

***ORANGE  
COUNTY  
TRACK  
2019***

***BOYS & GIRLS  
SCHOOL RECORDS  
ALL-TIME COUNTY RECORDS  
ALL-TIME OUTDOOR PERFORMANCE LIST  
ALL-TIME INDOOR PERFORMANCE LIST***

***Don Chadez***

**Revised—7/27/2018**

# ORANGE COUNTY TRACK - 2019

This is the 30th 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 - 2019

send errors/omissions to:

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# BOYS COUNTY OUTDOOR RECORDS

100 yd	9.3	Tony Pitts (SA Valley)	1978
100m	10.36	Curtis Godin (Mater Dei)	2014
200m	20.82	Matt Bruno (Trabuco Hills)	2002
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
4x880yd	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

# 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	1:44.74	Mission Viejo	2017
4 x 400m	3:46.67	Dana Hills	2017
4 x 440 yd	3:50.4	Fountain Valley	1979
4 x 800m	9:10.00	Mission Viejo	2017
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	20:20.38	Corona del Mar	2005
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
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
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
880 yd	2:02.4	Mary Decker (Orange)	1974
1000 yd	2:26.7	Mary Decker (Orange)	1974
1500m	4:26.2	Paula Rose (Corona del Mar)	1976
Mile	4:40.1	Mary Decker (Orange)	1976
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 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 (Fountain Valley)	2014

# ALL-TIME OUTDOOR BEST MARKS LIST—BOYS

## 100 yards

9.3	Tony Pitts (SA Valley)	1978
9.5	Jackie White (Santa Ana)	1969
9.5	Devon Trahan (Saddleback)	1971
9.5	Kerwin Bell (Edison)	1980
9.6	Eddie Morris (Huntington Beach)	1940
9.6	Bill Swisshelm (Santa Ana)	1954
9.6	Bob Maimbourg (Garden Grove)	1960
9.6	** Stan Edmonds (Savanna)	1964
9.6	Fred Kuller (Santiago)	1964
9.6	Dick Coulter (SA Valley)	1967
9.6	Ron Pharris (Anaheim)	1967
9.6	Ron Hamley (Lowell)	1968
9.6	*Jack Struble (Kennedy)	1971
9.6	*Jim Straw (Garden Grove)	1973
9.6	Clancy Edwards (Santa Ana)	1973
9.6	Walter Steen (SA Valley)	1982
9.84	* Kerwin Bell (Edison)	1979
9.7	Bill Swift (La Habra)	1959
9.7	Pat Moore (La Habra)	1959
9.7	Bob Armstrong (Rancho Alamitos)	1961
9.7	* Ed Preston (Santa Ana)	1963
9.7	Herman Grimes (SA Valley)	1964
9.7	Randy Lynch (Anaheim)	1965
9.7	Dave Samarin (La Habra)	1965
9.7	Dave Cooke (Brea)	1966
9.7	Ed Steward (Santa Ana)	1967
9.7	Robert Ray (Santiago)	1967
9.7	Bruce Rollinson (Mater Dei)	1995
9.7	Pete Sprout (El Modena)	1969
9.7	Clyde Emery (SA Valley)	1969
9.7	Rick Gilson (Bolsa Grande)	1970
9.7	Luis Castle (Sunny Hills)	1970
9.7	* Steve Elkins (Loara)	1970
9.7	*Jim Beyers (Loara)	1970
9.7	Jim Rohrig (SA Valley)	1974
9.7	Mike Rhue (SA Valley)	1976
9.7	Rex Brown (Ocean View)	1982
9.7	Clay Kussler (Los Alamitos)	1984
9.7	Elliot Dunning (SA Valley)	1984
9.7	Paul Peters (SA Valley)	1987
9.7	Erik Mitchell (Los Alamitos)	1990
9.91	Ulysess Trammel (Rancho Alamitos)	1991
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
9.8	Jim Lawrence (Buena Park)	1964
9.8	* Randy Julian (Bolsa Grande)	1965
9.8	Mike Morgan (Mater Dei)	1967
9.8	Dennis Johnson (El Modena)	1969
9.8	Keith Denson (SA Valley)	1969
9.8	Tom Teeple (Brea)	1969
9.8	Darryl Blood (Newport)	1970
9.8	Dave Johnson (Estancia)	1970
9.8	Dave Lacey (Marina)	1970
9.8	Phil Maas (Fountain Valley)	1971
9.8	Tony Krzyzosiak (Garden Grove)	1986
9.8	Carlo Tosti (Corona del Mar)	1972
9.8	James Butler (SA Valley)	1972
9.8	Warren Hansen (Garden Grove)	1973
9.8	Doug Perrall (Pacifica)	1974
9.8	Chris Saunders (Sonora)	1978
9.8	Robert Powell (SA Valley)	1978
9.8	Steve Southward (Fountain Valley)	1981
9.8	Rick Nichols (Fountain Valley)	1982
9.8	Rod Harmon (Santa Ana)	1982
9.8	Richard Calvin (SA Valley)	1982
9.8	Teddy Baker (Saddleback)	1985
9.8	Chip Rish (Marina)	1985
9.8	Ellis Bradford (SA Valley)	1986

9.8	* Kirk Ayers (Western)	1986
9.8	Tien Bui (Villa Park)	1988
9.8	* William Dancy (SA Valley)	1988
9.8	* Dariel Whipple (Western)	1989
9.8	Kevin Thomas (Valencia)	1989

## Wind-aided:

9.5w	Eddie Morris (Huntington Beach)	1940
9.5w	Bill Swisshelm (Santa Ana)	1953
9.5w	Dick Cooper (SA Valley)	1967
9.5w	Clancy Edwards (Santa Ana)	1973
9.69w	Kerwin Bell (Edison)	1980
9.6w	Stan Edmonds (Kennedy)	1966
9.6w	Richard Yukihiro (Western)	1967
9.6w	*Jim Beyers (Loara)	1970
9.6w	Mike Rhue (SA Valley)	1976

## 100 meters

10.36	Curtis Godin (Mater Dei)	2014
10.45	Matt Bruno (Trabuco Hills)	2002
10.50	Justin Woods (Los Alamitos)	2005
10.51	Herbert Gamboa (San Clemente)	2012
10.54	* Kyle Middlebrooks (Fountain Valley)	2009
10.56	Tim Martin (San Clemente)	1991
10.56	** Bryan Harrison (Dana Hills)	1995
10.56	*Jake Burns (Trabuco Hills)	2018
10.57	Elliot Dunning (SA Valley)	1984
10.57	Blake Hennesay (Santa Margarita)	2018
10.58	Quinton Bell (Costa Mesa)	2014
10.60	Walter Steen SA Valley)	1982
10.61	Brian Woods (Los Alamitos)	2003
10.62	Matt Slater (Servite)	2003
10.64c	Eddie Morris (Huntington Beach)	10.4 1940
10.65	Chukwuekezie Nwachie (Loara)	2012
10.66	Tony Pitts (SA Valley)	1978
10.66	* Garland West (Cypress)	2004
10.67	Kevin Griswold Garden Grove)	1996
10.67	Damani Wilson (Orange Lutheran)	2010
10.67	Austin Hazel (Mater Dei)	2012
10.68	Mike McNair (Mater Dei)	1998
10.68	Andy White (Mission Viejo)	2007
10.70	Kerwin Bell (Edison)	1980
10.70	Erik Mitchell (Los Alamitos)	1990
10.70	Gary Young (Woodbridge)	1994
10.70	* Claude Melvin (Brea)	1999
10.71	Rex Brown (Ocean View)	1982
10.71	*Trent Langham (Pacifica)	2011
10.71	Hunter Simmons (Tesoro)	2012
10.71	*Spencer Danner (San Juan Hills)	2013
10.72	Kevin Alexander (Valencia)	1992
10.72	Josh Brown (El Modena)	2007
10.72	**Alex Suchesk (Santa Margarita)	2012
10.73	* Joey Branker (Mission Viejo)	2009
10.73	Scott Patton (Woodbridge)	2015
10.74	Donovan Stephens (Mission Viejo)	1986
10.74c	* Jarrett Murrell (Saddleback)	10.5 1991
10.74c	Charles Crook (Katella)	10.5 1997
10.74c	Anthony Privitelli (Villa Park)	10.5 2008
10.74	Anton Jamir (Cypress)	2003
10.76	* Darryl Poston (Edison)	2000
10.76	Kellen Foley (Dana Hills)	2008
10.76	Chris Nicholls (Servite)	2010
10.76	**Hunter Simmons (Tesoro)	2011
10.76	Julius Irvin (Servite)	2018
10.77	* Teddy Baker (Saddleback)	1984
10.77	*Matt Slater (Servite)	2002
10.77	Devin Harrison (Dana Hills)	2011
10.77	Michael Mitchell (Tesoro)	2016
10.78	* Chip Rish (Marina)	1984
10.79	* Terry Johnson (Katella)	1985
10.80	Dajuan Pannell (Western)	2000

10.80	Arron Harris (Western)	2008	10.93	Eddie Wallace (San Clemente)	2010
10.80	*Ryan Kennedy (Mission Viejo)	2017	10.93	*Derek Brajevich (Santa Margarita)	2017
10.80	Noah Styffe (Trabuco Hills)	2017	10.93	*Jack Shippy (San Clemente)	2017
10.80	*Kyle McCray (Orange Lutheran)	2018	10.94c	Jeff Gleed (Dana Hills)	10.7 1981
10.80	Jack Shippy (San Clemente)	2018	10.94c	Norm Moss (SA Valley)	10.7 1984
10.81	* Chucky Linman (Edison)	2001	10.94c	Dave Reedus (Westminster)	10.7 1988
10.81	* Deshaun Foster (Tustin)	1997	10.94c	Mark Barnum (Corona del Mar)	10.7 1990
10.81	Shane Henry (Esperanza)	2006	10.94c	Jaryd Gonzalez (Pacifica)	10.7 1992
10.81	Matt Hurst (Corona del Mar)	2014	10.94c	Kojo Ahrin (Irvine)	10.7 1996
10.82	Tony Mosley (Santa Ana)	1987	10.94	Pham (La Quinta)	1998
10.82	Kamron Shahbahrami (Irvine)	2011	10.94c	Julio Peraza (Dana Hills)	10.7 1998
10.83	Jeff Smith (Troy)	2001	10.94c	Josh Saunders (Capo Valley)	10.7 1998
10.83	Drew Endly (Laguna Hills)	2008	10.94	Adolph Keys (Los Alamitos)	1999
10.83	* Shawn Tucker (Laguna Hills)	2008	10.94c	* Turrill Engelman (Marina)	10.7 2001
10.83	*Alex Young (Woodbridge)	2015	10.94	Nicholas Sanford (El Modena)	2005
10.84c	Steve Jennings (Marina)	10.6 1986	10.94	Sean Henderson (Los Alamitos)	2008
10.84c	* William Dancy (SA Valley)	10.6 1988	10.94	Adrian Hernandez (Mater Dei)	2015
10.84c	Ben Cesar (Ocean View)	10.6 1990	10.94	Ethan Du (Esperanza)	2016
10.84c	Tim Fitzgerald (Santa Margarita)	10.6 1996	10.94	*Chigozie Anusiem (Sonora)	2017
10.84c	Guillermo Esparza (Brea)	10.6 1997	10.94	Andrew Ruffin (Cypress)	2018
10.84c	** Marshall Johnson (SA Valley)	10.6 1997	10.95	* Che Garcia (Anaheim)	1992
10.84	* Chad Watts (Saddleback)	1998	10.95	* Austin Messick (Capo Valley)	2007
10.84c	* Adolph Keyes (Los Alamitos)	10.6 1998	10.95	Chad Grimmett (El Toro)	2009
10.84c	John Sanders (Fountain Valley)	10.6 1998	10.95	Ameer Webb (Tustin)	2009
10.84c	Rasuli Webster (Brea)	10.6 1998	10.95	Miles Robertson (La Habra)	2014
10.84c	*Zach Chandy (Sage Hill)	10.6 2005	10.95	*Anthony Deluca (Trabuco Hills)	2018
10.84	Malik Felton (Servite)	2011	10.96	Allen Shumate (Tustin)	2000
10.85	Korey Alexander (Valencia)	1992	10.96	**Jonathan Woods (El Toro)	2001
10.85	Denny Casupanan (Tustin)	2002	10.96	Whittaker (Mission Viejo)	2001
10.85	Justin Hunter (Dana Hills)	2014	10.96	Jonahtan Hill (Cypress)	2014
10.85	Brandon Douglas (Los Alamitos)	2015	10.96	Jacob Garrett (Fountain Valley)	2017
10.86	Charlie Davidson (Saddleback)	1992	10.97	Anthony Ramirez (Mission Viejo)	1992
10.86	* Alex Suchesk (Mission Viejo)	2013	10.97	* Aaron Ford (Los Alamitos)	1994
10.86	Logan Obbards (Mission Viejo)	2014	10.97	Allen Sabio (Servite)	1997
10.86	Richie Caragao (Santa Margarita)	2018	10.97	Aaron Coudy (St Margaret's)	2002
10.87	Scott Young (Cypress)	1985	10.97	Raphael McFarlane (Mission Viejo)	2003
10.87	Trevor Jones (Newport)	2000	10.97	Adam Gann (Trabuco Hills)	2011
10.87	Vince Nguyen (Fountain Valley)	2001	10.97	Dustin Holtz (El Modena)	2012
10.87	Wes Williams (Esperanza)	2005	10.97	Garrett Estrada (Mater Dei)	2015
10.88	Rich Brooks (Woodbridge)	1986	10.97	**Johnie Blockberger (Los Alamitos)	2018
10.88	Matt Brooks (Santa Margarita)	1998	10.98	Jim Adams (Anaheim)	1984
10.88	Mike Chavis (Mission Viejo)	1998	10.98	Jeff Roach (Laguna Hills)	1984
10.88	Greg Stewart (Costa Mesa)	2000	10.98	Jesus Acevedo (Anaheim)	1997
10.88	Dominique Williams (Savanna)	2008	10.98	Julius Williams (Tustin)	1998
10.88	Mikey Fischelli (Dana Hills)	2009	10.98	** Lb Al-amous (Canyon)	2008
10.88	**Isaiah Diego Williams (J Serra)	2014	10.98	Kyle Hastings (Santa Margarita)	2017
10.88	Michael Hamill (Beckman)	2014	10.98	Harry Baker (University)	2017
10.88	Josh Gray (Irvine)	2016	10.99	Kimiko Bandy (SA Valley)	1992
10.89	Jeff Williams (Orange)	1994	10.99	Rashad White (Garden Grove)	2000
10.89	Scott Langford (Santa Margarita)	2001	10.99	Joey Branker (Mission Viejo)	2010
10.89	Stephen Menzia (Mater Dei)	2016	10.99	Cory Thomson (Santa Margarita)	2011
10.89	*Keith Taylor (Servite)	2016	10.99	Trent McDuffy (Servite)	2017
10.89	**Bryson Washington (Mater Dei)	2018	10.99	*Richard Antablin (Tesoro)	2018
10.90	***Michael Graham (Mater Dei)	1993	11.00	Greg Portis (Katella)	1985
10.90	Jason Boyce (Corona del Mar)	1994	11.00	Sam Moore (El Toro)	1999
10.90	William Stovall (Woodbridge)	1997	11.00	* Matt Moore (Corona del Mar)	2000
10.90	Quinten Pounds (Cypress)	2015	11.00	Chris Felix (Estancia)	1995
10.90	*Chase Berryman (Mission Viejo)	2018	11.00	Logan Sweet (Santa Margarita)	2011
10.90	*Chad Lemmons (Mater Dei)	2018	11.00	* Joseph Velazquez (El Modena)	2013
10.91	Kevin Thomas (Valencia)	1989	11.01	* Dahrin Footman (Esperanza)	1994
10.91	Dane Endly (Laguna Hills)	2003	11.01	Ray Bardone (Edison)	1997
10.91	Andrew Tucker (Mission Viejo)	2004	11.01	Weston Ellis (Pacifica)	2014
10.91	Adrian Pioquinto (Century)	2009	11.01	*Christian Parker (Marina)	2016
10.91	Brenden Schouler (Mission Viejo)	2016	11.01	Mason Mitchell (Santa Margarita)	2016
10.92	* Clay Kussler (Los Alamitos)	1983	11.01	**Jay Williams (Trabuco Hills)	2017
10.92	* Dariel Whipple (Western)	1989	11.01	Jake Cuero (Trabuco Hills)	2017
10.92	* Julius Williams (Tustin)	1997	11.01	*Kiwon Lee (Trabuco Hills)	2018
10.92	**Nick Wedin (Dana Hills)	2000	11.02	Paul Peters (SA Valley)	1987
10.92	Turill Engleman (Marina)	2002	11.02	Tien Bui (Villa Park)	1988
10.92	* Alex Miller (Savanna)	2003	11.02	**Greg Cleave (Cypress)	1993
10.92	Grant Schwartz (Dana Hills)	2005	11.02	* Steve Douglas (Loara)	2000
10.92	Ibahim Al-arnous (Mission Viejo)	2010	11.02	**Marcus Collins (Mission Viejo)	2011
10.92	Jacob Gasser (Los Alamitos)	2016	11.02	*Xavier Bell (Mater Dei)	2016
10.92	Kelley Stephens (J Serra)	2018	11.02	*Lance Dravis (Orange Lutheran)	2016
10.93	* Charles Crook (Katella)	1996	11.03	Mike Allison (Laguna Hills)	1989
10.93	Scott White (Sonora)	1999	11.03	* Al Williams (Irvine)	1997
10.93	Vanden Staly (Canyon)	2002	11.03	Russ Rommelfinger (Woodbridge)	1999

11.03	Travis Pett (Huntington Beach)		2000	10.66	* Chucky Linman (Edison)		2001
11.03	**Sean Henderson (Los Alamitos)		2006	10.66	* Chris Nichols (Servite)		2009
11.03	* Andrew Connell (Mission Viejo)		2008	10.66	Amir Webb (Tustin)		2009
11.03	Nolan Grimm (El Toro)		2010	10.66	* Spencer Danner (San Juan Hills)		2013
11.03	Karlton Dennis (Servite)		2011	10.67	*Trent Langham (Pacifica)		2011
11.03	Josh Raylor (Mission Viejo)		2014	10.67	Blake Hennesay (Santa Margarita)		2018
11.03	*Mathew Avalos (Anaheim)		2017	10.68	* Joey Branker (Mission Viejo)		2009
11.03	***Mavin Aurelio-Anderson (Mission Viejo)		2018	10.70	Stephen Menzia (Mater Dei)		2016
11.04c	Steve Ashworth (Orange Lutheran)	10.8	1979	10.71	Alex Young (Woodbridge)		2016
11.04c	Aaron Thigpen (Saddleback)	10.8	1982	10.71	Jacob Gasser (Los Alamitos)		2016
11.04c	Damon Sweazy (El Toro)	10.8	1982	10.72	Darryl Poston (Edison)		2001
11.04c	Lance Martin (Corona del Mat)	10.8	1983	10.72	Shane Henry (Esperanza)		2006
11.04c	Troy McAllister (Saddleback)	10.8	1983	10.72	Mikail Lowery (Bolsa Grande)		2010
11.04c	John Garcia (Esperanza)	10.8	1983	10.73	Dane Endly (Laguna Hills)		2003
11.04c	Mike Stafford (Marina)	10.8	1986	10.73	Chris Nicholls (Servite)		2010
11.04c	John Sims (Marina)	10.8	1988	10.73	Michael Mitchell (Tesoro)		2016
11.04c	Vic Gutierrez (Ocean View)	10.8	1988	10.74c	Ricky Ellis (Mater Dei)	10.5w	1991
11.04c	Joe White (Capo Valley)	10.8	1989	10.74c	Jason Boyce (Corona del Mar)	10.5w	1994
11.04c	Chuck Steen (SA Valley)	10.8	1989	10.74c	Kai Lewis (San Clemente)	10.5	1999
11.04c	* Mark Brown (Sunny Hills)	10.8	1990	10.75	DeShaun Foster (Tustin)		1998
11.04c	Andre Hill (Troy)	10.8	1990	10.75	** lb Al-arnous (Canyon)		2008
11.04	Mark Mahone (Marina)		1992	10.76	* Denny Casupanan (Tustin)		2001
11.04c	Cale Carter (Mater Dei)	10.8	1992	10.76	Kamron Shahbahrami (Irvine)		2011
11.04c	Ulysses Trammel (Rancho Al)	10.8	1991	10.76	Brenden Schooler (Mission Viejo)		2016
11.04c	Childs (La Habra)	10.8	1991	10.76	Jack Shippy (San Clemente)		2018
11.04c	* Brandon Jessie (Edison)	10.8	1991	10.77	Austin Simkins (Huntington Beach )		2012
11.04c	Sandro (Estancia)	10.8	1991	10.77	**Isaiah Diego Williams (JSerra)		2014
11.04c	Jim Sebreros (Garden Grove)	10.8	1993	10.78	Jonathan Hill (Cypress)		2014
11.04c	* Mike Flores (Savanna)	10.8	1994	10.78	Logan Obbards (Mission Viejo)		2014
11.04c	Reuben Droughns (Anaheim)	10.8	1996	10.79	* Jonathan Woods (El Toro)		2002
11.04c	Mike Garko (Servite)	10.8	1996	10.79	Dan Gomez (Troy)		2006
11.04c	Lydon Covington (Villa Park)	10.8	1996	10.79	Michael Hamill (Beckman)		2014
11.04c	Steve Anstead (Dana Hills)	10.8	1997	10.79	Jeremiah Harris (Orange Lutheran)		2015
11.04c	Jason Jerkins (Sunny Hills)	10.8	1997	10.80	Matt Brooks (Santa Margarita)		1998
11.04c	Eric Nuanes (Loara)	10.8	1997	10.80	Scott Langford (Santa Margarita)		2001
11.04c	Wray Watkins (Fountain Valley)	10.8	1997	10.81	Bernard Hardeman (Santa Ana)		1993
11.04c	Myron Bownes (Woodbridge)	10.8	1998	10.81	* Adolph Keyes (Loa Alamitos)		1998
11.04c	Bén Ogawa (Edison)	10.8	1999	10.81	*Zach Chandy (Sage Hill)		2005
11.04c	Shorter (Cypress)	10.8	2000	10.82	Drew Endly (Laguna Hills)		2008
11.04c	Darryl Parker (Canyon)	10.8	2001	10.82	Kendall Holmes (Los Alamitos)		2012
11.04c	Nokoff (Dana Hills)	10.8	2005	10.83	Darrell Fuey (JSerra)		2012
11.04	Will Taylor (Mission Viejo)		2006	10.84c	Tony Thompson (Huntington B)	10.6w	1984
11.04	Brian Lockridge (Mission Viejo)		2007	10.84c	Shaun Massey (Marina)	10.6w	1985
11.04	* Matthew Nichols (Mater Dei)		2009	10.84	* Anton Jamir (Cypress)		2002
11.04	Ronnie Hillman (La Habra)		2009	10.84	Luke McCarthy (Sonora)		2011
11.04	Ryan Lynn (San Clemente)		2012	10.85	Dahrin Footman (Esperanza)		1995
11.04	**John Galloway (Aliso Niguel)		2015	10.85	Josh Gray (Irvine)		2016
11.04	Sean Damiano (Aliso Niguel)		2015	10.86	*Victor Bates (Buena Park)		2016
11.04	Jeremiah Harris (Orange Lutheran)		2015	10.87	Alexander Donigian (Trabuco Hills)		2011
11.04	*Ryan Kennedy (Mission Viejo)		2017	10.87	Toby Closure (Fullerton)		2011
				10.88	* Joseph Velazquez (El Modena)		2013
				10.89	* Chad Dunn (Los Alamitos)		2003
				10.89	Austin Tinsley (Santa Margarita)		2014
				10.89	Jacob Garrett (Fountain Valley)		2017
				10.90	Drake Alvarez-Cates (Edison)		2012
				10.90	*Weston Ellis (Pacifica)		2014
				10.91	Carlo Valdes (Mater Dei)		2008
				10.92	J,J Cisneros (Los Alamitos)		1988
				10.92	Turill Engleman (Marina)		2002
				10.92	**Ryan Maxwell (Santa Margarita)		2005
				10.92	LJ Kennedy (Rancho Alamitos)		2018
				10.93	George Petsas (Esperanza)		2013
				10.93	Nolan Thompson (Huntington Beach)		2015
				10.94c	Chris Sperle (Fountain Valley)	10.7w	1984
				10.94c	Mark Mahone (Marina)	10.7w	1992
				10.94c	* Nate Gilkes (Troy)	10.7w	2002
				10.94	Michael Denton (Western)		2009
				10.94	Nick Malone (Fountain Valley)		2016
				10.94	*Cooper Malerstein (Marina)		2016
				10.94	Jose Rubio (Loa Alamitos)		2017
				10.94	*Chad Lemmons (Mater Dei)		2018
				10.95	Bryan Dawson (Cypress)		1991
				10.95	*Michael Chambers (Northwood)		2017
				10.95	Tyler Rios (La Alamitos)		2014
				10.96	* Andrew Connell (Mission Viejo)		2008
				10.96	Kevin Schaefer (Sage Hill)		2010
				10.96	**Dylan Nicholson (Fullerton)		2016
<b>Wind-aided:</b>							
10.29	Curtis Godin (Mater Dei)		2014				
10.33	Matt Bruno (Trabuco Hills)		2002				
10.40	* Claude Melvin (Brea)		1999				
10.42	** Bryan Harrison (Dana Hills)		1995				
10.46	Tim Martin (San Clemente)		1991				
10.48	Justin Woods (Los Alamitos)		2005				
10.48	* Kyle Middlebrooks (Fountain Valley)		2009				
10.51	Quinton Bell (Costa Mesa)		2014				
10.52	Gary Young (Woodbridge)		1994				
10.54	*Blake Hennesay (Santa Margarita)		2017				
10.55	Mike McNair (Mater Dei)		1998				
10.55	Brian Woods (Los Alamitos)		2003				
10.58	Charles Crook (Katella)		1997				
10.59	Garland West (Cypress)		2005				
10.60	Demarion Horton (Western)		2008				
10.60	Julius Irvin (Servite)		2018				
10.61	Josh Brown (El Modena)		2007				
10.61	Andy White (Mission Viejo)		2007				
10.62	*Jake Burns (Trabuco Hills)		2018				
10.63	* Rex Brown (Ocean View)		1981				
10.63	Kevin Griswold (Garden Grove)		1996				
10.64	Teddy Baker (Saddleback)		1985				
10.64c	Chip Rich (Marina)	10.4w	1985				
10.65	Anton Jamir (Cypress)		2003				
10.65	Scott Patton (Woodbridge)		2015				

10.96	*Matthew Avalos (Anaheim)	2017	21.82+	Bruce Rollinson (Mater Dei)	21.7y	1967
10.97	Matthew Nichols (Mater Dei)	2010	21.82+	* Steve Elkins (Loara)	21.7y	1970
10.97	*Corbin Anderson (Mater Dei)	2010	21.82+	Jack Struble (Kennedy)	21.7y	1972
10.97	Ricardo Molina (Los Alamitos)	2013	21.82+	* Kirk Ayers (Western)	21.7y	1986
10.97	**Jay Williams (Trabuco Hills)	2017	21.82	*Trent Langham (Pacifica)		2011
10.98	Sam Apraku (Savanna)	2006	21.83	John Sanders (Fountain Valley)		1998
10.98	Cory Thomson (Santa Margarita)	2011	21.83	Tubotein Taylor (Canyon)		2009
10.98	* Vince Hernandez (Santa Margarita)	2013	21.84c	Donovan Stephens (Mission Viejo)		1986
10.98	Dante Pettis (JSerra)	2014	21.84	Jeff Williams (Orange)		1994
10.98	*John Galloway (Aliso Niguel)	2015	21.84c	Kai Lewis (San Clemente)	21.6	1999
10.99	* Ed Presbury (Loara)	1991	21.84c	Jeff Smith (Troy)	21.6	2001
10.99	* Jeff Williams (Century)	1993	21.84	Nick Provencio (San Clemente)		2008
10.99	*Blake Morgan (Capo Valley)	2018	21.84	Jonathan Hill (Cypress)		2014
			21.84	*Blake Hennesay (Santa Margarita)		2017
			21.86	Max Halvax (Dana Hills)		2018
			21.87	** Marshall Johnson (SA Valley)		1997
			21.89	Bradley Gordon (Los Alamitos)		2011
			21.89	Jerry Fitschen (Orange Lutheran)		2016
			21.90	Mason Champieux (Laguna Hills)		2011
			21.91	Brandon Clark (Santa Margarita)		2002
			21.92+	* Phil Maas (Fountain Valley)	21.8y	1970
			21.92+	* Joe Ventimigila (Marina)	21.8y	1970
			21.92+	Tony Krzyzosiak (Garden Grove)	21.8y	1971
			21.92+	Mike Gibson (Lowell)	21.8y	1973
			21.92+	Kerwin Bell (Edison)	21.8y	1980
			21.92+	Mo Printup (Buena Park)	21.8y	1982
			21.92	Korey Alexander (Valencia)		1992
			21.92	* Chris Nicholls (Servite)		2009
			21.92	Brenden Schooler (Mission Viejo)		2016
			21.94c	* William Dancy (SA Valley)	21.7	1988
			21.94	Greg Stewart (Costa Mesa)		2000
			21.94c	Darryl Parker (Canyon)	21.7	2001
			21.95	Sean White (Servite)		2008
			21.95	Justin Hunter (Dana Hills)		2014
			21.95	*Julius Irvin (Servite)		2017
			21.96c	Clay Kussler (Los Alamitos)	22.08y	1984
			21.96	Ahmad Wright (Kennedy)		1999
			21.96	*Alex Young (Woodbridge)		2015
			21.96	Jake Cuero (Trabuco Hills)		2017
			21.96	*Michael Phillippy (Aliso Niguel)		2017
			21.97	Matt Brooks (Santa Margarita)		1998
			21.97	Drew Endly (Laguna Hills)		2008
			21.98	Jerard Bryant (Canyon)		1989
			21.99	Dan Gomez (Troy)		2006
			21.99	Derek Barnes (Tesoro)		2012
			21.99	Nick Van Vliet (Dana Hills)		2014
			22.00	Gary Stenlund (Saddleback)		1980
			22.00	**Josh Herrera (La Habra)		1998
			22.00	* Chucky Linman (Edison)		2001
			22.00	Mason Mitchell (Santa Margarita)		2016
			22.01	Michael Phillippy (Aliso Niguel)		2018
			22.02+	Jim Morgan (Mater Dei)	21.9y	1967
			22.02+	Jim Beyers (Loara)	21.9y	1971
			22.02+	Tom Teeple (Brea)	21.9y	1971
			22.02+	Jack Struble (Kennedy)	21.9y	1971
			22.02+	Brian Theriot (Newport)	21.9y	1975
			22.02+	Marshal Johnson (SA Valley)	21.9y	1978
			22.02+	Aaron Lybarger (El Toro)	21.9y	1982
			22.02+	Aaron Thigpen (Saddleback)	21.9y	1982
			22.02	*Jonathan Berry-Smith (Oxford Acad)		2010
			22.02	Scott Patton (Woodbridge)		2015
			22.03	Drake Alvarez-Cates (Edison)		2012
			22.03	*Kyle McCray (Orange Lutheran)		2018
			22.04	* Jarrett Murrell (Saddleback)		1991
			22.04c	* Mike Flores (Savanna)	21.8	1994
			22.04	*Chad Lemmons (Mater Dei)		2018
			22.05	* Vince Rivera (Savanna)		1982
			22.05	Kyle Dravis (Orange Lutheran)		2009
			22.05	** Brandon Douglas (Los Alamitos)		2013
			22.05	Stephen Menzia (Mater Dei)		2015
			22.05	**Johnnie Blockberger (Los Alamitos)		2018
			22.06	Rasuli Webster (Brea)		1998
			22.06	David Traylor (Servite)		1999
			22.07	Shad Vickers (Tustin)		1991
			22.07	Austin Tinsley (Santa Margarita)		2014
			22.08	Brandon Douglas (Los Alamitos)		2015
			22.08	Harry Baker (University)		2017

## 200 meters

20.82	Matt Bruno (Trabuco Hills)	2002				
20.85	Curtis Godin (Mater Dei)	2014				
21.01	Chip Rish (Marina)	1985				
21.04	*Jalen Craver (Woodbridge)	2010				
21.10	** Bryan Harrison (Dana Hills)	1995				
21.19	Zach Chandy (Sage Hill)	2006				
21.21	Kevin Griswold (Garden Grove)	1996				
21.25	Ameer Webb (Tustin)	2009				
21.26	Mario Bassani (Irvine)	2001				
21.28	Mike McNair (Mater Dei)	1997				
21.28	Wes Williams (Esperanza)	2005				
21.28	Justin Woods (Los Alamitos)	2005				
21.29	Charles Crook (Katella)	1997				
21.32+	Clancy Edwards (Santa Ana)	1973	21.2y			
21.33	Elliot Dunning (SA Valley)	1984				
21.34	Erik Mitchell (Los Alamitos)	1990				
21.34	Quinton Bell (Costa Mesa)	2014				
21.34	*Gabe Warner (Woodbridge)	2014				
21.39	Rex Brown (Ocean View)	1982				
21.39	Gary Young (Woodbridge)	1994				
21.39	Matt Slater (Servite)	2003				
21.39	Brian Woods (Los Alamitos)	2003				
21.40	* Claude Melvin (Brea)	1999				
21.40	Darryl Poston (Edison)	2001				
21.40	*Jake Burns (Trabuco Hills)	2018				
21.41	Dante Pettis (JSerra)	2014				
21.42+	Ron Pharris (Anaheim)	1967	21.3y			
21.42	Kevin Alexander (Valencia)	1992				
21.44	* Spencer Danner (San Juan Hills)	2013				
21.44	Kelley Stephens (J Serra)	2018				
21.46	Teddy Baker (Saddleback)	1985				
21.46	Dane Endly (Laguna Hills)	2003				
21.48	Paul Peters (SA Valley)	1987				
21.50	Tim Martin (San Clemente)	1991				
21.52+	Jackie White (Santa Ana)	1970	21.4y			
21.54	* Kyle Middlebrooks (Fountain Valley)	2009				
21.54	Devin Harrison (Dana Hills)	2011				
21.56	* Joey Branker (Mission Viejo)	2009				
21.57	Malik Felton (Servite)	2011				
21.60	William Stovall (Woodbridge)	1997				
21.60	Herbert Gamboa (San Clemente)	2012				
21.61	Marcus North (Mission Viejo)	2006				
21.61	Matt Hurst (Corona del Mar)	2014				
21.62+	Devon Trahan (Saddleback)	1971	21.5y			
21.62+	Jim Rohrig (SA Valley)	1974	21.5y			
21.62+	Mike Kruthers (San Clemente)	1977	21.75y			
21.62	Austin Hazel (Mater Dei)	2012				
21.64c	Jeff Gleed (Dana Hills)	1981	21.4			
21.64	Damani Wilson (Orange Lutheran)	2010				
21.67	* Terry Johnson (Katella)	1985				
21.72	* Mike Fritz (Anaheim)	1986				
21.72+	Dave Johnson (Estancia)	1970	21.6y			
21.72+	Greg Jones (Mission Viejo)	1977	21.6y			
21.72	Roshawn Sims (Esperanza)	1991				
21.73	Anthony Davis (SA Valley)	1992				
21.73	Anton Jamir (Cypress)	2003				
21.76	Taylor Torres (Mater Dei)	2013				
21.78	*Jeff Jacobs (Santa Margarita)	2002				
21.79	* Garland West (Cypress)	2004				
21.80	Michael Mitchell (Tesoro)	2016				
21.81	Keyon Riley (Servite)	2016				

