marina)	2009	12.54	Claire McKernan (Dana Hills)	2013
12.43	** Caitlin Atkinson (Santa Margarita)	2004	12.54	Amy Wilbourn (La Habra)	2013
12.43	* Kryptine Hanberg (Mission Viejo)	2004	12.54	*Sierra Castles (El Toro)	2017
12.43	Kaelyn Kaichi (Tesoro)	2010	12.54	Jayden Hill (San Juan Hills)	2022
12.43	Baylee Berryman (Capo Valley)	2022	12.55	Melissa Swigart (Corona del Mar)	2005
12.44c	Tina Johnson (Kennedy)	12.2 1981	12.55	Christina Twicken (San Clemente)	2010
12.44c	Kathy Grant (Estancia)	12.2 1986	12.55	** Jazmin Moss (Mater Dei)	2013
12.44c	Jamie Karrer (Edison)	12.2 1989	12.55	*Allison Provenzano (Yorba Linda)	2018
12.44c	** Lucinda Watson (Century)	12.2 1993	12.55	Milana Malec (Woodbridge)	2019
12.44c	* Megan Reppe (Villa Park)	12.2 1994	12.55	Kaitlyn Paculba (Marina)	2021
12.44c	Kelly Phillips (Mission Viejo)	12.2 1995	12.55	*Cadence Peery (Laguna Beach)	2022
12.44c	Angela Allen (El Modena)	12.2 1997	12.56	Cathy Conner (Esperanza)	1983
12.44c	** Dana Bethel (Mission Viejo)	12.2 1999	12.56	Vanessa Blanco (Los Alamitos)	1985
12.44	** Whitney Harrison (Aliso Niguel)	2001	12.56	* Jennifer Peterson (Edison)	1998
12.44	* Tiffany Pransky (Orange Lutheran)	2004	12.56	* Leticia Pulido (Katella)	2001
12.44	*Danika Pagaduan (Mission Viejo)	2018	12.56	** Megan Starkey (Kennedy)	2003
12.45	** Lori Smith (Canyon)	1987	12.56	Jennifer Janneck (Brea)	2013
12.45	Madison Carney (Sonora)	2014	12.56	Janel Nguyen (Bolsa Grande)	2018
12.46	** Tifney Reeve (Cypress)	2006	12.56	Maddie Jocson (Tesoro)	2019
12.46	*Adriane Jaminski (Rosary)	2010	12.57	** Colaine Grieb (Katella)	2003
12.46	**Monica Ukah (Trabuco Hills)	2010	12.57	***Kaelynn Greene (Orange Lutheran)	2008
12.46	*** Kaiya McCullough (El Toro)	2013	12.57	Gabrielle Scott (Woodbridge)	2011
12.46	***Kimora Rogers (Katella)	2019	12.57	**Bethany Nguyen (Beckman)	2017
12.46	Sabrina Semmere (Trabuco Hills)	2022	12.57	**Lauren Vissman (San Juan Hills)	2015
12.47	Brenda Owens (SA Valley)	1982	12.57	Jacqueline Faris (Dana Hills)	2018
12.47	** Heidi Sandra (Los Alamitos)	1985	12.57	**Haley Johnson (Mission Viejo)	2019
12.47	Kathy Hargis (Magnolia)	1986	12.58	Judy Jackson (Tustin)	1989
12.47	Heidi Sendro (Los Alamitos)	1985	12.58	Erin Kelly (Brea)	1998
12.47	*** Noel Dula (Marina)	1997	12.58	* Michaela King (Dana Hills)	2013
12.47	* Aileen Sablo (Rosary)	1999	12.58	Kelley Peterson (El Toro)	2013

12.58	**Sailor Hillebrecht (Mission Viejo)	2021	12.66	**Breezy Frias (Westminster)	2012
12.59	*Chelsea Lelito (Dana Hills)	2008	12.66	***Brianna Washa (Oxford Academy)	2012
12.59	Mickinze Ellis (Dana Hills)	2014	12.66	Haven Taylor (Mater Dei)	2018
12.59	Jazmin Moss (Mater Dei)	2015	12.66	*Ava Podolski (Dana Hills)	2021
12.59	Paige Labare (Costa Mesa)	2016	12.66	*Rachel Dyrnaes (Laguna Beach)	2022
12.59	*Haley Hopkins (Mater Dei)	2016	12.66	*Sanaa Guyness (Los Alamitos)	2022
12.59	Frankie Manassero (Mission Viejo)	2019	12.67	Julie Petrilla (E1 Dorado)	1993
12.59	*Alexis Richmond (Portola)	2022	12.67	***Madison Lankford (Calvary Ch (SA))	2010
12.59	*Emily Psarras (Mission Viejo)	2022	12.67	***Mikaela Truckey (Orange Lutheran)	2010
12.60	Pam Asbury (Valencia)	1982	12.67	*Kaiya McCullough (El Toro)	2015
12.60	* Pearl Mercer (Loara)	1994	12.67	**Olivia Poland (Los Alamitos)	2018
12.60	** Erin Reed (Huntington Beach)	1995	12.68	Caryn Christiano (E1 Dorado)	1983
12.60	* Julia Crum (Troy)	2009	12.68	Melanie Williams (Western)	1986
12.60	Mallory Barnes (Santa Margarita)	2018	12.68	Sherrie Buente (Esperanza)	1990
12.61	Tiffany Pransky (Orange Lutheran)	2005	12.68	Barbara Scheil (Santa Margarita)	1995
12.61	Marina Berrios (Pacifica)	2013	12.68	** Pam Thomas (Cypress)	2001
12.61	*Taryn Wilson (St Margaret's)	2017	12.68	Jessica Barbarosh (Woodbridge)	2017
12.61	*Sophia Chiaramonte (Mater Dei)	2017	12.68	Bella Orman (Trabuco Hills)	2022
12.61	***Ella Dartez (Laguna Beach)	2018	12.69	Britt Williams (Mission Viejo)	1984
12.62	* Leah Zaby (Newport)	1998	12.69	Shelly Tochluk (Westminster)	1989
12.62	Emily Kalmbach (Santa Margarita)	2000	12.69	** Melissa Mewes (El Toro)	2009
12.62	**Lauren Deats (Edison)	2010	12.69	Aniela Guyot (Santa Margarita)	2009
12.62	***Yordan Scales (Tesoro)	2016	12.69	Julia Crum (Troy)	2010
12.62	***Alyssa Blockberger (Los Alamitos)	2017	12.69	**Kelsey Waldmann (Mission Viejo)	2011
12.62	*Penelope Hocking (Canyon)	2017	12.69	Katelyn Andress (Capo Valley)	2012
12.62	*Karina Wagoner (Trabuco Hills)	2022	12.69	***Danielle Solaru (Northwood)	2013
12.63	* Courtney Stafford (Katella)	2000	12.69	**Dana Padget (Esperanza)	2014
12.63	* Brittany Fastuca (Mission Viejo)	2006	12.69	*Maquela Miller (Orange)	2017
12.63	* Aniela Guyot (Santa Margarita)	2008	12.69	*Emilie Bennett (San Clemente)	2018
12.63	*Kyleigh Brown (San Clemente)	2012	12.69	**Yasamin Zand (Beckman)	2019
12.63	**Emma Radan (Mater Dei)	2012	12.69	**Asia Waddy (El Toro)	2019
12.63	Kenna Limp (Los Alamitos)	2015	12.69	Julia Muniz (Northwood)	2022
12.63	*Carina Hendley (Northwood)	2015	12.70	* Melanie Midani (Loara)	1988
12.63	**Lauren Drysch (Santa Margarita)	2015	12.70	Kristi Kierulff (Esperanza)	1995
12.63	Alexis Turley-Young (Canyon)	2016	12.70	* Tierricka Haynes (Brea)	2004
12.63	Michelle Pitts (Sonora)	2016	12.70	* Victoria Ton (Northwood)	2004
12.63	Hailey Ray (Dana Hills)	2019	12.70	* Samantha Hanberg (Mission Viejo)	2009
12.63	Melinda Livadas (Capo Valley)	2022	12.70	*Damillia Foster (Savanna)	2010
12.64c	Lynnda Kelley (Irvine)	12.4 1981	12.70	*Amy Heins (Troy)	2011
12.64c	Celine Regalia (University)	12.4 1982	12.70	*Lauren Deats (Edison)	2011
12.64c	**Lori Shaw (Edison)	12.4 1983	12.70	Leyna Wood (University)	2017
12.64c	Tiffany Felix (Mater Dei)	12.4 1986	12.70	Jessica Barbarosh (Woodbridge)	2018
12.64c	Yrsa Tsuneyoshi (Marina)	12.4 1988	12.71	Alida Dixon (SA Valley)	1989
12.64	*Jenny Infusino (Edison)	1991	12.71	Ashley Fletcher (Loara)	2005
12.64c	Darci Bishop (Sunny Hills)	12.4 1991	12.71	***Kassidy Gorman (Santa Margarita)	2011
12.64c	* Rosie Manning (Trabuco Hills)	12.4 1993	12.71	* Mallory Winston (Laguna Hills)	2013
12.64	Nicole Albano (Corona del Mar)	1996	12.71	*Leigh Polson (Villa Park)	2017
12.64c	Adrianna Gallardo (Saddleback)	12.4 1996	12.71	***Jordyn Gathert (J Serra)	2017
12.64	***Lindsey Greco (Capo Valley)	1997	12.71	***Ella Tyus (Laguna Beach)	2018
12.64c	Mariner (Foothill)	12.4 1997	12.71	Ashly Rodgers (Santa Margarita)	2021
12.64	*** Tiffany Hogan (Capo Valley)	12.4 1997	12.72	* Mildred Owens (SA Valley)	1983
12.64	* Quinna Starr (Savanna)	1998	12.72	* Heaven Yoshino (Woodbridge)	1995
12.64c	Kristin Keenan (Trabuco Hills)	12.4 1998	12.72	Lucinda Watson (Century)	1995
12.64c	Grace Rozar (Mater Dei)	12.4 1998	12.72	*Christina Ta (Rancho Alamitos)	2005
12.64c	** Sabrina Spruill (Kennedy)	12.4 2004	12.72	Katie Madler (Santa Margarita)	2011
12.64c	* Amber Moore (Aliso Niguel)	12.4 2004	12.72	Allison Sprong (Dana Hills)	2012
12.64c	** Adriana Bracamonto (Orange Lut)	12.4 2004	12.72	***Keelin Gilbert (Cypress)	2012
12.64c	Gage (El Modena)	12.4 2007	12.72	* Aliyah Jones (Troy)	2013
12.64c	Natalie Roy (Mission Viejo)	12.4 2007	12.72	*Sydnee Kolster (Los Alamitos)	2018
12.64	Kristen Woepse (Woodbridge)	2005	12.72	Nyree Brown (Segerstrom)	2018
12.64	** Kaelynn Greene (Orange Lutheran)	2009	12.73	* * Melissa Rivera (Marina)	2004
12.64	**Amy Heins (Troy)	2010	12.73	* Rosie Manning (Trabuco Hills)	1993
12.64	Sydney Elliott (Mission Viejo)	2011	12.73	Eylsse Vanleer (Edison)	2004
12.64	Sahla Cook (Mission Viejo)	2016	12.73	** Christina Ta (Rancho Alamitos)	2004
12.64	**Zoe Mendiola (Troy)	2022	12.73	* Amanda Chevalier (Brea)	2008
12.65	Adrianna Gallardo (Saddleback)	1997	12.73	* Tia McFarlane (Trabuco Hills)	2008
12.65	Brittany Davis (Santa Margarita)	2000	12.73	Kimmie Conner (Dana Hills)	2010
12.65	*Kristina Bugg (Canyon)	2011	12.73	***Frances James (Troy)	2013
12.65	**Alyca Turner (Aliso Niguel)	2016	12.73	***Luz Sandoval (Godinez)	2019
12.66	*Julie Thiel (Katella)	1991	12.73	*Sailor Hillebrecht (Mater Dei)	2022
12.66	Suzanne Moshini (Edison)	1995	12.74c	Annette Brown (Saddleback)	12.5 1982
12.66	***Jennifer Peteren (Edison)	1997	12.74c	*Suzanne Kerho (Mission Viejo)	12.5 1988
12.66	** Ann Brigs (Esperanza)	2000	12.74c	Melissa Taylor (Edison)	12.5 1987
12.66	*** Katy Hinman (Capo Valley)	2009	12.74c	Carolyn Griffin (University)	12.5 1990
12.66	**Amanda Graceffa (J Serra)	2010	12.74c	*Kala Ross (Newport)	12.5 1992

12.74c	Michol Murray (Garden Grove)	12.5	1992	12.17	* Brooke Fitzgerald (Santa Margarita)	1997
12.74c	Jaime Terry (Trabuco Hills)	12.5	1996	12.17	Malia Tilton (El Modena)	2013
12.74c	Tori Young (Mater Dei)	12.5	1996	12.17	*Caroline Glessing (Corona del Mar)	2021
12.74c	Kelly Marshall (Edison)	12.5	1996	12.18	*Maddie Jocson (Tesoro)	2018
12.74c	Nicole Bronner (Edison)	12.5	1996	12.18	*Tara Ohlwiler (Trabuco Hills)	2022
12.74c	Kerry O'Bric (Edison)	12.5	1996	12.20	Ashley Bush (Sonora)	2010
12.74c	** Erin Sauchelli (Sunny Hills)	12.5	1996	12.20	***Becky Obinma (Villa Park)	2015
12.74c	* Baylea Norman (Capo Valley)	12.5	1997	12.20	**Rayne Anwar (Capo Valley)	2017
12.74c	** Shannon Lee (Kennedy)	12.5	1997	12.20	Jessica Barbarosh (Woodbridge)	2018
12.74c	***Tachaidra Ra (SA Valley)	12.5	1997	12.22	** Danielle Eichelberger (Cypress)	2002
12.74c	** Amanda Shanklin (Santa Marg)	12.5	1997	12.23	** Michelle Sanford (Woodbridge)	2001
12.74	Alex McCarten (San Clemente)		1997	12.23	Krystyne Hanberg (Mission Viejo)	2005
12.74	*** Megan Clark (Esperanza)		1998	12.23	*Danika Pagaduan (Mission Viejo)	2018
12.74c	* Ngozi Ossai (Foothill)	12.5	1998	12.24	**Kennedy Gillian (Mission Viejo)	2014
12.74c	* Julie Handy (Esperanza)	12.5	2001	12.24	Sabrina Semmere (Trabuco Hills)	2022
12.74c	Henderson (Foothill)	12.5	2004	12.25	Kelley Peterson (El Toro)	2013
12.74c	Fernandez (Loara)	12.5	2004	12.25	*Crystal Eckman (Fountain Valley)	2014
12.74c	Salze (La Habra)	12.5	2004	12.28	**Simran Malhotra (Woodbridge)	2017
12.74c	Amado (Aliso Niguel)	12.5	2004	12.28	Aniyah League (Cypress)	2022
12.74c	* Tierricka Haynes (Brea)	12.5	2004	12.29	**Ava Simos (Corona del Mar)	2022
12.74c	Whitney Wiedner (Corona del Mar)	12.5	2004	12.27	* Kylie McCuen (Brea)	2001
12.74	*** Felicia Keely (Anaheim)		2006	12.27	Tierra Tyler (Western)	2008
12.74	* Janev Morris (Fountain Valley)		2006	12.28	**Heather Walleigh (Santa Margarita)	2012
12.74	Amanda Chevalier (Brea)		2009	12.28	Madison Carney (Sonora)	2014
12.74	**Nylia Hudspeth (Kennedy)		2012	12.30	**Parisia Barker (Orange Lutheran)	2012
12.74	Kellie Perry (Mission Viejo)		2013	12.30	** Mia Hummel (Canyon)	2013
12.74	Aliyah Forbes (Mater Dei)		2016	12.31	* S Salcido (Marina)	2009
12.74	**Kristen Sobschhak (El Dorado)		2016	12.31	*Lily Ebanks (Valencia)	2014
12.74	Catherine Wuckert (Orange Lutheran)		2019	12.31	Jazmin Moss (Mater Dei)	2015
12.74	Hannah Coor (Esperanza)		2021	12.32	** Meghan Reppe (Villa Park)	1993
12.74	**Shea Mezzasalma (Dana Hills)		2022	12.32	Megan Blanchard (Northwood)	2008
12.74	*Caroline Peery (Laguna Beach)		2022	12.32	**Emily Psarras (Mission Viejo)	2021
				12.33	Wendy Hale (Brea)	1980
				12.33	*** Ashley Lampley (Marina)	2005
				12.33	**Lillian Gomex (El Modena)	2021
				12.34c	Lori Shaw (Edison)	12.1 1985
				12.34c	Rosie Manning (Trabuco Hills)	12.1 1994
				12.34c	Ann Briggs (Esperanza)	12.1 2002
				12.34	*Amy Heins (Troy)	2011
				12.34	*Bethany Nguyen (Beckman)	2018
				12.35	Tami Letterman (Edison)	1995
				12.36	* Arika Griffith (El Toro)	1988
				12.36	* Julieann Crum (Troy)	2009
				12.36	* Kaelyn Kaichi (Tesoro)	2009
				12.36	*Shebanette Terry (Irvine)	2012
				12.36	*Aryanna Faircloth (Magnolia)	2018
				12.37	** Eileen Danaway (Huntington Beach)	1993
				12.37	* Pearl Mercer (Loara)	1994
				12.37	Janey Morris (Fountain Valley)	2007
				12.38	*Gabrielle Scott (Woodbridge)	2010
				12.38	Kennedy Gillian (Mission Viejo)	2016
				12.38	Jacqueline Faris (Dana Hills)	2018
				12.38	*Baylee Berryman (Capo Valley)	2021
				12.40	Cron (Ocean View)	1985
				12.40	* Tenaya Johnson (Laguna Hills)	1991
				12.40	*** Amy Heins (Troy)	2009
				12.40	** Amanda Graceffa (J Serra)	2010
				12.40	*Micayla Shook (Ocean View)	2017
				12.40	***Kaitlyn Paculba (Marina)	2018
				12.40	Baylee Berryman (Capo Valley)	2022
				12.40	*Jnna Onestinghel (Canyon)	2022
				12.41	*** Kristina Bugg (Canyon)	2009
				12.41	Amy Heins (Troy)	2012
				12.41	*Emile Bennett (San Clemente)	2018
				12.41	Olivia Poland (Los Alamitos)	2019
				12.42	Mattye Morton (Garden Grove)	2001
				12.42	** Ally Lynn (San Clemente)	2012
				12.43	Sarah Perez (Mater Dei)	2016
				12.43	**Maliyah Medley (El Toro)	2016
				12.44c	Michelle Muniz (Woodbridge)	12.2 1990
				12.44	Leticia Pulido (Katella)	2002
				12.44	** Kaelynn Greene (Orange Lutheran)	2009
				12.44	Juliana Crum (Troy)	2010
				12.44	Katie Ostler (Beckman)	2011
				12.44	***Persis Williams (Estancia)	2011
Wind-aided:						
11.56	Danielle Darden (Aliso Niguel)		2013			
11.73	Janice Nsor (Kennedy)		2005			
11.75	**Becky Obinma (Rosary)		2016			
11.79	*Danielle Darden (Aliso Niguel)		2012			
11.83	Simran Malhotra (Woodbridge)		2019			
11.85	Jackie Dix (Woodbridge)		1997			
11.87	*Kellie Godin (Mater Dei)		2017			
11.88	Sara Lipm (Los Alamitos)		2015			
11.89	Estelle White (Saddleback)		1982			
11.89	Kiara Lambert (Fullerton)		2017			
11.91	Cavetra Mitchell (Los Alamitos)		1993			
11.91	Gia Trevisan (Mater Dei)		2011			
11.92	Persis William-Mensah (Estancia)		2014			
11.93	Sherri Bertell (Mission Viejo)		1988			
11.93	* Marquita Taylor (San Clemente)		2001			
11.98	*** Elia Reid (Kennedy)		2005			
11.99	Amber Moore (Aliso Niguel)		2005			
11.99	Percylla Nared (Trabuco Hills)		2010			
11.99	*Sydney Carr (El Modena)		2015			
12.00	Dionne Garner (Valencia)		1985			
12.00	Tessa Green (Santa Margarita)		2018			
12.03	Trish Aubuchon (Esperanza)		1984			
12.04c	***Juanita Lawson (El Modena)	11.8	1999			
12.05	** Erin Stovall (Woodbridge)		1996			
12.05	Ashley Willingham (Los Alamitos)		2016			
12/05	Danielle Limp (Los Alamitos)		2019			
12.07	Nicole Martinez (Yorba Linda)		2017			
12.07	Yasamin Zand (Beckman)		2021			
12.07	Maliyah Medley (El Toro)		2018			
12.08	* Meryl Stone (Woodbridge)		1998			
12.10	Melissa Swigart (Corona del Mar)		2005			
12.10	Alyssa Tao (Fountain Valley)		2013			
12.11	*Estelle McLeary (Villa Park)		2022			
12.12	Yasmin Webb (Buena Park)		2005			
12.12	Kaitlyn Merritt (Santa Margarita)		2015			
12.12	**Julia Cabrales (Mission Viejo)		2010			
12.13	Paige Labare (Costa Mesa)		2016			
12.13	*Mallory Barnes (Santa Margarita)		2017			
12.14c	* Tara Oettinger (Foothill)	11.9	1994			
12.14	Cora Davis (Fountain Valley)		2017			
12.15	*** Ariana Wright (Westminster)		2008			

12.44	*Aniyah League (Cypress)	2021	24.96	Michelle Holt (Laguna Hills)	2016
12.45	* Alida Dixon (SA Valley)	1988	25.00	*Alycia Turner (Aliso Niguel)	2017
12.45	** Kelly Phillips (Mission Viejo)	1993	25.04c	* Tara Oettinger (Foothill)	24.8 1994
12.45	***Mikaela Truckey (Orange Lutheran)	2010	25.05	* Tifney Reeve (Capo Valley)	2005
12.45	**Aryanna Faircloth (Magnolia)	2017	25.05	Ellexi Snover (Mater Dei)	2011
12.45	*Alexis Richmond (Portola)	2022	25.06	Kaitlyn Paculba (Marina)	2021
12.46	Suzanne Moshini (Edison)	1995	25.09	**Kelley Peterson (El Toro)	2011
12.46	*Janel Nguyen (Bolsa Grande)	2017	25.10	**Sarah Perez (Mater Dei)	2014
12.46	**Estelle McLeary (Villa Park)	2021	25.13	*Mia Lawrence (Dana Hills)	2019
12.47	* Lindsey Amado (Aliso Niguel)	2005	25.14	Grace Esslinger (Dana Hills)	2009
12.47	Lauren Delgadillo (Fountain Valley)	2014	25.14	* Ashley Bush (Sonora)	2009
12.48	Jennifer Infusido (Edison)	1992	25.16	* Jessica Zavalza (St Margaret's)	2007
12.48	Julie Petrilla (El Dorado)	1993	25.16	*Caroline Glessing (Corona del Mar)	2021
12.48	** Allison Sarrell (Brethren Christian)	2001	25.19	Chloe Fan (Aliso Niguel)	2015
12.48	Ashley Moore (Rosary)	2012	25.19	Lauren O'Bannion (Yorba Linda)	2018
12.49	** Sherrie Buente (Esperanza)	1988	25.20	* Emily Kalmbach (Santa Margarita)	2002
12.49	Jenifer Janneck (Brea)	2013	25.20	* Perris William-Mensah (Estancia)	2013
			25.20	Michelle Quinn (Yorba Linda)	2019
			25.22	*Kandyce Doxey (Cypress)	2007
			25.23	* Juanita Lawson (El Modena)	2002
			25.23	Danielle Eichelberger (Cypress)	2003
			25.23	Tai Crumsey (Canyon)	2014
			25.24	*Hollis Donovan (Dana Hills)	2014
			25.24	**Lauren Memoly (Santa Margarita)	2019
			25.25	* Meghan Atkinson (Santa Margarita)	1999
			25.25	Alyssa Tao (Fountain Valley)	2013
			25.25	**Cori Hoffer (Edison)	2018
			25.26	Jessica Erickson (San Clemente)	2014
			25.26	Sabrina Semmere (Trabuco Hills)	2022
			25.28	Whitney Harrison (Aliso Niguel)	2003
			25.28	Emily Kressin (Troy)	2009
			25.29	*Sydney Carr (El Modena)	2016
			25.30	Amanda Rosencrantz (Kennedy)	2005
			25.30	** Mia Hummel (Canyon)	2013
			25.32	Michele Hull (Santa Margarita)	2004
			25.32	** Ashley Bush (Sonora)	2008
			25.32	**Ally Lynn (San Clemente)	2012
			25.33	**Kandyce Sillette (Tesoro)	2005
			25.33	*Milana Malec (Woodbridge)	2018
			25.33	*Estelle McLeary (Villa Park)	2022
			25.34c	Brenda Owens (SA Valley)	25.1 1982
			25.34	Kelly Phillips (Mission Viejo)	1995
			25.34	Angella Allen (El Modena)	1997
			25.34	Maika Nelson (Brea)	1997
			25.34	* Erin Albee (El Toro)	2005
			25.36	Danika Pagaduan (Mission Viejo)	2019
			25.37	Matty Morton (Garden Grove)	2001
			25.37	*Holly Rieck (Capo Valley)	2011
			25.37	Nicole Moeller (Trabuco Hills)	2017
			25.39	Kaylin Raibon (Aliso Niguel)	2022
			25.39	*Tara Ohlwiler (Trabuco Hills)	2022
			25.40+	Cheryl Henderson (Fountain Valley)	25.3y 1984
			25.40	** S Salcido (Marina)	2009
			25.40	*Shebanette Terry (Irvine)	2012
			25.40	Hope Bender (Newport)	2015
			25.41	Shelly Tochluk (Westminster)	1989
			25.41	Amanda Rozenantz (Kennedy)	2002
			25.42	Anne Briggs (Esperanza)	2001
			25.42	***Majia Shaw (Laguna Beach)	2018
			25.43	Celine Regalia (University)	1982
			25.43	Tiffany Hogan (Capo Valley)	1997
			25.44c	Barbara Rainey (Edison)	25.2 1982
			25.44c	Danetta Chaney (Saddleback)	25.2 1989
			25.45	Bridgett Brown (Cypress)	2000
			25.45	Julia Cabrales (Mission Viejo)	2012
			25.45	Charisma Byrd (Rosary)	2016
			25.46	Courtney Stafford (Katella)	2000
			25.46	*** Amy Heins (Troy)	2009
			25.46	* Alexis Deol (Aliso Niguel)	2007
			25.47	Taylor Hypolite (El Toro)	2011
			25.47	Paige LaBare (Costa Mesa)	2016
			25.48	Schell (Fountain Valley)	1983
			25.48	**Haley Johnson (Mission Viejo)	2019
			25.49	Shemanette Terry (Irvine)	2012
			25.49	*Kimiko Tanaka (Dana Hills)	2014

200 meters

23.88	Maliyah Medley (El Toro)	2017
24.04	Danielle Darden (Aliso Niguel)	2013
24.15	**Gianna Lowery (Capo Valley)	2010
24.17	Nikki Merritt (Santa Margarita)	2018
24.18	Sara Limp (Los Alamitos)	2015
24.19	Ashley Willingham (Los Alamitos)	2016
24.21	Percylla Nared (Trabuco Hills)	2010
24.22	Carol Rodriguez (Western)	2003
24.29	*Gabrielle Scott (Woodbridge)	2010
24.30	Tessa Green (Santa Margarita)	2019
24.33	Gia Trevisan (Mater Dei)	2011
24.37+	Michelle Kelley (Irvine)	24.51y 1979
24.38	*Anisa Rind (Dana Hills)	2019
24.39	Annette Rogers (University)	1984
24.41	Caroline Hawkes (San Clemente)	2022
24.45	* Christina Twicken (San Clemente)	2009
24.50	Alexandrea Kruthers (Capo Valley)	2010
24.52	Cavetra Mitchell (Los Alamitos)	1993
24.53	**Kennedy Gillian (Mission Viejo)	2014
24.54	*Lauren Drysch (Santa Margarita)	2016
24.55	Sheri Bertell (Mission Viejo)	1988
24.56	*** Elia Reid (Kennedy)	2005
24.59+	Janet Steen (SA Valley)	24.73y 1979
24.61	Meisha Wilson-Duvall (Woodbridge)	1995
24.64	Marquita Taylor (San Clemente)	2002
24.64c	*Danielle Dixon (Beckman)	24.4 2017
24.66	Melissa Swigart (Corona del Mar)	2005
24.66	Emilie Bennett (San Clemente)	2019
24.70	** Hilary Ojinnaka (Cypress)	2013
24.70	*Chrystal Aluya (Valencia)	2019
24.71	Trish Aubuchon (Esperanza)	1984
24.71	D'Layne Kerr (Corona del Mar)	1988
24.72+	Vanessa Denniston (HuntingtonBeach)	24.87y 1978
24.73	** Crystal Davis (SA Valle)	1999
24.76	Jackie Dix (Woodbridge)	1997
24.77	Ashley Bethel (Mission Viejo)	1997
24.77	Kylie McCuen (Brea)	2002
24.77	* Tara Radan (Mater Dei)	2013
24.78	***Kylie Klein (Villa Park)	2010
24.79	Dionne Garner (Valencia)	1985
24.80	Liz Morse (Corona del Mar)	2000
24.83	** Amy Burlingham (Newport)	2001
24.83	Kelli Godin (Mater Dei)	2018
24.84	Meryl Stone (Woodbridge)	1998
24.85	Emma Radan (Mater Dei)	2014
24.86	Simran Malhotra (Woodbridge)	2019
24.87	Brierra Winfrey (Trabuco Hills)	2011
24.87	Rai Ahmed-Green (Irvine)	2014
24.88	Adriana Bracamonte (Orange Lutheran)	2007
24.88	Jocelyn Niemiec (Beckman)	2021
24.92	**Becky Obinma (Rosary)	2016
24.94c	* Michelle Banks (El Dorado)	24.7 1984
24.94c	**Trindl Fearnley (Edison)	24.7 1984
24.96	Kristyne Hanberg (Mission Viejo)	2005

25.50+	Cheryl Glazier (El Toro)	25.4y	1977	25.75	Mia Darden (Aliso Niguel)	2018
25.51	*** Michelle Sanford (Woodbridge)		2000	25.76	Sherrie Buente (Esperanza)	1990
25.52	* Pam Asbury (Valencia)		1981	25.76	Denise Gallion (Woodbridge)	2005
25.52	Rosie Manning (Trabuco Hills)		1994	25.76	*** Katy Hinman (Capo Valley)	2009
25.52	***Mikaela Truckey (Orange Lutheran)		2010	25.76	Samantha Hanberg (Mission Viejo)	2010
25.52	Nicole Martinez (Yorba Linda)		2017	25.76	Nicole Martinez (Yorba Linda)	2017
25.52	Jayden Hill (San Juan Hills)		2022	25.77	Lyn Murray (Esperanza)	1991
25.53	** Lucinda Watson (Century)		1993	25.77	* Chistina Ciampa (San Clemente)	1998
25.53	Milana Malec (Woodbridge)		2019	25.77	***Kaelynn Greene (Orange Lutheran)	2008
25.54c	Estelle White (Saddleback)	25.3	1982	25.77	Cora Davis (Fountain Valley)	2017
25.54	Jamie Karrer (Edison)		1989	25.77	**Hailey Ray (Dana Hills)	2017
25.54c	***Andrea Dean (Mission Viejo)	25.3	1989	25.78	*** Noel Dula (Marina)	1997
25.54c	Heather Sterlin (Mission Viejo)	25.3	1992	25.78	Allison Sprong (Dana Hills)	2012
25.54c	** Raven Herbert (SA Valley)	25.3	1997	25.78	Lauren McLeese (Tesoro)	2016
25.54c	Erin Kelly (Brea)	25.3	1998	25.78	Emma Kratzberg (Newport)	2016
25.54c	* Janice Nsor (Kennedy)	25.3	2004	25.79	Pam Kurtela (Los Alamitos)	1990
25.54	**Gentry Gillian (Mission Viejo)		2018	25.79	Carla Battle (Anaheim)	1997
25.56+	Chris Davenport (Troy)	25.71y	1979	25.79	Shalanie Ross (Esperanza)	2000
25.56	*Danielle Limp (Los Alamitos)		2018	25.79	***Yordan Scales (Tesoro)	2016
25.56	Sienna Frederiksen (Dana Hills)		2022	25.80	Claire McKernan (Dana Hills)	2013
25.57	** Christina Ciampa (San Clemente)		1997	25.80	Hollis Donovan (Dana Hills)	2015
25.57	* Nathalie Michiels (Santa Margarita)		2005	25.81	Lori Shaw (Edison)	1985
25.57	Lauren Deats (Edison)		2012	25.81	Megan Blanchard (Northwood)	2008
25.57	Haley Hopkins (Mater Dei)		2017	25.81	**Dana Padget (Esperanza)	2014
25.59	** Meghan Reppe (Villa Park)		1993	25.81	Madison Carney (Sonora)	2014
25.59	Janey Morris (Fountain Valley)		2007	25.81	*Chinyere Chambers (Northwood)	2015
25.59	Holly Rieck (Capo Valley)		2012	25.81	*Ava Podolski (Dana Hills)	2021
25.60+	Tina Johnson (Kennedy)	25.77y	1981	25.82	Danielle Reaves (Esperanza)	1988
25.60+	* Tsenre Jackson (Edison)	25.5y	1981	25.82	Sharon Day (Costa Mesa)	2003
25.60	***Olivia Iverson (Marina)		2019	25.82	* Darin Milovich (Tesoro)	2009
25.61	*Lily Ebanks (Valencia)		2014	25.82	Amy Wilbourn (La Habra)	2013
25.61	*Jenna Onestinghel (Canyon)		2022	25.82	***Sydney Carr (El Modena)	2014
25.62	*Alex Gilbert (Santa Margarita)		2012	25.82	*Carina Hendley (Northwood)	2015
25.62	***Kylee Wehrly (Trabuco Hills)		2014	25.82	Haley Johnson (Mission Viejo)	2021
25.63	Trudy Zandbergen (Pacifica)		1982	25.83	Danielle Coffman (Marina)	2008
25.63	*** Kristina Bugg (Canyon)		2009	25.84c	Slier DuFur (Canyon)	25.6 1981
25.64c	Kelly Marshall (Edison)	25.4	1996	25.84c	Kristen Fleeting (Tustin)	25.6 1981
25.64c	Kerry O'Bric (Edison)	25.4	1996	25.84c	Chris Salerno (Canyon)	25.6 1982
25.64c	** Shannon Lee (Kennedy)	25.4	1997	25.84c	Jocelyn Lee (Irvine)	25.6 1983
25.64c	Patrice Donaldson (Orange)	25.4	2001	25.84	Erica Lee (Irvine)	1989
25.64c	** Darin Milovich (Tesoro)	25.4	2008	25.84c	***Nikki Adams (Newport)	25.6 1992
25.64	*Mallory Barnes (Santa Margarita)		2017	25.84c	Angela Allen (El Modena)	25.6 1998
25.65	Emily Fischer (Troy)		2011	25.84c	* Chelsea Lelito (Dana Hills)	25.6 2008
25.65	Kristin Sobschak (El Dorado)		2018	25.84c	* Kassie Ham (Dana Hills)	25.6 2008
25.66	Dana Kriesel (Pacifica)		1981	25.84	Ashley Jsames (Savanna)	2008
25.66	*Ceili Tuttle (Fullerton)		2015	25.84	**Amy Heins (Troy)	2010
25.67	Ebony Dozier (Western)		1997	25.84	**Sydney Kolster (Los Alamitos)	2017
25.67	*Michelle Holt (Laguna Hills)		2015	25.85	**Jocelyn Niemiec (Beckman)	2019
25.68+	Kim Law (SA Valley)	25.83y	1978	25.86	* Amanda Wheeland (Dana Hills)	1989
25.68	***Estelle McLearly (Villa Park)		2021	25.86	**Haley Hoplins (Mater Dei)	2015
25.70+	Kristen Rios (Sonora)	25.6y	1984	25.87	**Allie Freed (University)	2010
25.70	Julie Petrilla (El Dorado)		1993	25.87	*Kelley Peterson (El Toro)	2012
25.70	***Megan Dunakin (Aliso Niguel)		2019	25.87	*Makenna Lizarde (St Margaret's)	2021
25.71	Jonna Evans (Sunny Hills)		1997	25.88	Heather Simpson (Marina)	2011
25.71	* Alisyn Clark (SA Valley)		2003	25.89+	Cathy Jones (Edison)	25.8y 1976
25.71	Alex Gilbert (Santa Margarita)		2013	25.89+	* Marina Laymon (La Habra)	25.8y 1982
25.71	**Jordyn Gather (J Serra)		2018	25.89	* Tierricka Haynes (Brea)	2004
25.71	***Aniyah League (Cypress)		2019	25.89	Alyah Forbas (Mater Dei)	2016
25.71	*Baylee Berryman (Capo Valley)		2021	25.90	Karyn Haight (Orange Lutheran)	1978
25.72	Jennifer Janneck (Brea)		2013	25.90	Lori Svoboda (El Dorado)	1989
25.72	*** Kaiya McCullough (Irvine)		2013	25.90	Brooke Thulin (Edison)	2002
25.72	***Hannah Cooper (Woodbridge)		2017	25.90	Heaven Taylor (Mater Dei)	2018
25.72	**Rayne Anwar (Capo Valley)		2017	25.91	** Lindsay Amado (Aliso Niguel)	2004
25.72	*Michela Petrovic (Orange Lutheran)		2020	25.91	Chelsea Green (Laguna Hills)	2008
25.73	*Katy Hinman (Capo Valley)		2011	25.91	*Alyssa Schlom (Orange Lutheran)	2011
25.74c	Kris Lambert (Foothill)	25.5	1985	25.91	*Kyleigh Brown (San Clemente)	2012
25.74c	Casey Lozano (Sonora)	25.5	1992	25.92	** Erin Stovall (Woodbridge)	1995
25.74c	* Ngozi Ossai (Foothill)	25.5	1998	25.92	***Becky Obinma (Villa Park)	2015
25.74	** Danielle Coffman (Marina)		2005	25.92	**Ximena Bustos (Dana Hills)	2017
25.74	**Maia Craver (Woodbridge)		2012	25.92	Bethany Nguyen (Beckman)	2019
25.75	Kathy Grant (Estancia)		1986	25.93	*Anijah Green (Los Alamitos)	2015
25.75	Eileen Dunaway (Huntington Beach)		1995	25.93	**Asia Waddy (El Toro)	2019
25.75	* Jennifer Peterson (Edison)		1998	25.93	*Lillian Gomez (El Modena)	2021
25.75	Summer Crawley (Irvine)		2013	25.94c	Cherie Andre (Edison)	25.7 1987
25.75	***Kaitlyn Paculba (Marina)		2018	25.94c	* Corolar White (Esperanza)	25.7 1996

25.94c	***Emily Dunn (Esperanza)	25.7	2004	25.29	* Erin Albee (El Toro)	2005
25.94	Alexia Williams (Irvine)		2013	25.35	* Danielle Fessenden (Los Alamitos)	2009
25.94	*Francesca McGuire (Rosary)		2022	25.37	Sharon Day (Costa Mesa)	2003
25.95	* Erin Kelly (Brea)		1997	25.37	Dana Padget (Esperanza)	2016
25.95	**Lauren Vissman (San Juan Hills)		2015	25.38	** Andrea Dean (Mission Viejo)	1990
25.95	Lauren Aquino (Rosary)		2022	25.39	***Kristien Sobschak (El Dorado)	2015
25.96	Kira Helmer (Mission Viejo)		2008	25.40	** Adrianna Bracamonte (Orange Lutheran)	2005
25.96	* Danielle Fessenden (Los Alamitos)		2009	25.41	*Alex Gilbert (Santa Margarita)	2012
25.96	Brina Jablonski (Woodbridge)		2014	25.41	*Cassidy Hodson (Villa Park)	2012
25.96	*Kaitlyn Merritt (Santa Margarita)		2014	25.41	**Cori Hoffer (Capo Valley)	2018
25.96	*Bethany Nguyen (Beckman)		2018	25.44c	Lori Shaw (Edison)	25.2 1986
25.97	Nicole Palmer (University)		2004	25.44	Milana Malec (Woodbridge)	2019
25.97	* Philine Qian (Northwood)		2013	25.45	** Marquita Taylor (San Clemente)	2000
25.97	*Amanda Bolger (Northwood)		2016	25.45	***Mikaela Truckey (Orange Lutheran)	2010
25.97	Aniyah League (Cypress)		2022	25.45	**Milana Malec (Woodbridge)	2017
25.98	** Melissa McDonald (Mater Dei)		1989	25.46	Paige Labare (Costa Mesa)	2016
25.98	Sheila McMorris (Los Alamitos)		1990	25.46	*Mia Darden (Aliso Niguel)	2017
25.98	Sara McMillan (Cypress)		1998	25.46	*Mallory Barnes (Santa Margarita)	2017
25.98	*Adriane Jaminski (Rosary)		2010	25.47	Alyssa Schlom (Orange Lutheran)	2012
25.98	* Aliyah Jones (Troy)		2013	25.48	**Majia Shaw (Laguna Beach)	2019
25.98	Luaren Wyckoff (Capo Valley)		2015	25.50	Hollis Donovan (Dana Hills)	2015
25.98	***Kathleen Overbaugh (Northwood)		2017	25.50	Cori Davis (Fountain Valley)	2017
25.98	Jada Gatlin (Misison Viejo)		2022	25.52	Pam Asbury (Valencia)	1981
25.99	Tricia Klemke (Marina)		1985	25.52	Danielle Reaves (Esperanza)	1988
25.99	Jessica Barbarosh (Woodbridge)		2017	25.52	*Ximena Bustos (Dana Hills)	2018
25.99	*Ximena Bustos (Dana Hills)		2018	25.53	Ava Podolski (Dana Hills)	2021
25.99				25.54	Megan Blanchard (Northwood)	2008
200m Wind-aided:				25.54	Sydney Kolster (Los Alamitos)	2019
23.72	* Carol Rodriguez (Western)		2003	25.57	** S Salcido (Marina)	2009
23.77	*Maliyah Medley (El Toro)		2017	25.58	Taryn Wilson (St Margaret's)	2018
23.95	Sara Limp (Los Alamitos)		2015	25.59	***Madison Lankford (Calvary Ch-SA)	2010
24.15	Percylla Nared (Trabuco Hills)		2010	25.60	Summer Crawley (Irvine)	2013
24.27	Jackie Dix Woodbridge)		1997	25.60	Ava Podolski (Dana Hills)	2022
24.29	Cavetra Mitchell (Los Alamitos)		1993	25.61	*Anijah Green (Los Alamitos)	2015
24.37	Carolyn e Hawkes (San Clemente)		2022	25.62	* Amanda Chevalier (Brea)	2008
24.42	Kennedy Gillian (Mission Viejo)		2016	25.62	*Cassidy Hodson (Villa Park)	2012
24.47	** Meryl Stone (Woodbridge)		1997	25.62	***Becky Obinma (VillaPark)	2015
24.48	*Michelle Holt (Laguna Hills)		2015	25.63	Tia McFarlane (Trabuco Hills)	2009
24.49	*** Elia Reid (Kennedy)		2005	25.64	**Maia Craver (Woodbridge)	2012
24.51	*Caroline Glessing (Corona del Mar)		2021	25.65	*Tatum Gee (Cypress)	2016
24.56	* Tara Radan (Mater Dei)		2013	25.65	*Amy Heins (Troy)	2011
24.59	** Hilary Ojinnaka (Cypress)		2013	25.65	*Cori Hoffer (Edison)	2019
24.62	**Lauren Drysch (Santa Margarita)		2015	25.66	*Marina Berrios (Pacifica)	2012
24.64	Dionne Garner (Valencia)		1985	25.66	**Birute Mikuleviciute (El Dorado)	2012
24.65	**Becky Obinma (Rosary)		2016	25.66	**Aryanna Faircloth (Magnolia)	2017
24.66	Trish Aubuchon (Esperanza)		1985	25.66	**Rayne Anwar (Capo Valley)	2017
24.67	*Ashley Willingham (Los Alamitos)		2015	25.67	**Bethany Nguyen (Beckman)	2017
24.74	Danielle Darden (Aliso Niguel)		2013	25.68	** Nicole Callander (Canyon)	1991
24.78	Kelli Godin (Mater Dei)		2018	25.68	Alex Gilbert (Santa Margarita)	2013
24.80	Ashley Bethel (Misison Viejo)		1998	25.69	Larel Sheperd (Irvine)	2017
24.84	Danielle Limp (Los Alamitos)		2019	25.70	*** Kristina Bugg (Canyon)	2009
24.87	* Danielle Eichelberger (Western)		2003	25.70	**Michelle Quinn (Yorba Linda)	2017
24.89	*Caroline Hawkes (San Clemente)		2021	25.70	**Hanna Bassett (Mission Viejo)	2022
24.91	* Alexis Deol (Aliso Niguel)		2007	25.71	Eileen Dunaway (Huntington Beach)	1995
24.92	Michelle Quinn (Yorba Linda)		2019	25.71	Annelise Doerr (Fountain Valley)	2015
24.93	Ellexi Snover (Mater Dei)		2011	25.72	*Lupe Medina (Mater Dei)	2012
24.98	** Ashley Bush (Sonora)		2008	25.73	***Alyssa Blockberger (Los Alamitos)	2017
25.01	Amanda Rosencrantz (Kennedy)		2005	25.73	Avery Groves (Santa Margarita)	2022
25.01	Nicole Martinez (Yorba Linda)		2017	25.74	Michelle Muniz (Woodbridge)	1990
25.02	* Tifney Reeve (Capo Valley)		2006	25.74c	Lauren Little (San Clemente)	25.5 2007
25.06	Kandyce Doxey (Cypress)		2008	25.74	**Lillian Gomez (El Modena)	2021
25.09	*Alycia Turner (Aliso Niguel)		2017	25.76	Amber Moore (Aliso Niguel)	2005
25.10	Olivia Poland (Los Alamitos)		2019	25.76	Amy Heins (Troy)	2012
25.11	* Grace Esslinger (Dana Hills)		2008	25.76	Brina Jablonski (Woodbridge)	2014
25.13	*** Sheri Bertell (Mission Viejo)		1985	25.76	*Hailey Ray (Dana Hills)	2018
25.14	Jennifer Janneck (Brea)		2013	25.76	***Jade McDonald (Mater Dei)	2018
25.16	Janice Nsor (Kennedy)		2005	25.77	Claire McKernan (Dana Hills)	2013
25.19	Persis William-Mensah (Estancia)		2014	25.78	Heather Simpson (Marina)	2011
25.21	Lily Eubanks (Valencia)		2015	25.78	**Parisia Barker (Orange Lutheran)	2012
25.22	Danika Pagaduan (Mission Viejo)		2019	25.79	Kira Helmer (Mission Viejo)	2008
25.24	Aniyah League (Cypress)		2022	25.80	*Ashley Jsaimes (Savanna)	2007
25.25	*Shemanette Terry (Irvine)		2012	25.81	* Lori Smith (Canyon)	1988
25.26	*Estelle McLeary (Villa Park)		2022	25.82	Harrison (Aliso Niguel)	2002
25.27	Kaylin Raibon (Aliso Niguel)		2022	25.82	*Kelley Peterson (El Toro)	2012
				25.82	**Jocelyn Niemiec (Beckman)	2019

25.83	*Ally Bebout (Fountain Valley)	2017
25.84	* Kelly Phillips (Mission Viejo)	1993
25.84c	Sara Tafazoli (Corona del Mar)	25.6 1993
25.84c	Donna Garcia (Ocean View)	25.6 1993
25.84c	*Jessica Zavalza (St Margaret's)	25.6 2007
25.84c	Hamer (Capo Valley)	25.6 2007
25.84	Kassie Ham (Dana Hills)	2009
25.84	Danielle Fessenden (Los Alamitos)	2010
25.85	*Whitney Hessler (Mission Viejo)	2016
25.86	Colleen O'Higgins (El Dorado)	1983
25.86	Brianna Ramsey (Fountain Valley)	2009
25.87	* Tanya Taylor (Sunny Hills)	2006
25.87	*Cassie Durgy (Huntington Beach)	2015
25.87	Jada Gatlin (Mission Viejo)	2022
25.88	**Taylor Gather (Santa Margarita)	2015
25.88	**Emma Radan (Mater Dei)	2012
25.88	*Kathleen Overbaugh (Northwood)	2019
25.88	Summer Allen (Los Alamitos)	2022
25.89	*Adriane Jarminski (Rosary)	2010
25.89	**Danielle Limp (Los Alamitos)	2017
25.89	*Aryanna Faircloth (Magmolia)	2018
25.90	Krista Kenyon (Esperanza)	1993
25.90	Katelyn Andress (Capo Valley)	2013
25.90	**Danielle Solaru (Northwood)	2014
25.91	*Chloe Gueren (Savanna)	2022
25.92	Carolyn Griffin (University)	1990
25.92	Emily Nolen (Brea)	2013
25.93	Emily Thiebaud (Esperanza)	1988
25.93	Brenda Robinson (SA Valley)	1990
25.93	Marlene Laing (Fountain Valley)	1994
25.93	Chelsea Hairanian (Cypress)	2011
25.95	Katie Ostler (Beckman)	2011
25.97	Julie McMillen (Sonora)	2008
25.98	*Shyanna Carrigan (Fullerton)	2017

400 meters

53.06	*Maliyah Medley (El Toro)	2018
53.42	*Arlise Emerson (Westminster)	1978
53.98	Gabrielle Scott (Woodbridge)	2011
54.85	Jocelyn Niemiec (Beckman)	2021
54.89	*Ashley Willingham (Los Alamitos)	2015
54.89	Kennedy Gillian (Mission Viejo)	2016
54.97	**Lauren Memoly (Santa Margarita)	2019
55.05	Emily Dunn (Esperanza)	2007
55.05	*Paige Metayer (University)	2017
55.20	Caroline Hawkes (San Clemente)	2022
55.24c	* Carol Rodriguez (Western)	55.1 2003
55.24	* Tiffany Reeve (Capo Valley)	2005
55.35	* Tara Radan (Mater Dei)	2013
55.40	Meisha Wilson-Duval (Woodbridge)	1995
55.41	Emili Bennett (San Clemente)	2019
55.42	Barbara Rainey (Edison)	1983
55.43+	Kim Law (SA Valley)	55.76y 1978
55.44	* Michelle Banks (El Dorado)	1984
55.55	Christina Twicken (San Clemente)	2010
55.63	Emily Kressin (Troy)	2009
55.71	*Shebanette Terry (Irvine)	2012
55.77	Shelly Tochluk (Westminster)	1989
55.80	Trish Aubuchon (Esperanza)	1985
55.81	Michelle Quinn (Yorba Linda)	2019
55.88	** Tanya Ransom (El Toro)	1982
55.89	Liz Morse (Corona del Mar)	2000
55.90	Alexandrea Kruthers (Capo Valley)	2010
55.90	Lauren Drysch (Santa Margarita)	2017
55.95	Melissa Swigart (Corona del Mar)	2005
55.95	Emma Kratberg (Newport)	2016
55.97	***Milana Malec (Woodbridge)	2016
56.00	Brierra Winfrey (Trabuco Hills)	2011
56.00	Hailey Ray (Dana Hills)	2019
56.01	Kyle Wolff (Woodbridge)	2008
56.15	Rai Ahmed-Green (Irvine)	2014
56.27	* Alisyn Clark (SA Valley)	2003
56.28	* Suzy Hensel (Valencia)	1982

56.33	d'Layne Kerr (Corona del Mar)	1988
56.34	* Mary Coleman (Irvine)	1986
56.38	* Cassie Stanislaw (Woodbridge)	2006
56.41	Laurel Shepherd (Irvine)	2017
56.43	**Alyssa Blockburger (Los Alamitos)	2018
56.45	*Anisa Rind (Dana Hills)	2019
56.47	** Raven Hebert (SA Valley)	1997
56.47	* Emily Kalmbach (Santa Margarita)	2002
56.52+	Michelle Kelly (Irvine)	56.7y 1979
56.54	Kaci Keffer (Woodbridge)	1990
56.54	* Brittany Flores (Cypress)	2006
56.57	*Ceili Tuttle (Fullerton)	2015
56.57	* Debbie Marsino (Cypress)	1980
56.57	*Mia Darden (Aliso Niguel)	2017
56.58	Nicole Moeller (Trabuco Hills)	2017
56.60	* Maia Craver (Woodbridge)	2013
56.62+	Cathy Jones (Edison)	56.8y 1976
56.62+	Debbie Bottomley (Canyon)	56.8y 1976
56.64	Alejandra Torres (Woodbridge)	1997
56.65	Amanda Rosencranz (Kennedy)	2005
56.73	Lauren O'Banion (Yorba Linda)	2018
56.74	*** Alexis Deol (Aliso Niguel)	2005
56.79	Chloe Deol (Dana Hills)	2014
56.81+	Chris Davenport (Troy)	57.0y 1979
56.84	*Kimiko Tanaka (Dana Hills)	2014
56.87	*** Alisyn Clark (SA Valley)	2001
56.87	*Ximena Bustos (Dana Hills)	2018
56.89	*** Tiffany Hogan (Capo Valley)	1997
56.90	*Cassie Durgy (Huntington Beach)	2015
56.91+	Tsenre Jackson (Edison)	57.1y 1982
56.91	*** Don Yell Norris (Mission Viejo)	1989
56.91	** Erin Albee (El Toro)	2004
56.94	*Alex Gilbert (Santa Margarita)	2012
56.97	*Shemanette Terry (Irvine)	2012
57.01+	Janet Steen (SA Valley)	57.2y 1978
57.03	* Corolar White (Esperanza)	1996
57.03	Jessica Erickson (San Clemente)	2014
57.06	* Debbie Arthur (Esperanza)	1981
57.08	* Ashley Furst (Laguna Hills)	1998
57.09	Hope Bender (Newport)	2015
57.10	Kaylin Raibon (Aliso Niguel)	2022
57.11	Jenna Parsio (El Toro)	2022
57.11	Jayden Hill (San Juan Hills)	2022
57.16	***Kathy Grayson (Mission Viejo)	1986
57.16	***Majia Shaw (Laguna Beach)	2018
57.17	** Kelly Morgan (Corona del Mar)	2004
57.17	***Olivia Iverson (Marina)	2019
57.19	Coco Putnam (Laguna Beach)	2016
57.21+	***Kenya Thornburg (University)	57.4y 1980
57.21	Sarah Heckel (Yorba Linda)	2018
57.23	Sara Kronquist (Brea)	2011
57.24c	Arona (Troy)	1987
57.24	Raven Hebert (SA Valley)	1999
57.27	Chelsea Hairanian (Cypress)	2011
57.28	* Maika Nelson (Brea)	1997
57.31+	Stacy Kneeshaw (Foothill)	57.5y 1978
57.32	* Danielle Fessenden (Los Alamitos)	2009
57.35	Sharon Day (Costa Mesa)	2002
57.35	Ashlyn Adams (Tesoro)	2018
57.40	Catherine Schmidt (Mater Dei)	2002
57.41+	* Liz Melton (Fountain Valley)	57.6y 1978
57.45	Maia Craver (Woodbridge)	2014
57.48	*Kaiya McCullough (El Toro)	2015
57.48	*Mia Lawrence (Dana Hills)	2019
57.52	*** Meghan Atkinson (Santa Margarita)	1998
57.54c	Sherrri Smith (Woodbridge)	57.4 1986
57.54c	Molly Pierson (El Toro)	57.4 2005
57.54c	Annelise Doerr (Fountain Valley)	2015
57.55	*** Katy Hinman (Capo Valley)	2009
57.51+	*Laura Ichikawa (Katella)	57.7y 1981
57.56	Taylor Arco (Mission Viejo)	2016
57.57	Cassie Durgy (Huntington Beach)	2016
57.59	* Tanya Taylor (Sunny Hills)	2006
57.61+	** Renee Durand (Laguna Beach)	57.8y 1980
57.61+	** Jodie Wood (Canyon)	57.8y 1980

57.61	Chloe Fan (Aliso Niguel)	2015
57.63	* Julie Baker (Capo Valley)	1980
57.63	Trudy Zandbergen (Pacifica)	1982
57.64c	Dawn Price (Costa Mesa)	57.5 1981
57.64	Carissa Bricker (Dana Hills)	2011
57.64	Brina Jablonski (Woodbridge)	2014
57.65	* Karen Anderson (Edison)	1995
57.68	Michelle Hull (Santa Margarita)	2004
57.68	* * Summer Shaw (Huntington Beach)	1995
57.69	Brenna McNulty (Dana Hills)	2014
57.70	* Angela Allen (El Modena)	1997
57.70	Sienna Frederiksen (Dana Hills)	2022
57.71+	Rhonda Patcha (Valencia)	57.9y 1979
57.71	Lyn Murray (Esperanza)	1991
57.72	* Tara Oettinger (Foothill)	1994
57.73	Emily Fischer (Troy)	2011
57.74	Kristen Schertzer (Woodbridge)	1988
57.74	* Tai Crumsey (Canyon)	2013
57.76	Michelle Holt (Laguna Hills)	2016
57.77	*Whitney Hessler (Mission Viejo)	2016
57.79	Rylee Kerr (San Clemente)	2018
57.81	* Julie Koubeka (Edison)	1992
57.81	Samantha Solaru (Northwood)	2011
57.82	*Kyle Wolff (Woodbridge)	2007
57.83	** Molly Pierson (El Toro)	2003
57.84	Erika Lee (Irvine)	1988
57.86	* Dana Kriesel (Pacifica)	1980
57.86	*** Maribeth Buche (Esperanza)	1998
57.87	* Anne Briggs (Esperanza)	2001
57.88	*Coco Putnam (Laguna Beach)	2015
57.88	Jackie Martin (Corona del Mar)	2017
57.89	*Rosemary Kehoe (Fullerton)	2019
57.90	Becky Marshburn (Dana Hills)	2005
57.90	Zahira Montanez (Kennedy)	2006
57.91	*Summer Allen (Los Alamitos)	2021
57.92	Monica Todd (Trabuco Hills)	2010
57.93	* Unique Conner (Western)	2008
57.93	Charisma Byrd (Rosary)	2016
57.94	Denise Gallion (Woodbridge)	2005
57.95	* Marissa Clow (Northwood)	2009
57.97	Stephanie Jones (Kennedy)	1985

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2:02.3	** Mary Decker (Orange)	1974
2:05.7	** Rennie Durand (Laguna Beach)	1980
	(<i>State Champion</i>)	
2:06.48	Emily Dunn (Esperanza)	2007
2:07.5	* Arlise Emerson (Westminster)	1978
2:07.78	Liz Morse (Corona del Mar)	2000
	(<i>State Champion</i>)	
2:08.75	Ashlyn Rambo (Mater Dei)	2014
2:08.85	*Cassie Durgy (Huntington Beach)	2015
2:08.86	*Kaho Cichon (Fountain Valley)	2021
2:09.17	Maggie Henson (Newport)	1986
2:09.29	Chelsea Kruthers (San Juan Hills)	2012
2:09.4	** Staci Kneeshaw (Foothill)	1978
2:09.54	* Anja Disiena (Fountain Valley)	2007
2:09.55	Hanna Edwards (El Toro)	2011
2:09.66	* Shelby Buckley (Corona del Mar)	2007
2:09.82	Suzy Hensel (Valencia)	1983
2:09.83	Julie Seleine (University)	1983
2:09.9	* Polly Plumer (University)	1982
2:10.06	Annie St Geme (Corona del Mar)	2006
2:10.12	Delaney Sanacore (Los Alamitos)	2018
2:10.15	Christine Babcock (Woodbridge)	2008
2:10.18	Ashlee Gallegos (J Serra)	2022
2:10.38	**Taylor Arco (Mission Viejo)	2014
2:10.45	Katie Izzo (Los Alamitos)	2015
2:10.47	**Meghan Foley (Edison)	2007
2:10.57	* Haley Lawrence (Aliso Niguel)	2006
	(<i>State Champion</i>)	
2:10.57	**Ashley Johnson (Mission Viejo)	2018
2:10.60	Gabrielle Scott (Woodbridge)	2011
2:10.75	*Anastasia Snodgrass (J Serra)	2022

2:10.76	Katherine Delaney (J Serra)	2011
2:10.82	* Alex Dunne (San Clemente)	2008
2:10.92	**Laura Chapel (Irvine)	1984
2:10.97	***Kathy Grayson (Mission Viejo)	1986
2:11.03	Natalie Grohmann (Fountain Valley)	2015
2:11.09	Nicole Ritchot (Edison)	1986
2:11.22	Sherri Smith (Woodbridge)	1986
2:11.23	* Christie Engesser (Ocean View)	1992
2:11.26	Morgan Calcagnie (Mission Viejo)	2019
2:11.32	Sara Van Dyke (Marina)	2011
2:11.34	*Ashlynn Viramontes (Katella)	2021
2:11.45	Emma Hadley (Canyon)	2022
2:11.59	Shelley Taylor (Edison)	1992
2:11.59	***Georgia Jeanneret (J Serra)	2021
2:11.72	*Allison Damon (Corona del Mar)	2007
2:11.73	**Amy Cox (Foothill)	1982
2:11.92	* Natalie Herberg (Capo Valley)	2013
2:11.93	Jennifer Daly (Dana Hills)	2017
2:11.98	Katie Camerena (San Juan Hills)	2016
2:12.00	*Emma Hadley (Canyon)	2021
2:12.03	Summer Shaw (Huntington Beach)	1997
2:12.07	*Ashley Johnson (Mission Viejo)	2019
2:12.43	Gwynn George (Santa Margarita)	2018
2:12.61	* Vicki Kelly (Costa Mesa)	1981
2:12.63	Maribeth Buche (Esperanza)	2001
2:12.63	*Alyssa Bautista (Capo Valley)	2017
2:12.66	**Georgia Jeanneret (J Serra)	2022
2:12.79	Amber Steen (Newport)	2001
2:12.85	*Paige Metayer (University)	2017
2:12.86	Erika Lovett (Savanna)	1987
2:12.86	*** Whitney Hampton (El Toro)	2002
2:12.90	* Tiffany Boykin (Laguna Hills)	1994
2:12.99	Julie Kaudelka (Edison)	1994
2:13.01	***Emma Hadley (Canyon)	2019
2:13.24	**Nicole Biggers (El Toro)	1983
2:13.26	*Whitney Hessler (Mission Viejo)	2016
2:13.36	Courtney Pugmire (Esperanza)	1995
2:13.4+	Liz Melton (Fountain Valley)	2:14.1y 1979
2:13.47	Amanda Gehrich (Tesoro)	2016
2:13.49	Heather Balbier (Dana Hills)	2009
2:13.5+	*Rhonda Patcha (Valencia)	2:14.3y 1978
2:13.50	Samantha Costantini (Mater Dei)	2005
2:13.61	Laurinda Mulhaupt (Capo Valley)	1989
2:13.67	Leslie Pratt (Edison)	1983
2:13.73	* Nancy Long (Mission Viejo)	1984
2:13.73	* Molly Pierson (El Toro)	2004
2:13.74	Cynthia Mendez (Savanna)	2004
2:13.80	Bethan Knights (Northwood)	2014
2:13.83	*Mia Lawrence (Dana Hills)	2019
2:13.84	Sabrina Caplis (Foothill)	1995
2:13.9	***Sharon Hatfield (Fountain Valley)	1979
2:13.91	Kamilah Foley (Trabuco Hills)	2010
2:13.92	*Mia Darden (Aliso Niguel)	2017
2:13.97	Kristin Kovacich (Mater Dei)	2004
2:13.97	Cristen Lane (Foothill)	2013
2:14.01	McKenna Bradley (Santa Margarita)	2021
2:14.08	* Cindy Stoughton (Corona del Mar)	1980
2:14.14	* Shalice Pugmire (Esperanza)	2001
2:14.15	* Maika Nelson (Brea)	1997
2:14.16	Alyssa Bautista (Capo Valley)	2018
2:14.33	**Lauren Jirges (Cypress)	2003
2:14.36	***Amanda Honn (Huntington Beach)	2011
2:14.4	***Barbara Boisvert (Orange Lutheran)	1992
2:14.44	Carrie Caulkins (Esperanza)	1995
2:14.45	**Jennifer Gillis (Irvine)	1991
2:14.55	***Sommer Owens (Santa Margarita)	1999
2:14.57	Holiday Molway (University)	1992
2:14.57	Sarah Keddington (Corona del Mar)	2010
2:14.66	*Sara Kebede (San Clemente)	2012
2:14.67	Ariana Selix (Esperanza)	2008
2:14.7	Mary Anne Bullard (Esperanza)	1984
2:14.72	Jaden Haskins (Dana Hills)	2019
2:14.74	**Brooke O'Brien (J Serra)	2022
2:14.75	** Sarah Toberty (Woodbridge)	2006
2:14.76+	**Barbara Vasquez (Irvine)	2:15.5 1980

2:14.83	Kathy Karpel (Ocean View)	1987	2:16.59	*Sara Fleming (Mission Viejo)	2012		
2:14.83	* Kyle Oefelein (Woodbridge)	2013	2:16.65	** Hannah Kent -Johnson (Sunny Hills)	2004		
2:14.84	Devon Hoppe (Corona del Mar)	2011	2:16.66	Alyssa Brown (Mission Viejo)	2006		
2:14.88	* Kathryn Gullikson (Dana Hills)	2009	2:16.66	Nicci Corbin (Tesoro)	2011		
2:14.92	Rylan Engelsw (J Serra)	2020	2:16.70	Christine Adams (Esperanza)	2008		
2:14.93	Sarah Porter (Santa Margarita)	2012	2:16.70	*Kylie Nishisaka (Marina)	2012		
2:14.98	***Kennedy Duralde (Mater Dei)	2021	2:16.78	*Alana Jones (Laguna Hills)	2012		
2:14.98	Siena Palicke (Yorba Linda)	2021	2:16.81	Mackensie Peace (Mission Viejo)	2014		
2:15.0 +	Nancy Jessen (Dana Hills)	2:15.7y	1979	2:16.84	*** Lauren Medina (Mission Viejo)	2005	
2:15.01	** Hilary May (Corona del Mar)	2005	2:16.84	Chanel Fischetti (Dana Hills)	2006		
2:15.08	* Sydney Teske (J Serra)	2009	2:16.84	*Janie Crawford (Laguna Beach)	2014		
2:15.09	Olivia Goins (Canyon)	2013	2:16.85	Brielle Budroe (Laguna Beach)	2014		
2:15.10	* Buffy Rabbitt (Newport)	1985	2:16.86	Mollie Flint (Corona del Mar)	1993		
2:15.1 +	Lori Blanco (Westminster)	2:15.8y	1976	2:16.89	**Jordan Ansara (Aliso Niguel)	2010	
2:15.11	***Jacquie Adams (Orange Lutheran)	2010	2:16.89	***Shavonne McHugh (Foothill)	2021		
2:15.17	Emily Taylor (Marina)	2012	2:16.90	Tammy Hogge (Canyon)	1978		
2:15.2 +	Dale Keough (Corona del Mar)	2:15.9y	1976	2:16.90	*** Katherine Delaney (Santa Margarita)	2008	
2:15.22	Isabella Frisone (Canyon)	2022	2:16.91	Tepee Hawkins (Dana Hills)	1987		
2:15.30	* Tracy Wright (Irvine)	1985	2:16.91	***Makena Oliva (Canyon)	2021		
2:15.35	Jenny Thune (Brea)	2001	2:16.92	Hannah Winokur (San Clemente)	2010		
2:15.4+	* Kerry Cerda (Melodyland)	2:16. ly	1979	2:16.95	***Rachel Ngu (Northwood)	2008	
2:15.41	***Katie Nuanes (Santa Margarita)	1994	2:16.97	* Christa Fitzgerald (Dana Hills)	1997		
2:15.44	**Cassandra Smith (Trabuco Hills)	2010	2:16.98	*Grace Fulwiler (Mission Viejo)	2019		
2:15.44	Rianna Goins (Canyon)	2013	2:17.0	Mary Kenney (Valencia)	1984		
2:15.45	Shannon Karpel (Ocean View)	1987	2:17.07	*Taylor DeBarros (Brea)	2022		
2:15.46	Jerry Baker (Capo Valley)	1981	2:17.1	Camila Turati (El Toro)	2014		
2:15.48	Kyle Wolff (Woodbridge)	2008	2:17.10	Jennifer Wells (Fountain Valley)	2006		
2:15.5	Monica Rothenburger (Dana Hills)	2004	2:17.13	Shannon Lane (Trabuco Hills)	2007		
2:15.53	* Kristin Harkins (La Quinta)	1986	2:17.18	Kell Lewis (Dana Hills)	1987		
2:15.55	**Christa Fitzgerald (Dana Hills)	1996	2:17.18	* Sarah Keddington (Corona del Mar)	2009		
2:15.56	* Janice Lane (Woodbridge)	2013	2:17.19	*Julia Sienski (Edison)	2014		
2:15.56	*Natalie Grohmann (Fountain Valley)	2014	2:17.2	** Raji Espinoza (Dana Hills)	1991		
2:15.59	Maribel Delgado (SA Valley)	1996	2:17.23	Joy Biefield (Edison)	1984		
2:15.65	Shira Duzman (University)	1993	2:17.23	*Estella Knobbe (Beckman)	2021		
2:15.66	**Ashley Larson (Northwood)	2014	2:17.29	**Heather Cuthbertson (Marina)	1996		
2:15.69	**Jessica Dahlberg (El Modena)	1996	2:17.29	Kylee Grubbs (Brea)	2015		
2:15.69	* Natalie Fyke (Esperanza)	2009	2:17.34	* Kristina Dahlberg (El Modena)	1992		
2:15.7	Judy McLaughlin (University)	1983	2:17.35	Sarah Heckel (Yorba Linda)	2018		
2:15.70	Brianna Bartello (Laguna Hills)	2015	2:17.36	Jayla Land (Woodbridge)	2017		
2:15.72	Arielle Summitt (University)	2018	2:17.39	**McKenna Bradley (Santa Margarita)	2019		
2:15.75	Janette Reed (Foothill)	1989	2:17.4	Tish Olswang (Newport)	1983		
2:15.75	**Peggie Hall (Trabuco Hills)	1994	2:17.42	*Kaela Brenner (Crean)	2021		
2:15.76	Jenny Cummins (Corona del Mar)	2001	2:17.43	* Sandy McClain (Orange)	1983		
2:15.80	Kristen Rivera (Corona del Mar)	2012	2:17.47	Kendal Billingsley (Mission Viejo)	2001		
2:15.86	Kylee Vandenberg (San Juan Hills)	2013	2:17.47	Chloe Berry (Mission Viejo)	2016		
2:15.91	*Ashley Messineo (El Toro)	2017	2:17.47	*Denie Stark (Canyon)	2018		
2:15.92	Sara Bass (Los Alamitos)	2014	2:17.48	Staci Foster (Orange Lutheran)	2009		
2:15.95	Meagan Oefelein (Woodbridge)	2017	2:17.49	*Jadyn Zdanavage (Portola)	2022		
2:15.98	Jacquie Adams (Foothill)	2013	2:17.51	***Maya Bryson (Oxford Academy)	2018		
2:16.03	**Alexandria Adams (Northwood)	2010	2:17.53	Sydney Teske (J Serra)	2010		
2:16.05	*Cierra Johnson (Mission Viejo)	2017	2:17.54	Kelli Hines (Mission Viejo)	2019		
2:16.08	Lauryn Simons (Mission Viejo)	2019	2:17.55	* Jessica Dahlberg (El Modena)	1997		
2:16.10	Katherine Gullikson (Dana Hills)	2010	2:17.6 +	Amy Thompson (Costa Mesa)	2:18.4y	1974	
2:16.12	***Mackensie Peace (Mission Viejo)	2011	2:17.61	Melissa Mello (Mission Viejo)	2009		
2:16.13	**Kennedy Duralde (Mater Dei)	2022	2:17.61	***Milana Malec (Woodbridge)	2016		
2:16.14	*** Melissa Mello (Mission Viejo)	2006	2:17.62	Marina McDonough (San Clemente)	2017		
2:16.21	Lauren Greco (Edison)	2012	2:17.64	***Amy Robles (Woodbridge)	1988		
2:16.29	*Kendall Saeger (Santa Margarita)	2020	2:17.64	**Charisma Byrd (Rosary)	2014		
2:16.3 +	Kim Vollmer (Canyon)	2:17.1y	1978	2:17.65	* Vanessa Kelly (Marina)	2000	
2:16.3 +	Shannon Stryker (Tustin)	2:17.1y	1982	2:17.7 +	Laura Johnson (Esperanza)	2:18.5y	1975
2:16.32	***Keaton Robar (Newport)	2022	2:17.70	*** Jillian Bennett (Foothill)	2005		
2:16.33	Rachel Roepsen (Santa Margarita)	2012	2:17.71	***Sara Meng (Dana Hills)	2016		
2:16.36	Ali Hummelberg (Corona del Mar)	2010	2:17.72	* Julie Allen (Corona del Mar)	2001		
2:16.39	Christina Theriot (Corona del Mar)	2009	2:17.72	Karly Goral (El Modena)	2002		
2:16.39	*Sydney Paulson (J Serra)	2022	2:17.73	Taylor Williams (Orange Lutheran)	2011		
2:16.41	Kimberly Condino (Corona del Mar)	2009	2:17.80	Diane Munoz (El Modena)	1987		
2:16.45	Vanessa Hancock (Brea)	2008	2:17.80	Nicole Alai (Edison)	2006		
2:16.45	*Marley Jacobs (Tesoro)	2017	2:17.8	Marcia Escobosa (El Dorado)	1984		
2:16.48	Jessica Kanin (Woodbridge)	2001	2:17.84	**Sarah Porter (Santa Margarita)	2010		
2:16.49	*Allura Markow (Dana Hills)	2022	2:17.85	Karen Nance (Capo Valley)	1986		
2:16.5 +	* Jessie Fiorda (Costa Mesa)	2:17.3y	1980	2:17.86	Megan Good (San Juan Hills)	2017	
2:16.52	Marley Jacobs (Tesoro)	2018	2:17.87	Angel Vallier (Mission Viejo)	2015		
2:16.54	* Emma Kao (Dana Hills)	2013	2:17.87	Erika Adler (Northwood)	2017		
2:16.55	**Anoua Carrie (Laguna Beach)	2022	2:17.9	Brittany Swanek (Foothill)	2000		
2:16.59	*Kathy Kelley (Canyon)	1985	2:17.90	*Nicci Corbin (Tesoro)	2010		

2:17.91	Briar Brumley (Tesoro)	2015
2:17.93	Karen Anderson (Edison)	1995
2:17.93	** Kim Condino (Corona del Mar)	2008
2:17.94	** Jenny Pilecki (Huntington Beach)	2008
2:17.96	Reina Kabbara (Northwood)	2022
2:17.98	*Joy Wilk (Esperanza)	2003

1500 Meters

4:16.42	Christine Babcock (Woodbridge)	2008
4:16.8'	Polly Plumer (University)	1982
4:22.31'	Annie St Geme (Corona del Mar)	2006
4:23.4'	** Christine Babcock (Woodbridge)	2006
4:26.8'	Julie Seleine (University)	1983
4:29.3'	Jennifer Abraham (Foothill)	1983
4:31.2'	Shelley Taylor (Edison)	1992
4:31.6'	Courtney Pugmire (Esperanza)	1995
4:33.0	** Sharon Hulse (Edison)	1978
4:33.4	* Staci Kneeshaw (Foothill)	1979
4:34.1'	**Nicole Ritchot (Edison)	1984
4:34.3'	Tammy Snyders (Edison)	1984
4:34.3'	Kathy Karpel (Ocean View)	1987
4:35.51	Ashlee Gallegos (J Serra)	2022
4:35.6'	Leslie Pratt (Edison)	1983
4:35.7	*Barbara Boisvert (Orange Lutheran)	1992
4:36.0'	Sherri Smith (Woodbridge)	1986
4:36.02'	Molly Babcock (Woodbridge)	2012
4:36.8'	Maggie Henson (Newport)	1986
4:36.90	Amy Cox (Foothill)	1984
4:37.3'	Marcia Escobosa (El Dorado)	1984
4:37.6'	Judy McLaughlin (University)	1983
4:38.3'	*Allyson Marquand (University)	1998
4:39.03	Laura McCracken (Westminster)	1983
4:39.2'	Shannen Karpel (Ocean View)	1987
4:39.2'	** Hilary May (Corona del Mar)	2005
4:39.9'	Kelly Lewis (Dana Hills)	1987
4:39.97	**Amber Parkinson (Orange Lutheran)	1991
4:39.97	**Christie Engesser (Ocean View)	1991
4:41.30'	*Kylie Nishisaka (Marina)	2012
4:42.1	**Anabelle Villanueva (Fountain Vally)	1979
4:42.2'	Carrie Caulkins (Esperanza)	1995
4:42.3'	** Shelby Buckley (Corona del Mar)	2006
4:42.45	**Georgia Jeanneret (J Serra)	2022
4:42.49	*Whitney Valenti (Brea)	2018
4:42.5'	***Kelli Campbell (Corona del Mar)	1993
4:42.7	Heidi Sickler (Laguna Hills)	1993
4:42.97	**Krishna Dahlberg (El Modena)	1991
4:43.1'	Buffy Rabbitt (Newport)	1986
4:43.10	Kristin Harkins (La Quinta)	1987
4:43.1'	**Jennifer Spahr (Huntington Beach)	1995
4:44.4'	*Janna Evans (Edison)	1992
4:45.47	* Nancy Dollar (San Clemente)	1994
4:45.7'	Susanna Thrasher (Villa Park)	1990
4:44.8	* Kim Nelson (Canyon)	1993
4:45.9	Shannon Stryker (Tustin)	1982
4:45.9	* * Amber Steen (Newport)	1999
4:46.1'	Denisha Bendz (Costa Mesa)	1992
4:46.5	* Heather Garritson (Buena Park)	1997
4:46.9'	**Carne Garritson (Sunny Hills)	1992
4:46.9'	*Meghan Mayes (Capo Valley)	1993
4:47.3'	Heather Killeen (Valencia)	1991
4:47.59	***Brynn Garcia (J Serra)	2022
4:47.7	* Theresa Barrios (University)	1982
4:47.7	Melisa Partin (University)	1983
4:47.7	Elizabeth Alexander (Tustin)	1993
4:47.8	* Heather Cuthbertson (Marina)	1995
4:47.9	***Kathy Kiernan (Los Amigos)	1979
4:48.3	Sita Jones (La Habra)	1988
4:48.3	*** Meghan Mainwaring (Santa Margarita)	1999
4:48.7	Taryn Lawson (Ocean View)	1995
4:48.78	* Amy Robles (Woodbridge)	1990
4:48.9'	Kelly Flathers (Mater Dei)	1990
4:48.99	**Rajai Espinoza (Dana Hills)	1991
4:49.0	Tammy Snyder (Edison)	1984
4:49.11	*Tracy Fatone (Los Alamitos)	1991

4:49.4'	* Katie Durham (Woodbridge)	1992
4:49.8'	Ann Helm (Laguna Hills)	1985

1600 Meters

4:33.65+	Polly Plummer (University)	4:35.24y	1982
	(<i>'80, '81, '82 State Champion</i>)		
4:33.82	Christine Babcock (Woodbridge)		2008
	(<i>'06, '07, '08 State Champion</i>)		
4:38.63+	*Amanda Gehrich (Tesoro)	4:40.25y	2015
	(<i>State Champion</i>)		
4:39.94+	Annie St Geme (Corona del Mar)	4:41.57y	2006
	(<i>'05 State Champion</i>)		
4:40.4+	***Mary Decker (Orange) (Portola JH)	4:42.0y	1973
4:42.29	Bethan Knights (Northwood)		2014
4:42.95	Katherine Delaney (J Serra)		2011
4:43.75	Amber Steen (Newport)		2001
4:45.00	Julie Seleine (University)		1983
4:45.39	*Shelby Buckley (Corona del Mar)		2007
4:47.42	**Bonnie McGlinchey (Fountain Valley)		1980
4:47.55+	*Haley Herberg (Capo Valley)	4:49.22y	2017
4:48.52	Shelley Taylor (Edison)		1992
	(<i>State Champion</i>)		
4:48.86	Laura Hollander (Marina)		2012
4:49.1+	**Sharon Hulse (Edison)	4:50.7y	1978
4:49.57	Stacy Kneeshaw (Foothill)		1980
4:49.66	Jennifer Abraham (Foothill)		1983
4:49.95	**Staci Foster (Orange Lutheran)		2009
4:50.19	Chloe Berry (Mission Viejo)		2016
4:50.37	***Kelli Hines (Mission Viejo)		2016
4:50.47	Courtney Pugmire (Esperanza)		1995
4:50.78	Emma Hadley (Canyon)		2022
4:50.89	*Allura Markow (Dana Hills)		2022
4:50.9+	Kathy Mintie (Rosary)	4:52.5y	1978
4:51.49	* Allison Damon (Corona del Mar)		2007
4:51.57+	Ashlee Gallegos (J Serra)	4:53.27y	2022
4:51.67	Leslie Pratt (Edison)		1983
4:51.67	Alana Jones (Laguna Hills)		2013
4:51.89	Ashley Messineo (El Toro)		2018
4:52.09+	Isabella Frisone (Canyon)	4:53.79y	2022
4:52.14	* Hillary Hayes (Edison)		2008
4:52.50	Alex Dunne (San Clemente)		2009
4:52.66	*** Katherine Delaney (Santa Margarita)		2008
4:52.71	Stefanie Ortega (Segerstrom)		2016
4:52.9	** Nicole Ritchot (Edison)		1984
4:52.98	Hannah Tobin (El Toro)		2017
4:52.99	Molly Babcock (Woodbridge)		2012
4:53.02	Maggie Henson (Newport)		1986
4:53.02	* Christine Adams (Esperanza)		2009
4:53.45	Sarah Paddon (St Margaret's)		2011
4:53.66	Paige Canterbury (Dana Hills)		2013
4:53.68	Vanessa Hancock (Brea)		2008
4:53.70	*Emily Richards (Aliso Niguel)		2021
4:53.74	Allison Costello (Esperanza)		2003
4:53.81+	Cassie Durgy (Huntington Beach)	4:55.52y	2016
4:53.83+	Emily Taylor (Marina)	4:55.54y	2012
4:54.0	Tammy Snyders (Edison)		1984
4:54.15	Heather Balbier (Dana Hills)		2009
4:54.16	Kathy Karpel (Ocean View)		1987
4:54.20	**Siena Palicke (Yorba Linda)		2019
4:54.38	Kelli Hines (Mission Viejo)		2019
4:54.43	Nicci Corbin (Tesoro)		2011
4:54.67	Rianna Goins (Canyon)		2013
4:54.93	Shalice Pugmire (Esperanza)		2002
4:54.95	Hilary May (Corona del Mar)		2007
4:54.95	Briar Brumley (Tesoro)		2015
4:55.00	***Hana Catsimanes (San Clemente)		2017
4:55.04	Julia Sienski (Edison)		2015
4:55.08	*Whitney Valenti (Brea)		2019
4:55.27	Katie Izzo (Los Alamitos)		2015
4:55.37	Sherrie Smith (Woodbridge)		1986
4:55.39	Ashlyn Rambo (Mater Dei)		2014
4:55.43	* Allyson Marquand (University)		1998
4:55.47	***Ashley Johnson (Mission Viejo)		2017
4:55.89	Ashley Elliott (Tesoro)		2013

4:55.9	Marcia Escobosa (El Dorado)	1984	5:01.2 +	Jill Caldwell (Westminster)	5:02.9y	1974
4:55.96	Katie Nuanes (Santa Margarita)	1997		(<i>State Champion</i>)		
4:56.04	Brianna Bartello (Laguna Hills)	2015	5:01.32	Christina Fitzgerald (Dana Hills)		1998
4:56.04	***Georgia Jeanneret (J Serra)	2021	5:01.34	*** Rachel Ngu (Northwood)		2008
4:56.07	Ava Kent (Orange Lutheran)	2011	5:01.35	Cathryn Saylor (Trabuco Hills)		2009
4:56.17	Judy McLaughlin (University)	1983	5:01.37	Emily Haigh (Foothill)		2002
4:56.23	Melissa Eisele (San Clemente)	2014	5:01.41	Samantha Costantini (Mater Dei)		2005
4:56.23+	Katie Camarena (San Juan Hills)	4:57.96y	501.43	*Maria Hernandez (Santa Ana)		2019
4:56.34	Erika Adler (Northwood)	2016	5:01.46	Camila Turati (El Toro)		2014
4:57.36	*Kaho Cichon (Fountain Valley)	2021	5:01.55	**Anastasia Snodgrass (J Serra)		021
4:56.38	Monica Rothenburger (Dana Hills)	2004	5:01.63	Vanessa Kelly (Marina)		2001
4:56.54	Catherine Martinez (Fountain Valley)	2011	5:01.7 +	Mari Gibbs (Marina)	5:03.4y	1977
4:56.55	Kelsey Carroll (San Clemente)	2015	5:01.77	**Sami Murphy (Northwood)		2015
4:56.66+	Anastasia Snodgrass (J Serra)	4:58.39y	5:01.84	Kristin Arkin (Trabuco Hills)		2008
4:56.67	***Lauren Mauer (Crean)	2012	5:01.90	Carrie Garritson (Buena Park)		1994
4:56.79	Sarah Cummings (Corona del Mar)	2008	5:01.92	Heidi Sickler (Laguna Hills)		1993
4:56.89	Hanna Edwards (El Toro)	2011	5:01.94	Melanie Powers (Corona del Mar)		2010
4:57.40	Crystal Reed (Fountain Valley)	2006	5:02.06	Lori Mann (Santa Margarita)		2001
4:57.31	Sara Leonard (Canyon)	2018	5:02.10	Susanna Thrasher (Villa Park)		1990
4:57.56	** Alaina Alvarez (Dana Hills)	2009	5:02.23	Makena Castillo (Marina)		2021
4:57.57	Julie Allen (Corona del Mar)	2002	5:02.25	Natasha Strickland (Laguna)		2012
4:57.70	Shannon Stryker (Tustin)	1982	5:02.40	Kimberly Condino (Corona del Mar)		2009
4:58.01	* Bethany Nickless (Fountain Valley)	2002	5:02.43	Sienna Serrao (Dana Hills)		2016
4:58.05	* Megan Meyer (Tesoro)	2008	5:02.45	Delaney Sanacore (Los Alamitos)		2018
4:58.21	Amy Cox (Foothill)	1984	5:02.49	* Gabrielle Yatauro (Edison)		2013
4:58.25	Alyssa Brown (Mission Viejo)	2006	5:02.50	Ashley Licata (Capo Valley)		2016
4:58.26	Diana Hossfeld (Corona del Mar)	2001	5:02.56	*Jessie Babcock (Woodbridge)		2005
4:58.34	* Marisa Cummings (Corona del Mar)	2009	5:02.74	Laura Sauerwein (University)		1982
4:58.39+	**Brooke O'Brien (J Serra)	5:00.13y	5:02.80	* Jessica Howard (University)		1999
4:58.41	*Sheridan Gomez (Dana Hills)	2011	5:02.85	**Kellian Hunt (Whittier Chr)		2010
4:58.45	Kelly Lewis (Dana Hills)	1987	5:02.93	*Kelsey Carroll (San Clemente)		2014
4:58.45	*Kylie Nishisaka (Marina)	2012	5:03.0	Laura McCracken (Westminster)		1983
4:58.46	*Hana Catsimanes (San Clemente)	2019	5:03.0	** Becky Miske (El Toro)		1997
4:58.52	Jenny Sears (Woodbridge)	2002	5:03.03	* Heather Garritson (Buena Park)		1997
4:58.62	Makenna Smith (Trabuco Hills)	2010	5:03.11	* Melanie Powers (Corona del Mar)		2009
4:58.81	Cassandra Smith (Trabuco Hills)	2012	5:03.12	Hannah Bell (Esperanza)		2012
4:58.93	Shannen Karpel (Ocean View)	1987	5:03.17	Nicole Meyer (Orange Lutheran)		2021
4:58.98	*Carly Corsinta (Capo Valley)	2019	5:03.18	*Rebecca Sarmiento (El Modena)		2012
4:58.98	*Emma Hadley (Canyon)	2021	5:03.22	Olivia Goins (Canyon)		2013
4:59.08	* Meghan Foley (Edison)	2008	5:03.27	***Jacquie Adams (Orange Lutheran)		2010
4:59.15	Angie Winkler (Fountain Valley)	1996	5:03.27	Ashlee Powers (Corona del Mar)		2011
4:59.31	Kristin Harkins (La Quinta)	1984	5:03.28	Andi Carnell (St Margaret's)		2019
4:59.33	Chelsea Kruthers (San Juan Hills)	2012	5:03.37	*** Brittany Bertuzzi (Aliso Niguel)		2004
4:59.35	**Carrie Caulkins (Esperanza)	1993	5:03.38	CJ Smith (Trabuco Hills)		2011
4:59.36	*Kendall Saeger (Santa Margarita)	2020	5:03.50	***Holly Barker (Laguna Hills)		2022
4:59.38	Taylor Williams (Orange Lutheran)	2011	5:03.59	*Elizabeth Stetina (Sonora)		2021
4:49.43	* Ximena Cruz (Trabuco Hills)	2008	5:03.65	Sarah Darby (San Clemente)		2010
4:59.52	* Whitney Blue (Newport)	2005	5:03.67	Taylor Bryson (Newport)		2007
4:59.59	* Taylor Bryson (Newport)	2006	5:03.70	Cathy Salazar (Trabuco Hills)		2019
4:59.71	Kendall Saeger (Santa Margarita)	2021	5:03.70	Marikay Schwab (Marina)		2021
4:59.75	***Kellie Campbell (Corona del Mar)	1993	5:03.72	Gwynn Geroge (Santa Margarita)		2018
4:59.81	***Amanda Honn (Huntington Beach)	2011	5:03.74	**Molly Babcock (Woodbridge)		2010
4:59.86	**Leila Keyvan (Dana Hills)	2017	5:03.78	Lucina Vincent (El Dorado)		2018
4:59.90	Kristen Berglas (Woodbridge)	2003	5:03.81	Sita Jones (La Habra)		1988
5:00.12	*Ashlynn Viramontes (Katella)	2021	5:03.90	Laura Bilder (Corona del Mar)		2009
5:00.2	* Theresa Barrios (University)	1982	5:03.91	Katherine Nielsen (Irvine)		2007
5:00.2	***Barbara Boisvert (Orange Lutheran)	1992	5:03.93	Jessica Cushing-Murray (Foothill)		2014
5:00.19	Sara VanDyke (Marina)	2011	5:03.94	Ariana Selix (Esperanza)		2008
5:00.21	Sierra Vega (Foothill)	2010	5:03.96	***Annie Ivarsson (Dana Hills)		2022
5:00.24	Elizabeth Coe (Fountain Valley)	2008	5:04.08	Denisha Bendz (Costa Mesa)		1992
5:00.30	Sarah Keddington (Corona del Mar)	2010	5:04.10	Cassidy Towner (El Dorado)		2014
5:00.42	Lauren Grego (Edison)	2012	5:04.14	*Pearl Shoemaker (Laguna Beach)		2015
5:00.52+	***Brynn Garcia (J Serra)	5:03.27y	5:04.19	Kellian Hunt (Whittier Christian)		2012
5:00.64	**Olivia Goins (Canyon)	2011	5:04.2	** Grace Schafer (Capo Valley)		2013
5:00.72	**Sara Meng (Dana Hills)	2017	5:04.21	***Ashley Elliott (Tesoro)		2010
5:00.75	**Clair Kim (Sunny Hills)	2002	5:04.29	**Alicia McFall (Newport)		1997
5:00.82	**Amber Parkinson (Orange Lutheran)	1991	5:04.32	Kelly Flathers (Mater Dei)		1990
5:00.84	Danica Wyson (Aliso Niguel)	2012	5:04.41	Kaho Cichon (Fountain Valley)		2022
5:00.87	**Leslie White (Lowell)	1980	5:04.43	*Jillian Deavila (Los Alamitos)		2010
5:00.93	* Gianna Velasquez (El Toro)	2009	5:04.43	**Katie Hansen (San Juan Hills)		2017
5:01.02	Jessica Kanin (Woodbridge)	2001	5:04.57	Alyssa Bautista (Capo Valley)		2018
5:01.03	*Brianna Bartello (Laguna Hills)	2014	5:04.69	**Kristina Dahlberg (El Modena)		1991
5:01.11	*Alyssa Bautista (Capo Valley)	2017	5:04.80	*Rebecca Deitch (Capo Valley)		2015
5:01.17	Buffy Rabbitt (Newport)	1986	5:04.91	*Delaney Sanacore (Los Alamitos)		2017
5:01.17	Nisha Richardson (Canyon)	2006	5:04.93	**Dominique Regalado (Trabuco Hills)		2012

5:05.0	** Melissa Livermore (Irvine)	1997	5:07.96	Megan Petkovic (Pacifica)	2008
5:05.04	* Erica Pearson (Newport)	2008	5:07.98	Janna Evans (Edison)	1993
5:05.04	Sarah Porter (Santa Margarita)	2012	5:07.98	***Jayla Land (Woodbridge)	2017
5:05.13	Lilly Schmidt (Corona del Mar)	2016	5:08.0	Christie Engesser (Ocean View)	1993
5:05.16	*Bailey Watts (Trabuco Hills)	2019	5:08.0	** Tanisha White (El Toro)	1997
5:05.17	* Kim Nelson (Canyon)	1993	5:08.01	Becky Sarmiento (El Modena)	2013
5:05.21	Amber Bragdon (Fountain Valley)	2014	5:08.01	**Christina Wright (Dana Hills)	2014
5:05.26	**Ashley Johnson (Mission Viejo)	2018	5:08.08	Jennifer Spahr (Marina)	1997
5:05.3 +	**Anabelle Villanueva (F Valley)	5:07.0y 1979	5:08.12	Chandler Horton (San Clemente)	2018
5:05.31	* Janna Evans (Edison)	1992	5:08.16	* Jessica Meyer (Laguna Hills)	2008
5:05.31	***Jeanette Zambrano (Bolsa Grande)	2012	5:08.16	*Mia Douge (Brea)	2019
5:05.37	*Erin Barth (Newport)	2014	5:08.17	Jamie DeNoewer (Corsta Mesa)	1999
5:05.40	Ali Hummelberg (Corona del Mar)	2010	5:08.22	***Kaitlyn Carmichael (University)	2021
5:05.42	Heather Killeen (Valencia)	1991	5:08.25	Ann Helm (Laguna Hills)	1985
5:05.45	*Jadyn Zdanavage (Portola)	2022	5:08.28	Cathy Casserly (Tustin)	1981
5:05.47	**Ashley Licata (Capo Valley)	2014	5:08.28	* Patience Unger (Foothill)	1981
5:05.53	Christi Americh (Rosary)	2001	5:08.3 +	Rhonda Craig (Cypress)	5:10.1 y 1979
5:05.57	Meghan Mainwaring (Santa Margarita)	2002	5:08.3	K Strachan (Foothill)	2001
5:05.66	Anne Gustafson (Brea)	2005	5:08.35	Maggie Cummings (Esperanza)	2010
5:05.71	*Gracie Georgi (San Clemente)	2014	5:08.36	Melissa Mead (Newport)	2007
5:05.74	*** Melissa Mello (Mission Viejo)	2006	5:08.36	Arianna Fuentes (Katella)	2013
5:05.84	Ashley Licata (Capo Valley)	2016	5:08.39	Wendi Leos (Western)	2017
5:05.88	Eileen Stressling (Marina)	2014	5:08.42	Sara Keenan (Dana Hills)	1980
5:05.88	**Kaitlyn Carmichael (University)	2022	5:08.45+	Kilo Lantry (Edison)	1980
5:05.95	Ashlee Powers (Corona del Mar)	2012	5:08.45	*Sara Digiovanni (Mater Dei)	2012
5:05.97	**Jenny Sears (Mater Dei)	2000	5:08.53	*Bronte Golick (Capo Valley)	2010
5:05.97	Hanna Hall (Foothill)	2018	5:08.54	** Nichole Slykhous (Corona Del Mar)	2005
5:05.99	Lauren Turner (Laguna Hills)	2019	5:08.54	***Autumn Clarke (Northwood)	2017
5:06.01	**Liz Morse (Corona del Mar)	1998	5:08.57	Arane Gushue (Foothill)	2011
5:06.03	**Makena Oliva (Canyon)	2022	5:08.57	** Erin Barth (Newport)	2013
5:06.04	*Emma Hicken (Mission Viejo)	2018	5:08.6	Melisa Partin (University)	1983
5:06.12	Collette Lowengrub (University)	2021	5:08.60	* Becky Miske (El Toro)	1998
5:06.2+	Cynthia Harryman (Laguna Beach)	5:07.9y 1976	5:08.61	***Whitney Hampton (El Toro)	2002
5:06.28	**Jordan Stiweg (Villa Park)	2014	5:08.68	*Chandler Horton (San Clemente)	2017
5:06.3	**Sara Kebede (San Clemente)	2011	5:08.68	Damnica Brinkman (Trabuco Hills)	2022
5:06.35	***Gwynn George (Santa Margarita)	2015	5:08.72	***Allura Markow (Dana Hills)	2020
5:06.41	Heather Cuthbertson (Marina)	1996	5:08.76	Hannah Kent Johnston (Sunny Hills)	2005
5:06.44	**Jacquie Adams (Foothill)	2011	5:08.83	Carly Schuergel (Aliso Niguel)	2019
5:06.65	*Ashley Faller (Fountain Valley)	2018	5:08.93	* Melissa Eisele (San Clemente)	2013
5:06.66	Marissa Bartello (Laguna Hills)	2015	5:08.96	Katherine Gallaher (Esperanza)	2015
5:06.67	* Mary Moore (Woodbridge)	1997	5:09.01	Michelle Thune (Brea)	1998
5:06.7 +	**Nancy Jessen (Dana Hills)	5:08.4y 1979	5:09.02	*** Rachel Lida (Yorba Linda)	2013
5:06.71	* Kelly Rendon (Orange Lutheran)	2004	5:09.05	Jennifer Daly (Dana Hills)	2017
5:06.72	* Candace Alai (Edison)	2005	5:09.06	Jenny Thune (Brea)	2001
5:06.78	Madeline Bradford (Woodbridge)	2014	5:09.1	** Jennifer Cooke (Esperanza)	1985
5:06.80	Bridget O'Keefe (Santa Margarita)	2008	5:09.09	***Kendall Saeger (Santa Margarita)	2018
5:06.83	Susan Meyers (Foothill)	1983	5:09.10	* Natalie Herberg (Capo Valley)	2013
5:06.84	Jessica Chang (Esperanza)	2010	5:09.13	**Melisse Djomby Enyawe (Corona d Mar)	2022
5:06.89	Kenna Kohl (Esperanza)	2008	5:09.15	* Rajai Espinoza (Dana Hills)	1992
5:06.96	**Kendra Corey (Sunny Hills)	2015	5:09.16	Catherine McGettigan (Tesoro)	2017
5:06.96	*Raquel Powers (Corona del Mar)	2016	5:09.17	Bailee Margolis (Trabuco Hills)	2015
5:07.04	Kalie Demerjian (El Toro)	2015	5:09.19	Jessica McIntyre (Los Alamitos)	2013
5:07.08	* Stacy Kim (Sunny Hills)	2003	5:09.2	** Nicole Biggers (El Toro)	1983
5:07.08	Chanel Fischetti (Dana Hills)	2006	5:09.2	Sabrina Caplis (Foothill)	1995
5:07.20	** Emily Goldstein (El Toro)	2008	5:09.26	Claire Kim (Sunny Hills)	2004
5:07.27	*Coto Reed (Laguna Beach)	2021	5:09.33	Claire Feit (Mater Dei)	1982
5:07.43	Alison Palmer (San Clemente)	2011	5:09.34	Jessica Marquardt (Orange Lutheran)	2011
5:07.47	* Amy Robles (Woodbridge)	1990	5:09.36	** Jeanette Zambrano (Bolsa Grande)	2013
5:07.57	**Nadia Tabrizi (J Serra)	2017	5:09.37	Lilly Schmidt (Corona del Mar)	2014
5:07.6	* Ruth Chassen (Costa Mesa)	1983	5:09.40	***Candice Alai (Edison)	2003
5:07.60	Kim DeVetis (Edison)	1982	5:09.42	Ashley Bergstrom (Canyon)	2011
5:07.62	Mewgan Miller (Mission Viejo)	2015	5:09.46	** Janie Crawford (Laguna Beach)	2013
5:07.68	*Bronsyn Ledgard (Los Alamitos)	2017	5:09.47	* Brooke Pigneri (Santa Margarita)	2013
5:07.68	**Makenzie Mc Rae (Huntington Beach)	2022	5:09.48	Breelan Matranga (Dana Hills)	2009
5:07.7	Natalie Grohmann (Fountain Valley)	2015	5:09.50	*Gabrielle Yatauro (Edison)	2014
5:07.73	Ashley Larson (Northwood)	2014	5:09.58	**Kaitlyn McQuillen (Los Alamitos)	2022
5:07.73	Emma Timmermans (El Modena)	2021	5:09.6	Lynne Hagan (Mater Dei)	1988
5:07.77	Erica Sahli (Villa Park)	2004	5:09.61	*Paige Tennison (Newport)	2012
5:07.81	* Nancy Dollar (San Clemente)	1994	5:09.71	* Janice Lane (Woodbridge)	2013
5:07.86	*Molly Mann (San Clemente)	2011	5:09.73	Mikaela Mulhall (Capo Valley)	2015
5:07.87	* Emily Harper (Dana Hills)	2013	5:09.75	* Katie Durham (Woodbridge)	1992
5:07.9	***Tanja Brix (University)	1989	5:09.75	Nadia Tabrizi (J Serra)	2019
5:07.90	Jess Lesser (Woodbridge)	2014	5:09.79	*Ellie Johnson (J Serra)	2022
5:07.92	**Brooke Thomas (Laguna Hills)	1997	5:09.85	Chelsea Vancott (Calvary Chapel)	2008
5:07.96	Rocio Pelayo (Bolsa Grande)	2007	5:09.90	**Anna Attard (Marina)	2002

5:09.9 +	Kim Vollmer (Canyon)	5:11.7y	1977	5:12.02	* Jessica Dahlberg (El Modena)	1997
5:09.95	* Johanna Walin (Corona del Mar)		1989	5:12.01	*Ashlee Galegos (J Serra)	2021
5:09.95	Chloe Muller (Northwood)		2018	5:12.01	Kaitlyn McQuillen (Los Alamitos)	2021
5:10.0	*Vicki Kelly (Costa Mesa)		1981	5:12.04	Kate Hirschboeck (Santa Margarita)	2004
5:10.01	*Alex Sterritt (Irvine)		2015	5:12.05	*Nicole Evans (Woodbridge)	2011
5:10.02	*Colby Lindholm (JSerra)		2012	5:12.07	*Laura Beresford (Dana Hills)	2010
5:10.19	Nicole Blalock (Villa Park)		2003	5:12.11	Kathryn Bishop (Trabuco Hills)	2011
5:10.2	Elizabeth Alexander (Tustin)		1993	5:12.13	** K Durant (Marina)	2009
5:10.27	*Paige Canterbury (Dana Hills)		2012	5:12.14	**Sarah Rettman (Mission Viejo)	1999
5:10.3	**Madison Huffman (San Clemente)		2011	5:12.15	Marisa Gaitan (Dana Hills)	2020
5:10.37	*Aaren Cadieux (Trabuco Hills)		2010	5:12.20	* Roseanne Peters (Fountain Valley)	2000
5:10.4	*** Shelby Buckley (Rosary)		2005	5:12.22	**Emily Park (Kennedy)	2014
5:10.40	***Laura Strachan (Foothill)		1999	5:12.23	Madeline Bradford (Woodbridge)	2012
5:10.41	***Elizabeth Odum (Northwood)		2021	5:12.24	**Shannon Mackellar (Esperanza)	2015
5:10.44	*Joy Wilk (Esperanza)		2004	5:12.28	**Mikayla Marshall (Mission Viejo)	2010
5:10.48	***Tracy Fatone (Los Alamitos)		1989	5:12.3+	Marilyn Nichols (El Dorado)	5:14.2y 1981
5:10.44	Emma Silves (Foothill)		2022	5:12.30	Catherine McGettigan (Tesoro)	2019
5:10.48	*Diane Molina (Costa Mesa)		2019	5:12.31	Cathy Peck (Woodbridge)	1989
5:10.5 +	Joelin Fisher (Costa Mesa)	5:12.3y	1980	5:12.32	Jamie Vaicaro (Katella)	1995
5:10.5	* Ava Jones (La Habra)		2001	5:12.34	Carrie Quinn (Edison)	1994
5:10.51	Lindsay Buwalda (Laguna Beach)		1997	5:12.39	Kortnee Burton (Brea)	2008
5:10.56	Emily Scharmann (Tesoro)		2013	5:12.4 +	* Ann Scott (Corona del Mar)	5:14.3y 1980
5:10.63	*** Anja DiSiena (Fountain Valley)		2005	5:12.4	Tara Whitfield (El Modena)	1995
5:10.65	* Sarah Toberty (Woodbridge)		2007	5:12.40	* Sereena Warino (Aliso Niguel)	2001
5:10.65	Rachael Rutkowski (Aliso Niguel)		2009	5:12.40	**Kathryn Kaloroumakis (Dana Hills)	2015
5:10.70	* Tracy Wright (Irvine)		1985	5:12.44	Tess St Geme (Corona del Mar)	2014
5:10.75	**Emily Bacon (Newport)		2014	5:12.48	*Haley Seward (Edison)	2012
5:10.76	* Martha Pinto (Katella)		1990	5:12.51	*Melissa Ledesma (Esperanza)	2014
5:10.78	*Kaitlyn Smith (San Clemente)		2010	5:12.53	* Katie Eklof (Costa Mesa)	1991
5:10.78	Collette Lowengrub (University)		2018	5:12.53	Kelsey Carroll (San Clemente)	2012
5:10.8	Leslie Cashion (Corona del Mar)		1988	5:12.54	Hanna Dumaine (Esperanza)	2019
5:10.85	Sara Feitz (Fountain Valley)		2019	5:12.58	**Ashlee Gallegos (JSerra)	2020
5:10.88	*Cait Williamson (Sage Hill)		2008	5:12.67	Erin Griffith (Capo Valley)	2007
5:10.88	***Erica Liem (Tesoro)		2011	5:12.69	Kelly Dickerson (Tustin)	1999
5:10.98	Mikaela Garduno (Foothill)		2014	5:12.69	*** Kayla White (Dana Hills)	2009
5:10.99	Lauren Jirges (Cypress)		2005	5:12.69	Samantha Martinez (Fountain Valley)	2022
5:11.01	***Ashlee Gallegos (Fountain Valley)		2019	5:12.7 +	Sherri Roach (Kennedy)	5:14.6y 1978
5:11.06	Kelly Oelschlagel (Woodbridge)		2004	5:12.70	Collette Lowergrub (University)	2019
5:11.06	Tori Yanco (JSerra)		2015	5:12.71	**Maribeth Buche (Esperanza)	1999
5:11.08	*Kayla Tresser (Capo Valley)		2015	5:12.79	Alyssa Cerminara-Gutcher (Woodbridge)	2012
5:11.14	Madison Hoffman (San Clemente)		2012	5:12.8	Jaime Canterbury (Dana Hills)	2005
5:11.14	**Mia Bergman (Sonora)		2019	5:12.80	*Isabella Abusaid (J Serra)	2018
5:11.15	**Tern Smythers (San Clemente)		1989	5:12.83	*Sydney Rome (Yorba Linda)	2022
5:11.15	**Audrey Landis (Northwood)		2019	5:12.87	Lauren Maurer (Crean Lutheran)	2015
5:11.21	Emma Hicken (Mission Viejo)		2019	5:12.96	Cori Stemper (Foothill)	2013
5:11.27	**Mary Steinberger (Mission Viejo)		1991	5:12.98	Kathryn Kaloroumakis (Dana Hills)	2017
5:11.27	*Alyssa White (Dana Hills)		2016	5:13.0	Jordan Steiwig (Villa Park)	2014
5:11.30	Heather Hisgen (El Modena)		2008	5:13.00	*Lucina Vincent (El Dorado)	2017
5:11.30	*Evie Cant (Laguna Beach)		2017	5:13.00	*Marisa Gaitan (Dana Hills)	2019
5:11.32	*Isabella Tasser (Beckman)		2021	5:13.01	Sabrina Hermann (Trabuco Hills)	2015
5:11.34	Sydney Szabo (San Clemente)		2014	5:13.06	Madison Huffman (San Clemente)	2013
5:11.38	*Ellie Radmilovich (Calvary Ch- SA)		2017	5:13.08	*Ashley Geisler (J Serra)	2014
5:11.39	*** Taylor Arco (Mission Viejo)		2013	5:13.09c	Aubrey Carr (Dana Hills)	2013
5:11.42	* Courtney Kostrikin (Edison)		2006	5:13.10	***Hannah Hunsaker (JSerra)	2011
5:11.53	Sara Bass (Los Alamitos)		2014	5:13.10	* Amanda Stark (Fountain Valley)	2013
5:11.54	Ligaya Lange (St Margaret's)		2001	5:13.10	*Carly Schuerger (Aliso Niguel)	2019
5:11.6	*Katherine Ott (San Juan Hills)		2011	5:13.12	**Makenna Duda (Trabuco Hills)	2015
5:11.62	Erin Bailey (Edison)		1994	5:13.13	*Natalie Regalado (Trabuco Hills)	2017
5:11.62	*Jennifer Daly (Dana Hills)		2016	5:13.14	Cynthia Mendez (Savanna)	2004
5:11.64	*Nikki Zielinski (Canyon)		2015	5:13.17	* Claire Rainey (Los Alamitos)	2013
5:11.72	Raeanna Cortez (Bolsa Grande)		2011	5:13.19	*Hannah Stemper (Foothill)	2014
5:11.73	*Sophia Dudley (Foothill)		2021	5:13.24	***Alyssa Bautista (Capo Valley)	2015
5:11.75	Courtney Carder (Esperanza)		2007	5:13.24	Olivia Velasco (Los Alamitos)	2017
5:11.76	Ximenal Cruz (Trabuco Hills)		2009	5:13.25	**Julie Cooper (El Dorado)	1984
5:11.77	* Pam Smith (Esperanza)		1998	5:13.30	*Camille Perkins (Dana Hills)	2014
5:11.83	**Gabrielle Yatauro (Edison)		2012	5:13.31	*Sally Silengo (Kennedy)	2019
5:11.87	*Christine Bjelland (Costa Mesa)		2002	5:13.32	Jacquie Adams (Foothill)	2013
5:11.88	Leah Ffris (Fountain Valley)		2021	5:13.38	*Kristin Chadez (Esperanza)	1999
5:11.89	*Alexis Neuville (El Toro)		2019	5:13.38	**Britney Webster (Capo Valley)	2001
5:11.92	** Lauren Mauer (Crean Lutheran)		2013	5:13.4	** Julie Morris (Costa Mesa)	1983
5:11.93	***Grace LaMontagne (Laguna Beach)		2015	5:13.4	**Aubrey Carr (Dana Hills)	2011
5:12.0	Sue Sharr (Mission Viejo)		1981	5:13.43	* Kelly Caulfield (Pacifica)	2009
5:12.0	* Mary Crane (Newport)		1991	5:13.43	Lorraine Fernandez (Valencia)	2014
5:12.0	* Breelan Matranga (Dana Hills)		2008	5:13.43	*Cameron Murphy (J Serra)	2022
5:12.01	Kathryn Carroll (San Clemente)		2015	5:13.46	*** Madde Fox (Marina)	2013