22.09	* Rich Brooks (Woodbridge)		1985	22.22	*Brent Geray (Corona del Mar)		2010
22.10	Bob Rust (Kennedy)		1980	22.22	Josh Taylor (Mission Viejo)		2014
22.10	Logan Obbards (Mission Viejo)		2014	22.24c	Lance Martin (Corona del Mar)	22.0	1983
22.11+	Richard Yukihiko (Western)	22.0y	1967	22.24c	Eric Shermerhorn (Woodbridge)	22.0	1984
22.11+	Andrews (Tustin)	22.0y	1969	22.24	* Greg Portis (Katella)		1985
22.11+	John Winstead (Santa Ana)	22.0y	1970	22.24c	* Grant Pearsall (Villa Park)	22.0	1993
22.11+	Hein (Tustin)	22.0y	1970	22.24c	***Michael Graham (Mater Dei)	22.0	1993
22.11+	Robert Harrell (Santa Ana)	22.0y	1972	22.24c	Gary Charles (Magnolia)	22.0	1995
22.11+	Rick Desmet (Costa Mesa)	22.0y	1972	22.24c	Tim Fitzgerald (Santa Margarita)	22.0	1996
22.11+	Mike Johnson (Magnolia)	22.0y	1978	22.24c	Young (Calvary Chapel)	22.0	1996
22.11+	Paul Harvey (Dana Hills)	22.0y	1984	22.24c	Jesus Acevedo (Anaheim)	22.0	1997
22.11+	Ellis Bradförd (SA Valley)	22.0y	1986	22.24c	Scott Thompson (Trabuco Hills)	22.0	1991
22.11+	Devon Edwards (Valencia)	22.0y	1991	22.24c	* Chris Ringstrom (Corona del Mar)	22.0	2003
22.11	Julius Williams (Tustin)		1998	22.24	Aaron Harris (Western)		2009
22.11	*Noah Styffe (Trabuco Hills)		2016	22.24	Joseph Velasquez (El Modena)		2014
22.12	Hector Flores (Villa Park)		1993	22.24	*Ryan Kennedy (Mission Viejo)		2017
22.12	Mike Chavis (Mission Viejo)		1998	22.25	Ben Cesar (Ocean View)		1990
22.12	Dajuan Pannell (Western)		2000	22.25	* Steve Douglas (Loara)		2000
22.12	Will Taylor (Mission Viejo)		2006	22.25	Chukwuekezue Nwachie (Loara)		2012
22.12	Adrian Hernandez (Mater Dei)		2015	22.26	Camico Bandy (SA Valley)		1992
22.13	Ray Bardone (Edison)		1997	22.26	* Sam Morton (Garden Grove)		2004
22.13	Cade Lindahl (Dana Hills)		2006	22.26	* Jonathon Brady (Capo Valley)		2009
22.13	** Victor Blackwell (Mater Dei)		2009	22.26	Kamron Shahbahrami (Irvine)		2011
22.14c	Mike Duncan (Loara)	21.9	1981	22.26	**Hunter Simmons (Tesoro)		2011
22.14	Henning Peterson (Esperanza)		1981	22.27	John Van Dam (Pacifica)		1982
22.14c	John Garcia (Esperanza)	21.9	1984	22.27	* Duke Ly (Magnolia)		1986
22.14	Ray Willis (Pacifica)		1988	22.27	Richard Cradit (Cypress)		2000
22.14	Dave Reedus (Westminster)		1988	22.27	Grant Schwartz (Dana Hills)		2006
22.14	Will York (El Toro)		1991	22.27	Ibahim Al-arnous (Mission Viejo)		2010
22.14c	**Jason Boyce (Corona del Mar)	21.9	1992	22.28	*John Moos (Edison)		1997
22.14c	* Jesus Alvarado (Anaheim)	21.9	1996	22.29	Ricardo Molina (Los Alamitos)		2013
22.14c	Guillermo Esparza (Brea)	21.9	1997	22.30	Andy Sims (Dana Hills)		1984
22.14c	Garrett Thompson (Santa Margarita)	21.9	1999	22.30	Joe White (Capo Valley)		1989
22.14c	* Nick McIver (Sonora)	21.9	2000	22.30	Robert Peinado (Savanna)		1997
22.14	Sean Young (Irvine)		2011	22.30	* Denny Casupanan (Tustin)		2001
22.11	**Isaiah Diego Williams (JSerra)		2014	22.30	Kyle Crisp (Irvine)		2002
22.15	Danny Thompson (Huntington Beach)		1984	22.30	Justin Christjaener (Edison)		2006
22.15	** Jonathan Woods (El Toro)		2001	22.30	Richard Perez (Laguna Hills)		2012
22.15	Vince Nguyen (Fountain Valley)		2001	22.30	*John Galloway (Aliso Niguel)		2015
22.15	*Marcus Collins (Mission Viejo)		2012	22.30	*Dimitrius Peters (Santa Margarita)		2015
22.15	*Jack Shippy (San Clemente)		2017	22.31	Ray Waiters (Trabuco Hills)		1987
22.16+	Steve Ashworth (Orange Lutheran)	22.28y	1979	22.31+	Mike Morgan (Mater Dei)	22.2y	1967
22.16	Blaise Bryant (Cypress)		1987	22.31+	Szatkowski (Pacifica)	22.2y	1969
22.16	* Nate Gilkes (Troy)		2002	22.31+	Dennis Lackey (Savanna)	22.2y	1969
22.16	Josh Gray (Irvine)		2016	22.31+	Phil Maas (Fountain Valley)	22.2y	1971
22.18	Kevin Thomas (Valencia)		1989	22.31+	Carlo Tosti (Corona del Mar)	22.2y	1972
22.18	Nicholas Sanford (El Modena)		2005	22.31+	Kirk Vandaveer (Savanna)	22.2y	1972
22.19	Jay Magruder (Katella)		1988	22.31+	Paul Desmet (Costa Mesa)	22.2y	1974
22.19	Kendall Wesley (Katella)		1990	22.31+	Warren Hansen (Garden Grove)	22.2y	1973
22.19	* Kelvin Beatty (Kennedy)		2000	22.31+	Howard Carson (Anaheim)	22.2y	1973
22.19	Dominique Williams (Savanna)		2008	22.31+	Randy Hawkins (Marina)	22.2y	1973
22.19	Jacob Gasser (Los Alamitos)		2016	22.31+	Dan Field (Valencia)	22.2y	1974
22.20	* Julius Williams (Tustin)		1997	22.31+	Kevin Moerhing (Sunny Hills)	22.2y	1974
22.20	Kellen Foley (Dana Hills)		2008	22.31+	Doug Parrell (Pacifica)	22.2y	1974
22.20	* Chad Rozean (Trabuco Hills)		2009	22.31+	Keith Denson (SA Valley)	22.2y	1975
22.21+	Clyde Emery (SA Valley)	22.1y	1969	22.31+	Steve Hines (Edison)	22.2y	1975
22.21+	Joe Ventimiglia (Marina)	22.1y	1969	22.31+	Rob Martin (Villa Park)	22.2y	1977
22.21+	Mike Black (Anaheim)	22.1y	1970	22.31+	Mike Dotterer (Mater Dei)	22.2y	1978
22.21+	Lewis Castle (Sunny Hills)	22.1y	1971	22.31+	Mark Shores (SA Valley)	22.2y	1987
22.21+	M Ferguson (Savanna)	22.1y	1971	22.31	* Shawn Tucker (Laguna Hills)		2008
22.21+	John Miles (Corona del Mar)	22.1y	1972	21.31	** Tramaine Brown (Savanna)		2003
22.21+	David Wade (Anaheim)	22.1y	1972	22.32	Bill Thurmond (Saddleback)		1987
22.21+	Gilbert Brito (Western)	22.1y	1973	22.33	Ryan Crane (Dana Hills)		1992
22.21+	M Callander (Buena Park)	22.1y	1975	22.33	Phil Sardis (Santa Margarita)		2000
22.21+	Perry Johnson (Kennedy)	22.1y	1977	22.33	Shane Henry (Esperanza)		2006
22.21+	William Steen (SA Valley)	22.1y	1978	22.33	George Petsas (Esperanza)		2013
22.21+	Chris Corum (Newport)	22.1y	1978	22.33	Adhre Sparks (Los Alamitos)		2017
22.21+	Rod Harmon (Santa Ana)	22.1y	1982	22.34c	Chuck Steen (SA Valley)	22.1	1989
22.21+	Lance Martin (Corona del Mar)	22.1y	1983	22.34	*** Jimmy Hutsell (Cypress)		1992
22.21+	Wayne Barrett (Santa Ana)	22.1y	1984	22.34c	Ethan Taub (Foothill)	22.1	1994
22.21+	John Hollis (SA Valley)	22.1y	1986	22.34c	Zach Berridge (Western)	22.1	1994
22.21+	Seals McCarthy (Brea)	22.34y	1987	22.34c	josh Christensen (Western)	22.1	1994
22.21	* Tommy Adams (Capo Valley)		1987	22.34c	Mike Flores (Savanna)	22.1	1995
22.21+	* Ed Presbury (Loara)	22.1y	1991	22.34c	Kojo Ahnin (Irvine)	22.1	1996
22.21	* DeShawn Foster (Tustin)		1997	22.34c	Terrence Williams (Orange)	22.1	1996
22.21	Garrett Estrada (Mater Dei)		2015	22.34c	Kenny Greer (El Dorado)	22.1	2001
22.21	Richie Caragao (Santa Margarita)		2018	22.34	Malcolm Overbaugh (Northwood)		2018



21.4	Earl Woodson (Western)		1960	48.59	* Jess Strutzel (Huntington Beach)		1995
21.4	Randy Scott (Western)		1960	48.59	Garrett Baxter (Canyon)		2009
21.4	Aldrich Vanderlinden (Garden Grove)		1963	48.60	Nick John Haiduc (Servite)		1987
21.4	Jim Lawrence (Buena Park)		1964	48.63	Nick Van Vliet (Dana Hills)		2014
21.4	Paul Hackett (La Habra)		1967	48.63	Curtis Godin (Mater Dei)		2014
21.5	Claude LaBarre (Santiago)		1963	48.64	Greg Muniz (Woodbridge)		1992
21.5	Dave Allen (Buena Park)		1963	48.65	Kendall Wesley (Katella)		1990
21.5	John Winstead (Santa Ana)		1970	48.66+	Lanny Carter (Orange)	48.8y	1952
				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
				48.76+	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 (Tesoro)		2008
				48.83	Vince McGuinness (Corona del Mar)		1983
				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
				48.88	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	**Caine Savage (Western)		2018
				49.01	Abrae Booker-Ciurrin (Mission Viejo)		2015
				49.02	* Henning Peterson (Esperanza)		1981
				49.04	Alex Harlund (Cypress)		2012
				49.05	Garrett Thompson (Santa Margarita)		1999
				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
				49.16+	George Bragg (Anaheim)	49.3y	1958
				49.16+	Randy Smyth (Costa Mesa)	49.3y	1964
				49.16+	Phil Morton (Lowell)	49.3y	1970
				49.16	*Victor Blackwell (Mater Dei)		2010
				49.18	Mark Guest (Ocean View)		1982
				49.20	** Brian Woods (Los Alamitos)		2002
				49.20	Derek Holtz (El Modena)		2012
				49.21	Matt Willis (Servite)		2002
				49.21	Kyle Crisp (Irvine)		2002
				49.22	Ray Walters (Trabuco Hills)		1987
				49.22+	Eddie Morris (Huntington Beach)	49.4y	1940
				49.22	Kevin Ahlstrom (Los Alamitos)		2004
				49.23	Chase Frazier Mission Viejo)		2004
				49.25	Jonnie McIntyre (Western)		2005
<b>Wind-aided:</b>							
20.6w	Eddie Morris (Huntington Beach)		1940				
20.6w	Randy Julian (Bolsa Grande)		1966				
20.6w	Jackie White (Santa Ana)		1970				
20.7w	* Steve Elkins (Loara)		1970				
20.8w	* Eddie Preston (Santa Ana)		1963				
20.8w	Rich Coulter (SA Valley)		1967				
<b>400 meters</b>							
45.84c	Chip Rish (Marina)	45.7	1985				
46.57+	Tony Krzyzosiak (Garden Grove)	46.7y	1971				
46.92	*Jalen Craver (Woodbridge)		2010				
47.01	Mario Bassani (Irvine)		2001				
47.04c	Brian Theriot (Newport)	46.9	1975				
47.07+	* Robert Harrell (Santa Ana)	47.2y	1971				
47.09	Eric Schermerhorn (Woodbridge)		1984				
47.27+	* Randy Julian (Bolsa Grande)	47.4y	1965				
47.29	* Zach Chandy (Sage Hill)		2005				
47.30	Gabe Warner (Woodbridge)		2015				
47.34	Paul Peters (SA Valley)		1987				
47.59	Jeff Roach (Laguna Hills)		1984				
47.73	Roshawn Sims (Esperanza)		1991				
47.73	Tubotein Taylor (Canyon)		2009				
47.77	Trevor Jones (Newport)		2000				
47.79	Matt Hurst (Corona del Mar)		2014				
47.80	Cade Lindahl (Dana Hills)		2006				
47.87+	Dave Buck (Brea)	48.0y	1963				
47.87	* Chad Rozean (Trabuco Hills)		2009				
47.89	* Wes Willaims (Esperanza)		2004				
47.92	Jonathan Berry-Smith (Oxford Academy)		2011				
47.94	Devin Harrison (Dana Hills)		2011				
47.97	*Jeff Jacobs (Santa Margarita)		2002				
48.03	*Mason Mitchell (Santa Margarita)		2016				
48.05+	Greg Jones (Mission Viejo)	48.34y	1977				
48.06+	Tony Sanford (La Habra)	48.1y	1965				
48.06+	Tom Lloy (Edison)	48.1 y	1975				
48.09	Kevin Griswold (Garden Grove)		1996				
48.11	Jake Cuero (Trabuco Hills)		2017				
48.12	* Ethan Traub (Foothill)		1993				
48.15	Micahel Phillippy (Aliso Niguel)		2018				
48.16+	Gary Walker (Tustin)	48.2y	1960				
48.19+	Marshall Johnson (SA Valley)	48.48y	1978				
48.25	Andrew Carty (Los Alamitos)		2015				
48.26+	Neil Caterson (Bolsa Grande)	48.4y	1966				
48.26+	Paul Williams (Huntington Beach)	48.4y	1968				
48.26	Mike Fritz (Anaheim)		1986				
48.27	Paul Resong (Servite)		2015				
48.30	* Jimmy Hutsell (Cypress)		1993				
48.31	John Hollis (SA Valley)		1986				
48.33	Anthony Davis (SA Valley)		1992				
48.36+	Dave Samarin (La Habra)	48.5y	1965				
48.36+	Mike Owens (Valencia)	48.5y	1966				
48.36	Brandon Clark (Santa Margarita)		2002				
48.40	Chris Sperle (Fountain Valley)		1984				
48.41	Vince Rivers (Savanna)		1983				
48.41	Bill Thurmond (Saddleback)		1987				
48.42	Ryan Crane (Dana Hills)		1992				
48.45	David Boyd (Esperanza)		1983				
48.45	Sean Young (Irvine)		2011				
48.47	Keyon Riley (Servite)		2016				
48.53	Micah Dennison (Dana Hills)		1994				
48.53	Max Halvax (Dana Hills)		2018				
48.56+	Paul Hackett (La Habra)	48.7y	1967				
48.56+	Tom Grasha (Savanna)	48.7y	1971				
48.57	Aaron Taub (Foothill)		1992				
48.57	Don Oliver (Foothill)		1994				
48.58	Geno Howard (Los Amigos)		1986				



1:52.95	Mike Terry (El Modena)	1991	1:55.0	James Cameron (Mission Viejo)	2009
1:52.99	Dave Anderson (Corona del Mar)	1984	1:55.1 +	Terry Fink (El Modena)	1:55.7y 1974
1:53.02	Jeff Williams (Foothill)	1982	1:55.1 +	Ralph Serna (Loara)	1:55.7y 1975
1:53.0	** Kevin Green (Villa Park)	1982	1:55.1 +	Matt Bell (Foothill)	1:55.7y 1975
1:53.1 +	Craig Lewis (Tustin)	1:53.7y 1966	1:55.1 + *	Anthony Wells (SA Valley)	1:55.7y 1980
1:53.12	Brian O'Bannon (Ocean View)	1995	1:55.05	* Antonio Lozano (Katella)	1999
1:53.13	John Cronin (Mission Viejo)	1985	1:55.08	Joe Alexander (Huntington Beach)	1984
1:53.19	Michael Andraszczyk (Aliso Niguel)	2008	1:55.10	Kevin Knapp (Esperanza)	1985
1:53.2 +	***Bruce Bess (La Habra)	1:53.5y 1960	1:55.10	John Peschelt (Newport)	2001
1:53.20	Tony Guadagnini (Marina)	2005	1:55.17	Josh Dowdy (Dana Hills)	2018
1:53.20	Jesus Molina (Dana Hills)	2010	1:55.18	Riley Sullivan (Trabuco Hills)	2008
1:53.26	* Kris Monte (Capo Valley)	2000	1:55.2 +	Bob Ironroad (Sonora)	1:55.8y 1972
1:53.27	Arien Anderson' (Mission Viejo)	1985	1:55.2 +	Matt Hogsett (Newport)	1:55.8y 1972
1:53.34	Toby Villalva (El Toro)	2009	1:55.2 +	Mike Serna (Loara)	1:55.8y 1980
1:53.4 +	John Griffin (Lowell)	1:54.0y 1967	1:55.22	Mike Lynch (Foothill)	1993
1:53.42	*Joe Gatel (Edison)	2004	1:55.22	* Billy Vetter (El Modena)	2008
1:53.46	Cole Guerin (Dana Hills)	2010	1:55.25	Rusty Parker (Dana Hills)	2008
1:53.48	Dan Niednagel (Dana Hills)	1991	1:55.26	Zach Chandy (Sage Hill)	2006
1:53.52	Louie Gallardo (Mater Dei)	2008	1:55.27	Jason Graney (Fountain Valley)	2001
1:53.54	Tad Heath (Foothill)	1993	1:55.28	Kyle Morton (Westminster)	1983
1:53.57	Brendon Confer (Servite)	2009	1:55.3 +	Jim Greenman (Westminster)	1:55.9y 1965
1:53.6 +	Mike Bruggeman (Corona del Mar)	1:54.2y 1979	1:55.30	Jim Bowles (Costa Mesa)	1985
1:53.6 +	Phil Vasquez (University)	1:54.2y 1970	1:55.30	Kyle Iverson (Corona de Mar)	2012
1:53.7 +	Dave Hustwick (Laguna Beach)	1:54.3y 1970	1:55.32	Brenden Stone (Northwood)	2014
1:53.7 +	Steve Dyer (Westminster)	1:54.3y 1972	1:55.33	Scott Snyder (El Modena)	1985
1:53.8 +	Bill Reimer (Edison)	1:54.4y 1980	1:55.33	Wade Hauptmeier (Esperanza)	1986
1:53.89	Ryan Martin (Santa Margarita)	2007	1:55.36	Wes Luke (Trabuco Hills)	2000
1:53.9 +	Ken Hower (Mission Viejo)	1:54.5y 1973	1:55.36	Humberto Rojas (Estancia)	2003
1:53.9 +	Mike Delaney (Orange)	1:54.5y 1973	1:55.4 +	Brian Hunsaker (Corona del Mar)	1:56.0y 1975
1:53.9 +	Larry Sparks (Sonora)	1:54.5y 1979	1:55.4 +	Tom Fogerty (Capo Valley)	1:56.0y 1979
1:54.03	*Cooper Kossick (Edison)	2014	1:55.4 +	F Rossi (Canyon)	1:56.0y 1982
1:54.03	Jake Ogden (Dana Hills)	2016	1:55.40	Andy Coleman (Corona del Mar)	1985
1:54.1 +	Dexter Stanley (Foothill)	1:54.7y 1979	1:55.4	Chris Clark (El Modena)	1994
1:54.10	Cody Nguyen (Brea)	2012	1:55.45	Pedro Mendez (Katella)	2012
1:54.18	David Boyd (Esperanza)	1983	1:55.46	Daniel Kor (Pacifica)	2003
1:54.2 +	Mark Schilling (Garden Grove)	1:54.8y 1972	1:55.46	Caden Denker (Dana Hills)	2018
1:54.2 +	Tim Sall (Villa Park)	1:54.8y 1974	1:55.46	*Spencer Allen (El Toro)	2011
1:54.30	Craig Olson (El Dorado)	1987	1:55.48	Mike Villasin (Servite)	2008
1:54.32	Omar Adel (Woodbridge)	2018	1:55.5 +	Bill Armstrong (El Dorado)	1:56.1y 1974
1:54.33	Tyler Valdes (Dana Hills)	2009	1:55.5 +	Carlos Carrillo (Santa Ana)	1:56.1y 1976
1:54.33	*John Wacker (Mater Dei)	2018	1:55.5 +	Vic Herrera (Costa Mesa)	1:56.10y 1980
1:54.34	Juan Gonzalez (El Toro)	2013	1:55.52	Garrett Rexford (Mission Viejo)	2017
1:54.4 +	Preston Campbell (Marina)	1:55.0y 1973	1:55.53	* Ken Simms (Irvine)	1983
1:54.4 +	Jon Albrecht (La Habra)	1:55.0y 1975	1:55.53	Jim Smith (Garden Grove)	1983
1:54.4	*Dan Niednagel (Dana Hills)	1990	1:55.54	Mike Neckerman (Capo Valley)	1983
1:54.40	Connor Kaddatz (Dana Hills)	2011	1:55.54	Luke Decker (JSerra)	2011
1:54.42	* Ryan Valdes (Dana Hills)	2008	1:55.54	Dalton Hall (Mater Dei)	2013
1:54.44	Ryan Germann (El Toro)	2011	1:55.56	Ricardo Campuzano (Dana Hills)	2011
1:54.47	Mike Hancock (Newport Harbor)	1991	1:55.6 +	* Dave Stoner (Magnolia)	1:55.2y 1963
1:54.49	Peter Robie (Servite)	2006	1:55.60	Bob Grego (Costa Mesa)	1982
1:54.5	Jim Robbins (Corona del Mar)	1988	1:55.64	* Ross Gierczak (Los Alamitos)	2004
1:54.51	Eric Solis (Costa Mesa)	1997	1:55.65	Mike Chavez (Esperanza)	2003
1:54.52	Andrew Brown (Mission Viejo)	2013	1:55.66	Talal Khan (Valencia)	2008
1:54.58	*David Hulme (Foothill)	2016	1:55.66	Robert Blackwell (Costa Mesa)	2012
1:54.6 +	Phil Wingard (Troy)	1:55.2y 1974	1:55.66	*Chance Lamberth (Canyon)	2015
1:54.6 +	* Steve Telaneus (Dana Hills)	1:55.2y 1976	1:55.67	* John West (Sonora)	1997
1:54.6	Noel Trout (Irvine)	1986	1:55.7 +	Gil Rangel (Santa Ana)	1:56.3y 1963
1:54.60	Dave Sanford (Los Alamitos)	1988	1:55.7 +	Mike Eck (Savanna)	1:56.3y 1963
1:54.61	Matt Stoner (Laguna Hills)	2009	1:55.7 +	Ron Taylor (Garden Grove)	1:56.3y 1965
1:54.61	Brandon Smith (Los Alamitos)	2018	1:55.7 +	Kevin Eaton (Mission Viejo)	1:56.3y 1974
1:54.66	Lucas Divok (University)	2011	1:55.7 +	Bob Sutherland (Fullerton)	1:56.3y 1974
1:54.7 +	Chuck Denmark (Santa Ana)	1:55.3y 1973	1:55.70	Darren Wood (Corona del Mar)	1985
1:54.70	**Devin Lindahl (Dana Hills)	1997	1:55.70	Ryan Jensen (Newport)	1999
1:54.71	Brent Jones (Brea)	1988	1:55.71	Tad Kaput (El Toro)	1996
1:54.76	Parker Hostrand (Corona del Mar)	2015	1:55.71	Darron Grimes (Dana Hills)	2005
1:54.8 +	Steve Moraga (Santa Ana)	1:55.4y 1975	1:55.71	*Max McBride (Brea)	2011
1:54.80	Noel Trout (Irvine)	1985	1:55.72	Demetrious Lloyd (Servite)	2013
1:54.8	Ethan Taub (Foothill)	1994	1:55.74	* Peter Gustafsson (Mission Viejo)	2003
1:54.85	Sam Delgado (Orange Lutheran)	2008	1:55.75	*Frank Guadagnini (Servite)	2010
1:54.86	* Chris Kemp (Mission Viejo)	1998	1:55.76	Thomas Wilfert (Dana Hills)	2017
1:54.89	Derrick Fleming (Woodbridge)	2010	1:55.77	* Dave Baker (Edison)	1989
1:54.9 +	Milford Dahl (Santa Ana)	1:55.5y 1958			
1:54.9 +	Poss (Westminster)	1:55.5y 1973			
1:54.9	Scott Smith (Dana Hills)	2005			
1:54.92	Mark Gleason (Mission Viejo)	1998			
1:54.97	*Karl Wenberg (Marina)	2010			
1:55.0 +	Steve Christiano (Fountain Valley)	1:55.6y 1970			

## 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
4:00.83	Jantzen Oshier (Trabuco Hills)		2011
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
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
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
4:09.34	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
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
4:10.51	Brennon Koryta (Brea)		2014
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
4:11.12	Billy Gaudreau (St Margaret's)		2012
4:11.2+	Tom Keefer (Anaheim)	4:12.6y	1969
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
4:11.82	Sean Krinik (Valencia)		2010
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
4:12.04	Austin Goins (Canyon)		2013
4:12.08	Jeff Thies (Edison)		2013
4:12.21+	Dragan Simic (Woodbridge)	4:13.68y	2012
4:12.25	Scott Smith (Dana Hills)		2005
4:12.38	Ryan Valdes (Dana Hills)		2009
4:12.46	Mike Chavez (Esperanza)		2003
4:12.53	John Sullivan (Trabuco Hills)		2007
4:12.72	Riley Sullivan (Trabuco Hills)		2008
4:12.73	Humberto Rojas (Estancia)		2003
4:12.76	Andrew Daedler (Brea)		2011
4:12.8+	Ed Radermacher (Mission Viejo)	4:14.2y	1972
4:12.8+	John Gerhart (Costa Mesa)	4:14.2y	1978
4:12.87	Mike Bernstein (Garden Grove)		1991
4:12.97	* Kevin Green (Villa Park)		1982
4:13.01	Mason Coppi (Dana Hills)		2016
4:13.24	* Jaime Martinez (Orange)		1993
4:13.3	Greg Whiteley (University)		1985
4:13.33	Talal Khan (Valencia)		2008
4:13.33	Kevin McNulty (Orange Lutheran)		2018
4:13.34	Brett Hickman (Mission Viejo)		2018
4:13.54	* Chris Kemp (Mission Viejo)		1998
4:13.56	Mark Gleason (Mission Viejo)		1998
4:13.55	Sean Byrne (Santa Margarita)		2018
4:13.56	* Scott Blair (Trabuco Hills)		2007
4:13.65	Karl Baranov (Marina)		2011
4:13.70	* Joe Gatel (Edison)		2004
4:13.78	*Jim Olson (Irvine)		1985
4:13.84	Jacob Smith (Pacifica)		2017
4:13.87	Kurt Depfyffer (Laguna Beach)		1987
4:13.89	Abdow Haji (El Toro)		2007
4:13.99	Garrett Jensen (Sunny Hills)		1995
4:14.0+	Sal Mendoza (Santa Ana)	4:15.4y	1964
4:14.09	Josh Yelsey (Corona del Mar)		2001
4:14.1+	Dave Daley (Foothill)	4:15.5y	1978
4:14.11	Gilbert Solorza (Buena Park)		2013
4:14.15	Kyle Morton (Westminster)		1983
4:14.2+	Colin McConnell (Edison)	4:15.6y	1976
4:14.21c	Dalton Hall (Mater Dei)		2013
4:14.22	* William Feliciano (Cypress)		1984
4:14.24	Conor Stanton (Servite)		2010
4:14.32	Ricardo Campuzano (Dana Hills)		2011
4:14.35	* Jesse Ramirez (Santa Ana)		2004
4:14.37+	Raul Lara (Orange)	4:15.85y	2004
4:14.4+	Mark Hower (Mission Viejo)	4:15.8y	1974
4:14.4+	Shawn Gallagher (Corona del Mar)	4:15.8y	1981
4:14.48	Martin Brix (University)		1998
4:14.5+	Dave White (El Modena)	4:15.9y	1970
4:14.65	*Mason Coppi (Dana Hills)		2015
4:14.72	* Mike Love (Katella)		1992
4:14.72	Scott Blair (Trabuco Hills)		2008
4:14.79	Andrew Brown (Mission Viejo)		2013
4:14.93+	Brandon Ferguson (Woodbridge)	4:16.41y	2012
4:14.93	Jason Engel (Santa Margarita)		2013
4:14.96	* Jon Shawel (Froy)		2007
4:15.10	Mark Junkermann (Los Alamitos)		1983
4:15.0+	Marc Genet (Santa Ana)	4:16.4y	1972
4:15.0+	Ken Martyn (Marina)	4:16.4y	1973
4:15.17	Juan Robles (Valencia)		2003
4:15.2+	Rick Bergstrom (Magnolia)	4:16.6y	1964
4:15.32	**Michael Haddan (Woodbridge)		2002
4:15.36	Greg Shryock (Corona del Mar)		1989
4:15.41	**Anthony Grover (J Serra)		2018
4:15.42	Chris McMillen (Newport)		2001
4:15.43	John Dempsey (Brea)		2018
4:15.44	Alonzo Smith (Tustin)		2001
4:15.46	Curt Herberts (Newport)		1999
4:15.53	Alfonso Leon (Santa Ana)		1999

4:15.6+	Keith Strodl (Orange)	4:17.0y	1967	4:17.92	Cameron Ashbaugh (Mission Viejo)	2014
4:15.60	* Matt McElroy (Edison)		2009	4:17.94	Anuare Magana (Costa Mesa)	2015
4:15.67	Garrett Milner (San Clemente)		2000	4:17.99	Angelo Cervantes (Savanna)	2011
4:15.7+	Bill Delaney (Orange)	4:17.1y	1963	4:18.0+	Bill Cram (Anaheim)	4:19.4y 1961
4:15.7+	Armando Cendejas (Buena Park)	4:17.1y	1974	4:18.0+	Tom Lipski (Saddleback)	4:19.4y 1969
4:15.75	Thomas Wilfert (Dana Hills)		2017	4:18.01	Chris Partner (Edison)	1988
4:15.77	Neil Stevenson (CapoValley)		1989	4:18.08	Matt McKeehan (Foothill)	2002
4:15.78	Brandon Price (St Margarets)		2013	4:18.1+	Tim Gollnick (Costa Mesa)	4:19.5y 1973
4:15.79	Daniel Mejia (Katella)		2000	4:18.1+	Brad Meyer (University)	4:19.5y 1980
4:15.8+	Bill Graves (Pacifica)	4:17.2y	1974	4:18.1	*Jon Cook (Mission Viejo)	1975
4:15.90	Bill Meyer (Villa Park)		1986	4:18.1+	Jim Hartford (Corona del Mar)	4:19.6y 1980
4:16.01	Steve Frisone (Laguna Hills)		1989	4:18.14	Gavin Diem (Dana Hills)	2014
4:16.01	Craig Huff (Marina)		2014	4:18.19	Billy Thibault (Newport)	1990
4:16.02	David Napper (Cypress)		2003	4:18.19	*Peter Herold (J Serra)	2018
4:16.04	*Dragan Simic (Woodbridge)		2011	4:18.2+	Ken Ernst (El Dorado)	4:19.7y 1979
4:16.06	Timothy Scott (Corona del Mar)		2007	4:18.20	*Lars Mitchel (Huntington Beach)	2018
4:16.1+	Mike Parker (Tustin)	4:17.5y	1982	4:18.21	Jon Kelly (Dana Hills)	1985
4:16.3+	Scott Fessenden (Lowell)	4:17.7y	1975	4:18.23	Shane Daugherty (El Toro)	2002
4:16.3+	Brian Hunsaker (Corona del Mar)	4:17.7y	1975	4:18.25	Cesar Galvez (Santa Ana)	2011
4:16.3	D.J. Neuman (San Clemente)		2009	4:18.26	Jack Landgraf (Dana Hills)	2018
4:16.34	Juan Paredes (Santa Ana)		2008	4:18.3+	Steve Webb (Kennedy)	4:19.8y 1978
4:16.4+	Mickey Wooley (El Modena)	4:17.8y	1970	4:18.36	Ned Mosher (Fountain Valley)	1982
4:16.4+	Bill Ryan (Sunny Hills)	4:17.8y	1976	4:18.4+	Chris Mecher (La Habra)	4:19.9y 1970
4:16.4+	Brian Appell (Fountain Valley)	4:17.8y	1978	4:18.40	Jackson Marshall (Woodbridge)	2014
4:16.40	Kevin Durham (El Toro)		2012	4:18.46	Bryan Llopis (Trabuco Hills)	2018
4:16.46	Omar Adel (Woodbridge)		2018	4:18.5+	Tod White (Newport)	4:20.0y 1955
4:16.49	* Hunter Gulino (Fountain Valley)		2013	4:18.5+	Rocky Chisolm (El Dorado)	4:20.0y 1968
4:16.50	Wesley Walsh (Canyon)		2015	4:18.5+	Ruben Mejia (La Habra)	4:20.0y 1969
4:16.5+	Adamaitis (San Clemente)	4:17.9y	1976	4:18.5+	Ted Bechtel (Rancho Alamitos)	4:20.0y 1969
4:16.51	*Sam VanDorpe (Mater Dei)		2017	4:18.5+	Mike Annis (Sunny Hills)	4:20.0y 1974
4:16.55+	Scott Lacrosse (Costa Mesa)	4:18.04y	1980	4:18.5+	Mark Hallenbeck (Tustin)	4:20.0y 1975
4:16.61+	Matt Groff (El Dorado)	4:18.10y	1980	4:18.5+	John Kolar (Costa Mesa)	4:20.0y 1975
4:16.65	Luis Morales (Fountain Valley)		2011	4:18.53	*Elliot Myers (Esperanza)	2010
4:16.63	Jay Bonthius (Fountain Valley)		2012	4:18.55	Dan Kash (Westminster)	1987
4:16.75	Jordan Senko (El Toro)		2010	4:18.55	Jacob Gustaffson (Mission Viejo)	2002
4:16.8 +	Ron Fister (Western)	4:18.2y	1966	4:18.55	**Richie Soto (Marina)	2011
4:16.80	Jared Hazlett (Trabuco Hills)		2012	4:18.56	Jose Madera (Anaheim)	2010
4:16.86	Brian McCaffery (Marina)		1990	4:18.6+	Bob Godfrey (Fullerton)	4:20.1y 1973
4:16.73+	Jim Hartford (Corona del Mar)	4:18.22y	1980	4:18.6	* David Moore (Orange)	1985
4:17.0+	Neil Sybert (Westminster)	4:18.3y	1967	4:18.63	David Abraham (Fountain Valley)	2014
4:17.00+	Scott Curran (Tesoro)	4:18.3y	2014	4:18.65	Ian Howard (Santa Margarita)	2018
4:17.0+	John Holcomb (Newport)	4:18.4y	1972	4:18.67	Nick Arciniaga (Fountain View)	2001
4:17.0+	Mike Lansdon (Edison)	4:18.4y	1978	4:18.67	Nick Krohn (Valencia)	2018
4:17.0+	Rick Cisneros (Valencia)	4:18.4y	1978	4:18.7+	Dan McGaha (Orange)	4:20.3y 1981
4:17.0+	Jon Lee (El Dorado)	4:18.4y	1980	4:18.7	* David Longyear (Villa Park)	1986
4:17.01	Rex Nelson (Newport)		2008	4:18.72	John Janneck (Brea)	2013
4:17.03	Brad Clary (Katella)		1982	4:18.75	Julian DeRubira (Santa Margarita)	2006
4:17.1+	Mike Walterhouse (Mission Viejo)	4:18.5y	1977	4:18.77	Mike Gavino (Fountain Valley)	2002
4:17.1	*Jayson Hayes (Edison)		2005	4:18.78	Thomas Heib (Los Alamitos)	2016
4:17.2+	Jose Saavedra (Loara)	4:18.6y	1974	4:18.8+	Mike Hall (Tustin)	4:20.3y 1967
4:17.2+	* Bob Erickson (Fountain Valley)	4:18.6y	1981	4:18.8+	Rick Carr (Lowell)	4:20.3y 1967
4:17.20	Josh Linen (Valencia)		2007			
4:17.26	Fredd Hesslevik (University)		1982			
4:17.32+	***Daniel White (San Juan Hills)	4:18.82y	2016			
4:17.36	Greg Lamb (Mission Viejo)		1988			
4:17.38	* Augie Escobar (Villa Park)		1999			
4:17.38	Dylan Scarsone (Canyon)		2016			
4:17.4+	George Aguilar (SA Valley)	4:18.8y	1974			
4:17.42	Javier Barrera (Dana Hills)		1988			
4:17.46	Spencer Keith (Corona del Mar)		2014			
4:17.46	**Caleb Niednagel (Dana Hills)		2018			
4:17.5+	Gary Blume (Marina)	4:18.9y	1974			
4:17.5+	Matt Blaty (Marina)	4:18.9v	1979			
4:17.5+	Sam Francis (Tustin)	4:18.9y	1965			
4:17.5+	Mark Wynne (Fullerton)	4:18.9y	1963			
4:17.5+	Mike Messenger (Corona del Mar)	4:18.9y	1974			
4:17.6+	Allan Sanford (Tustin)	4:19.0y	1965			
4:17.6+	Bob Gallagher (Loara)	4:19.0y	1975			
4:17.63	Cody Nguyen (Brea)		2012			
4:17.63	Austin Shellito (Brea)		2015			
4:17.71	**Carrick Denker (Dana Hills)		2018			
4:17.72	*Brandon Price (St. Margaret's)		2012			
4:17.75	* Bruce Hancock (Costa Mesa)		1998			
4:17.76	Jose Carlos de Jesus (San Clemente)		2017			
4:17.77	Adolfo Cruz (El Modena)		2015			
4:17.80	Jesus Molina (Dana Hills)		2010			
4:17.80	*Cole Stark (Canyon)		2018			
4:17.90	Daniel Kor (Pacifica)		2003			
				<b>2000 meters</b>		
				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
				<b>3000 meters</b>		
				8:17.5'	Jon Butler (Edison)	1981
				8:21.6	Matt Blaty (Marina)	1979
				8:21.6	* Jeff Vandereems (Mission Viejo)	1979
				8:22.26	Jim Rodriguez (SA Valley)	1989
				8:22.4	Mark Junkermann (Los Alamitos)	1982
				8:25.8	Gus Quinonez (Huntington Beach)	1983
				8:26.1	Steve Webb (Kennedy)	1978
				8:26.8	* Augie Escobar (Villa Park)	1999
				8:26.9'	Shawn Gallagher (Corona del Mar)	1981
				8:26.15	* Steve Valen (El Modena)	1980
				8:29.4'	Bob Erickson (Fountain Valley)	1982
				8:29.7'	Greg Whiteley (University)	1985
				8:31.7'	Fredd Hesslevik' (University)	1982
				8:32.3'	*Eddie Lavelle (Corona del Mar)	1988
				8:32.5'	Shannon Winkleman (Marina)	1988
				8:33.4'	Jaime Martinez (Orange)	1994

8:34.1	* Dave Cangelosi (Villa Park)	1978
8:34.5	Jose Herrera (Loara)	1999
8:35.2'	Shawn Frack (Esperanza)	1993
8:35.4'	Adalberto Sanchez (Capo Valley)	1995
8:37.0'	Chris Lugo (Valencia)	1987
8:37.1'	Ben Flamm (Huntington Beach)	1993
8:38.68	Tony Trueba (Huntington Beach)	1997
8:38.8'	*Terrence Mahon (La Habra)	1987
8:39.4'	Mike Farrell (San Clemente)	1990
8:40.0	Curt Herberts (Newport)	1999
8:40.2'	*Steve Niednagel (Dana Hills)	1988
8:41.26	Dan Gaston (Huntington Beach)	1997
8:42.2	Brad Meyer (University)	1981
8:42.8	Robert Planta (Mater Des)	1982
8:43.1	Robby Price (Saddleback)	1990
8:43.6	* William Feliciano (Cypress)	1984
8:44.4	Mark Clary (Katella)	1980
8:45.7	Mark Lindrud (Mission Viejo)	1986
8:45.9	Allen McGaha (El Modena)	1983

## 3200 meters

8:41.6+	Eric Hulst (Laguna Beach)	8:44.6y	1976
8:42.9+	Ralph Serna (Loara)	8:45.9y	1975
8:46.78	Jon Butler (Edison)		1981
8:50.4+	Marc Genet (Santa Ana)	8:53.4y	1972
8:50.6+	Mark Spilsbury (Foothill)	8:53.6y	1976
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
8:56.44	* 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
8:58.96+	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
9:01.5+	Tom Olswang (Costa Mesa)	9:04.6y	1972
9:01.7+	Ruben Mejia (La Habra)	9:04.8y	1969
9:01.96	*Mason Coppi (Dana Hills)		2015
9:02.15	* Brandon Bethke (El Toro)		2004
9:02.42	Rex Nelson (Newport)		2008
9:02.57	Bob Erickson (Fountain Valley)		1982
9:01.62	Andrew Burkhardt (J Serra)		2016
9:02.88	Spencer Keith (Corona del Mar)		2014
9:02.90	* Eddie Lavelle (Corona del Mar)		1988
9:03.06	* Jim Rodriguez (SA Valley)		1988
9:03.57	Shannon Winkleman (Marina)		1988
9:04.1+	Pat Dutzi (El Dorado)	9:07.2y	1973
9:04.33	**Jack Landgraf (Dana Hills)		2016
9:04.34	Jeff Thies (Edison)		2013
9:04.94	Kevin Durham (El Toro)		2012
9:05.0+	Matt Blaty (Marina)	9:08.1y	1979
9:05.20	Sydney Gidabuday (El Modena)		2014
9:05.5+	Doug MacLean (Costa Mesa)	9:08.6y	1972
9:05.86	Gus Quinonez (Huntington Beach)		1983
9:06.08	Jaime Martinez (Orange)		1994