5:13.48	**Laura Dzida (Rosary)	2003
5:13.52	* Tish Williams (Laguna Hills)	1989
5:13.57	Nancy Jessen (Dana Hills)	1980
5:13.57	Madeline McDonald (Rosary)	2014
5:13.58	*Lora Gonzalez (Woodbridge)	2016
5:13.59	*Emily Bacon (Newport)	2015
5:13.6	Jami Nourse University	1982
5:13.6	Bronte Colick (Capo Valley)	2011
5:13.65	*Kendal Marking (Newport)	2015
5:13.72	Heather Hutchison (Mission Viejo)	1986
5:13.73	*Lyza Yetter (San Clemente)	2022
5:13.74	**Clara Meade (Tesoro)	2018
5:13.82	*Bailee Margolis (Trabuco Hills)	2014
5:13.83	* Kyle Oefelein (Woodbridge)	2013
5:13.84	**Mariana Chavez (Fountain Valley)	2014
5:13.9+	Sandra Katzer (Huntington Beach)	5:15.8y 1977
5:13.9	Kylie Hunsaker (San Clemente)	2008
5:13.91	*Stefanie Y Ortega (Segerstrom)	2015
5:13.97	**Marisa Gaitan (Dana Hills)	2018
5:14.00	**Kendall Billingsley (Misson Viejo)	1999
5:14.01	Marissa Nickles (Fountain Valley)	2012
5:14.03	* Kristen Green (Huntington Beach)	1998
5:14.1	Bowles (?)	2005
5:14.19	**Maya Buchwald (Corona del Mar)	2019
5:14.2	*Debbie Lloyd (Foothill)	1983
5:14.2	* Jenni Scott (Tustin)	1983
5:14.24	Jeanette Zambrano (Bolsa Grande)	2015
5:14.26	*** Charisma Byrd (Rosary)	2013
5:14.26	Ashley Faller (Fountain Valley)	2019
5:14.27	Laura Peck (Woodbridge)	1989
5:14.28	Megan Geyer (Dana Hills)	2012
5:14.3	Wolfe (Costa Mesa)	1982
5:14.31	Wendy Petersen (Laguna Beach)	1987
5:14.42	Kristin Carney (Foothill)	1985
5:14.43	Sapna Dholakia (Esperanza)	2017
5:14.46	** Carmille Garcia (Fountain Valley)	2009
5:14.46	*Natalie Wilson (Mater Dei)	2011
5:14.5	Liz Holland (Corona del Mar)	1987
5:14.51	Katie Carroll (San Clemente)	2015
5:14.51	**Elizabeth Dahl (Woodbridge)	2015
5:14.54	Jessica Chadwick (El Toro)	2009
5:14.55	**Bailey Watts (Trabuco Hills)	2018
5:14.57	Ariel Williams (Brea)	2017
5:14.6	Cindy Stoughton (Corona del Mar)	1981
5:14.6	***Bree Frigo (El Toro)	1992
5:14.62	**Ella Boyer (Esperanza)	2022
5:14.65	**Nicole Scheid (Mission Viejo)	2002
5:14.66	Pazton Cota (Dana Hills)	2011
5:14.66	** Kalie Demerjian (El Toro)	2013
5:14.70	*** Lauren Jacob (Los Alamitos)	2013
5:14.77	Hallie Muniz (Los Alamitos)	2021
5:14.81	Taylor Slouka (El Toro)	2019
5:14.84	**Kelly Wacker (Mater Dei)	2015
5:14.87	**Laura Chapel (Irvine)	1984
5:14.88	Laura Doering (Villa Park)	1989
5:14.88	Kasey Lynd (El Toro)	2019
5:14.98	**Alyssa White (Dana Hills)	2014
5:14.99	Christine Eckstaedt (El Modena)	2000

3000 meters

9:30.3	Polly Plumer (University)	1982
9:40.8'	Courtney Pugmire (Esperanza)	1995
9:42.2'	Annie St Geme (Corona del Mar)	2006
9:49.4	Kathy Mintie (Rosary)	1978
9:49.5	** Carrie Garrition (Sunny Hills)	1992
9:49.8'	Shannon Stryker (Tustin)	1982
9:53.8'	** Teresa Barrios (University)	1982
9:56.2'	* Whitney Blue (Newport)	2005
9:58.9'	** Shelby Buckley (Corona del Mar)	2006
9:59.3'	** Allyson Marquand (University)	1997
10:00.9'	Buffy Rabbitt (Newport)	1986
10:01.5'	** Amber Parkinson (Orange Lutheran)	1991
10:02.4'	* Sara Cummings (Corona del Mar)	2006

10:04.7'	** Christine Babcock (Woodbridge)	2006
10:05.2	* Sharon Hulse (Edison)	1979
10:07.0'	** Elizabeth Coe (Fountain Valley)	2006
10:07.2'	Jenni Scott (Tustin)	1984
10:07.9	***Kathy Kiernan (Los Amigos)	1979
10:08.0	Laura McCracken (Westminster)	1983
10:09.5'	*Martha Pinto (Katella)	1990
10:11.0	Rhonda Craig (Cypress)	1979
10:11.8'	*** Julie Allen Fountain Valley)	1999
10:12.4'	* Rocio Pelayo (Bolsa Grande)	2006
10:12.5	Nicole Ritchot (Edison)	1984
10:12.7'	* Tanya Brix (University)	1990
10:12.8	*** Hillary Hayes (Edison)	2006
10:13.22	Jennifer Abraham (Foothill)	1983
10:13.6'	***Kelly Campbell (Corona del Mar)	1993
10:13.9'	*Tracy Wright (Irvine)	1985
10:14.5'	* Kim Nelson (Canyon)	1993
10:15.1'	** Elyse Homberger (Edison)	1993
10:16.3'	Elizabeth Alexander (Tustin)	1993
10:19.1	Sita Jones (La Habra)	1988
10:19.3'	* Nancy Dollar (San Clemente)	1994
10:19.64	** Carrie Caulkins (Esperanza)	1993
10:19.88	***Kay Nekota (Woodbridge)	1991
10:21.1'	Heather Killeen (Valencia)	1991
10:21.2'	Tracy Clark (Corona del Mar)	1995
10:21.26	**Allura Markow (Dana Hills)	2022
10:21.8	Sherri Roach (Kennedy)	1978
10:22.8'	* Angie Winkler (Fountain Valley)	1995
10:23.6	** Trudy Gardner (Magnolia)	1980
10:23.7	Maricelle Benavides (SA Valley)	1988
10:24.0'	** Amber Steen (Newport)	1999
10:24.8	Leslie Cashion (Corona del Mar)	1988
10:24.8'	Elly Estrada (Santa Ana Valley)	1995
10:24.98	Meghan Mayes (Capo Valley)	1994
10:25.0	* Jessie Babcock (Woodbridge)	2005
10:25.10	Sophia Ditty (Newport)	2008
10:25.3'	*** Heather Garrition (Buena Park)	1995
10:25.4	Alicia Kirkhorn (Edison)	1978
10:26.04	** Donna Fleagle (Tustin)	1983
10:26.7	Cathy Peck (Woodbridge)	1990
10:27.6	* Magi Henson (Newport)	1985
10:28.9	Tasmin Valdez (Esperanza)	1983
10:29.55	Rocio Pelayo (Bolsa Grande)	2007
10:29.6	Debbie Lies (Loara)	1984
10:30.0	*** Kirstin Harkins (La Quinta)	1981
10:30.6	Susan Armentrout (University)	1983
10:30.90	* Katie Eklof (Costa Mesa)	1991
10:32.3	Kirsten Quigely (Dana Hills)	1988
10:32.3'	Crystal Reed (Fountain Valley)	2006
10:35.12	Jessica Marquardt (Orange Lutheran)	2011
10:35.62	** Terri Smythers (San Clemente)	1989
10:36.0	Maria Mendoza (Santa Ana)	1988
10:36.20	* Natalie Adam (Huntington Beach)	1989
10:36.5	Lynne Hagan (Mater Dei)	1988
10:36.8	Tami Harberth (Esperanza)	1985
10:36.83	* Desiree Alexander (Newport)	2008

3200 Meters

9:54.89	Bethan Knights (Northwood)	2014
	(State Champion)	
10:04.03	Christina Babcock (Woodbridge)	2008
10:09.54	Hailey Herberg (Capo Valley)	2018
10:10.51	Laura Hollander (Marina)	2012
10:14.48	Courtney Pugmire (Esperanza)	1995
10:15.89	Annie St Geme (Corona del Mar)	2006
10:16.83	Alex Dunne (San Clemente)	2009
10:21.67	Katie Izzo (Los Alamitos)	2015
10:23.59	Sierra Vega (Foothill)	2010
10:23.96	*Amanda Gehrich (Tesoro)	2015
10:24.41	Sara Leonard (Canyon)	2018
10:24.62	Erika Adler (Northwood)	2017
10:25.17+	Sarah Cummings (Corona del Mar)	10:28.82y 2007
10:25.67	Marisa Cummings (Corona del Mar)	2010

10:26.45	Amber Steen (Newport)	2001	10:50.13	*Bailee Margolis (Trabuco Hills)	2014
10:28.20	** Carrie Garritson (Sunny Hills)	1992	10:50.28	Jessica Cushing-Murray (Foothill)	2014
10:28.37	*Emily Richards (Aliso Niguel)	2021	10:50.29	***Sami Murphy (Northwood)	2014
10:28.55	*Hana Catsimanes (San Clemente)	2019	10:50.5	* Sharon Hulse (Edison)	1979
10:28.60	Nicole Zielinski (Canyon)	2016	10:50.50	Ann Helm (Laguna Hills)	1984
10:28.79	Hillary Hayes (Edison)	2009	10:50.59	Nadia Tabrizi (J Serra)	2019
10:29.03	** Teresa Barrios (University)	1982	10:50.75	Bronte Golick (Capo Valley)	2011
10:29.28	*Kelli Hines (Mission Viejo)	2018	10:50.8+	Sherri Roach (Kennedy)	10:54.6y 1978
10:29.42	Shannon Stryker (Tustin)	1982	10:50.88	*Allura Markow (Dana Hills)	2022
10:29.63	*Carly Corsinta (Capo Valley)	2019	10:51.1+	Stacy Kneeshaw (Foothill)	10:54.8y 1980
10:31.15	*Paige Tennison (Newport)	2012	10:51.17	Camila Turati (El Toro)	2014
10:33.08	Melissa Eisele (San Clemente)	2014	10:51.19	Sophia Ditty (Newport)	2008
10:33.31	Hannah Tobin (El Toro)	2017	10:51.28	*** Kelly Campbell (Corona del Mar)	1993
10:33.43	Julia Sienski (Edison)	2015	10:51.33	**Bella Longo (Mission Viejo)	2019
10:33.55	***Danica Wyson (Alison Niguel)	2009	10:51.4 +	** Polly Plumer (University)	10:55.2y 1980
10:33.95	Julie Allen (Corona del Mar)	2002	10:51.65	** Anne Gustafsson (Brea)	2003
10:34.82	** Shelby Buckley (Corona del Mar)	2006	10:51.76	Ashlee Powers (Corona del Mar)	2012
10:35.16	* Annabella Villanueva (Fountain Valley)	1980	10:51.84	* Amber Bragdon (Fountain Valley)	2013
10:35.64+	* Whitney Blue (Newport)	10:38.35y 2005	10:52.88	Samantha Rocke (Esperanza)	2019
10:36.16	Alaina Alvarez (Dana Hills)	2011	10:52.97	Emma Hadley (Canyon)	2022
10:36.61	Melanie Powers (Corona del Mar)	2010	10:53.25	* Rocio Pelayo (Bolsa Grande)	2006
10:37.29	**Staci Foster (Orange Lutheran)	2009	10:53.41	Katie Hansen (San Juan Hills)	2016
10:37.65	***Isabella Frisone (Canyon)	2019	10:53.74	*** Sheridan Gomez (Dana Hills)	2009
10:38.10	Monica Rothenburger (Dana Hills)	2004	10:54.12	Chandler Horton (San Clemente)	2018
10:38.18	***Brynn Garcia (J Serra)	2022	10:54.2+	Rhonda Craig (Cypress)	10:58.0y 1979
10:38.80	** Amber Parkinon (Orange Lutheran)	1991	10:54.20	Kristin Arkin (Trabuco Hills)	2008
10:39.17	** Allyson Marquand (University)	1997	10:54.27	Kelli Hines (Mission Viejo)	2019
10:39.39	***Amanda Honn (Huntington Beach)	2011	10:54.55	Angie Winkler (Fountain Valley)	1996
10:39.90	Kylie Nishisaka (Marina)	2013	10:54.58	** Elyse Homberger (Edison)	1993
10:41.62	Hanna Hall (Foothill)	2018	10:55.16	Kendall Saeger (Santa Margarita)	2021
10:42.62	**Carly Corsinta (Capo Valley)	2018	10:55.6+	Mari Gibbs (Marina)	10:59.4y 1977
10:41.71	* Jessie Babcock (Woodbridge)	2005	10:55.61	Melissa Mead (Newport)	2007
10:41.98	*Alana Jones (Laguna Hills)	2012	10:55.65	***Holly Barker (Laguna Hills)	2022
10:42.16	Buffy Rabbitt (Newport)	1986	10:55.88	**Sarah Paino (Canyon)	2019
10:42.29	Lori Hoffman (Trabuco Hills)	2009	10:56.17	***Lauren Mauer (Crean)	2012
10:42.50	*Sabrina Hermann (Trabuco Hills)	2014	10:56.18	** Maryann Pynchon (Edison)	2001
10:42.51	* Martha Pinto (Katella)	1990	10:56.20	Laura McCracken (Westminster)	1983
10:43.05	** Elizabeth Coe (Fountain Valley)	2006	10:56.30	**Katie Hansen (San Juan Hills)	2017
10:43.96	Cassidy Towner (El Dorado)	2014	10:56.5+	Deborah Chaddock (Los Alamitos)	11:00.3y 1979
10:44.00	** Heather Garritson (Buena Park)	1996	10:56.50	**Olivia Goins (Canyon)	2011
10:44.09	* Megan Meyer (Tesoro)	2008	10:56.52	Claire Selleck (Laguna Hills)	2019
10:44.50	* Bethany Nickless (Fountain Valley)	2002	10:56.58	Molly Babcock (Woodbridge)	2012
10:44.59	Ashley Licata (Capo Valley)	2016	10:56.63	Allie Rigby (Foothill)	2010
10:44.82	***Makena Oliva (Canyon)	2021	10:56.77	Katie Camarena (San Juan Hills)	2016
10:44.94	***Emma Hadley (Canyon)	2019	10:56.94	Cassandra Smith (Trabuco Hills)	2012
10:44.95	* Patience Unger (Foothill)	1981	10:57.0	* Leslie White (Lowell)	1980
10:45.10	Lori Mann (Santa Margarita)	2001	10:57.1	Becky Miske (El Toro)	1998
10:45.49	*** Nancy Dollar (San Clemente)	1992	10:57.3	* Maggie Henson (Newport)	1985
10:45.99	Marissa Bartello (Laguna Hills)	2015	10:57.33	Elizabeth Alexander (Tustin)	1993
10:46.30	** Julie Allen (Fountain Valley)	2000	10:57.37	Ava Jones (La Habra)	2002
10:46.31	Heather Balbier (Dana Hills)	2009	10:57.62	*Whitney Valenti (Brea)	2019
10:46.38	Isabella Frisone (Canyon)	2022	10:57.77	**Kendra Corey (Sunny Hills)	2015
10:46.99	*** Shelby Buckley (Rosary)	2005	10:57.86	*Diane Molina (Costa Mesa)	2019
10:47.42	** Grace Schafer (Capo Valley)	2013	10:57.99	**Kellian Hunt (Whittier Chr)	2010
10:47.59	Melanie Falkowski (Laguna Beach)	2022	10:58.55	Sarah Paddon (St Margaret's)	2011
10:47.82	Jenni Scott (Tustin)	1984	10:58.55	*Hana Catsimanes (San Clemente)	2019
10:47.83	Rebecca Deitch (Capo Valley)	2015	10:58.79	** Donna Fleagle (Tustin)	1983
10:47.98	Allison Costello (Esperanza)	2003	10:58.8	** Kelly Roda (Irvine)	1991
10:48.13	* Kim Nelson (Canyon)	1993	10:58.92	**Jacquie Adams (Foothill)	2011
10:48.14	*Maria Hernandez (Santa Ana)	2019	10:58.98	*Alexis Neuville (El Toro)	2019
10:48.29	** Claire Feit (Mater Dei)	1982	10:59.01	*Emily Scharmann (Tesoro)	2012
10:48.33	* Crystal Reed (Fountain Valley)	2006	10:59.07	Marilyn Nichols (El Dorado)	1981
10:48.33	Jeanette Zambrano (Bolsa Grande)	2015	10:59.08	*Raquel Powers (Corona del Mar)	2016
10:48.48	**Makenzie McRae (Huntington Beach)	2022	10:59.11	Sabrina Herrmann (Trabuco Hills)	2015
10:48.80	Kim DeVitis (Edison)	1982	10:59.21	** Jenny Sears (Mater Del)	2000
10:48.98	* Tracy Wright (Irvine)	1985	10:59.22	**Shannon Mackellar (Esperanza)	2015
10:49.00	Kelsey Carroll (San Clemente)	2015	10:59.47	Laura Bilder (Corona del Mar)	2009
10:49.05	**Kathryn Kaloroumakis (Dana Hills)	2015	10:59.51	Kalie Demerjian (El Toro)	2015
10:49.16	Nicci Corbin (Tesoro)	2011	10:59.52	Sydney Szabo (San Clemente)	2014
10:49.16	Eileen Stressling (Marina)	2014	10:59.62	*Ashley Messineo (El Toro)	2017
10:49.17	** Tanya Brix (University)	1990	10:59.67	***Kathryn Bishop (Trabuco Hills)	2011
10:49.4+	Jennifer Abraham (Foothill)	10:53.1y 1983	10:59.67	Wendy Leos (Western)	2017
10:49.47	Vanessa Hancock (Brea)	2008	10:59.81	Bailee Margolis (Trabuco Hills)	2015
10:49.90	*Nicole Evans (Woodbridge)	2011	11:00.25	*Natasha Strickland (Laguna Beach)	2011
10:50.03	* Erica Pearson (Newport)	2008	11:00.36	Katherine Nielsen (Irvine)	2007

11:00.49	Kristen Berglas (Woodbridge)	2003	11:09.08	*Brianna Bartello (Laguna Hills)	2014
11:00.60	***Sophie Polay (Santa Margarita)	2022	11:09.15	*Haley Seward (Edison)	2012
11:00.81	** Brooke Thomas (Laguna Hills)	1997	11:09.27	** Tracy Clark (Corona del Mar)	1993
11:00.82	Elizabeth Stetina (Sonora)		11:09.3	Haley Niles (Trabuco Hills)	2009
11:00.05	Sienna Serrao (Dana Hills)	2016	11:09.32	Julia Rigby (Foothill)	2008
11:00.6	+***Kathy Kiernan (Los Amigos)	11:04.5y 1980	11:09.4	*Danielle Gergley (Woodbridge)	2004
11:00.87	Paige Canterbury (Dana Hills)	2013	11:09.48	***Julia Van Marter (Canyon)	2012
11:00.99	Jessica Marquardt (Orange Lutheran)	2011	11:09.52	Kathryn Carroll (SanClemente)	2015
11:01.11	Erica Pearson (Newport)	2009	11:09.58	** Courtney Kostrikin (Edison)	2005
11:01.20	Rosalva Bonilla (Los Amigos)	1981	11:09.58	*Kaitlyn Smith (San Clemente)	2010
11:01.34	**Raquel Powers (Corona del Mar)	2015	11:09.67	* Hayley Niles (Trabuco Hills)	2008
11:01.35	* Claire Kim (Sunny Hills)	2003	11:10.09	Danica Brinkman (Trabuco Hills)	2022
11:01.38	Annie Ivarsson (Dana Hills)	2022	11:10.31	*Anastasia Snodgrass (J Serra)	2022
11:01.40	Erin Griffith (Capo Valley)	2007	11:10.67	**Melisse Djomby Enyawe (Corona del Mar)	2022
11:01.48	*Sapna Dholakia (Esperanza)	2016	11:10.83	*Sara Digiovanni (Mater Dei)	2012
11:01.8	Tracy Clark (Corona del Mar)	1995	11:10.10	***Paxton Cota (Dana Hills)	2008
11:00.86	***Allura Markow (Dana Hills)	2021	11:10.22	Colby Lindholm (JSerra)	2012
11:01.87	Heather Killen (Valencia)	1991	11:10.32	Katie Nuanes (Santa Margarita)	1997
11:01.87	Pearl Shoemaker (Laguna Beach)	2015	11:10.4	* Ashley Sutor (Dana Hills)	2004
11:01.94	Briar Brumley (Tesoro)	2015	11:10.57	** Misha Wilson (University)	1995
11:01.96	Ariane Gushue (Foothill)	2011	11:10.04	Kim Robinson (Newport)	1990
11:02.27	**Makena Oliva (Canyon)	2022	11:10.0	Sherrri Smith (Woodbridge)	1986
11:02.52	** Emily Goldstein (El Toro)	2008	11:10.05	*Katie Eklof (Costa Mesa)	1991
11:02.65	* Sue Armentrout (University)	1981	11:10.8	Barbara Kozlowski (Irvine)	1988
11:02.75	**Maria Hernandez (Santa Ana)	2018	11:10.94	Lynne Hagan (Mater Dei)	1988
11:02.76	*Lora Gonzalez (Woodbridge)	2016	11:11.06	* Mikaela Garduno (Foothill)	2013
11:02.86	*** Jordan Stiewig (Villa Park)	2013	11:11.23	Emily Haigh (Foothill)	2002
11:03.07	** Alicia McFall (Newport)	1997	11:11.28	**Mia Bergman (Sonora)	2019
11:03.13	Mia Bergman (Beckman)	2021	11:11.49	Madeleine Heller (Capo Valley)	2021
11:03.27	Keena Kohl (Esperanza)	2008	11:11.71	Nicole Giove (Fountain Valley)	2008
11:03.4	Sita Jones (La Habra)	1988	11:11.91	**Natatha Gunther (Dana Hills)	2010
11:03.54	**Lucina Vincent (El Dorado)	2016	11:11.94	*Hannah Bell (Esperanza)	2011
11:03.60	**Stephanie Ortega (Segerstrom)	2014	11:12.26	Tori Yanco (JSerra)	2015
11:03.87	Catherine McGettigan (Tesoro)	2017	11:12.17	Evie Cant (Laguna Beach)	2018
11:03.89	**Emily Bacon (Newport)	2014	11:12.32	Erica Sahl (Villa Park)	2004
11:04.15	Arianna Seliz (Esperanza)	2008	11:12.41	Makenna Smith (Trabuco Hills)	2010
11:04.19	Emily Scharmann (Tesoro)	2013	11:12.42	Catherine Salazar (Trabuco Hills)	2019
11:04.49	** Carrie Caulkins (Esperanza)	1993	11:12.49	Megan Petkovic (Pacifica)	2008
11:04.50	*Elizabeth Stetina (Sonora)	2021	11:12.55	**Nicole Evans (Woodbridge)	2010
11:04.54	Kristy Koenes (Canyon)	2009	11:12.64	Kellian Hunt (Whittier Chr.)	2012
11:05.00	* Stephanie Torres (Cypress)	2003	11:12.70	*Bailey Watts (Trabuco Hills)	2019
11:05.09	Leslie Cashion (Corona del Mar)	1988	11:12.72	***Julia Van Marter (Canyon)	2012
11:05.27	*** Laura Strachan (Foothill)	1999	11:13.02	Vanessa Kelly (Marina)	2001
11:05.57	*Taylor Romine (El Toro)	2012	11:13.04	Nicole Evans (Woodbridge)	2011
11:05.83	***Clara Meade (Tesoro)	2017	11:13.08	Nicole Reeves (Esperanza)	2022
11:06.01	Tasmin Valdez (Esperanza)	1983	11:13.11	Gabrielle Yatauro (Edison)	2014
11:06.04	Justine Rea (Trabuco Hills)	2010	11:13.2	* Camila Turati (El Toro)	2013
11:06.07	**Isabel Glassen (Newport)	2019	11:13.33	Andrea Aguilar (Mater Dei)	2006
11:06.14	** Kellee Miller (Tustin)	1982	11:13.38	**Molly Mann (San Clemente)	2010
11:06.21	*Laura Beresford (Dana Hills)	2010	11:13.4	Wendy Petersen (Laguna Beach)	1987
11:06.41	**Natasha Strickland (Laguna Beach)	2010	11:13.51	* Maureen Quinn (Dana Hills)	1983
11:06.5	+Barb Ludovise (Corona del Mar)	11:10.3y 1980	11:13.63	*** Allison Damon (Corona del Mar)	2005
11:06.60	***Kay Nekota (Woodbridge)	1991	11:13.64	Katie Durant (Marina)	2008
11:06.62	* Desiree Alexander (Newport)	2008	11:13.66	Nicole Slyhous (Corona del Mar)	2007
11:06.7+	* Joelin Fisher (Costa Mesa)	11:10.5y 1979	11:13.69	** Gianna Velasquez (El Toro)	2008
11:06.89	Kawey Lynd (El Toro)	2019	11:13.78	Shelby Stegall (Foothill)	2010
11:06.92	Akyssa Bautista (Capo Valley)	2018	11:13.8	** Tiffany Anderson (Newport)	1985
11:07.14	Collette Lowengrub (University)	2021	11:13.85	Roselynda Garcia (Kennedy)	1987
11:07.17+	Janice Kelley (Canyon)	11:11.07y 1978	11:13.88	Christine Eckstaedt (El Modena)	2000
11:07.22	***Maggie Goodson (Newport)	2010	11:13.89	*Emily Bacon (Newport)	2015
11:07.25	*Bella Goode (Foothill)	2018	11:13.89	Ashley Faller (Fountain Valley)	2019
11:07.29	*Stacy Kim (Sunny Hills)	2003	11:13.97	** Liz Huipe (Estancia)	1999
11:07.61	* Sue Sharr (Mission Viejo)	1981	11:14.04	**Emily Scharmann (Tesoro)	2011
11:07.67	Jen Blair (Corona del Mar)	1998	11:14.04	**Marisa Purcell (Northwood)	2011
11:07.7	*** Bree Frigo (El Toro)	1992	11:14.08	** Christine Bjelland (Costa Mesa)	2002
11:07.72	** Terri Smythers (San Clemente)	1989	11:14.1	Ali Palmer (San Clemente)	2011
11:07.79	* Mary Moore (Woodbridge)	1997	11:14.15	**Elyser Estrada (SA Valley)	1993
11:07.97	** Lauren Maurer (Crean Lutheran)	2013	11:14.21	Mia Matsunami (Newport)	2019
11:08.17	Madison Tanner (Canyon)	2011	11:14.3	Meghan Mayes (Capo Valley)	1994
11:08.38	* Dominique Regalado (Trabuco Hills)	2013	11:14.39	Nicole Meyer (Orange Lutheran)	2021
11:08.47	Elly Estrada (Santa Ana Valley)	1995	11:14.44	Avery Dorff (Edison)	2018
11:08.5+	Amy Cox (Foothill)	11:12.0y 1984	11:14.52	*Melisa Olgun (Edison)	2008
11:08.67	* Shalice Pugmire (Esperanza)	2001	11:14.57	** Beth Rosipajla (El Dorado)	1985
11:08.68	Leila Keyvan (Dana Hills)	2019	11:14.61	Marikay Schwab (Marina)	2021
11:08.95	*Keira Potter (Canyon)	2022	11:14.72	Jessica Mumaugh (Santa Margarita)	2009

11:14.78	Kora Johnson (Trabuco Hills)	2011	11:19.35	Mayra Medina (Laguna Hills)	1993
11:14.78	*Sydney Rome (Yorba Linda)	2022	11:19.41	Chelsea Vancott (Calvary Chapel)	2008
11:14.8	Justine Rea (Trabuco Hills)	2009	11:19.53	*Rachel Lida (Yorba Linda)	2015
11:14.80	*Ashley Geisler (J Serra)	2014	11:19.54	Lauren Paul (Newport)	2004
11:14.81	Micaela O'Connell (Northwood)	2019	11:19.57	Kortnee Burton (Brea)	2008
11:14.89	**Tait Vigeland (Mater Dei)	2019	11:19.58	**Shey Manifian (University)	2001
11:14.93	*Ava Kent (Orange Lutheran)	2010	11:19.6	Ximena Cruz (Trabuco Hills)	2009
11:15.0+	Tami Darr (Mission Valley)	11:20.0y 1977	11:19.61	*Kelly Rendon (Orange Lutheran)	2004
11:15.00	***Collette Lowerngrub (University)	2018	11:19.70	***Ashling Carr (Canyon)	2017
11:15.00	**Ella Boyer (Esperanza)	2022	11:19.81	Ali Hummelberg (Corona del Mar)	2010
11:15.18	Sophia Dudley (Foothill)	2022	11:19.89	**Sophia Gutierrez (Orange Lutheran)	2019
11:15.4	Kristen Quigley (Dana Hills)	1988	11:19.99	**Melanie Powers (Corona del Mar)	2008
11:15.44	*Mia Douge (Brea)	2019			
11:15.51	Emma Silves (Foothill)	2022			
11:15.6	***Laura Doering (Mater Dei)	1986	5,000 Meters		
11:15.62	Camille Garcia (Fountain Valley)	2011	17:08.66	Nikki Zielinski (Canyon)	2016
11:15.66	*Tiffany Costello (Tesoro)	2014	17:44.95	*Crystal Reed (Fountain Valley)	2005
11:15.75	***Melissa Haddy (Dana Hills)	1998	18:46.89	*Sydney Rome (Yorba Linda)	2022
11:15.77	Meghan Mainwaring (Santa Margarita)	2002	18:48.21	Sarah Pfaff (La Habra)	2013
11:15.8+	Dale Sprink (University)	11:19.7y 1979	18:51.27	Nisha Richardson (Canyon)	2006
11:15.89	***Nicole Scheid (Mission Viejo)	2001	18:57.55	Melinda Rackcliffe (Fountain Valley)	2005
11:15.91	Elle Pace (El Modena)	2010			
11:15.99	Lauren Landrith (Orange Lutheran)	2022	2000m Steeplechase		
11:16.01	**Christina Wright (Dana Hills)	2014	7:03.87	Marissa Bartello (Laguna Hills)	2015
11:16.11	Nisha Richardson (Canyon)	2006	7:26.62	McKenna Rinke (Laguna Hills)	2016
11:16.17	Sapna Dholakia (Esperanza)	2017	7:27.15	Claire Selleck (Laguna Hills)	2019
11:16.22	**Kelsey Carroll (San Clemente)	2013	7:33.12	Lauren Turner (Laguna Hills)	2019
11:16.28	**Karine Parry (Aliso Niguel)	2002	7:36.21	Sydney Johnson (Laguna Hills)	2022
11:16.3+	**Erika Lacrosse (Costa Mesa)	11:21.3y 1980	7:46.38	Eden Buttler (Laguna Hills)	2015
11:16.3	Taryn Lawson (Ocean View)	1995	7:52.18	Genevieve Megow (Laguna Hills)	2022
11:16.39	Danielle Oden (Esperanza)	2014	8:03.75	Yamileth Muniz (Laguna Hills)	2014
11:16.55	McKenna Rinke (Laguna Hills)	2017			
11:16.6+	***Heather Hutchinson (Mission V)	11:20.5y 1983			
11:16.69	*Katie Strachan (Foothill)	2002	80 yard Low Hurdles		
11:16.8+	**Paula Jones (Corona del Mar)	11:20.7y 1979	10.7	Jan Lester (Costa Mesa)	1973
11:16.83	**Anna Attard (Marina)	2002	10.8	Clydine Crowder (Los Alamitos)	1973
11:16.9	Maura Daley (Mission Viejo)	1985			
11:16.9	Jamie Canterbury (Dana Hills)	2005			
11:16.95	**Lisa Massoth (Esperanza)	1997			
11:16.95	Danielle Guerin (Dana Hills)	2007	110 yard Low Hurdles		
11:16.98	Bekah Bahra (Orange Lutheran)	2011	14.4	Lisa Gourden (El Toro)	1977
11:16.99	*Katherine Gallaher (Esperanza)	2014	14.7	Kim Attlesey (Newport)	1977
11:17.04	Jess Lesser (Woodbridge)	2014	14.95		
11:17.20	**Elizabeth Kubis (Mission Viejo)	1985			
11:17.21	*Amanda Stark (Fountain Valley)	2013	100m Low Hurdles		
11:17.26	Holly Morales (Dana Hills)	2018	(30" 1977-1992)		
11:17.28	Katherine Woie (Valencia)	1987	14.00+	Lisa Gourdine (El Toro)	14.09y 1977
11:17.31	Kelsie Yamano (San Clemente)	2021	14.10	*Suzie Ray (Villa Park)	14.19y 1979
11:17.43	Ashley Geisler (J Serra)	2015	14.13	*Laura Mills (University)	1981
11:17.51	*Lana Atchley (Ocean View)	1991	14.13	Chris Davenport (Troy)	1979
11:17.6	Kelly Roda (Irvine)	1993	14.16	*Suzanne Kerho (Mission Viejo)	1988
11:17.70	Ann Helm (Laguna Hills)	1985	14.20	Stacy Noton (Sunny Hills)	1983
11:17.88	*Rachel Wilson (Trabuco Hills)	2013	14.21	Bonnie Mercer (SA Valley)	1980
11:18.03	**Ashley Messineo (El Toro)	2016	14.22	*Thelma Harmon (SA Valley)	1979
11:18.08	Joy Yasa (Tesoro)	2022	14.23	*Elinor Tolson (Fountain Valley)	1992
11:18.09	Katie Ott (San Juan Hills)	2011	14.25	Tracy Hanlon (Edison)	1980
11:18.11	Evie Cant (Laguna Beach)	2018	14.25+	*Cheryl Glazier (El Toro)	14.1y 1977
11:18.19	*Stacy Carrington (Cypress)	1988	14.26	Sharon Hatfield (Fountain Valley)	1982
11:18.21	**Julia Lipson (El Modena)	2010	14.27	Jocelyn Lee (Irvine)	1983
11:18.28	Bridget O'keefe (Santa Margarita)	2008	14.34	Danielle Reeves (Esperanza)	1988
11:18.45	Bailey Watts (Trabuco Hills)	2020	14.42	Jocelyn Lee (Irvine)	1983
11:18.5	***Rachel Ngu (Northwood)	2008	14.44	Nancy Niewlandt (Valencia)	1984
11:18.54	*Janna Evans (Edison)	1992	14.48	*Yleana Carrasco (Anaheim)	1985
11:18.58	Estella Knobbe (Beckman)	2021	14.51	***Elinor Tolson (La Quinta)	1990
11:18.7+	**Linda Booth (Laguna Beach)	11:12.7y 1981	14.57	*Katie Mook (Foothill)	1992
11:18.70	***Jennifer Formosa (Edison)	1992	14.65+	Kim Attlesey (Newport)	14.5y 1977
11:18.89	*Alyssa Brown (Mission Viejo)	2005	14.66	Tracy Clark (El Toro)	1982
11:19.0+	*Stacey Skeie (Corona del Mar)	11:22.6y 1984	14.69	Heather Sterlin (Mission Viejo)	1992
11:19.04	Mary Kenney (Valencia)	1984	14.74c	Hilary Mann (Mission Viejo)	14.5 1991
11:09.08	***Leslie Burton (El Modena)	1995	14.75+	Laura Held (Edison)	14.6y 1978
11:19.12	Quinn Roldan (Huntington Beach)	2022	14.76	Angela Rock (El Toro)	1981
11:19.2	**Trudy Gardner (Magnolia)	1980	14.81	*Sara Morton (Irvine)	1983
11:19.26	**Katie Caya (Rosary)	2014	14.82	*Dina Caffey (Esperanza)	1980
11:19.3	Maricelle Benavides (SA Valley)	1988	14.85+	Liz Carroll (Fountain Valley)	14.7y 1978
11:19.31	Desiree Alexander (Newport)	2007	14.85+	Vicki Almeida (Troy)	14.7y 1979

14.87	Medra Lyons (Laguna Hills)		1984
14.87	Nikki Jackson (Esperanza)		1990
14.89	Tina Ortega (Irvine)		1986
14.91	Allison Franke (Canyon)		1989
14.94c	Caroline Chambers (SA Valley)	14.7	1982
14.94c	Shannon Bryant (Sonora)	14.7	1989
14.94	**Kelly Graton (Loara)		1988
14.95	*Julie Baker (Capo Valley)		1980
14.95	Lisa Knott (Sonora)		1992
14.96	Valerie Gritton (Woodbridge)		1987
14.98	Andrea Dean (Mission Viejo)		1992
15.00	*Kim Collins (Tustin)		1984
15.00	Kathy Kelly (Canyon)		1984
15.04	*Shannon Dean (Mission Viejo)		1991
15.06	Wendy Hale (Brea)		1980
15.08	Melody Ryan (Western)		1983
15.11	*Kell Thomson (El Toro)		1992
15.13	Lima Smith (Villa Park)		1984
15.14c	Sarah Moleski (Katella)	14.9	1980
15.14c	Sharon Attlesy (Katella)	14.9	1986
15.14c	Le Anne Margerum (Fountain Valley)	14.9	1980
15.16	*Rene Wright (Orange Lutheran)		1990
15.17	*Shundra Holland (Saddleback)		1986
15.19	*Gaylen Ames (El Modena)		1984
15.20	Laura Knight (Katella)		1982
15.21	Heather Novak (Santa Margarita)		1992
15.22	Tammy Siefert (Cypress)		1982
15.23	Kristina Lockwood (Woodbridge)		1990
15.24c	Heidi Smith (Valencia)	15.0	1991
15.24c	*Tracy Broughton (Irvine)	15.0	1991
15.25+	Beth Rockliffle (Santa Ana)	15.1y	1978
15.25	Nancy Chabot (Brea)		1990
15.28	Erin Stansbury (Ocean View)		1989
15.29	Emily Thiebaud (Esperanza)		1988
15.33	Jennifer Owens (San Clemente)		1988
15.34c	Leanna Delgado (Estancia)	15.1	1980
15.34c	Sharon Bruster (El Modena)	15.1	1980
15.34c	*Susie Jacobsen (Newport)	15.1	1989
15.34	Shelby MacKay (Dana Hills)		1990
15.35	Summer Everly (El Toro)		1989
15.38	** Millie Potts (Loara)		1982
15.39	Tiffany Feliz (Mater Dei)		1986
15.42	Ann Kissinger (Marina)		1988
15.43	***Lynde Gibson (Woodbridge)		1991
15.44	Ursula Lovely (Kennedy)		1987
15.44c	Katie Whitfield (Dana Hills)	15.2	1983
15.44c	*Kelly Grand (Los Amigos)	15.2	1985
15.44+	Ashley Selman (Foothill)	15.3y	1988
15.47	Tamara Noggle (El Dorado)		1989
15.49	*Brenda Robinson (SA Valley)		1989
15.50	**Jill Lindhart (Capo Valley)		1986

Wind-aided:

14.04+	Chris Davenport (Troy)	14.13y	1979
14.08	Laura Mills (Unversity)		1981
14.08	Sharon Hatfield (Fountain Valley)		1982
14.08+	*Suzie Ray (Villa Park)	14.17y	1979
14.13	Tracy Hanlon (Edison)		1980
14.20	Stacy Noton (Sunny Hills)		1983
14.27	Jocelyn Lee (Irvine)		1983
14.39	Angela Rock (El Toro)		1981
14.60	*Kim Collins (Tustin)		1985
14.63	Ann Kissinger (Marina)		1988
14.79	Nikki Jackson (Esperanza)		1990
14.95	Alison Franke (Canyon)		1988
14.95	Emily Thiebaud (Esperanza)		1988
14.97	**Heather Novak (Santa Margarita)		1992
15.23	Ashley Selman (Foothill)		1988
15.23	Brenda Robinson (Newport)		1990
15.27	Sher Dufur (Canyon)		1981
15.30	Chris Tucker (Irvine)		1981
15.31	Jennifer Owens (San Clemente)		1988
15.34	Susie Jacobson (Newport)		1990
15.44	Karen Rish (Marina)		1986

100 meter Hurdles (33")

13.82	*Ashley Bethel (Mission Viejo)		1997
13.87	**Dana Bethel (Mission Viejo)		1999
13.93	Nikki Merritt (Santa Margarita)		2019
14.12	Natalie Roy (Mission Viejo)		2007
14.19	Emma Radan (Mater Dei)		2014
14.20	Kimmie Conner (Dana Hills)		2010
14.28	Emma Kratzberg (Newport)		2016
14.34	*Alexis Turley-Young (Canyon)		2015
14.35	*Monica Todd (Trabuco Hills)		2010
14.35	Hope Bender (Newport)		2015
14.37	Kristen Kiefer (Capo Valley)		2007
14.41	*Lauren Collins (Santa Margarita)		2004
14.44	Sharon Hatfield (Fountain Valley)		1982
14.50	Ashleigh Gunderman (Mater Dei)		2005
14.52	Cavetra Mitchell (Los Alamitos)		1993
14.54c	**Amanda Shanklin (Santa Margarita)	14.3	1997
14.55	* Kelly Collins (Santa Margarita)		2007
14.56	Inshirah Jones (Esperanza)		1995
14.60	*Susie Ray (Villa Park)		1979
14.68	Genelle Ives (Dana Hills)		2005
14.68	* Caroline Hilley (Santa Margarita)		2013
14.71	*Julie Handy (Esperanza)		2001
14.73	Chelsea Taylor (Mission Viejo)		2008
14.74	Nyree Brown (Seegerstrom)		2018
14.77	***Jade McDonald (Mater Dei)		2018
14.80	Kristen Woepse (Woodbridge)		2004
14.70	Katie Mook (Foothill)		1995
14.82	* Michaela King (Dana Hills)		2013
14.83	**Olivia Teegarden (Mission Viejo)		2015
14.84	Kyndol Craver (Woodbridge)		2013
14.85	**Erin Stovall (Woodbridge)		1995
14.85	Amanda Perez (Yorba Linda)		2019
14.87	Tori Usgaard (Dana Hills)		2012
14.89	* Grace Esslinger (Dana Hills)		2008
14.89	Michelle Wicker (Trabuco Hills)		2010
14.89	Erin Gerardo (Santa Margarita)		2017
14.90	Hannah Duarte (Mission Viejo)		2016
14.93	Amanda Herrington (Edison)		2017
14.94	Jessica Bragg (El Toro)		2009
14.96	Michelle Urabe (Mater Dei)		2010
14.98	Jordan Agnew (Los Alamitos)		2013
14.98	Hailey Ray (Dana Hills)		2019
15.02	*Marie Philman (Edison)		1995
15.02	Amanda Fleskoski (Mission Viejo)		2000
15.03	*Amanda Shanklin (Santa Margarita)		1998
15.03	*Kelsey Schuler (Katella)		2006
15.04c	Heather Sterlin (Mission Viejo)	14.8	1992
15.04c	*Kerry O'Bric (Edison)	14.8	1995
15.04c	*Rachael Ziemann (Edison)	14.8	2001
15.04	Becky Marshburn (Dana Hills)		2005
15.04	*Isabella Ales (Troy)		2019
15.08	Lindsay Wells (Mater Dei)		2000
15.08	*Jasmine Webb (Buena Park)		2004
15.10	**Heather Gibson (Orange Lutheran)		2004
15.10	Lauren Correa (El Toro)		2005
15.11	Cira Wright (Kennedy)		2000
15.13	*Sunny Nichols (Sunny Hills)		1997
15.14	Kiana Henry (Canyon)		2011
15.14	Brittney Thornton (San Clemente)		2013
15.15	Krissy Knowles (Fountain Valley)		2009
15.15	Annie Quach (Katella)		2018
15.16	*Alison Parsons (Los Alamitos)		2015
15.16	Ryann Beveridge (Aliso Niguel)		2018
15.17	Lauren Willingham (Los Alamitos)		2018
15.17	*Madison Lyon (Woodbridge)		2019
15.18	Heather Novak (Santa Margarita)		1994
15.18	*Kiana Stradford (Trabuco Hills)		2019
15.20	*Cristina Ohaeri (Esperanza)		1995
15.20	Hailey Bond (Edison)		2014
15.21	Daria Shkel (University)		2017
15.24c	*Susan Pettus (Marina)	15.0	1995
15.24	Jenna Wendell (Santa Margarita)		2008

15.26	*Shay Alexander (Capo Valley)	2001	15.72	Daria Shkel (University)	2018
15.26	*Trista Marquez (Dana Hills)	2004	15.73	** Elizabeth Loper (Trabuco Hills)	2009
15.27	Rachel Gagnon (Oxford Academy)	2017	15.74	Katy Zimmon (Edison)	1998
15.28	*Jasmine Webb (Buena Park)	2004	15.74	Emma Farrell (Mission Viejo)	2013
15.28	Kellie May (Northwood)	2017	15.75	Abby Hahn (Sunny Hills)	2022
15.31	*Emily Garner (Woodbridge)	2018	15.75	Lsuren Meredith (Villa Park)	2022
15.32	Courtnee Moreno (Fountain Valley)	2018	15.77	**Stevie Nicholas (Sunny Hills)	1998
15.33	Mandy Girling (Orange Lutheran)	1999	15.77	Michelle Shao (Beckman)	2022
15.33	Amber Carpenter (Santa Margarita)	2003	15.78	Lisa Stigman (Dana Hills)	1997
15.33	* Jordan Davis (Troy)	2013	15.78	Nicole Lomeli (Esperanza)	1999
15.33	*Davina Pham (Fountain Valley)	2015	15.78	Annie Bubinski (Dana Hills)	2011
15.34c	Megan Scanlon (Troy)	15.1 1999	15.78	Amanda Torchia (Fountain Valley)	2016
15.35	Dilcia Loomis (Sunny Hills)	2006	15.78	*Hanna Barmettler (J Serra)	2022
15.38	Michaela Schaeffer (Edison)	2013	15.78	*Lidia Major (Santa Margarita)	2022
15.38	Phoebe Ladd (Woodbridge)	2021	15.79	Kelly O'Connor (Esperanza)	1996
15.39	Ashley Jsames (Savanna)	2008	15.79	Marie Ingram (Aliso Niguel)	2006
15.39	Kamala Parker (La Habra)	2003	15.79	Lauren Wilson (Esperanza)	2006
15.39	Elizabeth Bastos (El Toro)	2006	15.79	Rebecca Hamilton (Mater Dei)	2008
15.40	*Courtnee Moreno (Fountain Valley)	2017	15.79	** Paige Grigus (Fountain Valley)	2009
15.40	Julianne Bartz (Corona del Mar)	2018	15.79	*Amanda Schrader (Edison)	2017
15.41	**Phoebe Ladd (Woodbridge)	2019	15.80	*Kaitlyn Meeder (El Modena)	2016
15.42	Alex McCarten (San Clemente)	1997	15.80	***Kimora Rogers (Katella)	2019
15.43	**Taylor Wilkison (Mater Dei)	2018	15.80	Maddy Lyon (Woodbridge)	2020
15.44	Gigi Surmon (Costa Mesa)	1993	15.82	Paige Donaldson (San Juan Hills)	2014
15.44	*Breanna Barker (Dana Hills)	2012	15.83	*Cathy Mullee (Edison)	1997
15.45	Taylor Dunigan (Mission Viejo)	2010	15.83	*Adrienne Baker (Santa Margarita)	2006
15.46	Aaliyah Banner (Buena Park)	2016	15.83	Lily Trinh (Fountain Valley)	2010
15.47	Kaitlyn Meeder (El Modena)	2017	15.84c	**Amber Price (SA Valley)	15.6 1997
15.47	Kiana Stradford (Trabuco Hills)	2020	15.84	** Brit Vasac (Dana Hills)	2007
15.48	**Elizabeth Loud (Irvine)	2000	15.84	***Ami Ballo (Dana Hills)	2010
15.48	*** Chelsea Larson (Orange Lutheran)	2008	15.85	** Taylor Ramirez (Katella)	2009
15.48	***Katelyn Johnson (El Toro)	2015	15.86	Megan Poyar (Mater Dei)	2018
15.49	**Emma Kratzberg (Corona del Mar)	2014	15.86	**Joey Kaufman (Aliso Niguel)	2019
15.50	*Laurel Simpson (Capo Valley)	1994	15.87	*Malia Billups (Brea)	2006
15.50	Whitney MacDonald (Edison)	2004	15.87	**Chelsea Josten (Brea)	2006
15.50	Lauren Bercha (Tesoro)	2010	15.87	*Tiffany Liu (Corona del Mar)	2006
15.50	*Sophia Morris (Santa Margarita)	2019	15.87	*Jessica Robson (Newport)	2006
15.50	*Charis Wondercjeck (Pacifica Christian)	2022	15.87	Nadia Sine (Woodbridge)	2014
15.51	*Lisa Stegman (Dana Hills)	1996	15.89	** Megan Jones (Dana Hills)	2009
15.51	Connie Barrett (El Toro)	2018	15.90	Megan Jones (Dana Hills)	2011
15.54c	Elinor Tolson (Fountain Valley)	15.3 1993	15.90	Brittany Hanrahan (Mater Dei)	2012
15.54c	Marlene Lang (Fountain Valley)	15.3 1994	15.90	Gabi Sagorin (Woodbridge)	2014
15.54c	*Sarah Bohannon (Los Amigos)	15.3 1995	15.93	Tiffany Pransky (Orange Lutheran)	2005
15.54c	M.E. Clayton (Newport)	15.3 1997	15.94c	Christina Gustlin (Foothill)	15.7 1994
15.54	Brittany Hanrahan (Mater Dei)	2013	15.94c	Kendra Lakins(Brea)	15.7 1996
15.54	Davina Pham (Fountain Valley)	2016	15.94c	Katie Wildermuth (Santa Margarita)	15.7 1998
15.55	**Jill Holmes (El Toro)	1994	15.94c	*Nicole Yergler (Santa Margarita)	15.7 2004
15.55	Claire Vahey (Capo Valley)	2018	15.95	***Shay Alexander (Capo Valley)	1999
15.56	Sarah Bonilla (Brea)	1998	15.95	Keena Bensworth (Trabuco Hills)	2013
15.56	Melissa Scott (Beckman)	2016	15.95	Hailey James (Foothill)	2013
15.56	Jocelyn Parkinson (St Margaret's)	2002	15.95	**Megan Weiss (Edison)	2018
15.56	Kristine Okereke (Foothill)	2017	15.96	Carrie Hoagland (Canyon)	1994
15.59	***Skyler Serrano (Beckman)	2022	15.96	*Rene Delellis Rosary)	2000
15.60	*Chelsea Larson (Orange Lutheran)	2010	15.96	Taylor Sims (Tesoro)	2012
15.60	**Ashlan Revollar (Los Alamitos)	2014	15.96	*Isabella Branstrom (San Clemente)	2014
15.60	**Shayla Dumas (Kennedy)	2019	15.96	*Olivia Chung (Beckman)	2019
15.61	**Taylor Sims (Tesoro)	2012	15.97	Smith (SA Valley)	2000
15.62	**Cira Wright (Kennedy)	1998	15.97	Ashley Vogt (Mission Viejo)	2001
15.63	Cathy Mullee (Edison)	1998	15.97	Kathryn Karkut (Calvary Chapel)	2008
15.63	*Emily Peterson (El Toro)	2010	15.97	*Annie Bubinski (Dana Hills)	2010
15.63	Mychal Robinson (Tustin)	2015	15.97	*Claire Curie (El Toro)	2012
15.63	Megan Swartz (Edison)	2021	15.97	Kaylin Petersen (Brea)	2013
15.63	*Sophia Menchine (Edison)	2022	15.97	Tori Occhipinti (Crean Lutheran)	2013
15.64c	Courtney Morris (Marina)	15.4 1995			
15.64	*Victoria Ton (Northwood)	2004			
15.65	*Madison Klovstad (El Modena)	2002	Wind-aided:		
15.67	*Sammie Bretz (Brea)	2019	13.62	*Ashley Bethel (Mission Viejo)	1997
15.68	Chelsea Pham (Canyon)	2009	13.82	Dana Bethel (Mission Viejo)	2001
15.68	**Karalyn Cheng (El Dorado)	2022	14.11	Natalie Roy (Mission Viejo)	2007
15.69	Gabby Wikidal (Santa Margarita)	2016	14.14	Emma Radan (Mater Dei)	2014
15.70	**Ava Simos (Corona del Mar)	2022	14.15	Kimmie Conner (Dana Hills)	2010
15.71	Rosita Smith (Mater Dei)	1994	14.20	Monica Todd (Trabuco Hills)	2010
15.71	Lindsay Kenefick (Huntington Beach)	2018	14.22	Emma Kratzberg (Newport)	2016
15.72	*Lauren Porter (Northwood)	2010	14.41	Kerry O'Bric (Edison)	1995
15.72	Yasmeen Chennault (Laguna Hills)	2011	14.44	Katie Mook (Foothill)	1995
			14.49	Hannah Duarte (Mission Viejo)	2016

14.64	Chelsea Taylor (Mission Viejo)	2008
14.65	Julie Handy (Esperanza)	2004
14.70	Kristen Woepse (Woodbridge)	2005
14.71	Kyndol Craver (Woodbridge)	2013
14.71	Amanda Perez (Yorba Linda)	2019
14.72	Amanda Harrington (Edison)	2017
14.73	**Michaela King (Dan Hills)	2012
14.76	Krissy Knowles (Fountain Valley)	2009
14.78	Phoebe Ladd (Woodbridge)	2021
14.86	Michaela King (Dana Hills)	2014
14.87	Kiana Henry (Canyon)	2011
14.90	Jordan Agnew (Los Alamitos)	2013
14.96	Lindsay Wells (Mater Dei)	2000
14.50	Inshirah Jones (Esperanza)	1995
14.52	*Erin Stovall (Woodbridge)	1996
14.56	* Amanda Shanklin (Santa Margarita)	1998
14.64	Chelsea Taylor (Mission Viejo)	2008
14.81	Michelle Wicker (Trabuco Hills)	2010
14.82	Lauren Wilson (Esperanza)	2006
14.87	Lauren Correa (El Toro)	2005
14.90	Ashley Jsmes (Savanna)	2008
14.92	Michelle Urabe (Mater Dei)	2010
14.96	*Madison Lyon (Woodbridge)	2019
15.01	Cristina Ohaeri (Esperanza)	1995
15.01	*Heather Gibson (Orange Lutheran)	2005
15.07	Hailey Bond (Edison)	2014
15.08	*Kiana Stradford (Trabuco Hills)	2019
15.11	*DavinaPham (Fountain Valley)	2015
15.12	Michaela Schaeffer (Edison)	2013
15.18	Kellie May (Northwood)	2017
15.21	Shay Alexander (Capo Valley)	2002
15.22	Aaliyah Banner (Buena Park)	2016
15.25	Madison Klovstad (El Modena)	2003
15.25	Alison Parsons (Los Alamitos)	2016
15.30	Megan Swartz (Edison)	2021
15.32	Marlene Lang (Fountain Valley)	1994
15.32	*Aaliyah Banner (Buena Park)	2015
15.33	Brittany Hanrahan (Mater Dei)	2013
15.33	**Ashlan Revollar (Los Alamitos)	2014
15.35	Katie O'Dell (University)	2002
15.35	Juliana Crum (Troy)	2010
15.36	*** Taylor Ramirez (Katella)	2008
15.39	*Mariah Durian (Esperanza)	2011
15.40	Sophia Mchine (Edison)	2022
15.46	Misha Vincent (Orange)	2010
15.46	Mauri Avery (Beckman)	2021
15.47	**Emma Kratzberg (Corona del Mar)	2014
15.48	*Chelsea Larson (Orange Lutheran)	2010
15.50	*Tatum Hoff (Dana Hills)	2021
15.51	Tiffany Pransky (Orange Lutheran)	2005
15.52	**Davina Pham (Fountain Valley)	2014
15.53	Laurel Simpson (Capo Valley)	1995
15.54	*Sara Jane McIntyre (El Modena)	2000
15.54	Malia Billups (Brea)	2007
15.55	*Lexi Shaw (San Juan Hills)	2012
15.56	Marie Ingram (Aliso Niguel)	2006
15.56	**Emily Waller (Woodbridge)	2019
15.57	Susie Schmidt (Westminster)	1993
15.57	***Karalyn Cheng (El Dorado)	2021
15.57	***Skyler Serrano (Beckman)	2022
15.58	***Kendra Larkins (Brea)	1993
15.58	Paige Donaldson (San Juan Hills)	2014
15.59	*Taylor Wilkison (Mater Dei)	2019
15.59	**Ava Simos (Corona Del Mar)	2022
15.61	Amber Price (Saddleback)	1999
15.61	Gabby Wikidal (Santa Margarita)	2016
15.62	Tori Occhipinti (Crean Lutheran)	2013
15.62	*Tori Oloro (Northwood)	2019
15.62	*Megan Weiss (Edison)	2019
15.63	Lisa Stigman (Dana Hills)	1997
15.64c	*Roberta Burns (Dana Hills)	15.4 1994
15.64c	Tia Barbee (El Toro)	1995
15.65	Lauren Meredith (Villa Park)	2022
15.65	Michelle Shao (Beckman)	2022

300 meter Hurdles

41.86	Nyree Brown (Segerstrom)	2018
41.95	Emma Kratzberg (Newport)	2016
42.18	Hope Bender (Newport)	2015
42.23	Nikki Merritt (Santa Margarita)	2018
42.55	Sharon Hatfield (Fountain Valley)	1982
42.75	Kristen Kiefer (Capo Valley)	2007
42.84	Kaci Keffer (Woodbridge)	1990
42.97	Kimmie Conner (Dana Hills)	2010
43.00	Emma Radan (Mater Dei)	2014
43.20	**Genelle Ives (Dana Hills)	2003
43.24	*Shebanette Terry (Irvine)	2012
43.26	Chelsea Taylor (Mission Viejo)	2008
43.33	Hailey Ray (Dana Hills)	2019
43.36	*Becky Marshburn (Dana Hills)	2004
43.40	Michaela King (Dana Hills)	2014
43.41	Amanda Shanklin (Santa Margarita)	1999
43.42	* Monica Todd (Trabuco Hills)	2009
43.45	Nikki Jackson (Esperanza)	1990
43.45	*Julie Handy (Esperanza)	2001
43.50	Emily Waller (Woodbridge)	2021
43.52	*Coco Putnam (Laguna Beach)	2015
43.54	Stacy Hoton (Sunny Hills)	1983
43.56	Yasmin Webb (Buena Park)	2005
43.63	*Paula Pedrani (El Toro)	2015
43.71	*Elinor Tolson (Fountain Valley)	1992
43.78	*Mary Ann Bullard (Esperanza)	1983
43.81	Kelly Collins (Santa Margarita)	2008
43.81	* Caroline Hilley (Santa Margarita)	2013
43.93	Lexi Shaw (San Juan Hills)	2013
44.03	**Janel Loudat (Woodbridge)	1998
44.03	*Hailey Ray (Dana Hills)	2018
44.19	***Dana Bethel (Mission Viejo)	1998
44.21	Monica Fisher (El Toro)	1989
44.21	Paula Pedrani (El Toro)	2016
44.25	*Sunny Nichols (Sunny Hills)	1997
44.27	Ashley Jsmes (Savanna)	2008
44.30	Danielle Reeves (Esperanza)	1988
44.32	Jerri Baker (Capo Valley)	1981
44.34	Katie Mook (Foothill)	1995
44.39	*Brittney Thorton (San Clemente)	2012
44.44	**Olivia Teegarden (Mission Viejo)	2015
44.45	Hannah Heising (Woodbridge)	2014
44.48	Thelma Harman (SA Valley)	1981
44.52	Yleana Carrasco (Anaheim)	1985
44.58	Frenchy Silva (Dana Hills)	2008
44.60	Inshirah Jones (Esperanza)	1995
44.64	Sarah Bonilla (Brea)	1998
44.65	Hannah Duarte (Mission Viejo)	2016
44.66	*Michelle Basanda (Aliso Niguel)	1998
44.69	**Caroline Hilley (Santa Margarita)	2012
44.73	Emily Thiebaud (Esperanza)	1988
44.74c	Debbie Arthur (Esperanza)	44.5 1982
44.74c	Jill Young (Corona del Mar)	44.5 1990
44.76	Kerry O'Bric (Edison)	1996
44.76	*Erin Gerardo (Santa Margarita)	2016
44.80	Grace Esslinger (Dana Hills)	2009
44.82	Nancy Niewlandt (Valencia)	1984
44.84c	Marlene Lang (Fountain Valley)	44.6 1994
44.85	Sydney Elliott (Mission Viejo)	2011
44.86	Dana Padget (Esperanza)	2016
44.90	Coco Putnam (Laguna Beach)	2016
44.91	**Elinor Tolson (La Quinta)	1990
44.91	Skye Atchley (Orange Lutheran)	2009
44.92	Heaven Yoshino (Woodbridge)	1996
44.95	Kelly Grand (Los Amigos)	1986
44.96	Alexus Atchley (Yorba Linda)	2012
44.97	Shannon Bryant (Sonora)	1989
44.97	Elizabeth Bastos (El Toro)	2006
44.97	Kyndol Craver (Woodbridge)	2013
45.03	Brittany Hanrahan (Mater Dei)	2013
45.06	Lindsay Wells (Mater Dei)	2000
45.10	Emilie Winckel (Santa Margarita)	2006

45.11	Laurie Hagan (Dana Hills)		1983	46.02	Cara Brookhouse (El Modena)		1989
45.14	Sahla Cook (Mission Viejo)		2016	46.02	**Milda Mikuleviciute (El Dorado)		2012
45.15	*Jocelyn Parkinson (St Margaret's)		2001	46.04c	*Sara Morton (Irvine)	45.8	1983
45.16	Jordan Agnew (Los Alamitos)		2013	46.04c	Tucker	45.8	1983
45.19	*Suzanne Kerho (Mission Viejo)		1988	46.04	** Natalie Fyke (Esperanza)		2008
45.19	* Clara Atkins (Esperanza)		2008	46.04	Autumn Tanaguchi (Marina)		2011
45.21	Lauren Wilson (Esperanza)		2005	46.06	*Elle Cruikshank (Foothill)		2002
45.21	*Tori Olora (Northwood)		2019	46.07	Colleen Gamblin (Esperanza)		1986
45.22	*Sue Delacy (Newport)		1982	46.07	Brooklyn Paxson (Fountain Valley)		2010
45.23	*Paige Damron (Corona del Mar)		2018	46.08+	**D'Layne Kerr (Corona del Mar)	46.1y	1986
45.26	Michelle Wicker (Trabuco Hills)		2010	46.11	Madelleine Lisebland (Woodbridge)		1990
45.26	Tori Usgaard (Dana Hills)		2012	46.11	**Lidia Major (Santa Margarita)		2021
45.27	Ann Kissinger (Marina)		1988	46.12	Katie Hill (Mission Viejo)		2002
45.27	Delphia Moore (Orange)		1994	46.13	Jaycee Mahler (Corona del Mar)		2001
45.33	Julie Kroenig (Costa Mesa)		2000	46.15	Alana Palacio (Villa Park)		1993
45.34c	Jocelyn Lee (Irvine)	45.1	1983	46.16	Renee Wright (Orange Lutheran)		1991
45.34c	**Trish Aubuchon (Esperanza)	45.1	1983	46.16	*Jordan Agnew (Los Alamitos)		2012
45.34c	Natalie Roy (Mission Viejo)	45.1	2007	46.17	*** Brittany Swank (Foothill)		1997
45.34	* Jessica Bragg (El Toro)		2008	46.17	Nadia Sine (Woodbridge)		2014
45.35	Tiffany Pransky (Orange Lutheran)		2005	46.19	Megan Scanlon (Troy)		1999
45.35	*Isabella Ales (Troy)		2019	46.19	**Brianna Mikalson (Los Alamitos)		2012
45.36	*Lisa Knott (Sonora)		1991	46.20	Marissa Perez (Saddleback)		2014
45.36	*Nicole Lomeli (Esperanza)		1998	46.23	* Kyle Wolff (Woodbridge)		2007
45.36	* Breana Nielson (Mission Viejo)		2006	46.24	**Anne Hinman (Capo Valley)		2011
45.36	*Natalie Ward (Newport)		2014	46.24	Rachel Gagnon (Oxford Academy)		2017
45.36	*Sophia Morris (Santa Margarita)		2019	46.24	**Hanna Barmettler (J Serra)		2021
45.38	*Taylor Stokes (University)		1996	46.26	Megan McQuaid (Woodbridge)		1997
45.39	*Mariah Durian (Esperanza)		2011	46.26	Madison Klovsstad (El Modena)		2003
45.46	*Hanna Barmettler (J Serra)		2022	46.27	** Megan Jones (Dana Hills)		2009
45.47	Alexandra Sciarra (Crean Lutheran)		2010	46.29	*Trista Marquez (Dana Hills)		2004
45.48+	Kim Collins (Tustin)	45.5y	1985	46.30	**Sherie Moore (Los Alamitos)		1992
45.48	Hailey Bond (Edison)		2014	46.31	Sherifa Cox (Los Alamitos)		1991
45.52	*Lily McCann (Aliso Niguel)		2019	46.31	Cheyenne Perez (Los Alamitos)		2011
45.53	*Aaliyah Banner (Buena Park)		2014	46.31	Chloe Solomua (Aliso Niguel)		2019
45.54c	Sharon Attlesley (Newport)	45.3	1986	46.31	Jessica Elizalde-Rendon (Santa Margarita)		2020
45.57	* Cassidy Gayner (Newport)		2007	46.32	Sandy Springer (Los Amigos)		1983
45.61	Nicole Yergler (Santa Margarita)		2005	46.32	*Susan Pettus (Marina)		1995
45.61	*Lindy Tarvin (Edison)		2022	46.32	*Lahondy Avery (Orange Lutheran)		2017
45.62	Alex McCarten (San Clemente)		1997	46.33	*Kristine Okerero (Foothill)		2017
45.62	*Janel Laudat (Woodbridge)		1999	46.34c	Tanya Buchanan (Fountain Valley)	46.1	1986
45.64	Tasha Walker (El Dorado)		1994	46.34c	Arcela Diaz (Saddleback)	46.1	1988
45.65	*Lauren Willingham (Los Alamitos)		2017	46.34	*Shannon Dean (Mission Viejo)		1991
45.68	Kathy Lavering (Fullerton)		1982	46.34c	*Jamie Lenchan (El Modena)	46.1	2000
45.70	** Natalie Ward (Newport)		2013	46.35	*Rene Wright (Orange Lutheran)		1990
45.70	Connie Barrett (El Toro)		2018				
45.72	**Jill Linhart (Capo Valley)		1986				
45.72	**Cristina Ohaeri (Esperanza)		1995				
45.73	* Beartriz Delgadillo (Esperanza)		2009	400 meter Low Hurdles			
45.74+	**Kathy Kelly (Canyon)	45.8y	1983	61.63	Chris Davenport (Troy)		1979
45.75	*Mila Schulenburg (Irvine)		1997	63.22	Emily Waller (Woodbridge)		2021
45.75	* Elizabeth Ramsey (Huntington Beach)		2009				
45.76	*Madison Goerlinger (Villa Park)		2018	4 x 100 meter Relay			
45.76	*Lidia Major (Santa Margarita)		2022	46.28	Santa Margarita		2017
45.78	*Galen Ames (El Modena)		1984	46.57	Kennedy		2005
45.78	*Michelle Foglia (Esperanza)		2003	46.82	Trabuco Hills		2010
45.79	**Emma Kratzberg (Corona del Mar)		2014	46.91	Los Alamitos		2015
45.79	**Emily Garner (Woodbridge)		2017	46.99	Santa Margarita		2016
46.79	Megan Dunakin (Aliso Niguel)		2022	47.13	Woodbridge		1995
45.81	Misha Vincent (Orange)		2010	47.23	Mater Dei		2014
45.83	*Hilary Mann (Mission Viejo)		1990	47.25	Trabuco Hills		2009
45.83	*Riley Bennyworth (Edison)		2015	47.39	Mater Dei		2013
45.84c	Laura Knight (Loara)	45.6	1982	47.40	Woodbridge		1997
45.84c	**Natalie Roy (Mission Viejo)	45.6	2005	47.40	Mater Dei		2017
45.85	Daria Shkel (University)		2017	47.42	Los Alamitos		2019
45.85	*Beth Merkle (Mission Viejo)		1994	47.43	Santa Margarita		2018
45.85	Ashleigh Gunderman (Mater Dei)		2005	47.43	Santa Margarita		2019
45.90	***Liana Fuentes (Cypress)		2005	47.45	Dana Hills		2018
45.92	Kathy Kelly (Dana Hills)		1989	47.53	Dana Hills		2019
45.93	Amanda Fleskoski (Mission Viejo)		2000	47.55	Mater Dei		2015
45.94c	Sherrie Ray (Loara)	45.7	1982	47.56	Mater Dei		2018
45.94c	Kristen Schertzer (Woodbridge)	45.7	1988	47.57	El Toro		2016
45.96	*Jessica Elizalde-Rendon (Santa Margarita)		2019	47.65	Edison		1984
45.97	**Jennifer Konowal (Huntington Beach)		1998	47.70+	SA Valley	47.98y	1979
45.97	Ryann Beveridge (Aliso Niguel)		2018	47.70	Kennedy		2004
46.00	* Michelle Urabe (Mater Dei)		2009	47.74	Mission Viejo		1995
				47.77	Capo Valley		2011

47.79	Mater Dei		2016	48.67	Los Alamitos		2010
47.82	El Toro		2015	48.68	Los Alamitos		2005
47.82	Santa Margarita		2015	48.69	Valencia		1983
47.86	Mission Viejo		2022	48.69	Irvine		2012
47.92	Mission Viejo		2019	48.70	Western		2008
47.98	Mater Dei		2011	48.70	Woodbridge		2013
47.98	Woodbridge		2019	48.74+	El Toro	48.9y	1977
48.02	Aliso Niguel		2005	48.74	Los Alamitos		2017
48.02	Los Alamitos		2018	48.75	El Modena		2000
48.03	Capo Valley		2012	48.75	San Clemente		2012
48.04c	El Toro	47.9	2011	48.78	Esperanza		2000
48.04+	SA Valley	48.32y	1978	48.78	Santa Margarita		2000
48.04	Mater Dei		2012	48.79	Esperanza		1995
48.08	Yorba Linda		2018	48.79	Edison		1995
48.12	Canyon		2014	48.81	El Toro		2013
48.14c	Mission Viejo	48.0	2011	48.82	Mission Viejo		1992
48.15	Canyon		2011	48.82	Laguna Hills		2016
48.15	Mission Viejo		2012	48.83	Woodbridge		1990
48.17	Irvine		2013	48.84	Mission Viejo		1989
48.17	Mission Viejo		2015	48.85	Esperanza		2001
48.18	Cypress		2007	48.85	Santa Margarita		2012
48.19	Esperanza		1988	48.86	Capo Valley		1997
48.19	Troy		2009	48.86	Esperanza		1999
48.21	Saddleback		1982	48.86	Woodbridge		2001
48.21	Capo Valley		2010	48.86	Corona del Mar		2004
48.22	Aliso Niguel		2018	48.86	Fountain Valley		2017
48.24c	Capo Valley	48.1	2009	48.87	Fountain Valley		1978
48.24	Dana Hills		2013	48.87	Fountain Valley		2013
48.24	Mission Viejo		2016	48.87	Villa Park		2022
48.26	Kennedy		2003	48.88	Mission Viejo		2013
48.29	Dana Hills		2014	48.89	Laguna Hills		2008
48.30	Mission Viejo		2018	48.89	Orange Lutheran		2011
48.33	Dana Hills		2008	48.89	Mission Viejo		2017
48.34+	Edison	48.5y	1977	48.91	Yorba Linda		2015
48.34	SA Valley		1999	48.91	Aliso Niguel		2017
48.37	Irvine		2011	48.92	Woodbridge		1996
48.39	El Toro		2017	48.92	Cypress		2012
48.40	Los Alamitos		2014	48.94	Trabuco Hills		2008
48.441	Trabuco Hills		2022	48.94	Trabuco Hills		2011
48.44+	Newport	48.6y	1975	48.95	Cypress		2013
48.45	Woodbridge		1994	48.96	Esperanza		1985
48.45	Northwood		2016	48.97	San Clemente		2011
48.45	Yorba Linda		2017	48.97	Mission Viejo		201
48.48	Cypress		2015	48.98	Los Alamitos		2009
48.48	Rosary		2016	48.99	Western		2003
48.48	Beckman		2019	48.99	Woodbridge		2004
48.49	SA Valley		1997	49.00	Dana Hills		2006
48.49	Cypress		2008	49.00	Mater Dei		2021
48.50	Trabuco Hills		2017	49.01	Woodbridge		1988
48.50	Los Alamitos		2022	49.01	Los Alamitos		2012
48.51	Mission Viejo		1988	49.01	Dana Hills		2012
48.52	SA Valley		1982	49.02	Marina		2009
48.52	Woodbridge		2005	49.02	Orange Lutheran		2012
48.52	Northwood		2013	49.03	La Habra		1984
48.55	Corona del Mar		2005	49.03	Mission Viejo		2004
48.55	Trabuco Hills		2015	49.03	Santa Margarita		2014
48.59	Mater Dei		2009	49.03	Orange Lutheran		2019
48.60	Woodbridge		1999	49.04c	Santa Margarita	48.9	1998
48.60	Mater Dei		2010	49.04c	Dana Hills	48.9	2007
48.60	Cypress		2014	49.04	Aliso Niguel		2015
48.61	Santa Margarita		2003	49.04	Fountain Valley		2016
48.61	Santa Margarita		2013	49.05	Woodbridge		1989
48.61	Trabuco Hills		2016	49.05	Esperanza		1990
48.62	Cypress		2006	49.05	Mission Viejo		2014
48.62	Dana Hills		2007	49.06	Villa Park		2015
48.62	Canyon		2013	49.06	Beckman		2017
48.63	Woodbridge		2017	49.07	Northwood		2014
48.64c	Woodbridge	48.5	1998	49.08	University		2005
48.64c	Mission Viejo	48.5	2010	49.08	Troy		2014
48.64	Los Alamitos		2016	49.08	Los Alamitos		2021
48.64	Woodbridge		2018	49.09	Edison		2000
48.64	San Clemente		2018	49.09	Santa Margarita		2004
48.64	Rosary		2022	49.10	Aliso Niguel		2003
48.65	Santa Margarita		2011	49.10	Brea		2012
48.66	Esperanza		1983	49.10	El Toro		2012

49.10	San Clemente		2019	49.44c	Mission Viejo	49.3	1986
49.11+	Irvine	49.40y	1980	49.44c	Esperanza	49.3	1987
49.11	Los Alamitos		2013	49.44	Santa Margarita		1994
49.12	Yorba Linda		2019	49.44	Canyon		2005
49.13	Kennedy		2002	49.45	Irvine		1986
49.14	El Modena		1999	49.45	Woodbridge		2012
49.16	University		1981	49.46+	SA Valley	49.6y	1977
49.16	Canyon		1993	49.46	Fountain Valley		1992
49.17	Irvine		1981	49.46	SA Valley		2001
49.17	Mission Viejo		1990	49.46	Los Alamitos		2004
49.19	Aliso Niguel		2001	49.46	St Margaret's		2018
49.19	Trabuco Hills		2002	49.46	Edison		2019
49.20	Capo Valley		1998	49.47	Dana Hills		2009
49.21+	Huntington Beach	49.49y	1979	49.47	Fullerton		2017
49.21	Aliso Niguel		2006	49.47	Edison		2018
49.21	Sonora		2008	49.48	Mission Viejo		2005
49.21	El Toro		2021	49.48	Sonora		2014
49.22	Edison		2011	49.48	Cypress		2019
49.23	Newport		1992	49.49	Saddleback		1981
49.24c	Brea	49.1	1997	49.49	Mater Dei		1997
49.24	Cypress		2001	49.49	Brea		2009
49.25	Brea		2002	49.49	Laguna Beach		2019
49.25	Aliso Niguel		2019				
49.26	Canyon		2009				
49.27	St Margaret's		2022				
49.50	El Toro		2022				
49.29	Esperanza		2002	1:41.99	Santa Margarita		2015
49.29	El Toro		2018	1:41.99	Los Alamitos		2019
49.30	Brea		2013	1:43.7	Trabuco Hills		2009
49.30	Mission Viejo		2020	1:44.34	Mission Viejo		2018
49.31	Mission Viejo		2009	1:44.74	Mission Viejo		2017
49.31	Yorba Linda		2016	1:44.77	Trabuco Hills		2022
49.31	University		2017	1:44.96	Los Alamitos		2021
49.31	Laguna Beach		2018	1:45.89	Northwood		2020
49.32	Aliso Niguel		2002	1:46.17	Mission Viejo		2020
49.32	Aliso Niguel		2004	1:46.90	El Modena		2021
49.32	Cypress		2004	1:46.87	Dana Hills		2022
49.32	Brea		2011	1:47.34	Dana Hills		2021
49.32	Marina		2011	1:48.06	Canyon		2022
49.34	Trabuco Hills		1998	1:48.11	Beckman		2021
49.34c	Mission Viejo	49.2	1987	1:48.34	Aliso Niguel		2018
49.34	Mission Viejo		2003	1:48.66	Woodbridge		2018
49.34	Mission Viejo		2006	1:48.72	Woodbridge		2020
49.34c	Mission Viejo	49.2	2007	1:48.93	El Modena		2022
49.34	Brea		2008				
49.34	Orange Lutheran		2008				
49.36+	Capo Valley	49.64y	1979	3:46.67	Dana Hills		2017
49.36+	Edison	49.5y	1979	3:47.11	Dana Hills		2019
49.36	El Toro		2005	3:47.31	Mission Viejo		2016
49.36	Cypress		2011	3:47.68	Dana Hills		2018
49.36	Northwood		2022	3:47.82	Santa Margarita		2017
49.37	Fountain Valley		2009	3:48.28	Corona del Mar		1988
49.38	University		1982	3:48.60	Mater Dei		2014
49.38	Los Alamitos		1993	3:48.89	Mission Viejo		1986
49.38	Irvine		2000	3:48.97	Los Alamitos		2015
49.38	Capo Valley		2013	3:48.98	Mater Dei		2013
49.38	Fountain Valley		2014	3:48.99	El Toro		2005
49.39	Edison		1978	3:49.1 +	Fountain Valley	3:50.4y	1979
49.39	SA Valley		1981	3:49.45	Edison		1983
49.39	El Toro		2006	3:49.45	Woodbridge		2007
49.39	Orange Lutheran		2022	3:49.71	Canyon		1983
49.39	Northwood		2017	3:49.60	Dana Hills		2014
49.40	Mater Dei		1997	3:49.88	Mater Dei		2012
49.40	Woodbridge		2003	3:49.88	Santa Margarita		2016
49.40	San Clemente		2013	3:50.22	Mater Dei		2011
49.41	Aliso Niguel		2012	3:50.58	Woodbridge		2008
49.41	Troy		2013	3:50.70	Aliso Niguel		2007
49.41	El Modena		2016	3:51.00	Santa Margarita		2013
49.41	Cypress		2022	3:51.07	Mission Viejo		2014
49.41	Aliso Niguel		2022	3:51.13	Kennedy		2005
49.42	Santa Margarita		2010	3:50.3 +	SA Valley	3:51.6y	1989
49.42	Beckman		2018	3:51.21	Esperanza		1982
49.42	Fountain Valley		2022	3:51.3	Edison		1982
49.43	Santa Margarita		2002	3:51.49	Aliso Niguel		2006
49.43	Aliso Niguel		2016	3:51.57	Woodbridge		1988

4 x 200 meter Relay

4 x 400 meter Relay

3:51.59	Mission Viejo	2017	3:56.42	Marina	2010
3:51.62	Mission Viejo	2015	3:56.55	Mission Viejo	1990
3:51.63	Edison	1984	3:56.64	Newport	2003
3:51.86	Yorba Linda	2017	3:56.86	J Serra	2022
3:52.13	Fountain Valley	2015	3:56.92	Woodbridge	1996
3:52.15	Santa Margarita	2015	3:56.99	Esperanza	1988
3:52.19	Woodbridge	1997	3:56.01	Orange Lutheran	2010
3:52.27	Santa Margarita	2019	3:57.01	Mater Dei	2010
3:52.68	Esperanza	2001	3:57.03	Woodbridge	2005
3:52.93	Esperanza	1990	3:57.07	Trabuco Hills	2017
3:52.98	Santa Margarita	2008	3:57.07	Aliso Niguel	2017
3:53.02	Yorba Linda	2018	3:57.08	Orange Lutheran	2005
3:53.03	Woodbridge	2014	3:57.09	San Clemente	2009
3:53.35	Los Alamitos	2011	3:57.1 +	Estancia	3:58.4y 1979
3:53.37	Irvine	2011	3:57.12	Esperanza	2005
3:53.40	Woodbridge	1987	3:57.20	El Toro	2003
3:53.65	Mission Viejo	2006	3:57.22	Corona del Mar	1986
3:53.62	Dana Hills	2009	3:57.20	Foothill	1995
3:53.71	El Toro	2015	3:57.33	Corona del Mar	2004
3:53.8 +	Esperanza	3:55.1y 1976	3:57.39	Mission Viejo	2013
3:53.80	Corona del Mar	1987	3:57.38	Orange Lutheran	2006
3:53.87	Troy	2009	3:57.4 +	University	3:58.7y 1979
3:53.9	SA Valley	1978	3:57.4	Esperanza	1989
3:53.96	Esperanza	1985	3:57.47	Woodbridge	1998
3:53.99	San Clemente	2010	3:50.50	Dana Hills	2011
3:54.03	Woodbridge	2005	3:57.51	Edison	1995
3:54.04	Dana Hills	2016	3:57.54	Brea	1998
3:54.06	Orange Lutheran	2007	3:57.6	El Toro	1981
3:54.08	Los Alamitos	2010	3:57.60	Santa Margarita	2012
3:54.22	Aliso Niguel	2005	3:57.65	Newport	1997
3:54.30	Yorba Linda	2016	3:57.72	El Toro	2006
3:54.52	Trabuco Hills	2010	3:57.74	Santa Margarita	2018
3:54.54	Woodbridge	2017	3:57.77	Capo Valley	2009
3:54.59	El Toro	2004	3:57.78	SA Valley	1999
3:54.60	Capo Valley	2010	3:57.83	Woodbridge	2013
3:54.62	Woodbridge	1986	3:57.88	Mission Viejo	2010
3:54.78	Esperanza	1981	3:57.91	Esperanza	2000
3:54.79	Mission Viejo	2008	3:57.95	El Toro	2021
3:54.82	El Toro	2002	3:57.96	Irvine	2012
3:54.83	University	1982	3:57.99	Mater Dei	2009
3:54.85	Los Alamitos	2016	3:58.05	Corona del Mar	1985
3:55.08	Corona del Mar	2010	3:58.05	Corona del Mar	2003
3:55.13	Esperanza	1983	3:58.05	Northwood	2017
3:55.13	Santa Margarita	1999	3:58.06	Mater Dei	2001
3:55.17	Corona del Mar	2005	3:58.08	Los Alamitos	2009
3:55.19	Esperanza	1996	3:58.12	Northwood	2016
3:55.27	Edison	1986	3:58.19	Beckman	2019
3:55.29	Corona del Mar	2000	3:58.20	Brea	2003
3:55.32	Dana Hills	2003	3:58.22	Trabuco Hills	2009
3:55.33	Woodbridge	1995	3:58.23	Dana Hills	2005
3:55.33	Santa Margarita	2003	3:58.24	Santa Margarita	2001
3:55.43	Santa Margarita	2005	3:58.24	Aliso Niguel	2015
3:55.45	Woodbridge	2016	3:58.27	San Clemente	2012
3:55.50	Western	2008	3:58.32	Mater Dei	2000
3:55.55	Fountain Valley	2019	3:58.38	Sunny Hills	1997
3:55.58	Mater Dei	2002	3:58.41	San Juan Hills	2010
3:55.58	Woodbridge	2019	3:58.49	El Toro	1982
3:55.59	Santa Margarita	2002	3:58.50	Trabuco Hills	2005
3:55.62	Woodbridge	1990	3:58.5 +	El Toro	3:59.8y 1977
3:55.73	Laguna Hills	1993	3:58.60	Esperanza	2007
3:55.8 +	Esperanza	3:57.1y 1976	3:58.61	Corona del Mar	1998
3:55.89	Capo Valley	2005	3:58.63	Capo Valley	1981
3:55.90	Aliso Niguel	2018	3:58.63	Santa Margarita	2004
3:56.92	Canyon	2013	3:58.65	Esperanza	1984
3:55.94	Mission Viejo	2018	3:58.65	San Clemente	2011
3:55.96	Woodbridge	1999	3:58.65	San Clemente	2017
3:55.98	Mission Viejo	2009	3:58.66	Aliso Niguel	2009
3:56.02	Corona del Mar	2006	3:58.7	Dana Hills	2008
3:56.07	Mission Viejo	1989	3:58.71	Mater Dei	2015
3:56.12	Mission Viejo	2019	3:58.74	Fountain Valley	2006
3:56.25	Western	2003	3:58.76	El Toro	2016
3:56.27	Marina	2011	3:58.8	University	1980
3:56.33	Costa Mesa	1982	3:58.82	Dana Hills	2015
3:56.34	Mater Dei	2003	3:58.84	Aliso Niguel	2019
3:56.37	Newport	2015	3:58.84	Dana Hills	2022

3:58.9	Cypress	2006	4:13.73	Marina	2019
3:59.00	Woodbridge	2011	4:14.59	Los Alamitos	2013
3:59.01	El Toro	2022	4:15.12	Woodbridge	2012
3:59.04	Mission Viejo	1984	4:16.31	Los Alamitos	2011
3:59.08	San Juan Hills	2012	4:16.58	Brea	2011
3:59.10	El Dorado	1993	4:16.74	Mission Viejo	2015
3:59.11	Capo Valley	2004	4:17.28	Villa Park	2016
3:59.13	Corona del Mar	1999	4:17.65	Northwood	2022
3:59.15	Orange Lutheran	2007	4:17.65	J Serra	2022
3:59.16	Aliso Niguel	2001	4:17.85	Woodbridge	2011
3:59.18	Edison	1993	4:17.93	Tesoro	2017
3:59.22	Fountain Valley	2014	4:18.38	Northwood	2019
3:59.24	Corona del Mar	2008	4:18.47	Los Alamitos	2010
3:59.26	Dana Hills	1986	4:18.58	Rosary	2008
3:59.30	Woodbridge	2001	4:18.70	Yorba Linda	2016
3:59.33	Mission Viejo	2011	4:18.71	Fountain Valley	2015
3:59.34	Fountain Valley	2022	4:19.04	El Toro	2021
3:59.46	Capo Valley	2013	4:19.21	Villa Park	2022
3:59.46	Mater Dei	2016	4:19.54	Yorba Linda	2020
3:59.49	Western	2002	4:19.78	San Clemente	2015
3:59.5	El Toro	1983	4:19.82	Orange Lutheran	2010
3:59.50	SA Valley	2001			
3:59.52	Orange Lutheran	2009			
3:59.52	El Toro	2017			
3:59.55	Corona del Mar	2009			
3:59.60	Capo Valley	1987			
3:59.61	Corona del Mar	1989			
3:59.62	San Juan Hills	2016			
3:59.63	Esperanza	1995			
3:59.72	SA Valley	2000			
3:59.73	Irvine	1984			
3:59.73	Esperanza	2006			
3:59.79	Laguna Beach	1980			
3:59.80	Mission Viejo	2022			
3:59.8	Mission Viejo	2007			
3:59.81	Aliso Niguel	2011			
3:59.87	Newport	2009			
3:59.88	Newport	2001			
3:59.88	Northwood	2010			
3:59.85	Mater Dei	2004			
3:59.85	Laguna Beach	2015			
3:59.92	Mission Viejo	1992			
3:59.94	Trabuco Hills	2016			

Sprint Medley

3:27.24	Tesoro	2019	8:52.68	J Serra	2022
3:58.63	Los Alamitos	2015	9:10.00	Mission Viejo	2017
4:02.36	Los Alamitos	2018	9:10.70	Foothill	1983
4:02.55	Los Alamitos	2019	9:11.31	Mission Viejo	2019
4:03.90	Edison	1983	9:15.12	J Serra	2021
4:05.60	Dana Hills	2017	9:19.33	Dana Hills	2014
4:06.39	Dana Hills	2014	9:19.70	Los Alamitos	2017
4:07.58	San Juan Hills	2012	9:21.17	Dana Hills	2015
4:07.80	Woodbridge	2017	9:21.28	Canyon	2021
4:07.93	Yorba Linda	2019	9:21.55	Dana Hills	2019
4:07.94	Woodbridge	2016	9:23.21	Mission Viejo	2018
4:08.20	Los Alamitos	2016	9:25.37	Fountain Valley	2005
4:09.14	Mater Dei	2011	9:28.10	El Toro	2004
4:09.28	Woodbridge	2012	9:28.20	Mission Viejo	2016
4:10.53	San Juan Hills	2013	9:28.39	Mission Viejo	2014
4:10.54	Dana Hills	2012	9:30.22	Trabuco Hills	2010
4:10.66	Mater Dei	2013	9:30.64	Tesoro	2010
4:10.97	Trabuco Hills	2010	9:30.69	Dana Hills	2013
4:11.26	Mission Viejo	2016	9:31.19	Dana Hills	2009
4:11.52	Woodbridge	2013	9:31.4	Fountain Valley	2006
4:11.54	Mission Viejo	1986	9:31.43	El Toro	2005
4:11.54	Fountain Valley	2006	9:31.44	Mission Viejo	2006
4:12.32	Dana Hills	2008	9:31.71	Mission Viejo	2013
4:12.41	Edison	1984	9:32.18	Los Alamitos	2015
4:12.75	Villa Park	2012	9:32.22	El Toro	2018
4:13.00	Marina	2010	9:32.66	El Toro	2003
4:13.44	Los Alamitos	2017	9:32.80	Tesoro	2013
4:13.66	San Clemente	2019	9:32.96	Brea	2003
			9:33.28	Dana Hills	2018
			9:33.66	Santa Margarita	2019
			9:34.37	Orange Lutheran	2007
			9:35.36	Dana Hills	2017
			9:35.72	Laguna Hills	2012
			9:35.91	Los Alamitos	2021
			9:36.16	Los Alamitos	2018
			9:36.31	Laguna Hills	2014
			9:36.38	Marina	2021
			9:37.22	Dana Hills	2011
			9:37.39	Fountain Valley	2004
			9:37.44	El Modena	2008
			9:38.05	Woodbridge	2006
			9:38.12	San Juan Hills	2011
			9:38.67	Esperanza	2005
			9:38.9	Edison	1986
			9:39.16	Brea	
			9:40.33	San Clemente	2011
			9:40.43	Costa Mesa	2014
			9:40.57	El Modena	1998
			9:40.71	Esperanza	2003
			9:40.78	Tesoro	2015

4 x 800 meter Relay

9:41.0	Foothill		1989	9:54.69	Fountain Valley		2010
9:41.1	Mater Dei		1989	9:54.81	Marina		2022
9:41.11	Mission Viejo		2020	9:54.83	Northwood		2016
9:41.16	Brea		2004	9:54.9	Fountain Valley		1996
9:41.67	Los Alamitos		2019	9:55.04	Tesoro		2017
9:41.84	Santa Margarita		2004	9:55.3	Fountain Valley		1993
9:41.9	Edison		1985	9:55.30	University		1998
9:42.20	Fountain Valley		2008	9:55.38	Santa Margarita		2011
9:42.31	Dana Hills		2016	9:55.42	Newport		2006
9:42.34	Newport		2014	9:55.8	El Modena		1988
9:42.5	Fountain Valley		1983	9:56.00	El Modena		1999
9:42.85	Orange Lutheran		2010	9:56.46	Northwood		2021
9:42.9 +	Foothill	9:46.4y	1981	9:56.77	Santa Margarita		2002
9:43.02	Brea		2022	9:57.1	Edison		1983
9:43.65	Mission Viejo		2015	9:57.20	Santa Margarita		2013
9:43.7	Tustin		1982	9:57.3	Woodbridge		1991
9:43.86	Esperanza		1985	9:57.40	Edison		2013
9:43.91	Marina		2009	9:57.56	Tesoro		2011
9:44.01	J Serra		2020	9:57.69	El Toro		2020
9:44.19	Dana Hills		2002	9:57.76	Woodbridge		2014
9:44.37	Newport		2005	9:57.80	Orange Lutheran		2008
9:44.4	University		1981	9:57.82	Esperanza		2006
9:44.71	Laguna Beach		2014	9:57.9	Katella		1982
9:44.93	Corona del Mar		2008	9:57.9	Los Alamitos		2009
9:45.05	Beckman		2021	9:57.96	Foothill		2002
9:45.32	Brea		2005	9:57.97	Mission Viejo		1998
9:45.40	Edison		2008	9:58.0	Sonora		1981
9:45.51	Los Alamitos		2022	9:58.09	Mission Viejo		1996
9:45.82	Santa Margarita		2008	9:58.1	El Toro		2000
9:46.4	El Toro		1992	9:58.11	Trabuco Hills		2019
9:46.7	Edison		1991	9:58.25	Fountain Valley		2014
9:46.75	Orange Lutheran		2009	9:58.9	Trabuco Hills		2009
9:46.89	Fountain Valley		2007	9:59.0	Pacifica		2000
9:46.92	Edison		2004	9:59.3	Edison		1993
9:47.21	Dana Hills		2006				
9:47.27	San Juan Hills		2010				
9:47.39	Esperanza		2010				
9:47.67	Dana Hills		2010				
9:47.71	San Juan Hills		2016				
9:48.01	Aliso Niguel		2019				
9:48.04	Woodbridge		2019				
9:48.3	SA Valley		1989				
9:49.0	Santa Margarita		1994				
9:49.24	Brea		1998				
9:49.24	Dana Hills		2022				
9:49.34	Mission Viejo		2007				
9:49.4	Woodbridge		2002				
9:49.59	San Juan Hills		2015				
9:49.6	Corona del Mar		1993				
9:49.60	El Toro		2011				
9:49.8	Corona del Mar		1994				
9:50.34	Los Alamitos		2020				
9:50.4 +	Tustin	9:53.9y	1981				
9:50.48	El Modena		1996				
9:50.73	Canyon		2018				
9:51.94	Mission Viejo ::B:		2018				
9:52.0	Esperanza		1998				
9:52.03	El Modena		1995				
9:52.1	Irvine		1985				
9:52.10	Edison		2022				
9:52.5	Canyon		1994				
9:52.58	Dana Hills		2004				
9:52.58	Los Alamitos		2011				
9:52.74	Brea		2020				
9:53.0	Edison		2006				
9:53.01	Corona del Mar		2010				
9:53.48	Newport		2007				
9:53.5	El Toro		1995				
9:53.67	Northwood		2012				
9:54.1	Mater Dei		1986				
9:54.1	Edison		1994				
9:54.48	Foothill		2011				
				11:34.65	Corona del Mar		2006
				11:38.25	Mission Viejo		2019
				11:41.28	Corona del Mar		2007
				11:42.07	Corona del Mar		2005
				11:43.53	University		1982
				11:47.39	Dana Hills		2009
				11:49.24	J Serra		2022
				11:52.99	El Toro		2017
				11:54.43	J Serra		2021
				11:55.21	Woodbridge		2006
				11:59.03	Corona del Mar		2010
				12:00.48	Dana Hills		2022
				12:00.71	Mission Viejo		2016
				12:01.32	Marina		2012
				12:02.27	Esperanza		2009
				12:04.3	Fountain Valley		1980
				12:04.83	Tesoro		2015
				12:06.29	Esperanza		2002
				12:06.45	Esperanza		1995
				12:06.51	Edison		2012
				12:06.84	San Clemente		2009
				12:06.89	J Serra "B"		2022
				12:07.0	Edison		1984
				12:07.21	Fountain Valley		2006
				12:08.22	Orange Lutheran		2009
				12:08.64	El Toro		2004
				12:08.93	Woodbridge		2005
				12:09.0	Edison		1980
				12:09.37	Edison		1992
				12:09.54	Foothill		1983
				12:10.11	Esperanza		2008
				12:10.37	Esperanza		2003
				12:10.58	Trabuco Hills		2009
				12:10.59	Edison		2006
				12:10.81	Trabuco Hills		2012

Distance Medley

12:11.37	Esperanza	2001	12:31.18	Edison	1993
12:12.26	Corona del Mar	2000	12:31.19	Dana Hills	2014
12:12.70	Dana Hills	2016	12:31.33	Edison	1982
12:13.07	Edison	2007	12:31.95	Orange Lutheran	2010
12:13.14	Mission Viejo	2017	12:32.05	Capo Valley	1981
12:14.17	Santa Margarita	2001	12:32.19	Fountain Valley	2010
12:14.24	Orange Lutheran	2011	12:32.24	Foothill	2011
12:14.40	University	1996	12:32.27	Laguna Hills	2013
12:14.58	Marina	2021	12:32.34	Mission Viejo	2020
12:14.61	Trabuco Hills	2010	12:32.60	El Toro	2013
12:14.73	Esperanza	2010	12:32.77	Brea	2017
12:15.07	Esperanza	1994	12:32.9	Fountain Valley	2002
12:15.58	San Clemente	2011	12:33.17	University	1998
12:16.13	Tesoro	2016	12:33.47	Northwood	2016
12:16.18	Corona del Mar	2009	12:33.49	Newport	1984
12:16.32	Marina	2013	12:33.58	Foothill	2013
12:16.36	Edison	1983	12:34.05	Edison	2008
12:16.6	Edison	1982	12:34.21	J Serra	2020
12:17.00	Dana Hills	2015	12:34.78	Esperanza	2014
12:17.59	Newport	2014	12:35.0	Foothill	1979
12:17.83	El Toro	2016	12:35.11	Brea	2004
12:17.95	Trabuco Hills	2011	12:35.23	Ocean view	1993
12:18.10	San Juan Hills	2012	12:35.25	Fountain Valley	2012
12:18.84	Mission Viejo	2018	12:35.44	Orange Lutheran	2020
12:18.89	San Juan Hills	2016	12:35.40	Newport	1985
12:18.63	Corona del Mar	2008	12:35.49	Trabuco Hills	2007
12:20.41	Fountain Valley	2005	12:35.57	El Modena	1993
12:20.46	Woodbridge	2004	12:35.61	Newport	1986
12:20.64	Capo Valley	2015	12:35.99	Esperanza	2007
12:21.01	Brea	2008	12:36.0	University	1979
12:21.1	University	1983	12:36.00	Dana Hills	2017
12:21.18	Woodbridge	2008	12:36.10	Fountain Valley	2003
12:21.24	Trabuco Hills	2015	12:36.19	Edison	2010
12:22.10	Trabuco Hills	2020	12:36.23	Woodbridge	2013
12:22.22	San Clemente	2010	12:36.58	Edison	1986
12:23.60	Edison	2015	12:36.79	Woodbridge	2012
12:23.63	Dana Hills	2013	12:36.83	El Modena	1995
12:22.64	Fountain Valley	2008	12:36.88	Orange Lutheran	2021
12:23.04	Fountain Valley	2011	12:37.75	Canyon	2009
12:23.67	Dana Hills	2002	12:37.97	Newport	2005
12:23.7	Foothill	1980	12:38.01	Tesoro	2017
12:23.95	El Toro	2003	12:38.09	El Toro	2005
12:24.07	Woodbridge	2003	12:38.60	Capo Valley	2000
12:24.07	Fountain Valley	2021			
12:24.61	Edison	1985			
12:24.86	Brea	2019			
12:24.90	Santa Margarita	2004			
12:25.07	Woodbridge	1991			
12:25.2	Laguna Hills	1993	4 x 1500 meter Relay		
12:25.30	Irvine	1984	18:52.5	University	1982
12:25.43	Brea	2002	19:39.5	Edison	1984
12:25.68	Dana Hills	2011	19:42.5	Edison	1985
12:25.89	Brea	2005	19:43.2	University	1983
12:26.51	Ocean View	1986	19:51.4	Edison	1983
12:26.91	Newport	2006	19:57.8	University	1981
12:27.2	Edison	1981	20:01.7	Esperanza	1985
12:27.33	sNorthwood	2021	20:33.5	Tustin	1984
12:27.78	Capo Valley	2016	21:11.5	Tustin	1985
12:28.10	Costa Mesa	1992			
12:28.32	Woodbridge	2001	4 x 1600 meter Relay		
12:28.35	Edison	2005	20:17.73	J Serra	2022
12:28.5	Esperanza	1983	20:20.38	Corona del Mar	2005
12:28.60	Trabuco Hills	2013	20:39.16+	Dana Hills	2009
12:28.86	Brea	2020	20:51.68	Capo Valley	2014
12:29.01	Edison	1984	20:52.13	Orange Lutheran	2010
12:29.44	Brea	2003	20:53.48	Trabuco Hills	2009
12:29.94	San Clemente	2012	20:55.59+	Orange Lutheran	2008
12:30.21	Fountain Valley	2022	20:56.04	El Toro	2017
12:30.26	Marina	2014	20:58.02	Trabuco Hills	2011
12:30.40	La Quinta	1987	21:00.07	Marina	2011
12:30.3	Laguna Beach	1981	21:05.34	Canyon	2016
12:30.62	Los Alamitos	2021	21:06.18	Orange Lutheran	2007
12:30.76	J Serra	2017	21:06.77	El Toro	2013
12:30.98	Ocean View	1992	21:08.02	Fountain Valley	2014
12:31.10	Marina	2011	21:08.12	Capo Valley	2015