9:06.13	* Scott Blair (Trabuco Hills)		2007
9:06.4+	Joe Young (Costa Mesa)	9:09.5y	1977
9:06.43	Scott Smith (Dana Hills)		2005
9:06.49	Fredd Hesslevik (University)		1982
9:06.5+	* Mike Walterhouse (Mission Viejo)	9:09.6y	1976
9:06.66	Robby Price (Saddleback)		1990
9:06.70	Shawn Frack (Esperanza)		1993
9:06.74	Javier Barerra (Dana Hills)		1988
9:06.8+	Dave Cangelosi (Villa Park)	9:09.9y	1979
9:06.85	Josh Linen (Valencia)		2007
9:06.9+	* Larry Gerich (Foothill)	9:10.0y	1972
9:06.81	Mitch Eddy (Mater Dei)		1983
9:06.82	*Kevin Durham (El Toro)		2011
9:07.1+	Tom Keefer (Anaheim)	9:10.2y	1969
9:07.03	Mike Love (Katella)		1993
9:07.51	* Mark Gonzales (La Habra)		1990
9:08.2+	Andy Gerkin (Corona del Mar)	9:12.4y	1978
9:08.3+	Darrell Hatfield (Rancho Alamitos)	9:11.4y	1973
9:08.35	Dylan Scarsone (Canyon)		2016
9:08.5 +	Mike Annis (Sunny Hills)	9:11.6y	1974
9:08.6+	John Gerhart (Costa Mesa)	9:11.7y	1978
9:08.65	Chris Lugo (Valencia)		1987
9:08.68	Adalberto Sanchez (Capo Valley)		1995
9:08.7+	Jose Saavedra (Loara)	9:11.8y	1974
9:08.80	Sean Byrne (Santa Margarita)		2018
9:08.87	Collin Price (St Margaret's)		2015
9:09.4+	Neil Sybert (Westminster)	9:12.6y	1967
9:09.48	David Napper (Cypress)		2003
9:09.52	* Mike Chavez (Esperanza)		2002
9:09.58	Brad Meyer (University)		1981
9:09.6+	Ron Fister (Western)	9:12.8y	1966
9:09.62	James Cameron (Mission Viejo)		2009
9:10.11	Mike Tansley (Dana Hills)		1989
9:10.19	Mike Farrell (San Clemente)		1990
9:10.41	* Terrence Mahon (La Habra)		1987
9:10.47	Jose Herrera (Loara)		1999
9:10.72	George Gleason (Huntington Beach)		2015
9:10.78	Blake Hofmeister (Laguna Beach)		2010
9:10.89	* Raul Lara (Orange)		2003
9:10.99	Ben Flamm (Huntington Beach)		1993
9:11.0+	Beldon Burch (San Clemente)	9:14.2y	1967
9:11.23	Thomas Wilfert (Dana Hills)		2017
9:11.3+	Tom Westfall (Villa Park)	9:14.5y	1977
9:11.42	Ryan Herson (Trabuco Hills)		2011
9:11.6+	Robert Angel (Huntington Beach)	9:14.8y	1973
9:11.71	Brandon Hough (Dana Hills)		2017
9:12.22	*Karl Baranov (Marina)		2010
9:12.3+	Mike Davis (Garden Grove)	9:15.5y	1968
9:12.3+	Greg Dean (Fullerton)	9:15.8y	1976
9:12.6+	Mike Fisher (Villa Park)	9:15.8y	1980
9:12.6+	Randy Spotts (Orange)	9:15.8y	1971
9:12.0+	Chris Money (El Modena)	9:16.2y	1976
9:12.4+	George Aguilar (SA Valley)	9:16.6y	1974
9:13.19	*Jose Herrera (Loara)		1998
9:13.6+	Bill Inglehart (Westminster)	9:16.8y	1966
9:13.62	Jared Hazlett (Trabuco Hills)		2012
9:13.66	Daniel Mejia (Katella)		2000
9:13.76	Jesse Morrill (Marina)		2006
9:13.80	Tim Aukshunas (El Modena)		2003
9:13.85	* Joe Gatel (Edison)		2004
9:13.88	Curt Herberts (Newport)		1999
9:13.99	*Brandon Price (St. Margaret's)		2012
9:14.07	* Steve Niednagel (Dana Hills)		1988
9:14.08	**Caleb Niednagel (Dana Hills)		2018
9:14.2+	Kent Norton (Orange)	9:17.4y	1973
9:14.29	Mark Gleason (Mission Viejo)		1998
9:14.43	Karl Baranov (Marina)		2011
9:14.47	Ricardo Campuzano (Dana Hills)		2011
9:14.49	* Blake Hofmeister (Laguna Beach)		2009
9:14.74	*Alexis Garcia (Newport)		2018
9:14.84	Anuare Magana (Costa Mesa)		2015
9:14.9+	Rick Cisneros (Valencia)	9:18.2y	1978
9:14.95	Kyler Fisk (Tesoro)		2012
9:14.98	Tyler Valdes (Dana Hills)		2009
9:14.98	**Anthony Grover (J Serra)		2018
9:15.0+	Mark Cunnart (Los Amigos)	9:18.3y	1980
9:15.2+	* Robert Tillman (Valencia)	9:18.5y	1973

9:15.30	Nathaniel Cushing-Murray (Foothill)	2011
9:15.33	Jantzen Oshier (Trabuco Hills)	2011
9:15.54	David Abraham (Fountain Valley)	2014
9:15.62	Mike Nielsen (Mater Dei)	1989
9:15.66	Brent Ritschel (Trabuco Hills)	2011
9:15.71	* Mark Gleason (Mission Viejo)	1997
9:15.72	Luke Dorman (Trabuco Hills)	2013
9:15.77	Jorge Suarez (Santa Ana)	2017
9:15.86	Julian DeRubira (Santa Margarita)	2006
9:16.0+	Allan Sanford (Tustin)	9:19.2y 1965
9:16.35	Mark Lindrud (Mission Viejo)	1986
9:16.39	Gilbert Solorza (Buena Park)	2013
9:16.42	Scott Hakeman (El Dorado)	1983
9:16.59	Dan Gaston (Huntington Beach)	1997
9:16.16	Ryan Bousquet (Esperanza)	2000
9:16.81	Jose Penaloza (Godinez)	2013
9:17.04	Jay Bonthius (Fountain Valley)	2012
9:17.07	Cameron Everhart (Orange Lutheran)	2008
9:17.1+	Jeff Day (Corona del Mar)	9:20.3y 1976
9:17.39	*Jeff Thies (Edison)	2012
9:17.47	*Peter Herold (J Serra)	2018
9:17.5+	Terry Carroll (Fullerton)	9:20.7y 1973
9:17.8+	Joey Gomez (Valencia)	9:2 1.0y 1978
9:17.86	*Lance Capel (Dana Hills)	2011
9:17.86	Brennon Koryta (Brea)	2014
9:17.87	Jose Alcaez (SA Valley)	1986
9:17.95	*Brandon Pugh (San Juan Hills)	2011
9:17.98	Jacob Smith (Pacifica)	2017
9:18.1+	Gordon Duff (Huntington Beach)	9:21.3y 1978
9:18.17	*Simon Fuller (Dan Hills)	2018
9:18.26	Jose Carlos de Jesus (San Clemente)	2017
9:18.35	*Nicholas Plumb (Trabuco Hills)	2011
9:18.35	Luis Chavez (Misson Viejo)	2018
9:18.4+	Frank Dauncey (Orange)	9:21.6y 1976
9:18.47	Brandon Babiracki (Dana Hills)	2003
9:18.47	Sander Kushen (Tesoro)	2015
9:18.48	Lalo Terriquez (Buena Park)	1980
9:18.53	Carter Christmann (Tesoro)	2016
9:18.73	Amar Dholakia (Esperanza)	2012
9:18.83	Charara Mohammad (Buena Park)	2010
9:18.90	Shane Dougherty (El Toro)	2002
9:19.12	Erin Vali (University)	1989
9:19.3+	Bill Villa (Saddleback)	9:22.5y 1975
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
9:20.06	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
9:20.4+	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
9:20.89	Austin Goins (Canyon)	2013
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
9:21.7+	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	*Kylar Fisk (Tesoro)	2011
9:22.32	**Bryson Crites (Tesoro)	2017
9:22.5+	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
9:22.85	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+	Williams (Brea)	9:27.0 1974
9:23.8+	Scott Fessenden (Lowell)	9:27.0 1975
9:23.8+	Mark Labonte (Mission Viejo)	9:27.0 1976
9:23.81	**Richie Soto (Marina)	2011
9:23.9+	Mike Lansdon (Edison)	9:27.1. 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  
 13.48 Dominique DeGrammont (Tustin) 1997  
 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  
 13.89 Jose Rubio (Los Alamitos) 2017  
 13.99 Trevor Jones (Newport) 2000  
 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  
 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  
 14.50 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  
 14.56 Nehemiah Nash (Woodbridge) 2016  
 14.57 Vince Fusco (Dana Hills) 2010  
 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  
 14.60 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	14.86+	Jesse Johnson (SA Valley)	14.83y	1980
14.68+	Dave Cooper (Magnolia)	14.4y	1972	14.86	Carlos Valles (Katella)		2005
14.68+	Steve Adams (Estancia)	14.4y	1974	14.86	Joshua Lindley (Aliso Niguel)		2009
14.68+	B. Richardson (El Modena)	14.4y	1974	14.86	Ian Ward (Servite)		2017
14.68+	Jim Hunt (El Dorado)	14.4y	1976	14.86	*Abraham Lotfy (Los Alamitos)		2018
14.68+	Zim Walker (Savanna)	14.4y	1977	14.87+	Alan Duncan (Fountain Valley)	14.84y	1978
14.68+	Alan Duncan (Fountain Valley)	14.4y	1981	14.88+	Steve Davis (Edison)	14.85y	1978
14.68+	Steve Davis (Edison)	14.4y	1981	14.88+	Sonny Owens (Fullerton)	14.6y	1955
14.68	Dan Foote (Foothill)		1995	14.88+	**Doug Hankins (Fullerton)	14.6y	1957
14.68	Jim Bittner (Katella)		1998	14.88+	Stan Kincade (Santa Ana)	14.6y	1963
14.68	*Ryan Whites (Estancia)		2006	14.88+	*Jeff Nelson (Bolsa Grande)	14.6y	1964
14.69	Nick Falcione (La Habra)		2004	14.88+	Brent Romney (Loara)	14.6y	1965
14.70	Dwayne Gregory (Mission Viejo)		1984	14.88+	Bob Wilkins (SA Valley)	14.6y	1965
14.70	Espinosa (Capo Valley)		1984	14.88+	Craig Bothwell (Loara)	14.6y	1965
14.70	Scott Crowson (Mission Viejo)		1999	14.88+	Jack Handy (Loara)	14.6y	1971
14.70	** Mike Liti (Foothill)		2001	14.88+	Frank Mazon (Savanna)	14.6y	1971
14.71	* Brian Flowers (SA Valley)		1984	14.88+	Dick Chemieleski (Villa Park)	14.6y	1974
14.71	Chance Kuehnel (Sage Hill)		2016	14.88+	Plent (La Habra)	14.6y	1974
14.72	Ben Forbes (Marina)		1998	14.88+	Jeff Butler (Los Alamitos)	14.6y	1975
14.72	Doyin Sule (Fullerton)		2011	14.88+	Owehand (Rancho Al)	14.6y	1975
14.72	*Kyle Kimble (Servite)		2018	14.88+	Randy James (Lowell)	14.6y	1975
14.73	Doug Miller (Estancia)		1986	14.88+	Scott Bruckner (Lowell)	14.6y	1976
14.73	* Preston Spence (Edison)		2008	14.88+	* Mark Hale (Katella)	14.6y	1980
14.73	Grant Bayr (Dana Hills)		2015	14.88+	Tom Rish (Ocean View)	14.6y	1980
14.74c	Eric Nuanes (Loara)		1997	14.88	Pat Swanson (Esperanza)		1995
14.74	Myles Gregory (Fountain Valley)		2003	14.88	Matt Blasdel (Santa Margarita)		1996
14.74	Octavio Moreno (Anaheim)		2017	14.89	Adolph Renaud (La Habra)		1986
14.75	Brent Elliot (Canyon)		2011	14.90	David Frazier (Mission Viejo)		2002
14.76	Eric Dorn (Estancia)		1986	14.90	Nick McGuinness (Corona del Mar)		2013
14.76	Aaron Hill (Esperanza)		1999	14.91	Louie Muniz (Woodbridge)		1989
14.76	James Finch (Capo Valley)		2017	14.91	Muzae Sesay (Canyon)		2008
14.77	** Mike Smith (Mission Viejo)		1995	14.91	Andy Bardine (El Toro)		2012
14.77	Ramon Vargas (Huntington Beach)		2012	14.91	Jalen Gill (Woodbridge)		2016
14.78+	Forrest Younger (Fullerton)	14.5y	1952	14.92	Sean Zeitler (Santa Margarita)		2001
14.78+	Don Jones (Huntington Beach)	14.5y	1956	14.92	* Joe Emerson (Huntington Beach)		2002
14.78+	Bob Ballew (Garden Grove)	14.5y	1957	14.93	Jim Flanagan (Edison)		2006
14.78+	John Eastman (La Habra)	14.5y	1958	14.93	AJ Beynon (Edison)		2015
14.78+	Dave Jensen (Valencia)	14.5y	1966	14.93	Elias Ghazlani (Fountain Valley)		2016
14.78+	Carl Field (SA Valley)	14.5y	1969	14.94c	Jesse Johnson (SA Valley)	14.7	1981
14.78+	Harry Bracy (Los Alamitos)	14.5y	1970	14.94c	Al Abdallah (SA Valley)	14.7	1981
14.78+	Garth Wise (Huntington Beach)	14.5y	1971	14.94c	Tom Fishbeck (Foothill)	14.7	1981
14.78+	Darrel Walker (Tustin)	14.5y	1972	14.94c	Tyrone Tucker (Villa Park)	14.7	1983
14.78+	Steve Pickford (Huntington Beach)	14.5y	1972	14.94c	Javon Guiens (Cypress)	14.7	2004
14.78+	Steve Ward (La Quinta)	14.5y	1972	14.94	Reggie Dunn (Los Alamitos)		1988
14.78+	Walter Mead (Santa Ana)	14.5y	1972	14.94	Sean Coye (Irvine)		1993
14.78+	Henry Harrell (Santa Ana)	14.5y	1973	14.94	Scott Dicus (El Modena)		1997
14.78+	Lars Soderlind (Anaheim)	14.5y	1973	14.96	* Michael Colby (Tustin)		2000
14.78+	Garry Templeton (SA Valley)	14.5y	1974	14.96	* Long Duong (Katella)		2000
14.78+	Bristol (La Quints)	14.5y	1975	14.97	** Steve Forte (Woodbridge)		1993
14.78+	Dave Berger (Canyon)	14.5y	1977	14.97	Oliver Pham (Canyon)		2012
14.78+	Vic Beradino (Cypress)	14.5y	1977	14.97	Ryan Evans (Aliso Niguel)		2013
14.78+	Chris Roberson (Kennedy)	14.5y	1977	14.98+	Keith Keckler (SA Valley)	14.7y	1969
14.78+	Aaron Williamson (Westminster)	14.5y	1980	14.98+	David Porter (Orange)	14.7v	1970
14.78+	Brian Chapman (Troy)	14.5y	1986	14.98+	Blacker (San Clemente)	14.7y	1970
14.78	Brent Busch (Newport)		1991	14.98+	Don Mickelson (Los Alamitos)	14.7y	1970
14.78	*Robert Garrett (Katella)		2010	14.98+	Jeff Schrechengost (Loara)	14.7y	1971
14.79	Andy Stuffer (Villa Park)		1982	14.98+	Randy Lazenby (Garden Grove)	14.1y	1972
14.79	Michael Miela (Trabuco Hills)		2009	14.98+	Lori Perez (Santa Ana)	14.7y	1972
14.80	*Rich Nichols (Fountain Valley)		1982	14.98+	Gary Stewart (Loara)	14.7y	1973
14.80	Shaheed Quassin (Laguna Hills)		1992	14.98+	Craig Feola (El Dorado)	14.7y	1974
14.80	Juan Lomeli (Saddleback)		1997	14.98+	Jay Craig (SA Valley)	14.7y	1974
14.80	Corey Hammond (Mater Dei)		2012	14.98+	Roy Hedlund (Villa Park)	14.7y	1977
14.81	John Hall (Servite)		1996	14.98+	Charles Lucky (Los Alamitos)	14.7y	1977
14.81	Shaquille Richardson (Los Alamitos)		2010	14.98+	Jim Schulte (Foothill)	14.7y	1978
14.81	Kaelin Moore (Canyon)		2017	14.98+	Art Gourdine (El Toro)	14.7y	1978
14.81	Collin Hurd (Trabuco Hills)		2018	14.98+	Steve McRoberts (Huntington Beach)	14.7y	1979
14.82	Todd Prukop (Servite)		1985	14.98+	Mike McGee (Dana Hills)	14.7y	1986
14.82	Jimmy Martin (Santa Margarita)		2009	14.98+	Todd Andrews (Fountain Valley)	14.7y	1982
14.82	* Dennis Austria (Kennedy)		2009	14.98	* Justin Rovin (Laguna Beach)		2006
14.82	Greg Starkey (San Clemente)		2009	14.99	Tony Garcia (Foothill)		1994
14.84c	Chris Fenn (Laguna Hills)	14.6	1981	14.99	Javier Nava (El Dorado)		2003
14.84c	Adam Shapiro (Capo Valley)	14.6	1984	14.99	Christian Ojeda (Cervite)		2018
14.84	Greg Muniz (Woodbridge)		1992				
14.84c	Dampen Roberts (SA Valley)	14.6	1998	<b>Wind-aided:</b>			
14.84c	Jordan Czaykowski (El Modena)	14.6	2000	13.44	Dominique DeGrammont (Tustin)		1997
14.85+	Larry Neehan (Orange Lutheran)	14.82y	1979	13.54c	Terry Johnson (Katella)	13.3	1986
14.85	Jon Peck (Irvine)		1992	13.94	Charlie Davidson (Saddleback)		1992

13.95	* Devalle Pedrogo (Mission Viejo)		2009
14.08	Sam Barkley (Mater Dei)		2011
14.19	Pat Swanson (Esperanza)		1996
14.20	Mark Hale (Katella)		1981
14.23	*Ramon Vargas (Huntington Beach)		2011
14.23	Cameron Hurd (Trabuco Hills)		2016
14.24	Ahmad Wright (Kennedy)		1999
14.25	James Brown (Dana Hills)		1998
14.26	Tyler Rios (Los Alamitos)		2014
14.28+	Sonny Owens (Fullerton)	14.0y	1956
14.29	* Denny Flangan (Edison)		2001
14.31	Jose Rubio (Los Alamitos)		2016
14.36	*Jalen Craver (Woodbridge)		2010
14.40	Myles Gregory (Fountain Valley)		2003
14.40	Muzae Sesay (Canyon)		2008
14.45	Shane Vickers Tustin		1997
14.46	Jimmy Martin (Santa Margarita)		2009
14.46	Chance Kuehnell (Sage Hill)		2016
14.47	Anton Hector (Esperanza)		1995
14.48+	Doug Hankins (Fullerton)	14.2	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
14.63	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 Willoughby (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
14.75	* 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
14.84c	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	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	Josew 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
19.1	Lin Sitton (Fullerton)		1953
19.1	Bob McQueen (Anaheim)		1971

## 300 meter Low Hurdles (1975-1983)

35.85	Steve Kerho (Mission Viejo)		1982
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 Rornine (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
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	38.78	Jim Bittner (Katella)	1998
37.13	Matt Blasdel (Santa Margarita)	1996	38.83	Myron Felix (Estancia)	1984
37.14	Al Williams (Irvine)	1998	38.85	Octavio Moreno (Anaheim)	2017
37.25	Austin Tinsley (Santa Margarita)	2014	38.87	Justin Rovin (Laguna Beach)	2006
37.26	Terry Johnson (Katella)	1986	38.88	Davis Taff (Edison)	2004
37.26	Cameron Hurd (Trabuco Hills)	2016	38.92+	Mike Patton (Saddleback)	38.9y 1985
37.27	Bryan Payne (Trabuco Hills)	2004	38.92	Manuel Gomez (Los Alamitos)	2015
37.27	Diego Courbis (Mission Viejo)	2014	38.94c	Steve Lawrence (Capo Valley)	38.7 1987
37.35	Corey Hammond (Mater Dei)	2012	38.96	Justin Davis (San Clemente)	2002
37.37	Anthony Hale (Garden Grove)	1988	38.97	Travis Harr (El Toro)	1994
37.37	Brandon Phillips (Irvine)	2010	38.99	** Steve Forte (Woodbridge)	1993
37.38	Kevin Ahlstrom (Los Alamitos)	2004	39.00	*Nathan Lacson (Servite)	2018
37.41	Shaquille Richardson (Los Alamitos)	2010	39.01	Kevin Carr (Esperanza)	1997
37.47	Brian Law (Villa Park)	2007	39.02	Chris Milosch (Dana Hills)	2005
37.50	Dylan Alencio (Yorba Linda)	2015	39.03	Mike McGee (Dana Hills)	1986
37.51	Sam Barkley (Mater Dei)	2011	39.04	Hyrum Taylor (Northwood)	2004
37.54	Danny Thompson (Huntington Beach)	1984	39.04	Aaron Birk (Edison)	2009
37.56	Jeff Roach (Laguna Hills)	1984	39.04	Travion Phillips (Canyon)	2018
37.70	Collin Hurd (Trabuco Hills)	2018	39.07	Brent Busch (Newport)	1991
37.75	Cullan Riser (Orange Lutheran)	2013	39.08	Ben Forties (Marina)	1998
37.79	Jalen Craver (Woodbridge)	2011	39.09	Justin Smith (Aliso Niguel)	2007
37.60	Mikey Fischetti (Dana Hills)	2009	39.11	Daniel Moyer (Newport)	2001
37.62	Mel Lete (Saddleback)	1994	39.12	Ryan Crane (Dana Hills)	1992
37.62	Ahmad Wright (Kennedy)	1999	39.13	Chris Frazier (Mission Viejo)	2003
37.66	Charles Michinock (Mater Dei)	2011	39.13	Randy Rense (St Margaret's)	2005
37.69	Greg Muniz (Woodbridge)	1992	39.14c	* Wes Williams (Esperanza)	38.9 2004
37.69	Tyler Rios (Los Alamitos)	2014	39.14	Tyler Young (Rancho Alamitos)	2018
37.71	Vince Fusco (Dana Hills)	2010	39.15	Chad Hick-Beach (Marina)	1996
37.74	Kirk Ayers (Western)	1987	39.15	Nick Ahrold (Dana Hills)	2011
37.77	Sheldon Evans (Pacifica)	2004	39.16	Scott Crowson (Mission Viejo)	1999
37.79	Matt Willis (Servite)	2002	39.19	* Phil Oh (Irvine)	1995
37.80	** Anton Hector (Esperanza)	1993	39.20	Sean Coye (Irvine)	1993
37.81	John Hall (Servite)	1996	39.22	Christian Bohuslavizki (Santa Margarita)	2014
37.85	Josh Hill (Mission Viejo)	2018	39.22	Donnie Marion (Fountain Valley)	2018
37.88	Vince Fusco (Dana Hills)	2010	39.23	Michael Miela (Trabuco Hills)	2009
37.89	Jimmy Martin (Santa Margarita)	2009	39.23	Cameron Baldwin (Los Alamitos)	2012
37.91	Quinn Williams (Mission Viejo)	2017	39.23	Jacob Anderson (Tustin)	2013
38.05	Shane Vickers (Tustin)	1997	39.24	Adrian Brown (Huntington Beach)	1991
38.05	Cole Paton (Mission Viejo)	2015	39.26	Doug Kalagian (Capo Valley)	2009
38.11	Ian Ward (Servite)	2017	39.27	Scott Dicus (El Modena)	1997
38.12	Daniel Sun (Woodbridge)	2016	39.27	Greg Starkey (San Clemente)	2009
38.14	Nathan Willoughby (Fountain Valley)	2017	39.28	John Gallup (Huntington Beach)	1986
38.23	John Hollis (SA Valley)	1986	39.28	Tom Rodriguez (Mission Viejo)	2002
38.23	*Jalen Craver (Woodbridge)	2010	39.22+	Mark Holman (Orange)	39.2y 1986
38.24	** Nolan Grimm (El Toro)	2008	39.24c	Dwayne Gregory (Mission Viejo)	39.0 1984
38.25	Denny Flanagan (Edison)	2002	39.25	Chad McHenry (Foothill)	1989
38.26	Ramon Vargas (Huntington Beach)	2011	39.25	Dante Maxey (Tustin)	1998
38.28	Troy Hardy (Corona del Mar)	2013	39.30	Tim Williams (Woodbridge)	1988
38.30	Sean Zeitler (Santa Margarita)	2001	39.30	*Jack Grose (Trabuco Hills)	2010
38.31	Charlie Davidson (Woodbridge)	1992	39.31	Brian Chapman (Troy)	1985
38.33	Hassan Ilyas (Fountain Valley)	2011	39.31	Edie Dwelley (Edison)	2000
38.33	Kyle Sandoval (Servite)	2017	39.31	* Mike Mudge (Aliso Niguel)	2000
38.34	*AJ Beynon (Edison)	2014	39.32+	Rodney Wright (Canyon)	39.3y 1986
38.35	Kevin Jones (Fountain Valley)	2008	39.32+	Brandon Beadle (Villa Park)	39.3y 1986
38.37	Andrew Kokinakes (Aliso Niguel)	2009	39.32	Ike Hicks (Cypress)	1996
38.43	Elmer Guzman (Mission Viejo)	2005	39.33	Vince Flores (Savanna)	1991
38.45	Pat Swanson (Esperanza)	1996	39.33	Jarrett Deschenes (Esperanza)	2001
38.46	David Fair (El Toro)	1990	39.33	Nehemiah Nash (Woodbridge)	2016
38.49	Chris Kruki (El Toro)	2018	39.34c	Robbie Pietsch (El Modena)	39.1 1989
38.52	Phil Oh (Irvine)	1996	39.34c	Don Oliver (Foothill)	39.1 1994
38.57	Geno Howard (Los Amigos)	1986	39.35	Steve Ernest (Canyon)	1989
38.59	Jalen Gill (Woodbridge)	2016	39.35	Dan Foote (Foothill)	1995
38.59	Michael Robbins (Tesoro)	2018	39.35	Robert Morell (Esperanza)	2000
38.60	Kyle Clark (Whittier Christian)	2008	39.35	* Dan Moyer (Newport)	2000
38.61	Jon Peck (Irvine)	1992	39.35	Ramon Vargas (Huntington Beach)	2012
38.64	* Eric Johnson (Sonora)	1987	39.36	Chayne Chaldy (Laguna Beach)	1997
38.66	Shad Vickers (Tustin)	1991	39.36	Nick McGuinness (Corona del Mar)	2012
38.67	Trevor Wightman (Trabuco Hills)	2008	39.37	Jason Arellano (Edison)	1998
38.69	Chris Lamm (Irvine)	2001	39.38	Chuck Loo (Newport)	1998
38.71	Mike Smith (El Toro)	1997	39.39	Tony Wilson (Anaheim)	1984
38.72	Elias Ghazlani (Fountain Valley)	2016	39.42+	Nick Matrisciano (Villa Park)	39.4y 1985
38.73	Mitch Allen (El Toro)	2006	39.42	* Kevin Carr (Esperanza)	1996
38.75	Myles Gregory (Fountain Valley)	2003	39.42	Sean Schuster (Mission Viejo)	2008
38.76	Louie Muniz (Woodbridge)	1989	39.43	Gabaldon (Rancho Alamitos)	2001
38.77	George Lynch (Mater Dei)	1988	39.44c	Wynn Fredenburg (Esperanza)	39.2 1984
38.77	** Jeremy Buck (Dana Hills)	1990	39.44c	Craig Becker (Irvine)	39.2 1985
38.77	Kenny Vinh (Katella)	2000	39.44c	Greg Sheperd (Corona del Mar)	39.2 1990

39.45 Steve Jennings (Marina) 1986  
 39.48 \*Ryan Whites (Estancia) 2006

### 400 meter Intermediate Hurdles

52.33 Trevor Jones (Newport) 2000  
 53.21 Steve Kerho (Mission Viejo) 1982  
 54.49 Matt Willis (Servite) 2002  
 56.17 \*Cullan Riser (Orange Lutheran) 2012

### 4 x 100 meter Relay

41.10+ SA Valley 41.2y 1971  
 41.24 Trabuco Hills 2018  
 41.29+ Santa Ana 41.4y 1970  
 41.48 Tustin 1997  
 41.56 Woodbridge 2015  
 41.57 Mission Viejo 2006  
 41.61 Mission Viejo 2017  
 41.69+ Santa Ana 41.8y 1968  
 41.70 Orange Lutheran 2009  
 41.71 Cypress 2005  
 41.74 Servite 2017  
 41.75 Aliso Niguel 2007  
 41.78+ SA Valley 42.03y 1978  
 41.78 Dana Hills 2008  
 41.79 Mater Dei 2014  
 41.83 Mission Viejo 2007  
 41.86 SA Valley 1984  
 41.86 Los Alamitos 2003  
 41.88 Trabuco Hills 2017  
 41.89 Woodbridge 2014  
 41.90 Los Alamitos 2012  
 41.91 Cypress 2003  
 41.97 Santa Margarita 2017  
 41.99+ Anaheim 42.1y 1972  
 41.99 Los Alamitos 2011  
 42.00 Esperanza 1995  
 42.00 Edison 2001  
 42.04 Garden Grove 1996  
 42.05 SA Valley 1986  
 42.05 Mission Viejo 2013  
 42.06 Marina 1985  
 42.06 Los Alamitos 2002  
 42.06 Servite 2003  
 42.09+ Santa Ana 42.2y 1969  
 42.09+ Loara 42.2y 1970  
 42.09 Esperanza 2005  
 42.09 Orange Lutheran 2008  
 42.09 Mater Dei 2008  
 42.10 Pacifica 2011  
 42.12 Servite 2009  
 42.13 Aliso Niguel 2018  
 42.14c Mission Viejo 42.0 2008  
 42.15 Mission Viejo 2018  
 42.18 Brea 1999  
 42.18 Mission Viejo 2011  
 42.19+ Santa Ana 42.3y 1972  
 42.19+ Garden Grove 42.3y 1973  
 42.20 Woodbridge 1997  
 42.20 Tustin 1998  
 42.20 Mater Dei 2009  
 42.21 Mission Viejo 2009  
 42.21 J Serra 2014  
 42.22 Mater Dei 2016  
 42.23 Mission Viejo 2014  
 42.24 Cypress 2004  
 42.26 Servite 2016  
 42.28 Mater Dei 2013  
 42.29 Capo Valley 1987  
 42.29+ Marina 42.4y 1969  
 42.29+ SA Valley 42.4y 1969  
 42.29+ Savanna 42.4y 1971  
 42.29 Santa Margarita 1998  
 42.29 Dana Hills 2014  
 42.30 Servite 2008  
 42.30 San Clemente 2011  
 42.30 Santa Margarita 2016

42.31 Santa Margarita 1996  
 42.31 Servite 2011  
 42.31 Corona Del Mar 2012  
 42.32 Esperanza 1994  
 42.32 Trabuco Hills 2011  
 42.33 Santa Margarita 2001  
 42.33 Santa Margarita 2018  
 42.35 Mater Dei 2012  
 42.36 Trabuco Hills 2016  
 42.37 Mission Viejo 2016  
 42.38 SA Valley 1985  
 42.39 Fountain Valley 1998  
 42.3h Santa Margarita 2015  
 42.43 Marina 1984  
 42.43 Mater Dei 2015  
 42.37 Mission Viejo 2004  
 42.37 Corona del Mar 2014  
 42.39+ Loara 42.5y 1971  
 42.39+ Santa Ana 42.5y 1973  
 42.40 Edison 1999  
 42.41 Savanna 2006  
 42.42 Mission Viejo 2010  
 42.46 SA Valley 1992  
 42.46 Tustin 2000  
 42.46 Santa Margarita 2000  
 42.47 Los Alamitos 2004  
 42.48+ S A Valley 42.72y 1980  
 42.48 Capo Valley 1988  
 42.48 Valencia 1992  
 42.48 Irvine 2011  
 42.48 Fountain Valley 2017  
 42.49+ Mater Dei 42.6y 1967  
 42.49+ Garden Grove 42.6y 1972  
 42.49+ SA Valley 42.6y 1973  
 42.49+ SA Valley 42.6y 1974  
 42.49+ SA Valley 42.6y 1976  
 42.49 Mission Viejo 2012  
 42.50 Esperanza 2010  
 42.51 Esperanza 1993  
 42.51 Canyon 2009  
 42.51 Servite 2010  
 42.53 Aliso Niguel 2015  
 42.54c Capo Valley 42.4 1989  
 42.54 Woodbridge 1994  
 42.54 Santa Margarita 2014  
 42.54 Marina 2016  
 42.55 Trabuco Hills 2010  
 42.56 Santa Margarita 2002  
 42.56 Mission Viejo 2005  
 42.58 Los Alamitos 2014  
 42.59 Mater Dei 2018  
 42.60 Tesoro 2014  
 42.61 Mission Viejo 1992  
 42.61 Edison 2000  
 42.62 Saddleback 1991  
 42.63 SA Valley 1983  
 42.63 Woodbridge 1992  
 42.63 Mater Dei 1998  
 42.63 Dana Hills 2006  
 42.63 Tesoro 2018  
 42.64c Edison 42.5 1980  
 42.65 Los Alamitos 2010  
 42.65 Santa Margarita 2012  
 42.65 Woodbridge 2013  
 42.67 Fountain Valley 2008  
 42.67 Servite 2018  
 42.69 Mission Viejo 1986  
 42.69+ Garden Grove 42.8y 1970  
 42.69+ Fountain Valley 42.8y 1970  
 42.69+ Sunny Hills 42.8y 1974  
 42.69+ Newport 42.8y 1978  
 42.70 Savanna 2003  
 42.70 San Clemente 2008  
 42.71 Mission Viejo 2003  
 42.72 Santa Margarita 1999  
 42.72 Fountain Valley 2016  
 42.72 Orange Lutheran 2016

42.74	Katella		1986	43.00	Aliso Niguel		2017
42.74	Dana Hills		1994	43.01	Corona del Mar		1994
42.75	Mater Dei		1997	43.01	Irvine		1995
42.76	Laguna Hills		2003	43.01	Dana Hills		1995
42.76	Edison		2012	43.01	Mission Viejo		2002
42.76	Los Alamitos		2017	43.01	Orange Lutheran		2012
42.77	Canyon		2008	43.01	Santa Margarita		2013
42.77	Orange Lutheran		2011	43.02	Dana Hills		2009
42.78	San Clemente		2010	43.03+	Irvine	43.28y	1980
42.79+	Saddleback	42.9y	1975	43.03	Anaheim		1996
42.80	Woodbridge		2016	43.03	Fountain Valley		2009
42.81	Orange Lutheran		2018	43.04	SA Valley		1988
42.82	Laguna Hills		2008	43.04c	Saddleback	42.9	1990
42.82	Irvine		2016	43.04c	Irvine	4.29	1996
42.83	Mission Viejo		1997	43.04	Dana Hills		2016
42.84c	Corona del Mar	42.7	1983	43.05	Orange Lutheran		2013
42.84c	Saddleback	42.7	1983	43.07	El Toro		1987
42.84	Woodbridge		1993	43.07	Dana Hills		2005
42.84	Servite		1999	43.07	Mater Dei		2010
42.85	Brea		1995	43.09+	El Modena	43.2y	1970
42.85	Mater Dei		1996	43.09+	Santiago	43.2y	1970
42.85	Corona del Mar		2013	43.09+	Fountain Valley	43.2y	1971
42.86	Huntington Beach		2012	43.09+	Katella	43.2y	1971
42.87	Katella		1985	43.09+	Edison	43.2y	1975
42.87	Trabuco Hills		2001	43.09+	Loara	43.2y	1975
42.87	Trabuco Hills		2004	43.09+	La Habra	43.2y	1975
42.87	Beckman		2014	43.09+	Savanna	43.2y	1975
42.86	Tesoro		2011	43.09+	Loara	43.2y	1981
42.88	Mater Dei		2011	43.09+	El Modena	43.2y	1982
42.88	University		2017	43.09	Esperanza		1985
42.89+	SA Valley	43.0y	1966	43.09	Irvine		1986
42.89+	Loara	43.0y	1969	43.09	Trabuco Hills		1987
42.89+	Brea	43.0y	1970	43.09+	Buena Park	43.2y	1990
42.89+	SA Valley	43.0y	1972	43.10	Esperanza		2004
42.89+	Corona del Mar	43.0y	1972	43.10	Tustin		2012
42.89+	Los Alamitos	43.0y	1975	42.10	Edison		2018
42.89+	Villa Park	43.0y	1977	43.11	SA Valley		1982
42.89+	Ocean View	43.0y	1981	43.11	Foothill		1991
42.89+	Katella	43.0y	1981	43.11	El Modena		2007
42.89	Esperanza		1990	43.11	Fountain Valley		2010
42.89	Irvine		2001	43.11	Dana Hills		2017
42.90	Mater Dei		1991	43.12	Buena Park		1993
42.90	Fountain Valley		1997	43.12	Kennedy		1999
42.90	San Clemente		2018	43.12	J Serra		2015
42.91	Troy		2000	43.13	Edison		1997
42.91	Edison		2002	43.13	Los Alamitos		2006
42.92	Foothill		1992	43.14c	Anaheim	43.0	1985
42.92	El Modena		2008	43.14c	El Modena	43.0	1992
42.92	Trabuco Hills		2009	43.14c	El Toro	43.0	2002
42.93	Dana Hills		2013	43.14c	Aliso Niguel	43.0	2008
42.94	Villa Park		1983	43.14	Huntington Beach		2010
42.94c	Saddleback	42.8	1985	43.14	Laguna Hills		2011
42.94	Irvine		2000	43.15	Sunny Hills		1995
42.95	Brea		1998	43.16	Woodbridge		1998
42.95	El Toro		2012	43.16	Mission Viejo		2001
42.95	Woodbridge		2018	43.16	Irvine		2010
42.96	Saddleback		1984	43.16	Laguna Hills		2017
42.96	Santa Margarita		1997	43.17	Katella		1984
42.96	Los Alamitos		2001	43.17	Woodbridge		1999
42.96	Cypress		2002	43.17	Trabuco Hills		2013
42.96	San Clemente		2009	43.17	El Modena		2014
42.96	Servite		2013	43.18	San Clemente		2006
42.97	Sonora		2011	43.18	Tesoro		2012
42.97	Aliso Niguel		2012	43.18	Fountain Valley		2015
42.99+	Lowell	43.1y	1968	43.19+	Newport	43.3y	1975
42.99+	Marina	43.1y	1971	43.19+	SA Valley	43.3y	1987
42.99+	Kennedy	43.1y	1972	43.19	Servite		1996
42.99+	Santa Ana	43.1y	1973	43.19	El Toro		1999
42.99	Santa Margarita		1995	43.19	San Juan Hills		2013
42.99	Huntington Beach		2011	43.19	Aliso Niguel		2016
43.00	El Toro		1997	43.20	Rancho Alamitos		1990
43.00	Savanna		2004	43.20	Trabuco Hills		1999
43.00	Western		2011	43.20	Santa Margarita		2005
43.00	Laguna Hills		2012	43.20	Dana Hills		2015
43.00	Los Alamitos		2013	43.21	Marina		1986
43.00	Servite		2014	43.21	Kennedy		2001
43.00	Mission Viejo		2015	43.21	Los Alamitos		2005

				<b>4 x 220 yard Relay</b>			
43.21	Esperanza		2009				
43.21	Aliso Niguel		2009	1:26.8	Bolsa Grande		1966
43.21	Los Alamitos		2016	1:27.2	Santa Ana		1972
43.22	Santa Margarita		2008	1:27.66c	Trabuco Hills	1:28.17	2017
43.22	Sonora		2012	1:27.9	Mater Dei		1967
43.22	Dana Hills		2018	1:28.4	SA Valley		1967
43.24c	Corona del Mar	43.1	1980	1:28.5	Santa Ana		1956
43.24c	Capo Valley		2008	1:28.5	La Habra		1965
43.24c	Calvary Chapel	43.1	1996	1:28.5	SA Valley		1977
43.24c	San Clemente		2007	1:28.7	Valencia		1966
43.24	Anaheim		1984	1:29.0	SA Valley		1964
43.24	Saddleback		1994	1:29.0	Bolsa Grande		1965
43.24	Trabuco Hills		2000	1:29.00c	Orange Lutheran	1:28.48m	2009
43.24	Villa Park		2011	1:29.1	Santa Ana		1954
43.24	Los Alamitos		2018	1:29.10c	Orange Lutheran	1:28.58m	2008
43.25	Esperanza		1991	1:29.18	Servite		2011
43.25	Katella		1999	1:29.28	Orange Lutheran		2013
43.25	Edison		2005	1:29.5	Santa Ana		1969
43.25	Orange Lutheran		2006	1:29.52c	Garden Grove	1:29.0m	1996
43.26	Edison		1998	1:29.6	Santa Ana		1966
43.27	Capo Valley		1990	1:29.6	La Habra		1966
43.27	Tustin		1996	1:29.7	Esperanza		1995
43.27	Woodbridge		2017	1:29.7	Valencia		1992
43.28	Edison		2013	1:29.89	Laguna Beach		1948
43.29+	Los Alamitos	43.4y	1989	1:29.9	Santa Ana		1953
43.29+	Katella	43.4y	1975	1:29.9	Tustin		1960
43.29+	SA Valley	43.4y	1975	1:29.9	Anaheim		1965
43.29+	El Modena	43.4y	1986	1:29.9	SA Valley		1992
43.30	Mission Viejo		1999	1:29.98	Edison		1999
43.30	Trabuco Hills		2015	1:30.0	Villa Park		1977
43.31	Esperanza		1997	1:30.0c	Cypress	1:29.4m	2006
43.32	Newport		2001	1:30.1	Newport		1967
43.33	San Juan Hills		2014	1:30.1	Saddleback		1991
43.34c	Ocean View	43.2	1982	1:30.11c	Dana Hills	1:29.58m	2008
43.34c	Saddleback	43.2	1982	1:30.16c	Fountain Valley	1:29.63m	2008
43.34c	Mission Viejo	43.2	1988	1:30.2	Corona del Mar		1972
43.34c	Marina	43.2	1983	1:30.28	Mission Viejo		2011
43.34c	Tustin	43.2	1990	1:30.42	Dana Hills		2013
43.34c	Katella	43.2	1997	1:30.45	Valencia		1991
43.34c	Canyon	43.2	2001	1:30.62c	Mater Dei	1:30.09m	2008
43.34c	Los Alamitos	43.2	2008				
43.35	Corona del Mar		2010				
43.35	San Juan Hills		2012				
43.35	El Modena		2013				
43.36	Mater Dei		2017	3:13.8 +	Santa Ana	3:15.0y	1972
43.37	Cypress		1992	3:13.98	Orange Lutheran		2008
43.38	Dana Hills		1984	3:14.53	Orange Lutheran		2009
43.38	Valencia		1986	3:14.68	Aliso Niguel		2018
43.38	Los Alamitos		1994	3:14.99	Foothill		1993
43.38	Esperanza		1996	3:15.10	Foothill		1992
43.38	Tustin		2008	3:15.19	Santa Margarita		2002
43.38	Yorba Linda		2016	3:15.5 +	Newport	3:16.7y	1975
43.39	Fountain Valley		1988	3:15.70	Santa Margarita		2001
43.39	San Clemente		1990	3:15.79	Foothill		1994
43.39	Savanna		2008	3:15.81	Trabuco Hills		2004
43.39	University		2016	3:15.94	Santa Margarita		2003
43.40	Foothill		1990	3:15.96	Woodbridge		2010
43.40	El Toro		1998	3:16.0 +	Newport	3:17.2y	1978
43.40	Dana Hills		1999	3:16.02	Cypress		2005
43.40	Tustin		2009	3:16.06	Aliso Niguel		2017
43.41	San Clemente		1989	3:16.34	Mission Viejo		2004
43.41	Mission Viejo		1994	3:16.40	Los Alamitos		2004
43.41	Huntington Beach		2008	3:16.41	Fountain Valley		1981
43.41	Woodbridge		2010	3:16.5 +	Fountain Valley	3:17.7y	1970
43.42	Esperanza		2011	3:16.80	Mater Dei		2010
43.42	Servite		2012	3:16.80	Dana Hills		2018
43.43	Pacifica		2010	3:16.91	Woodbridge		2015
43.44c	Irvine	43.3	1981	3:16.92	SA Valley		1986
43.44c	Estancia	43.3	1986	3:17.28	Servite		2008
43.44	Marina		1990	3:17.30	Trabuco Hills		2009
43.44c	Rancho Alamitos	43.3	1991	3:17.34	Mater Dei		2011
43.44	Rancho Alamitos		2001	3:17.46	Santa Margarita		2000
43.44c	Esperanza	43.3	2008	3:17.57	Woodbridge		2014
43.44	Fullerton		2010	3:17.72	Buena Park	3:19.0y	1972
43.45	Anaheim		1986	3:17.80	Corona del Mar		2012
43.45	Northwood		2016	3:17.84	Valencia		1991
				3:17.85	Valencia		1992

### 4 x 400 meter Relay

3:17.9 +	Garden Grove	3:19.2y	1970	3:21.5 +	Lowell	3:22.8y	1970
3:17.9 +	Edison	3:19.2y	1975	3:21.5 +	University	3:22.8y	1980
3:17.92	Newport	3:19.2y	1977	3:21.51	Anaheim		1984
3:18.12	Villa Park		1996	3:21.56	Tustin		2012
3:18.3 +	Newport	3:19.6y	1972	3:21.58	Mater Dei		1983
3:18.3 +	Los Alamitos	3:19.6y	1975	3:21.60	Saddleback		1992
3:18.34	Cypress		2006	3:21.6 +	Buena Park	3:22.9y	1971
3:18.4 +	Bolsa Grande	3:19.7y	1966	3:21.62	Trabuco Hills		2003
3:18.53	Foothill		1991	3:21.67	Mission Viejo		1985
3:18.65	Dana Hills		2005	3:21.68	Corona del Mar		2013
3:18.68	Servite		2011	3:21.7 +	Newport	3:23.0y	1973
3:18.7 +	Western	3:20.0y	1972	3:21.74	Trabuco Hills		2018
3:18.82	Orange Lutheran		2007	3:21.75	Trabuco Hills		1999
3:18.98	Tustin		1997	3:21.81	Dana Hills		1983
3:18.98	Trabuco Hills		2017	3:21.85	Canyon		2009
3:19.1 +	Santa Ana	3:20.4y	1971	3:21.87	Aliso Niguel		2008
3:19.2 +	Newport	3:20.5y	1974	3:21.88	SA Valley		1997
3:19.23	Santa Margarita		1998	3:21.9 +	Estancia	3:23.2y	1976
3:19.29	Trabuco Hills		2015	3:21.91	Edison		2014
3:19.32	Edison		2005	3:21.96	Dana Hills		2012
3:19.34	Edison		1989	3:21.98	Aliso Niguel		2015
3:19.46	Fountain Valley		1982	3:22.04	Fountain Valley		1993
3:19.47	El Modena		1982	3:22.04	Mission Viejo		2018
3:19.49	Orange Lutheran		2018	3:22.06	Marina		1984
3:19.54	Mater Dei		2013	3:22.09	Dana Hills		2011
3:19.60	Mission Viejo		2013	3:22.09	Woodbridge		2018
3:19.64	Dana Hills		2013	3:22.1 +	Mission Viejo	3:23.4y	1975
3:19.68	Woodbridge		1989	3:22.1	Corona del Mar		1983
3:19.82	Servite		1999	3:22.2 +	Villa Park	3:23.5y	1976
3:19.83	Dana Hills		1984	3:22.2 +	El Dorado	3:23.5y	1978
3:19.9 +	Savanna	3:21.2y	1970	3:22.23+	Edison	3:23.41y	1980
3:19.9 +	Santa Ana	3:21.2y	1970	3:22.25	Katella		1988
3:20.0 +	Tustin	3:21.3y	1969	3:22.27	Mater Dei		2008
3:20.0 +	Santa Ana	3:21.3y	1973	3:22.27	Santa Margarita		2018
3:20.00	Esperanza		1984	3:22.28	Esperanza		1993
3:20.04	Mission Viejo		2016	3:22.3 +	Newport	3:23.5y	1969
3:20.06	Santa Margarita		2008	3:22.30	Santa Margarita		2014
3:20.1 +	Lowell	3:21.4y	1969	3:22.34	Edison		2013
3:20.16	Dana Hills		2010	3:22.40	Los Alamitos		2005
3:20.21	SA Valley		1992	3:22.41	Orange		1983
3:20.23	Irvine		2010	3:22.41	Mission Viejo		2012
3:20.26	Newport		2000	3:22.42	Aliso Niguel		2009
3:20.26	Mater Dei		2012	3:22.5 +	El Dorado	3:23.8y	1980
3:20.27	Esperanza		1983	3:22.50	El Dorado		1987
3:20.32	Edison		1998	3:22.56	Los Alamitos		2001
3:20.4 +	Santa Ana	3:21.7y	1974	3:22.56	Woodbridge		2011
3:20.41	Mater Dei		2018	3:22.59	Corona del Mar		2011
3:20.43	Trabuco Hills		2016	3:22.67	Servite		2016
3:20.49	Dana Hills		2017	3:22.68	Esperanza		1989
3:20.52	Woodbridge		2013	3:22.71	Mater Dei		1981
3:20.57	Canyon		2008	3:22.71	Canyon		1989
3:20.59	Dana Hills		2014	3:22.73	Los Alamitos		1983
3:20.62	Trabuco Hills		1998	3:22.76	University		1981
3:20.71	Servite		2015	3:22.80	Irvine		1987
3:20.73	Orange Lutheran		2013	3:22.80	Cypress		1993
3:20.73	Woodbridge		2016	3:22.80	Orange Lutheran		2006
3:20.74	Santa Margarita		1997	3:22.81	Costa Mesa		1982
3:20.76	Los Alamitos		2003	3:22.81	Woodbridge		2009
3:20.80	Santa Margarita		2005	3:22.82	Esperanza		2000
3:20.84	Mission Viejo		2002	3:22.82	Trabuco Hills		2013
3:20.87	Woodbridge		2017	3:22.88	Edison		2001
3:20.89	Mission Viejo		2010	3:22.93	Trabuco Hills		2010
3:20.98	Mission Viejo		2005	3:23.0	El Modena		1981
3:21.0 +	SA Valley	3:22.2y	1969	3:23.00	Edison		1997
3:21.11	Woodbridge		1992	3:23.09	Mission Viejo		2006
3:21.12	Mater Dei		2009	3:23.09	Los Alamitos		2008
3:21.15	Mater Dei		2014	3:23.09	Trabuco Hills		2011
3:21.16	Santa Margarita		1999	3:23.10	Estancia		1986
3:21.17	Villa Park		1983	3:23.13	Esperanza		1982
3:21.18	Dana Hills		2008	3:23.13	Mission Viejo		2014
3:21.22	Tesoro		2010	3:23.16	Rancho Alamitos		1984
3:21.38	Los Alamitos		2015	3:23.18	Villa Park		1985
3:21.4 +	Westminster	3:22.7y	1973	3:23.18	Santa Margarita		1996
3:21.4 +	Marina	3:22.7y	1976	3:23.23	Irvine		1986
3:21.4 +	Villa Park	3:22.7y	1977	3:23.24	Mission Viejo		2003
3:21.49	Dana Hills		2009	3:23.31	Servite		1986
3:21.49	Santa Margarita		2016	3:23.32	Katella		1983

3:23.33	University	1982	7:55.77	Villa Park	1983
3:23.36	Fountain Valley	2016	7:55.80	Irvine	1985
3:23.39	Savanna	1997	7:56.07	Dana Hills	2010
3:23.42	Los Alamitos	2014	7:56.10	Marina	2011
3:23.45	Esperanza	1991	7:56.2	Magnolia	1964
3:23.45	Saddleback	1994	7:56.3 +	Villa Park	7:59.1y 1972
3:23.45	Mission Viejo	2009	7:56.34	Dana Hills	2014
3:23.46	Corona del Mar	1984	7:56.35	Capo Valley	1989
3:23.47	Huntington Beach	1990	7:56.59	Brea	2011
3:23.48	Dana Hills	2001	7:56.6 +	Estancia	7:59.4y 1977
3:23.49	Newport	1987	7:57.67	Esperanza	2002
3:23.5	Costa Mesa	1981	7:57.87	Esperanza	2011
3:23.50	Katella	1989	7:58.21	El Toro	2007
3:23.50	Huntington Beach	2008	7:58.37	Brea Olinda	1994
3:23.50	Servite	2013	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

### Sprint Medley

3:26.1 +	La Habra	3:27.4y	1961
3:26.36	Los Alamitos		2016
3:26.7 +	Orange	3:27.9y	1961
3:26.8 +	La Habra	3:28.5y	1962
3:27.33	El Modena	3:27.4y	1982
3:27.64	Loa Alamitos		2015
3:27.64	Mission Viejo		2018
3:29.27	Los Alamitos		2018
3:29.29	Tesoro		2018
3:30.19	Los Alamitos		2017
3:30.5 +	Sunny Hills	3:31.8y	1974
3:30.5 +	El Modena	3:31.8y	1977
3:30.57	Dana Hills		2010
3:30.61	Mater Dei		2013
3:30.67	Dana Hills		2009
3:31.76	Dana Hills		2014
3:31.87	El Toro		2009
3:32.6	Katella		1980
3:32.7 +	Orange	3:34.0y	1963
3:30.30	Trabuco Hills		1987
3:33.36	San Juan Hills		2013
3:33.89	Dana Hills		2008
3:33.96	Mission Viejo		2014
3:34.11	Tesoro		2016
3:34.27	Los Alamitos		2013
3:34.57	El Modena		1994
3:34.59	San Juan Hills		2014
3:35.63	El Toro		2003
3:35.80	Trabuco Hills		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

### 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
10:14.08	Dana Hills		2008
10:14.6 +	La Habra	10:18.2y	1968
10:14.65	Corona del Mar		2012
10:15.06	El Modena		1981
10:15.63	El Toro		2011
10:15.65	Dana Hills		2017
10:15.92	Newport		1999
10:15.96	Dana Hills		2014
10:16.1 +	Mission Viejo	10:19.6y	1974
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
10:19.4	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
10:23.1 +	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
10:27.77	Santa Margarita	2006
10:27.81	Servite	2010

### 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
17:23.26	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
17:36.62	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
17:50.6 +	Westminster	17:56.9y 1966
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
7-2.5	Harrison Steed (J Serra)	2010
7-2	Elliott Parks (El Toro)	1997
7-1	Kevin Carlson (Katella)	1991
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
6-11	Cody Crampton (Canyon)	2012
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
6-9.25	** 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	6-6.5	Craig Fidone (Edison)	1977
6-9	Tim Cody (Servite)	1991	6-6.5	Rob Spencer (Canyon)	1978
6-9	*Jeff Waldren (Cypress)	1991	6-6.5	Eric Pryce (Mission Viejo)	1988
6-9	Santesh Swamis (El Modena)	1998	6-6.5	Dan Funks (Laguna Hills)	1995
6-9	Sage Stone (Mission Viejo)	2013	6-6.25	Peter Hart (Villa Park)	1970
6-9	Myles Hawkins (Orange Lutheran)	2014	6-6.25	K.C. Connell (Newport)	1975
6-9	Quinten Pounds (Cypress)	2015	6-6.25	Ron Craig (Newport)	1977
6-9	Kevin Schmitt (Los Alamitos)	2018	6-6.25	* Todd Broesder (Loara)	1981
6-8.75	Tohru Asami (Sunny Hills)	1978	6-6	Mike Lange (Costa Mesa)	1962
6-8.5	Ed Caruthers (SA Valley)*	1963	6-6	Dave Russ (Garden Grove)	1969
	*(Recordholder for the Straddle Technique)		6-6	Greg Lynch (Lowell)	1971
6-8.5	Dave White (Marina)	1977	6-6	Tom Johnson (Loara)	1972
6-8.5	Jeff Bedell (Villa Park)	1985	6-6	Joe Denger (Corona del Mar)	1972
6-8.5	Matt Dispenza (Marina)	2014	6-6	Paul Morton (Kennedy)	1972
6-8.25	Carl Eissman (San Clemente)	1975	6-6	Doug Martin (Mater Dei)	1972
6-8.25	Roger Leary (El Toro)	1982	6-6	Jeff Hutton (Katella)	1972
6-8	Rick Sloan (Anaheim)	1964	6-6	Dave Gemmill (Lowell)	1973
6-8	Greg Heet (Lowell)	1964	6-6	Parker (Westminster)	1974
6-8	Parker Kennedy (Foothill)	1966	6-6	Craig Feola (El Dorado)	1974
6-8	Dave Russ (Garden Grove)	1969	6-6	Mitch Herold (Los Alamitos)	1974
6-8	Kevin Cuervo (Western).	1975	6-6	Chris Davis (Edison)	1975
6-8	*Dave Kahn (Lowell)	1978	6-6	Gary Armstrong (Katella)	1975
6-8	Jim Allen (Cypress)	1978	6-6	Eric Schommer (Los Alamitos)	1975
6-8	Jeff Stevens (Tustin)	1978	6-6	John Peterson (Saddleback)	1975
6-8	Dave Martin (Huntington Beach)	1979	6-6	Todd Kirschner (El Dorado)	1975
6-8	Imad Jamal (Fullerton)	1979	6-6	Keith DeLapp (Saddleback)	1976
6-8	Todd Hart (Servite)	1980	6-6	Jacquez Tuz (Corona del Mar)	1977
6-8	Mike Spera (Tustin)	1980	6-6	Imad Jamal (Fullerton)	1978
6-8	* Ed McGowan (Katella)	1980	6-6	Teavy (El Toro)	1978
6-8	Jeff Armstrong (Western)	1980	6-6	Doug Lalicker (Savanna)	1978
6-8	Ian Dougherty (Villa Park)	1982	6-6	Chris McNeese (Foothill)	1978
6-8	*Jay Jensen (Los Alamitos)	1983	6-6	Dave Garrett (Santa Ana)	1978
6-8	LeRon Ellis (Mater Dei)	1987	6-6	Mike Seidschlag (Orange)	1979
6-8	Chris Chapman (Esperanza)	1994	6-6	Mike Aschieris (Foothill)	1979
6-8	Danny Vasquez (Century)	1995	6-6	Rich Chang (Edison)	1980
6-8	Jim Lunnan (Santa Margarita)	2000	6-6	Eugene Harriman (Magnolia)	1981
6-8	Hunter Orahoed (San Clemente)	2001	6-6	*Kevin Harrison (Foothill)	1981
6-8	Dionte Holloway (Kennedy)	2002	6-6	Allan Galloway (Pacifica)	1982
6-8	Jeff Goddard (Edison)	2003	6-6	Brad Burns (Ocean View)	1982
6-8	Oberle (Cypress)	2004	6-6	Ron Murray (Los Alamitos)	1982
6-8	Tim George (Los Alamitos)	2005	6-6	Ken Williams (Troy)	1982
6-8	Daniel Gomez (Troy)	2006	6-6	** Tom Ward (El Dorado)	1983
6-8	Conrad (Buena Park)	2008	6-6	Black (Santa Ana)	1983
6-8	Mike La Rocca (Dana Hills)	2008	6-6	Todd Prukop (Servite)	1984
6-8	Mitchell Bland (Tesoro)	2014	6-6	Todd Jorgenson (Los Alamitos)	1985
6-8	*James Phillips (Yorba Linda)	2016	6-6	Walter Lauderdale (Kennedy)	1985
6-8	Chance Kuehnel (Sage Hill)	2016	6-6	Ryan Gillette (Villa Park)	1985
6-7.5	Chat Chuenrudeemol (Sunny Hills)	1990	6-6	Steve Koehl (Foothill)	1986
6-7.25	Steve Baskin (Esperanza)	1975	6-6	Pete Gontang (Mission Viejo)	1986
6-7.25	Mike Weinrich (Santa Ana)	1964	6-6	John Grehata (SA Valley)	1986
6-7	Willie Gardner (Garden Grove)	1971	6-6	Richie (Costa Mesa)	1986
6-7	Bill Gordon (La Habra)	1971	6-6	Bill Price (Valencia)	1987
6-7	George Kent (Corona del Mar)	1972	6-6	Dave Ellis (Woodbridge)	1987
6-7	Mike Sena (Mission Viejo)	1974	6-6	Wil Foster (Edison)	1987
6-7	Ed Holahan (Buena Park)	1978	6-6	Greg Reyes (Los Alamitos)	1988
6-7	Greg Lawson (El Dorado)	1979	6-6	Bob Breneman (Trabucco Hills)	1988
6-7	*Jay Hunnemeyer (Troy)	1979	6-6	Paul Mackay (Foothill)	1988
6-7	Lorenzo Demeyers (Edison)	1982	6-6	Tom Sheehy (Tustin)	1989
6-7	Scott Buccola (University)	1982	6-6	Anthony Ortiz (La Habra)	1989
6-7	Eric Samuelson (Sonora)	1983	6-6	Ian Alexander (Foothill)	1990
6-7	* Todd Fenton (Cypress)	1984	6-6	Melendez (Anaheim)	1990
6-7	Mark Palmer (Corona del Mar)	1984	6-6	Jason Swericz (San Clemente)	1991
6-7	Perez (Fullerton)	1986	6-6	* Ramsey Alexander (Tustin)	1991
6-7	Matt Malone (Marina)	1987	6-6	Mike Desimore (Dana Hills)	1991
6-7	Will Foster (Edison)	1987	6-6	Tom Bottiaux (Canyon)	1991
6-7	* Greg Ramsey (Loara)	1989	6-6	Thomas Clayton (Tustin)	1991
6-7	* Paul Nihipali (Esperanza)	1992	6-6	Hubbard (Brea)	1992
6-7	Steve Sherwood (Esperanza)		6-6	Noah Kimbwalla (Orange)	1992
6-7	Robert Fuentes (Saddleback)	1998	6-6	Mark Greenwood (Canyon)	1993
6-7	Chase Thomas (Orange Lutheran)	2006	6-6	*Matt Byrd (Fountain Valley)	1994
6-7	Ryan Arambulo (Beckman)	2008	6-6	David Barnes (Marina)	1994
6-7	Oscar Munson (San Clemente)	2011	6-6	Steve McNully (La Habra)	1995
6-7	AJ Beynon (Edison)	2015	6-6	Dustin Miller (Dorado)	1995
6-6.75	Sprague Hanavan (El Modena)	1986	6-6	*Dan Busch (Orange)	1995
6-6.5	Andy Curbs (Western)	1961	6-6	*Danny DeRosier (Cypress)	1996
6-6.5	Mike Maxey (Buena Park)	1973	6-6	Chris Lawford (Dana Hills)	1997
6-6.5	Steve Cox (El Toro)	1975	6-6	Bryan Reese (Dana Hills)	1997

6-6	* Santosh Swamidass (El Modena)	1997
6-6	Steve Smith (Costa Mesa)	1997
6-6	Ryan Kugel (Brea)	1998
6-6	Bilian Panian (Los Alamitos)	1999
6-6	Joe Thomas (Buena Park)	1999
6-6	Andy Spaulding (Dana Hills)	2000
6-6	Matt Johnson (Santa Margarita)	2001
6-6	Daryl Parker (Canyon)	2001
6-6	* J.T. Perryman (Woodbridge)	2001
6-6	Mike Prouder (Cypress)	2001
6-6	*Jeff Goodard (Edison)	2002
6-6	Brian McTigue (Mission Viejo)	2002
6-6	Zach Novae (Estancia)	2003
6-6	Blake Remeyer (Trabuco Hills)	2003
6-6	Williams (Savanna)	2003
6-6	Butts (Buena Park)	2004
6-6	Mike Lawrence (Servite)	2004
6-6	Rick Fisher (El Toro)	2005
6-6	**Warren Reuland (Mission Viejo)	2006
6-6	Chase Redfield (Dana Hills)	2007
6-6	* Colton Grandbouche (Canyon)	2008
6-6	* Andy Multari (Sage Hill)	2009
6-6	Neimah Jones (Irvine)	2009
6-6	Jordan Sachs (La Habra)	2009
6-6	Winston Lawson (Seegerstrom)	2011
6-6	Alex Wilde (Corona del Mar)	2014
6-6	**Jack Wiseman (Huntington Beach)	2017
6-6	*Aiden Garnett (Edison)	2018

## Pole Vault

17-6	Michael Woepse (Mater Dei)	2010
17-2	Jett Gordon (Marina)	2016
17-0	Carl Johansson (Orange Lutheran)	2014
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
16-4	Dave Noel (Edison)	1988
16-3.25	Keith Schimmel (Villa Park)	1975
16-3.25	Jim Sidler (Villa Park)	1977
16-3	Scott Cook (Mater Dei)	2010
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
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 Garipey (Mission Viejo)	2018
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
15-7	*R.W. Henson (Newport)	1987
15-7	*Chris Doerr (Trabuco Hills)	2015
15-6	Doug Miller (Estancia)	1986
15-6	Ra Darling (Ocean View)	1988
15-6	Lu e Stokes (Edison)	1997

15-6	* Hong Nguyen (Katella)	2002
15-6	Jeff Tran (Fountain Valley)	2009
15-6	Jesse Phillips (Katella)	2010
15-6	Paul Thenard (Marina)	2013
15-6	Riley Turner (Mater Dei)	2014
15-6	Tommy Nord (Mater Dei)	2014
15-6	***Aidan Chenault (J Serra)	2017
15-4	Eric Whitcomb (Valencia)	1989
15-4	Gary VanSluis (El Modena)	1993
15-4	Travis Vandrovec (Fountain Valley)	1997
15-4	Curbs Hendrick (Marina)	2003
15-4	Leon Roach (Marina)	2008
15-4	Ryan Simioni (Edison)	2008
15-4	Matt Cooper (Mater Dei)	2009
15-4	Eric Sims (Servite)	2009
15-4	Kevin Stull (Orange Lutheran)	2013
15-4	Chandler Thorpe (Edison)	2013
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
15-2	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 DiStanislao (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
14-10.75	Kevin Cuervo (Western)	1976
14-10.25	Dennis Walp (Loara)	1966
14-10	Steve DeBerg (Savanna)	1972
14-10	Bob Goto (Lowell)	1973
14-10	Andy Spindler (Woodbridge)	2002
14-10	* Jose Magana (Katella)	2002
14-10	Trent Perez (Servite)	2008
14-10	Cooper Montano (Servite)	2012
14-10	Andrew Fowler (Los Alamitos)	2016
14-9	Kevin Anthony (Tustin)	1976
14-9	* Travis Pett (Huntington Beach)	1999
14-9	Matt Kirsten (Mission Viejo)	2004

14-9	**Carl Johansson (Orange Lutheran)	2012	14-3	*Vince Vu (Marina)	1990
14-9	Keith Messinger (Dana Hills)	2012	14-3	Arthur Odden (Marina)	1997
14-9	Paul Bowker (Mission Viejo)	2012	14-3	Alexander Hale (Los Alamitos)	2003
14-8.5	Tom Lueras (Santa Ana)	1972	14-3	Phong Duong (Katella)	2004
14-8.5	Aaron Corbett (Edison)	2001	14-3	Mike O'Sullivan (El Toro)	2007
14-8	Mike Sampson (La Habra)	1969	14-3	Travis Stock (Dana Hills)	2009
14-8	Mark Hill (Sunny Hills)	1983	14-3	Scott Anderson (Santa Margarita)	2010
14-8	Manuel Ballard(Cypress)	1985	14-3	*Peter Klepp (El Toro)	2010
14-8	Shawn Rogen (Irvine)	1989	14-3	Kyle Garcia (Edison)	2010
14-8	*Sean Kelsay (San Clemente)	2016	14-3	**Jack Gallivan (Mater Dei)	2010
14-7.75	John Reed (Los Amigos)	1981	14-3	Nick Van Hoogmoed (Servite)	2011
14-7.5	Les Hague (Santa Ana)	1965	14-3	**Riley Turner (Mater Dei)	2012
14-7.5	Jim Burton (SA Valley)	1966	14-3	**David Bean (Orange Lutheran)	2012
14-7.25	Mike Simmons (Newport)	1966	14-3	John Macwillie (Fountain Valley)	2012
14-7	Ed Elliot (SA Valley)	1967	14-3	Diego Gandara (Los Alamitos)	2018
14-7	* Sven Northcott (Marina)	1994	14-2.5	Schenk (Fountain Valley)	1972
14-7	* Brian Lindley (University)	1995	14-2	Jeff Oldham (Santa Ana)	1967
14-7	Matt Summer (Marina)	1997	14-2	Alvin Alaman (SA Valley)	1972
14-7	* Aaron Roy (Edison)	2005	14-2	*Dave Tucker (Magnolia)	1971
14-7	Matt McCormick (Dana Hills)	2008	14-2	Steve Pulvers (Garden Grove)	1973
14-7	Cameron Van Dieren (Servite)	2010	14-2	Foster (Lacuna Beach)	1975
14-6.5	Tony Hoffman (San Clemente)	1971	14-2	Tom Keim (Marina)	1995
14-6.5	Kevin Magula (Marina)	1988	14-2	Mackel Vaughan (Dana Hills)	2004
14-6	John Anderson (Santa Ana)	1969	14-2	Andrew Wong (Corona del Mar)	2004
14-6	Dan Ripley (Loara)	1971	14-2	Michael Parson (Los Alamitos)	2018
14-6	Bruce Fandel (Santiago)	1971	14-2	Jacob Wong (Trabuco Hills)	2018
14-6	Dan Polk (La Habra)	1972	14-1.5	Joe Vermilyer (Santa Ana)	1971
14-6	Amaro Lopez (Santa Ana)	1972	14-1.5	Terry Parkinson (Fountain Valley)	1971
14-6	Terry Lowry (Savanna)	1973	14-1.5	Mike Cirillo (Corona del Mar)	1976
14-6	Larry Castanguay (Esperanza)	1975	14-1	John Trosko (Valencia)	1964
14-6	Plett (Troy)	1977	14-1	Andy Solis (Santa Ana)	1968
14-6	Randy Parker (Brea)	1977	14-1	Doug Boswell (Westminster)	1977
14-6	Scott Kissick (Lowell)	1977	14-1	Brummel (Mission Viejo)	1991
14-6	Al Geduld (Valencia)	1979	14-1	Roger Van Sluis (El Modena)	1995
14-6	Scot McKay (Newport)	1979	14-1	Richard Gridley (Katella)	1998
14-6	Dennis Shannon (Irvine)	1979	14-1	David Morris (Katella)	2000
14-6	Terry Lomheim (Valencia)	1982	14-1	Mardsen (Katella)	2001
14-6	Rich Forsythe (Edison)	1982	14-1	Pha Ngo (Marina)	2003
14-6	Wayde Walker (Troy)	1983	14-1	*Blake Coscino (Dana Hills)	2007
14-6	Chuck Griffin (Sonora)	1983	14-1	Brandon Janca (Edison)	2009
14-6	Chris Madsen (Los Alamitos)	1985	14-1	Mark Sakioka (Newport)	2009
14-6	Josh Herndon (University)	1989	14-1	Jeremy Kennedy (Marina)	2009
14-6	Rob Lindley (Dana Hills)	1990	14-1	Christian Virga (Los Alamitos)	2015
14-6	John Bain (Foothill)	1994	14-0.5	Jeff Gilbert (El Dorado)	1975
14-6	David Allen (Woodbride)	1997	14-0.25	Staines (Trabuco Hills)	2001
14-6	Cameron St Clair (Brea)	1997	14-0	Laskey (SA Valley)	1965
14-6	Kris Scotten (Edison)	1998	14-0	Jim Feeney (Katella)	1968
14-6	* Dwayne McCabe (El Modena)	2000	14-0	Alan Simons (Loara)	1969
14-6	Tom Sparks (Esperanza)	2000	14-0	Richard Carlson (Pacifica)	1969
14-6	* Brian Rother (San Clemente)	2003	14-0	Wayne Gorman (Anaheim)	1971
14-6	Garrett Gaska (Fountain Valley)	2005	14-0	John Kwan (Santa Ana)	1972
14-6	Blake Coscino (Dana Hills)	2008	14-0	Jack Hanion (Anaheim)	1972
14-6	Kevin Miller (Fountain Valley)	2010	14-0	M. Kinnison (El Modena)	1972
14-6	*Max Van Bergh (Newport)	2010	14-0	Steve Johnson (Troy)	1972
14-6	Tyger Morgan (Marina)	2010	14-0	Steve Pulvers (Garden Grove)	1972
14-6	Bradley Wernick (Capo Valley)	2012	14-0	Many Gresham (Marina)	1973
14-6	Ty Mason (Fountain Valley)	2013	14-0	Wayne Parris (Savanna)	1973
14-6	Jordan Antol (Mission Viejo)	2014	14-0	Allobello (La Habra)	1974
14-5.5	Pat Lustig (Marina)	1981	14-0	Eric Engberg (Brea)	1975
14-5.25	Eric Berg (Costa Mesa)	1962	14-0	Dean Barnett (Lowell)	1975
14-5	*Julien Okey (Tesoro)	2010	14-0	Rob Conrad (Katella)	1975
14-4.5	Mike Lindsay (Santa Ana)	1962	14-0	Mark Harris (Lowell)	1975
14-4.5	Boyd (Western)	1964	14-0	Grochow (Estancia)	1976
14-4	Gordy Mooers (Valencia)	1969	14-0	*Rob Little (Saddleback)	1977
14-4	Wood (Laguna Beach)	1969	14-0	Chris Hart (Western)	1977
14-4	Bruce Hooten (Edison)	1986	14-0	Dan Duddridge (Costa Mesa)	1977
14-4	** Song Yang (Katella)	2000	14-0	Tony Brassfield (Mission Viejo)	1977
14-4	* Eric Simms (Servite)	2008	14-0	Dan Worthington (Troy)	1977
14-4	Kevin Mohr (Troy)	2016	14-0	Mike Houseal (Saddleback)	1978
14-3.25	*Ty Mason (Fountain Valley)	2012	14-0	*Jeff Koegel (Valencia)	1979
14-3	*Kevin Manix (Costa Mesa)	1968	14-0	Pat Gleason (Edison)	1979
14-3	John Boyd (Kennedy)	1968	14-0	Pickney (Estancia)	1979
14-3	Will Blockleman (Lowell)	1974	14-0	John Knox (Edison)	1979
14-3	Geof Gerstner (Sunny Hills)	1975	14-0	Steve Verdone (Villa Park)	1980
14-3	Tom Turner (Cypress)	1975	14-0	Jim Kinnane (Troy)	1980
14-3	Dale Anderson (Saddleback)	1978	14-0	Ken Bodenhofer (Newport)	1980
14-3	John Carroll (Villa Park)	1983	14-0	Dennis Crawford (Katella)	1981

14-0	Curt Hildt (Irvine)	1982	23-10.75	Hayden Pierce (Esperanza)	2010
14-0	Sean Robertson (Troy)	1983	23-10.5	Bob Rust (Kennedy)	1980
14-0	Darren Stout (Valencia)	1984	23-10.5	Michael Mitchell (Tesoro)	2016
14-0	Karl Schnug (Corona del Mar)	1984	23-10	Justin Schneider (El Toro)	2012
14-0	*Jeff Jones (Estancia)	1985	23-9.75	Danny Casupanan (Tustin)	2002
14-0	Bruce Clemons (Dan Hills)	1986	23-9	Victor Chambers (Fullerton)	1937
14-0	Gary Covington (Los Alamitos)	1986	23-8.75	Walter Steen (SA Valley)	1982
14-0	Josh McHugh (Marina)	1988	23-7.5	Kevin McGannon (Buena Park)	1965
14-0	Sean Woolsey (Corona del Mar)	1988	23-7.5	Dave Berger (Canyon)	1978
14-0	Curt Shipcott (Foothill)	1988	23-7	Ernie Fisher (Los Amigos)	1978
14-0	*Brad Williams (Servite)	1988	23-6.75	Charlie Tyler (Edison)	1988
14-0	Derrick Fritz (Foothill)	1988	23-6	Elliot Dunning (SA Valley)	1984
14-0	*Tyson Jacobson (Capo Valley)	1989	23-6	*William Dancy (SA Valley)	1988
14-0	Keith Miller (Corona del Mar)	1989	23-6	Arik Nesbit (San Clemente)	2014
14-0	Brian Zeller (Trabuco Hills)	1989	23-5.5	*Larry Williams (SA Valley)	1982
14-0	Joel Cardenas (Saddleback)	1989	23-5.5	Jose Rubio (Loa Alamitos)	2017
14-0	Jason Brizic (El Toro)	1990	23-5.5	Antonio Thomas (Century)	2000
14-0	Derek Nguyen (Katella)	1991	23-5.25	*Myles Hawkins (Orange Lutheran)	2013
14-0	Tom Bottiaux (Canyon)	1991	23-5	*Sean Sawyer (El Modena)	1984
14-0	Mark Crowley (Marina)	1992	23-4.5	Willie Gardner (Garden Grove)	1971
14-0	Peter Barney (University)	1992	23-4.5	Troy McAllister (Saddleback)	1983
14-0	Adam Dyer (Esperanza)	1993	23-4.25	Earl Jones (Saddleback)	1984
14-0	*Robert Heckman (Huntington Beach)	1994	23-3.75	*Todd Fenton (Cypress)	1984
14-0	Robert Villegas (Century)	1995	23-3.5	Sheldon Blockburger (Newport)	1983
14-0	Kevin Voorhis (Irvine)	1995	23-3.5	Lee Mitchell (Tesoro)	2014
14-0	Kevin Bradley (Fountain Valley)	1996	23-3.25	Isaac Curtis (Santa Ana)	1968
14-0	*Greg Walker (El Toro)	1996	23-3.25	Matt Malone (Marina)	1987
14-0	Dave Bienek (El Toro)	1998	23-3	Darrell Roberts (Fullerton)	1955
14-0	*Brandon Guffey (Esperanza)	1998	23-3	*Kirk Ayers (Western)	1986
14-0	Chits Heiner (Marina)	1998	23-3	J.J. Cisneros (Los Alamitos)	1988
14-0	Jason Knowles (Fountain Valley)	1998	23-2.75	Eric Dorn (Estancia)	1986
14-0	Jim Whitesides (El Toro)	1998	23-2.75	*Jeremiah Harris (Orange Lutheran)	2014
14-0	Tom St Clair (Brea)	1999	23-2	Ric Hibbs (Pacifica)	1966
14-0	Ray Kroona (Foothill)	2000	23-2	Mike Morgan (Mater Dei)	1966
14-0	**David Grant (Katella)	2000	23-1.75	Tohru Asami (Sunny Hills)	1978
14-0	Ryan Borland (Dana Hills)	2000	23-1.25	Tony Mosley (Santa Ana)	1987
14-0	Mark Martello (San Clemente)	2000	23-1	Garth Wise (Huntington Beach)	1971
14-0	Scott Robinson (Esperanza)	2000	23-1	Troy Blevins (Fountain Valley)	1978
14-0	John Rossell (Brea)	2001	23-1	Richard Brim (Huntington Beach)	1982
14-0	*Byron Collins (Esperanza)	2002	23-1	*Mario Valencia (Mater Dei)	2003
14-0	Tyler Panian (Los Alamitos)	2002	23-0.75	Bob McNamera (Fullerton)	1958
14-0	Cart (Mission Viejo)	2002	23-0.75	Jason Neben (Orange Lutheran)	1989
14-0	Robert Fulton (Servite)	2005	23-0.5	Jim Mitchell (Villa Park)	1974
14-0	Brett DeAvila (Mission Viejo)	2006	23-0	Ray Harris (Fountain Valley)	1971
14-0	Michael Trieu (Woodbridge)	2006	23-0	Don Moreno (Valencia)	1977
14-0	James Wu (Dana Hills)	2006	23-0	*Phouphet Singbandith (Magnolia)	1989
14-0	Greg Bowlin (Aliso Niguel)	2007	23-0	Frank Smith (Woodbridge)	1990
14-0	Mathew McCormick (Dana Hills)	2008	23-0	Elliott Parks (El Toro)	1997
14-0	Austin McGroaty (Marina)	2009	22-11.5	Ron Crawford (Santa Ana)	1973
14-0	Daniel Taylor (Aliso Niguel)	2009	22-11.5	Rich Julien (Estancia)	1976
14-0	*Connor Hawks (Mater Dei)	2010	22-11.5	Robert Gaither (SA Valley)	1980
14-0	Trevor Rothaus (Servite)	2010	22-11.5	Scott McKenize (El Toro)	1980
14-0	Tyler Frank (Santa Margarita)	2011	22-11.5	Eric Andrade (Servite)	1982
14-0	Jack Gallivan (Mater Dei)	2012	22-11.5	James Chun (Kennedy)	1990
14-0	David Munoz (Newport)	2013	22-11.5	Steagall (Villa Park)	2001
14-0	Christian Abbey (Newport)	2013	22-11.25	Drew Huusfeldt (Esperanza)	2010
14-0	Jason McKinnon (Fountain Valley)	2013	22-11	Steve Alff (Lowell)	1969
14-0	Ryan Riviere (Servite)	2014	22-11	*Roger Lemons (Katella)	1979
14-0	*Gavin Carter (Fountain Valley)	2016	22-11	Bernie Chapman (Capo Valley)	1991
14-0	**Mason Garipey (Mission Viejo)	2017	22-11	Kenny McGee (Magnolia)	2008
14-0	Gavin Carter (Fountain Valley)	2017	22-10.75	Jim Morgan (Mater Dei)	1967
14-0	*Nam Do (Fountain Valley)	2017	22-10.75	Joe Birdo (SA Valley)	1982
14-0	*Nikolai Perelman (Aliso Niguel)	2018	22-10.75	Vince Church (Kennedy)	1990
			22-10.5	Dan Hedlund (Villa Park)	1971
			22-10.5	Russ Samuels (Bolsa Grande)	1972
			22-10.25	Doug Switzer (La Habra)	1966
			22-10	Bob Smith (SA Valley)	1963
			22-10	*Eddie Preston (Santa Ana)	1963
			22-10	Carl Fields (SA Valley)	1969
			22-10	Robin Brown (Katella)	1970
			22-10	Keith Denson (SA Valley)	1970
			22-9.75	Ricky Franklin (Santa Ana)	1982
			22-9.5	Henry Harrell (Santa Ana)	1973
			22-9.5	Sean Savala (Villa Park)	1984
			22-9.5	Fridoon Abawi (Marina)	1990
24-7	Dante Pettis (JSerra)	2014			
24-5	Tony Pitts (SA Valley)	1978			
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			