21:09.10+	Trabuco Hills		2009	21:47.19+	Canyon	21:54.82y	2010
21:09.57	El Toro		2014	21:47.28+	Edison	21:54.91y	1984
21:09.57	Esperanza		2015	21:47.44+	Mission Viejo	21:55.06y	2006
21:10.15	Dana Hills	21:17.56y	2006	21:48.10	Capo Valley		2011
21:11.10+	Dana Hills	21:18.52y	2008	21:48.22	Tesoro		2019
21:11.12	Laguna Hills		2015	21:49.13	Bolsa Grande		2012
21:11.58	Laguna Hills		2017	21:49.17	J Serra		2018
21:12.49	Trabuco Hills		2014	21:49.47	Bolsa Grande		2015
21:13.49	Canyon		2013	21:50.9	Dana Hills		1996
21:14.1+	Tustin	21:19.7y	1985	21:51.78	Dana Hills		2022
21:14.44	Fountain Valley		2013	21:52.27+	Edison	21:59.92y	2006
21:14.83	El Toro		2016	21:52.49	Fountain Valley		2012
21:15.76	El Toro		2019	21:52.76	Fountain Valley		2007
21:16.13	Huntington Beach		2022	21:53.10	El Modena		1996
21:16.27	Dana Hills		2012	21:53.85	Dana Hills		2005
21:17.81	Laguna Hills		2012	21:54.60	San Juan Hills		2011
21:18.15	Dana Hills		2011	21:54.73	Dana Hills		2015
21:18.34	Marina		2012	21:54.78	Tesoro		2012
21:18.38	Corona del Mar		2001	21:54.80	Mission Viejo		2017
21:18.90	El Toro		2012	21:55.8	El Modena		1993
21:20.7	Edison		1986	21:55.92	Laguna Hills		2019
21:21.15	Dana Hills		2014	21:56.5	Irvine		1992
21:21.20	Fountain Valley		2011	21:57.4	Esperanza		1998
21:21.84+	El Toro	21:29.33y	2008	21:58.02	Trabuco Hills		2016
21:22.2	Edison		1994	21:58.7	SA Valley		1989
21:22.56	Laguna Hills		2018	21:59.17	Woodbridge		2016
21:22.83+	Trabuco Hills	21:30.32y	2008	21:59.37	Laguna Beach		2018
21:23.70	Dana Hills	21:40.08y	2010				
21:24.25	Canyon		2011				
21:24.33+	Fountain Valley	21:31.83y	2008				
21:25.40+	Newport	21:32.89y	2006				
21:25.45	El Toro		2018				
21:25.57+	El Modena	21:33.08y	2008				
21:26.32	Laguna Hills		2014				
21:26.93+	Esperanza	21:34.45y	2007				
21:28.34	Woodbridge		2012				
21:28.85	Laguna Hills		2022				
21:29.30	Laguna Beach		2013				
21:29.38	Canyon		2017				
21:29.62	Newport		2015				
21:30.17	Marina		2013				
21:31.19+	Santa Margarita	21:38.73y	2008				
21:31.70	Trabuco Hills		2013				
21:31.81	Bolsa Grande		2013				
21:32.89+	Fountain Valley	21:40.43y	2006				
21:33.08	Dana Hills		2013				
21:33.67	Capo Valley		2013				
21:34.0	Costa Mesa		1981				
21:34.1	Tustin		1981				
21:36.2	Corona del Mar		1993				
21:37.51	Marina		2014				
21:37.91+	Fountain Valley	21:45.48y	2005				
21:38.20+	Edison	21:45.77y	2004				
21:36.58	Brea		2017				
21:39.14+	Orange Lutheran	21:46.71y	2006				
21:39.47	Los Alamitos		2013				
21:39.61+	Capo Valley	21:47.20y	2010				
21:39.91	Laguna Beach		2014				
21:40.01	San Juan Hills		2017				
21:41.07	Canyon		2012				
21:41.30	Cypress		2004				
21:41.92	Santa Margarita		2003				
21:42.36	Laguna Beach		2015				
21:42.97+	Fountain Valley	21:50.57y	2004				
21:43.14+	Trabuco Hills	21:50.75y	2007				
21:43.55+	Los Alamitos	21:51.16y	2010				
21:43.72	Trabuco Hills		2012				
21:44.28	Brea		2016				
21:44.69	Trabuco Hills		2015				
21:46.06	Trabuco Hills		2017				
21:46.35	Edison		1995				
21:46.37+	Trabuco Hills	21:54.00y	2010				
21:46.5	Esperanza		1986				
21:46.60	Capo Valley		2018				
21:46.74	Dana Hills		2016				

High Jump

6-2	Sharon Day (Costa Mesa)	2003
	<i>(02 & 03 State Champion)</i>	
6-0	* Yleana Carrasco (Anaheim)	1985
	<i>(State Champion)</i>	
5-11	** Ursula Lovely (Kennedy)	1985
5-10.75	* Kristy Kierulff (Esperanza)	1994
	<i>(92 & 94 State Champion)</i>	
5-10.5	Lori Svoboda (El Dorado)	1989
5-10.5	Tayyiba Haneef (Laguna Hills)	1997
	<i>(State Champion)</i>	
5-10	Laura Campbell (Troy)	1981
5-10	Debbie Orr (Ocean View)	1986
5-10	* Melissa McDonald (Mater Dei)	1990
5-10	** Misty May (Newport)	1993
5-10	** Rachel Ziemann (Edison)	2000
5-9	Ann Erpenbeck (Huntington Beach)	1978
5-9	* Terri McCunniff (Newport)	1980
5-9	** Tina Bowman (Newport)	1993
5-9	Darnisha Griffith (Trabuco Hills)	1998
5-9	Krishna Curtis (Tustin)	2005
5-9	Jasmin Day (Costa Mesa)	2006
	<i>(State Champion)</i>	
5-8.5	** Laura Mills (University)	1980
5-8.5	Lauren Collins (Santa Margarita)	2005
5-8	Sharon Hatfield (Fountain Valley)	1980
5-8	Lisa Fegraus (Laguna Beach)	1982
5-8	* Beth Byron (Villa Park)	1991
5-8	Tracy Broughton (Irvine)	1992
5-8	Darcia Morrieson (Laguna Hills)	1993
5-8	* Linnea Housewright (Rosary)	1995
5-8	** Stevie Nicholas (Sunny Hills)	1998
5-8	Jessica Robson (Newport)	2007
5-8	** Annie Giebelhaus (Orange Lutheran)	2009
5-8	Dominique Ruotolo (Mater Dei)	2018
5-8	* Emily Garner (Woodbridge)	2018
5-7.5	Kelly Graton (Loara)	1989
5-7.5	Brenna Barker (Dana Hills)	2013
5-7	Ester Scherzinger (Anaheim)	1978
5-7	Stacy Lee (Los Alamitos)	1985
5-7	Lisa Coleman (Marina)	1987
5-7	** Lisa Fager (Mission Viejo)	1988
5-7	* Kala Ross (Newport)	1992
5-7	*** Ashley Bethel (Mission Viejo)	1995
5-7	Lauren Correa (El Toro)	2005

5-7	**Taylor Saline (Orange Lutheran)	2012
5-7	Taylor Eddleman (Huntington Beach)	2015
5-6.5	*Paula Jones (Mission Viejo)	1979
5-6.5	Dena Beatty (Esperanza)	1982
5-6.5	** Courtney Stafford (Katella)	1999
5-6.5	Lindsay Paulick (University)	2000
5-6.25	Val Corona (Sunny Hills)	1979
5-6.25	** Tracy Claussen (Sunny Hills)	1983
5-6.25	Stephanie Wettlin (Brea)	1997
5-6.25	* Nicole Fallen (Mission Viejo)	1998
5-6	Kelly McPheeters (Orange)	1978
5-6	C. Mack (SA Valley)	1978
5-6	Karen Christie (Los Alamitos)	1977
5-6	Marcie Wurts (Corona del Mar)	1979
5-6	Lynnda Kelly (Irvine)	1981
5-6	*** Leah Palmer (Sunny Hills)	1982
5-6	Molly Moore (Loara)	1983
5-6	Tricia Masangkay (Huntington Beach)	1986
5-6	*Lisa Coleman (Marina)	1986
5-6	Melanie Williams (Western)	1986
5-6	Elizabeth Bauer (Foothill)	1989
5-6	Christie Howard (Estancia)	1990
5-6	Lynette Anderson (Esperanza)	1994
5-6	April Ross (Newport)	2000
5-6	** Allison Brawner (Corona del Mar)	2000
5-6	*Stephanie Marks (Woodbridge)	2001
5-6	*Erica Malouf (University)	2001
5-6	Kathleen Mahony (Rosary)	2002
5-6	Shawn Dooley (Villa Park)	2003
5-6	Kathleen Mahoney (Rosary)	2004
5-6	Sandy Gonzalez (El Modena)	2006
5-6	*** Ashlynn Thomas (Loara)	2008
5-6	* Melissa Hancock (Newport)	2009
5-6	*Caitlin Birdsell (Beckman)	2010
5-6	*Chelsea Larson (Orange Lutheran)	2010
5-6	Annie Gielbelhaus (Orange Lutheran)	2011
5-6	* Michelle DeDmon (El Toro)	2013
5-6	* Susannah Oleson (Huntington Beach)	2013
5-6	*Kallie Given (Los Alamitos)	2016
5-6	**Dominique Ruotolo (Mater Dei)	2016
5-6	Kallie Given (Los Alamitos)	2017
5-6	***Kendra Duffey (Aliso Niguel)	2019
5-6	Hanna Bevan (Trabuco Hills)	2019
5-5.25	* Dana Leindeckex (Dana Hills)	2004
5-5	Erin Pike (Kennedy)	1978
5-5	Lisa Pickering (Santa Ana)	1979
5-5	Tracy Clark (El Toro)	1980
5-5	***Jamie Hatchett (Sunny Hills)	1982
5-5	Tarni Chick (Huntington Beach)	1987
5-5	Laura Sawin (Corona del Mar)	1989
5-5	Carrie Hoagland (Canyon)	1994
5-5	** Marie Philman (Edison)	1994
5-5	** Erica Paulick (University)	2000
5-5	Artemis Sotirooulos (Sunny Hills)	2004
5-5	L. Fletcher (Loara)	2005
5-5	Chole Soremekum (Cypress)	2005
5-5	* Suzanne Munganga (Orange Lutheran)	2008
5-5	Kimmie Conner (Dana Hills)	2010
5-5	*Madalyn Sando (Mater Dei)	2011
5-5	**Christine Campbell (University)	2011
5-5	Tori Usgaard (Dana Hills)	2012
5-5	Madalyn Sando (Mater Dei)	2012
5-5	Asha Hardy (Corona del Mar)	2014
5-5	Hannah O'Connor (Woodbridge)	2014
5-5	*Liana Edgar (Santa Margarita)	2016
5-5	Liana Edgar (Santa Margarita)	2017
5-5	Jolie Robinson (Capo Valley)	2019
5-5	Kendra Duffey (Aliso Niguel)	2022
5-5	Carissa Martinez (Mater Dei)	2022

Pole Vault

14-4	Rachel Baxter (Canyon)	2017
	(<i>'16 & '17 State Champion</i>)	
13-9	*Kaitlyn Merritt (Santa Margarita)	2014
	(<i>'14 & '15 State Champion</i>)	
13-8	* McKenna Caskey (Mater Dei)	2016
13-7	*Allison Stokke (Newport)	2007
	(<i>'04 State Champion—Frosh year</i>)	
13-4	Kate Thomas (Santa Margarita)	2017
13-2	*Tori Pena (Edison)	2005
13-1	Allison Koressel (Huntington Beach)	2009
13-0.25	Victoria Rische (Foothill)	2012
13-0	*Morgan Flynn (Aliso Niguel)	2019
12-10	Whitney Johnson (Mission Viejo)	2004
12-10	*Claire Hawkins (Santa Margarita)	2009
12-9	Kristen McGregor (Marina)	2002
12-8	Cara Walker (Marina)	2003
12-7.25	Amy Loschiavo (Huntington Beach)	2012
12-7	Elizabeth Woepse (Mater Dei)	2004
12-7	Morgan Simon (Corona del Mar)	2018
12-6	*Erin Gerardo (Santa Margarita)	2016
12-6	Claire Kao (Dana Hills)	2016
12-6	Erin Gerardo (Santa Margarita)	2017
12-4	Katie Rorem (Marina)	1998
12-4	*Carissa Culver (Los Alamitos)	2010
12-4	Karen Snapper (Edison)	2012
12-3	Jenna Bennett (Foothill)	2005
12-3	*Lyndly Tamura (Huntington Beach)	2006
12-3	Brooke Arthur (Mater Dei)	2010
12-3	Madalyn Roberts (Mater Dei)	2011
12-3	Emily Coombs (Orange Lutheran)	2017
12-2	*Megan Jamerson (Santa Margarita)	2003
12-2	Susanne Hotchkkin (Mission Viejo)	2006
12-2	Katelyn Beighton (Los Alamitos)	2007
12-2	Maddy Agnew (Mission Viejo)	2018
12-1	Kelly MacLean (Edison)	2005
12-1	Sierra Hansen (Dana Hills)	2013
12-1	Britain Polk (Marina)	2022
12-0.75	Erica Hoering (Foothill)	1996
12-0	** Mandie Rowell (Santa Margarita)	2001
12-0	*Janna Bennett (Foothill)	2004
12-0	Alexa Ward (Los Alamitos)	2008
12-0	Renee Greene (Mater Dei)	2012
12-0	Jenna Frum (Mater Dei)	2014
12-0	Molly Scharmann (Tesoro)	2015
12-0	Kari McCollum (Orange Lutheran)	2015
12-0	Dylan Beveridge (Aliso Niguel)	2021
11-11	Sara Higham (Mission Viejo)	1998
11-11	Ellison Colorossi (Tesoro)	2020
11-10	** Claire Hawkins (Santa Margarita)	2008
11-10	Mackenzie McRoberts (Mater Dei)	2011
11-10	Sara Greene (Mater Dei)	2012
11-10	Brooke Anger (Los Alamitos)	2017
11-9	Chrissy Vandoornum (Huntington Beach)	2007
11-9	Melissa Morris (Cypress)	2008
11-9	Haley Stauber (Rosary)	2010
11-9	Amy Loschiavo (Huntington Beach)	2011
11-9	Isabela Lozowski (Mater Dei)	2012
11-9	Peri Howser (Newport)	2013
11-9	Julie Johnson (Mater Dei)	2013
11-9	Celeste Taylor (St Margaret's)	2022
11-9	Natalia Wilson (Trabuco Hills)	2022
11-9	Kalea Brown (Northwood)	2022
11-8	Caroline Rebello (Marina)	2000
11-8	Jessie Lucier (Santa Margarita)	2006
11-8	Katie Morte (Mater Dei)	2006
11-8	Kate Johnson (Mater Dei)	2010
11-7	Christin Shibley (Trabuco Hills)	2004
11-7	Christina Jacamu (Marina)	2007
11-7	Kao Claire (Dana Hills)	2015
11-6	Tricia Gutierrez (Esperanza)	1998
11-6	Kris-Erin Canary (Corona del Mar)	2002
11-6	Megan Jamerson (Santa Margarita)	2004

11-6	Mac Lean (Edison)	2004	10-9	**Nina Espeleta (Huntington Beach)	2016
11-6	Jocelyn Do (Marina)	2004	10-9	Natalia Cieply (Mission Viejo)	2017
11-6	*** Katie Adams (Aliso Niguel)	2005	10-9	*Madison Wong (Woodbridge)	2018
11-6	** Alexa Ward (Los Alamitos)	2006	10-9	SophiaZarccone (Mater Dei)	2020
11-6	* Hillary Van Ert (Capo Valley)	2007	10-9	Morgan Yee (Trabuco Hills)	2020
11-6	Allison Krugman (Newport)	2011	10-9	*Ella Hodson (Marina)	2021
11-6	Grace Boyer (Mater Dei)	2013	10-9	Lauren Mededith (Villa Park)	2022
11-6	Brittany Henderson (Mission Viejo)	2014	10-8	Michelle Urabe (Mater Dei)	2010
11-6	*Erin McAndrews (Mater Dei)	2015	10-8	*Peri Howser (Newport)	2012
11-6	*Ella Hampson (Dana Hills)	2015	10-8	Ashley Harrit (Foothill)	2020
11-6	*Nina Espeleta (Huntington Beach)	2017	10-8	Natalie Ng (Portola)	2021
11-6	Camdyn Roberts (Trabuco Hills)	2017	10-7	** Kristen Purcha (Katella)	2002
11-6	Jenny Kroeger (Mission Viejo)	2019	10-7	Kelly Meyer (Mater Dei)	2008
11-6	Avery Karner (Dana Hills)	2021	10-7	** Siara Fabbri (Newport)	2009
11-6	Nathalie Barnes (Santa Margarita)	2021	10-7	** Evelyn Villa (Orange Lutheran)	2013
11-6	Isabelle The (Trabuco Hills)	2021	10-7	Janae Mudge (Trabuco Hills)	2015
11-6	**Charley Giacobetti (J Serra)	2022	10-7	*Grace Clemence (Newport)	2015
11-6	Allison Krugman (Dana Hills)	2022	10-7	**Olivia Chung (Beckman)	2018
11-4	Noelle Smith (Huntington Beach)	2013	10-7	Hayley Gardner (Trabuco Hills)	2018
11-4	Madi Bragg (El Toro)	2013	10-7	Kylie Takasaki (Aliso Niguel)	2022
11-4	*Keri Lindstrom (Capo Valley)	2017	10-6	Stephanie Heup (Marina)	1996
11-4	*Sophia Zarccone (Mater Dei)	2019	10-6	** Kristine Burns (Mission Viejo)	1998
11-3	Missy Burley (Rosary)	2007	10-6	Lisa Fellers (Irvine)	1998
11-3	Cheryl Smith (Trabuco Hills)	2009	10-6	Michelle McCastlin (Marina)	1998
11-3	Monica Danielson (Edison)	2011	10-6	** Crystal Richardson (Foothill)	1998
11-3	Mikaela Morris (El Toro)	2012	10-6	Jenny Thompson (Woodbridge)	1998
11-3	* Diana Fujii (Mater Dei)	2013	10-6	Natalie Hallett (Marina)	1998
11-3	*Lillie Boyer (Mater Dei)	2017	10-6	Michelle Noble (Irvine)	1999
11-3	*Celeste Taylor (St Margaret's)	2021	10-6	Vanessa Duquette (Mater Dei)	2000
11-2	*Lindsay Steinriede (Dana Hills)	2003	10-6	Cathryn Perkins (Edison)	2000
11-2	Lauren Walker (Huntington Beach)	2006	10-6	* Kriserin Lanary (Corona del Mar)	2001
11-2	Sierra Adams (San Clemente)	2021	10-6	*** Jannae Bennett (Foothill)	2002
11-1	Becky Beal (Fountain Valley)	2007	10-6	Alissa Miller (Laguna Hills)	2002
11-1	* Micah Fein (Laguna Hills)	2007	10-6	* Breanna Martin (Katella)	2003
11-1	Christina Jakimiw (Marina)	2007	10-6	*Joanna Burley (Rosary)	2003
11-1	* Caroline Yin (Edison)	2009	10-6	*Samantha Lin (Brea)	2003
11-1	Hannah Chang (San Clemente)	2015	10-6	*** Katelyn Beighton (Los Alamitos)	2004
11-1	Nicole Gehring (Mater Dei)	2016	10-6	*Katie Adams (Aliso Niguel)	2004
11-1	Allison Millar (Los Alamitos)	2019	10-6	***Amy Wallace (Santa Margarita)	2006
11-0	*Michelle McCaslin (Marina)	1997	10-6	Takymmin (Marina)	2007
11-0	Christine Von der Ahe (Santa Margarita)	2000	10-6	Megan Churlonis (Dana Hills)	2007
11-0	Alexis Jaime (Laguna Hills)	2000	10-6	Mary Garrett (Los Alamitos)	2008
11-0	* Elisa Liana (Katella)	2001	10-6	Lauren Lask (Aliso Niguel)	2008
11-0	*Lindsay Steinriede (Dana Hills)	2002	10-6	Rachel Mahler (Trabuco hills)	2008
11-0	** Brenna Martin (Katella)	2002	10-6	Claire Harper (Mater Dei)	2009
11-0	Tracie Nakagawa (Brea)	2002	10-6	Kelli Gibson (El Toro)	2010
11-0	DeeDee Chan (Capo Valley)	2004	10-6	* Katherine Shepherd (Orange Lutheran)	2013
11-0	* Hilary Pohlman (Huntington Beach)	2004	10-6	*Sara Maloney (Mission Viejo)	2014
11-0	** Rachel Tears (Santa Margarita)	2005	10-6	Cierra Sloate (Edison)	2014
11-0	Chelsea Ravitch (Trabuco Hills)	2005	10-6	*Janae Mudge (Trabuco Hills)	2014
11-0	Kristina Fryar (Fountain Valley)	2006	10-6	**Callie Wilcox (Tesoro)	2015
11-0	Molly Mahony (Rosary)	2008	10-6	Nicole Gehring (Mater Dei)	2015
11-0	** Kate Johnson (Mater Dei)	2008	10-6	**Natalie Cieply (Mission Viejo)	2015
11-0	Vanessa Chin (El Toro)	2008	10-6	*Jenna Brewer (Capo Valley)	2016
11-0	Q. Chang (El Toro)	2008	10-6	Ariana Zormeier (Yorba Linda)	2016
11-0	Lisa Dolan (Edison)	2008	10-6	**Keri Lindstrom (Capo Valley)	2016
11-0	*Grace Boyer (Mater Dei)	2012	10-6	*Amanda Mohr (Troy)	2016
11-0	Kaylie Welch (Mater Dei)	2012	10-6	**Kirra Schulz (San Clemente)	2017
11-0	*Natalie Grabowski (Santa Margarita)	2012	10-6	Julianna Kolk (Trabuco Hills)	2017
11-0	Ashley Prevett (Edison)	2013	10-6	Delaney Ashbrook (Rosary)	2018
11-0	*Nicole Katzaroff (Mater Dei)	2014	10-6	Peyton Herrera (St Margaret's)	2018
11-0	Niguel Ziegler (Trabuco Hills)	2016	10-6	*Isabella Chio (Santa Margarita)	2018
11-0	Melissa Scott (Beckman)	2016	10-6	***Shannon Strassman (Corona del Mar)	2018
11-0	Alison Young (Huntington Beach)(2018	10-6	*Katrina Espeleta (Huntington Beach)	2019
11-0	Amari Turner (Los Alamitos)	2019	10-6	**Kenzie Stanton (Mater Dei)	2019
11-0	**Sierra Adams (San Clemente)	2019	10-6	***Celeste Taylor (St Margret's)	2019
11-0	**Natalie Barnes (Santa Margarita)	2019	10-6	Madison Wong (Woodbridge)	2019
11-0	*Ashley Harritt (Foothill)	2019	10-6	Jessica Deutsch (Capo Valley)	2019
11-0	*Isabella Teh (Trabuco Hills)	2020	10-6	*Danielle Patron (Foothill)	2019
11-0	Shannon Strassman (Corona del Mar)	2021	10-6	**Ella Cork (Orange Lutheran)	2019
10-10	Catalina Dunmeyer (Trabuco Hills)	2011	10-6	**Shannon Strasmann (Corona del Mar)	2019
10-10	* Christina Clark (Mission Viejo)	2013	10-6	*Jordyn Cruz (Los Alamitos)	2020
10-9	Kelly McCormick (Dana Hills)	2011	10-6	Jennifer Kroseger (Mission Viejo)	2020
10-9	Chloe Roy (Edison)	2014	10-6	Ashley Hagihara (El Toro)	2020
10-9	Erica Davis (Fountain Valley)	2014	10-6	*Isabella Abrahams (Fountain Valley)	2022

10-6	Jada Taylor (Mater Dei)	2022
10-6	**Karen Maceranka (Laguna Hills)	2022
10-6	***Christine Schick (Marina)	2022
10-6	*Jessica Davis (Trabuco Hills)	2022

Long Jump

20-8.75	Karen Attlesey (Corona del Mar)	1971
19-2.75	Dominique Ruotolo (Mater Dei)	2018
19-9	Lisa Gourdine (El Toro) (<i>State Champion</i>)	1977
19-9	Kerry O'Bric (Edison)	1996
19-8.75	Kelly O'Connor (Esperanza)	1996
19-8.5	Heather Sterlin (Mission Viejo)	1992
19-7.75	*Emily Psarras (Mission Viejo)	2022
19-7.5	* Tara Oettinger (Foothill) (<i>State Champion</i>)	1994
19-7.25	** *Michelle Sanford (Woodbridge) (<i>State Champion—Fresh year</i>)	2000
19-6	**Vicki Almeida (Troy)	1978
19-4.75	Darnisha Griffith (Trabuco Hills)	1998
19-3.25	Sharon Hatfield (Fountain Valley)	1982
19-3.25	***Ashley Bethel (Mission Viejo)	1995
19-3	Dana Bethel (Mission Viejo)	2001
19-0.75	Alison Parsons (Los Alamitos)	2016
19-0.5	** Sabrina Pendleton (Mission Viejo)	1979
19-0.5	Shannon McGinnis (Canyon)	1983
19-0.25	Kristy Kierulff (Esperanza)	1995
19-2	** Erin Stovall (Woodbridge)	1995
18-10.75	**Alice Franklin (SA Valley)	1979
18-10.75	Janel Nguyen (Bolsa Grande)	2018
18-10.5	Lily Ebanks (Valencia)	2015
18-10.5	*Sophia Hartwell (Orange Lutheran)	2019
18-10.25	***Jade McDonald (Mater Dei)	2018
18-10.25	**Madison Lyon (Woodbridge)	2018
18-10	Cheryl Henderson (Fountain Valley)	1984
18-9	Danielle Brown (Sunny Hills)	1991
18-8.5	**Lauren Memoly (Santa Margarita)	2019
18-8.5	Caroline Glessing (Corona del Mar)	2022
18-8.25	Joie Robinson (Capo Valley)	2019
18-7.5	Sophia Chiaramonte (Mater Dei)	2019
18-7	*Simran Malhotra (Woodbridge)	2018
18-6.75	***Madison Forbes (Mater Dei)	2021
18-6.5	Julie Steele (Troy)	1997
18-6.5	*Dominique Ruotolo (Home Sch)	2017
18-6.25	*Jennifer Gillespie (Cypress)	1981
18-6	Michelle Kelly (Irvine)	1979
18-5.75	*Madison Lyon (Woodbridge)	2019
18-5	Allison Franke (Canyon)	1989
18-5	Monica Todd (Trabuco Hills)	2010
18-5.25	Kellie May (Northwood)	2017
18-4.75	Ashley Voisinet (Mater Dei)	2003
18-4.5	Thelma Viagar (Los Alamitos)	1980
18-4.5	*Debbie Knight (La Habra)	1984
18-4.5	Ashley Fletcher (Loara)	2005
18-4.25	*Tracy Hanlon (Edison)	1979
18-4.25	*Jordan Agnew (Los Alamitos)	2012
18-4	Erin Pike (Kennedy)	1977
18-3.5	* Mellisa McDonald (Mater Dei)	1990
18-3.5	* Kristen Kiefer (Capo Valley)	2006
18-3.5	Celine Smith (Mission Viejo)	2015
18-3.25	*Allison Axtell (Mission Viejo)	1989
18-3.25	*Alexis Turley-Young (Canyon)	2015
18-3	Sandy Lucas (Corona del Mar)	1988
18-3	** Bonnie Sorensen (Huntington Beach)	2005
18-2.75	* Amber Moore (Aliso Niguel)	2004
18-2.75	Kelli Godin (Mater Dei)	2018
18-2.5	Ronda Colbert (Fountain Valley)	1980
18-2.5	***Kim Walulik (Edison)	1982
18-2.5	Penny Franklin (SA Valley)	1983
18-2.5	Brenda Robinson (SA Valley)	1990
18-2.5	Eurie Jennings (Edison)	2000
18-2.5	*Maddie Jocson (Tesoro)	2018
18-2.25	* Marina Laymon (La Habra)	1981

18-2.25	Taylor Ashmore (Mater Dei)	2016
18-1.75	Jiao Tsai (Corona del Mar)	1980
18-1.75	Kimmie Conner (Dana Hills)	2010
18-1.5	***Kris Dietz (Sonora)	1978
18-1.5	Lynnda Kelley (Irvine)	1981
18-1.5	Bonnie Mercer (SA Valley)	1980
18-1.5	Joy McDonnell (Tustin)	1980
18-1.5	Rochelle Snyder (Fountain Valley)	1982
18-1.5	* Kim Taylor (Valencia)	1984
18-1.5	Quinna Starr (Savanna)	1999
18-1.5	Elizabeth Weeks (Santa Margarita)	2017
18-1	Sue Kruse (Newport)	1976
18-0.5	***Kaitlynn Johnson (El Toro)	2015
18-0.25	Tammy Graham (Mission Viejo)	1991
18-0	* Lilli Bess (Huntington Beach)	1983
18-0	* Samantha Toomey (Capo Valley)	1987
18-0	Ashley Selman (Foothill)	1987
18-0	* Catherine Soto (Mater Dei)	1989
18-0	Tynisha Edwards (Foothill)	1999
17-11.75	Alysse Phillips (Cypress)	1984
17-11.75	Mackenzie Kirk (Los Alamitos)	2022
17-11.25	Green (Canyon)	1989
17-11.25	Tiffany Liu (Corona del Mar)	2007
17-11	Tracy Hanlon (Edison)	1980
17-11	**Lori Smith (Canyon)	1987
17-11	* Sarah Toomey (Capo Valley)	1990
17-11	Reanita Starr (Savanna)	2000
17-11	** Allison Sarrell (Brethren Christian)	2001
17-10.75	*Laura Mills (University)	1980
17-10.75	*Jade Galloway (Los Alamitos)	2017
17-10.5	Jennifer Bailey (Anaheim)	1985
17-10.5	Kiana Henry (Canyon)	2011
17-10.25	Tomoko Nishioka (Marina)	1996
17-10	* Quinna Starr (Savanna)	1998
17-10	Crystal Davis (Savanna)	2001
17-10	Kristen Woepse (Woodbridge)	2005
17-10	Taylor Eljenholm (Dana Hills)	2011
17-10	Anna Lindsey (Edison)	2013
17-10	*Mia Hummel (Canyon)	2014
17-10	**Madison Forbes (Mater Dei)	2022
17-9.75	Marcie Salze (Laguna Hills)	2006
17-9.5	Cheryl Czorny (University)	1973
17-9.5	***Paula Tezak (La Habra)	1981
17-9.5	* Sierra Backus (University)	2004
17-9.25	Tori Usgaard (Dana Hills)	2012
17-9	Joy Marimon (Newport)	1977
17-9	McFall (Huntington Beach)	1978
17-9	Debbie Orr (Ocean View)	1986
17-9	Clark (Calvary Chapel)	1996
17-9	Megan Horn (Crean)	2018
17-8.75	Pat Anderson (Valencia)	1972
17-8.75	Susan Guest (Troy)	1986
17-8.75	Tanisha Maze (Brea)	1988
17-8.5	Nancy O'Neil (Villa Park)	1981
17-8.5	Gaylen Ames (El Modena)	1985
17-8.5	*** Victoria Ton (Northwood)	2004
17-8.5	Elizabeth Jezek (Mission Viejo)	2020
17-8.25	* Ashley Voisinet (Mater Dei)	2002
17-8	Cynthia Davis (Villa Park)	1979
17-8	* Tanya Ransom (El Toro)	1983
17-8	Krishna Burgdorf (Capo Valley)	2004
17-8	Brierra Winfrey (Trabuco Hills)	2011
17-8	Breanna Moreno (Fountain Valley)	2017
17-7.75	***Noel Dula (Marina)	1997
17-7.5	Annette Brown (Saddleback)	1982
17-7.25	* Val Macayan (Fountain Valley)	1981
17-7.25	*Jacqueline Faris (Dana Hills)	2017
17-7.25	Sarah Ayala (J Serra)	2019
17-7.25	*Jada Gatlin (Mission Viejo)	2022
17-7	Lori Olsen (Western)	1985
17-7	Monica Fisher (El Toro)	1989
17-7	Bianca James (Mater Dei)	2017
17-7	Alexa Munoz (Trabuco Hills)	2017
17-7	**Poebe Ladd (Woodbridge)	2019

Wind-aided:

20-8.75	* Michelle Sanford (Woodbridge)	2002	38-7.5	**Sophia Hartwell (Pacifica)	2018
20-2.75	Dana Bethel (Mission Viejo)	2001	38-6.5	Alice Franklin (SA Valley)	1982
19-9	Heather Sterlin (Mission Viejo)	1992	38-6.5	Tynisha Edwards (Foothill)	1999
19-9	Tara Oettinger (Foothill)	1995	38-6.5	Jolie Robinson (Capo Valley)	2019
19-8.25	Alexa Thomson (Capo Valley)	2022	38-5.75	Erica Dickson (Mission Viejo)	1996
19-6.75	Alison Parsons (Los Alamitos)	2016	38-5.5	**Cassandra Smith (Trabuco Hills)	2010
19-5.5	*Sophia Hartwell (Orange Lutheran)	2019	38-5	Eurie Jennings (Edison)	2000
19-0.75	**Alice Franklin (SA Valley)	1979	38-4.5	Allison Franke (Canyon)	1989
19-0.75	Megan Horn (Crean)	2018	38-4.5	** Elizabeth Clayton (Newport)	2002
19-1	*** Ashley Bethel (Mission Viejo)	1995	38-3.5	Monica Fisher (El Toro)	1989
19-0.5	Kristy Kierulff (Esperanza)	1995	38-3.25	Jamie Kirven (Woodbridge)	1985
18-11	Alexis Turley-Young (Canyon)	2016	38-2.5	Reanita Starr (Savanna)	2000
18-11	***Jade McDonald (Mater Dei)	2018	38-2.25	Michaela Schaeffer (Edison)	2013
18-9.25	***Madison Forbes (Mater Dei)	2021	38-2	Marilyn Anene (University)	2006
18-9	Melissa McDonald (Mater Dei)	1991	38-1.5	Cindy Oparah (Brethren Christian)	1998
18-8	*Mia Hummel (Canyon)	2014	38-1	Brenda Robinson (SA Valley)	1990
18-7.75	Jade Galloway (Los Alamitos)	2018	38-1	Christina Murillo (Trabuco Hills)	2007
18-7.5	* Val Macayan (Fountain Valley)	1981	38-0.75	**Madison Forbes (Mater Dei)	2022
18-6.5	Amber Moore (Aliso Niguel)	2005	37-11.25	Kyra Coley (Mater Dei)	2015
18-6	***Kaitlynn Johnson (El Toro)	2015	37-11	Doneisa Anderson (Tustin)	1987
18-5	Bree Smentkowski (Huntington Beach)	2018	37-11	Bianca James (Mater Dei)	2017
18-4.5	*Madison Lyon (Woodbridge)	2019	37-10.75	**Leila Khoury (Foothill)	1994
18-4.25	Emily Huynh (Oxford Academy)	2016	37-10.75	Amanda Shanklin (Santa Margarita)	1998
18-4	Kelli Godin (Mater Dei)	2018	37-10.75	***Madison Forbes (Mater Dei)	2021
18-3.5	**Sophia Hartwell (Pacifica)	2018	37-10.75	*Chelsie Churchill (St Margaret's)	2011
18-3.25	Denise Smith (Tustin)	1979	37-10	* Shay Alexander (Capo Valley)	2001
18-3	Jiao Tsai (Corona del Mar)	1980	37-9	* Kelsey Schuler (Katella)	2006
18-2.5	*Caroline Gleasing (Corona del Mar)	2021	37-8	Sarah Mullenburg (Brethren Christian)	1999
18-2	* Samantha Toomey (Capo Valley)	1987	37-7.5	Anna Biele (Beckman)	2018
18-1.75	Marcie Salze (Laguna Hills)	2006	37-7.25	* Samantha Toomey (Capo Valley)	1987
18-1.75	Taylor Hypolite (El Toro)	2011	37-7.25	**Adienne Liu (Trabuco Hills)	2010
18-1.5	Hannah Duarte (Mission Viejo)	2016	37-7.25	**Dominique Ruoloto (Mater Dei)	2016
18-1	* Kimmie Conner (Dana Hills)	2009	37-7	Penny Franklin (SA Valley)	1983
18-0.5	** Sheila Green (Canyon)	1988	37-7	Kirby Ruback (Tesoro)	2014
18-0.5	*Alex Gaines (Mission Viejo)	2010	37-7	***Karalyn Cheng (El Dorado)	2022
18-0.5	Amy Heins (Troy)	2012	37-6.75	Cassandra Smith (Trabuco Hills)	2012
18-0	Bonnie Sorensen (Huntington Beach)	2007	37-6.5	Siera Backus (University)	2005
18-0	Laura Hamann (Rosary)	2014	37-6.5	Kayla Mixon (Mater Dei)	2019
18-0	Maguela Miller (Orange)	2018	37-6	*Maddie Jocson (Tesoro)	2018
17-11.5	* Taylor Fenton (Capo Valley)	2008	37-5.75	Elizabeth Cotociu (Pacifica)	2014
17-11.5	*Jada Gatlin (Mison Viejo)	2022	37-5.5	Debbie Knight (La Habra)	1985
17-11.25	Breanna Moreno (Fountain Valley)	2018	37-5	Samantha Seirano (Marina)	2004
17-11	* Maia Craver (Woodbridge)	2013	37-5	Alex Thomson (Capo Valley)	2022
17-11	*Taylor Torellas (Edison)	2014	37-4.5	Susan Guest (Troy)	1986
17-10.5	Debbie Orr (Ocean View)	1986	37-4.25	M.E. Clayton (Newport)	1997
17-10.25	Cira Wright (Kennedy)	2000	37-4	** Eurie Jennings (Edison)	1998
17-10	Marina Laymon (La Habra)	1981	37-3.5	* Tynisha Edwards (Foothill)	1998
			37-2.5	* Ashley Voisinet (Mater Dei)	2002
			37-2.25	**April Ross (Newport)	1998
			37-2.25	Laura Gordon (Sage Hill)	2005
			37-2	Jennifer Michaelman (Laguna Hills)	2011
			37-1.5	*Shundra Holland (Saddleback)	1986
			37-1.5	Alyiah Forbes (Mater Dei)	2016
			37-1.25	Megan McQuaid (Woodbridge)	1997
			37-1	Ashley Selman (Foothill)	1988
			37-1	*** Marcia Fogg (Tustin)	1989
			37-1	Katie Mook (Foothill)	1995
			37-1	* Tiffany Liu (Corona del Mar)	2006
			37-0.5	Kristin Kulow (Capo Valley)	1987
			37-0.5	Laura Clayton (Newport)	2007
			37-0	Alison Parsons (Los Alamitos)	2016
			37-0	*Mackenzie Kirk (Los Alamitos)	2021
			36-11.5	**Nikki Charette (Mission Viejo)	1990
			36-11	Debbie Geary (Cypress)	1983
			36-11	**Jenny Wooten (Marina)	1996
			36-11	Christina Murillo (Trabuco Hills)	2007
			36-10.5	Tennli Ulicny (Brea)	1998
			36-10.5	Maddie Jocson (Tesoro)	2019
			36-10.25	*Lara Wright (Esperanza)	1985
			36-10	Danielle Brown (Sunny Hills)	1990
			36-10	Chelsie Churchill (St Margaret's)	2012
			36-9.5	** Kristen Kiefer (Capo Valley)	2005
			36-9.25	Megan Horn (Crean)	2018
			36-9	Joan Greve (Marina)	1992
			36-9	Kim Duong (La Quinta)	2001
			36-9	Amanda Kronquist (Brea)	2006

Triple Jump

43-4.5	*Michelle Sanford (Woodbridge)	2001
	<i>(State Champion)</i>	
41-4.5	Dominique Ruotolo (Mater Dei)	2018
40-11.75	Kelly O'Connor (Esperanza)	1996
	<i>(State Champion)</i>	
40-9	*Jada Gatlin (Mission Viejo)	2022
40-4	*Madison Lyon (Woodbridge)	2019
40-2.25	***Jade McDonald (Mater Dei)	2018
39-11.5	*Lisa Fager (Mission Viejo)	1989
39-9.5	Mackenzie Kirk (Los Alamitos)	2022
39-8.25	Debbie Orr (Ocean View)	1986
39-8	Kerry O'Bric (Edison)	1996
39-5.5	Kim Taylor (Valencia)	1985
39-5.5	Danielle Brown (Sunny Hills)	1991
39-5.5	**Emily Garner (Woodbridge)	2017
39-5	*Sophia Hartwell (Orange Lutheran)	2019
39-1	* Courtney Stafford (Katella)	2000
38-11.75	Kellie May (Northwood)	2017
38-11.25	***Darneshia Griffith (Trabuco Hills)	1995
38-11	Marie Ingram (Aliso Niguel)	2006
38-11	Elizabeth Weeks (Santa Margarita)	2017
38-10	* Gaylen Ames (El Modena)	1984
38-9.25	Brenna Barker (Dana Hills)	2013
38-9	*Alexis Turley-Young (Canyon)	2015
38-8.25	Melissa McDonald (Mater Dei)	1991
38-8.25	Jazmin Moss (Mater Dei)	2015
38-8	Tammy Graham (Mission Viejo)	1991

36-9	Elisa Trujillo (Brea)	2016	39-5	Cassandra Smith (Trabuco Hills)	2012
36-8.5	**Courtnee Moreno (Fountain Valley)	2016	39-3.25	Jamie Kirven (Woodbridge)	1985
36-8	Alex Gaines (Mission Viejo)	2011	39-2.5	** * Dameshia Griffith (Trabuco Hills)	1995
36-7.75	Allyson Rahives (Rosary)	2017	39-2	***Kaylee Zych (Tesoro)	2017
36-7.5	Kimmie Conner (Dana Hills)	2010	38-10.5	* Erica Dickson (Mission Viejo)	1995
36-7	Taylor Cusick (Esperanza)	2003	38-10.5	*Brenna Barker (Dana Hills)	2012
36-7.75	Jamie Cuthbert-Allen (La Habra)	2001	38-9	***Madison Forbes (Mater Dei)	2021
36-7.5	Young (Fountain Valley)	1987	38-4.75	*Michaela Schaeffer (Edison)	2012
36-7.5	Krista Widen (Irvine)	1990	38-2.75	Marilyn Anene (University)	2006
36-6.75	*Ashley Rhorer (Santa Margarita)	2011	38-0.5	Christina Murillo (Trabuco Hills)	2007
36-6.5	Ursula Lovely (Kennedy)	1987	37-11	*Chelsea Churchill (St Margaret's)	2011
36-6.5	Hilary Mann (Mission Viejo)	1991	37-11	* Lora Bender (Fountain Valley)	2013
36-6.5	Ashley Fletcher (Loara)	2005	37-10.5	*Maddie Jocson (Tesoro)	2018
36-6.25	Lori Lucas (Corona del Mar)	1987	37-10.5	**Mackenzie Kirk (Los Alamitos)	2020
36-6.25	* Erica Tillman (Esperanza)	2001	37-10	Elisa Trujillo (Brea)	2016
36-6.25	Taylor Dunigan (Mission Viejo)	2010	37-9.75	**Sarah Bonello (Foothill)	2021
36-6	Tracy Wright (Irvine)	1986	37-9	Debbie Knight (La Habra)	1985
36-6	** Christina Ivey (Foothill)	1991	37-9	** Mandy Clayton (Newport)	1995
36-6	Kara Theis (Orange Lutheran)	1992	37-7.75	*Adrienne Liu (Trabuco Hills)	2011
36-6	LaShieka Henderson Trabuco Hills)	1995	37-7.5	Lara Wright (Esperanza)	1986
36-6	** Jordyn Stoddard (Aliso Niguel)	2006	37-7.25	Tiffany Liu (Corona del Mar)	2007
36-6	Taylor Eljenholm (Dana Hills)	2011	37-7	Taylor Dunigan (Mission Viejo)	2010
36-5.75	Holly Hutchinson (Mission Viejo)	1988	37-7	Elizabeth Cotociu (Pacifica)	2014
36-5.75	Jennifer Bandlely (Los Alamitos)	2014	37-6	LaShieka Henderson (Trabuco Hills)	1995
36-5.5	** Jessica Lyons (Capo Valley)	1998	37-6	Jennifer Michaelman (Laguna Hills)	2011
36-5.5	**Ivy Nguyen (Beckman)	2019	37-4.5	Alison Parsons (Los Alamitos)	2016
36-5	Jenny Wooton (Marina)	1998	37-4	**Jada Gatlin (Mission Viejo)	0221
36-5	Jennifer Fairchild (Orange)	2001	37-0.25	Jordyn Stoddard (Aliso Niguel)	2008
36-5	Alexa Munoz (Trabuco Hills)	2017	36-11	Anna Lindsey (Edison)	2013
36-4.75	**Sheila Green (Canyon)	1988	36-10	**Shayla Dumas (Kennedy)	2019
36-4.75	** Christina Murillo (Trabuco Hills)	2005	36-9.75	**Summer Higgins (Dana Hills)	2014
36-4.75	**Arletha Saiht (Beckman)	2017	36-9.5	*Ashley Rhorer (Santa Margarita)	2011
36-4.5	* Mychael Westervelt (Capo Valley)	1999	36-9	Kristen McGregor (Marina)	2002
36-4	** Shemica Perkins (Tustin)	1995	36-9	Taylor Cusick (Esperanza)	2003
36-4	**Shayla Dumas (Kennedy)	2019	36-9	*Jole Robinson (Capo Valley)	2018
36-3.5	* Xhristina Pham (University)	1993	36-8.25	* Cassie Stanislaw (Woodbridge)	2006
36-3.5	Nikki Kotey (Trabuco Hills)	2002	36-7.25	Jennifer Bandlely (Los Alamitos)	2014
36-3.5	Anna Lindsey (Edison)	2013	36-7	Emily Huynh (Oxford Academy)	2016
36-2.75	* Tiffany Chandler (Foothill)	1986	36-7	**Crystal Miller (Tustin)	2019
36-2.5	**Nina Foster (Mission Viejo)	1992	36-7	**Karalyn Cheng (El Dorado)	2022
36-2.5	Paula Pedrani (El Toro)	2016	36-6.75	Chloe Soremekun (Cypress)	2011
36-2.25	Whitney Nelson (El Dorado)	1987	36-6.5	Cherish Harris (Orange Lutheran)	2011
36-2.25	* Jessica Lyons (Capo Valley)	1999	36-6	Amanda Torchia (Fountain Valley)	2016
36-2.25	**Shay Alexander (Capo Valley)	2000	36-5.75	Jordan Agnew (Los Alamitos)	2013
36-2.25	***Phallon Bakus (University)	2003	36-5.5	* Erika Ebel (Orange Lutheran)	1991
36-2	Tami Chick (Huntington Beach)	1987	36-5.5	* Taylor Fenton (Capo Valley)	2008
36-2	***Maryjone Dinnie (Capo Valley)	1992	36-5.5	Paula Pedrani (El Toro)	2016
36-2	Tracy Thomas (SA Valley)	1992	36-5.25	Megan Horn (Crean)	2018
36-2	** Deidra Segura (El Toro)	1995	36-5	* Clair Whelan (Canyon)	1988
36-2	*Summer Higgins (Dana Hills)	2015	36-5	* Julianne Conrad (El Toro)	2006
36-1.5	Chloe Soremekun (Cypress)	2011	36-5	Ashley Rhorer (Santa Margarita)	2012
36-1.25	Bailey Turk (Santa Margarita)	2012	36-5	Laura Hamann (Rosary)	2014
36-1.25	Sophia Chiaramonte (Mater Dei)	2017	36-5	***Raquel Gonzalez (El Toro)	2016
36-1	Nina Speights (El Toro)	2004	36-4.25	Jacqueline Faris (Dana Hills)	2018
36-1	*** Sara Mitchell (LaQuinta)	2006	36-4	Channing Jones (El Toro)	2011
36-1	* Allison McCoy (Edison)	2009	36-4	*Crystal Aluya (Valencia)	2019
36-1	**Lora Bender (Fountain Valley)	2012	36-3.75	***Nikki Johnson (Canyon)	1988
36-1	Kayla Mixon (Mater Dei)	2018	36-3	Skye Atchley (Orange Lutheran)	2009
36-0.5	** Cherris Gray (San Clemente)	1990	36-3	*Bianca James (Mater Dei)	2016
36-0.25	* Jennifer Close (Marina)	1989	36-3	**Kira Kawano (Canyon)	2016
36-0.25	Christine Von Der Ahe (Santa Margarita)	2000	36-2.5	** Allison McCoy (Edison)	2008
36-0.5	*Courtnee Moreno (Fountain Valley)	2017	36-2	** Monica Todd (Trabuco Hills)	2008
36-0.25	*Erin Biddiscombe (Santa Margarita)	2019	36-2	*** D.J. Rhoades (El Modena)	2008
36-0	Teri Zanelli (Ocean View)	1986	36-2	Brianna Dixon (Los Alamitos)	2009
36-0	Vanessa Gardner (Mission Viejo)	2004	36-2	**Jaysee Mahlum (Mater Dei)	2019
			36-1	Katie Dibene (Dana Hills)	2011
			36-1	*Alexa Munoz (Trabuco Hills)	2016
			36-0.5	Cross (Bolsa Grande)	1988
			36-0	** DJ Rhoades (El Modena)	2009
			36-0	*Nikki Chen (Irvine)	2021
Wind-aided:					
41-7	*Dominique Ruotolo (Home Sch)	2017			
40-11	Lisa Fager (Mission Viejo)	1990			
40-3	*Jada Gatlin (Mission Viejo)	2022			
39-10	**Ryann Brown (Aliso Niguel)	2019			
39-9.75	*Sophia Hartwell (Orange Lutheran)	2019			
39-9.5	Hannah Duarte (Mission Viejo)	2016			
39-5.75	Michaela Schaeffer (Edison)	2013			
39-5.5	Courtney Stafford (Katella)	2001			