## Long Jump

24-7	Dante Pettis (JSerra)	2014
24-5	Tony Pitts (SA Valley)	1978
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

22-9.5	Mitchell Bland (Tesoro)	2014
22-9.5	Malcolm Wesley (Santa Ana Valley)	2018
22-9	* Lyn Jerkins (Los Alamitos)	1977
22-9	*Larry Williams (SA Valley)	1982
22-9	Orlando Robbins (Buena Park)	1986
22-9	Tony Robinson (San Clemente)	1990
22-9	Mike Smith (El Toro)	1997
22-9	Darryl Poston (Edison)	2001
22-8.75	Tom Teeple (Brea)	1971
22-8.75	Robert Marshall (Santa Ana)	1973
22-8.5	Garry Templeton (SA Valley)	1974
22-8.5	Tom Leonard (Western)	1975
22-8.5	Joe Thomas (Buena Park)	1999
22-8.5	* Chuck Steer (SA Valley)	1988
22-8.5	** Robert Steppers (La Habra)	2003
22-8.5	Jack Shippy (San Clemente)	2017
22-8.25	George Bamett (Estancia)	1969
22-8	Carlos Herrera (Westminster)	1966
22-8	Mac Rorie (Fullerton)	1972
22-8	Heaney (El Toro)	1974
22-8	Amok (La Quinta)	1992
22-8	Ignacio Perez (Santa Ana)	2003
22-8	Anton Jamir (Cypress)	2003
22-8	Diego Courbis (Mission Viejo)	2014
22-8	Brenden Schooler (Mission Viejo)	2016
22-8	Jack Haley (Irvine)	2017
22-7.75	*Josiah Williams (Valencia)	1990
22-7.75	Ray Bardone (Edison)	1997
22-7.75	*Ryan Kennedy (Mission Viejo)	2017
22-7.5	Charles Dodson (Huntington Beach)	1951
22-7.5	Larry Horton (El Modena)	1968
22-7.5	Dennis Lackey (Savanna)	1969
22-7.5	Harry Dolan (Buena Park)	1972
22-7.5	* Tony Parrish (Marina)	1992
22-7.5	Jason Boyce (Corona del Mar)	1994
22-7.25	Marc Roosen (Ocean View)	1989
22-7.25	Donovan Toban (Cypress)	2008
22-7	Ray Crawford (Santa Ana)	1972
22-7	David Fisher (Villa Park)	1974
22-7	*William Kim (Villa Park)	1983
22-7	*** Richard Fanti (Santa Ana)	1985
22-7	Frank Smith (Woodbridge)	1988
22-7	* Keith Hughes (Capo Valley)	1989
22-7	Ace Riggins (Valencia)	1993
22-7	Tovin Beeler (Ocean View)	2001
22-7	Austin Hazel (Mater Dei)	2012
22-6.75	*Kevin Cochran (Orange)	1964
22-6.75	John Mackorie (Fullerton)	1972
22-6.75	D.K. Kelly (Santa Ana)	1982
22-6.5	Ken Williams (Troy)	1982
22-6.5	Adrian Brown (Huntington Beach)	1991
22-6.5	* Ruben Droughns (Anaheim)	1995
22-6.5	*Emilio Sartori (Villa Park)	2005
22-6.5	Brandon Phillips (Irvine)	2008
22-6.25	Lyn Jerkins (Los Alamitos)	1978
22-6.25	Keith Thomas (Valencia)	1989
22-6.25	DeAngelo Bonner (Troy)	2010
22-6	Ron Copings (Edison)	1972
22-6	Brian Wood (San Clemente)	1976
22-6	* Dariel Whipple (Western)	1989
22-6	* Mike Sullivan (Sunny Hills)	1990
22-6	Ernie Wilson (El Modena)	1993
22-6	Ryan Collier (Northwood)	2011
22-6	*Michael Mitchell (Tesoro)	2015

**Wind-aided:**

24-8.75	Danny Casupanan (Tustin)	2002
24-2	* Roger Lemons (Katella)	1979
23-8	Ryan Collier (Northwood)	2011
23-7	J.J. Cisneros (Los Alamitos)	1988
23-5.25	Kenny McGee (Magnolia)	2008
23-4.50	* Myles Hawkins (Orange Lutheran)	2013

23-4.5	*Ryan Kennedy (Mission Viejo)	2017
23-4.25	*Kirk Ayers (Western)	1986
23-4.25	Brenden Schooler (Mission Viejo)	2016
23-4	* Eric Dorn (Estancia)	1986
23-3	Tyler Coffmann (Los Alamitos)	2016
23-1.75	*Malcolm Wesley (Santa Ana Valley)	2017
23-0.5	** *Richard Fanti (Santa Ana)	1985
23-0.25	Brent Watson (Orange)	1971
23-0.25	*Jose Rubio (Los Alamitos)	2016

**Triple Jump**

51-7.75	Phouphet Singbandith (Magnolia)	1990
50-11.75	Tony Parrish (Marina)	1993
50-3.5	Ken Williams (Troy)	1982
49-4	Mitchell Bland (Tesoro)	2014
48-9.5	Clarence Moore (Cypress)	2000
48-7.75	* Reggie Curry (Tustin)	1994
48-6.5	Sheldon Blockburger (Newport)	1983
48-6.25	Clayton Tharrington (Esperanza)	1990
48-4.5	* Myles Hawkins (Orange Lutheran)	2013
48-1.5	Ken Margerum (Fountain Valley)	1977
48-1.5	Tony Robinson (San Clemente)	1990
48-0.5	Charlie Cummings (Kennedy)	1989
47-10	*Jesse Johnson (SA Valley)	1980
47-7.75	Donald Hawthorne (Aliso Niguel)	2002
47-7	Rick Brown (Saddleback)	1976
47-7.5	Vince Church (Kennedy)	1991
47-5.75	Mike Phillips (Foothill)	1985
47-5.5	Chris Conrad (Mater Dei)	1987
47-5	Dennis Cowan (Fountain Valley)	1979
47-4.5	Arik Nesbit (San Clemente)	2014
47-4	Drew Huusfeldt (Esperanza)	2010
47-3	Bernie Chapman (Capo Valley)	1991
46-11.25	Kenny McGee (Magnolia)	2008
46-10.5	Jeremy Wooldridge (Trabuco Hills)	2003
46-9.75	*Ken Gates (Foothill)	1980
46-9.75	*Titan Ruotolo (Mater Dei)	2018
46-9.5	LeRon Ellis (Mater Dei)	1987
46-9.25	Robert Gaither (SA Valley)	1980
46-9.25	* Tony Robinson (San Clemente)	1989
46-9	Tony Pitts (SA Valley)	1978
46-9	David Gates (Foothill)	1984
46-9	Blaise Bryant (Cypress)	1987
46-8.75	Mark McGovney (El Modena)	1983
46-8.75	Joe Thomas (Buena Park)	1999
46-8	Chris Mandeville (Irvine)	1983
46-8	*Joe Birdo (SA Valley)	1981
46-5.75	Matt Dispenza (Marina)	2014
46-5.5	Owen Morse (Tustin)	1985
46-5.5	Ian Jennings (Edison)	1998
46-5.25	Alain Nicasio (Aliso Niguel)	1998
46-4.75	Blaine Bolus (Corona del Mar)	2009
46-3	Art Gouridine (El Toro)	1978
46-3	Blair Robinson (Kennedy)	2015
46-1.75	Tony Mosley (Santa Ana)	1987
46-1.5	Mike DeVore (Orange)	1985
46-1.25	*David Hall (Mission Viejo)	1986
46-1	Mark Miller (Magnolia)	1973
46-1	Ben Forbes (Marina)	1998
46-1	* Alex Miller (Savanna)	2003
46-1	Raphael McFarlane (Mission Viejo)	2003
46-1	*Anthony Victa (Laguna Hills)	2018
46-0	* Justin Haney (Villa Park)	1998
45-11.5	Eric Fisher (Capo Valley)	1992
45-11.5	David Shaw (Ocean View)	1994
45-11	Mike Vogel (Orange)	1982
45-11	* Jeremy Becker (Cypress)	1993
45-10.5	Greg Portis (Katella)	1986
45-10.5	* Mitchell Bland (Tesoro)	2013
45-10.25	*Joshua Caiquo (Los Alamitos)	2011
45-10.25	Paul Magana (Anaheim)	2016
45-10	Chris Moxley (Mission Viejo)	1990

45-10	Ryan Finnie (Mater Dei)	2013	45-1	Larry Williams (SA Valley)	1983
45-9.75	Chris Jackson (Canyon)	1999	45-1	Toney Jerkins (Capo Valley)	1989
45-9.5	*Dave Berger (Canyon)	1977	45-0.75	Mark Palmer (Corona del Mar)	1984
45-9.5	** Robert Stevens (La Habra)	2003	45-0.5	Ron Hodgkinson (Loara)	1982
45-9.50	* Matt Dispenza (Marina)	2013	45-0.5	Emilio Sartori (Villa Park)	2005
45-9.5	*Malcolm Wesley (Santa Ana Valley)	2017	45-0.5	* Sean Larson (Edison)	2009
45-9.25	Ryan Gillette (Villa Park)	1985	45-0.25	Kevin Reiter (El Dorado)	1977
45-9	*Steven Jen (University)	1983	45-0.25	Stephen Jen (University)	1984
45-9	Kienan Brigs (Valencia)	2001	45-0.25	Mike Alvidrez (El Modena)	1996
45-8.75	Tohru Asami (Sunny Hills)	1977	45-0.25	Matt Brumen (Marina)	2004
45-8.75	John Amneus Foothill)	1987	45-0	Joe Lawrence (Fountain Valley)	2000
45-8.75	* Cody Jones (Edison)	1997	45-0	Isaiah Galloway (Fountain Valley)	2018
45-8.5	Harvey Horse (Western)	1978			
45-8.5	Todd Fenton (Cypress)	1984	<b>Wind-aided:</b>		
45-8.5	* Ruben Hernandez (La Habra)	1993	51-10	Ken Williams (Troy)	1982
45-8.25	Bob Rust (Kennedy)	1980	49-10	* Myles Hawkins (Orange Lutheran)	2013
45-8	Greg Ruzicka (Corona del Mar)	1973	49-8.5	* Reggie Curry (Tustin)	1994
45-8	Don Stanford (Edison)	1976	48-9.5	Clarence Moore (Cypress)	2000
45-8	Estrada (Villa Park)	1985	48-2.75	Vince Church (Kennedy)	1991
45-8	Justin Baker (Irvine)	2004	47-10	Donald Hawthorne (Also Niguel)	2002
45-8	Hayden Pierce (Esperanza)	2010	47-9	Bernie Chapman (Capo Valley)	1991
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
45-7.5	* Pamale Skippis (Los Amigos)	1987	47-0	Raphael McFarlane (Mission Viejo)	2003
45-7.5	* Brian Valdez (El Modena)	1991	46-11	Chris Gonzalez (Garden Grove)	2015
45-7.5	Jordan Singleton (Dana Hills)	2008	46-9	Todd Fenton (Cypress)	1985
45-7.25	Jeff Hutton (Katella)	1972	46-8.5	**Myles Hawkins (Orange Lutheran)	2012
45-7	Jake Justeen (Dana Hills)	2017	46-8.5	Ryan Finnie (Mater Dei)	2013
45-6.5	Emile Harry (Fountain Valley)	1984	46-7.25	* Blaine Bolus (Corona del Mar)	2008
45-6.5	Tom Desiano (Mission Viejo)	1985	46-6	Estrata (Villa Park)	1985
45-6.5	* Chris Jackson (Mater Dei)	1992	46-5	Justin Hovey (Capo Valley)	1994
45-6.5	Thomas Hopson (Trabuco Hills)	2004	46-3.5	Steve Feeney (Santa Margarita)	1991
45-6.25	Ike Nioku (Kennedy)	2002	46-2.5	* Matt Dispenza (Marina)	2013
45-6	Jake Burch (Orange)	1974	46-1.25	* Scott Capulong (Woodbridge)	1988
45-6	Zach Hickman (Dana Hills)	1989	45-11.25	Aziz Spellman (Mision Viejo)	2007
45-6	Daniel Siapin (Sonora)	2001	45-10.75	Ryan Collier (Northwood)	2011
45-5.75	Mark Kammerlohr (Orange)	1990	45-10	Tommy Plusayarang (Saddleback)	1984
45-5.5	Richard Werner (El Modena)	1976	45-10	* Mitchell Bland (Tesoro)	2013
45-5.5	*Dave Hancock (San Clemente)	1978	45-7.75	Donavan Gregory (Mission Viejo)	1984
45-5.25	Kevin Chang (El Modena)	2005	45-7.5	Donavan Toban (Cypress)	2008
45-5	Jamie Nelson (Villa Park)	1986	45-6	Danny Samarin (Edison)	2008
45-4.75	Michael Nguyen (Westminster)	1999	45-5	Jamie Nelson (Villa Park)	1986
45-4.5	Derek Jackson (Saddleback)	1978			
45-4.5	* Robert Gaither (SA Valley)	1979	<b>Shot Put</b>		
45-4.5	Steve Feeney (Santa Margarita)	1991	71-7.25	*Bronson Osborn (Esperanza)	2016
45-4.25	Jeremy Coe (San Clemente)	2008	69-6.5	Brian Blutreich (Capo Valley)	1985
45-4	*John Moore (Loara)	1980	69-3.75	Jim Neidhart (Newport)	1973
45-3.75	Ben Nikalojivic (Fullerton)	1983	68-5	Dave Kurrasch (Newport)	1975
45-3.75	Sean Sawyer (El Modena)	1985	67-9	Terry Albritton (Newport)	1972
45-3.5	*Earl Jones (Saddleback)	1983	67-2.25	Mark Stevens (Newport)	1971
45-3.5	M. Walker (Los Amigos)	1997	67-2	Dave Murphy (Sunny Hills)	1966
45-3.25	Philavong (Buena Park)	1989	66-8	Mark Parlin (Esperanza)	1991
45-3.25	Justin Haney (Villa Park)	1999	65-1	Nick Robinson (El Toro)	2006
45-3	Al Ruiz (El Modena)	1981	64-11.75	Jim Doehring (San Clemente)	1980
45-3	Silaphet Singbandith (Magnolia)	1992	64-7.5	Greg Aitkenhead (Mission Viejo)	1984
45-2.75	Adam Shapiro (Capo Valley)	1982	64-6.5	Ethan Cochran (Newport)	2012
45-2.75	Will Foster (Edison)	1987	64-5.5	John Brenner (Fullerton)	1979
45-2.5	Jeff Robins (Saddleback)	1977	64-0.5	Kaleaph Carter (Edison)	1988
45-2.5	Gatlin (?)	1985	63-11.25	Bo Taylor (Newport)	2006
45-2	Robbie Glover (Orange)	1987	63-10	Kyle Tsu (Marina)	2017
45-2	J.J. Cisneros (Los Alamitos)	1988	63-6.5	Craig Polley (Sunny Hills)	1977
45-2	Scott Capulong (Woodbridge)	1989	63-5	Jake Fraser (El Toro)	2011
45-2	Tony Muniz (Woodbridge)	1994	63-0.5	Nick Coghill (Valencia)	2015
45-2	Javon Givens (Cypress)	2004	62-6.75	* Kelsey Benoit (San Clemente)	2013
45-1.75	Doug Nordquist (Sonora)	1977	62-6.25	Chad Smith (University)	2004
45-1.75	Dave McDonald (Dana Hills)	1982	62-5.75	Clint Meyer (Esperanza)	2016
45-1.75	Carl Satterfield (Huntington Beach)	1983	62-5	Marty Taylor (Newport)	2013
45-1.5	Tim Hickey (El Dorado)	1979	62-4.5	William Truong (Esperanza)	2014
45-1.5	Chris Boras (Dana Hills)	1986	61-11.5	Kent Pagel (Fullerton)	1970
45-1.5	Jason Nunez (Villa Park)	1987	61-10.5	Scott Moser (Huntington Beach)	1997
45-1.25	Joe Cheng (Woodbridge)	1983	61-8.25	Rich Torbert (Lowell)	1974

61-8	Cole Smith (Newport)	2017	57-8.25	Grant Heffernan (University)	2007
61-7	Tony Mancuso (Newport)	1992	57-7.5	Travis Jones (Esperanza)	2001
61-6.75	**Jeff Duensing (Esperanza)	2018	57-7	Jim Ulam (Kennedy)	1968
61-6	Wade Tift (Newport)	1994	57-6.75	Pat Murray (Lowell)	1969
61-3.75	Vince Brown (Mater Dei)	1978	57-6	Terry Guy (Fullerton)	1957
61-1	Gabe Long (Esperanza)	2003	57-4.75	Joe Tosti (Corona del Mar)	1973
61-0	Brian Ruziecki (Huntington Beach)	2002	57-4.5	Keith Van Horne (Fullerton)	1976
61-0	Blake Poole (Esperanza)	2008	57-4.5	Jerry French (SA Valley)	1967
60-11.75	Aaron Dan (Esperanza)	2005	57-4.5	Will Fortier (Newport)	2014
60-11	Ken Mills (University)	1979	57-3.25	Mike Seibl (Magnolia)	1971
60-11	Pat Kyle (Buena Park)	1982	57-3.25	Skip Franklin (Newport)	1974
60-11	Chad Peare (Trabuco Hills)	1993	57-3	*Gabe Perez (Valencia)	2012
60-11	Connor Einck (Servite)	2012	57-2	Mike Mathews (Mission Viejo)	2014
60-10.75	Dave Johnson (Brea)	1976	57-2.75	Jordon Ammann (Esperanza)	2016
60-9.5	*Malik McMorris (Mater Dei)	2014	57-1.5	Rich Brown (Mission Viejo)	1987
60-8.5	Sam Lightbody (Huntington Beach)	1999	57-1.25	Don Brandes (Canyon)	1977
60-6.5	Mason Miller (Esperanza)	2011	57-1.25	Beau Ralphs (Newport)	1993
60-6.25	Roy Thurman (Western)	1963	57-0.5	*Michael Jarbee (Newport)	2016
60-6.25	Caleb McCurry (Northwood)	2009	57-0.25	Jeff Klein (Rancho Alamitos)	1973
60-4.75	Bob Jensen (Magnolia)	1966	57-0	Brent Reiderich (Edison)	1985
60-4.5	Steve DeForrest (Katella)	1977	57-0	Paul Castenada (SA Valley)	2004
60-3	Tambi Wenj (Fountain Valley)	1984	56-11	Jerry Langenfeld (Rancho Alamitos)	1972
60-3	Justin Birell (Esperanza)	1997	56-11	Chuck Underwood (Esperanza)	1989
60-1.25	Ryan Andrews (Newport)	2011	56-10	Dick Mann (Savanna)	1971
59-11	*Sean Ryan (San Juan Hills)	2018	56-10	Rick Tarvin (Marina)	1975
59-9.75	Larry Saugstead (SA Valley)	1969	56-10	Vic Rakhshani (Edison)	1976
59-9.25	Jim Heath (Anaheim)	1969	56-9.5	Rick Obema (Buena Park)	1974
59-9	Steve Lehmer (Loara)	1966	56-9	Dan Noll (El Toro)	1996
59-8.75	*Brad Bolton (El Toro)	2011	56-9	Colin Schooler (Mission Viejo)	2017
59-8.50	Tommy Brown (Mater Dei)	2018	56-8.75	Donnie Alaman (SA Valley)	1974
59-6.5	Brian Dyke (Bolsa Grande)	1973	56-8.5	Kevin Einck (Servite)	1980
59-6.5	*Jake Arnold (Marina)	2016	56-8.25	Chris Conrad (Brea)	1993
59-6.25	Maltipo Fuentes (Servite)	1977	56-8	Dick Lindsay (Tustin)	1962
59-5.5	Ziad Khozam (El Modena)	1985	56-8	Kurt Clemens (Huntington Beach)	1969
59-5.5	Jeff Baca (Mission Viejo)	2008	56-8	Jeff Bodholdt (Irvine)	1994
59-4	Dale Gordon (El Modena)	1969	56-7.75	J Tesimale (SA Valley)	1975
59-4	Alex Butler (El Modena)	2005	56-7	Jake Taylor (Newport)	2010
59-1.75	Rory Mount (Dana Hills)	2009	56-6.25	Mike Johnson (Bolsa Grande)	1965
59-1	Tony Ciarelli (Huntington Beach)	1972	56-5.5	Watson (SA Valley)	1975
58-11.75	Sullivan Parker (El Toro)	2011	56-5.5	Brian Stack (El Dorado)	1976
58-11.5	Kevin Jefferies (Newport)	1981	56-5	Dennis Shields (Tustin)	1965
58-10	Mike Johnson (Bolsa Grande)	1966	56-5	Gus Coppens (Sunny Hills)	1973
58-10	Rich Blanchard (Edison)	1987	56-5	*Matt Gray (Esperanza)	2003
58-9.5	Ed Labate (Villa Park)	1973	56-4.75	John Covington (Sunny Hills)	1972
58-9.5	Dave Torbert (Lowell)	1969	56-4.5	Curt Eilenberg (Costa Mesa)	1975
58-8.5	Ken DeShano (Canyon)	1979	56-4.25	JB Salem (Newport)	2011
58-8	Mike Watson (SA Valley)	1976	56-3.75	Doug Torbert (Lowell)	1969
58-7.5	Kevin Keeders (Anaheim)	1969	56-3.75	Ed Thompson (Villa Park)	1970
58-6.75	Kirk Wassell (Western)	1964	56-3.75	Kevin McLain (Loara)	1971
58-6	Jon O'Neil (Santa Margarita)	1997	56-3.25	*Brodie Reiderich (Edison)	1996
58-5.75	David Sampson (Cypress)	2003	56-3	Matt Jordan (Dana Hills)	1990
58-5.5	Joe Walshe (Foothill)	1984	56-3	Travis McCullough (Esperanza)	1993
58-5	Jamil Douglas (Cypress)	2010	56-2.75	Greg Blixt (SA Valley)	1982
58-4.5	John Harper (San Clemente)	1977	56-2.5	Clarence Jackson (Saddleback)	1975
58-4	Rocky Fenton (San Clemente)	2014	56-1.75	Robert Hulliger (Costa Mesa)	2000
58-3.5	Chris Dressel (El Dorado)	1979	56-0.75	John Jaragoski (Buena Park)	1965
58-3.25	Mark Kinney (Esperanza)	1990	56-0.75	P Cavanaugh (La Habra)	1969
58-3.25	Michael Sota (Valencia)	2014	56-0.75	Jerry Gillespie (Westminster)	1989
58-3	Steve Michaelsen (Newport)	2012	56-0	Jeff Brown (Corona del Mar)	1984
58-2.75	**Aidan Elbettar (Newport)	2018	55-11.75	Dave Lawson (Corona del Mar)	1983
58-1.5	Geof Harrowby (Laguna Beach)	1968	55-11.75	Kevin Fairman (Edison)	1987
58-1.25	Bill Flores (Kennedy)	1983	55-11.5	T.J. Brown (Mission Viejo)	1993
58-1	Stephen Gonzales (Newport)	1994	55-11	Don Jones (Westminster)	1966
58-0	Steve Ledbetter (Brea)	1962	55-11	Matt Rudesill (Costa Mesa)	1998
57-11.5	Jerry Strenay (Lowell)	1975	55-11	*Tommy Brown (Mater Dei)	2017
57-11	John Logsdon (Rancho Alamitos)	1975	55-10.5	John Ruitt (Fullerton)	1935
57-11	Mitch Johnson (Pacifica)	1984	55-10.5	Don Kolstad (Santiago)	1970
57-11	Cecil Whiteside (Newport)	2009	55-10.5	Mark Davenport (El Dorado)	1972
57-10.5	Mike Stone (Lowell)	1966	55-10.5	Greg Thurston (Edison)	1989
57-10.25	Jerry Shipkey (Anaheim)	1943	55-10	Richard Keyser (Foothill)	1971
57-9.5	Sean Fenton (Corona del Mar)	2000	55-10	Patrick Geers (Capo Valley)	2012
57-9.5	Edgar Oregel (SA Valley)	2003	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
55-7.5	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
55-6	Rocky Liapis (Fullerton)	1975
55-6	Joshua Scherer (Trabuco Hills)	2010
55-5.5	Brad McPherson (Orange)	1973
55-5.5	Garrett Sweetser (Esperanza)	2014
55-5.5	*Kyle Tsu (Marina)	2016
55-5	Randy Vandivier (Anaheim)	1977
55-5	Ken Felix (Capo Valley)	1985
55-5	Trevor Lawrence (Newport)	2011
55-4.75	Steve Meier (Santa Ana)	1965
55-4.5	*Joe Walsche (Foothill)	1983
55-4	Sam Rossi (El Dorado)	1970
55-4	Paul Everson (Troy)	2001
55-4	Earnie Sagiao (Edison)	2008
55-3.5	Asi Faoa (Magnolia)	1999
55-3.5	Ryan Powdrell (Mission Viejo)	2002
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
58-10*	Bronson Osborn (Esperanza) (*All-Comers meet)	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)	1997
213-7	Bo Taylor (Newport)	2006
210-8	Brian Blutreich (Capo Valley)	1985
209-8	Ethan Cochran (Newport)	2012
204-4	*Bronson Osborn (Esperanza)	2016
203-5	Travis Pendleton (Esperanza)	2000
200-9	Matt Gray (Esperanza)	2004
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)	1993
190-8	Tambi Wenj (Fountain Valley)	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
185-9	Clint Meyer (Esperanza)	2016
185-1	Steve Michaelsen (Newport)	2012
185-1	Kelsey Benoit (San Clemente)	2014
184-10	Rocky Fenton (San Clemente)	2014
184-2	Kevin Corbett (El Dorado)	1976
183-0	Eki Faagai (Huntington Beach)	2004
182-7	**Jeff Duensing (Esperanza)	2018
182-7	Christian Lavallo (Mission Viejo)	2018
182-2	Ken Mills (University)	1979
182-1	Steve Lehmer (Loara)	1966
181-8	Miguel Lopez (Esperanza)	2010
181-4	Phil Fulbright (Capo Valley)	1995
181-2	Kevin Pendleton (Esperanza)	2009
180-8	Brendon Birdsell (Beckman)	2009
180-7	Jason Bader (Edison)	1995
180-5	Mason Miller (Esperanza)	2011
179-9	Max McKhann (Dana Hills)	2018
179-8	Dylan Storey (El Modena)	2003
179-6	Zfad Khozam (El Modena)	1985
179-6	*Sullivan Parker (El Toro)	2010
179-4	Caleb McCurry (Northwood)	2009
179-3	Dave Winters (Valencia)	1984
179-3	*Cole Smith (Newport)	2016
178-11	Chad Seymour (Aliso Niguel)	2009
178-9	Scott Hudson (Mission Viejo)	1979
178-7	Jim Norum (Brea)	1997
178-6	Rich Stewart (La Quinta)	1975
178-4	Zach Tombol (Servite)	2013
178-3	Jeff Hall (Katella)	1982
177-11	David Sampson (Cypress)	2003
177-9	Steve Gonzales (Newport)	1994
177-7	Jordan Arumann (Esperanza)	2016
177-6	Richard Bolton (Rancho Alamitos)	1977
177-6	Troy Nikalus (Servite)	2011
177-5	Mike Richie (Troy)	1998
177-0	Mark Baughman (Katella)	1975
176-3	Luke Wattenberg (J Serra)	2016
176-11	Steve Bruce (Valencia)	1978
176-8	Andrew Cruikshank (Foothill)	2010
176-8	Kyle Tsu (Marina)	2017
176-3	Randy Hein (Dana Hills)	1995
176-2	Sean Jarne (Esperanza)	1996
176-2	Justin Stafford (Dana Hills)	2014
176-2	Spencer Blake (Newport)	2018
175-10	Trevor Ofisa (Magnolia)	2010
175-8	John Sheppard (Katella)	1976
175-8	*Joel Heaton (Aliso Niguel)	2006
175-6	Dave Kurrasch (Newport)	1975
175-2	*Christian Lavallo (Mission Viejo)	2017
174-11	Matt Plowman (Esperanza)	2002
174-9	Jake Arnold (Marina)	2017
174-8	Chris Dressel (El Dorado)	1979
174-8	Jim Doehring (San Clemente)	1980
174-6	Morad Moussabeck (Fountain Valley)	2005
174-2	*Kelsey Benoit (San Clemente)	2013
174-1	Mike Morales (Garden Grove)	1986
174-0	John Ortman (University)	1978
174-0	*Dillon Hayes (Tustin)	2000
174-0	Joshua Scherer (Trabuco Hills)	2010
173-5	Af Haghi E (University)	1990
173-5	Al Avila (Loara)	1990
173-4	Alex Covarrubias (Valencia)	1972
173-4	Sullivan Parker (El Toro)	2011
173-2	Clark (Laguna Beach)	1979
173-1	Curt Eilenberg (Costa Mesa)	1975

173-0	Scott Strayer (Huntington Beach)	2005	167-10	William Truong (Esperanza)	2014
173-0	*Gabe Perez (Valencia)	2012	167-9	Shane Reese (Newport)	1997
172-11	Howard Royster (Corona del Mar)	1972	167-9	*Marty Taylor (Newport)	2012
172-11	John Brenner (Fullerton)	1979	167-9	Blake Baloun (El Toro)	2018
172-10	Mike Zupancic (Trabuco Hills)	2008	167-6	Tom Allison (Los Alamitos)	1985
172-10	*Javier Venegas (Newport)	2012	167-6	Jeremiah Fagilli (Magnolia)	1998
172-9	Nathan Talbott (Newport)	2008	167-3	* Dustin Slinkard (Santa Margarita)	2002
172-9	Cole Smith (Newport)	2017	167-0	Jake Brower (Orange)	1987
172-7	* Barrett Woods (Esperanza)	1998	167-0	Brad Grace (Huntington Beach)	1988
172-6	Kurt Vollers (Servite)	1997	167-0	Raphael Alvarez (Esperanza)	2002
172-6	Asi Faoa (Magnolia)	1999	166-11	Chris Sweeney (Capo Valley)	1981
172-2	Mike Johnson (Bolsa Grande)	1966	166-8	Tom Pellicer (Esperanza)	1993
172-0	Sean Ullom (Orange)	1987	166-7	Hoth (El Toro)	1982
171-6	Dale Gordon (El Modena)	1969	166-7	Dylan Storey (El Modena)	2003
171-6	Schuyler Francine (Villa Park)	1983	166-6	Ryan Coy (Los Alamitos)	2016
171-5	Mike Evans (Orange)	1970	166-5	Sinali Manu (Magnolia)	2000
171-4	Sean Fenton (Corona del Mar)	2000	166-5	Austin Niklas (Servite)	2008
171-1	Joe Walshe (Foothill)	1984	166-5	Mitch Dixon (Trabuco Hills)	2013
171-1	*Brad Bolton (El Toro)	2010	166-4	Kevin Watson (Century)	1999
171-0	Nash Parker (Dana Hills)	2015	166-4	Rick Fry (Esperanza)	2001
171-0	**Adam Chacon (J Serra)	2016	166-3	Bruce Mondello (Cypress)	1977
171-0	Tommy Brown (Mater Dei)	2018	166-3	Cole Smith (Mission Viejo)	2015
170-11	Jeff Bodholdt (Irvine)	1994	166-1	John Ortman (University)	1979
170-10	Mike Jablonsky (Esperanza)	2005	166-1	Tom Cowell (Western)	1990
170-5	McMullen (Calvary Chapel)	1996	166-1	Justin Birrell (Esperanza)	1998
170-4	Dave Sommers (Katella)	1977	166-1	Adam Hernandez (Los Amigos)	2016
170-4	Lou Sargeant (El Toro)	1983	166-0	Shane Tucker (El Toro)	2008
170-4	Rich Brown (Mission Viejo)	1987	165-10	*Travis Kirschke (Esperanza)	1992
170-4	*Jim Stewart (Esperanza)	1993	165-10	Adam Leiva (Tesoro)	2017
170-3	Chris Conrad (Brea)	1993	165-9	Eddie Cook (Katella)	1979
170-2	Sager (Huntington Beach)	2004	165-7	Steve Brown (Valencia)	1973
170-0	Mark Stevens (Newport)	1971	165-7	Bill Ashmore (Katella)	1987
170-0	Jess Rogers (Rancho Alamitos)	1980	165-6	* Shane Reese (Newport)	1996
170-0	Chris Chester (Tustin)	2001	165-4	Derek Davis (Woodbridge)	2003
169-10	Leonard Ostrum (Orange)	1970	165-4	*Yusuf Hashem (Esperanza)	2018
169-9	Ed Labate (Villa Park)	1973	165-3	Erik Bansberg (El Toro)	2000
169-8	Matt Rudesill (Costa Mesa)	1998	165-2	Kevin McLain (Loara)	1971
169-7	Bill Flores (Kennedy)	1983	164-11	Cody Maresch (Orange)	1971
169-4	Jud Binley (Laguna Beach)	1973	164-11	Nathan Neemia (Katella)	1999
169-4	Jeff Greenbough (Laguna Beach)	1977	164-9	Talaesea (Santiago)	1973
169-4	Jon O'Neil (Santa Margarita)	1997	164-9	Eric Van Skike (Foothill)	1978
169-3	Randy Kendrick (Huntington Beach)	1982	164-8	** Kyle Grosky (Esperanza)	2006
169-2	*Jim Harper (San Clemente)	1976	164-6	Bob Raya (El Modena)	1978
169-1	Jim Ulam (Kennedy)	1968	164-6	Chuck Underwood (Esperanza)	1989
169-1	Blair Parrott (San Clemente)	1991	164-5	*Ryan Belanger (Esperanza)	2010
169-1	Nick Sharp (Huntington Beach)	2002	164-5	Trevor Lawrence (Newport)	2011
169-1	Matt Murphy (El Toro)	2007	164-4	Pat McRae (Pacifica)	1977
169-0	* Ed Clarke (Newport)	1997	164-4	David Keller (Ocean View)	1989
169-0	Carlo Valdes (Mater Dei)	2008	164-4	Kostas Hatzidakis (Esperanza)	1996
168-10	Jeff Safarik (Fullerton)	1979	164-4	Jefferson Santos (Woodbridge)	2006
168-9	Todd Kausen (Corona del Mar)	1978	164-4	Mark Russell (Sonora)	2011
168-9	** Troy Nikalas (Servite)	2009	164-3	Ed Clarke (Newport)	1998
168-8	Jim Osborn (Rancho Alamitos)	1985	164-3	C. O'Brian (Dana Hills)	1998
168-8	Jesse McDonald (Laguna Hills)	1994	164-2	Gabe Paldi (El Modena)	1978
168-8	* Alex Butler (El Modena)	2004	164-2	Lucas Dunbar (Marina)	1998
168-8	Alec Cranford (Dana Hills)	2013	164-0	Ed LeVasseur (Saddleback)	1978
168-7	*John Moses (Loara)	1980	163-11	Brad Bolton (El Toro)	2011
168-7	Roger Masangkay (Huntington Beach)	1984	163-9	Jeff Brown (El Dorado)	1974
168-7	Chad Smith (University)	2004	163-9	Stephen Mantei (Newport)	2015
168-7	Mason Crane (Corona del Mar)	2017	163-9	Charles Vernoy (Valencia)	2016
168-7	**Aidan Elbettar (Newport)	2018	163-8	Kirk Wassell (Western)	1964
168-6	Joel Brodowski (Pacifica)	1980	163-8	*Max McKhann (Dana Hills)	2017
168-5	John Karahallos (Western)	1979	163-7	** Favio Lochananonda (Woodbridge)	2000
168-4	B Varnell (Sunny Hills)	1982	163-5	Tony Mancuso (Newport)	1992
168-4	Paul Castenada (SA Valley)	2004	163-4	Tony Buonacorsi (Trabuco Hills)	1998
168-2	*Bob McGuire (Foothill)	1973	163-3	Carlo Bell (Valencia)	1982
168-1	Jim Eddleman (Valencia)	2000	163-3	McDuffie (El Modena)	1985
168-0	JR Sauni (Orange)	1991	163-3	Raphael Molle (Irvine)	1989
167-11	Scott Wingerson (Orange)	1981	163-3	Scott Bolton (Tesoro)	2009
167-10	Craig Rebeck (Capo Valley)	1987	163-3	Scott DeCou (Woodbridge)	2011
167-10	* Nick Woloshun (Valencia)	2001	163-2	Hadley James (Santiago)	1966
167-10	Nate Talbott (Newport)	2008	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 Buogiacolsi (Trabuco Hills)	1997
162-8	Luis Guzman (Katella)	2006
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
162-2	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
162-0	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	Griffin Wayne (Esperanza)	1996
161-7	Christian Ydends (Santa Margarita)	2015
161-6	Ryan Cainey (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	Cracchiolo (Fountain Valley)	1995
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	Hill (University)	1982
160-6	James Sargent (Tustin)	1999
160-5	*Mark Kricfalusi (Canyon)	1980
160-5	Zach Smotherman (El Modena )	2006
160-4	Ayles (Costa Mesa)	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	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

## Hammer Throw #12

238-9	Brad Bolton (El Toro)	2011
204-7	Max McKhann (Dana Hills)	2018
197-8	*Mason Crane (Coroan del Mar)	2016
189-7	*Max McKhann(Dana Hills)	2017
171-9	Silviu Bocanea (Corona del Mar)	2014
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
126-3	***Mason McKhann (Dana Hills)	2017
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

## International Hammer (16-lb)

207-10	Brad Bolton (El Toro)	2011
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# 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

### 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
4:16.97	*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 Hesselvik (University)	1982

## 1500m

3:45.5'	Jon Butler (Edison)	1981
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## 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
9:18.4	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

## 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)	1986
7.74c	John Peterson (Saddleback)	1975
7.84c	Tom Turner (Cypress)	1975
7.94c	Brian Flowers (SA Valley)	1985
7.94c	Ken Margerum (Fountain Valley)	1977
8.04c	Wilbur Gregory (Mission Viejo)	1975
8.14c	Daryle Ware (Cypress)	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 (J Serra)	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 (Tesoro)	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

## 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

## 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

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

## 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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# 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
11.82	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
12.01	Tess Green (Santa Margarita)	2018
12.04c	Crystal Davis (SA Valley)	11.8 2001
12.04	Perris William-Mensah (Estancia)	2014
12.05	** Hilary Ojinnaka (Cypress)	2013
12.07	* Marquita Taylor (San Clemente)	2001
12.07	Percylla Nared (Trabuco Hills)	2010
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
12.14c	* 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
12.18	* 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
12.25	**Chrystal Aluya (Valencia)	2018
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
12.29	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
12.31	Danetta Chaney (Saddleback)	1989
12.31	*Kennedy Gillian (Mission Viejo)	2015
12.31	Ashley Willingham (Los Alamitos)	2016
12.32	**Kelley Peterson (El Toro)	2011
12.32	Alycia Turner (Aliso Niguel)	2017
12.32	Cora Davis (Fountain Valley)	2017
12.32	*Rayne Anwar (Capo Valley)	2018

12.33	* Kylie McCuen (Brea)	2001	12.50	** Maika Nelson (Brea)	1996
12.33	***Lillian Ebanks (Valencia)	2012	12.50	*** Caitlin Atkinson (Santa Margarita)	2003
12.33	Nicole Moeller (Trabuco Hills)	2017	12.51	* Michelle Muniz (Woodbridge)	1989
12.34	* Michelle Banks (El Dorado)	1984	12.51	* Erin Tuber (El Toro)	2005
12.34c	**Trindl Fearnley (Edison)	12.1 1984	12.51	Ellexi Snover (Mater Dei)	2011
12.34c	Breck Nester (El Toro)	12.1 1993	12.51	*Lauren McLeese (Tesoro)	2015
12.34c	** Meisha Wilson-Duval (Woodbridge)	12.1 1994	12.51	**Jordyn Gather (J Serra)	2018
12.34c	** Adriana Gallardo (Saddleback)	12.1 1994	12.52	* Erika Ebel (Orange Lutheran)	1991
12.34c	Ebony Dozier (Western)	12.1 1997	12.52	** Brooke Thulin (Edison)	2000
12.34	Carla Battle (Anaheim)	1997	12.52	*Crystal Eckman (Fountain Valley)	2014
12.34	Kristyne Hamberg (Mission Viejo)	2005	12.53	* Amanda Wheeland (Corona del Mar)	1989
12.34	** Kaitlyn Merritt (Santa Margarita)	2013	12.53	Rai Ahmed-Green (Irvine)	2014
12.34	Haley Hopkins (Mater Dei)	2017	12.53	*Nicole Moeller (Trabuco Hills)	2016
12.35	Stacy Noton (Sunny Hills)	1983	12.53	**Aryanna Faircloth (Magnolia)	2018
12.35	Kim Steele (Esperanza)	1997	12.54c	Ann Kissinger (Marina)	12.3 1988
12.35	* Danielle Eichelberger (Western)	2003	12.54c	Rose Chavez (Kennedy)	12.3 1991
12.36	Sher DuFur (Canyon)	1981	12.54	*** Julianne Santos (Capo Valley)	12.3 1991
12.36	** Andrea Dean (Mission Viejo)	1990	12.54c	Casey Lozano (Sonora)	12.3 1992
12.36	Shalanie Ross (Esperanza)	2000	12.54c	* Elinor Tolson (Fountain Valley)	12.3 1992
12.36	** Amy Burlingham (Newport)	2001	12.54c	** Jaime Terry (Trabuco Hills)	12.3 1994
12.36	** Mia Hummel (Canyon)	2013	12.54c	** Denay Dominic (Canyon)	12.3 1997
12.36	**Sarah Perez (Mater Dei)	2014	12.54c	* Brooke Fitzgerald (Santa Marg)	12.3 1997
12.37	* Tara Oettinger (Foothill)	1994	12.54c	Allison Woody (Sonora)	12.3 2007
12.38	* Eileen Dunaway (Huntington Beach)	1995	12.54	**Tanaz Nourian (San Clemente)	2012
12.37	Nicole Johnson (Laguna Beach)	1999	12.54	*** Paige LaBare (Costa Mesa)	2013
12.37	**Rayne Anwar (Capo Valley)	2017	12.54	Claire McKernan (Dana Hills)	2013
12.37	***Heather Walleigh (Santa Margarita)	2011	12.54	Amy Wilbourn (LA Habra)	2013
12.39	*Hollis Donovan (Dana Hills)	2014	12.54	*Sierra Castles (El Toro)	2017
12.40	* Catherine Soto (Mater Dei)	1989	12.55	Melissa Swigart (Corona del Mar)	2005
12.40	Patrice Donaldson (Orange)	2001	12.55	Christina Twicken (San Clemente)	2010
12.40	Tia McFarlane (Trabuco Hills)	2009	12.55	** Jazmin Moss (Mater Dei)	2013
12.41	Roxanne Packard (Westminster)	1997	12.55	*Allison Provenzano (Yorba Linda)	2018
12.41	Julie Steele (Troy)	1997	12.56	Cathy Conner (Esperanza)	1983
12.41	* Christina Ciampa (San Clemente)	1998	12.56	Vanessa Blanco (Los Alamitos)	1985
11.41	*Michelle Quinn (Yorba Linda)	2018	12.56	* Jennifer Peterson (Edison)	1998
12.42	** S. Salcido (Marina)	2009	12.56	* Leticia Pulido (Katella)	2001
12.43	** Caitlin Atkinson (Santa Margarita)	2004	12.56	** Megan Starkey (Kennedy)	2003
12.43	* Krytine Hanberg (Mission Viejo)	2004	12.56	Jennifer Janneck (Brea)	2013
12.43	Kaelyn Kaichi (Tesoro)	2010	12.56	Janel Nguyen (Bolsa Grande)	2018
12.43	*Simran Malhotra (Woodbridge)	2018	12.57	** Colaine Grieb (Katella)	2003
12.44c	Tina Johnson (Kennedy)	12.2 1981	12.57	***Kaelynn Greene (Orange Lutheran)	2008
12.44c	Kathy Grant (Estancia)	12.2 1986	12.57	Gabrielle Scott (Woodbridge)	2011
12.44c	Jamie Karrer (Edison)	12.2 1989	12.57	**Bethany Nguyen (Beckman)	2017
12.44c	** Lucinda Watson (Century)	12.2 1993	12.57	**Lauren Vissman (San Juan Hills)	2015
12.44c	* Megan Reppe (Villa Park)	12.2 1994	12.57	Jacqueline Faris (Dana Hills)	2018
12.44c	Kelly Phillips (Mission Viejo)	12.2 1995	12.57	*Bethany Nguyen (Beckman)	2018
12.44c	Angela Allen (El Modena)	12.2 1997	12.58	Judy Jackson (Tustin)	1989
12.44c	** Dana Bethel (Mission Viejo)	12.2 1999	12.58	Erin Kelly (Brea)	1998
12.44	** Whitney Harrison (Aliso Niguel)	2001	12.58	* Michaela King (Dana Hills)	2013
12.44	* Tiffany Pransky (Orange Lutheran)	2004	12.58	Kelley Peterson (El Toro)	2013
12.44	*Danika Pagaduan (Mission Viejo)	2018	12.59	*Chelsea Lelito (Dana Hills)	2008
12.45	** Lori Smith (Canyon)	1987	12.59	Mickinze Ellis (Dana Hills)	2014
12.45	Madison Carney (Sonora)	2014	12.59	Jazmin Moss (Mater Dei)	2015
12.46	** Tifney Reeve (Cypress)	2006	12.59	Paige Labare (Costa Mesa)	2016
12.46	*Adriane Jaminski (Rosary)	2010	12.59	*Haley Hopkins (Mater Dei)	2016
12.46	**Monica Ukah (Trabuco Hills)	2010	12.60	Pam Asbury (Valencia)	1982
12.46	*** Kaiya McCullough (El Toro)	2013	12.60	* Pearl Mercer (Loara)	1994
12.43	*Simran Malhotra (Woodbridge)	2018	12.60	** Erin Reed (Huntington Beach)	1995
12.47	Brenda Owens (SA Valley)	1982	12.60	* Julia Crum (Troy)	2009
12.47	** Heidi Sandra (Los Alamitos)	1985	12.60	Mallory Barnes (Santa Margarita)	2018
12.47	Kathy Hargis (Magnolia)	1986	12.61	Tiffany Pransky (Orange Lutheran)	2005
12.47	Heidi Sendro (Los Alamitos)	1985	12.61	Marina Berrios (Pacifica)	2013
12.47	*** Noel Dula (Marina)	1997	12.61	*Taryn Wilson (St Margaret's)	2017
12.47	* Aileen Sablo (Rosary)	1999	12.61	*Sophia Chiamonte (Mater Dei)	2017
12.47	* Bridgett Brown (Cypress)	2000	12.61	***Ella Dartez (Laguna Beach)	2018
12.47	**Danielle Limp (Los Alamitos)	2017	12.62	* Leah Zaby (Newport)	1998
12.48	Tami Letterman (Edison)	1995	12.62	Emily Kalmbach (Santa Margarita)	2000
12.48	Megan Blanchard (Northwood)	2008	12.62	**Lauren Deats (Edison)	2010
12.48	*Shebanette Terry (Irvine)	2012	12.62	***Yordan Scales (Tesoro)	2016
12.48	*Haley Hopkins (Mater Dei)	2016	12.62	***Alyssa Blockberger (Los Alamitos)	2017
12.48	**Emillie Bennett (San Clemente)	2017	12.62	*Penelope Hocking (Canyon)	2017
12.49	Rakita Roberson (Loara)	1987	12.63	* Courtney Stafford (Katella)	2000
12.49	Eurie Jennings (Edison)	2000	12.63	* Brittany Fastuca (Mission Viejo)	2006
12.49	Frenchy Silva (Dana Hills)	2008	12.63	* Aniela Guyot (Santa Margarita)	2008
12.50	* Arika Griffith (El Toro)	1988	12.63	*Kyleigh Brown (San Clemente)	2012

12.63	**Emma Radan (Mater Dei)	2012	12.70	*Lauren Deats (Edison)	2011
12.63	Kenna Limp (Los Alamitos)	2015	12.70	Leyna Wood (University)	2017
12.63	*Carina Hendley (Northwood)	2015	12.70	Jessica Barbarosh (Woodbridge)	2018
12.63	**Lauren Drysch (Santa Margarita)	2015	12.71	Alida Dixon (SA Valley)	1989
12.63	Alexis Turley-Young (Canyon)	2016	12.71	Ashley Fletcher (Loara)	2005
12.63	Michelle Pitts (Sonora)	2016	12.71	***Kassidy Gorman (Santa Margarita)	2011
12.64c	Lynnda Kelley (Irvine)	12.4	12.71	* Mallory Winston (Laguna Hills)	2013
12.64c	Celine Regalia (University)	12.4	12.71	*Leigh Polson (Villa Park)	2017
12.64c	**Lori Shaw (Edison)	12.4	12.71	***Jordyn Gathert (J Serra)	2017
12.64c	Tiffany Felix (Mater Dei)	12.4	12.71	***Ella Tyus (Laguna Beach)	2018
12.64c	Yrsa Tsuneyoshi (Marina)	12.4	12.72	* Mildred Owens (SA Valley)	1983
12.64	*Jenny Infusino (Edison)	1991	12.72	* Heaven Yoshino (Woodbridge )	1995
12.64c	Darci Bishop (Sunny Hills)	12.4	12.72	Lucinda Watson (Century)	1995
12.64c	* Rosie Manning (Trabuco Hills)	12.4	12.72	*Christina Ta (Rancho Alamitos)	2005
12.64	Nicole Albano (Corona del Mar)	1996	12.72	Katie Madler (Santa Margarita)	2011
12.64c	Adrianna Gallardo (Saddleback)	12.4	12.72	Allison Sprong (Dana Hills)	2012
12.64	***Lindsey Greco (Capo Valley)	1997	12.72	***Keelin Gilbert (Cypress)	2012
12.64c	Mariner (Foothill)	12.4	12.72	* Aliyah Jones (Troy)	2013
12.64	*** Tiffany Hogan (Capo Valley)	12.4	12.72	*Sydnee Kolster (Los Alamitos)	2018
12.64	* Quinna Starr (Savanna)	1998	12.72	Nyree Brown (Segerstrom)	2018
12.64c	Kristin Keenan (Trabuco Hills)	12.4	12.73	* * Melissa Rivera (Marina)	2004
12.64c	Grace Rozar (Mater Dei)	12.4	12.73	* Rosie Manning (Trabuco Hills)	1993
12.64c	** Sabrina Spruill (Kennedy)	12.4	12.73	Eylsse Vanleer (Edison)	2004
12.64c	* Amber Moore (Aliso Niguel)	12.4	12.73	** Christina Ta (Rancho Alamitos)	2004
12.64c	** Adriana Bracamonto (Orange Lut)	2004	12.73	* Amanda Chevalier (Brea)	2008
12.64c	Gage (El Modena)	12.4	12.73	* Tia McFarlane (Trabuco Hills)	2008
12.64c	Natalie Roy (Mission Viejo)	12.4	12.73	Kimmie Conner (Dana Hills)	2010
12.64	Kristen Woepse (Woodbridge)	2005	12.73	***Frances James (Troy)	2013
12.64	** Kaelynn Greene (Orange Lutheran)	2009	12.74c	Annette Brown (Saddleback)	12.5
12.64	**Amy Heins (Troy)	2010	12.74c	*Suzanne Kerho (Mission Viejo)	12.5
12.64	Sydney Elliott (Mission Viejo)	2011	12.74c	Melissa Taylor (Edison)	12.5
12.64	Sahla Cook (Mission Viejo)	2016	12.74c	Carolyn Griffin (University)	12.5
12.64	***Kaitlyn Paculba (Marina)	2018	12.74c	*Kala Ross (Newport)	12.5
12.65	Adrianna Gallardo (Saddleback)	1997	12.74c	Michol Murray (Garden Grove)	12.5
12.65	Davis (Santa Margarita)	2000	12.74c	Jaime Terry (Trabuco Hills)	12.5
12.65	*Kristina Bugg (Canyon)	2011	12.74c	Tori Young (Mater Dei)	12.5
12.65	**Alyca Turner (Aliso Niguel)	2016	12.74c	Kelly Marshall (Edison)	12.5
12.66	*Julie Thiel (Katella)	1991	12.74c	Nicole Bronner (Edison)	12.5
12.66	Suzanne Moshini (Edison)	1995	12.74c	Kerry O'Bric (Edison)	12.5
12.66	***Jennifer Peteren (Edison)	1997	12.74c	** Erin Sauchelli (Sunny Hills)	12.5
12.66	** Ann Brigs (Esperanza)	2000	12.74c	* Baylea Norman (Capo Valley)	12.5
12.66	*** Katy Hinman (Capo Valley)	2009	12.74c	** Shannon Lee (Kennedy)	12.5
12.66	**Amanda Graceffa (J Serra)	2010	12.74c	***Tachaidra Ra (SA Valley)	12.5
12.66	**Breezy Frias (Westminster)	2012	12.74c	** Amanda Shanklin (Santa Marg)	12.5
12.66	***Brianna Washa (Oxford Academy)	2012	12.74	Alex McCarten (San Clemente)	1997
12.66	Haven Taylor (Mater Dei)	2018	12.74	*** Megan Clark (Esperanza)	1998
12.67	Julie Petrilla (E1 Dorado)	1993	12.74c	* Ngozi Ossai (Foothill)	12.5
12.67	***Madison Lankford (Calvary Ch (SA)	2010	12.74c	* Julie Handy (Esperanza)	12.5
12.67	***Mikaela Truckey (Orange Lutheran)	2010	12.74c	Henderson (Foothill)	12.5
12.67	*Kaiya McCullough (El Toro)	2015	12.74c	Fernandez (Loara)	12.5
12.67	**Olivia Poland (Los Alamitos)	2018	12.74c	Salze (La Habra)	12.5
12.68	Caryn Christiano (E1 Dorado)	1983	12.74c	Amado (Aliso Niguel)	12.5
12.68	Melanie Williams (Western)	1986	12.74c	* Tierricka Haynes (Brea)	12.5
12.68	Sherrie Buente (Esperanza)	1990	12.74c	Whitney Wiedner (Corona del Mar)	12.5
12.68	Barbara Scheil (Santa Margarita)	1995	12.74	*** Felicia Keely (Anaheim)	2006
12.68	** Pam Thomas (Cypress)	2001	12.74	* Janev Morris (Fountain Valley)	2006
12.68	Jessica Barbarosh (Woodbridge)	2017	12.74	Amanda Chevalier (Brea)	2009
12.69	Britt Williams (Mission Viejo)	1984	12.74	**Nylia Hudspeth (Kennedy)	2012
12.69	Shelly Tochluk (Westminster)	1989	12.74	Kellie Perry (Mission Viejo)	2013
12.69	** Melissa Mewes (El Toro)	2009	12.74	Aliyah Forbes (Mater Dei)	2016
12.69	Aniela Guyot (Santa Margarita)	2009	12.74	**Kristen Sobschhak (El Dorado)	2016
12.69	Julia Crum (Troy)	2010			
12.69	**Kelsey Waldmann (Mission Viejo)	2011			
12.69	Katelyn Andress (Capo Valley)	2012	<b>Wind-aided:</b>		
12.69	***Danielle Solaru (Northwood)	2013	11.56	Danielle Darden (Aliso Niguel)	2013
12.69	**Dana Padget (Esperanza)	2014	11.73	Janice Nsor (Kennedy)	2005
12.69	*Maquela Miller (Orange)	2017	11.75	**Becky Obinma (Rosary)	2016
12.69	*Emilie Bennett (San Clemente)	2018	11.79	*Danielle Darden (Aliso Niguel)	2012
12.70	* Melanie Midani (Loara)	1988	11.85	Jackie Dix (Woodbridge)	1997
12.70	Kristi Kierulff (Esperanza)	1995	11.87	*Kellie Godin (Mater Dei)	2017
12.70	* Tierricka Haynes (Brea)	2004	11.88	Sara Lipm (Los Alamitos)	2015
12.70	* Victoria Ton (Northwood)	2004	11.89	Estelle White (Saddleback)	1982
12.70	* Samantha Hanberg (Mission Viejo)	2009	11.89	Kiara Lambert (Fullerton)	2017
12.70	*Damillia Foster (Savanna)	2010	11.91	Cavetra Mitchell (Los Alamitos)	1993
12.70	*Amy Heins (Troy)	2011	11.91	Gia Trevisan (Mater Dei)	2011
			11.92	Persis William-Mensah (Estancia)	2014

11.93	Sherri Bertell (Mission Viejo)		1988	12.40	**Amanda Graceffa (J Serra)		2010
11.93	* Marquita Taylor (San Clemente)		2001	12.40	*Micayla Shook (Ocean View)		2017
11.98	*** Elia Reid (Kennedy)		2005	12.40	***Kaitlyn Paculba (Marina)		2018
11.99	Amber Moore (Aliso Niguel)		2005	12.41	*** Kristina Bugg (Canyon)		2009
11.99	Percylla Nared (Trabuco Hills)		2010	12.41	Amy Heins (Troy)		2012
11.99	*Sydney Carr (El Modena)		2015	12.41	*Emile Bennett (San Clemente)		2018
12.00	Dionne Garner (Valencia)		1985	12.42	Mattye Morton (Garden Grove)		2001
12.00	Tessa Green (Santa Margarita)		2018	12.42	**Ally Lynn (San Clemente)		2012
12.03	Trish Aubuchon (Esperanza)		1984	12.43	Sarah Perez (Mater Dei)		2016
12.04c	***Juanita Lawson (El Modena)	11.8	1999	12.43	**Maliyah Medley (El Toro)		2016
12.05	** Erin Stovall (Woodbridge)		1996	12.44c	Michelle Muniz (Woodbridge)	12.2	1990
12.05	Ashley Willingham (Los Alamitos)		2016	12.44	Leticia Pulido (Katella)		2002
12.07	Nicole Martinez (Yorba Linda)		2017	12.44	** Kaelynn Greene (Orange Lutheran)		2009
12.07	Maliyah Medley (El Toro)		2018	12.44	Juliana Crum (Troy)		2010
12.08	* Meryl Stone (Woodbridge)		1998	12.44	Katie Ostler (Beckman)		2011
12.10	Melissa Swigart (Corona del Mar)		2005	12.44	***Persis Williams (Estancia)		2011
12.10	Alyssa Tao (Fountain Valley)		2013	12.45	* Alida Dixon (SA Valley)		1988
12.12	Yasmin Webb (Buena Park)		2005	12.45	** Kelly Phillips (Mission Viejo)		1993
12.12	Kaitlyn Merritt (Santa Margarita)		2015	12.45	***Mikaela Truckey (Orange Lutheran)		2010
12.12	**Julia Cabrales (Mission Viejo)		2010	12.45	**Aryianna Faircloth (Magnolia)		2017
12.13	Paige Labare (Costa Mesa)		2016	12.46	Suzanne Moshini (Edison)		1995
12.13	*Mallory Barnes (Santa Margarita)		2017	12.46	*Janel Nguyen (Bolsa Grande)		2017
12.14c	* Tara Oettinger (Foothill)	11.9	1994	12.47	* Lindsey Amado (Aliso Niguel)		2005
12.14	Cora Davis (Fountain Valley)		2017	12.47	Lauren Delgadillo (Fountain Valley)		2014
12.15	*** Ariana Wright (Westminster)		2008	12.48	Jennifer Infusido (Edison)		1992
12.17	* Brooke Fitzgerald (Santa Margarita)		1997	12.48	Julie Petrilla (El Dorado)		1993
12.17	Malia Tilton (El Modena)		2013	12.48	** Allison Sarrell (Brethren Christian)		2001
12.18	*Maddie Jocson (Tesoro)		2018	12.48	Ashley Moore (Rosary)		2012
12.20	Ashley Bush (Sonora)		2010	12.49	** Sherrie Buente (Esperanza)		1988
12.20	***Becky Obinma (Villa Park)		2015	12.49	Janifer Janneck (Brea)		2013
12.20	**Rayne Anwar (Capo Valley)		2017				
12.20	Jessica Barbarosh (Woodbridge)		2018				
12.22	** Danielle Eichelberger (Cypress)		2002				
12.23	** Michelle Sanford (Woodbridge)		2001	23.88	Maliyah Medley (El Toro)		2017
12.23	Krystyne Hanberg (Mission Viejo)		2005	24.04	Danielle Darden (Aliso Niguel)		2013
12.23	*Danika Pagaduan (Mission Viejo)		2018	24.15	**Gianna Lowery (Capo Valley)		2010
12.24	**Kennedy Gillian (Mission Viejo)		2014	24.17	Nikki Merritt (Santa Margarita)		2018
12.25	Kelley Peterson (El Toro)		2013	24.18	Sara Limp (Los Alamitos)		2015
12.25	*Crystal Eckman (Fountain Valley)		2014	24.19	Ashley Willingham (Los Alamitos)		2016
12.28	**Simran Malhotra (Woodbridge)		2017	24.21	Percylla Nared (Trabuco Hills)		2010
12.27	* Kylie McCuen (Brea)		2001	24.22	Carol Rodriguez (Western)		2003
12.27	Tierra Tyler (Western)		2008	24.29	*Gabrielle Scott (Woodbridge)		2010
12.28	**Heather Walleigh (Santa Margarita)		2012	24.33	Gia Trevisan (Mater Dei)		2011
12.28	Madison Carney (Sonora)		2014	24.37+	Michelle Kelley (Irvine)	24.51y	1979
12.28	**Simran Malhotra (Woodbridge)		2018	24.39	Annette Rogers (University)		1984
12.29	*Danielle Limp (Los Alamitos)		2018	24.45	* Christina Twicken (San Clemente)		2009
12.30	**Parisia Barker (Orange Lutheran)		2012	24.50	Alexandrea Kruthers (Capo Valley)		2010
12.30	** Mia Hummel (Canyon)		2013	24.52	Cavetra Mitchell (Los Alamitos)		1993
12.31	* S Salcido (Marina)		2009	24.53	**Kennedy Gillian (Mission Viejo)		2014
12.31	*Lily Ebanks (Valencia)		2014	24.54	*Lauren Drysch (Santa Margarita)		2016
12.31	Jazmin Moss (Mater Dei)		2015	24.55	Sheri Bertell (Mission Viejo)		1988
12.32	** Meghan Reppe (Villa Park)		1993	24.56	*** Elia Reid (Kennedy)		2005
12.32	Megan Blanchard (Northwood)		2008	24.59+	Janet Steen (SA Valley)	24.73y	1979
12.33	Wendy Hale (Brea)		1980	24.61	Meisha Wilson-Duvall (Woodbridge)		1995
12.33	*** Ashley Lampley (Marina)		2005	24.64	Marquita Taylor (San Clemente)		2002
12.34c	Lori Shaw (Edison)	12.1	1985	24.64c	*Danielle Dixon (Beckman)	24.4	2017
12.34c	Rosie Manning (Trabuco Hills)	12.1	1994	24.66	Melissa Swigart (Corona del Mar)		2005
12.34c	Ann Briggs (Esperanza)	12.1	2002	24.70	** Hilary Ojinnaka (Cypress)		2013
12.34	*Amy Heins (Troy)		2011	24.71	Trish Aubuchon (Esperanza)		1984
12.34	*Bethany Nguyen (Beckman)		2018	24.71	D'Layne Kerr (Corona del Mar)		1988
12.35	Tami Letterman (Edison)		1995	24.71	Tessa Green (Santa Margarita)		2018
12.36	* Arika Griffith (El Toro)		1988	24.72+	Vanessa Denniston (SA Valley)	24.87y	1978
12.36	* Julieann Crum (Troy)		2009	24.73	** Crystal Davis (SA Valle )		1999
12.36	* Kaelyn Kaichi (Tesoro)		2009	24.75	*Emilie Bennett (San Clemente)		2018
12.36	*Shebanette Terry (Irvine)		2012	24.76	Jackie Dix (Woodbridge)		1997
12.36	*Aryianna Faircloth (Magnolia)		2018	24.77	Ashley Bethel (Mission Viejo)		1997
12.37	** Eileen Danaway (Huntington Beach)		1993	24.77	Kylie McCuen (Brea)		2002
12.37	* Pearl Mercer (Loara)		1994	24.77	* Tara Radan (Mater Dei)		2013
12.37	Janey Morris (Fountain Valley)		2007	24.78	***Kylie Klein (Villa Park)		2010
12.38	*Gabrielle Scott (Woodbridge)		2010	24.79	Dionne Garner (Valencia)		1985
12.38	Kennedy Gillian (Mission Viejo)		2016	24.80	Liz Morse (Corona del Mar)		2000
12.38	Jacqueline Faris (Dana Hills)		2018	24.83	** Amy Burlingham (Newport)		2001
12.40	Cron (Ocean View)		1985	24.83	Kelli Godin (Mater Dei)		2018
12.40	* Tenaya Johnson (Laguna Hills)		1991	24.84	Meryl Stone (Woodbridge)		1998
12.40	*** Amy Heins (Troy)		2009	24.85	Emma Radan (Mater Dei)		2014

24.87	Brierra Winfrey (Trabuco Hills)		2011	25.51	*** Michelle Sanford (Woodbridge)		2000
24.87	Rai Ahmed-Green (Irvine)		2014	25.52	* Pam Asbury (Valencia)		1981
24.88	Adriana Bracamonte (Orange Lutheran)		2007	25.52	Rosie Manning (Trabuco Hills)		1994
24.92	**Becky Obinma (Rosary)		2016	25.52	***Mikaela Truckey (Orange Lutheran)		2010
24.92	**Anisa Rind (Dana Hills)		2018	25.52	Nicole Martinez (YorbaLinda)		2017
24.94c	* Michelle Banks (El Dorado)	24.7	1984	25.53	** Lucinda Watson (Century)		1993
24.94c	**Trindl Fearnley (Edison)	24.7	1984	25.54c	Estelle White (Saddleback)	25.3	1982
24.96	Kristyne Hanberg (Mission Viejo)		2005	25.54	Jamie Karrer (Edison)		1989
24.96	Michelle Holt (Laguna Hills)		2016	25.54c	***Andrea Dean (Mission Viejo)	25.3	1989
25.00	*Alycia Turner (Aliso Niguel)		2017	25.54c	Heather Sterlin (Mission Viejo)	25.3	1992
25.04c	* Tara Oettinger (Foothill)	24.8	1994	25.54c	** Raven Herbert (SA Valley)	25.3	1997
25.05	* Tifney Reeve (Capo Valley)		2005	25.54c	Erin Kelly (Brea)	25.3	1998
25.05	Ellexi Snover (Mater Dei)		2011	25.54c	* Janice Nsor (Kennedy)	25.3	2004
25.09	**Kelley Peterson (El Toro)		2011	25.54	**Gentry Gillian (Mission Viejo)		2018
25.10	**Sarah Perez (Mater Dei)		2014	25.56+	Chris Davenport (Troy)	25.71y	1979
25.14	Grace Esslinger (Dana Hills)		2009	25.56	*Danielle Limp (Los Alamitos)		2018
25.14	* Ashley Bush (Sonora)		2009	25.57	** Christina Ciampa (San Clemente)		1997
25.16	* Jessica Zavala (St Margaret's)		2007	25.57	* Nathalie Michiels (Santa Margarita)		2005
25.19	Chloe Fan (Aliso Niguel)		2015	25.57	Lauren Deats (Edison)		2012
25.19	Lauren O'Bannion (Yorba Linda)		2018	25.57	Haley Hopkins (Mater Dei)		2017
25.20	* Emily Kalmbach (Santa Margarita)		2002	25.57	**Chrystal Aluya (Valencia)		2018
25.20	* Perris William-Mensah (Estancia)		2013	25.59	** Meghan Reppe (Villa Park)		1993
25.22	*Kandyce Doxey (Cypress)		2007	25.59	Janey Morris (Fountain Valley)		2007
25.23	* Juanita Lawson (El Modena)		2002	25.59	Holly Rieck (Capo Valley)		2012
25.23	Danielle Eichelberger (Cypress)		2003	25.60+	Tina Johnson (Kennedy)	25.77y	1981
25.23	Tai Crumsey (Canyon)		2014	25.60+	* Tsenre Jackson (Edison)	25.5y	1981
25.24	*Hollis Donovan (Dana Hills)		2014	25.61	*Lily Ebanks (Valencia)		2014
25.25	* Meghan Atkinson (Santa Margarita)		1999	25.61	*Michelle Quinn (Yorba Linda)		2018
25.25	Alyssa Tao (Fountain Valley)		2013	25.62	*Alex Gilbert (Santa Margarita)		2012
25.25	**Cori Hoffer (Edison)		2018	25.62	***Kylee Wehrly (Trabuco Hills)		2014
25.26	Jessica Erickson (San Clemente)		2014	25.63	Trudy Zandbergen (Pacifica)		1982
25.28	Whitney Harrison (Aliso Niguel)		2003	25.63	*** Kristina Bugg (Canyon)		2009
25.28	Emily Kressin (Troy)		2009	25.64c	Kelly Marshall (Edison)	25.4	1996
25.29	*Sydney Carr (El Modena)		2016	25.64c	Kerry O'Bric (Edison)	25.4	1996
25.30	Amanda Rosencrantz (Kennedy)		2005	25.64c	** Shannon Lee (Kennedy)	25.4	1997
25.30	** Mia Hummel (Canyon)		2013	25.64c	Patrice Donaldson (Orange)	25.4	2001
25.32	Michele Hull (Santa Margarita)		2004	25.64c	** Darin Milovich (Tesoro)	25.4	2008
25.32	** Ashley Bush (Sonora)		2008	25.64	*Mallory Barnes (Santa Margarita)		2017
25.32	**Ally Lynn (San Clemente)		2012	25.65	Emily Fischer (Troy)		2011
25.33	**Kandyce Sillette (Tesoro)		2005	25.65	Kristin Sobschak (El Dorado)		2018
25.33	*Milana Malec (Woodbridge)		2018	25.66	Dana Kriesel (Pacifica)		1981
25.34c	Brenda Owens (SA Valley)	25.1	1982	25.66	*Ceili Tuttle (Fullerton)		2015
25.34	Kelly Phillips (Mission Viejo)		1995	25.67	Ebony Dozier (Western)		1997
25.34	Angella Allen (El Modena)		1997	25.67	*Michelle Holt (Laguna Hills)		2015
25.34	Maika Nelson (Brea)		1997	25.68+	Kim Law (SA Valley)	25.83y	1978
25.34	* Erin Albee (El Toro)		2005	25.70+	Kristen Rios (Sonora)	25.6y	1984
25.37	Matty Morton (Garden Grove)		2001	25.70	Julie Petrilla (El Dorado)		1993
25.37	*Holly Rieck (Capo Valley)		2011	25.71	Jonna Evans (Sunny Hills)		1997
25.37	Nicole Moeller (Trabuco Hills)		2017	25.71	* Alisyn Clark (SA Valley)		2003
25.40+	Cheryl Henderson (Fountain Valley)	25.3y	1984	25.71	Alex Gilbert (Santa Margarita)		2013
25.40	** S Salcido (Marina)		2009	25.71	**Jordyn Gather (J Serra)		2018
25.40	*Shebanette Terry (Irvine)		2012	25.72	Jennifer Janneck (Brea)		2013
25.40	Hope Bender (Newport)		2015	25.72	*** Kaiya McCullough (Irvine)		2013
25.41	Shelly Tochluk (Westminster)		1989	25.72	***Hannah Cooper (Woodbridge)		2017
25.41	Amanda Rozenantz (Kennedy)		2002	25.72	**Rayne Anwar (Capo Valley)		2017
25.41	*Danika Pagaduan (Mission Viejo)		2018	25.73	*Katy Hinman (Capo Valley)		2011
25.42	Anne Briggs (Esperanza)		2001	25.74c	Kris Lambent (Foothill)	25.5	1985
25.42	***Majia Shaw (Laguna Beach)		2018	25.74c	Casey Lozano (Sonora)	25.5	1992
25.43	Celine Regalia (University)		1982	25.74c	* Ngozi Ossai (Foothill)	25.5	1998
25.43	Tiffany Hogan (Capo Valley)		1997	25.74	** Danielle Coffman (Marina)		2005
25.44c	Barbara Rainey (Edison)	25.2	1982	25.74	**Maia Craver (Woodbridge)		2012
25.44c	Danetta Chaney (Saddleback)	25.2	1989	25.75	Kathy Grant (Estancia)		1986
25.44	*Simran Malhotra (Woodbridge)		2018	25.75	Eileen Dunaway (Huntington Beach)		1995
25.45	Bridgett Brown (Cypress)		2000	25.75	* Jennifer Peterson (Edison)		1998
25.45	Julia Cabrales (Mission Viejo)		2012	25.75	Summer Crawley (Irvine)		2013
25.45	Charisma Byrd (Rosary)		2016	25.75	***Kaitlyn Paculba (Marina)		2018
25.46	Courtney Stafford (Katella)		2000	25.75	Mia Darden (Aliso Niguel)		2018
25.46	*** Amy Heins (Troy)		2009	25.76	Sherrie Buente (Esperanza)		1990
25.46	* Alexis Deol (Aliso Niguel)		2007	25.76	Denise Gallion (Woodbridge)		2005
25.47	Taylor Hypolite (El Toro)		2011	25.76	*** Katy Hinman (Capo Valley)		2009
25.47	Paige LaBare (Costa Mesa)		2016	25.76	Samantha Hanberg (Mission Viejo)		2010
25.48	Schell (Fountain Valley)		1983	25.76	Nicole Martinez (Yorba Linda)		2017
25.49	Shemanette Terry (Irvine)		2012	25.77	Lyn Murray (Esperanza)		1991
25.49	*Kimiko Tanaka (Dana Hills)		2014	25.77	* Chistina Ciampa (San Clemente)		1998
25.50+	Cheryl Glazier (El Toro)	25.4y	1977	25.77	***Kaelynn Greene (Orange Lutheran)		2008

25.77	Cora Davis (Fountain Valley)		2017	25.98	* Aliyah Jones (Troy)		2013
25.77	**Hailey Ray (Dana Hills)		2017	25.98	Luaren Wyckoff (Capo Valley)		2015
25.78	*** Noel Dula (Marina)		1997	25.98	***Kathleen Overbaugh (Northwood)		2017
25.78	Allison Sprong (Dana Hills)		2012	25.99	Tricia Klemke (Marina)		1985
25.78	Lauren McLeese (Tesoro)		2016	25.99	Jessica Barbarosh (Woodbridge)		2017
25.78	Emma Kratzberg (Newport)		2016	25.99	*Ximena Bustos (Dana Hills)		2018
25.79	Pam Kurtela (Los Alamitos)		1990				
25.79	Carla Battle (Anaheim)		1997	<b>Wind-aided:</b>			
25.79	Shalanie Ross (Esperanza)		2000	23.72	* Carol Rodriguez (Western)		2003
25.79	***Yordan Scales (Tesoro)		2016	23.77	*Maliyah Medley (El Toro)		2017
25.80	Claire McKernan (Dana Hills)		2013	23.95	Sara Limp (Los Alamitos)		2015
25.80	Hollis Donovan (Dana Hills)		2015	24.15	Percylla Nared (Trabuco Hills)		2010
25.81	Lori Shaw (Edison)		1985	24.27	Jackie Dix Woodbridge)		1997
25.81	Megan Blanchard (Northwood)		2008	24.29	Cavetra Mitchell (Los Alamitos)		1993
25.81	**Dana Padget (Esperanza)		2014	24.42	Kennedy Gillian (Mission Viejo)		2016
25.81	Madison Carney (Sonora)		2014	24.47	** Meryl Stone (Woodbridge)		1997
25.81	*Chinyere Chambers (Northwood)		2015	24.48	*Michelle Holt (Laguna Hills)		2015
25.82	Danielle Reaves (Esperanza)		1988	24.49	*** Elia Reid (Kennedy)		2005
25.82	Sharon Day (Costa Mesa)		2003	24.56	* Tara Radan (Mater Dei)		2013
25.82	* Darin Milovich (Tesoro)		2009	24.59	** Hilary Ojinnaka (Cypress)		2013
25.82	Amy Wilbourn (LA Habra)		2013	24.62	**Lauren Drysch (Santa Margarita)		2015
25.82	***Sydney Carr (El Modena)		2014	24.64	Dionne Garner (Valencia)		1985
25.82	*Carina Hendley (Northwood)		2015	24.65	**Becky Obinma (Rosary)		2016
25.83	Danielle Coffman (Marina)		2008	24.66	Trish Aubuchon (Esperanza)		1985
25.84c	Slier DuFur (Canyon)	25.6	1981	24.67	*Ashley Willingham (Los Alamitos)		2015
25.84c	Kristen Fleeting (Tustin)	25.6	1981	24.74	Danielle Darden (Aliso Niguel)		2013
25.84c	Chris Salerno (Canyon)	25.6	1982	24.78	Kelli Godin (Mater Dei)		2018
25.84c	Jocelyn Lee (Irvine)	25.6	1983	24.80	Ashley Bethel (Mision Viejo)		1998
25.84	Erica Lee (Irvine)		1989	24.87	* Danielle Eichelberger (Western)		2003
25.84c	***Nikki Adams (Newport)	25.6	1992	24.91	* Alexis Deol (Aliso Niguel)		2007
25.84c	Angela Allen (El Modena)	25.6	1998	24.93	Ellexi Snover (Mater Dei)		2011
25.84c	* Chelsea Lelito (Dana Hills)	25.6	2008	24.98	** Ashley Bush (Sonora)		2008
25.84c	* Kassie Ham (Dana Hills)	25.6	2008	25.01	Amanda Rosencrantz (Kennedy)		2005
25.84	Ashley Jsames (Savanna)		2008	25.01	Nicole Martinez (Yorba Linda)		2017
25.84	**Amy Heins (Troy)		2010	25.02	* Tifney Reeve (Capo Valley)		2006
25.84	**Sydney Kolster (Los Alamitos)		2017	25.06	Kandyce Doxey (Cypress)		2008
25.86	* Amanda Wheeland (Dana Hills)		1989	25.09	*Alycia Turner (Aliso Niguel)		2017
25.86	**Haley Hopllins (Mater Dei)		2015	25.11	* Grace Esslinger (Dana Hills)		2008
25.87	**Allie Freed (University)		2010	25.13	*** Sheri Bertell (Mission Viejo)		1985
25.87	*Kelley Peterson (El Toro)		2012	25.14	Jennifer Janneck (Brea)		2013
25.88	Heather Simpson (Marina)		2011	25.14	**Simran Malhotra (Woodbridge)		2017
25.89+	Cathy Jones (Edison)	25.8y	1976	25.16	Janice Nsor (Kennedy)		2005
25.89+	* Marina Laymon (La Habra)	25.8y	1982	25.19	Persis William-Mensah (Estancia)		2014
25.89	* Tierricka Haynes (Brea)		2004	25.21	Lily Eubanks (Valencia)		2015
25.89	Aliyah Forbes (Mater Dei)		2016	25.25	*Shemanette Terry (Irvine)		2012
25.90	Karyn Haight (Orange Lutheran)		1978	25.29	* Erin Albee (El Toro)		2005
25.90	Lori Svoboda (El Dorado)		1989	25.35	* Danielle Fessenden (Los Alamitos)		2009
25.90	Brooke Thulin (Edison)		2002	25.37	Sharon Day (Costa Mesa)		2003
25.90	Heaven Taylor (Mater Dei)		2018	25.37	Dana Padget (Esperanza)		2016
25.91	** Lindsay Amado (Aliso Niguel)		2004	25.38	** Andrea Dean (Mission Viejo)		1990
25.91	Chelsea Green (Laguna Hills)		2008	25.39	***Kristien Sobschak (El Dorado)		2015
25.91	*Alyssa Schlom (Orange Lutheran)		2011	25.40	** Adrianna Bracamonte (Orange Lutheran)		2005
25.91	*Kyleigh Brown (San Clemente)		2012	25.41	*Alex Gilbert (Santa Margarita)		2012
25.92	** Erin Stovall (Woodbridge)		1995	25.41	*Cassidy Hodson (Villa Park)		2012
25.92	***Becky Obinma (Villa Park)		2015	25.41	**Cori Hoffer (Capo Valley)		2018
25.92	**Ximena Bustos (Dana Hills)		2017	25.44c	Lori Shaw (Edison)	25.2	1986
25.93	*Anijah Green (Los Alamitos)		2015	25.44	**Chrystal Aluya (Valencia)		2018
25.94c	Cherie Andre (Edison)	25.7	1987	25.45	** Marquita Taylor (San Clemente)		2000
25.94c	* Corolar White (Esperanza)	25.7	1996	25.45	***Mikaela Truckey (Orange Lutheran)		2010
25.94c	***Emily Dunn (Esperanza)	25.7	2004	25.45	**Milana Malec (Woodbridge)		2017
25.94	Alexia Williams (Irvine)		2013	25.46	Paige Labare (Costa Mesa)		2016
25.95	* Erin Kelly (Brea)		1997	25.46	*Mia Darden (Aliso Niguel)		2017
25.95	**Lauren Vissman (San Juan Hills)		2015	25.46	*Mallory Barnes (Santa Margarita)		2017
25.96	Kira Helmer (Mission Viejo)		2008	25.47	Alyssa Schlom (Orange Lutheran)		2012
25.96	* Danielle Fessenden (Los Alamitos)		2009	25.50	Hollis Donovan (Dana Hills)		2015
25.96	Brina Jablonski (Woodbridge)		2014	25.50	Cora Davis (Fountain Valley)		2017
25.96	*Kaitlyn Merritt (Santa Margarita)		2014	25.52	Pam Asbury (Valencia)		1981
25.96	*Bethany Nguyen (Beckman)		2018	25.52	Danielle Reaves (Esperanza)		1988
25.97	Palmer (University)		2004	25.52	*Ximena Bustos (Dana Hills)		2018
25.97	* Philine Qian (Northwood)		2013	25.54	Megan Blanchard (Northwood)		2008
25.97	*Amanda Bolger (Northwood)		2016	25.57	** S Salcido (Marina)		2009
25.98	** Melissa McDonald (Mater Dei)		1989	25.58	Taryn Wilson (St Margaret's)		2018
25.98	Sheila McMorris (Los Alamitos)		1990	25.59	***Madison Lankford (Calvary Ch-SA)		2010
25.98	Sara McMillan (Cypress)		1998	25.60	Summer Crawley (Irvine)		2013
25.98	*Adriane Jaminski (Rosary)		2010	25.61	*Anijah Green (Los Alamitos)		2015