Shot Put

53-7.75	Natalie Kaaiawahia (Fullerton)	1983	40-3	Sina Dailey (Mission Viejo)	2008
	<i>(Four time State Champion)</i>		40-3	Sabrina Hartman (Mission Viejo)	2018
50-2.5	Mackenna Howard (Los Alamitos)	2014	40-0.75	Aprile Powell (Century)	1999
48-11.5	Susie Ray (Villa Park)	1980	40-0.75	* Robin Regan (Mater Dei)	2003
47-5	Gina Heads (Newport)	1994	39-11.5	**Sheraton Jones (Canyon)	2011
46-11.75	Elaina Oden (Irvine)	1985	39-11.5	Ashley Beacn (Tesoro)	2018
	<i>(State Champion)</i>		39-11	Nina Foster (Mission Viejo)	1991
46-11.75	*Faimalie Sale (Los Alamitos)	2017	39-11	Vanessa Gardner (Mission Viejo)	2004
46-9	Heidi Adams (Mission Viejo)	1985	39-11	*Ashley Donohoe (Huntington Beach)	2012
46-8.75	Melissa Yunghans (Orange Lutheran)	2004	39-10	Suzie Greganic (Marina)	1989
46-2	Faimalie Sale (Los Alamitos)	2018	39-10	Jacky Cenani (Laguna Beach)	2016
46-1.5	Rosario Ramos (Anaheim)	1979	39-9.5	Vicky Craig (Kennedy)	1981
45-6.5	Hilary Fraser (El Toro)	2007	39-6.25	* Kau ilani Mikihan (Mater Dei)	2013
44-10	Ava Butterbaugh (Mission Viejo)	2019	39-8.75	Kristy Dominguez (Mission Viejo)	2001
44-9.5	*Alaysha Green (El Toro)	2016	39-7.5	Whitney Johnson (Mission Viejo)	2004
44-6	Erin Streater (Villa Park)	2002	39-6.5	Ann Bland (Santa Ana)	1981
44-4.75	Heather Quinn (El Toro)	2002	39-6.5	Chelesea Weenig (Laguna Beach)	2000
44-4.25	Priscilla Gardner (Mission Viejo)	2003	39-5.5	Julie Tafua (Westminster)	1988
44-3	Diane Clements (San Clemente)	1981	39-4.5	Kerry O'Bric (Edison)	1996
44-3	Sara Pettinger (Mission Viejo)	2021	39-4.5	**Alexa Sheldon (Edison)	2022
44-1.5	Shelly Lovati (El Modena)	1986	39-4.2	**Kianey Davis (Troy)	1999
43-11.75	Kayla Smith (Villa Park)	2006	39-3	Hannah Meager (El Toro)	2014
43-10.75	Jacque Norton (Mission Viejo)	1982	39-2.75	Rachel Davis (Katella)	1993
43-6.25	Jaycee Olsen (Corona del Mar)	2010	39-2.25	Etta Jackson (Magnolia)	1998
43-4.5	Rebel Tuinuknafe (Orange Lutheran)	2022	39-2	*Ariana Grum (Newport)	2020
43-4.25	Luseane Makensesi (Katella)	2009	39-1.75	Sydney Gontang (Tesoro)	2022
43-1	Celeste Paquette (Rancho Alamitos)	1985	39-1.5	Kelly Wilson (Woodbridge)	1985
43-1	*Karie'h Wilson (Corona del Mar)	2011	39-1.5	Ashley Selman (Foothill)	1988
43-0.75	Sonja Bryant (Marina)	1996	39-1.5	Vanessa Martinez (Fullerton)	2018
42-7.5	*Kathryn Plummer (Aliso Niguel)	2015	39-0.5	Devon Pessler (Foothill)	2014
42-7	Karle'h Wilson (Corona del Mar)	2012	39-0	Tiffany Gray (El Dorado)	2011
42-5.75	* Priscilla Gardner (Mission Viejo)	2002	38-11	*** Niki Awaa (Brea)	2002
42-3	Courtney Brown (El Modena)	2010	38-10.5	Olive Langi (Saddleback)	1989
42-3	Felicia Crenshaw (Costa Mesa)	2018	38-10	*Alejandra Rosales (Marina)	2019
42-2.5	Suzanne Linn (Trabuco Hills)	1998	38-10	***Rebel Tuinukuafe (Rosary)	2019
42-2.5	Kate Hutchinson (San Clemente)	2003	38-9.75	Jordaine Simmons (Mission Viejo)	2016
42-1	Kristin Dunn (Mission Viejo)	1990	38-9.5	Jennifer Insley (Los Alamitos)	1988
42-0.25	Tafi Togogae (Los Amigos)	1996	38-9.5	Robin Regan (Mater Dei)	2004
42-0	Lisa Tamamasui (Westminster)	1991	38-9.25	**Joy McArthur (Dana Hills)	2015
41-11.5	Leslee Briggs (Edison)	1989	38-9	* Laura Wilson (Newport)	1995
41-10.5	Krista Dill (Newport)	2000	38-9	Alfa Stewart (Woodbridge)	2000
41-7.5	Lynn Kelley (Irvine)	1981	38-8.75	Jacqueline Anderson (San Clemente)	2001
41-7.75	Joanna Alo (SA Valley)	1990	38-8.5	Michelle Paproski (Villa Park)	1989
41-7.25	Jenny Shutt (Edison)	1997	38-8.5	Brianna Uipi (Orange Lutheran)	2016
41-6.5	Christina Kim (El Toro)	2008	38-8.25	* Janell Jakubka (Capo Valley)	1987
41-6	Ann Gill (Western)	1985	38-8.5	Shawn Sturgeon (Esperanza)	1982
41-5.75	Danielle Lister (Mission Viejo)	2019	38-8.5	Tarua Rich (Mission Viejo)	2000
41-5.25	* Andrea Bill (University)	1992	38-8.5	Laura Boggein (Huntington Beach)	2007
41-5.25	Chrissy Tolson (Fountain Valley)	1996	38-8	Erika De La Puente (University)	2008
41-5	Ciera Williams (Mission Viejo)	2016	38-8	*Sheraton Jones (Canyon)	2012
41-5	Pesi Tauaika (Orange Lutheran)	2022	38-8	**Kayla Pemasa (Marina)	2016
41-3.75	Bev Oden (Irvine)	1989	38-8	Anelamaikalani Miki-han (Irvine)	2016
41-2.75	* Kristin Thompson (Esperanza)	1999	38-8	Keely Togafau (Fountain Valley)	2019
41-2.5	Adara Newidouski (Dana Hills)	1993	38-7.5	* Scarlet Leduga (El Toro)	2001
41-1.5	Robyn Utu (Huntington Beach)	1982	38-7	*Dani Lister (Mission Viejo)	2018
41-1.5	Marie Philman (Edison)	1996	38-6.5	Megan McCullough (Mission Viejo)	2008
41-1.5	Kristy Chester (Esperanza)	2002	38-6	Ashley Johnson (Saddleback)	2002
40-11.25	*Susan Linn (Trabuco Hills)	1997	38-6	Tayla Crenshaw (Costa Mesa)	2018
40-11.25	*Rachelle A La Torre (Newport)	2015	38-5	* Lia Rousset (Newport)	1995
40-11	* Lisa Williams (SA Valley)	1982	38-4.5	*Nicole Oberreuter (Estancia)	1990
40-10	Christa Kondru (Northwood)	2010	38-4.25	Julia Loya (Mission Viejo)	1998
40-9	Laura Matos (Capo Valley)	1983	38-4.25	*Taylor Hofland (Los Alamitos)	2022
40-9	Heather Cunningham (El Dorado)	1996	38-4	Julie Sprague (Santa Ana)	1983
40-9	Stephanie Sampson (Esperanza)	1999	38-4.	* Mary Uata (Mater Dei)	1999
40-8.75	Pamela Makanesi (Katella)	2011	38-4	Mielle Zylstra (Edison)	2000
40-8	Angela Burgess (Woodbridge)	1995	38-4	* Laura Cadranell (Los Alamitos)	2001
40-8	*Anna Gillis (San Clemente)	2015	38-3.5	Melissa Price (Loara)	1997
40-7.5	* Lori Von Bostal (Anaheim)	1983	38-3.25	Laura Mills (University)	1981
40-7.5	**Nicole Beaugregard (Valencia)	1991	38-3	Hoyler (Whittier Christian)	1997
40-7	Natala Lualemaga (Santa Ana)	2000	38-3	Margarita Matiks (Irvine)	2009
40-7	Kau Ilani Miki-han (Mater Dei)	2014	38-3	Jackie Chasteler (Mission Viejo)	2013
40-5.5	Carina Martinez (SA Valley)	2001	38-3	*Maddy Mitchell (Dana Hills)	2019
40-5	Amanda Fleskoski (Mission Viejo)	2000	38-2.5	Beverly Hewitt (Canyon)	1980
40-4	Ariana Grum (Newport)	2021	38-2.5	Stephanie Bell (Foothill)	1986
			38-2.5	Spring Trammell (Los Amigos)	1995
			38-2.5	Lauren Anderson (Troy)	2004

38-2.5	Abby Klinge (Trabuco Hills)	2021	37-0.75	Marianne Gourd (Fullerton)	2016
38-2.25	Abby Erickson (Mater Dei)	1995	37-0.5	Julia Reedy (Mission Viejo)	2011
38-2.25	*Haunani Pedro (Trabuco Hills)	2015	37-0.5	*Kelly Fagan (Yorba Linda)	2015
38-2	*Kelly Wilson (Woodbridge)	1984	37-0	Kyliegh Wilkerson (Trabuco Hills)	2019
38-2	Vao Faoa (Magnolia)	2002			
38-2	Mele Makenesi (Loara)	2004			
38-1.5	Nia Jones (Santa Ana)	1992			
38-1.5	Cara Heads (Newport)	1995	Shot Put (81b.)		
38-1	Allison Booth (Westminster)	1978	50-6.5	*Susie Ray (Villa Park)	1979
38-1	*Taylor Crenshaw (Costa Mesa)	2017		<i>(State Champion)</i>	
38-0.5	Erica Goodman (Estancia)	1986	50-0.5	Emily Dole (Cypress)	1975
38-0	Adee Gunkel (Mater Dei)	1981	49-4.25	Rosarie Ramos (Anaheim)	1979
38-0	Mararita Matiks (Irvine)	2010	46-10.5	*** Natalie Kaaiawahia (Fullerton)	1980
37-11.5	Brittany Frers (Marina)	2010	44-11.5	* Jacque Nelson (Canyon)	1978
37-11	Karen Jones (SA Valley)	1982	42-9.75	Becky Daniel (Newport)	1976
37-11	Kelly Langi (Saddleback)	1997		<i>(State Champion)</i>	
37-11	* Becky Steen (Tesoro)	2003	42-6	Bonnie Dasse (Costa Mesa)	1977
37-11	Philliz Tuavao (Canyon)	2015	42-5.5	Kay Ilterson (Valencia)	1974
37-10.75	Abria Lipscomb (Northwood)	2003	40-10	Jiao Tsai (Corona del Mar)	1980
37-10.25	Rachel Savaii (Fullerton)	2010	40-9.75	**Julie Green (Fountain Valley)	1978
37-10	Dannie Darrow (Dana Hills)	1994	39-7	White (Villa Park)	1977
37-10	* Greshawnda Clayton (Canyon)	1996	38-10	Loretta Sepulona (Santa Ana)	1978
37-10	Brooke Fitzgerald (Santa Margarita)	1998	39-3	Lisa Bullock (Edison)	1977
37-10	** Tabitha Tabb (Santa Ana)	2001	38-6.75	Kathy Copelm (Sunny Hills)	1977
37-10	Cristina Kim (El Toro)	2008	38-5.5	Pat Shaw (SA Valley)	1978
37-10	Ashley Donohoe (Huntington Beach)	2013	38-3.5	Debbie Vogel (Corona del Mar)	1975
37-10	*Kyliegh Wilkerson (Trabuco Hills)	2018	37-11.75	McConnell (San Clemente)	1979
37-9.75	Lori Gustafson (Corona del Mar)	1980	37-9.5	Leslie Contreras (La Habra)	1979
37-9.5	Bailey Speakman (Esperanza)	2022			
37-9	Nicole Lied (Tustin)	1985			
37-9	* Spring Trammell (Los Amigos)	1994	Discus		
37-9	* Malaya Paggatt (Mission Viejo)	1998	175-8	Kate Hutchinson (San Clemente)	2003
37-9	* Geneva Bailey (Loara)	2001	174-9	Natalie Kaaiawahia (Fullerton)	1983
37-9	Una Makenesi (Loara)	2004		<i>('81 & '83 Stat Champion)</i>	
37-9	Miranda Ta'amu (Los Alamitos)	2017	167-5	Jacque Norton (Mission Viejo)	1982
37-8.75	**Maddy Mitchell (Dana Hills)	2017	160-6	Allison Franke (Canyon)	1989
37-8.75	Sydney DeVilla)	2019	159-11	*Felicia Crenshaw (Costa Mesa)	2017
37-8.5	Laura Williams (SA Valley)	1980	159-0	Sara Pettinger (Mission Viejo)	2021
37-8.5	Megan Good (Huntington Beach)	2010	158-2	Hilary Fraser (El Toro)	2007
37-8.25	Gretchen Schroeder (Mission Viejo)	1984		<i>(State Champion)</i>	
37-8	Sue Bolton (Rancho Alamitos)	1983	156-10	Priscilla Gardner (Mission Viejo)	2003
37-8	* Katy Homewood (Marina)	1997	155-6	Terri Sabol (Buena Park)	1974
37-8	Meagan O'Reilly (Mission Viejo)	2007	153-10	*Faimalie Sale (Los Alamitos)	2017
37-7.75	*Caroline Van de Velde (Corona del Mar)	2010	152-8	* Vao Faoa (Magnolia)	2001
37-7.5	Shirlyn Weenig (Laguna Beach)	1984	150-0	* Carrie Axton (Los Amigos)	1996
37-7.5	* Keely Ziegler (Huntington Beach)	1995	149-9	Mackenna Howard (Los Alamitos)	2014
37-7	** Marybeth Thobe (Edison)	1982	149-5	Cara Heads (Newport)	1995
37-7	Tracy Titus (Loara)	1991	149-2	Elaina Oden (Irvine)	1985
37-6.5	* Olivia Raya (El Modena)	2004	148-5	* Katelyn Ciarelli (Huntington Beach)	2003
37-6.5	Kamalani Carriera (Capo Valley)	2019	148-0	Celeste Paquette (Rancho Alamitos)	1985
37-5.75	Hughes (Sonora)	1978	148-0	Heidi Adams (Mission Viejo)	1985
37-5.75	Litia Makakaufaki (Laguna Hills)	2001	148-0	Andrea Bill (University)	1993
37-5.5	Alyxa Bennett (Loara)	1995	147-7	*Kyliegh Wilkerson (Trabuco Hills)	2018
37-5.5	Riley Laos (Esperanza)	2016	147-8	Carrie Axton (Los Amigos)	1997
37-5.5	Avelina Ruiz (Santa Ana)	1990	147-5	Alana Faagai (Huntington Beach)	2006
37-5.25	* Gabby Botts (Villa Park)	2009	146-1	Gina Heads (Newport)	1994
37-5	Susan Gingrich (Estancia)	1985	146-1	Ashley Pyka (Canyon)	2008
37-4	Kim Faoa (Magnolia)	2000	145-5	Emma DeSilva (Mission Viejo)	2016
37-3.5	Jodi Dyer (Troy)	1989	144-3	Margarita Matiks (Irvine)	2010
37-3.5	***Deanna Mitchelson (Aliso Niguel)	1994	144-0	Marie Philman (Edison)	1996
37-3.25	* Jenny Branam (El Dorado)	1998	143-10	Debbie Hargrove (Estancia)	1990
37-3	Asou (Magnolia)	2007	143-9	*Alejandra Rosales (Marina)	2019
37-3	Holly Fraser (El Toro)	2009	143-3	* Angela Burgess (Woodbridge)	1994
37-3	Sheraton Jones (Canyon)	2013	143-3	Kyliegh Wilkerson (Trabuco Hills)	2019
37-3	Madison Burford (Yorba Linda)	2017	143-2	Brianna Uipi (Orange Lutheran)	2016
37-2.75	Maryn Ciarelli (Huntington Beach)	1999	142-11	Tayla Crenshaw (Costa Mesa)	2018
37-2	H. Langi (Saddleback)	1997	142-10	Sonya Bryant (Marina)	1996
37-2	Kelly Lynn (Tustin)	1999	142-10	Abby Klinger (Trabuco Hills)	2021
37-2	* Alia Stewart (Woodbridge)	2001	142-6	Kelsey Allen (Capo Valley)	1988
37-1.5	Yolanda Penukoko (Anaheim)	2010	142-5	Melissa Yunghans (Orange Lutheran)	2004
37-1	Tracy Wilson (Loara)	1983	142-2	Kristin Thompson (Esperanza)	2000
37-1	*** Mindy Speed (Irvine)	1987	142-0	Lisa Williams (SA Valley)	1983
37-1	** Tonja Lawson (SA Valley)	1992	142-0	Amanda Truong (Esperanza)	2016
37-1	Victoria Gomez (Los Amigos)	2014	141-9	Susie Ray (Villa Park)	1979
37-1	Jasmine Mataia (Loara)	2018	141-8	Suzanne Linn (Trabuco Hills)	1998
37-1	Siena Lambert (J Serra)		140-6	Kara Caskey (Mater Dei)	2012
			140-3	Vanessa Gardner (Mission Viejo)	2004

140-3	*Rachelle A LaTorre (Newport)	2015	129-9	* Samantha Meredith (El Modena)	1999
139-10	Holly Fraser (El Toro)	2009	129-9	Asou (Magnolia)	2007
139-8	Katie Laich (Esperanza)	2007	129-9	*Xochitl Bryson (Oxford Academy)	2016
139-7	Jaycee Olsen (Corona del Mar)	2010	129-5	Emma Robbins (Esperanza)	2019
139-7	*Taylor Hofland (Los Alamitos)	2022	129-4	** Krista Gregory (El Toro)	2008
139-5	Shelly Lovati (El Modena)	1986	129-3	Laura Wilson (Newport)	1996
139-5	* Jenny Brickner (Esperanza)	2002	129-3	** Ashley Parrish (Esperanza)	2000
138-11	Chrissy Tolson (Fountain Valley)	1996	129-3	Mary Geers (Capo Valley)	2013
138-10	Luseane Makanesi (Katella)	2009	129-3	*Philliz Tuavao (Canyon)	2014
138-9	Fiapopo Apelu (Magnolia)	2004	129-2	Kelly Langi (Saddleback)	1997
138-8	Pamela Makanesi (Katella)	2011	129-0	**Joy McArthur (Dana Hills)	2015
138-4	Lynne Kelley (Irvine)	1981	129-0	Kaitlyn Menechett (Mission Viejo)	2019
137-11	Kelly Wilson (Woodbridge)	1985	128-11	*Kara Caskey (Mater Dei)	2011
137-10	*Saloni Khandhadia (Beckman)	2019	128-10	Antoinette Herrera (Los Amigos)	1998
137-8	* Olivia Raya (El Modena)	2004	128-9	Tee Eskridge (El Modena)	1982
137-4	Marie Midland (Estancia)	1990	128-8	Kristy Dominguez (Mission Viejo)	2001
137-4	Krista Dill (Newport)	2000	128-7	Kristin Dunn (Mission Viejo)	1990
137-3	Ariana Novela (Corona del Mar)	2021	128-6	Lisa Henderson (Foothill)	1988
137-2	Bev Oden (Irvine)	1989	128-6	Kari DeSoto (Esperanza)	1996
137-2	* Nikki Awaa (Brea)	2004	128-5	Marlene Godbolt Mission Viejo)	1995
137-0	Heather Quinn (El Toro)	2002	128-5	Evaine Mansfield (Foothill)	1999
136-11	Laura Mills (University)	1981	128-4	Sheraton Jones (Canyon)	2013
136-8	* Adara Newidouski (Dana Hills)	1992	128-3	**Faimalie Sale (Los Alamitos)	2016
136-1	Tawny Hanna (Irvine)	2012	128-0	** Lia Rousset (Newport)	1994
136-0	Maryn Ciarelli (Huntington Beach)	1999	128-1	Spring Trammell Los Amigos)	1995
135-8	Shirlyn Weenig (Laguna Beach)	1984	128-1	Hannah Meager (El Toro)	2014
135-6	Bonnie Dasse (Costa Mesa)	1977	128-1	Emily O (Orange Lutheran)	2018
135-5	Joni Argento (Kennedy)	1979	127-11	Melanie Dear (Garden Grove)	1991
135-4	Anna Gillis (San Clemente)	2016	127-11	*Sheraton Jones (Canyon)	2012
134-9	Etta Jackson (Magnolia)	1998	127-9	Tawney Barber (El Modena)	2007
134-8	Melissa Price (Loara)	1997	127-8	Megan Good (Huntington Beach)	2010
134-8	Karle'h Wilson (Corona del Mar)	2012	127-7	Kara Stephens (Orange Lutheran)	1992
134-7	Cyndi Lee (El Dorado)	1988	127-5	Joanna Alo (SA Valley)	1990
134-7	*Siena Lambert (J Serra)	2022	127-5	Carina Martinez (SA Valley)	2001
134-4	Diana Clements (San Clemente)	1981	127-4	Megan Franke (Canyon)	1988
134-4	Wendy Duffresne (Woodbridge)	1996	127-4	Chichi Amadi (Dana Hills)	2008
134-4	*Brianna Uipi (Orange Lutheran)	2015	127-4	*Ashley Donohoe (Huntington Beach)	2012
134-3	Danielle Lister (Mission Viejo)	2019	127-3	**Maddy Mitchell (Dana Hills)	2017
134-2	Tracy Wilson (Loara)	1983	127-2	Rebel Tuinuknafa (Orange Lutheran)	2022
133-7	* Christa Van Doren (Estancia)	1991	127-1	Dayna McKenzie (Capo Valley)	1993
133-7	Joy MacArthur (Dana Hills)	2014	127-1	Katie Easley (Los Alamitos)	1996
133-6	Mele Makenesi (Loara)	2004	126-11	Jenny Brickner (Esperanza)	2000
133-5	Stephanie Sampson (Esperanza)	1999	126-11	* Scarlet Leduga (El Toro)	2001
133-5	Ashley Johnson (Saddleback)	2002	126-11	Stacy Knisley (Esperanza)	2002
133-0	* Megan Ilertsen (Troy)	2003	126-10	Marlena Godboldt (Mission Viejo)	1996
132-7	Samantha Grant (Mission Viejo)	2002	126-10	Whitney Johnson (Mission Viejo)	2004
132-6	* Jessica Perez (Sunny Hills)	1999	126-9	*** Marjorie Niumata (Rancho Alamitos)	1996
132-6	Sina Dailey (Mission Viejo)	2008	126-9	**Logan Daniels (Dana Hills)	2019
132-2	* Stacy Kohler (Marina)	1990	126-8	** Samangha Meredith (El Modena)	1998
132-2	Stacy Jame (Esperanza)	1998	126-8	Saloni Khandhadia (Beckman)	2020
132-2	Ava Butterbaugh (Mission Viejo)	2019	126-6	Una Makanesi (Loara)	2004
131-11	Christa Kondru (Northwood)	2010	126-6	Madison Chronister (San Clemente)	2015
131-8	Marie Arthur (Fountain Valley)	1996	126-3	*Jillian Stafford (Dana Hills)	2020
131-5	Ciera Williams (Mission Viejo)	2016	126-4	Reena Gonzales (Brea)	2000
131-4	Carolyn Pendleton (Esperanza)	2001	126-1	Becky Crouse (Woodbridge)	2008
131-3	Abria Lipscomb (Northwood)	2003	126-1	Jessica Imani (Corona del Mar)	2011
131-3	*Haunani Pedro (Trabuco Hills)	2015	126-0	** Jillianne Whitfield (Newport)	2002
131-3	Sabrina Hartman (Misison Viejo)	2018	126-0	*Tiffany Gray (El Dorado)	2010
131-1	Aidee Pacheco (Saddleback)	1995	125-10	Jerrilyn Stanwood (Trabuco Hills)	2009
131-1	Emily Gleason (El Toro)	1998	125-8	Katie Holmes (Canyon)	1996
131-0	Konafesi Mataia (Loara)	2009	125-8	Pesi Tauaika (Orange Lutheran)	2022
131-0	*Amanda Cooper (Corona del Mar)	2016	125-5	* Robyn Utu (Huntington Beach)	1981
130-10	Ann Gill (Western)	1985	125-5	* Jenny Shutt (Edison)	1996
130-9	Erin Streater (Villa Park)	2002	125-5	Christina Kim (El Toro)	2008
130-9	** Tara Ross (Mission Viejo)	2004	125-3	Jennifer Harney (Esperanza)	1990
130-6	Lisa Wood (Saddleback)	1986	125-3	Lauren O'Hara (Irvine)	1998
130-6	Bailey Speakman (Esperanza)	2022	125-2	Katie Okano (Trabuco Hills)	1995
130-4	Rosalie Ballo (Dana Hills)	2018	125-0	* Kristen Okura (Mission Viejo)	1988
130-3	Emily Crum (Mater Dei)	2014	125-0	L. Kelly (Villa Park)	1983
130-2	Kathrine Henze (Foothill)	1998	125-0	* Katie Smith (Orange)	1992
130-0	** Marybeth Thobe (Edison)	1982	124-10	* Katie Henze (Foothill)	1997
130-0	Aprile Powell (Century)	1999	124-9	*Alaysha Green (El Toro)	2016
130-0	* Laura Cadranel (Los Alamitos)	2001	124-8	*Karle'h Wilson (Corona del Mar)	2011
130-0	Evelyn Roberts (Dana Hills)	2015	124-7	Maria Ornes (Foothill)	1982
130-0	Alaysha Green (El Toro)	2017	124-7	Cheyenne Maneafaiga (Garden Grove)	2012
129-10	Luisa Thimauave (Magnolia)	1988	124-4	*Emma Robbins (Esperanza)	2018

124-3	Keanna Roberson (Aliso Niguel)	2011
124-3	Kate Jensen (Woodbridge)	2016
124-2	Karlie Manos (Katella)	1999
124-2	Ashley Donohoe (Huntington Beach)	2013
124-1	Bernadette Quinteras (Orange)	1992
124-1	** Olivia Raya (El Modena)	2003
124-1	*Logan Daniels (Dana Hills)	2020
124-0	*Nicole Beauregard (Valencia)	1991
124-0	Sydney DeVilla (Canyon)	2019
123-10	Terri Ortega (Irvine)	1987
123-10	Teresa Rocha (Esperanza)	2011
123-7	Jamie Questa (Edison)	1997
123-7	Melissa Lee (University)	2016
123-7	*Rebel Tuinuknafa (Orange Lutheran)	2021
123-6	Leslee Briggs (Edison)	1989
123-6	* Kristin Gunderson (Laguna Beach)	1998
123-6	Stacy Knisley (Esperanza)	2001
123-6	Courtney Brown (El Modena)	2010
123-6	Evelyn Roberts (Dana Hills)	2014
123-5	Lauren Preston (Mission Viejo)	2021
123-3	Bernadette Quinteros (Western)	1993
123-3	Marissa Welliver (Aliso Niguel)	2003
123-2	Meagan O'Reilly (Mission Viejo)	2007
123-0	Sina Daley (Mission Viejo)	2008
123-0	Ambernicole Hollinger (Los Alamitos)	2014
122-11	Jennifer Yu (Western)	1988
122-10	**Alexa Sheldon (Edison)	2022
122-9	Trinity Arriola (El Dorado)	2016
122-8	Lisa Henderson (Foothill)	1988
122-2	Nori McCrystal (La Habra)	1997
122-7	Julia Loya (Mission Viejo)	1998
122-6	Kristin Dutwiler (Mission Viejo)	1998
122-6	Miki-han Anelamaikala (Irvine)	2015
122-1	Nicole Lind (Tustin)	1985
122-0	Jacque Nelson (Canyon)	1978
122-0	Nina Foster (Mission Viejo)	1994
122-0	* L.J. Amadi (Dana Hills)	2003
122-0	Veronica Beavor (Orange Lutheran)	2008
122-0	Anelamaikalani Mikihan (Irvine)	2016
122-0	*Kimberly Reidel (El Toro)	2019
121-9	* Joanne Alo (SA Valley)	1989
121-9	* Hannah Meager (El Toro)	2013
121-8	Sarah Hernandez (Huntington Beach)	2008
121-8	Julia Reedy (Mission Viejo)	2011
121-7	Becky Daniel (Newport)	1976
121-7	** Shakeena Henderson (Tustin)	1997
121-6	Amina Mercado (Mater Dei)	2016
121-5	** Jenny Sotomayor (La Habra)	1997
121-5	Amanda Rodriguez (Cypress)	2004
121-4	* Yesenia Carrillo (Katella)	1998
121-4	Regina Dos Santos (Los Alamitos)	2010
121-4	Hannah TerHarr (Mission Viejo)	2013
121-4	**Paige Wilson (Los Alamitos)	2022
121-4	*Gabriella Lopez (Marina)	2022
121-3	* Maria Omes (Foothill)	1981
121-2	Wendy Fullmer (Esperanza)	1991
121-1	Pat Shaw (SA Valley)	1978
121-1	** Tonya Lawson (SA Valley)	1991
121-1	Tabitha Goff (Newport)	2010
120-10	* Spring Trammel (Los Amigos)	1994
120-10	Kayla Smith (Villa Park)	2006
120-8	Jiao Tsai (Corona del Mar)	1980
120-8	Sydney Gontang (Fesoro)	2022
120-7	* Milaya Paggett (Mission Viejo)	1998
120-7	Leah Gilmore (Orange Lutheran)	2022
120-6	Kyrah Coleman (Valencia)	2016
120-4	Bonnie Manning (SA Valley)	1980
120-4	Luisa Tuimauvae (Magnolia)	1990
120-1	Jennifer Pettey (El Dorado)	1991
120-1	Lara Ohanesian (St Margarets)	2014
120-0	Tawnya Turton (Mission Viejo)	2010

Javelin

169-7	Jacque Nelson (Canyon)	1979
158-9	Ashely Selmon (Foothill)	1988
141-10	Laura Mills (University)	1981

Heptathlon

5405a	Sharon Hatfield (Fountain Valley)	1982
5200	Laura Mills (University)	1981
5115	* Ashley Bethel (Mission Viejo)	1997
5114	Kerry O'Bric (Edison)	1996
4491	Kimmie Conner (Dana Hills)	2010
4445	Ashley Selman (Foothill)	1988
4432	Tori Usgaard (Dana Hills)	2012
4309	Maria Philman (Edison)	1994
4303	Kylee Vandenberg (San Juan Hills)	2013
4257	*Chelsea Larson (Orange Lutheran)	2010
4168	Brenna Barker (Dana Hills)	2013
4049	*Kellie May (Northwood)	2016
4003	Molly Moore (Loara)	1982
3945	Kylie Moon-Rumsey (Huntington Beach)	2019
3922	*Chelsea Larson (Orange Lutheran)	2010
3856	Taylor Dunigan (Mission Viejo)	2010
3821	Hailey Bond (Costa Mesa)	2014
3809	***Grace Esslinger (Dana Hills)	2006
3772	*Alexis Turley-Young (Canyon)	2015
3672	*Davina Pham (Fountain Valley)	2015
3668	Kelly Skvama (Capo Valley)	2010
3640	Cathy Mullee (Edison)	1997
3606	*Sara Heckel (Yorba Linda)	2017
3584	***Laura Lanson (Huntington Beach)	2011
3582	Claire Currie (El Toro)	2012
3578	Jennifer Stanley (University)	1994
3566	Katy Zimmon (Edison)	1997
3546	**Brooke Kong (Northwood)	2016
3502	Lora Bender (Fountain Valley)	2012

Pentathlon

3925a	**Sharon Hatfield (Fountain Valley)	1980
3855	***Susie Ray (Villa Park)	1978
3856	*Jiao Tsai (Corona del Mar)	1980

Hammer Throw (4k)

203-08	*Joy McArthur (Mater Dei)	2016
184-6	*Emma Robbins (Esperanza)	2018
160-9	*Jessica Imani (Corona del Mar)	2010
151-9	**Jillian Stafford (Dana Hills)	2019
146-4	Stephanie Sampson (Esperanza)	1999
135-2	*Elizabeth Jones (Corona del Mar)	2016
134-2	*Megan McCullough (Mission Viejo)	2012
130-3	Rachel Raper (Esperanza)	2005
127-3	Evy Roberts (Dana Hills)	2014
122-1	Katie Laich (Esperanza)	2007
119-6	***Molly McCullough (Mission Viejo)	2010
119-5	Amanda Truong (Esperanza)	2016
114-5	*Faimalie Sale (Los Alamitos)	2017
113-2	**Alicia Burnes (Sonora)	2010
113-2	Jaycee Olsen (Corona del Mar)	2010
111-0	Amanda Cooper (Corona de; Mar)	2017
107-9	**Emily MacMillan (El Toro)	2011

ALL-TIME INDOOR MARKS LIST

Girls

50 meters

6.67	* Carol Rodriguez (Western)	2003
6.73	Miesha Wilson-Duval (Woodbridge)	1994
6.75	Cavetra Mitchell (Los Alamitos)	1992
6.81	Crystal Davis (SA Valley)	1999
6.84	* Meryl Stone (Woodbridge)	1998
6.89	Meghan Atkinson (Santa Margarita)	2000
6.91	Andrea Dean (Mission Viejo)	1992
6.97	Fitzgerald (Santa Margarita)	1998
6.98	Adrianna Gallardo. (Saddleback)	1996

55 meters

7.16	Alyssa Tao (Fountain Valley)	2013
7.35	**Kennedy Gillian (Mission Viejo)	2014
7.39	*Crystal Eckman (Fountain Valley)	2014
7.47	Maia Craver (Woodbridge)	2014
7.47	Crystal Eckman (Fountain Valley)	2015
7.50	**Sarah Perez (Mater Dei)	2014
7.51	*Sara Limp (Los Alamitos)	2014
7.57	Lindsay Chiang (Fountain Valley)	2014
7.58	Michaela King (Dana Hills)	2014
7.60	*Hollis Donovan (Dana Hills)	2014
7.60	* Sahla Cook (Mission Viejo)	2015
7.60	Celine Smith (Mission Viejo)	2015
7.61	Hannah Helen Heising (Woodbridge)	2014
7.62	Christina Ciampa (San Clemente)	1999
7.64	Meggin Rosas (Yorba Linda)	2015
7.66	Briana Jablonski (Woodbridge)	2014
7.68	*** Courtney Moreno (Fountain Valley)	2015
7.69	Meryl Stone (Woodbridge)	1999

300 meters

42.67	Hope Bender (Newport)	2015
42.88	* Colette Putnam (Laguna Beach)	2015
43.38	* Ashley Willingham (Los Alamitos)	2015
43.63	Emma Kratzberg (Newport)	2015
43.64	Celine Smith (Mission Viejo)	2015
43.96	Sidney Smiggs (Mission Viejo)	2015
44.42	** Whitney Hessler (Mission Viejo)	2015
44.42	Annelise Doerr (Fountain Valley)	2015
44.67	* Aliyah Forbes (Mater Dei)	2015
44.69	* Sahla Cook (Mission Viejo)	2015

440 yards

54.8	Arlise Emerson (Westminster)	1979
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400 meters

57.35	Ashtyn Adams (Tesoro)	2018
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500 yards

65.4	Arlise Emerson (Westminster)	1978
68.4	Rhonda Patcha (Valencia)	1978
68.5	* Tanya Ransom (El Toro)	1983
68.6	Trisha Aubuchon (Esperanza)	1985
68.7	Suzy Hensel (Valencia)	1983
68.9	Debbie Marsino (Cypress)	1981
69.3	Barbara Rainey (Edison)	1983
69.4	Jerri Baker (Capo Valley)	1981
69.7	Michelle Banks (El Dorado)	1985
69.7	Maika Nelson (Brea)	1998
70.1	Kim Law (SA Valley)	1977
70.3	Beth Melton (Fountain Valley)	1979

70.8	Anisette Rogers (University)	1983
70.8	Angela Allen (El Modena)	1998
71.0	Laura Ichikawa (Katella)	1982
71.1	Darla Burkhart (Estancia)	1979
71.9	Kaci Keefer (Woodbridge)	1989
72.0	* Jossie Fioda (Costa Mesa)	1981
72.46	Marlene Lang (Fountain Valley)	1993

500 meters

72.28	Ashley Furst (Laguna Hills)	1999
72.52	Christina Ciampa (San Clemente)	1999
72.6	Emily Kalmbach (Santa Margarita)	2002

600 yards

1:27.20	* Cassie Durgy (Huntington Beach)	2015
1:27.37	**Ashley Willingham (Los Alamitos)	2014
1:29.12	* Taylor Arco (Mission Viejo)	2015
1:30.05	* Ashley Willingham (Los Alamitos)	2015
1:31.63	Chloe Deol (Dana Hills)	2014
1:31.97	Brenna McNulty (Dana Hills)	2014
1:32.45	Brian Jablonski (Woodbridge)	2014
1:32.87	* Katie Camarena (San Juan Hills)	2015
1:33.22	** Heather Cottle (Fountain Valley)	2013
1:33.27	*Annelise Doerr (Fountain Valley)	2014
1:33.27	* Charisma Byrd (Rosary)	2015
1:33.33	Megan Miller (Mission Viejo)	2015
1:33.36	Kyle Oefelein (Woodbridge)	2014
1:33.79	* Maia Craver (Woodbridge)	2013
1:34.22	Angel Vallier (Mission Viejo)	2015
1:36.14	*Heather Cottle (Fountain Valley)	2014
1:36.22	Aini Morales (Fountain Valley)	2013
1:36.65	** Annelise Doerr (Fountain Valley)	2013
1:37.01	Emily Glenn (Corona del Mar)	2014
1:37.60	Jessy McIntyre (Los Alamitos)	2013
1:38.09	Haley McHugh (Santa Margarita)	2014
1:38.71	Kyndol Craver (Woodbridge)	2013

600 meters

1:32.9	**Mary Decker (Orange)	1974
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880 yards

2:02.4	**Mary Decker (Orange) (2:01.8m)	1974
2:10.96	Liz Morse (Corona del Mar)	2000
2:14.8	Cindy Stoughton (Corona del Mar)	1981
2:17.5	Maggie Henson (Newport)	1986
2:17.60	*Ashley Johnson (Mission Viejo)	2019
2:17.7	Christie Engesser (Ocean View)	1993
2:18.2	** Sharon Hatfield (Fountain Valley)	1980
2:18.4	* Nicole Biggers (El Toro)	1984
2:19.3	Shannon Karpel (Ocean View)	1987
2:19.4	Lori Blanco Westminster	1977
2:19.6	* Kristin Harkins (La Quinta)	1986
2:19.8	Staci Kneeshaw (Foothill)	1978
2:20.4	Rhonda Patcha (Valencia)	1979
2:20.4	Leslie Pratt (Edison)	1983
2:21.2	Karen Nancy (Capo Valley)	1986
2:22.0	Nancy Jessen (Dana Hills)	1980
2:22.2	Kell Ringer (Edison)	1979
2:22.3	Buffy Rabbitt (Newport)	1986
2:22.3	Jessica Dahlberg (El Modena)	1998
2:22.3	***Whitney Whitney Hampton (El Toro)	2002
2:22.53	* Janice Lane (Woodbridge)	2013
2:23.1	Jenny Cummins (Corona del Mar)	2000
2:23.17	Natalie Grohmann (Fountain Valley)	2015
2:23.5	Erika Lovett (Savanna)	1988
2:23.66	* Katie Camarena (San Juan Hills)	2015
2:24.5	* Summer Shaw (Huntington Beach)	1996
2:24.64	** Jennifer Daly (Dana Hills)	2015
2:25.0	** Cyndi Boothby (Esperanza)	1989
2:25.1	Nancy Long (Mission Viejo)	1985
2:25.4	Vicki Kelly (Costa Mesa)	1982

2:25.5 * Laurinda Mulhaupt (Capo Valley) 1988

1,000 meters

2:26.7 ** Mary Decker (Orange) 1974

1,500 meters

4:26.2 ***Paula Rose (Corona del Mar) 1976

4:26.7 Polly Plumer (University) 1982

4:42.05 Kelli Hines (Mission Viejo) 2019

One Mile

4:40.1 ***Mary Decker (Orange) (Portola JH) 1973

4:45.9 Polly Plumer (University) 1982

4:55.77 Kelli Hines (Mission Viejo) 2019

4:59.3 ** Teresa Barrios (University) 1982

5:00.5 ***Sharon Hulse (Edison) 1977

5:02.0 Staci Kneeshaw (Foothill) 1980

5:02.7 ***Paula Rose (Corona del Mar) 1976

5:04.9 * Bonnie McGlinchey (Fountain Valley) 1981

5:06.9 Nicole Ritchot (Edison) 1986

5:08.3 * Claire Feit (Mater Dei) 1982

5:09.0 Maggie Henson (Newport) 1986

5:09.5 Buffy Rabbitt (Newport) 1986

5:10.2 Sherri Roach (Kennedy) 1978

5:10.4 * Anabella Villanueva (Fountain Valley) 1981

5:10.9 Jamie Nourse (University) 1983

5:13.45 **Heather Cuthbertson (Marina) 1996

5:14.3 Jenni Scott (Tustin) 1984

5:16.14 Shalice Pugmire (Esperanza) 2002

5:19.5 Julie Morris (Costa Mesa) 1983

5:19.5 Sherri Smith (Woodbridge) 1986

5:19.5 * Kristina Dahlberg (El Modena) 1992

5:20.44 Meghan Mayes (Capo Valley) 1993

5:21.41 Kelsey Carroll (San Clemente) 2015

5:21.75 Jessica Cushing -Murray (Foothill) 2014

5:23.3 ***Allyson Marquand (University) 1996

5:23.4 Leslie Cashion (Corona del Mar) 1988

5:23.82 Amanda Stark (Fountain Valley) 2014

5:23.99 Catherine Martinez (Fountain Valley) 2011

5:24.0 * Vanessa Kelly (Marina) 2000

5:24.01 * Kim Nelson (Canyon) 1993

5:24.9 * Erica Sahli (Villa Park) 2003

5:26.03 *** Hannah Hall (Foothill) 2015

5:26.55 Mikaela Garduno (Foothill) 2014

5:26.67 Katie Carroll (San Clemente) 2015

5:26.7 Maria Mendoza (Santa Ana) 1988

5:26.82 Madeline Bradford (Woodbridge) 2014

5:26.93 ***Amanda Gehrich (Tesoro) 2013

5:26.97 Cassidy Townner (El Dorado) 2014

5:27.5 Shey Manaafian (University) 2001

5:27.54 Ana Attard (Marina) 2002

5:27.6 Jamie DeNoewer (Costa Mesa) 1999

3000 meters

10:04.73 Kelli Hines (Mission Viejo) 2019

10:07.6' * Carrie Garritson (Buena Park) 1993

Two Mile

10:45.7 **Carrie Garritson (Sunny Hills) 1992

11:11.33 Sierra Vega (Foothill) 2010

11:16.9 **Heather Garritson (Buena Park) 1996

11:17.15 ***Lora Gonzalez (Woodbridge) 2014

11:17.59 ***Elizabeth Dahl (Woodbridge) 2014

11:24.87 **Bethany Nickless (Fountain Valley) 2002

11:25.70 **Elyse Homberger (Edison) 1993

11:25.9 Angie Winkler (Fountain Valley) 1996

11:33.6 **Jenny Sears (Mater Dei) 2000

11:36.9 Sarah Rettman (Mission Viejo) 2000

11:38.0 Ana Attard (Marina) 2002

11:38.93 Mayra Medina (Laguna Hills) 1993

11:40.6 * Stephanie Torres (Cypress) 2003

11:41.3 *Amber Parkinson (Orange Lutheran) 1992

11:41.9 **Anne Gustafsson (Brea) 2003

11:43.15 Lori Mann (Santa Margarita) 1999

11:45.77 * Amber Bragdon (Fountain Valley) 2013

11:49.1 Katie Quinlan (Corona del Mar) 1999

11:51.5 Nancy Dollar (San Clemente) 1995

11:55.0 Tanya Brix (University) 1992

11:57.54 Jennifer Formosa (Edison) 1993

50 meter Hurdles

7.51 * Elinor Tolson (Fountain Valley) 1992

7.69 ** Ashley Bethel (Mission Viejo) 1996

7.79 * Katie Mook (Foothill) 1994

7.90 *** Dana Bethel (Mission Viejo) 1998

7.91 * Amanda Shanklin (Santa Margarita) 1998

7.97 Inshirah Jones (Esperanza) 1995

8.13 Heather Novak (Santa Margarita) 1993

8.16 **Lauren Collins (Santa Margarita) 2003

8.45 Kristen Woepse (Woodbridge) 2003

8.75 Susan Pettus (Marina) 1996

55 meter Hurdles

8.38 Hope Bender (Newport) 2015

8.44 Michaela King (Dana Hills) 2014

8.70 ** Dana Bethel (Mision Viejo) 1999

8.71 **Emma Kratzberg (Corona del Mar) 2014

8.83 Kyndol Craver (Woodbridge) 2013

8.84 Michaela Schaeffer (Edison) 2013

8.86 Chelsea Larson (Esperanza) 2010

8.99 * Hannah Duarte (Mision Viejo) 2015

9.00 Lily Trinh (Fountain Valley) 2010

4x 145m Relay

1:15.86 Irvine 2013

1:17.58 Woodbridge 2013

1:18.83 Fountain Valley 2015

1:19.41 Fountain Valley 2014

4 x 160 yard Relay

1:18.4 Mission Viejo 1988

1:18.6 Esperanza 1988

1:18.9 Saddleback 1996

1:19.4 Marina 2000

1:19.6 Saddleback 1983

1:19.6 Mission Viejo 1998

1:19.65 Santa Margarita 1999

1:19.7 Cypress 2002

1:19.8 Loara 1988

1:20.1 Esperanza 1987

1:20.2 Sonora 1992

1:20.3 SA Valley 1998

1:21.0 SA Valley 1976

1:21.0 Western 2002

1:21.3 Marina 1996

1:21.4 Costa Mesa 1974

1:21.8 Marina 2001

1:22.8 Laguna Beach 1973

1:22.8 Laguna Beach 1975

1:22.7 Marina 1995

1:23.1 Fountain Valley 1988

1:23.8 Western 2003

8 x 160 yard Relay

2:39.3 Mission Viejo 1991

2:40.7 Mission Viejo 1994

2:42.2 Mission Viejo 1993

2:42.23 Mission Viejo 1996

2:42.29 Saddleback 1996

2:43.8 Saddleback 1994

2:44.9 Mission Viejo 1998

2:45.9 Trabuco Hills 1998
 2:48.3 SA Valley 1992

4 x 440 yard Relay

4:04.30m Mission Viejo 2019
 4:06.43m Mission Viejo 2014
 4:07.03m Dana Hills 2014
 4:07.8 Edison 1985
 4:08.49 Mission Viejo 2015
 4:08.6 Edison 1984
 4:09.22 Santa Margarita 1999
 4:09.5 Canyon 1984
 4:09.57m Los Alamitos 2014
 4:11.2 Santa Margarita 1998
 4:11.4 Woodbridge 1988
 4:11.7 Foothill 1995
 4:11.71m Woodbridge 2014
 4:12.5 Edison 1983
 4:14.21m Woodbridge 2013
 4:15.6 Corona del Mar 1988
 4:15.8 Santa Margarita 2003

4 x 880 yard Relay

9:37.3 Foothill 1983
 9:42.4 University 1982
 9:44.0 University 1983
 9:49.4 Esperanza 1995
 9:49.8 Esperanza 1996
 9:53.7 Tustin 1982
 9:56.2 Marina 2002
 9:57.3 Esperanza 1999
 9:58.3 Irvine 1982
 9:58.3 El Modena 1995
 9:58.5 Tustin 1983
 9:58.9 Corona del Mar 1987
 10:00.5 El Toro 1995
 10:01.2 El Modena 1993
 10:03.0 Laguna Hills 1993
 10:08.1 El Dorado 1984
 10:08.5 Canyon 1986
 10:09.03 Woodbridge 2014
 10:09.8 Esperanza 1998
 10:10.5 Corona del Mar 1993
 10:10.9 Esperanza 1986
 10:11.2 Esperanza 2000
 10:14.7 Esperanza 1994
 10:15.3 Edison 1994
 10:15.7 Corona del Mar 1994
 10:16.2 SA Valley 1988
 10:16.4 El Modena 1996
 10:16.6 Villa Park 2002
 10:17.0 Edison 1986
 10:17.5 Laguna Beach 1987
 10:18.1 Marina 2003
 10:21.2 Mission Viejo 1999
 10:22.1 Villa Park 1988
 10:22.3 El Toro 1992
 10:22.4 Canyon 1988
 10:22.8 Foothill 1996

High Jump

5-10.5 Sharon Day (Costa Mesa) 2003
 5-8 * Misty May (Newport) 1994
 5-6 * Tina Bowman (Newport) 1994
 5-6 ** Tayyiba Haneef (Laguna Hills) 1995
 5-6 ** Jessica Lang (Mission Viejo) 2015
 5-4 Darci Morrison (Laguna Hills) 1993
 5-4 ** Lauren Collins (Santa Margarita) 2003
 5-4 Annie Giebelhaus (Orange Lutheran) 2011
 5-4 Brenna Barker (Dana Hills) 2012
 5-3 Maciah Murray (Edison) 2013
 5-3 * Michelle DeDmon (El Toro) 2013
 5-2 Carrie Hoagland (Canyon) 1992

5-2 Tracy Broughton (Irvine) 1992
 5-2 Wendy Brown (Woodbridge) 1992
 5-2 Kendra Canape (Brea) 2000
 5-2 Kristna Curtis (Tustin) 2003
 5-2 Madelyn Sando (Mater Dei) 2012

Pole Vault

13-10.5 *Rachel Baxter (Canyon) 2017
 12-6 **Victoria Rische (Foothill) 2010
 12-4 ***McKenna Caskey Mater Dei 2014
 12-3 *Allison Stokke (Newport) 2006
 12-0.5 * Elizabeth Woepse (Mater Dei) 2003
 12-0 *McKenna Caskey (Mater Dei) 2016
 12-0 *Kate Thomas (Santa Margarita) 2016
 11-8 Lyndly Tamura (Huntington Beach) 2006
 11-6.5 Mandie Rowell (Santa Margarita) 2003
 11-6.5 * Whitney Johnson (Mission Viejo) 2003
 11-6 *Brooke Arthur (Mater Dei) 2010
 11-6 Claire Hawkins (Santa Margarita) 2010
 11-4 Claire Kao (Dan Hills) 2016
 11-1 *Amy Loschiavo (Huntington Beach) 2011
 11-0.75 Cara Walker (Marina) 2003
 11-0 Caroline Rebello (Marina) 2000
 11-0 Kate Johnson (Mater Dei) 2010
 10-10 ** Alexa Ward (Los Alamitos) 2006
 10-8 *Amy Loschiavo (Huntington Beach) 2011
 10-7 ** Kelly MacLean (Edison) 2003
 10-6 Katie Rorem (Marina) 1998
 10-6 Sarah Higham (Mission Viejo) 1998
 10-6 Lauren Walker (Huntington Beach) 2006
 10-6 Karen Snapper (Huntington Beach) 2010
 10-6 Kari McCollum (Orange Lutheran) 2015

Long Jump

19-02 Dominique Ruotolo (Mater Dei) 2018
 18-10 ***Jade McDonald (Mater Dei) 2018
 18-6.25 * Ashley Bethel (Mission Viejo) 1996
 17-9.75 Heather Sterlin (Mission Viejo) 1992
 17-6.5 Kristy Kierulff (Esperanza) 1995
 17-6 ** Dana Bethel (Mission Viejo) 1999
 17-5 Lauren Delgadillo (Fountain Valley) 2014
 17-3 Melissa McDonald (Mater Dei) 1991

Triple Jump

40-2 ***Jade McDonald (Mater Dei) 2018
 39-8 *Madison Lyon (Woodbridge) 2019
 39-7.75 Michelle Sanford (Woodbridge) 2003
 39-7.25 Dominique Ruotolo (Mater Dei) 2018
 37-9.75 Kelly O'Connor (Esperanza) 1996
 37-4 * Lora Bender (Fountain Valley) 2013
 37-1.5 Erica Dickson (Mission Viejo) 1996
 37-1 Michaela Schaeffer (Edison) 2013
 36-9 Tammy Graham (Mission Viejo) 1992
 36-9 * Darneshia Griffith (Trabuco Hills) 1996
 36-7.25 Brenna Barker (Dana Hills) 2013
 36-5 Jennifer Bandley (Los Alamitos) 2014
 35-1.75 Nina Foster (Mission Viejo) 1993

Shot Put

45-9.75 Mackenna Howard (Los Alamitos) 2014
 40-11.75 Priscilla Gardner (Mission Viejo) 2003
 39-4.25* Sonya Bryant (Marina) 1995
 39-2.25 Stephanie Sampson (Esperanza) 1999
 38-7 Chrissy Tolson (Fountain Valley) 1996
 37-4.25 * Ciera Williams (Mission Viejo) 2015
 36-8.75 Mackenna Howard (Los Alamitos) 2013
 35-4 Tafi Togogao (Los Amigos) 1996

20# Weight Throw

54-06.50 Faimalie Sale (Los Alamitos) 2018
 48-5.25 Mackenna Howard (Los Alamitos) 2014
 44-9 *Emma Robins (Esperanza) 2018
 41-10.75 *Elizabeth Jones (Corona del Mar) 2016

ALL-TIME SCHOOL RECORDS

ALISO NIGUEL

Boys			
100m	Charlie Jarvis	10.63	2022
200m	Drew Koesel	21.73	2019
400m	Michael Phillippy	48.15	2018
800m	Michael Andraszczyk	1:53.19	2008
1600m	Brennan Foody	4:13.47	2022
3200m	Brennan Foody	9:02.67	2022
110m H	Jedediah Kaufmann	14.59	2019
300m H	Andrew Kokinakes	38.37	2009
400m R		41.13	2018
1600m R		3:14.68	2018
HJ	Austin Muirbrook	6-5	2019
LJ	Jedediah Kaufmann	21-10.75	2019
TJ	Donald Hawthorne	47-7.75	2002
PV	Danny Affleck	15-4	2020
SP	Alex Probolsky	53-9.25	2021
Dis	Chad Seymour	178-11	2009

Girls

100m	Danielle Darden	11.97	2013
200m	Danielle Darden	24.04	2013
400m	Mia Darden	56.57	2017
800m	Haley Lawrence	2:10.57	2006
1600m	Emily Richards	4:53.70	2021
3200m	Emily Richards	10:28.37	2021
100m H	Ryann Beveridge	15.16	2018
300m H	Lily McCann	45.52	2019
400mR		48.02	2005
1600mR		3:57.07	2017
HJ	Kendra Duffey	5-6	2019
PV	Morgan Flynn	13-0	2019
LJ	Amber Moore	18-2.75	2004
TJ	Kathryn Plummer	41-6	2014
Discus	Keanna Roberson	124-3	2011

ANAHEIM

Boys			
100m	Che Garcia	10.95	1992
200m	Ron Pharris	21.42+ (21.3y)	1967
400m	Mike Fritz	48.26	1986
1600m	Tom Keefer	4:11.2+ (4:12.6y)	1969
3200m	Tom Keefer	9:07.1+ (9:10.2y)	1969
110m H	Bob McQueen	14.68+(14.4y)	1971
300m H	Octavio Morgan	38.85	2017
400m R		41.99+(41.1 y)	1972
1600m R		3:21.51	1984
HJ	Rick Sloan	6-8	1964
PV	Jack Hanian/Wayne Gorman	14-0	1972
LJ	Ruben Droughns	22-6.5	1995
TJ	Paul Magana	45-10.25	2016
SP	Jim Heath	59-9.5	1969

Girls

100m	Carla Battle	12.34	1997
200m	Carla Battle	25.79	1997
HJ	Yleana Carrascco	6-0	1985
LJ	Jennifer Bailey	17-10.5	1985
SP	Rosario Ramos	46-9	1979

BECKMAN

Boys			
100m	Michael Hammill	10.88	2014
200m	Sachin Shurpalekar	22.25	2022
400m	Sachin Shurpalekar	49.64	2022
800m	Joshua Schuld	1:56.91	2021
1600m	Joshua Schuld	4:11.32	2021
3200m	Joshua Schuld	8:56.34	2021
400m R		42.87	2014
300m H	Zach Ta	40.90	2014
HJ	Ryan Arambulo	6-7	2008
Dis	Brendon Birdsell	180-8	2009

Girls

100m	Bethany Nguyen	12.36	2019
200m	Danielle Dixon	24.64c (24.4h)	2017
400m	Jocelyn Niemiec	54.85	2021
800m	Estella Knobbe	2:17.23	2021
1600m	Isabella Tasser	5:11.32	2021
3200m	Mia Bergman	11:03.15	2021
100, H	Skyler Serrano	15.59	2022
400m R		48.48	2019
1600m R		3:58.19	2019
HJ	Caitlin Birdsell	5-6	2010
PV	Olivia Chung	10-7	2018
TJ	Anna Biele	37-7.5	2018
SP	Saloni Khandhadia	36-1	2019
DIS	Saloni Khandhadia	137-10	2019

BREA-OLINDA

Boys			
100m	Claude Melvin	10.70	1999
200m	Claude Melvin	21.40	1999
400m	Dave Buck	47.87+(48.0y)	1963
800m	Austin Tamagno	1:50.75	2016
1600m	Austin Tamagno	3:59.65+ 4:01.04y	2016
3200m	Austin Tamagno	8:54.73	2015
110m H	Bryan Poland	14.58+(14.3y)	1970
300m H	Peyton Killhefer	37.87	2021
400m R		42.18	1999
HJ	Hubbard	6-6	1992
	Ryan Kugel	6-6	1998
PV	Randy Parker	14-6	1977
LJ	Dan Carpenter	24-0.5	1972
SP	Dave Johnson	60-10.75	1976
DIS	Jim Norum	178-7	1997

Girls

100m	Kylie McCuen	12.33	2001
200m	Kylie McCuen	25.14	2001
400m	Sara Kronquist	57.23	2011
800m	Maika Nelson	2:14.15	1997
1600m	Vanessa Hancock	4:53.68	2008
3200m	Vanessa Hancock	10:49.47	2008
100m H	(33")Sarah Bonilla	15.56	1998
300m H	Sarah Bonilla	44.64	1997
400m R		49.10	2012
1600m R		3:57.54	1998
HJ	Stephanie Wettlin	5-6.25	1997
PV	Tracie Nakagana	11-0	2002
	Melissa Scott	11-0	2016
LJ	Taniha Maze	17-8.75	1988
TJ	Tennli Ulicny	36-10.5	1998
SP	Niki Awaa	38-11	2002
DIS	Nikki Awaa	137-2	2004

BOLSA GRANDE

Boys			
400m	Randy Julian	47.27+(47.4y)	1965
1600m	Terry Lamb	4:08.9+(4:10.4y)	1969
110m H	Jeff Nelson	14.48+(14.2y)	1965
1600m R		3:18.4+(3:19.7y)	1966
SP	Brian Dyke	59-6.5	1973
DIS	Mike Johnson	172-2	1966

Girls

100m	Janel Nguyen	12.56	2018
1600m	Jeanette Zambrano	5:05.31	2012
3200m	Rocio Pelayo	10:53.25	2006
LJ	Janel Nguyen	18-10.75	2018

BRETHREN CHRISTIAN**Boys**

200m	Nathan Farris	22.41	1999
800m	Brandon Pacheco	1:51.29	1995
1600m	Brandon Pacheco	4:08.59	1995
PV	Steve Michels	16-5.25	1996

Girls

100m	Allison Sarrell	12.48w	2001
LJ	Allison Sarrell	17-1.1	2001
TJ	Cindy Oparah	38-1.5	1998

BUENA PARK**Boys**

100m	George McDonald	10.89	1994
200m	Mo Printup	21.92+(21.8y)	1982
400m	Mitchell Ramirez	49.34	2009
800m	Tom Kovacich	1:50.8+(1:51.4y)	1972
1600m	Armando Cendejas	4:15.7+(4:17.1y)	1974
3200m	Armando Cendejas	8:57.5+(9:00.6y)	1974
400m R		43.09+(43.2y)	1990
1600m R		3:17.72+(3:19.0y)	1972
HJ	Conrad	6-8	2008
LJ	Kevin McGannon	23-7.5	1965
TJ	Joe Thomas	46-8.75	1999
SP	Pat Kyle	60-11	1982

Girls

100m	Snita Ashford	12.10	2006
600m	Carrie Garritson	5:01.90	1994
3200m	Carrie Garritson	10:28.20	1994
100m H	Jasmine Webb	15.28	2004
300m H	Yasmin Webb	43.56	2005
SP	Lato Eteaki	36-1.5	2014
Dis	Terri Sabol	155-6	1974

CALVARY CHAPEL**Boys****Girls**

100m	Madison Lankford	12.67	2010
1600m	Chelsea Vancott	5:09.85	2008
3200m	Chelsea Vancott	11:19.41	2008
100m H	Kathryn Karkut	15.97	2008

CANYON**Boys**

100m	Vanden Staly	10.93	2002
	Ib Al-arnous	(10.75w)	2008
200m	Tubotien Taylor	21.83	2009
400m	Tubotien Taylor	47.73	2009
800m	Ethan Florez	1:54.04	2022
1600m	Chance Lamberth	4:07.70	2016
3200m	Wesley Walsh	8:56.25	2015
110m H	Brent Elliot	14.75	2011
	Musae Sesay	(14.40w)	2008
300m H	Travion Phillips	39.04	2018
400m R		42.51	2009
1600m R		3:20.57	2008
HJ	Cody Crampton	6-11	2011
PV	Jeremiah Chow	14-0	2016
	Jake Bennett	14-0	2016
LJ	Dave Berger	23-7.5	1978
TJ	Chris Jackson	45-9.75	1999
SP	Jake Porter	59-6	2019
Dis	Jake Porter	165-10	2019

Girls

100m	Alexis Turley-Young	12.15	2015
200m	Tai Crumsey	25.23	2014
400m	Debbie Bottomley	56.62+(56.8)	1976
800m	Emma Hadley	2:11.45	2021
1600m	Emma Hadley	4:50.78	2022
3200m	Sara Leonard	10:24.41	2018

100m H	Alexis Turley-Young	14.34	2015
300m H	Kathy Kelly	45.74+(45.8y)	1983
400m R		48.12	2014
1600m R		3:49.71	1983
HJ	Carrie Hoagland	5-5	1994
PV	Rachel Baxter	14-4	2017
LJ	Shannon McGinnis	19-0.5	1983
TJ	Alexis Turley-Young	38-9	2015
SP	Jacque Nelson	44-11.5	1978
DIS	Allison Franke	160-6	1989

CAPISTRANO VALLEY**Boys**

100m	Josh Saunders	10.94c(10.7)	1998
200m	Tomm Davis	22.21	1987
400m	Joe White	48.89	1989
800m	Kris Monte	1:53.26	2000
1600m	Neil Stevenson	4:15.77	1989
3200m	Adalberto Sanchez	9:08.68	1995
110m H	Espinosa	14.70	1984
300m H	Steve Lawrence	38.94c(38.7)	1987
400m R		42.29	1987
PV	Bradley Wernick	14-6	2012
LJ	Bernie Chapman	22-11	1991
TJ	Bernie Chapman	47-3	1991
SP	Brian Blutreich	69-6.5	1985
Dis	Brian Blutreich	210-8	1985

Girls

100m	Gianna Lowery	11.87	2010
200m	Gianna Lowery	24.15	2010
400m	Tifney Reeve	55.24	2005
800m	Natalie Herberg	2:11.92	2013
1600m	Haley Herberg	4:47.55+ (4:49.22y)	2017
3200m	Haley Herberg	10:09.54	2018
100m H	Kristen Kiefer	14.37	2007
300m H	Kristen Kiefer	42.75	2007
400m R		47.77	2011
1600m R		3:54.60	2010
HJ	Jolie Robinson	5-5	2019
PV	Hillary Van Ert	11-6	2007
LJ	Jolie Robinson	18-8.25	2019
TJ	Jolie Robinson	38-6.5	2019
SP	Laura Matos	40-9	1983
DIS	Kelly Allen	142-6	1988

CENTURY**Boys**

100m	Adrian Pioquinto	10.91	2009
LJ	Thomas	23-5.6	2000
Dis	Kevin Watson	166-4	1999

Girls

SP	Aprile Powell	40-0.75	1999
Dis	Aprile Powell	130-0	1999

CORONA DEL MAR**Boys**

100m	Jason Boyce	10.90	1994
200m	Matt Hurst	21.61	2014
400m	Matt Hurst	47.79	2014
800m	Nick Rose	1:52.1+(1:52.7y)	1971
1600m	Jim Robbins	4:10.74	1988
3200m	Brian Hunsaker	8:53.7+(8:56.8y)	1975
110m H	Nick McGuinness	14.90	2013
300m H	Troy Hardy	38.28	2013
400m R		42.37	2014
1600m R		3:17.80	2012
HJ	George Kent	6-7	1972
	Mark Palmer	6-7	1984
PV	Keith Miller	15-1	1991
LJ	Jason Plumb	24-5	2022
TJ	Blaine Bolus	46-4.75	2009
	Blaine Bolus	(46-7.25w)	2008

SP	Sean Fenton	57-9.5	2000
Dis	Mike Bain	189-10	1987

Girls

100m	Ava Simos	12.28	2022
200m	Melissa Swigart	24.66	2005
400m	Melissa Swigart	55.95	2005
800m	Liz Morse	2:07.78	2000
1600m	Annie St Geme	4:39.94+(4:41.57y)	2006
3200m	Annie St Geme	10:15.89	2006
100m H	Emma Kratzberg	15.49	2014
300m H	Paige Damron	45.23	2018
400m R		48.55	2005
1600m R		3:48.28	1988
HJ	Allison Brawner	5-7	2000
PV	Morgan Flynn	12-4	2018
LJ	Caroline Glessing	18-8.5	2022
SP	Jaycee Olsen	43-6.25	2010
Dis	Ariana Novela	137-3	2021

COSTA MESA

Boys

100m	Quinton Bell	10.58	2014
200m	Quinton Bell	21.34	2014
400m	Randy Smith	49.16+(49.3y)	1964
800m	Eric Solis	1:54.51	1997
1600m	Doug MacLean	4:09.5+(4:10.9y)	1972
3200m	John Olswang	9:00.9+(9:04.0y)	1972
1600m R		3:22.81	1982
HJ	Mike Langa	6-6	1962
	Richie	6-6	1986
	Steve Smith	6-6	1997
PV	Eric Berg	14-5.25	1962
SP	Curt Eilenberg	56-4.25	1975
Dis	Curt Eilenberg	173-1	1975

Girls

100m	Paige LaBare	12.54	2013
200m	Paige Labare	25.47	2016
400m	Sharon Day	57.35	2002
800m	Vicki Kelly	2:12.61	1981
1600m	Denisha Bendz	5:04.08	1992
3200m	Diane Molina	10:57.86	2019
100mH	Gigi Surmon	15.44	1993
300m H	Julie Kroenig	45.33	2000
1600m R		3:56.33	1982
HJ	Sharon Day	6-2	2003
SP	Bonnie Dasse	42-6	1977
Dis	Felicia Crenshaw	159-11	2017

CREAN LUTHERAN

Boys

800m	Sean Pino	1:57.90	2013
1600m	Garrett Miller	4:23.24	2019
110m H	Jack Fairchild	14.55	2022
300m H	Jack Fairchild	39.52	2022
1600m R		3:26.72	2019
TJ	Jack Fairchild	46-2	2022

Girls

800m	Kaela Brenner	2:17.42	2021
1600m	Lauren Mauer	4:56.67	2012
3200m	Lauren Mauer	10:56.17	2012
100m H	Tori Occhipinti	15.97	2013
300m H	Alexandra Sciarra	45.47	2010
LJ	Megan Horn	17-9	2018
TJ	Megan Horn	39-6.25	2018

CYPRESS

Boys

100m	Garland West	10.66	2004
200m	Anton Jamir	21.73	2003
400m	Jimmy Hutsell	48.30	1993
1600m	William Feliciano	4:14.22	1984
3200	David Napper	9:09.48	2003
110m HH	Tom Turner	14.28+(14.0y)	1975
400m R		41.91	2003
1600m R		3:16.02	2005
HJ	Jeff Waldren	6-9	1991
	Quinten Pounds	6-9	2015
PV	Jeff Conkle	15-0	1977
LJ	Todd Fenton	23-3.75	1984
TJ	Clarence Moore	48-3.75	2000
SP	David Sampson	58-5.75	2003
Dis	David Sampson	177-11	2003

Girls

100m	Hilary Ojinnaka	12.05	2013
200m	Hilary Ojinnaka	24.70	2013
400m	Brittany Flores	56.54	2006
800m	Lauren Jirges	2:14.33	2003
1600m	Rhonda Craig	5:08.3+(5:10.1y)	1979
3200m	Rhonda Craig	10:54.2+(10:58.0y)	1979
300m H	Liana Fuentes	45.90	2005
400m R		48.18	2007
1600m R		3:58.9	2006
HJ	Soremekum	5-5	2005
PV	Melissa Morris	11-9	2008
LJ	Jennifer Gillespie	18-6.25	1981
TJ	Debbie Geary	36-11	1983
Dis	Amanda Rodriguez	121-5	2004

DANA HILLS

Boys

100m	Bryan Harrison	10.56	1995
200m	Bryan Harrison	21.10	1995
400m	Cade Lindahl	47.80	2006
800m	Jai Dawson	1:50.63	2022
1600m	Jake Ogden	4:05.79	2016
3200m	Mason Coppi	8:55.53	2016
110m H	Mike Germain	14.30	1983
300m H	Mikey Fischetti	37.60	2009
400m R		41.78	2008
1600m R		3:16.80	2018
HJ	Eric Smyth	6-10	1979
PV	Stephen Horrell	15-1	2005
LJ	Devin Harrison	24-1	2010
TJ	Jordan Singleton	45-7.5	2008
SP	Rory Mount	59-1.75	2009
Dis	Andy Marrone	192-1	1990

Girls

100m	Grace Esslinger	12.18	2008
200m	Anisa Rind	24.38	2019
400m	Hailey Ray	56.00	2019
800m	Jennifer Daly	2:11.93	2017
1600m	Allura Markow	4:50.89	2022
3200m	Alaina Alvarez	10:36.16	2011
100m H	Kimmie Conner	14.20	2010
300m H	Kimmie Conner	42.97	2010
400m R		47.45	2018
1600m R		3:46.67	2017
HJ	Brenna Barker	5-7.5	2013
PV	Claire Kao	12-6	2016
LJ	Kimmie Conner	18-1.75	2010
TJ	Brenna Barker	38-9.25	2013
SP	Adara Newidouski	41-2.5	1993
Dis	Adara Newidouski	136-8	1992

EASTSIDE CHRISTIAN

Boys

HJ	TJ Fakehinde	7-0.5	2002
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EDISON**Boys**

100m	Kerwin Bell	10.70	1980
200m	Darryl Poston	21.40	2001
400m	Tom Lloy	48.06+(48.1y)	1975
800m	Tom Lloy	1:51.6+(1:52.2y)	1974,
1600m	Jon Butler	4:06.75	1981
3200m	Jon Butler	8:46.78	1981
110m H	Denny Flanagan	14.40	2001
300m H	Denny Flanagan	38.25	2002
400m R		42.00	2001
1600m		3:17.9+(3:19.2y)	1975
HJ	Jeff Goddard	6-8	2003
PV	Dave Noel	16-4	1988
LJ	Chris Macke	23-11	2006
TJ	Ian Jennings	46-5.5	1998
SP	Kaleaph Carter	64-0.5	1988
Dis	Kaleaph Carter	186-2	1988

Girls

100m	Cori Hoffer	12.27	2018
200m	Trindl Fearnley	24.94c(24.7)	1984
400m	Barbara Rainey	55.42	1983
800m	Meghan Foley	2:10.47	2007
1600m	Shelley Taylor	4:48.52	1992
3200m	Hillary Hayes	10:28.79	2009
100m H	Amanda Herrington	14.93	2017
300m H	Kerry O'Bric	44.76	1996
400m R		47.65	1984
1600m R		3:49.45	1983
HJ	Rachel Zieman	5-10	2000
PV	Tori Pena	13-2	2005
LJ	Kerry O'Bric	19-9	1996
TJ	Kerry O'Bric	39-8	1996
SP	Leslee Briggs	41-11.5	1989
Dis	Marie Philman	144-0	1996

EL DORADO**Boys**

200m	Kenny Greer	22.34c(22.1)	2001
400m	Jon Michael	49.06+(49.2y)	1980
800m	Craig Olson	1:54.30	1987
1600m	Pat Dutzi	4:11.6+(4:13.0y)	1973
3200m	Ken Ernst	8:58.96+(9:02.14y)	1979
110m H	Jim Hunt	14.68+(14.4y)	1976
1600m R		3:22.5+(3:23.8y)	1980
HJ	Ron Edgley	6-10	1979
PV	Greg Ernst	16-6	1978
LJ	Michael Danna	21-8.5	2022
TJ	Tim Hickey	45-1	1979
SP	Chris Dressel	58-3.5	1979
Dis	Kevin Corbitt	184-2	1976

Girls

100m	Michelle Banks	12.34	1984
200m	Michelle Banks	24.94c(24.7)	1984
400m	Michelle Banks	55.44	1984
800m	Marcia Escobosa	2:17.8	1984
1600m	Marcia Escobosa	4:55.9	1984
3200m	Cassidy Towner	10:43.96	2014
100m H	Karalyn Cheng	15.68	2022
300m H	Tasha Walker	45.64	1994
400m R		49.53	2016
1600m R		3:59.10	1993
PV	Misty Richards	9-6	1998
HJ	Lori Svoboda	5-10.5	1989
TJ	Karalyn Cheng	37-7	2022
SP	Heather Cunningham	40-9	1995
Dis	Cyndi Lee	134-7	1988

EL MODENA**Boys**

100m	Josh Brown	10.72	2007
		(10.61w)	2007
200m	Nicholas Sanford	22.18	2005
400m	Mike Terry	49.06+(49.2y)	1991
800m	Dave Kingsland	1:49.4+(1:50.0y)	1977
1600m	Sydney Gidabuday	4:09.54	2014
3200m	Dave White	8:56.7+(8:59.8y)	1969
110m H	Richardson	14.68+(14.4y)	1974
300m H	Jake Angier	39.22	2019
400m R		42.92	2008
1600m R		3:19.47	1982
HJ	Matt Carter	6-10	2003
PV	Peter Kovacs	15-9	1995
LJ	Sean Sawyer	23-5	1984
TJ	Mark McGouney	46-8.75	1983
SP	Ziad Khozam	59-5.5	1985
Dis	Dylan Connor	180-3	2022

Girls

100m	Juanita Lawson	12.14c (11.9)	2001
200m	Sydney Carr	25.29	2016
400m	Whitley Pearson	59.86	2021
800m	Jessica Dahlberg	2:15.69	1996
1600m	Rebecca Sarmiento	5:03.18	2012
3200m	Leslie Burton	11:09.08	1995
100m H	Kaitlyn Meeder	15.47	2017
300m H	Cara Brookhouse	46.02	1989
400m R		48.75	2000
HJ	Sandy Gonzalez	5-6	2006
LJ	Gaylen Ames	17-8.5	1985
TJ	Gaylen Ames	38-10	1984
SP	Shelly Lovati	44-1.5	1986
Dis	Shelly Lovati	139-5	1986

EL TORO**Boys**

100m	Chad Grimmatt	10.95	2009
200m	Aaron Lybarger	22.02+(21.9y)	1982
400m	Camden Patterson	49.01	2021
800m	Toby Villalva	1:53.34	2009
1600m	Toby Villalva	4:09.42	2009
3200m	Juan Gonzalez	8:54.01	2013
110m H	Mike Smith	14.25	1997
300m H	Nolan Grimm	38.24	2008
400m R		42.95	2012
1600m R		3:24.65	2021
HJ	Elliott Parks	7-2	1997
PV	Adam Bragg	16-3	2011
LJ	Justin Schneider	23-10	2012
TJ	Art Gourdine	46-3	1978
SP	Nick Robinson	65-1	2006
Dis	Nick Robinson	197-0	2006

Girls

100m	Maliyah Medley	12.29	2015
200m	Maliyah Medley	23.88	2017
400m	Maliyah Medley	53.06	2018
800m	Hanna Edwards	2:09.55	2011
1600m	Ashley Messineo	4:51.89	2018
3200m	Hannah Tobin	10:33.31	2017
100m H	Jessica Bragg	14.94	2009
300m H	Paula Pedrani	43.63	2015
400m R		47.57	2016
1600m R		3:48.99	2005
HJ	Lauren Correa	5-7	2005
PV	Madi Bragg	11-4	2013
LJ	Lisa Gourdine	19-9	1977
TJ	Monica Fisher	38-3.5	1989
SP	Hilary Fraser	45-6.5	2007
Dis	Hilary Fraser	158-2	2007

ESPERANZA**Boys**

100m	Shane Henry	10.81	2006
		(10.72w)	2006
200m	Wes Williams	21.28 (21.13)	2005
400m	Roshawn Sims	47.73	1991
800m	John Carrow	1:52.92	1988
1600m	Ryan Bousquet	4:05.54+(4:06.97y)	2000
3200m	Shawn Frack	9:06.70	1993
110m H	Pat Swanson	14.36(14.19w)	1996
300m H	Keith Pontiflet	36.74	1985
400m R		42.00	1995
1600m R		3:20.00	1984
HJ	Larry Berger	6-10	1979
PV	Bobby Sparks	15-2	1998
LJ	Hayden Pierce	23-10.75	2010
TJ	Clayton Tharrington	48-6.25	1990
SP	Bronson Osborn	71-7.25	2016
Dis	Bronson Osborn	204-4	2016

Girls

100m	Trish Aubuchon	12.09(12.03w)	1984
200m	Trish Aubuchon	24.71(24.66w)	1984
400m	Emily Dunn	55.05	2007
800m	Emily Dunn	2:06.48	2007
1600m	Courtney Pugmire	4:50.47	1995
3200m	Courtney Pugmire	10:14.48	1995
100m H	Inshirah Jones	14.56	1995
300m H	Nikki Jackson	43.45	1990
	Julie Handy	43.45	2001
400m R		48.45	1988
1600m R		3:51.21	1982
HJ	Kristy Kierulff	5-10.75	1994
PV	Trisha Gutierrez	11-6	1998
LJ	Kelly O'Connor	19-8.75	1996
TJ	Kelly O'Connor	40-11.75	1996
SP	Kristin Thompson	41-2.75	1999
Dis	Kristin Thompson	142-2	2000

ESTANCIA**Boys**

100m	MyranFelix	(10.8w)	1994
200m	Dave Johnson	21.72 21.6y	1970
400m	Eric Olson	48.76 48.9y	1970
800m	Jim Walters	1:48.8+(1:49.4y)	1977
1600m	Humberto Rojas	4:10.58	2003
3200m	Humberto Rojas	9:21.73	2003
110mH	Steve Adams	14.68+ {14.4y}	1984
	Ryan Whites	14.68	2006
300m H	Myron Felix	38.83	1984
1600m R		3:21.9+(3:23.2y)	1976
HJ	Ken Connor	6-10	1975
PV	Doug Miller	15-6	1986
LJ	Eric Dorn	23-2.75(23-4w)	1986
TJ	Mitch Barnett	43-6.5	1978

Girls

100m	Perris William-Mensah	12.04	2014
200m	Perris William-Mensah	25.20	2013
3200m	Elizabeth Huippe	11:14.04	2001
100m H	Yasmeen Chennault	15.72	2011
1600m R		3:57.1+(3:58.4y)	1979
HJ	Christie Howard	5-6	1990
SP	Nicole Oberreuter	38-4.5	1990
DIS	Debbie Hargrove	143-10	1990

FOOTHILL**Boys**

100m	Austin Overn	10.49	2022
200m	Ethan Taub	22.34c(22.1)	1994
400m	Ethan Taub	48.12	1993
800m	Jacob Rodison	1:50.87	2022
1600m	Jeff Williams	4:07.02+(4:08.46y)	1982
3200m	Mark Spilsbury	8:50.6+(8:53.6y)	1976
110m H	Maikalo Liti	14.63	2003
300m H	Chad McHenry	39.25	1989

400m R		42.92	1992
1600m R		3:14.99	1993
HJ	Doug Dreibelbis	6-11.75	1983
PV	Steve Slocum	16-0	1987
LJ	Austin OPvern	23-1	2022
TJ	Ken Gates	46-9.75	1980
SP	Joe Walshe	58-5.5	1984
DIS	Andrew Cruikshank	176-8	2010

Girls

100m	Tara Oettinger	12.37	1994
200m	Tara Oettinger	25.04c(24.8)	1994
400m	Stacy Kneeshaw	57.31+(57.5y)	1978
800m	Amy Cox	2:11.73	1982
1600m	Stacy Kneeshaw	4:49.57	1980
3200m	Sierra Vega	10:23.59	2010
100m H	Kate Mook	14.70	1995
300m H	Kate Mook	44.34	1995
400m R		49.73	1986
1600m R		3:57.20	1995
HJ	Elizabeth Bauer	5-6	1989
PV	Victoria Rische	12-9.75	2011
LJ	Tara Oettinger	19-7.5	1994
TJ	Leila Khoury	37-10.75	1994
SP	Ashley Selman	39-1.5	1988
DIS	Kathrine Henze	130-2	1998

FOUNTAIN VALLEY**Boys**

100m	Kyle Middlebrooks	10.54	2009
200m	Kyle Middlebrooks	21.54	2009
400m	Chris Sperle	48.40	1984
800m	Steve Christiano	1:55.0+(1:55.6y)	1970
1600m	Brain Appell	4:16.4+ (4:17.8y)	1978
3200m	Bob Erickson	9:02.57	1982
110m H	Ken Margerum	13.82+(13.78y)	1977
300 H	Hassan Ilyas	38.33	2011
400m R		42.48	2017
1600m R		3:16.41	1981
HJ	Matt Byrd	6-6	1994
PV	Blake Mason	15-8	2008
LJ	Troy Blevins	23-1	1978
TJ	Dennis Cowan	47-5	1979
SP	Tambi Wenj	60-3	1984
DIS	Tambi Wenj	190-8	1984

Girls

100m	Cheryl Henderson	12.18	1983
200m	Alyssa Tao	25.25	2013
400m	Liz Melton	57.41+(57.6y)	1978
800m	Kaho Cichon	2:08.86	2021
1600m	Bonnie McGlinchey	4:47.42	1980
3200m	Annabella Villanueva	10:35.16	1980
100m H	Sharon Hatfield	14.44	1982
300m H	Sharon Hatfield	42.55	1982
400m R		48.86	2017
160m R		3:49.1+(3:50.4y)	1979
HJ	Sharon Hatfield	5-8	1980
PV	Becky Beal	11-1	2007
LJ	Sharon Hatfield	19-3.25	1982
TJ	Young	36-7.5	1987
SP	Julie Green	40-9.75	1978

FULLERTON**Boys**

200m	Caleb Garner	22.75	2021
400m	Dan Hoefler	49.56(49.7y)	1947
800m	Bob Sutherland	1:55.7+(1:56.3)	1974
1600m	Mark Wynne	4:17.5 (4:18.9y)	1963
3200m	Greg Dean	9:12.3 (9:15.8y)	1976
110m H	Doyin Sule	14.72	2011
300m H	Donald Woullard	39.64	2014
400m R		43.44	2010
HJ	Imad Jamal	6-8	1979
LJ	Darrell Roberts	23-03	1955

SP	John Brenner	64-5.5	1979
DIS	John Brenner	172-11	1979

Girls

200m	Caili Tuttle	25.66	2015
400m	Caili Tuttle	56.57	2015
300m H	Kathy Lavering	45.68	1982
400m R		49.47	2017
SP	Natalie Kaaiawahia	53-7.75	1983
DIS	Natalie Kaaiawahia	174-9	1983

GARDEN GROVE

Boys

100m	Kevin Griswold	10.67	1996
200m	Kevin Griswold	21.21	1996
400m	Tony Krzyzosiak	46.57+(46.7y)	1971
800m	Mark Schilling	1:54.2+(1:54.8y)	1972
1600m	Mark Schilling	4:04.0+(4:05.4y)	1972
3200m	Mike Davis	9:12.3+(9:15.5y)	1968
110m H	Bob Ballew	14.78+(14.5y)	1957
300m H	Anthony Hale	37.37	1988
400m R		42.19+(42.3y)	1973
1600m R		3:17.9+(3:19.2y)	1970
HJ	Dave Russ	6-8	1969
PV	Steve Pulvers	14-2	1973
LJ	Tony Krzyzosiak	24-1	1971
DIS	Mike Morales	174-1	1986

Girls

100m	Mattye Morton	12.42w	2001
200m	Mattye Morton	25.37	2001
DIS	Melanie Dear	127-11	1991

GODINEZ

Boys

400m	Diego Majia	50.70	2022
800m	Diego Mejia	1:57.11	2022
1600m	Jayden Hernandez	4:18.83	2022
3200m	Jose Penalzoa	9:16.81	2013

HUNTINGTON BEACH

Boys

100m	Eddie Morris	10.64c(10.4)	1940
200m	Tony Thompson	22.15	1984
400m	Paul Williams	48.26+(48.4y)	1968
800m	Paul Williams	1:50.6+(1:51.5y)	1968
1600m	Robert Angel	4:08.3+(4:09.7y)	1975
3200m	Gus Quinonez	9:05.86	1983
110m H	Adrian Brown	14.13	1991
300m H	Tony Thompson	37.54	1984
400m R		42.86	2012
1600m R		3:23.47	1990
HJ	Cary Burt	6-10.5	1977
PV	Jeff Ryan	15-8	1999
LJ	Garth Wise	23-1	1971
TJ	Carl Satterfield	45-1.75	1983
SP	Scott Moser	61-10.5	1997
Dis	Scott Moser	213-11	1997

Girls

100m	Eileen Dunaway	12.38(12.37w)	1995
200m	Vanessa Denniston	24.72+ 24.87y	1978
400m	Cassie Durgy	56.90	2015
800m	Cassie Durgy	2:09.57	2015
1600m	Cassie Durgy	4:53.81+ 4:55.52y	2016
3200m	Amanda Honn	10:39.39	2011
300m H	Elizabeth Ramsey	45.75	2009
400m R		49.21+(49.49y)	1979
HJ	Ann Erpenbeck	5-9	1978
PV	Allison Kioressel	13-1	2009
LJ	Bonnie Sorensen	18-3	2005
SP	Robyn Utu	41-1.5	1982
Dis	Katelyn Ciarelli	148-5	2003

IRVINE

Boys

100m	Kamron Shahbahrami	10.82	2011
200m	Mario Bassani	21.26	2001
400m	Mario Bassani	47.01	2001
800m	Noel Trout	1:54.6	1986
1600m	Jim Olson	4:13.78	1985
3200m	Justin Nyberg	9:29.0	1997
110m H	Al Williams	14.23	1998
300m H	Al Williams	37.14	1998
400m R		42.00	2021
1600m R		3:20.23	2010
HJ	Neimah Jones	6-6	2009
PV	Shawn Rogen	14-8	1989
LJ	Jacob Haley	22-11	2019
TJ	Chris Mandeville	46-8	1983
SP	Jeff Bodholdt	56-8	1994
Dis	Jeff Bodholdt	170-11	1994

Girls

100m	Erica Lee	12.24	1989
200m	Rai Ahmed-Green	24.87	2014
400m	Shebanette Terry	55.71	2012
800m	Laura Chapel	2:10.92	1984
1600m	Katherine Nielsen	5:03.91	2007
3200m	Tracy Wright	10:48.98	1985
100m H	Elizabeth Loud	15.48	2000
300m H	Shebanette Terry	43.24	2012
400m R		48.17	2013
1600m R		3:53.37	2011
HJ	Tracy Broughton	5-8	1992
PV	Lisa Fellers	10-6	1998
	Michelle Noble	10-6	1999
LJ	Michelle Kelly	18-6	1979
TJ	Krista Widen	36-7.5	1990
SP	Elaina Oden	46-11.75	1985
Dis	Elaina Oden	149-2	1985

J SERRA

Boys

100m	Isaiah Diego Williams	10.88	2014
200m	Dante Pettis	21.41	2014
400m	Chas Harmon	49.38	2012
800m	Anthony Grover	1:54.09	2019
1600m	Andrew Burkhardt	4:06.82	2016
3200m	Peter Harold	8:58.34	2019
400m R		42.21	2014
HJ	Harrison Steed	7-2.5	2010
PV	Fernando Martinez	15-2	2017
LJ	Dante Pettis	24-7	2014
TJ	Dante Pettis	44-4	2014
SP	Brendon See	54-2	2022
Dis	Brendon See	203-10	2022

Girls

100m	Jordyn Gather	12.51	2018
200m	Jorsdyn Gather	25.71	2018
400m	Ashlee Gallegos	58.33	2022
800m	Ashlee Gallegos	2:10.18	2022
1600m	Katherine Delaney	4:42.95	2011
3200m	Brynn Garcia	10:38.18	2022
100m H	Hanna Barmettler	15.78	2022
300m H	Hanna Barmettler	45.46	2022
400m R		50.29	2022
1600m R		3:56.86	2022
PV	Charley Giacobetti	11-6	2022
LJ	Sarah Ayala	17-7.25	2019
SP	Siena Lambert	37-1	2022
Dis	Siena Lambert	134-7	2022

KATELLA**Boys**

100m	Charles Crook	10.74	1997
200m	Charles Crook	21.29	1997
400m	Kendall Wesley	48.65	1990
800m	Antonio Lozano	1:55.05	1999
1600m	Mike Love	4:14.72	1992
3200m	Mike Love	9:07.03	1992
110m H	Terry Johnson	13.88(13.3w)	1986
300m H	Terry Johnson	37.26	1986
400m R		42.74	1986
1600m R		3:22.25	1988
HJ	Kevin Carlson	7-1	1991
PV	Hong Nguyen	15-6	2002
	Jesse Phillips	15-6	2010
LJ	Roger Lemons	22-11	1979
TJ	Greg Portis	45-10.5	1986
SP	Steve DeForrest	60-4.5	1977
DIS	Jeff Hall	178-3	1982

Girls

100m	Kimora Rogers	12.46	2019
200m	Cortney Stafford	25.46	2000
400m	Ashlynn Viramontes	59.60	2021
800m	Ashlynn Viramontes	2:11.34	2022
1600m	Ashlynn Viramontes	5:00.12	2021
3200m	Martha Pinto	10:42.51	1990
100mH	Kelsey Schuler	15.03	2006
400m R		49.63	2001
HJ	Cortney Stafford	5-6.5	1999
PV	Elisa Liana	11-0	2001
LJ	Courtney Stafford	17-8.5	2001
TJ	Courtney Stafford	39-1	2000
SP	Luseane Makensesi	43-4.25	2009
Dis	Luseane Makensesi	138-10	2009

KENNEDY**Boys**

200m	Jack Struble	21.82+(21.7y)	1972
1600m	Steve Webb	4:18.3+(4:19.8y)	1978
3200m	Steve Webb	9:00.1+(9:03.2y)	1978
110m H	Ahmad Wright	14.36	1999
300m H	Ahmad Wright	37.62	1999
400m R		42.99+(43.1y)	1972
HJ	Dionte Holloway	6-8	2002
PV	John Boyd	14-3	1968
LJ	Stan Edmonds	23-11	1966
TJ	Charlie Cummings	48-0.5	1989
SP	Bill Flores	58-1.25	1983
Dis	Bill Flores	169-7	1983

Girls

100m	Janice Nsor	11.95	2005
200m	Elia Reid	24.56	2005
400m	Amanda Rosencrantz	56.65	2005
1600m	Sherri Roach	5:12.7+(5:14.6y)	1978
3200m	Sherri Roach	10:50.8+(10:54.6y)	1978
100m H	Cira Wright	15.11	2000
400m R		46.57	2005
1600m R		3:51.13	2005
HJ	Ursula Lovely	5-11	1985
LJ	Tracy Hanlon	18-4.25	1979
TJ	Ursula Lovely	36-6.5	1987
SP	Vicky Craig	39-9.5	1981
DIS	Joni Argento	135-5	1979

LAGUNA BEACH**Boys**

100m	Nathan Lancaster	49.46	2014
800m	Dave Hustwick	1:53.7+(1:54.3)	1970
1600m	Eric Hulst	4:07.7+(4:09.1y)	1974
3200m	Eric Hulst	8:41.6+(8:44.6y)	1976
110m H	Jay Thorson	14.46	1981
300m H	Justin Rovin	38.87	2006
HJ	Jay Thorson	6-11	1981

PV	Foster	14-2	1985
SP	Geoff Harrowby	58-1.5	1968
Dis	Jud Binley	169-4	1973
	Jeff Greenbough	169-4	1977

Girls

100m	Brittany Clark	12.28	2007
200m	Majia Shaw	25.42	2018
400m	Majia Shaw	57.16	2018
800m	Rennie Durand	2:05.7	1980
1600m	Natasha Strickland	5:02.25	2012
3200m	Natasha Strickland	11:00.25	2011
300m H	Coco Putnam	43.52	2015
400m R		49.31	2018
1600m R		3:59.85	2015
HJ	Lisa Fregraus	5-8	1982
SP	Jacky Cenani	39-10	2016
Dis	Shirley Weenig	135-8	1984

LAGUNA HILLS**Boys**

100 m	Drew Endly	10.83 (10.82w)	2008
	Shawn Tucker	10.83	2008
200m	Dane Endly	21.46	2003
400m	Jeff Roach	47.59	1984
800m	Matt Stoner	1:54.61	2009
1600m	Steve Frisone	4:16.01	1989
110m H	Shaheed Quassin	14.80	1992
300m H	Jeff Roach	37.56	1984
400m R		42.76	2003
HJ	Dan Funks	6-6.5	1995
TJ	Anthony Victa	46-1	2018
Dis	Jesse McDonald	168-8	1994

Girls

100m	Nedra Lyons	12.30	1984
200m	Michelle Holt	24.96	2016
400m	Ashley Furst	57.08	1998
800m	Tiffany Boykin	2:12.90	1994
1600m	Alana Jones	4:51.67	2013
3200m	Marissa Bartello	10:49.98	2014
400m R		48.82	2016
1600m R		3:55.73	1993
HJ	Tayyiba Haneef	5-10.5	1997
PV	Micah Fein	11-1	2007
LJ	Marcie Salze	17-9.75	2006
TJ	Jennifer Michelman	37-2	2011
SP	Lilia Makakaufaki	37-5.75	2001

LA HABRA**Boys**

100m	Bryce Whitley	10.90	2022
200m	Josh Herrera	22.00	1998
400m	Tony Sanford	48.06+	1965
800m	Eric Behring	1:51.34	1981
1600m	Bruce Bess	4:12.0+(4:13.4y)	1962
3200m	Mark Gonzales	9:07.51	1990
110m H	Wayne Clayton	14.28+(14.0y)	1968
300m H	Eric Lancaster	40.75	2016
400m R		43.09+(43.2y)	1975
HJ	Bill Gordon	6-7	1971
PV	Mike Sampson	14-8	1969
LJ	Doug Switzer	22-10.25	1966
TJ	Robert Stevens	45-9.5	2003
SP	P Cavanaugh	56-9.75	1969
Dis	Will Parsons	190-0	2011

Girls

100m	Salze	12.74c	2004
200m	Amy Wilbourn	25.82	2013
1600m	Sita Jones	5:031	1988
3200m	Ava Jones	10:57.37	2002
100m H	Kamala Parker	15.39	2003
400m R		49.03	1984
LJ	Debbie Knight	18-4.5	1984

TJ	Debbie Knight	37-5.5(37-9w)	1985
SP	Leslie Contreras	37-9.5	1979
Dis	Nori McCrystal	122-2	1997

LA QUINTA

Boys			
100m	Pham	10.94	1998
LJ	Amok	22-8	1992
Dis	Rich Stewart	178-6	1975

Girls			
800m	Kristin Harkins	2:15.53	1984
1600m	Kristin Harkins	4:59.31	1984
TJ	Kim Duong	36-9	2001

LOARA

Boys			
100m	Chukwueke Nwachie	10.65	2012
200m	Steve Elkins	21.82+(21.7y)(21.62w)	1970
400m	Richard Garcia	48.69	2009
800m	Ralph Serna	1:55.1+(1:55.7y)	1975
1600m	Ralph Serna	4:05.6+(4:07.0y)	1975
3200m	Ralph Serna	8:42.9+(8:45.9y)	1975
110m H	Eric Nuanes	14.74	1997
400m R		42.09+ (42.2y)	1970
HJ	Greg Ramsey	6-7	1989
PV	Dennis Walp	14-10.5	1966
LJ	Steve Baxter	23-10.75	1971
TJ	John Moore	45-4	1980
SP	Steve Lehmer	59-9	1966
Dis	Steve Lehmer	182-1	1966

Girls			
100m	Pearl Mercer	12.60(12.36w)	1994
300m H	Laura Knight	45.84c(45.6)	1982
400m R			1987
HJ	Kelly Graton	5-7.5	1989
LJ	Ashley Fletcher	18-4.5	2005
TJ	Ashley Fletcher	36-6.5	2005
SP	Luseane Makanesi	40-11	2008
Dis	Melissa Price	134-8	1997

LOS ALAMITOS

Boys			
100m	Justin Woods	10.50	2005
200m	Justin Woods	21.28 (2101w)	2005
400m	Justin Woods	48.66	2005
800m	Thomas Heib	1:51.49	2015
1600m	Mark Junkermann	4:15.10	1983
3200m	Mark Junkermann	9:01.15	1983
110m H	Jose Rubio	13.89	2017
300m H	Jose Rubio	36.72	2017
400m R		41.33	2022
1600m R		3:16.40	2004
HJ	Brad Harris	6-11	1978
PV	Dustin Deleo	16-2	2004
LJ	Jose Rubio	23-5.5	2-17
TJ	Joshua Caiquo	45-10.25	2011
SP	Sawyer Howard	61-2	2019
Dis	Tom Allison	167-6	1985

Girls			
100m	Sara Limp	11.94	2015
200m	Sara Limp	24.18	2015
400m	Ashley Willingham	54.89	2015
800m	Delaney Sanacore	2:10.12	2018
1600m	Katie Izzo	4:55.27	2015
3200m	Katie Izzo	10:21.67	2015
100m H	Cavetra Mitchell	14.52	1993
300m H	Jordan Agnew	45.16	2013
400m R		47.42	2019
1600mR		3:48.97	2015
HJ	Stacy Lee	5-7	1985
PV	Carissa Culver	12-4	2010
LJ	Alison Parsons	19-0.75	2016

TJ	Mackenzie Kirk	37-7	2019
SP	Mackenna Howard	50-2.5	2014
Dis	Faimalie Sale	153-10	2017

LOS AMIGOS

Boys			
400m	Geno Howard	48.58	1986
3200m	Mark Cunnart	9:15.0+(9:18.3y)	1980
300m H	Geno Howard	38.57	1986
HJ	Chris Stumfall	6-9	1979
PV	John Reed	14-7.75	1981
TJ	Pamale Skipps	45-7.5	1987
Dis	Adam Hernandez	166-1	2016

Girls			
3200m	Kathy Kiernan	11:00.6+(11:04.5y)	'80
300m H	Kelly Grand	44.95	1986
SP	Tafi Togogae	42-0.25	1996
Dis	Carrie Axton	150-0	1996

MAGNOLIA

Boys			
200m	Gary Charles	22.24c(22.0)	1995
400m	John Galbraith	48.66+(48.8y)	1970
800m	Dave Stoner	1:55.6+(1:56.2y)	1963
1600m	Rick Bergstrom	4:15.2+(4:16.6y)	1964
110m H	Dave Cooper	14.68+(14.4y)	1972
HJ	Eugene Harriman	6-6	1981
PV	Dave Tucker	14-2	1971
LJ	Phouphet Singbandith	23-0	1989
TJ	Phouphet Singbandith	51-7.75	1990
SP	Mike Seibl	57-3.25	1971
Dis	Trevor Ofisa	175-10	2010

Girls			
100m	Kathy Hargis	12.47	1986
3200m	Trudy Gardner	11:19.2	1980
PV	Misty Richards	9-0	1996
SP	Eta Jackson	39-2.25	1998
Dis	Vao Faoa	152-8	2001

MARINA

Boys			
100m	Chip Rish	10.78	1984
200m	Chip Rish	21.01	1985
400m	Chip Rish	45.84+(45.7y)	1985
800m	Tony guadagnini	1:53.20	2005
1600m	Karl Baranov	4:13.65	2011
3200m	Gary Blume	8:57.7+(9:00.8y)	1974
110m H	Marc Kallick	14.47	1988
300m H	Ben Forbes	39.08	1998
400m R		42.43	1984
1600m R		3:21.4+(3:22.7y)	1976
HJ	Dave White	6-8.5	1977
	Matt Dispenza	6-8.5	2014
PV	Jett Gordon	17-2	2016
LJ	Mitch Malone	23-3.25	1987
TJ	Tony Parrish	50-11.75	1993
SP	Kyle' Tsu	63-10	2017
Dis	Kyle	176-8	2017

Girls			
100m	S. Salcido	12.42	2009
200m	S. Salcido	25.40	2009
400m	Olivia Iverson	57.17	2019
800m	Sarah Van Dyke	2:11.32	2011
1600m	Laura Hollander	4:48.86	2012
3200m	Laura Hollander	10:10.51	2012
100m H	Susan Pettus	15.24c(15.0)	1995
300m H	Ann Kissinger	45.27	1998
400m R		49.02	2009
1600m R		3:56.27	2011
HJ	Lisa Coleman	5-7	1987
PV	Kristen McGregor	12-9	2002
LJ	Noel Dula	17-7.75	1997

TJ	Samantha Seirano	37-5	2004
SP	Sonya Bryant	41-5	1995
Dis	Alejandra Rosales	143-9	2019

MATER DEI

Boys

100m	Domani Jackson	10.25	2021
200m	Curtis Godin	20.85	2014
400m	Curtis Godin	48.63	2014
800m	Sam VanDorpe	1:51.07	2018
1600m	Mike Nielsen	4:11.56	1989
3200m	Bill St John	8:51.7+(8:54.8y)	1976
110m H	Logan Lyght	14.05	2022
300m H	Corey Hammond	37.35	2012
400m R		41.79	2014
1600m R		3:16.80	2010
HJ	LeRon Ellis	6-8	1987
	Brandon Gorski	6-8	2022
PV	Michael Woepse	17-6	2010
LJ	Mike Morgan	23-2	1966
TJ	Titan Ruotolo	47-8	2019
SP	Vince Brown	61-3.75	1978
Dis	Malik McMorris	194-8	2015

Girls

100m	Kelli Godin	11.99	2018
200m	Gia Trevisan	24.33	2011
400m	Tara Radan	55.35	2013
800m	Ashlyn Rambo	2:08.75	2014
1600m	Ashlyn Rambo	4:55.39	2014
3200m	Clarie Feit	10:48.29	1982
100m H	Emma Radan	14.22	2014
300m H	Emma Radan	43.00	2014
400m R		47.23	2014
1600m R		3:48.60	2013
HJ	Melissa McDonald	5-10	1990
PV	McKenna Caskey	13-8	2016
LJ	Dominique Ruotolo	19-2.75	2018
TJ	Dominique Ruotolo	41-4.5	
SP	Kau Ilani Miki-han	40-7	2014
Dis	Kara Caskey	140-6	2012

MISSION VIEJO

Boys

100m	Andy White	10.68	2007
200m	Joey Branker	21.56	2009
400m	Greg Jones	48.05+(48.34y)	1977
800m	Jon Cook	1:52.3+(1:52.9y)	1974
1600m	James Cameron	4:12.37	2008
3200m	Jeff Vandereems	8:59.4+(9:02.5y)	1979
110m H	Steve Kerho	13.41	1982
300m H	Diego Courbis	37.60	2014
400m R		41.57	2006
1600m R		3:16.34	2004
HJ	Chris Moxley	6-9	1990
	Sage Stone	6-9	2013
PV	Mason Garipey	15-9	2018
LJ	Diego Courbis	22-8	2014
	Brenden Schooler	22-8	2016
TJ	David Hall	46-1.25	1986
SP	Greg Aitkenhead	64-7.5	1984
Dis	Scott Hudson	187-2	1980

Girls

100m	Julia Cabrales	12.15	2012
200m	Kennedy Gillian	24.53	2014
400m	Kennedy Gillian	54.89	2016
800m	Ashley Johnson	2:10.57	2018
1600m	Chloe Berry	4:50.19	2016
3200m	Kelli Hines	10:35.09	2016
100m H	Ashley Bethel	13.82	1997
300m H	Chelsea Taylor	43.26	2008
400m R		47.86	2022
1600m R		3:47.31	2016
HJ	Lisa Fager	5-7	1988

PV	Whitney Johnson	12-10	2004
LJ	Heather Sterlin	19-8.5	1992
TJ	Jada Gatlin	40-9	2022
SP	Heidi Adams	46-9	1985
Dis	Jacque Norton	167-5	1982

NEWPORT

Boys

100m	Trevor Jones	10.87	2000
200m	Brian Theriot	22.02	1975
400m	Brian Theriot	47.04c(46.9)	1975
800m	Frank Venclik	1:52.47+(1:53.13y)	1978
1600m	Jim Geerlings	4:08.97+(4:10.43y)	1988
3200m	Rex Nelson	9:02.42	2008
110m H	Trevor Jones	13.99	2000
300m H	Trevor Jones	36.46	2000
400m R		42.69+(42.8y)	1978
1600m R		3:15.5+(3:16.7y)	1975
HJ	KC Connell	6-6.25	1975
PV	Ryan Fegan	16-6	2017
LJ	Sheldon Blockburger	23-3.5	1983
TJ	Sheldon Blockburger	48-6.5	1983
SP	Jim Neidhart	69-3.75	1973
Dis	Bo Taylor	213-7	2006

Girls

100m	Amy Burlingham	12.36	2001
200m	Amy Burlingham	24.83	2001
400m	Emma Kratzberg	55.95	2016
800m	Maggie Henson	2:09.17	1986
1600m	Amber Steen	4:43.75	2001
3200m	Amber Steen	10:26.45	2001
100m H	Emma Kratzberg	14.28	2016
300m H	Emma Kratzberg	41.95	2016
400m R		48.44+(48.6y)	1975
1600m R		3:56.37	2015
HJ	Misty May	5-10	1993
PV	Allison Stokke	13-7	2007
LJ	Sue Kruse	18-1	1976
TJ	Elizabeth Clayton	38-4.5	2002
SP	Gina Heads	47-5	1994
Dis	Cara Heads	149-5	1995

NORTHWOOD

Boys

200m	Malcolm Overbaugh	22.34	2018
400m	Malcolm Overbaugh	49.54	2018
800m	Justin Larson	1:54.23	2019
300m H	Hyrum Taylor	39.04	2004
400m R		43.45	2016
LJ	Ryan Collier	22-6	2011
TJ	Myles Carter	46-9	2021
SP	Caleb McCurry	60-6.25	2009
Dis	Caleb McCurry	179-4	2009

Girls

100m	Megan Blanchard	12.48	2008
200m	Megan Blanchard	25.81	2008
	Chinyere Chambers	25.81	2015
400m	Samantha Solaru	57.81	2011
800m	Bethan Knights	2:13.80	2014
1600m	Bethan Knights	4:42.29	2014
3200m	Bethan Knights	9:54.89	2014
100mH	Kellie May	15.28	2017
300m H	Tori Olora	45.21	2019
400mR		48.45	2016
1600m R		3:58.05	2017
LJ	Kellie May	18-5.25	2017
TJ	Kellie May	38-11.75	2017
SP	Christa Kondru	40-10	2010
Dis	Christa Kondru	131-11	2010

OCEAN VIEW**Boys**

1100m	Rex Brown	10.71(10.63w)	1982
200m	Rex Brown	21.39	1982
400m	Mark Guest	49.18	1982
800m	Brian O'Bannon	1:53.12	1995
1600m	Haissam Sabra	4:11.54	1987
110m H	Tom Rish	14.88+(14.6y)	1980
300m H	Tom Rish	38.42	1980
400m R		42.89+(43.0y)	1981
HJ	Brad Burns	6-6	1982
PV	Ray Dirling	15-6	1988
LJ	Marc Roosen	22-7.25	1989
TJ	David Shaw	45-11.5	1994
Dis	David Keller	164-4	1989

Girls

100m	Cron	12.40	1985
200m	Donna Garcia	25.84c(25.6)	1983
800m	Christie Engesser	2:11.23	1992
1600m	Kathy Karpel	4:54.16	1987
3200m	Taryn Lawson	11:16.3	1995
100m H	Erin Stansbury	15.28	1989
400m R		49.55	2008
HJ	Debbie Orr	5-10	1986
LJ	Debbie Orr	17-9	1986
TJ	Debbie Orr	39-8.25	1986

ORANGE**Boys**

100m	Jeff Williams	10.89	1994
200m	Jeff Williams	21.84	1994
400m	Lanny Carter	48.66+(48.8y)	1952
800m	Bob Delaney	1:52.8+(1:53.4y)	1961
1600m	Dale Story	4:09.6+(4:11.0y)	1959
3200m	Jaime Martinez	9:06.08	1994
110m H	David Porter	14.98+(14.7y)	1969
300m H	Mark Holman	39.22+(39.2y)	1986
1600m R		3:22.41	1983
HJ	Myron Williams	6-10	1987
LJ	Kevin Cochran	22-6.75	1964
TJ	Mike DeVore	46-1.5	1985
SP	Mike Evans	55-9	1970
Dis	Sean Ullom	172-0	1987

Girls

100m	Patricia Donaldson	12.40	2001
200m	Patricia Donaldson	25.64c (25.4)	2001
800m	Mary Decker	2:02.3	1974
300m H	Delphia Moore	45.27	1994
HJ	Kelly McPheeters	5-6	1978
TJ	Jennifer Fairchild	36-5	2001
Dis	Katie Smith	125-0	1992

ORANGE LUTHERAN**Boys**

100m	Damani Wilson	10.67	2010
200m	Damani Wilson	21.64	2010
400m	Terrance Brown	48.84	2009
800m	Sam Delgado	1:54.85	2008
1600m	Kevin McNulty	4:13.33	2018
3200m	Cameron Everhart	9:17.07	2008
110m H	Larry Neehan	14.85+(14.82y)	1979
300m H	Cullan Riser	37.75	2013
400m R		41.70	2009
1600m R		3:13.98	2008
HJ	Mason Hahn	6-10	2010
PV	Carl Johansson	17-0	2014
LJ	Myles Hawkins	23-4.5	2013
TJ	Myles Hawkins	48-4.5	2013
Dis	Blake Ayles	193-6	2008