25.62	* Amanda Chevalier (Brea)	2008	54.89	Kennedy Gillian (Mission Viejo)	2016
25.62	*Cassidy Hodson (Villa Park)	2012	55.05	Emily Dunn (Esperanza)	2007
25.62	***Becky Obinma (VillaPark)	2015	55.05	*Paige Metayer (University)	2017
25.63	Tia McFarlane (Trabuco Hills)	2009	55.24c	* Carol Rodriguez (Western)	55.1 2003
25.63	**Sydnee Kolster (Los Alamitos)	2017	55.24	* Tiffany Reeve (Capo Valley)	2005
25.64	**Maia Craver (Woodbridge)	2012	55.35	* Tara Radan (Mater Dei)	2013
25.65	*Tatum Gee (Cypress)	2016	55.40	Meisha Wilson-Duval (Woodbridge)	1995
25.65	*Amy Heins (Troy)	2011	55.42	Barbara Rainey (Edison)	1983
25.66	*Marina Berrios (Pacifica)	2012	55.43+	Kim Law (SA Valley)	55.76y 1978
25.66	**Birute Mikuleviciute (El Dorado)	2012	55.44	* Michelle Banks (El Dorado)	1984
25.66	**Aryianna Faircloth (Magnolia)	2017	55.55	Christina Twicken (San Clemente)	2010
25.66	**Rayne Anwar (Capo Valley)	2017	55.63	Emily Kressin (Troy)	2009
25.67	**Bethany Nguyen (Beckman)	2017	55.71	*Shebanette Terry (Irvine)	2012
25.68	** Nicole Callander (Yorba Linda)	1991	55.77	Shelly Tochluk (Westminster)	1989
25.68	Alex Gilbert (Santa Margarita)	2013	55.80	Trish Aubuchon (Esperanza)	1985
25.69	Larel Sheperd (Irvine)	2017	55.88	** Tanya Ransom (El Toro)	1982
25.70	*** Kristina Bugg (Canyon)	2009	55.89	Liz Morse (Corona del Mar)	2000
25.70	**Michelle Quinn (Yorba Linda)	2017	55.90	Alexandrea Kruthers (Capo Valley)	2010
25.71	Eileen Dunaway (Huntington Beach)	1995	55.90	Lauren Drysch (Santa Margarita)	2017
25.71	Annelise Doerr (Fountain Valley)	2015	55.95	Melissa Swigart (Corona del Mar)	2005
25.72	*Lupe Medina (Mater Dei)	2012	55.95	Emma Kratberg (Newport)	2016
25.73	***Alyssa Blockberger (Los Alamitos)	2017	55.97	***Milana Malec (Woodbridge)	2016
25.74	Michelle Muniz (Woodbridge)	1990	56.00	Brierra Winfrey (Trabuco Hills)	2011
25.74c	Lauren Little (San Clemente)	25.5 2007	56.01	Kyle Wolff (Woodbridge)	2008
25.76	Amber Moore (Aliso Niguel)	2005	56.15	Rai Ahmed-Green (Irvine)	2014
25.76	Amy Heins (Troy)	2012	56.27	* Alisyn Clark (SA Valley)	2003
25.76	Brina Jablonski (Woodbridge)	2014	56.28	* Suzy Hensel (Valencia)	1982
25.76	*Hailey Ray (Dana Hills)	2018	56.33	d'Layne Kerr (Corona del Mar)	1988
25.76	***Jade McDonald (Mater Dei)	2018	56.34	* Mary Coleman (Irvine)	1986
25.77	Claire McKernan (Dana Hills)	2013	56.38	* Cassie Stanislaw (Woodbridge)	2006
25.78	Heather Simpson (Marina)	2011	56.41	Laurel Shepherd (Irvine)	2017
25.78	**Parisia Barker (Orange Lutheran)	2012	56.43	**Alyssa Blockburger (Los Alamitos)	2018
25.79	Kira Helmer (Mission Viejo)	2008	56.47	** Raven Hebert (SA Valley)	1997
25.80	*Ashley Jsmes (Savanna)	2007	56.47	* Emily Kalmbach (Santa Margarita)	2002
25.81	* Lori Smith (Canyon)	1988	56.52+	Michelle Kelly (Irvine)	56.7y 1979
25.82	Harrison (Aliso Niguel)	2002	56.54	Kaci Keffer (Woodbridge)	1990
25.82	*Kelley Peterson (El Toro)	2012	56.54	* Brittany Flores (Cypress)	2006
25.83	Lauren Vissman (San Juan Hills)	2015	56.57	*Ceili Tuttle (Fullerton)	2015
25.83	*Ally Bebout (Fountain Valley)	2017	56.57	* Debbie Marsino (Cypress)	1980
25.84	* Kelly Phillips (Mission Viejo)	1993	56.57	*Mia Darden (Aliso Niguel)	2017
25.84c	Sara Tafazoli (Corona del Mar)	25.6 1993	56.58	Nicole Moeller (Trabuco Hills)	2017
25.84c	Donna Garcia (Ocean View)	25.6 1993	56.60	* Maia Craver (Woodbridge)	2013
25.84c	*Jessica Zavalza (St Margaret's)	25.6 2007	56.62+	Cathy Jones (Edison)	56.8y 1976
25.84c	Hamer (Capo Valley)	25.6 2007	56.62+	Debbie Bottomley (Canyon)	56.8y 1976
25.84	Kassie Ham (Dana Hills)	2009	56.64	Alejandra Torres (Woodbridge)	1997
25.84	Danielle Fessenden (Los Alamitos)	2010	56.65	Amanda Rosencramtz (Kennedy)	2005
25.85	*Whitney Hessler (Mission Viejo)	2016	56.73	Lauren O'Banion (YorbaLinda)	2018
25.86	Colleen O'Higgins (El Dorado)	1983	56.74	*** Alexis Deol (Aliso Niguel)	2005
25.86	Brianna Ramsey (Fountain Valley)	2009	56.79	Chloe Deol (Dana Hills)	2014
25.87	* Tanya Taylor (Sunny Hills)	2006	56.81+	Chris Davenport (Troy)	57.0y 1979
25.87	*Cassie Durgy (Huntington Beach)	2015	56.84	*Kimiko Tanaka (Dan Hills)	2014
25.88	**Taylor Gather (Santa Margarita)	2015	56.84	**Anisa Rind (Dana Hills)	2018
25.88	**Emma Radan (Mater Dei)	2012	56.87	*** Alisyn Clark (SA Valley)	2001
25.89	*Adriane Jarminski (Rosary)	2010	56.87	*Ximena Bustos (Dana Hills)	2018
25.89	**Danielle Limp (Los Alamitos)	2017	56.89	*** Tiffany Hogan (Capo Valley)	1997
25.89	*Aryianna Faircloth (Magmolia)	2018	56.90	*Cassie Durgy (Huntington Beach)	2015
25.90	Krista Kenyon (Esperanza)	1993	56.91+	Tsenre Jackson (Edison)	57.1y 1982
25.90	Katelyn Andress (Capo Valley)	2013	56.91	*** Don 'Yell Norris (Mission Viejo)	1989
25.90	**Danielle Solaru (Northwood)	2014	56.91	** Erin Albee (El Toro)	2004
25.92	Carolyn Griffin (University)	1990	56.94	*Alex Gilbert (Santa Margarita)	2012
25.92	Emily Nolen (Brea)	2013	56.97	*Shemanette Terry (Irvine)	2012
25.93	Emily Thiebaud (Esperanza)	1988	57.01+	Janet Steen (SA Valley)	57.2y 1978
25.93	Brenda Robinson (SA Valley)	1990	57.03	* Corolar White (Esperanza)	1996
25.93	Marlene Laing (Fountain Valley)	1994	57.03	Jessica Erickson (San Clemente)	2014
25.93	Chelsea Hairanian (Cypress)	2011	57.06	* Debbie Arthur (Esperanza)	1981
25.95	Katie Ostler (Beckman)	2011	57.08	* Ashley Furst (Laguna Hills)	1998
25.97	Julie McMillen (Sonora)	2008	57.09	Hope Bender (Newport)	2015
25.98	*Shyanna Carrigan (Fullerton)	2017	57.16	***Kathy Grayson (Mission Viejo)	1986
			57.16	***Majia Shaw (Laguna Beach)	2018
			57.17	** Kelly Morgan (Corona del Mar)	2004
			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

## 400 meters

53.06	*Maliyah Medley (El Toro)	2018
53.42	*Arlise Emerson (Westminster)	1978
53.98	Gabrielle Scott (Woodbridge)	2011
54.89	*Ashley Willingham (Los Alamitos)	2015

57.24	Raven Hebert (SA Valley)		1999	2:09.54	* Anja Disiena (Fountain Valley)		2007
57.27	Chelsea Hairanian (Cypress)		2011	2:09.55	Hanna Edwards (El Toro)		2011
57.28	* Maika Nelson (Brea)		1997	2:09.66	* Shelby Buckley (Corona del Mar)		2007
57.31+	Stacy Kneeshaw (Foothill)	57.5y	1978	2:09.82	Suzy Hensel (Valencia)		1983
57.32	* Danielle Fessenden (Los Alamitos)		2009	2:09.83	Julie Seleine (University)		1983
57.35	Sharon Day (Costa Mesa)		2002	2:09.9	* Polly Plumer (University)		1982
57.35	Ashlyn Adams (Tesoro)		2018	2:10.06	Annie St Geme (Corona del Mar)		2006
57.40	Catherine Schmidt (Mater Dei)		2002	2:10.12	Delaney Sanacore (Los Alamitos)		2018
57.41+	* Liz Melton (Fountain Valley)	57.6y	1978	2:10.15	Christine Babcock (Woodbridge)		2008
57.45	Maia Craver (Woodbridge)		2014	2:10.38	**Taylor Arco (Mission Viejo)		2014
57.48	*Kaiya McCullough (El Toro)		2015	2:10.45	Katie Izzo (Los Alamitos)		2015
57.48	***Jocelyn Niemi (Beckman)		2018	2:10.47	**Meghan Foley (Edison)		2007
57.52	*** Meghan Atkinson (Santa Margarita)		1998	2:10.57	* Haley Lawrence (Aliso Niguel)		2006
57.52	*Hailey Ray (Dana Hills)		2018	2:10.57	**Ashley Johnson (Mission Viejo)		2018
57.54c	Sherri Smith (Woodbridge)	57.4	1986	2:10.60	Gabrielle Scott (Woodbridge)		2011
57.54c	Molly Pierson (El Toro)	57.4	2005	2:10.76	Katherine Delaney (JSerra)		2011
57.54c	Annelise Doerr (Fountain Valley)		2015	2:10.82	* Alex Dunne (San Clemente)		2008
57.55	*** Katy Hinman (Capo Valley)		2009	2:10.92	**Laura Chapel (Irvine)		1984
57.51+	*Laura Ichikawa (Katella)	57.7y	1981	2:10.97	***Kathy Grayson (Mission Viejo)		1986
57.56	Taylor Arco (Mission Viejo)		2016	2:11.03	Natalie Grohmann (Fountain Valley)		2015
57.57	Cassie Durgy (Huntington Beach)		2016	2:11.09	Nicole Ritchot (Edison)		1986
57.59	* Tanya Taylor (Sunny Hills)		2006	2:11.22	Sherri Smith (Woodbridge)		1986
57.61+	** Renee Durrand (Laguna Beach)	57.8y	1980	2:11.23	* Christie Engesser (Ocean View)		1992
57.61+	** Jodie Wood (Canyon)	57.8y	1980	2:11.32	Sara Van Dyke (Marina)		2011
57.61	Chloe Fan (Aliso Niguel)		2015	2:11.59	Shelley Taylor (Edison)		1992
57.63	* Julie Baker (Capo Valley)		1980	2:11.72	*Allison Damon (Corona del Mar)		2007
57.63	Trudy Zandbergen (Pacifica)		1982	2:11.73	**Amy Cox (Foothill)		1982
57.64c	Dawn Price (Costa Mesa)	57.5	1981	2:11.92	* Natalie Herberg (Capo Valley)		2013
57.64	Carissa Bricker (Dana Hills)		2011	2:11.93	Jennifer Daly (Dana Hills)		2017
57.64	Brina Jablonski (Woodbridge)		2014	2:11.98	Katie Camerena (San Juan Hills)		2016
57.65	* Karen Anderson (Edison)		1995	2:12.03	Summer Shaw (Huntington Beach)		1997
57.68	Michelle Hull (Santa Margarita)		2004	2:12.43	Gwynn George (Santa Margarita)		2018
57.68	* Summer Shaw (Huntington Beach)		1995	2:12.61	* Vicki Kelly (Costa Mesa)		1981
57.69	Brenna McNulty (Dana Hills)		2014	2:12.63	Maribeth Buche (Esperanza)		2001
57.70	* Angela Allen (El Modena)		1997	2:12.63	*Alyssa Bautista (Capo Valley)		2017
57.71+	Rhonda Patcha (Valencia)	57.9y	1979	2:12.79	Amber Steen (Newport)		2001
57.71	Lyn Murray (Esperanza)		1991	2:12.85	*Paige Metayer (University)		2017
57.72	* Tara Oettinger (Foothill)		1994	2:12.86	Erika Lovett (Savanna)		1987
57.73	Emily Fischer (Troy)		2011	2:12.86	*** Whitney Hampton (El Toro)		2002
57.74	Kristen Schertzer (Woodbridge)		1988	2:12.90	* Tiffany Boykin (Laguna Hills)		1994
57.74	* Tai Crumsey (Canyon)		2013	2:12.99	Julie Kaudelka (Edison)		1994
57.76	Michelle Holt (Laguna Hills)		2016	2:13.24	**Nicole Biggers (El Toro)		1983
57.77	*Whitney Hessler (Mission Viejo)		2016	2:13.26	*Whitney Hessler (Mission Viejo)		2016
57.79	Rylee Kerr (San Clemente)		2018	2:13.36	Courtney Pugmire (Esperanza)		1995
57.81	* Julie Koubeke (Edison)		1992	2:13.4+	Liz Melton (Fountain Valley)	2:14.1y	1979
57.81	Samantha Solaru (Northwood)		2011	2:13.47	Amanda Gehrich (Tesoro)		2016
57.82	*Kyle Wolff (Woodbridge)		2007	2:13.49	Heather Balbier (Dana Hills)		2009
57.83	** Molly Pierson (El Toro)		2003	2:13.50	Samantha Costantini (Mater Dei)		2005
57.84	Erika Lee (Irvine)		1988	2:13.61	Laurinda Mulhaupt (Capo Valley)		1989
57.86	* Dana Kriesel (Pacifica)		1980	2:13.67	Leslie Pratt (Edison)		1983
57.86	*** Maribeth Buche (Esperanza)		1998	2:13.73	* Nancy Long (Mission Viejo)		1984
57.87	* Anne Briggs (Esperanza)		2001	2:13.73	* Molly Pierson (El Toro)		2004
57.88	*Coco Putnam (Laguna Beach)		2015	2:13.74	Cynthia Mendez (Savanna)		2004
57.88	Jackie Martin (Corona del Mar)		2017	2:13.80	Bethan Knights (Northwood)		2014
57.90	Becky Marshburn (Dana Hills)		2005	2:13.84	Sabrina Caplis (Foothill)		1995
57.90	Zahira Montanez (Kennedy)		2006	2:13.9	***Sharon Hatfield (Fountain Valley)		1979
57.92	Monica Todd (Trabuco Hills)		2010	2:13.91	Kamilah Foley (Trabuco Hills)		2010
57.93	* Unique Conner (Western)		2008	2:13.92	*Mia Darden (Aliso Niguel)		2017
57.93	Charisma Byrd (Rosary)		2016	2:13.97	Kristin Kovacich (Mater Dei)		2004
57.94	Denise Gallion (Woodbridge)		2005	2:13.97	Cristen Lane (Foothill)		2013
57.95	* Marissa Clow (Northwood)		2009	2:14.08	* Cindy Stoughton (Corona del Mar)		1980
57.97	Stephanie Jones (Kennedy)		1985	2:14.14	* Shalice Pugmire (Esperanza)		2001
				2:14.15	* Maika Nelson (Brea)		1997
				2:14.16	Alyssa Bautista (Capo Valley)		2018
				2:14.3 +	Rhonda Patcha (Valencia)	2:15.0y	1979
				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

## 800 Meters

2:02.3	** Mary Decker (Orange)		1974
2:05.7	** Rennie Durrand (Laguna Beach)		1980
2:06.48	Emily Dunn (Esperanza)		2007
2:07.5	* Arlise Emerson (Westminster)		1978
2:07.78	Liz Morse (Corona del Mar)		2000
2:08.75	Ashlyn Rambo (Mater Dei)		2014
2:08.85	*Cassie Durgy (Huntington Beach)		2015
2:09.17	Maggie Henson (Newport)		1986
2:09.29	Chelsea Kruthers (San Juan Hills)		2012
2:09.4	** Staci Kneeshaw (Foothill)		1978



4:31.2'	Shelley Taylor (Edison)	1992	4:49.1+	**Sharon Hulse (Edison)	4:50.7y	1978
4:31.6'	Courtney Pugmire (Esperanza)	1995	4:49.43	*Ximena Cruz (Trabuco Hills)		2008
4:33.0	** Sharon Hulse (Edison)	1978	4:49.57	Stacy Kneeshaw (Foothill)		1980
4:33.4	* Staci Kneeshaw (Foothill)	1979	4:49.66	Jennifer Abraham (Foothill)		1983
4:34.1'	**Nicole Ritchot (Edison)	1984	4:49.95	Staci Foster (Orange Lutheran)		2009
4:34.3'	Tammy Snyders (Edison)	1984	4:50.19	Chloe Berry (Mission Viejo)		2016
4:34.3'	Kathy Karpel (Ocean View)	1987	4:50.37	***Kelli Hines (Mission Viejo)		2016
4:35.6'	Leslie Pratt (Edison)	1983	4:50.47	Courtney Pugmire (Esperanza)		1995
4:35.7	*Barbara Boisvert (Orange Lutheran)	1992	4:50.9+	Kathy Mintie (Rosary)	4:52.5y	1978
4:36.0'	Sherri Smith (Woodbridge)	1986	4:51.49	* Allison Damon (Corona del Mar)		2007
4:36.02'	Molly Babcock (Woodbridge)	2012	4:51.67	Leslie Pratt (Edison)		1983
4:36.8'	Maggie Henson (Newport)	1986	4:51.67	Alana Jones (Laguna Hills)		2013
4:36.90	Amy Cox (Foothill)	1984	4:51.89	Asshley Messineo (El Toro)		2018
4:37.3'	Marcia Escobosa (El Dorado)	1984	4:52.14	* Hillary Hayes (Edison)		2008
4:37.6'	Judy McLaughlin (University)	1983	4:52.50	Alex Dunne (San Clemente)		2009
4:38.3'	*Allyson Marquand (University)	1998	4:52.66	*** Katherine Delaney (Santa Margarita)		2008
4:39.03	Laura McCracken (Westminster)	1983	4:52.71	Stefanie Ortega (Seegerstrom)		2016
4:39.2'	Shannen Karpel (Ocean View)	1987	4:52.9	** Nicole Ritchot (Edison)		1984
4:39.2'	** Hilary May (Corona del Mar)	2005	4:52.98	Hannah Tobin (El Toro)		2017
4:39.9'	Kelly Lewis (Dana Hills)	1987	4:52.99	Molly Babcock (Woodbridge)		2012
4:39.97	**Amber Parkinson (Orange Lutheran)	1991	4:53.02	Maggie Henson (Newport)		1986
4:39.97	**Christie Engesser (Ocean View)	1991	4:53.02	* Christine Adams (Esperanza)		2009
4:41.30'	*Kylie Nishisaka (Marina)	2012	4:53.45	Sarah Paddon (St Margaret's)		2011
4:42.1	**Anabelle Villanueva (Fountain Vally)	1979	4:53.66	Paige Canterbury (Dana Hills)		2013
4:42.2'	Carrie Caulkins (Esperanza)	1995	4:53.68	Vanessa Hancock (Brea)		2008
4:42.3'	** Shelby Buckley (Corona del Mar)	2006	4:53.74	Allison Costello (Esperanza)		2003
4:42.5'	***Kellie Campbell (Corona del Mar)	1993	4:53.81+	Cassie Durgy (Huntington Beach)	4:55.52y	2016
4:42.7	Heidi Sickler (Laguna Hills)	1993	4:53.83+	Emily Taylor (Marina)	4:55.54y	2012
4:42.97	**Krishna Dahlberg (El Modena)	1991	4:54.0	Tammy Snyders (Edison)		1984
4:43.1'	Buffy Rabbitt (Newport)	1986	4:54.15	Heather Balbier (Dana Hills)		2009
4:43.10	Kristin Harkins (La Quinta)	1987	4:54.16	Kathy Karpel (Ocean View)		1987
4:43.1'	**Jennifer Spahr (Huntington Beach)	1995	4:54.43	Nicci Corbin (Tesoro)		2011
4:44.4'	*Janna Evans (Edison)	1992	4:54.67	Rianna Goins (Canyon)		2013
4:45.47	* Nancy Dollar (San Clemente)	1994	4:54.93	Shalice Pugmire (Esperanza)		2002
4:45.7'	Susanna Thrasher (Villa Park)	1990	4:54.95	Hilary May (Corona del Mar)		2007
4:44.8	* Kim Nelson (Canyon)	1993	4:54.95	Briar Brumley (Tesoro)		2015
4:45.9	Shannon Stryker (Tustin)	1982	4:55.00	***Hana Catsimanes (San Clemente)		2017
4:45.9	* * Amber Steen (Newport)	1999	4:55.04	Julia Sienski (Edison)		2015
4:46.1'	Denisha Bendz (Costa Mesa)	1992	4:55.27	Katie Izzo (Los Alamitos)		2015
4:46.5	* Heather Garritson (Buena Park)	1997	4:55.37	Sherrie Smith (Woodbridge)		1986
4:46.9'	**Carne Garritson (Sunny Hills)	1992	4:55.39	Ashlyn Rambo (Mater Dei)		2014
4:46.9'	*Meghan Mayes (Capo Valley)	1993	4:55.43	* Allyson Marquand (University)		1998
4:47.3'	Heather Killeen (Valencia)	1991	4:55.47	***Ashley Johnson (Mission Viejo)		2017
4:47.7	* Theresa Barrios (University)	1982	4:55.89	Ashley Elliott (Tesoro)		2013
4:47.7	Melisa Partin (University)	1983	4:55.9	Marcia Escobosa (El Dorado)		1984
4:47.7	Elizabeth Alexander (Tustin)	1993	4:55.96	Katie Nuanes (Santa Margarita)		1997
4:47.8	* Heather Cuthbertson (Marina)	1995	4:56.04	Brianna Bartello (Laguna Hills)		2015
4:47.9	***Kathy Kiernan (Los Amigos)	1979	4:56.07	Ava Kent (Orange Lutheran)		2011
4:48.3	Sita Jones (La Habra)	1988	4:56.17	Judy McLaughlin (University)		1983
4:48.3	*** Meghan Mainwaring (Santa Margarita)	1999	4:56.23	Melissa Eisele (San Clemente)		2014
4:48.7	Taryn Lawson (Ocean View)	1995	4:56.23+	Katie Camarena (San Juan Hills)	4:57.96y	2016
4:48.78	* Amy Robles (Woodbridge)	1990	4:56.34	Erika Adler (Northwood)		2016
4:48.9'	Kelly Flathers (Mater Dei)	1990	4:56.38	Monica Rothenburger (Dana Hills)		2004
4:48.99	**Rajai Espinoza (Dana Hills)	1991	4:56.54	Catherine Martinez (Fountain Valley)		2011
4:49.0	Tammy Snyder (Edison)	1984	4:56.55	Kelsey Carroll (San Clemente)		2015
4:49.11	*Tracy Fatone (Los Alamitos)	1991	4:56.67	***Lauren Mauer (Crean)		2012
4:49.4'	* Katie Durham (Woodbridge)	1992	4:56.79	Sarah Cummings (Corona del Mar)		2008
4:49.8'	Ann Helm (Laguna Hills)	1985	4:56.89	Hanna Edwards (El Toro)		2011
			4:57.37	**Bethan Knights(Northwood)		2012
			4:57.40	Crystal Reed (Fountain Valley)		2006
			4:57.31	Sara Leonard 9Canyon)		2018
			4:57.56	** Alaina Alvarez (Dana Hills)		2009
			4:57.57	Julie Allen (Corona del Mar)		2002
			4:57.70	Shannon Stryker (Tustin)		1982
			4:58.01	* Bethany Nickless (Fountain Valley)		2002
			4:58.05	* Megan Meyer (Tesoro)		2008
			4:58.21	Amy Cox (Foothill)		1984
			4:58.25	Alyssa Brown (Mission Viejo)		2006
			4:58.26	Diana Hossfeld (Corona del Mar)		2001
			4:58.34	* Marisa Cummings (Corona del Mar)		2009
			4:58.41	*Sheridan Gomez (Dana Hills)		2011
			4:58.45	Kelly Lewis (Dana Hills)		1987
			4:58.45	*Kylie Nishisaka (Marina)		2012
			4:58.52	Jenny Sears (Woodbridge)		2002
			4:58.62	Makenna Smith (Trabuco Hills)		2010

## 1600 Meters

4:33.65+	Polly Plummer (University)	4:35.24y	1982
4:33.82	Christine Babcock (Woodbridge)		2008
4:38.63+	*Amanda Gehrich (Tesoro)	4:40.25y	2015
4:39.94+	Annie St Geme (Corona del Mar)	4:41.57y	2006
4:40.4+	***Mary Decker (Orange)	4:42.0y	1973
4:42.29	Bethan Knights (Northwood)		2014
4:42.95	Katherine Delaney (JSerra)		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
4:48.86	Laura Hollander (Marina)		2012

4:58.81	Cassandra Smith (Trabuco Hills)	2012	5:03.65	Sarah Darby (San Clemente)	2010
4:58.93	Shannen Karpel (Ocean View)	1987	5:03.67	Taylor Bryson (Newport)	2007
4:59.08	* Meghan Foley (Edison)	2008	5:03.72	Gwynn Geroge (Santa Margarita)	2018
4:59.15	Angie Winkler (Fountain Valley)	1996	5:03.74	**Molly Babcock (Woodbridge)	2010
4:59.31	Kristin Harkins (La Quinta)	1984	5:03.78	Lucina Vincent (El Dorado)	2018
4:59.33	Chelsea Kruthers (San Juan Hills)	2012	5:03.81	Sita Jones (La Habra)	1988
4:59.33	**Whitney Valenti (Brea)	2018	5:03.90	Laura Bilder (Corona del Mar)	2009
4:59.35	**Carrie Caulkins (Esperanza)	1993	5:03.91	Katherine Nielsen (Irvine)	2007
4:59.38	Taylor Williams (Orange Lutheran)	2011	5:03.93	Jessica Cushing-Murray (Foothill)	2014
4:49.43	* Ximena Cruz (Trabuco Hills)	2008	5:03.94	Ariana Selix (Esperanza)	2008
4:59.52	* Whitney Blue (Newport)	2005	5:04.08	Denisha Bendz (Costa Mesa)	1992
4:59.59	* Taylor Bryson (Newport)	2006	5:04.10	Cassidy Towner (El Dorado)	2014
4:59.75	***Kellie Campbell (Corona del Mar)	1993	5:04.14	*Pearl Shoemaker (Laguna Beach)	2015
4:59.81	***Amanda Honn (Huntington Beach)	2011	5:04.19	Kellian Hunt (Whittier Christian)	2012
4:59.86	**Leila Keyvan (Dana Hills)	2017	5:04.2	** Grace Schafer (Capo Valley)	2013
4:59.90	Kristen Berglas (Woodbridge)	2003	5:04.21	***Ashley Elliott (Tesoro)	2010
5:00.2	* Theresa Barrios (University)	1982	5:04.29	**Alicia McFall (Newport)	1997
5:00.2	***Barbara Boisvert (Orange Lutheran)	1992	5:04.32	Kelly Flathers (Mater Dei)	1990
5:00.19	Sara VanDyke (Marina)	2011	5:04.43	*Jillian Deavila (Los Alamitos)	2010
5:00.21	Sierra Vega (Foothill)	2010	5:04.43	**Katie Hansen (San Juan Hills)	2017
5:00.24	Elizabeth Coe (Fountain Valley)	2008	5:04.57	Alyssa Bautista (Capo Valley)	2018
5:00.30	Sarah Keddington (Corona del Mar)	2010	5:04.69	**Kristina Dahlberg (El Modena)	1991
5:00.42	Lauren Grego (Edison)	2012	5:04.80	Rebecca Deitch (Capo Valley)	2015
5:00.64	**Olivia Goins (Canyon)	2011	5:04.91	*Delaney Sanacore (Los Alamitos)	2017
5:00.72	**Sara Meng (Dana Hills)	2017	5:04.93	**Dominique Regalado (Trabuco Hills)	2012
5:00.75	**Clair Kim (Sunny Hills)	2002	5:05.0	** Melissa Livermore (Irvine)	1997
5:00.82	**Amber Parkinson (Orange Lutheran)	1991	5:05.04	* Erica Pearson (Newport)	2008
5:00.84	Danica Wyson (Aliso Niguel)	2012	5:05.04	Sarah Porter (Santa Margarita)	2012
5:00.87	**Leslie White (Lowell)	1980	5:05.13	Lilly Schmidt (Corona del Mar)	2016
5:00.93	* Gianna Velasquez (El Toro)	2009	5:05.17	* Kim Nelson (Canyon)	1993
5:01.02	Jessica Kanin (Woodbridge)	2001	5:05.21	Amber Bragdon (Fountain Valley)	2014
5:01.03	*Brianna Bartello (Laguna Hills)	2014	5:05.26	**Ashley Johnson (Mission Viejo)	2018
5:01.11	*Alyssa Bautista (Capo Valley)	2017	5:05.3 +	**Anabelle Villanueva (F Valley)	5:07.0y 1979
5:01.17	Buffy Rabbitt (Newport)	1986	5:05.31	* Janna Evans (Edison)	1992
5:01.17	Nisha Richardson (Canyon)	2006	5:05.31	***Jeanette Zambrano (Bolsa Grande)	2012
5:01.2 +	Jill Caldwell (Westminster)	5:02.9y 1974	5:05.37	*Erin Barth (Newport)	2014
5:01.32	Christina Fitzgerald (Dana Hills)	1998	5:05.40	Ali Hummelberg (Corona del Mar)	2010
5:01.34	*** Rachel Ngu (Northwood)	2008	5:05.42	Heather Killeen (Valencia)	1991
5:01.35	Cathryn Saylor (Trabuco Hills)	2009	5:05.47	**Ashley Licata (Capo Valley)	2014
5:01.37	Emily Haigh (Foothill)	2002	5:05.53	Christi Americh (Rosary)	2001
5:01.41	Samantha Costantini (Mater Dei)	2005	5:05.57	Meghan Mainwaring (Santa Margarita)	2002
5:01.46	Camila Turati (El Toro)	2014	5:05.66	Anne Gustafson (Brea)	2005
5:01.63	Vanessa Kelly (Marina)	2001	5:05.71	*Gracie Georgi (San Clemente)	2014
5:01.7 +	Mari Gibbs (Marina)	5:03.4y 1977	5:05.74	*** Melissa Mello (Mission Viejo)	2006
5:01.77	**Sami Murphy (Northwood)	2015	5:05.84	Ashlee Licata (Capo Valley)	2016
5:01.84	Kristin Arkin (Trabuco Hills)	2008	5:05.88	Eileen Stressling (Marina)	2014
5:01.90	Carrie Garritson (Buena Park)	1994	5:05.95	Ashlee Powers (Corona del Mar)	2012
5:01.92	Heidi Sickler (Laguna Hills)	1993	5:05.97	**Jenny Sears (Mater Dei)	2000
5:01.94	Melanie Powers (Corona del Mar)	2010	5:05.97	Hanna Hall (Foothill)	2018
5:02.06	Lori Mann (Santa Margarita)	2001	5:06.01	**Liz Morse (Corona del Mar)	1998
5:02.10	Susanna Thrasher (Villa Park)	1990	5:06.04	*Emma Hicken (Mission Viejo)	2018
5:02.25	Natasha Strickland (Laguna)	2012	5:06.2+	Cynthia Harryman (Laguna Beach)	5:07.9y 1976
5:02.40	Kimberly Condino (Corona del Mar)	2009	5:06.28	**Jordan Stiewig (Villa Park)	2014
5:02.43	Sienna Serrao (Dana Hills)	2016	5:06.3	**Sara Kebede (San Clemente)	2011
5:02.45	Delaney Sanacore (Los Alamitos)	2018	5:06.35	***Gwynn George (Santa Margarita)	2015
5:02.49	* Gabrielle Yatauro (Edison)	2013	5:06.41	Heather Cuthbertson (Marina)	1996
5:02.50	Ashley Licata (Capo Valley)	2016	5:06.44	**Jacquie Adams (Foothill)	2011
5:02.56	*Jessie Babcock (Woodbridge)	2005	5:06.65	*Ashley Faller (Fountain Valley)	2018
5:02.74	Laura Sauerwein (University)	1982	5:06.66	Marissa Bartello (Laguna Hills)	2015
5:02.80	* Jessica Howard (University)	1999	5:06.67	* Mary Moore (Woodbridge)	1997
5:02.84	*** Taylor Williams (Orange Lutheran)	2008	5:06.7 +	*Nancy Jessen (Dana Hills)	5:08.4y 1979
5:02.85	**Kellian Hunt (Whittier Chr)	2010	5:06.71	* Kelly Rendon (Orange Lutheran)	2004
5:02.93	*Kelsey Carroll (San Clemente)	2014	5:06.72	* Candace Alai (Edison)	2005
5:03.0	Laura McCracken (Westminster)	1983	5:06.78	Madeline Bradford (Woodbridge)	2014
5:03.0	** Becky Miske (El Toro)	1997	5:06.80	Bridget O'Keefe (Santa Margarita)	2008
5:03.02	***Siena Palicke (Yorba Linda)	2018	5:06.83	Susan Meyers (Foothill)	1983
5:03.03	* Heather Garritson (Buena Park)	1997	5:06.84	Jessica Chang (Esperanza)	2010
5:03.11	* Melanie Powers (Corona del Mar)	2009	5:06.89	Kenna Kohl (Esperanza)	2008
5:03.12	Hannah Bell (Esperanza)	2012	5:06.96	**Kendra Corey (Sunny Hills)	2015
5:03.18	*Rebecca Sarmiento (El Modena)	2012	5:06.96	*Raquel Powers (Corona del Mar)	2016
5:03.22	Olivia Goins (Canyon)	2013	5:07.04	Kalie Demerjian (El Toro)	2015
5:03.27	***Jacquie Adams (Orange Lutheran)	2010	5:07.08	* Stacy Kim (Sunny Hills)	2003
5:03.27	Ashlee Powers (Corona del Mar)	2011	5:07.08	Chanel Fischetti (Dana Hills)	2006
5:03.37	*** Brittany Bertuzzi (Aliso Niguel)	2004	5:07.20	** Emily Goldstein (El Toro)	2008
5:03.38	CJ Smith (Trabuco Hills)	2011	5:07.43	Alison Palmer (San Clemente)	2011