Girls

100m	Tiffany Pransky	12.44	2004
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200m	Adriana Bracamonte	24.88	2007
400m	Amelia Trautman	59.29	2021
800m	Barbara Boisvert	2:14.4	1992
1600m	Staci Foster	4:49.95	2009
3200m	Staci Foster	10:37.29	2009
100m H	Heather Gibson	15.10	2004
300m H	Lahondy Avery	46.32	2017
400m R		48.89	2011
1600m R		3:54.06	2007
HJ	Annie Giebelhaus	5-8	2009
PV	Emily Coombs	12-3	2017
LJ	Sophia Hartwell	18-10.5	2019
TJ	Sophia Hartwell	39-5	2019
SP	Melissa Yunghans	46-8.75	2004
Dis	Brianna Uipi	143-2	2016

OXFORD ACADEMY**Boys**

200m	Jonathan Berry-Smith	22.02	2010
400m	Jonathan Berry-Smith	47.92	2011
HJ	David Yi	6-4	2019
TJ	Richard Chau	43-6.75	2017

Girls

100m	Brianna Washa	12.66	2012
800m	Maya Bryson	2:17.51	2018
100m H	Rachel Gagnon	15.27	2017
300m H	Rachel Gagnon	46.24	2017
LJ	Emily Huynh	17-4.75	2016
Discus	Xochitl Bryson	129-9	2016

PACIFICA**Boys**

100m	Trent Langham	10.71	2011
200m	Trent Langham	21.82	2011
800m	Daniel Kor	1:55.46	2003
1600m	Jacob Smith	4:13.84	2017
3200m	Jacob Smith	9:17.98	2017
110m H	Brian Danskin	14.68	1992
300m H	Sheldon Evans	37.77	2004
400m R		42.10	2011
HJ	Allan Galloway	6-6	1982
PV	Richard Carlson	14-0	1969
LJ	Ric Hibbs	23-2	1966
SP	Mitch Johnson	57-11	1984
Dis	Joel Brodowski	168-6	1980

Girls

100m	Marina Berrios	12.61	2013
200m	Dana Kriesel	25.66	1981
400m	Trudy Zandbergen	57.63	1982
1600m	Megan Petkovic	5:07.96	2008
3200m	Megan Petkovic	11:12.49	2008
400m R		49.90	2013
LJ	Sophia Hartwell	18-3.5	2018
TJ	Sophia Hartwell	38-7.5	2018

PACIFICA CHRISTIAN**Girls**

100m H	Charis Wondercheck	15.50	2022
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PORTOLA**Boys**

110m H	Brasen Gacia	15.68	2022
HJ	Aryan Shrivastava	6-6	2022

Girls

100m	Alexis Richmond	12.59	2022
800m	Jadyn Zdanavage	2:17.07	2022
1600m	Jadyn Zdanavage	5:08.26	2021
3200m	Jadyn Zdanavage	11:26.20	2021
400m R		50.23	2022
PV	Natalie Ng	10-8	2021

RANCHO ALAMITOS**Boys**

100m	Ulysses Trammel	11.04c(10.8)	1991
200m	Ulysses Trammel	22.35	1991
400m	Phil Porter	49.54c(49.4)	1985
1600m	Ted Bechtel	4:18.5+(4:20.0y)	1969
3200m	Breggar Moore	9:00.7+(9:03.8y)	1975
110m H	Owehand	14.88+(14.6y)	1975
300m H	Tyler Young	39.14	2018
400m R		43.20	1990
1600m R		3:23.16	1984
HJ	Dayten Zepeda	6-4	2019
SP	John Logsdon	57-11	1975
Dis	Richard Bolton	177-6	1977

Girls

100m	Aileen Sablo	12.47	1999
SP	Celeste Paquette	43-1	1985
Dis	Celeste Paquette	148-0	1985

ROSARY**Girls**

100m	Becky Obinma	11.95	2016
200m	Becky Obinma	24.92	2016
400m	Charisma Byrd	57.93	2016
800m	Charisma Byrd	2:17.64	2014
1600m	Kathy Mintie	4:50.9+(4:52.5y)	1978
3200m	Shelby Buckley	10:46.99	2005
100m H	Renee Delellis	15.96	2000
300m H	Paig Sorensen	47.80	2022
400m R		48.48	2016
1600m R		4:04.13	2022
HJ	Linnea Housewright	5-8	1995
PV	Haley Stauber	11-9	2010
LJ	Laura Hamann	17-0	2014
TJ	Allyson Rakives	37-7.75	2017
SP	Rebel Tuinukuafe	38-10	2019

SADDLEBACK**Boys**

100m	Teddy Baker	10.77(10.64w)	1984
200m	Teddy Baker	21.46	1985
400m	Bill Thurmond	48.41	1987
1600m	Tom Lipski	4:17.9+	1969
3200m	Robby Price	9:06.66	1990
110m H	Jon Peterson	13.58+(13.3y)	1975
330m H	Mel Lete	37.62	1994
400m R		42.62	1991
1600m R		3:21.60	1992
HJ	Robert Fuentes	6-7	1997
PV	Dale Anderson	14-3	1978
LJ	Troy McAllister	23-4.5	1983
TJ	Rick Brown	47-7	1976
SP	Clarence Jackson	56-2.5	1975
Dis	Ed LeVasseur	164-0	1978

Girls

100m	Estelle White	12.01	1982
200m	Danetta Chaney	25.44c(25.2)	1989
100m H	Amber Price	15.61w	1999
300m H	Marissa Perez	46.20	2014
400m R		48.21	1982
LJ	Annette Brown	17-1.5	1982
TJ	Shundra Holland	37-1.75	1986
SP	Olive Langi	38-10.5	1989
Dis	Aidee Pacheco	131-1	1995

SAGE HILL**Boys**

100	Zach Chandy	10.84c(10.6)	2005
		(10.81w)	2005
200	Zach Chandy	21.19	2006
400	Zach Chandy	47.29	2005
110m H	Chance Kuehnel	14.71	2016
HJ	CJ McCord	6-10.25	2014

PV	Alex Escalera	15-10	2017
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Girls

1600m	Cait Williamson	5:10.88	2008
TJ	Laura Gordon	37-2.25	2005

SAN CLEMENTE**Boys**

100m	Herbert Gamboa	10.51	2012
200m	Tim Martin	21.50	1991
400m	Nick Provencio	48.77	2008
800m	Connor Dunne	1:50.41	2016
1600m	Connor Dunne	4:03.13	2016
3200m	Beldon Burch	9:11.0+(9:14.2y)	1967
110m H	Sam Spencer	14.74	2008
300m H	Justin Davis	38.96	2002
400m R		42.30	2011
HJ	Carl Eissman	6-8.25	1975
PV	Nick Jennings	15-0	2008
LJ	Arik Nesbit	23-6	2014
TJ	Tony Robinson	48-1.5	1990
SP	Jim Doehring	64-11.75	1980
Dis	Quaid Vuncannon	188-7	2012

Girls

100m	Marquita Taylor	12.07	2001
200m	Christina Twicken	24.45	2009
400m	Caroline Hawkes	55.20	2022
800m	Alex Dunne	2:10.82	2008
1600m	Alex Dunne	4:52.50	2009
3200m	Alex Dunne	10:16.83	2009
100m H	Brittney Thornton	15.14	2013
300m H	Brittney Thornton	44.39	2012
400m R		48.64	2018
1600m R		3:53.99	2010
PV	Hannah Chang	11-1	2015
TJ	Cherris Gray	36-0.5	1990
SP	Diane Clements	44-3	1981
Dis	Kate Hutchinson	175-8	2003

SAN JUAN HILLS**Boys**

100m	Braden Pegan	10.66	2022
200m	Spencer Danner	21.44	2013
400m	Micah Ray	49.46	2017
800m	Chris Camarena	1:56.64	2014
1600m	Daniel White	4:17.32+ 4:18.82y	2016
110 H	Connor Meech	14.60	2015
300m H	Connor Meech	37.00	2015
400m R		42.28	2019
1600m R		3:26.06	2014
PV	Joshua Kato	15-3	2021
SP	Sean Rhyan	63-3.5	2019
Dis	Sean Rhyan	155-8	2019

Girls

100m	Lauren Vissman	12.57	2015
200m	Lauren Vissman	25.95	2015
400m	Jayden Hill	57.11	2022
800m	Chelsea Kruthers	2:09.29	2012
1600m	Katie Camarena	4:56.23+ 4:57.96y	2016
3200m	Katie Hansen	10:53.41	2016
100m H	Paige Donaldson	15.82	2014
300m H	Lexi Shaw	43.93	2013
400m R		43.35	2012
1600m R		3:58.41	2010

SANTA ANA**Boys**

100m	Tony Mosley	10.82	1987
200m	Clancy Edwards	21.32+(21.2y) (20.8yw)	1973
400m	Robert Harrell	47.07+(47.2y)	1971
800m	Robert Harrell	1:50.8+(1:51.4y)	1972
1600m	Sal Mendoza	4:14.0+(4:15.4y)	1972
3200m	Marc Genet	8:50.4+(8:53.4y)	1972
110m H	Isaac Curtis	14.28114.0y	1968
400m R		41.20+ 41.4y	1970
1600m R		3:13.8+(3:15.0y)	1972
III	Mike Weinrich	6-7'	1964
PV	Tom Lueras	14-8.5	1972
LJ	Isaac Curtis	23-3.25	1968
TJ	Tony Mosley	46-1.75	1987
SP	Steve Meier	55-4.75	1965

Girls

1600m	Maria Hernandez	5:01.43	2019
3200m	Maria Hernandez	10:48.14	2019
HJ	Lisa Pickering	5-5	1979
SP	Matala Lualemaga	40-7	2000

SANTA ANA VALLEY**Boys**

100m	Elliot Dunning	10.57	1984
200m	Elliot Dunning	21.33	1984
400m	Paul Peters	47.34	1987
800m	Anthony Wells	1:55.1+(1:55.7y)	1980
1600m	George Aguilar	4:17.4+(4:18.8y)	1974
3200m	Jim Rodriguez	9:03.06	1988
110mH	Don Tilley	14.58+(14.3y)	1967
	Denson	(14.48w)	
300m H	John Hollis	38.23	1986
400m R		41.10+(41.2y)	1971
1600m R		3:16.92	1986
HJ	Joe Phillips	6-10	1974
PV	Sam Caruthers	15-0	1965
U	Tony Pitts	24-5	1978
TJ	Malcolm Wesley	45-9.5	2017

Girls

100m	Crystal Davis	12.04c (11.8)	2001
200m	Crystal Davis	24.73	1999
400m	Kim Law	55.43+(55.76y)	1978
800m	Maribel Delgado	2:15.59	1996
1600m	Maribel Delgado	5:07.28	1996
3200m	Elyse Estrada	11:14.15	1993
100m H	Amber Price	15.84	1997
300m H	Thelma Harman	44.48	1981
400m R		47.70+(47.98y)	1979
1600m R		3:50.3+(3:51.6y)	1989
HJ	C Mack	5-6	1978
LJ	Alice Franklin	18-10.75(19-0.75w)	'79
TJ	Alice Franklin	38-6.5	1982
SP	Loanna Alo	41-7.75	1990
Dis	Lisa Williams	142-0	1983

SANTA MARGARITA**Boys**

100m	Blake Hennesay	10.57	2018
200m	Blake Hennesay	21.84	2017
400m	Jeff Jacobs	47.97	2002
800m	Ryan Martin	1:53.89	2007
1600m	Sean Byrne	4:13.55	2018
3200m	Sean Byrne	9:08.80	2018
110m H	Jimmy Martin	14.82	2009
	Ethan Rupp	14.82	2019
300m H	Blake Hennesay	36.95	2017
400m R		41.97	2017
1600m R		3:15.19	2002
HJ	Jim Lunnen	6-8	2000
PV	Parker Curry	16-0	2014
TJ	Steve Feeney	45-4.5(46-3.5w)	1991

SP	Jon O'Neil	58-6	1997
Dis	Jon O'Neil	169-4	1997

Girls

100m	Tessa Green	11.78	2019
200m	Nikki Merritt	24.17	2018
400m	Lauren Memoly	54.97	2019
800m	Gwynn George	2:12.43	2018
1600m	Katherine Delaney	4:52.66	2008
3200m	Lori Mann	10:45.10	2001
100m H	Nikki Merritt	13.93	2019
300m H	Nikki Merritt	42.23	2018
400m R		46.28	2017
1600m R		3:47.82	2017
HJ	Lauren Collins	5-8.5	2005
PV	Kaitlyn Merritt	13-9	2014
LJ	Lauren Memoly	18-8.5	2019
TJ	Elizabeth Weeks	38-11	2017
SP	Brooke Fitzgerald	37-10	1998

SANTIAGO**Boys**

400m	Greg Tagliaferri	49.26+(49.4y)	1964
110m H	Leonard Sims	14.58+(14.3y)	1964
400m R		43.09+(43.2y)	1970
PV	Bruce Fandel	14-6	1971
SP	Don Kolstad	55-10.5	1970
Dis	Talaesa	164-9	1973

SAVANNA**Boys**

100m	Dominique Williams	10.88	2008
200m	Mike Flores	22.04c(21.8)	1994
400m	Vince Rivera	48.41	1983
800m	Angelo Cervantes	1:52.27	2011
1600m	Angelo Cervantes	4:17.99	2011
110m H	Zim Walker	14.68+(14.4y)	1991
300m H	Vince Flores	39.33	1991
400m R		42.29+(42.4y)	1971
1600m R		3:19.9+(3:21.2y)	1970
HJ	John Landon	6-10	1980
PV	Steve DeBerg	14-10	1972
TJ	Alex Miller	46-1	2003
SP	Paul Castenada	55-9.5	2004
Dis	Paul Castenada	168-4	2004

Girls

100m	Quinna Starr	12.64	1998
200m	Ashley Jsames	25.84	2008
800m	Erika Lovett	2:12.86	1987
1600m	Cynthia Mendez	5:13.14	2004
100m H	Ashley Jsames	15.39	2008
300m H	Ashley Jsames	44.27	2008
400m R		49.59	1999
LJ	Quinna Starr	18-1.5	1999
TJ	Renita Starr	38-2.5	2000

SEGERSTROM**Boys**

HJ	Winston Lawson	6-6	2011
LJ	Devin Velarde	21-4	2022

Girls

100m	Nyree Brown	12.72	2018
600m	Stephanie Ortega	4:52.71	2016
3200m	Stephanie Ortega	11:03.60	2014
100m H	Nyree Brown	14.74	2018
300m H	Nyree Brown	41.86	2018

SERVITE**Boys**

100m	Max Thomas	10.40	2022
200m	Max Thomas	20.68	2022
400m	Max Thomas	48.12	2022
800m	Brendon Confer	1:53.57	2009
1600m	Jared Steins	4:09.96+ (4:11.41y)	'22
3200m	Jared Steins	9:08.99	2022
110m H	Todd Hart	14.24	1981
300 IH	Matt Willis	37.79	2002
400m R		41.74	2017
1600m R		3:17.28	2008
HJ	Jim Cody	6-9	1984
	Tim Cody	6-9	1991
PV	Steve Williams	16-0	1986
LJ	Eric Andrade	22-11.5	1982
TJ	Travis Waller	44-0.25	2014
SP	Connor Einck	60-11	2012
Dis	Zach Tombol	178-4	2013

SONORA**Boys**

100m	Scott White	10.93	1999
200m	Nick McIver	22.04c	2000
400m	Curtis Lehman	49.47	2000
800m	Larry Sparks	1:53.9+(1:54.5y)	1979
3200m	Damien Nieves	9:22.79	2002
300m H	Eric Johnson	38.64	1987
400m R		42.97	2011
HJ	Jay Lim	6-10.5	1993
PV	Chuck Griffin	14-6	1983
TJ	Daniel Siapin	45-0	2001
Discus	Mark Russell	164-4	2011

Girls

100m	Ashley Bush	12.24	2009
200m	Ashley Bush	25.14	2009
1600m	Elizabeth Stetina	5:03.59	2021
3200m	Elizabeth Stetina	11:00.82	2022
300m H	Shannon Bryant	44.97	1989
400m R		49.21	2008
LJ	Kris Dietz	18-1.5	1978
SP	Hughes	37-5.75	1978

SUNNY HILLS**Boys**

100m	Jason Jerkins	11.04c(10.8)	1997
200m	Lewis Castle	22.21+(22.1y)	1971
400m	Lewis Castle	49.56+(49.7y)	1971
800m	Andy Clifford	1:52.8+(1:53.4y)	1974
1600m	Andy Clifford	4:05.3 4:06.7	1974
3200m	Jim Salcido	8:51.2+8:54.2y	1972
110m H	Ward Kisman	14.58+(14.3y)	1970
400m R		42.69+(42.8y)	1974
HJ	Terry Mann	6-11	1991
LJ	Tohru Asami	23-1.75	1978
TJ	Tohru Asami	45-8.75	1977
SP	Dave Murphy	67-2	1966
Dis	B Varnell	168-4	1982

Girls

100m	Stacy Noton	12.35	1983
200m	Joanna Evans	25.71	1997
400m	Tanya Taylor	57.59	2006
800m	Hannah Kent-Johnson	2:16.65	2004
1600m	Claire Kim	5:00.75	2002
3200m	Carrie Garritson	10:28.20	1992
100m H	Sunny Nicholas	15.13	1997
300m H	Sunny Nicholas	44.25	1997
1600m R		3:58.38	1997
HJ	Stevie Nicholas	5-8	1998
LJ	Danielle Brown	18-9	1991
TJ	Danielle Brown	39-5.5	1991
SP	Kathy Copelin	38-6.75	1977
Dis	Jessica Perez	132-6	1999

ST MARGARET'S**Boys**

100m	Aaron Courdy	10.97	2002
800m	Jackson Ade;man	1:56.14	
	2021600m	Billy Gaudreau	4:11.12
		2012	
3200m	Billy Gaudreau	9:00.24	2012
300m H	Randy Rense	39.13	2005
PV	Johnny Quinn	16-8	2006

Girls

200m	Jessica Zavalza	25.16	2007
1600m	Andi Carnell	5:03.28	2019
3200m	Sarah Paddon	10:58.55	2011
100m H	Jocelyn Parkinson	15.56	2002
300m H	Jocelyn Parkinson	45.15	2001
400m R		49.27	2022
PV	Celeste Taylor	11-9	2022
TJ	Chelsie Churchill	37-10.75	2011
SP	Becky Steen	37-11	2003

TESORO**Boys**

100m	Dominic Gates	10.65	2022
200m	Michael Mitchell	21.80	2016
400m	John Dingus	48.79	2008
800m	Ryan Bush	1:52.06	2018
1600m	Dylan Manning	4:16.51	2021
3200m	Bryson Crites	9:13.38	2019
110m H	Michael Robbins	14.63	2018
300m H	Michael Robbins	38.59	2018
400m R		42.25	2019
1600m R		3:17.72	2019
HJ	Mitchell Bland	6-8	2014
PV	Julien Okey	14-5	2010
LJ	Michael Mitchel	23-10.5	2016
TJ	Mitchell Bland	49-4	2014
Dis	Adam Leiva	165-10	2017

Girls

100m	Kaelyn Kaichi	12.43	2010
200m	Kandyce Sillette	25.33	2005
800m	Amanda Gehrich	2:13.47	2016
1600m	Amanda Gehrich	4:38.63+(4:40.25y)	2015
3200m	Amanda Gehrich	10:23.96	2015
100m H	Lauren Bercha	15.50	2010
400m R		50.12	2014
PV	Molly Scharmann	12-0	2015
LJ	Maddie Jocson	18-2.5	2018
TJ	Kirby Ruback	37-7	2014
SP	Ashley McBean	39-11.5	2018

TRABUCO HILLS**Boys**

100m	Matt Bruno	10.45	2002
200m	Matt Bruno	20.82	2002
400m	Chad Rozean	47.87	2009
800m	Jantzen Oshier	1:51.29	2011
1600m	Jantzen Oshier	4:00.83	2011
3200m	Riley Sullivan	8:56.09	2008
110m H	Brian Payne	14.16	2004
300m H	Cameron Hurd	37.26	2016
400m R		41.24	2018
1600m R		3:15.65	2019
HJ	Sean Lee	7-3	2018
PV	Luke Newman	15-9	2015
LJ	Jeremy Wooldridge	24-0	2003
TJ	Jeremy Wooldridge	46-10.5	2003
SP	Chad Peare	60-11	1993
Dis	Chad Peare	191-11	1993

Girls

100m	Percylla Nared	12.07	2010
200m	Percylla Nared	24.21	2010

400m	Brierra Winfrey	56.00	2011	1600m	Shannon Stryker	4:57.70	1982
800m	Kamilah Foley	2:13.91	2010	3200m	Shannon Stryker	10:29.42	1982
1600m	Makenna Smith	4:58.6	2010	100 H	Mychal Robinson	15.63	2015
3200m	Lori Hoffman	10:42.29	2009	300m H	Kim Collins	45.48+(45.5y)	1985
100m H	Monica Todd	14.35	2010	HJ	Kristina Curtis	5-9	2005
300m H	Monica Todd	43.42	2009	LJ	Joy McDonnell	18-1.5	1980
400m R		46.82	2010		Smith	(18-3.25w)	1980
1600m R		3:54.52	2010	TJ	Doneisa Anderson	37-11	1987
HJ	Darnisha Griffith	5-9	1998	SP	Nicole Lind	37-9	1985
PV	Natalia Wilson	11-9	2022	Dis	Nicole Lind	122-1	1985
LJ	Darnisha Griffith	19-4.75	1998				
TJ	Darnisha Griffith	38-11.25	1995				
		(39-2.5w)					
SP	Susan Linn	42-2.5	1998				
Dis	Kyliegh Wilkerson	147-7	2018				

TROY

Boys

100m	Geoff Smith	10.83	2001
	Dan Gomez	(10.79w)	2006
200m	Geoff Smith	21.84c (21.6	2001
	Dan Gomez	(21.83w)	2006
400m	Conner Sill	48.86+(49.0y	1979
800m	Phil Wingard	1:54.6+(1:55.2y	1974
1600m	Jon Shawel	4:14.96	2007
3200m	Mike Durham	9:00.1+(9:03.2y	1973
110m H	Brian Chapman	14.78+(14.5y	1986
400m R		42.91	2000
HJ	Daniel Gomez	6-8	2006
PV	Greg Stull	16-1	1980
LJ	Ken Williams	22-6.5	1982
TJ	Ken Williams	50-3.5	1982
		(51-10w)	
SP	Paul Evenson	55-4	2001
Dis	Mike Richie	177-5	1998

Girls

100m	Julie Steele	12.41	1997
200m	Emily Kressin	25.28	2009
400m	Emily Kressin	55.63	2009
100m H	Isabella Ales	15.04	2019
300m H	Isabella Ales	45.35	2019
400m R		49.08	2014
1600m R		3:53.87	2009
HJ	Laura Campbell	5-10	1981
PV	Amanda Mohr	10-6	2016
LJ	Vicki Almeida	19-6	1978
TJ	Susan Guest	37-4.5	1986
SP	Kianey Davis	39-4.25	1999
Dis	Megan Ilertson	133-0	2003

TUSTIN

Boys

100m	DeShawn Foster	10.81	1997
	Amir Webb	(10.70w)	2008
200m	Amir Webb	21.25	2009
400m	Gary Walker	48.16+(48.2y)	1960
800m	Alonso Smith	1:52.89	2000
1600m	Alonzo Smith	4:15.44	2001
3200m	Allan Sanford	9:16.0+(9:19.2y)	1965
110m H	Dominque DeGrammont	13.48	1997
300m H	Dominque DeGrammont	36.91	1997
400m R		41.48	1997
1600m R		3:18.98	1997
HJ	Alex Marbley	6-11.5	2001
PV	Kevin Anthony	14-9	1976
LJ	Denny Casupanan	23-9.75	2002
TJ	Reggie Curry	48-7.75	1994
SP	Dick Lindsay	56-8	1962
Dis	Dillon Hayes	174-0	2000

Girls

100m	Judy Jackson	12.58	1989
200m	Kristen Flemming	25.84c(25.6)	1981
800m	Shannon Stryker	2:16.3+(2:17.1y)	1982

1600m	Shannon Stryker	4:57.70	1982
3200m	Shannon Stryker	10:29.42	1982
100 H	Mychal Robinson	15.63	2015
300m H	Kim Collins	45.48+(45.5y)	1985
HJ	Kristina Curtis	5-9	2005
LJ	Joy McDonnell	18-1.5	1980
	Smith	(18-3.25w)	1980
TJ	Doneisa Anderson	37-11	1987
SP	Nicole Lind	37-9	1985
Dis	Nicole Lind	122-1	1985

UNIVERSITY

Boys

100m	Harry Baker	10.98	2017
200m	Harry Baker	22.08	2017
400m	Bob Bradford	48.86+(49.0y)	1973
800m	Phil Vasquez	1:53.6+(1:54.2y)	1970
1600m	Greg Whiteley	4:13.3	1985
3200m	Greg Whiteley	8:57.5+(9:00.6y)	1985
400m R		42.88	2017
1600m R		3:22.76	1981
HJ	Alan Gersten	6-9.25	1977
PV	Brian Lindley	14-7	1995
SP	Chad Smith	62-6.25	2004
Dis	Ken Mills	182-2	1979

Girls

100m	Annette Rogers	12.12	1981
200m	Annette Rogers	24.39	1984
400m	Paige Metayer	55.05	2017
800m	Julie Selcine	2:09.83	1983
1600m	Polly Plummer	4:33.65+(4:35.24y) ⁸²	
3200m	Teresa Barrios	10:29.03	1982
100m H	Daria Shkel	15.21	2017
300m H	Daria Shkel	45.84	2017
400m R		49.08	2005
1600m R		3:54.83	1982
HJ	Laura Mills	5-8.5	1980
PV	Avis Barker	9-6	1997
LJ	Laura Mills	17-10.75	1980
TJ	Marilyn Anene	38-2	2006
SP	Andrea Bill	41-5.25	1992
Dis	Andrea Bill	148-0	1993

VALENCIA

Boys

100m	Korey Alexander	10.85	1992
200m	Kevin Alexander	21.42	1992
400m	Mike Owens	48.36+(48.5y)	1966
800m	Sean Krink	1:48.20	2010
1600m	Sean Krink	4:11.82	2010
3200m	Josh Linen	9:06.85	2007
110m H	Kienan Briggs	14.49	2001
400m R		42.48	1992
1600m R		3:17.84	1991
PV	Eric Whitcomb	15-4	1989
LJ	Don Moreno	23-0	1977
TJ	Kienan Briggs	45-9	2001
SP	Nick Coghil	63-0.5	2015
Dis	Nick Coghil	190-1	2015

Girls

100m	Chrystal Aluya	12.07	2019
200m	Chrystal Aluya	24.70	2019
		(24.64w)	
400m	Suzu Hensel	56.82	1983
800m	Suzu Hensel	2:09.82	1983
1600m	Heather Killeen	5:05.42	1991
3200m	Heather Killeen	11:01.87	1991
300m H	Nancy Niewlandt	44.82	1984
400m R		48.69	1983
LJ	Lily Ebanks	18-10.5	2015
TJ	Kim Taylor	39-5.5	1984
SP	Kay Ilertsen	42-5.5	1974
Dis	Nicole Beauregard	124-0	1991

VILLA PARK**Boys**

100m	Anthony Privitelli	10.74c(10.5)	2008
200m	Hector Flores	22.12	1993
400m	Barry Hyde	49.36+(49.5y)	1974
800m	Jim Sorenson	1:52.8	1986
1600m	Garrett Corcoran	4:03.77+ (4:05.19y)	'14
3200m	Garrett Corcoran	8:52.18	2014
110m H	Dan Hedlund	14.68+(14.4y)	1971
300m H	Brian Law	37.47	2007
400m R		42.89+(43.0y)	1977
1600m R		3:21.17	1983
HJ	Kyle Jenkins	6-10	2020
PV	Keith Schimmel	16-3.25	1975
LJ	Jim Mitchell	23-0.5	1974
TJ	Ryan Gillette	45-9.25	1985
SP	Ed Labate	58-9.5	1973
Dis	Francine Schuyler	171-6	1983

Girls

100m	Kylie Klein	12.10	2010
200m	Kylie Klein	24.78	2010
400m	Madison Goerlinger	58.26	2016
800m	Riley Norris	2:18.58	2021
1600m	Susanna Thrasher	5:02.10	1990
3200m	Jordan Stiewig	11:02.86	2013
100m H	Susie Ray	14.60	1979
300m H	Madison Goerlinger	45.76	2018
400m R		49.06	2015
HJ	Beth Byron	5-8	1991
PV	Lauren Meredith	10-9	2022
LJ	Nancy O'Neil	17-8.5	1981
SP	Susie Ray	48-11.5	1980
Dis	Susie Ray	141-9	1979

WESTERN**Boys**

100m	Arron Harris	10.80	2008
	Demarion Horton	(10.60w)	2008
200m	Kirk Ayers	21.82+(21.7y)	1986
400m	Caine Savage	48.87	2019
1600m	Ron Fister	4:16.8+(4:18.2y)	1966
3200m	Ron Fister	9:09.6+(9:12.2y)	1966
110m H	Dave Plett	14.50	1981
300m H	Kirk Ayers	37.74	1987
400m R		43.00	2011
1600m R		3:18.7+(3:20.0y)	1972
HJ	Andy Lopries	6-9	1988
PV	Kevin Cuervo	14-10.75	1976
LJ	Kirk Ayers	23-3	1986
		(23-4.25w)	
SP	Roy Thurman	60-6.25	1963
Dis	John Karahallos	168-5	1979

Girls

100m	Carol Rodriguez	11.66	2003
200m	Carol Rodriguez	24.22	2003
400m	Carol Rodriguez	56.24c	2003
1600m	Wendi Leos	5:08.39	2017
3200m	Wendi Leos	10:59.57	2017
400m R		48.70	2008
1600m R		3:55.50	2008
HJ	Melanie Williams	5-6	1986
LJ	Lori Olsen	17-7	1985
SP	Ann Gill	41-6	1985
Dis	Ann Gill	130-10	1985

WESTMINSTER**Boys**

100m	Dave Reedus	11.94c(11.7)	1988
200m	Dave Reedus	22.14	1988
400m	Jim Harris	48.96+(49.1y)	1980
800m	Carl Trentadue	1:52.4+(1:53.0y)	1965
1600m	Carl Trentadue	4:07.1+(4:08.5y)	1965
3200m	Neil Sybert	9:09.4+(9:12.6y)	1967
110m H	Aaron Williamson	14.78+(14.5y)	1980
1600m R		3:21.4+(3:22.7y)	1973
HJ	Parker	6-6	1974
PV	Doug Boswell	14-1	1977
U	Carlos Herrera	22-8	1966
TJ	Michael Nguyen	45-4.75	1999
SP	Jerry Gillespie	56-0.75	1989
Dis	Jim Sanders	162-2	1976

Girls

100m	Ariana Wright	12.23 (12.15w)	2008
200m	Shelly Tochluk	25.41	1989
400m	Arlise Emerson	53.42	1978
800m	Arlise Emerson	2:07.5	1978
1600m	Jill Caldwell	5:01.2+(5:02.9)	1974
3200m	Laura McCracken	11:56.20	1983
110m H	Schimidt	(15.57w)	1993
400m R		49.71	2008
SP	Lisa Tamamasui	42-0	1991

WHITTIER CHRISTIAN**Girls**

1600m	Kellian Hunt	5:02.85	2010
3200m	Kellian Hunt	10:57.99	2010

WOODBIDGE**Boys**

100m	Alex Young	10.85	2016
200m	Jalen Craver	21.04	2010
400m	Jalen Craver	46.92	2010
800m	Eric Schermerhorn	1:49.21	1984
1600m	Dragan Simic	4:12.21+ (4:13.68y)	'12
3200m	Dragan Simic	9:19.45	2011
110m H	Jalen Craver	14.51	2010
	Daniel Sun	14.51	2016
300m H	Greg Muniz	37.69	1992
400m R		41.56	2015
1600m R		3:15.96	2010
HJ	David Benton	6-9	1990
PV	Andy Spindler	14-10	2002
LJ	Drake Nguyen	23-8.25	2019
TJ	Scott Capulong	45-2	1989
		(46-1.25w)	
Dis	Derek Davis	165-4	20

Girls

100m	Jackie Dix	11.99	1997
200m	Gabrielle Scott	24.29	2010
400m	Gabrielle Scott	53.98	2011
800m	Christine Babcock	2:10.15	2008
1600m	Christine Babcock	4:33.82	2008
3200m	Christine Babcock	10:04.03	2008
100m H	Kristen Woepse	14.80	2004
300m H	Janel Loudat	44.03	1998
400m R		47.40	1997
1600m R		3:49.45	2007
HJ	Emily Garner	5 - 8	2018
PV	Madison Wong	10 - 9	2018
LJ	Michelle Sanford	19 -7.25	2000
TJ	Michelle Sanford	43 -4.5	2001
SP	Angela Burgess	40 - 8	1995
Dis	Angela Burgess	143 - 3	1994

YORBA LINDA

Boys

100m	Jordan Holmes	10.98	2022
200m	Troy Provenzano	22.40	2022
400m	Dylan Atencio	48.75	2014
800m	Zachary Joseph	1:59.74	2016
1600m	Zachary Joseph	4:19.85	2016
300m H	Dylan Atencio	37.50	2015
400m R		43.38	2016
HJ	James Phillips	6-8	2016
LJ	James Phillips	22-1	2016

Girls

100m	Nicole Martinez	12.26	2017
200m	Lauren O'Bannion	25.19	2018
400m	Michelle Quinn	55.81	2019
800m	Siena Palicke	2:16.76	2019
1600m	Siena Palicke	4:54.20	2019
3200m	Sydney Rome	11:14.78	2022
100m H	Amanda Perez	14.85	2019
300m H	Alexus Atchley	44.96	2012
400m R		48.08	2018
1600m R		3:51.86	2017
PV	Ariana Zormeier	10-6	2016
SP	Madison Burford	37-3	2017

Orange County Best Marks List 1915- 1960

(The baby boomer era saw a large number of new schools and growth of the sport of track & field in Orange County beginning in the 1960's. This list spotlights those athletes that competed in a time of subpar equipment, running tracks, and coaching)

100 yards

9.6	Eddie Morris (Huntington Beach)	1940
	<i>(State Champion)</i>	
9.6	Bill Swisshelm (Santa Ana)	1954
9.7	Bill Swift (La Habra)	1959
9.7	Pat Moore (La Habra)	1959
9.8	Dan Hoefler (Fullerton)	1948
9.8	Johnny Allen (Santa Ana)	1956
9.8	Ron Vande Putte (Valencia)	1959
9.8	Gary Walker (Tustin)	1959
9.9	Dave Porter (Santa Ana)	1948
9.9	Ron Meyer (Santa Ana)	1955
10.0	Al Koenig (Huntington Beach)	1930
	<i>(State Champion)</i>	
10.0	King (Newport)	1932
10.0	Charley Macon (Laguna Beach)	1949
10.1	Arch Hawkins (Fullerton)	1920
	<i>(State Runner up)</i>	
10.1	D Pryor (Huntington Beach)	1932
10.1	Harold Stedman (Fullerton)	1934
	<i>(State Runner up)</i>	
10.2	Dick Roehm (Santa Ana)	1940
10.2	Anderson (Santa Ana)	1946
10.2	Harvey Baer (Santa Ana)	1927
10.2	Russell Hind (Tustin)	1927
10.2	Harvey Baer (Santa Ana)	1927

Wind-aided:

9.5w	Eddie Morris (Huntington Beach)	1940
9.5w	Bill Swisshelm (Santa Ana)	1953

100 meters

10.4	Eddie Morris (Huntington Beach)	1940
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220 yard (straight) – 200m was not run around the curve until 1967

20.7	Eddie Morris (Huntington Beach)	1940
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	<i>(State Champion)</i>	
20.8	Bill Swisshelm (Santa Ana)	1954
	<i>(State Third Place)</i>	
21.0	Pat Moore (La Habra)	1959
21.3	Ron Van de Putte (Valencia)	1959
21.4	Lanny Carter (Orange)	1953
21.7	Dan Hoefler (Fullerton)	1949
21.8	Wayne Piper (Santa Ana) (w 21.6)	1939
21.8	Harold Steadman (Fullerton)	1934
	<i>(State Runner up)</i>	
21.8	Harvey Baer (Santa Ana)	1927
21.9	Bob Bridgeford (Fullerton)	1947
22.0	Davis (Fullerton)	1937
22.1	Turley (Santa Ana)	1946
22.2	Don Warhurst (Santa Ana)	1938
22.2	Bob Hager (Huntington Beach)	1944
22.8	Horton (Tustin)	1932
22.9	Moorhead (Laguna Beach)	1949
22.9	Ray Cartwright (Santa Ana)	1932
	Al Koenig (Huntington Beach)	1930
	Wind-aided:	
20.6w	Eddie Morris (Huntington Beach)	1940
21.6	Dan Hoefler (Fullerton)	1948
21.8	Dave Porter (Santa Ana)	1948
21.8	Al Koenig (Huntington Beach)	1930
	<i>(State Third Place)</i>	

440 yards

48.8	Lanny Carter (Orange)	1952
	<i>(State Champion)</i>	
49.2	Dan Hoefler (Fullerton)	1949
49.3	Matt Nisson (Tustin)	1941
49.3	Bob Bonebrake (Orange)	1934
49.3	George Bragg (Anaheim)	1958
49.4	Eddie Morris (Huntington Beach)	1940
49.5	Erwin Miller (Fullerton)	1935
49.5	Larry Kirchman (Anaheim)	1952
	<i>(State Runner up)</i>	
50.0	Bill Callis (Capistrano)	1940
50.1	Howard Elliott (Santa Ana)	1939
50.2	Gary Walker (Tustin)	1959
50.4	Bob Clabbots (Huntington Beach)	1940
50.4	Clyde Wilson (Orange)	1950
50.5	Brayton Norton (Laguna Beach)	1948
50.7	Lester Jones (Anaheim)	1943
50.7	Wolfe (Tustin)	1938
	Tex Miller (Fullerton)	1936
	<i>(State Runner up)</i>	
	Harold Everett (Orange)	1916
	<i>(State Third Place)</i>	

880 yards

1:55.5	Milford Dahl (Santa Ana)	1958
1:56.4	Jan Underwood (Buena Park)	1959
1:56.6	Ray Cartwright (Santa Ana)	1932
	<i>(State Champion) (20 years of age during the 1932 season)</i>	
1:57.6	George Hood (Newport)	1957
1:57.8	Doug Hall (Newport)	1958
1:59.0	Bob Suess (Huntington Beach)	1952
1:59.5	Bob Schumaker (Huntington Beach)	1953
2:00.5	Ervin Watkins (Tustin)	1930
	<i>(State Runner up)</i>	
2:00.7	Heim (Orange)	1939
2:01.0	Albert Wattenburg (Capistrano)	1941
2:01.7	Bob Wilson (Fullerton)	1942
2:02.1	Bob McKean (Santa Ana)	1926
2:02.0	Tom Cone (Santa Ana)	1928
2:02.8	Brown (Orange)	1940
2:02.8	Elmer Wagers (Orange)	1936
2:04.0	Alfred Kraemer (Orange)	1932
2:04.7	George Clark (Orange)	1940

One Mile

4:11.0	Dale Story (Orange) <i>(State Champion)</i>	1959
4:17.5	Bruce Bess (La Habra)	1960
4:20.0	Tod White (Newport) <i>(State Champion)</i>	1955
4:20.5	Grady Neal (Fullerton) <i>(State Runner up)</i>	1956
4:22.5	Leroy Neal (Fullerton) <i>(State Third Place)</i>	1958
4:26.3	Larry Arroues (Fullerton)	1956
4:26.6	Bob Van Sickle (Newport)	1959
4:26.8	Lynn Watkins (Laguna Beach)	1957
4:26.8	Milford Dahl (Santa Ana)	1958
4:30.4	Bill Kerr (Huntington Beach) <i>(State Champion)</i>	1921
4:31.8	Harold Breeding (Santa Ana)	1927
4:34.3	Eddie Denbow (Orange)	1952
4:36.3	Larry Valero (Valencia)	1938
4:36.4	Bob Hougeland (Santa Ana)	1947
4:37.5	Oscar Diaz (Capistrano)	1942
4:41.2	Herschel Whitney (Santa Ana)	1937

120 yard Hurdles (39")

14.5	Forrest Younger (Fullerton) <i>(State Third Place)</i>	1952
14.5	Don Jones (Huntington Beach)	1956
14.5	Bob Ballew (Garden Grove)	1957
14.5	John Eastman (La Habra)	1958
14.5	Don Jones (Huntington Beach)	1956
14.6	Sonny Owens (Fullerton)	1955
14.6	Doug Hankins (Fullerton)	1958
14.6	Jack Carson (Anaheim)	1949
14.7	Lin Sitton (Fullerton)	1953
14.7	Dick Carson (Anaheim)	1949
14.8	Jack McCosh (Santa Ana)	1953
14.9	Bob Boaz (Fullerton)	1948
15.4	Bryant (Capistrano)	1940
15.4	Lawrence Buchheim (Capistrano)	1945
15.7	Whitley (Tustin)	1949
15.8	Don Vadgen (Newport)	1945

Wind-aided:

14.0	Sonny Owens (Fullerton)	1956
14.2	Doug Hankins (Fullerton)	1959
14.6	Lin Sitton (Fullerton)	1953

***42" hurdles**

14.8	Ross Nichols (Huntington Beach) <i>(State Champion 1923 & '24)</i>	1923
15.0	Brooks (Santa Ana)	1932
15.0	Ray Gist (Anaheim)	1939
15.2	Bill Hawkins (Santa Ana) <i>(State Runner up)</i>	1935
15.2	Al Reboin (Santa Ana) <i>(State Third Place)</i>	1930
15.3	Rolland White (Huntington Beach)	1942
15.4	Melvin Barron (Santa Ana) <i>(State Runner up)</i>	1938
15.5	Richard Gibson (Santa Ana)	1941
15.6	Chester Bickmore (Huntington Beach) <i>(State Third Place)</i>	1942
15.6	John Etchhandy (Garden Grove)	1941
15.6	Ben Schlegel (Santa Ana)	1942
15.6	Bill Wise (Huntington Beach)	1946
15.8	John Moffat (Santa Ana)	1928
15.9	Lacian Wilson (Santa Ana)	1932
15.9	Duane Larrabee (Santa Ana)	1932
16.0	Neal Raney (Santa Ana) <i>(State Runner up)</i>	1918
16.0	Phillip Newman (Tustin) <i>(State Third Place)</i>	1931
16.0	Bill Brown (Newport)	1932
16.2	Earl Johnson (Fullerton)	1917

*(State Champion)***Wind-aided:**

14.0	Sonny Owens (Fullerton)	1956
14.2	Doug Hankins (Fullerton)	1959
14.6	Lin Sitton (Fullerton)	1953

180 Hurdles (30")

18.7	Bill Swisshelm (Santa Ana)	1954
19.2	Doug Hankins (Fullerton)	1959
19.2	Willie Carroll (Santa Ana)	1959
19.3	Darrell Roberts (Fullerton)	1955
19.3	Don Jones (Huntington Beach)	1956
19.3	John Eastman (La Habra)	1958
19.4	Mike Trainor (Laguna Beach)	1954
19.4	Ron Meyer (Santa Ana)	1955
19.4	Dave Ross (Santa Ana)	1960
19.5	Bob Boaz (Fullerton) <i>(State Third Place)</i>	1948
19.7	Lin Sitton (Fullerton)	1952
19.7	Mike Trainor (Laguna Beach)	1954
19.8	Forrest Younger (Fullerton)	1952
20.1	Jack Carson (Anaheim)	1949
20.4	Moorehead (Laguna Beach)	1949

Wind-aided:

18.9	Sonny Owens (Fullerton)	1956
19.1	Lin Sitton (Fullerton)	1953
20.1	Fowler (Santa Ana)	1951
20.7	Whitley (Tustin)	1949

220 yard Hurdles (1915 – 1946)

24.0	Norman Paul (Santa Ana) <i>(State Champion)</i>	1929
24.1	Al Reboin (Santa Ana) <i>(State Meet Runner up)</i>	1929
24.1	Orville Llyod (Newport)	1939
24.1	Jerome Duffy (Newport)	1939
24.2	Norman Paul (Santa Ana)	1929
24.3	Roland White (Huntington Beach)	1942
24.5	Robert Newell (Fullerton) <i>(State Meet Runner up)</i>	1946
25.0	Ernie Velarde (Santa Ana) <i>(State Runner up)</i>	1928
25.0	Nordheim (Fullerton)	1938
25.6	Ross Nichols (Huntington Beach) <i>(State runner up)</i>	1924
25.6	Bill Brown (Newport)	1932
	Tom Berkeley (Fullerton)	1934
	Bill Hawkins (Santa Ana)	1935

4x 220 yard Relay (prior to 1968 only the 4x220 was raced)

1:28.5	Santa Ana	1956
1:29.1	Santa Ana	1954
1:29.3	Santa Ana <i>(State Champion)</i>	1938
1:29.8	Santa Ana	1927
1:29.9	Santa Ana	1953
1:29.9	Laguna Beach Huntington Beach	1948
1:30.1	Santa Ana <i>(State Third Place)</i>	1946
1:30.8	Santa Ana	1952
1:30.9	Santa Ana	1953
1:31.2	Santa Ana <i>(State Champion)</i>	1938
1:32.1	Santa Ana <i>(State Runner up)</i>	1930
1:32.5	Santa Ana	1927
1:32.5	Anaheim	1939

High Jump (no athlete jumped higher than 6-4 using the straddle during this era)

6-04.5	Norman Jiles (Santa Ana) <i>(State Runner up)</i>	1949
6-04.25	Phil Jacques (Santa Ana) <i>(State Champion)</i>	1931
6-03.25	Wendell Tedrow (Santa Ana) <i>(State Runner up)</i>	1938
6-03	Jack Bose (Santa Ana)	1956
6-03	Ed Briscoe (Buena Park)	1959
6-02.75	Buck Hopper (Tustin)	1954
6-02.0	Dallas Carter (Huntington Beach)	1937
6-02.0	Bobby Macon (Laguna Beach)	1949
6-02	Paul Jacques (Santa Ana)	1931
6-01.75	Eugene Shear (Huntington Beach)	1942
6-01.5	Forrest Younger (Fullerton)	1952
6-01.25	Elmer Kinney (Santa Ana) <i>(State Third Place)</i>	1946
6-01	Phillips (Fullerton)	1941
6-00.5	Franklin Nickey (Santa Ana)	1945
6-00.25	Meyers (Valencia)	1939
6-00	Furuta (Huntington Beach)	1932
6-00	Bill Taylor (Laguna Beach)	1939
6-00	Burl Gist (Anaheim)	1939
6-00	Blas Mercurio (Santa Ana)	1935
6-00	Dennis Vollom (Anaheim)	1959
6-08.5	Ed Caruthers (SA Valley)* <i>*(Recordholder for the Straddle Technique)</i> <i>[Tony Madau (El Dorado) held the County record at 6-9 in 1972 using the Flop]</i>	1963
Pole Vault <i>(no athlete jumped higher than 14-0 prior to 1960's when the fiberglass pole was introduced)</i>		
14-05.25	Eric Berg (Costa Mesa) <i>(State Champion)</i>	1962
14-04.5	Mike Lindsay (Santa Ana)	1962
14-04.5	Boyd (Western)	1964
14-01	John Trosko (Valencia)	1964
(non-fiber glass poles)		
13-10	Bob Maimbourg (Garden Grove)	1959
13-06.75	John Price (Fullerton)	1958
13-06.5	Jim Manning (Anaheim)	1958
13-05.5	Robert Arealos (Laguna Beach)	1957
13-02	John Calianni (Fullerton)	1959
13-00	Don Barnes (Fullerton) <i>(State Champion)</i>	1948
13-00	Dave Servis (Orange) <i>(State Runner up)</i>	1957
12-07.25	Jim Stangeland (Huntington Beach) <i>(State Third Place)</i>	1939
12-06.75	Jim McDonald (Fullerton)	1937
12-06	Vern McDermott (Fullerton) <i>(State Third Place)</i>	1924
12-04.25	Jack Isom (Huntington Beach)	1950
12-01	Moody (Newport)	1932
12-00.5	Zoeter (Huntington Beach)	1938
12-00	Harold Shoebridge (Anaheim) <i>(State Champion)</i>	1921
12-00	Chester Bickmore (Huntington Beach) <i>(State Runner up)</i>	1923
	Ross Nichols (Huntington Beach) <i>(State Runner up)</i>	1922
12-00	Bud Griffun (Newport)	1935
12-00	Al Reboin (Santa Ana)	1930

Long Jump		
23-03	Darrell Roberts (Fullerton)	1955
23-0.75	Bob McNamera (Fullerton)	1958
22-08.5	Norman Paul (Santa Ana) <i>(29 State Runnerup)</i>	1930
22-08.5	Bob Chambers (Fullerton) <i>(Third place at State Meet)</i>	1936
22-07.5	Charles Dodson (Huntington Beach)	1951
22-07	Hodge (Fullerton)	1942
22-05.5	Verden Nash (Huntington Beach) <i>(Three time State Champion at Chino then Huntington)</i>	1922
22-05.25	Bob Ferguson (Fullerton)	1948
22-05	Andrew Crenshaw (Santa Ana)	1940
22-04	Hobart Turley (Brea-Olinda)	1942
22-04	Larry Weaver (Anaheim)	1950
22-03.5	Doyle Gilbert (Santa Ana)	1930
22-03.5	Virgil Elliott (Huntington Beach) <i>(State Champion)</i>	1924
22-2.5	Howard Paul (Santa Ana) <i>(State Runner up)</i>	1925
22-02.0	Ernie Velarde (Santa Ana)	1927
22-00	Ray Roberts (Fullerton)	1946
21-11	Forrester (Huntington Beach)	1942
21-10.75	Floyd Montgomery (Santa Ana)	1933
21-09.25	Cameron Gillis (Santa Ana)	1935
21-08.5	Fred Osborne (Fullerton) <i>(State Champion)</i>	1925
21-08	Stan Jiles (Santa Ana)	1939
21-07	Byram Bates (Santa Ana)	1936
21-02	Ernie Plavan (Santa Ana) <i>(State Champion)</i>	1915

Triple Jump <i>(first quality mark came in 1972)</i>		
45-07.25	Jeff Hutton (Katella)	1972

Shot Put		
57-10.25	Jerry Shipkey (Anaheim) <i>(No State meet in 1943)</i>	1943
57-06.0	Terry Guy (Fullerton)	1957
55-10.5	John Raitt (Fullerton) <i>(State Champion)</i>	1935
54-11	Gary Johnson (Orange)	1954
53-04	Bob Van Drimler (Newport)	1950
52-06.5	Ralph Hull (Santa Ana)	1940
52-06.5	Jim Blacketer (Laguna Beach)	1950
50-05.0	Arky Lawrence (Tustin)	1940
49-10	Norman Paul (Santa Ana)	1930
49-07.75	Bob Ward (Garden Grove)	1939
49-06.0	Art Stranske (Santa Ana)	1933
49-03	Lawrence Roberts (Fullerton)	1940
48-09.5	Maddock (Santa Ana)	1938
47-11.0	Rlton Denner (Santa Ana)	1941

Discus <i>(no athletes threw over 160-0. These athletes did throw over 160 during the 1960's)</i>		
182-01	Steve Lehmer (Loara)	1966
172-02	Mike Johnson (Bolsa Grande)	1966
171-06	Dale Gordon (El Modena)	1969
169-01	Jim Ulam (Kennedy)	1968
163-02	Hadley James (Santiago)	1966

International Wt.(2.0k)		
145-09	Doug Stoner (Laguna Beach)	1956
139-05	Sam Henderson (Brea-Olinda)	1938
130-00	Arky Lawrence (Tustin)	1940
126-01	McClintock (Orange)	1938
	Bill Bradbury (Huntington Beach) <i>(State Third Place)</i>	1925
	Glenn Hartranft (Fullerton) <i>(State Meet Runnerup)</i>	1920

Schools Opening during the 1930 era.

	Est.
Santa Ana	1889
Fullerton	1893
Anaheim	1898
Orange	1903
Huntington B	1906
Capistrano	1920-1965
Garden Grove	1921
Tustin	1921
Brea-Olinda	1927
Newport	1930
Valencia	1933
Laguna Beach	1934

Schools Post 1950

	Est
Mater Dei	1950
La Habra	1954
Western	1955
Buena Park	1956
Rancho Alamitos	1957
Costa Mesa	1958
Servite	1958
Sunny Hills	1959
SA Valley	1959
Bolsa Grande	1959
Westminster	1959

Savanna	1961
Magnolia	1961
Santiago	1961
Lowell	1961-1980
Loara	1962
Corona del Mar	1962
Marina	1963
Foothill	1963
La Quinta	1963
Kennedy	1964
Villa Park	1964
San Clemente	1964
Troy	1964
Pacifica	1965
Estancia	1965
Rosary	1965
Sonora	1966
El Dorado	1966
El Modena	1966
Katella	1966
Fountain Valley	1966
Mission Viejo	1966
Los Alamitos	1967
Saddleback	1967
Los Amigos	1968
Edison	1969

University	1970
Canyon	1973
Esperanza	1973
Orange Lutheran	1973
Cypress	1973
Dana Hills	1973
El Toro	1973
Irvine	1975
Ocean View	1976
Capo Valley	1977
Laguna Hills	1978
St Margaret's	1979

Woodbridge	1980
Trabuco Hills	1985
Santa Margarita	1987

Century	1989
Aliso Niguel	1993
Oxford Academy	1998
Northwood	1999
Sage Hill	2000
Tesoro	2001
J Serra	2003
Beckman	2004
Seegerstrom	2005
Godinez	2007
San Juan Hills	2007
Yorba Linda	2009
Crean Lutheran	2010
Portola	2016