5:07.47	* Amy Robles (Woodbridge)	1990	5:09.48	Breelan Matranga (Dana Hills)	2009
5:07.57	**Nadia Tabrizi (J Serra)	2017	5:09.50	Gabrielle Yatauro (Edison)	2014
5:07.6	* Ruth Chassen (Costa Mesa)	1983	5:09.6	Lynne Hagan (Mater Dei)	1988
5:07.60	Kim DeVetis (Edison)	1982	5:09.61	*Paige Tennison (Newport)	2012
5:07.62	Mewgan Miller (Mission Viejo)	2015	5:09.71	* Janice Lane (Woodbridge)	2013
5:07.68	*Bronsyn Ledgard (Los Alamitos)	2017	5:09.73	Mikaela Mulhall (Capo Valley)	2015
5:07.7	Natalie Grohmann (Fountain Valley)	2015	5:09.75	* Katie Durham (Woodbridge)	1992
5:07.73	Ashley Larson (Northwood)	2014	5:09.85	Chelsea Vancott (Calvary Chapel)	2008
5:07.77	Erica Sahli (Villa Park)	2004	5:09.90	**Anna Attard (Marina)	2002
5:07.81	* Nancy Dollar (San Clemente)	1994	5:09.91	**Carley Corsinita (Capo Valley)	2018
5:07.86	*Molly Mann (San Clemente)	2011	5:09.9 +	Kim Völlmer (Canyon)	5:11.7y 1977
5:07.87	* Emily Harper (Dana Hills)	2013	5:09.95	* Johanna Walin (Corona del Mar)	1989
5:07.9	***Tanja Brix (University)	1989	5:09.95	Chloe Muller (Northwood)	2018
5:07.90	Jess Lesser (Woodbridge)	2014	5:10.0	*Vicki Kelly (Costa Mesa)	1981
5:07.92	**Brooke Thomas (Laguna Hills)	1997	5:10.01	*Alex Sterritt (Irvine)	2015
5:07.96	Rocio Pelayo (Bolsa Grande)	2007	5:10.02	*Colby Lindholm (JSerra)	2012
5:07.96	Megan Petkovic (Pacifica)	2008	5:10.19	Nicole Blalock (Villa Park)	2003
5:07.98	Janna Evans (Edison)	1993	5:10.2	Elizabeth Alexander (Tustin)	1993
5:07.98	***Jayla Land (Woodbridge)	2017	5:10.24	**Carley Schuerger (Aliso Niguel)	2018
5:08.0	Christie Engesser (Ocean View)	1993	5:10.27	*Paige Canterbury (Dana Hills)	2012
5:08.0	** Tanisha White (El Toro)	1997	5:10.3	**Madison Huffman (San Clemente)	2011
5:08.01	Becky Sarmiento (El Modena)	2013	5:10.37	*Aaren Cadieux (Trabuco Hills)	2010
5:08.01	**Christina Wright (Dana Hills)	2014	5:10.4	*** Shelby Buckley (Rosary)	2005
5:08.08	Jennifer Spahr (Marina)	1997	5:10.40	***Laura Strachan (Foothill)	1999
5:08.12	Chandler Horton (San Clemente)	2018	5:10.44	*Joy Wilk (Esperanza)	2004
5:08.16	* Jessica Meyer (Laguna Hills)	2008	5:10.48	***Tracy Fatone (Los Alamitos)	1989
5:08.17	Jamie DeNoewer (Corsta Mesa)	1999	5:10.5 +	Joelin Fisher (Costa Mesa)	5:12.3y 1980
5:08.25	Ann Helm (Laguna Hills)	1985	5:10.5	* Ava Jones (La Habra)	2001
5:08.28	Cathy Casserly (Tustin)	1981	5:10.51	Lindsay Buwalda (Laguna Beach)	1997
5:08.28	* Patience Unger (Foothill)	1981	5:10.56	Emily Scharmann (Tesoro)	2013
5:08.3 +	Rhonda Craig (Cypress)	5:10.1 y 1979	5:10.63	*** Anja DiSiena (Fountain Valley)	2005
5:08.3	K Strachan (Foothill)	2001	5:10.65	* Sarah Toberty (Woodbridge)	2007
5:08.35	Maggie Cummings (Esperanza)	2010	5:10.65	Rachael Rutkowski (Aliso Niguel)	2009
5:08.36	Melissa Mead (Newport)	2007	5:10.69	Sami Murphy (Northwood)	2017
5:08.36	Arianna Fuentes (Katella)	2013	5:10.70	* Tracy Wright (Irvine)	1985
5:08.39	Wendi Leos (Western)	2017	5:10.75	**Emily Bacon (Newport)	2014
5:08.42	Sara Keenan (Dana Hills)	1980	5:10.76	* Martha Pinto (Katella)	1990
5:08.45+	Kilo Lantry (Edison)	1980	5:10.78	*Kaitlyn Smith (San Clemente)	2010
5:08.45	*Sara Digiovanni (Mater Dei)	2012	5:10.78	Collette Lowengrub (University)	2018
5:08.53	*Bronte Golick (Capo Valley)	2010	5:10.8	Leslie Cashion (Corona del Mar)	1988
5:08.54	** Nichole Slykhou (Corona Del Mar)	2005	5:10.88	*Cait Williamson (Sage Hill)	2008
5:08.54	***Autumn Clarke (Northwood)	2017	5:10.88	***Erica Liem (Tesoro)	2011
5:08.57	Arane Gushue (Foothill)	2011	5:10.98	Mikaela Garduno (Foothill)	2014
5:08.57	** Erin Barth (Newport)	2013	5:10.99	Lauren Jirges (Cypress)	2005
5:08.6	Melisa Partin (University)	1983	5:11.06	Kelly Oelschlager (Woodbridge)	2004
5:08.60	* Becky Miske (El Toro)	1998	5:11.06	Tori Yanco (JSerra)	2015
5:08.61	***Whitney Hampton (El Toro)	2002	5:11.08	*Kayla Tresser (Capo Valley)	2015
5:08.68	*Chandler Horton (San Clemente)	2017	5:11.14	Madison Hoffman (San Clemente)	2012
5:08.76	Hannah Kent Johnston (Sunny Hills)	2005	5:11.15	**Tern Smythers (San Clemente)	1989
5:08.84	**Lauren Turner (Laguna Hills)	2017	5:11.27	**Mary Steinberger (Mission Viejo)	1991
5:08.93	* Melissa Eisele (San Clemente)	2013	5:11.27	*Alyssa White (Dana Hills)	2016
5:08.96	Katherine Gallaher (Esperanza)	2015	5:11.30	Heather Hisgen (El Modena)	2008
5:09.01	Michelle Thune (Brea)	1998	5:11.30	*Evie Cant (Laguna Beach)	2017
5:09.02	*** Rachel Lida (Yorba Linda)	2013	5:11.34	Sydney Szabo (San Clemente)	2014
5:09.05	Jennifer Daly (Dana Hills)	2017	5:11.38	*Ellie Radmilovich (Calvary Ch- SA)	2017
5:09.06	Jenny Thune (Brea)	2001	5:11.39	*** Taylor Arco (Mission Viejo)	2013
5:09.08	*Andi Carnell (St Margaret's)	2018	5:11.42	* Courtney Kostrikin (Edison)	2006
5:09.1	** Jennifer Cooke (Esperanza)	1985	5:11.53	Sara Bass (Los Alamitos)	2014
5:09.09	***Kendall Saeger (Santa Margarita)	2018	5:11.54	Ligaya Lange (St Margaret's)	2001
5:09.10	* Natalie Herberg (Capo Valley)	2013	5:11.6	*Katherine Ott (San Juan Hills)	2011
5:09.15	* Rajai Espinoza (Dana Hills)	1992	5:11.62	Erin Bailey (Edison)	1994
5:09.16	Catherine McGettigan (Tesoro)	2017	5:11.62	*Jennifer Daly (Dana Hills)	2016
5:09.17	Bailee Margolis (Trabuco Hills)	2015	5:11.64	*Nikki Zielinski (Canyon)	2015
5:09.19	Jessica McIntyre (Los Alamitos)	2013	5:11.72	Raeanna Cortez (Bolsa Grande)	2011
5:09.2	** Nicole Biggers (El Toro)	1983	5:11.75	Courtney Carder (Esperanza)	2007
5:09.2	Sabrina Caplis (Foothill)	1995	5:11.76	Ximena Cruz (Trabuco Hills)	2009
5:09.26	Claire Kim (Sunny Hills)	2004	5:11.77	* Pam Smith (Esperanza)	1998
5:09.33	Claire Feit (Mater Dei)	1982	5:11.83	**Gabrielle Yatauro (Edison)	2012
5:09.34	Jessica Marquardt (Orange Lutheran)	2011	5:11.87	**Christine Bjelland (Costa Mesa)	2002
5:09.36	** Jeanette Zambrano (Bolsa Grande)	2013	5:11.92	** Lauren Mauer (Crean Lutheran)	2013
5:09.37	Lilly Schmidt (Corona del Mar)	2014	5:11.93	***Grace LaMontagne (Laguna Beach)	2015
5:09.40	***Candice Alai (Edison)	2003	5:12.0	Sue Sharr (Mission Viejo)	1981
5:09.42	Ashley Bergstrom (Canyon)	2011	5:12.0	* Mary Crane (Newport)	1991
5:09.46	** Janie Crawford (Laguna Beach)	2013	5:12.0	* Breelan Matranga (Dana Hills)	2008
5:09.47	* Brooke Pigneri (Santa Margarita)	2013	5:12.01	Kathryn Carroll (San Clemente)	2015

5:12.02	* Jessica Dahlberg (El Modena)	1997	5:13.74	**Clara Meade (Tesoro)	2018
5:12.04	Kate Hirschboeck (Santa Margarita)	2004	5:13.82	*Bailee Margolis (Trabuco Hills)	2014
5:12.05	*Nicole Evans (Woodbridge)	2011	5:13.83	* Kyle Oefelein (Woodbridge)	2013
5:12.07	*Laura Beresford (Dana Hills)	2010	5:13.84	**Mariana Chavez (Fountain Valley)	2014
5:12.11	Kathryn Bishop (Trabuco Hills)	2011	5:13.9+	Sandra Katzer (Huntington Beach)	5:15.8y 1977
5:12.13	** K Durant (Marina)	2009	5:13.9	Kylie Hunsaker (San Clemente)	2008
5:12.14	**Sarah Rettman (Mission Viejo)	1999	5:13.91	*Stefanie Y Ortega (Seegerstrom)	2015
5:12.20	* Roseanne Peters (Fountain Valley)	2000	5:13.97	**Marisa Gaitan (Dana Hills)	2018
5:12.22	**Emily Park (Kennedy)	2014	5:14.00	**Kendall Billingsley (Mission Viejo)	1999
5:12.23	Madeline Bradford (Woodbridge)	2012	5:14.01	Marissa Nickles (Fountain Valley)	2012
5:12.24	**Shannon Mackellar (Esperanza)	2015	5:14.03	* Kristen Green (Huntington Beach)	1998
5:12.28	**Mikayla Marshall (Mission Viejo)	2010	5:14.1	Bowles (?)	2005
5:12.3+	Marilyn Nichols (El Dorado)	5:14.2y 1981	5:14.2	*Debbie Lloyd (Foothill)	1983
5:12.31	Cathy Peck (Woodbridge)	1989	5:14.2	* Jenni Scott (Tustin)	1983
5:12.32	Jamie Vaicaro (Katella)	1995	5:14.24	Jeanette Zambrano (Bolsa Grande)	2015
5:12.34	Carrie Quinn (Edison)	1994	5:14.26	*** Charisma Byrd (Rosary)	2013
5:12.39	Kortnee Burton (Brea)	2008	5:14.27	Laura Peck (Woodbridge)	1989
5:12.4 +	* Ann Scott (Corona del Mar)	5:14.3y 1980	5:14.28	Megan Geyer (Dana Hills)	2012
5:12.4	Tara Whitfield (El Modena)	1995	5:14.3	Wolfe (Costa Mesa)	1982
5:12.40	* Sereena Warino (Aliso Niguel)	2001	5:14.31	Wendy Petersen (Laguna Beach)	1987
5:12.40	**Kathryn Kaloroumakis (Dana Hills)	2015	5:14.42	Kristin Carney (Foothill)	1985
5:12.44	Tess St Geme (Corona del Mar)	2014	5:14.43	Sapna Dholakia (Esperanza)	2017
5:12.48	*Haley Seward (Edison)	2012	5:14.46	** Carmille Garcia (Fountain Valley)	2009
5:12.51	*Melissa Ledesma (Esperanza)	2014	5:14.46	*Natalie Wilson (Mater Dei)	2011
5:12.53	* Katie Eklof (Costa Mesa)	1991	5:14.5	Liz Holland (Corona del Mar)	1987
5:12.53	Kelsey Carroll (San Clemente)	2012	5:14.51	Katie Carroll (San Clemente)	2015
5:12.58	Sara Feitz (Fountain Valley)	2017	5:14.51	**Elizabeth Dahl (Woodbridge)	2015
5:12.67	Erin Griffith (Capo Valley)	2007	5:14.54	Jessica Chadwick (El Toro)	2009
5:12.69	Kelly Dickerson (Tustin)	1999	5:14.55	**Bailey Watts (Trabuco Hills)	2018
5:12.69	*** Kayla White (Dana Hills)	2009	5:14.57	Ariel Williams (Brea)	2017
5:12.7 +	Sherri Roach (Kennedy)	5:14.6y 1978	5:14.6	Cindy Stoughton (Corona del Mar)	1981
5:12.71	**Maribeth Buche (Esperanza)	1999	5:14.6	***Bree Frigo (El Toro)	1992
5:12.79	Alyssa Cerminara-Gutcher (Woodbridge)	2012	5:14.65	**Nicole Scheid (Mission Viejo)	2002
5:12.8	Jaime Canterbury (Dana Hills)	2005	5:14.66	Pazton Cota (Dana Hills)	2011
5:12.80	*Isabella Abusaid (J Serra)	2018	5:14.66	** Kalie Demerjian (El Toro)	2013
5:12.87	Lauren Maurer (Crean Lutheran)	2015	5:14.70	*** Lauren Jacob (Los Alamitos)	2013
5:12.96	Cori Stemper (Foothill)	2013	5:14.84	**Kelly Wacker (Mater Dei)	2015
5:12.98	Kathryn Kaloroumakis (Dana Hills)	2017	5:14.87	**Laura Chapel (Irvine)	1984
5:13.0	Jordan Steiwig (Villa Park)	2014	5:14.88	Laura Doering (Villa Park)	1989
5:13.00	*Licina Vincent (El Dorado)	2017	5:14.98	**Alyssa White (Dana Hills)	2014
5:13.01	Sabrina Hermann (Trabuco Hills)	2015	5:14.99	Christine Eckstaedt (El Modena)	2000
5:13.04	** Jessica Marquardt (Orange Lutheran)	2009			
5:13.06	Madison Huffman (San Clemente)	2013			
5:13.08	*Ashley Geisler (J Serra)	2014			
5:13.09c	Aubrey Carr (Dana Hills)	2013			
5:13.09	**Diane Molina (Costa Mesa)	2018			
5:13.10	***Hannah Hunsaker (JSerra)	2011			
5:13.10	* Amanda Stark (Fountain Valley)	2013			
5:13.12	**Makenna Duda (Trabuco Hills)	2015			
5:13.13	*Natalie Regalado (Trabuco Hills)	2017			
5:13.14	Cynthia Mendez (Savanna)	2004			
5:13.17	* Claire Rainey (Los Alamitos)	2013			
5:13.19	*Hannah Stemper (Foothill)	2014			
5:13.24	***Alyssa Bautista (Capo Valley)	2015			
5:13.24	Olivia Velasco (Los Alamitos)	2017			
5:13.25	**Julie Cooper (El Dorado)	1984			
5:13.30	**Camille Perkins (Dana Hills)	2014			
5:13.32	Jacque Adams (Foothill)	2013			
5:13.38	* Kristin Chadez (Esperanza)	1999			
5:13.38	**Britney Webster (Capo Valley)	2001			
5:13.4	** Julie Morris (Costa Mesa)	1983			
5:13.4	**Aubrey Carr (Dana Hills)	2011			
5:13.43	* Kelly Caulfield (Pacifica)	2009			
5:13.43	Lorraine Fernandez (Valencia)	2014			
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			
			<b>3000 meters</b>		
			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 Garrison (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	10:38.80	** Amber Parkinson (Orange Lutheran)	1991
10:16.3'	Elizabeth Alexander (Tustin)	1993	10:39.17	** Allyson Marquand (University)	1997
10:19.1	Sita Jones (La Habra)	1988	10:39.39	***Amanda Honn (Huntington Beach)	2011
10:19.3'	* Nancy Dollar (San Clemente)	1994	10:39.90	Kylie Nishisaka (Marina)	2013
10:19.64	** Carrie Caulkins (Esperanza)	1993	10:41.62	Hanna Hall (Foothill)	2018
10:19.88	***Kay Nekota (Woodbridge)	1991	10:42.62	**Carly Corsinita (Capo Valley)	2018
10:21.1'	Heather Killeen (Valencia)	1991	10:41.71	* Jessie Babcock (Woodbridge)	2005
10:21.2'	Tracy Clark (Corona del Mar)	1995	10:41.98	*Alana Jones (Laguna Hills)	2012
10:21.8	Sherri Roach (Kennedy)	1978	10:42.16	Buffy Rabbitt (Newport)	1986
10:22.8'	* Angie Winkler (Fountain Valley)	1995	10:42.29	Lori Hoffman (Trabuco Hills)	2009
10:23.6	** Trudy Gardner (Magnolia)	1980	10:42.50	*Sabrina Hermann (Trabuco Hills)	2014
10:23.7	Maricelle Benavides (SA Valley)	1988	10:42.51	* Martha Pinto (Katella)	1990
10:24.0'	** Amber Steen (Newport)	1999	10:43.05	** Elizabeth Coe (Fountain Valley)	2006
10:24.8	Leslie Cashion (Corona del Mar)	1988	10:43.96	Cassidy Towner (El Dorado)	2014
10:24.8'	Elly Estrada (Santa Ana Valley)	1995	10:44.00	** Heather Garritson (Buena Park)	1996
10:24.98	Meghan Mayes (Capo Valley)	1994	10:44.09	* Megan Meyer (Tesoro)	2008
10:25.0	* Jessie Babcock (Woodbridge)	2005	10:44.50	* Bethany Nickless (Fountain Valley)	2002
10:25.10	Sophia Ditty (Newport)	2008	10:44.59	Ashley Licata (Capo Valley)	2016
10:25.3'	*** Heather Garritson (Buena Park)	1995	10:44.95	* Patience Unger (Foothill)	1981
10:25.4	Alicia Kirkhorn (Edison)	1978	10:45.10	Lori Mann (Santa Margarita)	2001
10:26.04	** Donna Fleagle (Tustin)	1983	10:45.49	*** Nancy Dollar (San Clemente)	1992
10:26.7	Cathy Peck (Woodbridge)	1990	10:45.99	Marissa Bartello (Laguna Hills)	2015
10:27.6	* Magi Henson (Newport)	1985	10:46.30	** Julie Allen (Fountain Valley)	2000
10:28.9	Tasmin Valdez (Esperanza)	1983	10:46.31	Heather Balbier (Dana Hills)	2009
10:29.55	Rocio Pelayo (Bolsa Grande)	2007	10:46.99	*** Shelby Buckley (Rosary)	2005
10:29.6	Debbie Lies (Loara)	1984	10:47.42	** Grace Schafer (Capo Valley)	2013
10:30.0	*** Kirstin Harkins (La Quinta)	1981	10:47.82	Jenni Scott (Tustin)	1984
10:30.6	Susan Armentrout (University)	1983	10:47.83	Rebecca Deitch (Capo Valley)	2015
10:30.90	* Katie Eklof (Costa Mesa)	1991	10:47.98	Allison Costello (Esperanza)	2003
10:32.3	Kirsten Quigely (Dana Hills)	1988	10:48.13	* Kim Nelson (Canyon)	1993
10:32.3'	Crystal Reed (Fountain Valley)	2006	10:48.29	** Claire Feit (Mater Dei)	1982
10:35.12	Jessica Marquardt (Orange Lutheran)	2011	10:48.33	* Crystal Reed (Fountain Valley)	2006
10:35.62	** Terri Smythers (San Clemente)	1989	10:48.33	Jeanette Zambrano (Bolsa Grande)	2015
10:36.0	Maria Mendoza (Santa Ana)	1988	10:48.80	Kim DeVitis (Edison)	1982
10:36.20	* Natalie Adam (Huntington Beach)	1989	10:48.98	* Tracy Wright (Irvine)	1985
10:36.5	Lynne Hagan (Mater Dei)	1988	10:49.00	Kelsey Carroll (San Clemente)	2015
10:36.8	Tami Harberth (Esperanza)	1985	10:49.05	**Kathryn Kaloroumakis (Dana Hills)	2015
10:36.83	* Desiree Alexander (Newport)	2008	10:49.16	Nicci Corbin (Tesoro)	2011
			10:49.16	Eileen Stressling (Marina)	2014
			10:49.17	** Tanya Brix (University)	1990
			10:49.4+	Jennifer Abraham (Foothill)	10:53.1y 1983
			10:49.47	Vanessa Hancock (Brea)	2008
			10:49.90	*Nicole Evans (Woodbridge)	2011
			10:50.03	* Erica Pearson (Newport)	2008
			10:50.13	*Bailee Margolis (Trabuco Hills)	2014
			10:50.28	Jessica Cushing-Murray (Foothill)	2014
			10:50.29	***Sami Murphy (Northwood)	2014
			10:50.5	* Sharon Hulse (Edison)	1979
			10:50.50	Ann Helm (Laguna Hills)	1984
			10:50.75	Bronte Golick (Capo Valley)	2011
			10:50.8+	Sherri Roach (Kennedy)	10:54.6y 1978
			10:51.1+	Stacy Kneeshaw (Foothill)	10:54.8y 1980
			10:51.17	Camila Turati (El Toro)	2014
			10:51.19	Sophia Ditty (Newport)	2008
			10:51.28	*** Kelly Campbell (Corona del Mar)	1993
			10:51.4	+ ** Polly Plumer (University)	10:55.2y 1980
			10:51.65	** Anne Gustafsson (Brea)	2003
			10:51.76	Ashlee Powers (Corona del Mar)	2012
			10:51.84	* Amber Bragdon (Fountain Valley)	2013
			10:53.25	* Rocio Pelayo (Bolsa Grande)	2006
			10:53.41	Katie Hansen (San Juan Hills)	2016
			10:53.74	*** Sheridan Gomez (Dana Hills)	2009
			10:54.12	Chandler Horton (San Clemente)	2018
			10:54.2+	Rhonda Craig (Cypress)	10:58.0y 1979
			10:54.20	Kristin Arkin (Trabuco Hills)	2008
			10:54.55	Angie Winkler (Fountain Valley)	1996
			10:54.58	** Elyse Homberger (Edison)	1993
			10:55.6+	Mari Gibbs (Marina)	10:59.4y 1977
			10:55.61	Melissa Mead (Newport)	2007
			10:56.17	***Lauren Mauer (Crean)	2012
			10:56.18	** Maryann Pynchon (Edison)	2001
			10:56.20	Laura McCracken (Westminster)	1983
			10:56.30	**Katie Hansen (San Juan Hills)	2017
			10:56.5+	Deborah Chaddock (Los Alamitos)	11:00.3y 1979
			10:56.50	**Olivia Goins (Canyon)	2011

## 3200 Meters

9:54.89	Bethan Knights (Northwood)	2014			
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			
10:28.20	** Carrie Garritson (Sunny Hills)	1992			
10:28.60	Nicole Zielinski (Canyon)	2016			
10:28.79	Hillary Hayes (Edison)	2009			
10:29.03	** Teresa Barrios (University)	1982			
10:29.28	*Kelli Hines (Mission Viejo)	2018			
10:29.42	Shannon Stryker (Tustin)	1982			
10:31.15	*Paige Tennison (Newport)	2012			
10:33.08	Melissa Eisele (San Clemente)	2014			
10:33.31	Hannah Tobin (El Toro)	2017			
10:33.43	Julia Sienski (Edison)	2015			
10:33.55	***Danica Wyson (Alison Niguel)	2009			
10:33.95	Julie Allen (Corona del Mar)	2002			
10:34.82	** Shelby Buckley (Corona del Mar)	2006			
10:35.16	* Annabella Villanueva (Fountain Valley)	1980			
10:35.64+	* Whitney Blue (Newport)	10:38.35y 2005			
10:36.16	Alaina Alvarez (Dana Hills)	2011			
10:36.61	Melanie Powers (Corona del Mar)	2010			
10:37.29	Staci Foster (Orange Lutheran)	2009			
10:38.10	Monica Rothenburger (Dana Hills)	2004			

10:56.58	Molly Babcock (Woodbridge)	2012	11:06.41	**Natasha Strickland (Laguna Beach)	2010
10:56.63	Allie Rigby (Foothill)	2010	11:06.5	+Barb Ludovise (Corona del Mar)	11:10.3y 1980
10:56.77	Katie Camarena (San Juan Hills)	2016	11:06.60	***Kay Nekota (Woodbridge)	1991
10:56.94	Cassandra Smith (Trabuco Hills)	2012	11:06.62	* Desiree Alexander (Newport)	2008
10:57.0	* Leslie White (Lowell)	1980	11:06.7+	* Joelín Fisher (Costa Mesa)	11:10.5y 1979
10:57.1	Becky Miske (El Toro)	1998	11:06.92	Akyssa Bautista (Capo Valley)	2018
10:57.3	* Maggie Henson (Newport)	1985	11:07.17+	+Janice Kelley (Canyon)	11:11.07y 1978
10:57.33	Elizabeth Alexander (Tustin)	1993	11:07.22	***Maggie Goodson (Newport)	2010
10:57.37	Ava Jones (La Habra)	2002	11:07.25	*Bella Goode (Foothill)	2018
10:57.77	**Kendra Corey (Sunny Hills)	2015	11:07.29	*Stacy Kim (Sunny Hills)	2003
10:57.99	**Kellian Hunt (Whittier Chr)	2010	11:07.61	* Sue Sharr (Mission Viejo)	1981
10:58.11	*Nadia Tabrizi (J Serra)	2018	11:07.67	Jen Blair (Corona del Mar)	1998
10:58.55	Sarah Paddon (St Margaret's)	2011	11:07.7	*** Bree Frigo (El Toro)	1992
10:58.79	** Donna Fleagle (Tustin)	1983	11:07.72	** Terri Smythers (San Clemente)	1989
10:58.8	** Kelly Roda (Irvine)	1991	11:07.79	* Mary Moore (Woodbridge)	1997
10:58.92	**Jacquie Adams (Foothill)	2011	11:07.97	** Lauren Maurer (Crean Lutheran)	2013
10:59.01	*Emily Scharmann (Tesoro)	2012	11:08.17	Madison Tanner (Canyon)	2011
10:59.07	Marilyn Nichols (El Dorado)	1981	11:08.38	* Dominique Regalado (Trabuco Hills)	2013
10:59.08	*Raquel Powers (Corona del Mar)	2016	11:08.47	Elly Estrada (Santa Ana Valley)	1995
10:59.11	Sabrina Herrmann (Trabuco Hills)	2015	11:08.5+	Amy Cox (Foothill)	11:12.0y 1984
10:59.21	** Jenny Sears (Mater Del)	2000	11:08.67	* Shalice Pugmire (Esperanza)	2001
10:59.22	**Shannon Mackellar (Esperanza)	2015	11:09.08	*Brianna Bartello (Laguna Hills)	2014
10:59.47	Laura Bilder (Corona del Mar)	2009	11:09.15	*Haley Seward (Edison)	2012
10:59.51	Kalie Demerjian (El Toro)	2015	11:09.27	** Tracy Clark (Corona del Mar)	1993
10:59.52	Sydney Szabo (San Clemente)	2014	11:09.3	Haley Niles (Trabuco Hills)	2009
10:59.53	**Diane Molina (Costa Mesa)	2018	11:09.32	Julia Rigby (Foothill)	2008
10:59.62	*Ashley Messineo (El Toro)	2017	11:09.4	Gergley (Woodbridge)	2004
10:59.67	***Kathryn Bishop (Trabuco Hills)	2011	11:09.48	***Julia Van Marter (Canyon)	2012
10:59.67	Wendy Leos (Western)	2017	11:09.52	Kathryn Carroll (San Clemente)	2015
10:59.81	Baile Margolis (Trabuco Hills)	2015	11:09.58	** Courtney Kostrikin (Edison)	2005
11:00.25	*Natasha Strickland (Laguna Beach)	2011	11:09.58	*Kaitlyn Smith (San Clemente)	2010
11:00.36	Katherine Nielsen (Irvine)	2007	11:09.67	* Hayley Niles (Trabuco Hills)	2008
11:00.49	Kristen Berglas (Woodbridge)	2003	11:10.83	*Sara Digiovanni (Mater Dei)	2012
11:00.81	** Brooke Thomas (Laguna Hills)	1997	11:10.10	***Paxton Cota (Dana Hills)	2008
11:00.05	Sienna Serrao (Dana Hills)	2016	11:10.22	Colby Lindholm (JSerra)	2012
11:00.6	+***Kathy Kiernan (Los Amigos)	11:04.5y 1980	11:10.32	Katie Nuanes (Santa Margarita)	1997
11:00.87	Paige Canterbury (Dana Hills)	2013	11:10.4	* Ashley Sutor (Dana Hills)	2004
11:00.99	Jessica Marquardt (Orange Lutheran)	2011	11:10.57	** Misha Wilson (University)	1995
11:01.11	Erica Pearson (Newport)	2009	11:10.04	Kim Robinson (Newport)	1990
11:01.20	Rosalva Bonilla (Los Amigos)	1981	11:10.0	Sherri Smith (Woodbridge)	1986
11:01.34	**Raquel Powers (Corona del Mar)	2015	11:10.05	*Katie Eklof (Costa Mesa)	1991
11:01.35	* Claire Kim (Sunny Hills)	2003	11:10.8	Barbara Kozlowski (Irvine)	1988
11:01.40	Erin Griffith (Capo Valley)	2007	11:10.94	Lynne Hagan (Mater Dei)	1988
11:01.48	*Sapna Dholakia (Esperanza)	2016	11:11.06	* Mikaela Garduno (Foothill)	2013
11:01.8	Tracy Clark (Corona del Mar)	1995	11:11.23	Emily Haigh (Foothill)	2002
11:01.87	Heather Killen (Valencia)	1991	11:11.71	Nicole Giove (Fountain Valley)	2008
11:01.87	Pearl Shoemaker (Laguna Beach)	2015	11:11.91	**Natasha Gunther (Dana Hills)	2010
11:01.94	Briar Brumley (Tesoro)	2015	11:11.94	*Hannah Bell (Esperanza)	2011
11:01.96	Ariane Gushue (Foothill)	2011	11:12.26	Tori Yanco (JSerra)	2015
11:02.52	** Emily Goldstein (El Toro)	2008	11:12.17	Evie Cant (Laguna Beach)	2018
11:02.65	* Sue Armentrout (University)	1981	11:12.32	Erica Sahl (Villa Park)	2004
11:02.75	**Maria Hernandez (Santa Ana)	2018	11:12.41	Makenna Smith (Trabuco Hills)	2010
11:02.76	*Lora Gonzalez (Woodbridge)	2016	11:12.49	Megan Petkovic (Pacifica)	2008
11:02.86	*** Jordan Stiewig (Villa Park)	2013	11:12.55	**Nicole Evans (Woodbridge)	2010
11:03.07	** Alicia McFall (Newport)	1997	11:12.64	Kellian Hunt (Whittier Chr.)	2012
11:03.14	Jenny Sears (Woodbridge)	2002	11:12.72	***Julia Van Marter (Canyon)	2012
11:03.27	Keena Kohl (Esperanza)	2008	11:13.02	Vanessa Kelly (Marina)	2001
11:03.4	Sita Jones (La Habra)	1988	11:13.04	Nicole Evans (Woodbridge)	2011
11:03.54	**Lucina Vincent (El Dorado)	2016	11:13.11	Gabrielle Yatauro (Edison)	2014
11:03.60	**Stephanie Ortega (Seegerstrom)	2014	11:13.2	* Camila Turati (El Toro)	2013
11:03.87	Catherine McGettigan (Tesoro)	2017	11:13.33	Andrea Aguilar (Mater Dei)	2006
11:03.89	**Emily Bacon (Newport)	2014	11:13.38	**Molly Mann (San Clemente)	2010
11:04.15	Arianna Seliz (Esperanza)	2008	11:13.4	Wendy Petersen (Laguna Beach)	1987
11:04.19	Emily Scharmann (Tesoro)	2013	11:13.51	* Maureen Quinn (Dana Hills)	1983
11:04.49	** Carrie Caulkins (Esperanza)	1993	11:13.63	*** Allison Damon (Corona del Mar)	2005
11:04.54	Kristy Koenes (Canyon)	2009	11:13.64	Katie Durant (Marina)	2008
11:05.00	* Stephanie Torres (Cypres)	2003	11:13.66	Nicole Slyhous (Corona del Mar)	2007
11:05.09	Leslie Cashion (Corona del Mar)	1988	11:13.69	** Gianna Velasquez (El Toro)	2008
11:05.27	*** Laura Strachan (Foothill)	1999	11:13.78	Shelby Stegall (Foothill)	2010
11:05.57	*Taylor Romine (El Toro)	2012	11:13.8	** Tiffany Anderson (Newport)	1985
11:05.83	***Clara Meade (Tesoro)	2017	11:13.85	Roselynda Garcia (Kennedy)	1987
11:06.01	Tasmin Valdez (Esperanza)	1983	11:13.88	Christine Eckstaedt (El Modena)	2000
11:06.04	Justine Rea (Trabuco Hills)	2010	11:13.89	*Emily Bacon (Newport)	2015
11:06.14	** Kellee Miller (Tustin)	1982	11:13.97	** Liz Huipe (Estancia)	1999
11:06.21	*Laura Beresford (Dana Hills)	2010	11:14.04	**Emily Scharmann (Tesoro)	2011

11:14.04	**Marisa Purcell (Northwood)	2011
11:14.08	**Christine Bjelland (Costa Mesa)	2002
11:14.1	Ali Palmer (San Clemente)	2011
11:14.15	**Elyser Estrada (SA Valley)	1993
11:14.3	Meghan Mayes (Capo Valley)	1994
11:14.44	Avery Dorff (Edison)	2018
11:14.52	*Melisa Olgun (Edison)	2008
11:14.57	**Beth Rosipajla (El Dorado)	1985
11:14.72	Jessica Mumaugh (Santa Margarita)	2009
11:14.78	Kora Johnson (Trabuco Hills)	2011
11:14.8	Justine Rea (Trabuco Hills)	2009
11:14.80	*Ashley Geisler (J Serra)	2014
11:14.93	*Ava Kent (Orange Lutheran)	2010
11:15.0+	Tami Darr (Mission Valley)	11:20.0y 1977
11:15.00	***Collette Lowerngrub (University)	2018
11:15.03	**Alexis Neuville (El Toro)	2018
11:15.4	Kristen Quigley (Dana Hills)	1988
11:15.6	***Laura Doering (Mater Dei)	1986
11:15.62	Camille Garcia (Fountain Valley)	2011
11:15.66	*Tittany Costello (Tesoro)	2014
11:15.75	***Melissa Haddy (Dana Hills)	1998
11:15.77	Meghan Mainwaring (Santa Margarita)	2002
11:15.8+	Dale Sprink (University)	11:19.7y 1979
11:15.89	***Nicole Scheid (Mission Viejo)	2001
11:15.91	Elle Pace (El Modena)	2010
11:16.01	**Christina Wright (Dana Hills)	2014
11:16.11	Nisha Richardson (Canyon)	2006
11:16.17	Sapna Dholakia (Esperanza)	2017
11:16.22	**Kelsey Carroll (San Clemente)	2013
11:16.28	**Karine Parry (Aliso Niguel)	2002
11:16.3+	**Erika Lacrosse (Costa Mesa)	11:21.3y 1980
11:16.3	Taryn Lawson (Ocean View)	1995
11:16.39	Danielle Oden (Esperanza)	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
11:16.8+	**Paula Jones (Corona del Mar)	11:20.7y 1979
11:16.83	**Anna Attard (Marina)	2002
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
11:16.98	Bekah Bahra (Orange Lutheran)	2011
11:16.99	*Katherine Gallaher (Esperanza)	2014
11:17.04	Jess Lesser (Woodbridge)	2014
11:17.20	**Elizabeth Kubis (Mission Viejo)	1985
11:17.21	*Amanda Stark (Fountain Valley)	2013
11:17.26	Holly Morales (Dana Hills)	2018
11:17.28	Katherine Woie (Valencia)	1987
11:17.43	Ashley Geisler (J Serra)	2015
11:17.47	**Whitney Vaalenti (Brea)	2018
11:17.51	*Lana Atchley (Ocean View)	1991
11:17.6	Kelly Roda (Irvine)	1993
11:17.70	Ann Helm (Laguna Hills)	1985
11:17.88	*Rachel Wilson (Trabuco Hills)	2013
11:18.00	***Isabel Glassen (Newport)	2018
11:18.03	**Ashley Messineo (El Toro)	2016
11:18.06	**Hana Catsimanes (San Clemente)	2018
11:18.09	Katie Ott (San Juan Hills)	2011
11:18.11	Evie Cant (Laguna Beach)	2018
11:18.19	*Stacy Carrington (Cypress)	1988
11:18.21	**Julia Lipson (El Modena)	2010
11:18.28	Bridget O'keefe (Santa Margarita)	2008
11:18.5	***Rachel Ngu (Northwood)	2008
11:18.54	*Janna Evans (Edison)	1992
11:18.7+	**Linda Booth (Laguna Beach)	11:12.7y 1981
11:18.70	***Jennifer Formosa (Edison)	1992
11:18.87	Leila Keyvan (Dana Hills)	2017
11:18.89	*Alyssa Brown (Mission Viejo)	2005
11:19.0+	*Stacey Skeie (Corona del Mar)	11:22.6y 1984
11:19.04	Mary Kenney (Valencia)	1984
11:09.08	***Leslie Burton (El Modena)	1995
11:19.2	**Trudy Gardner (Magnolia)	1980
11:19.26	**Katie Caya (Rosary)	2014
11:19.3	Maricelle Benavides (SA Valley)	1988

11:19.31	Desiree Alexander (Newport)	2007
11:19.35	Mayra Medina (Laguna Hills)	1993
11:19.41	Chelsea Vancott (Calvary Chapel)	2008
11:19.53	*Rachel Lida (Yorba Linda)	2015
11:19.54	Lauren Paul (Newport)	2004
11:19.57	Kortnee Burton (Brea)	2008
11:19.58	**Shey Manifian (University)	2001
11:19.6	Ximena Cruz (Trabuco Hills)	2009
11:19.61	*Kelly Rendon (Orange Lutheran)	2004
11:19.70	***Ashling Carr (Canyon)	2017
11:19.81	Ali Hummelberg (Corona del Mar)	2010
11:19.99	**Melanie Powers (Corona del Mar)	2008

## 5,000 Meters

17:08.66	Nikki Zielinski (Canyon)	2016
17:44.95	*Crystal Reed (Fountain Valley)	2005
18:48.21	Sarah Pfaff (La Habra)	2013
18:51.27	Nisha Richardson (Canyon)	2006
18:57.55	Melinda Rackcliffe (Fountain Valley)	2005

## 100m Low Hurdles

(30" 1977-1992)

14.00+	Lisa Gourdine (El Toro)	14.09y	1977
14.10	*Suzie Ray (Villa Park)	14.19y	1979
14.13	*Laura Mills (University)		1981
14.16	*Suzanne Kerho (Mission Viejo)		1988
14.20	Stacy Noton (Sunny Hills)		1983
14.21	Bonnie Mercer (SA Valley)		1980
14.22	*Thelma Harmon (SA Valley)		1979
14.23	*Elinor Tolson (Fountain Valley)		1992
14.25	Tracy Hanlon (Edison)		1980
14.25+	*Cheryl Glazier (El Toro)	14.1y	1977
14.26	Sharon Hatfield (Fountain Valley)		1982
14.27	Jocelyn Lee (Irvine)		1983
14.34	Danielle Reeves (Esperanza)		1988
14.41	Chris Davenport (Troy)		1979
14.44	Nancy Niewlandt (Valencia)		1984
14.48	*Yleana Carrasco (Anaheim)		1985
14.51	***Elinor Tolson (La Quinta)		1990
14.57	***Katie Mook (Foothill)		1992
14.65+	Kim Attlesley (Newport)	14.5y	1977
14.66	Tracy Clark (El Toro)		1982
14.69	Heather Sterlin (Mission Viejo)		1992
14.74c	Hilary Mann (Mission Viejo)	14.5	1991
14.75+	Laura Held (Edison)	14.6y	1978
14.76	Angela Rock (El Toro)		1981
14.81	*Sara Morton (Irvine)		1983
14.82	*Dina Caffey (Esperanza)		1980
14.85+	Liz Carroll (Fountain Valley)	14.7y	1978
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 Attlesley (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	14.71	*Julie Handy (Esperanza)		2001
15.20	Laura Knight (Katella)		1982	14.73	Chelsea Taylor (Mission Viejo)		2008
15.21	Heather Novak (Santa Margarita)		1992	14.74	Nyree Brown (Segerstrom)		2018
15.22	Tammy Siefert (Cypress)		1982	14.77	***Jade McDonald (Mater Dei)		2018
15.23	Kristina Lockwood (Woodbridge)		1990	14.80	Kristen Woepse (Woodbridge)		2004
15.24c	Heidi Smith (Valencia)	15.0	1991	14.82	*Katie Mook (Foothill)		1994
15.24c	*Tracy Broughton (Irvine)	15.0	1991	14.82	*Michaela King (Dana Hills)		2013
15.25+	Beth Rockliffle (Santa Ana)	15.1y	1978	14.83	**Olivia Teegarden (Mission Viejo)		2015
15.25	Nancy Chabot (Brea)		1990	14.84	Kyndol Craver (Woodbridge)		2013
15.28	Erin Stansbury (Ocean View)		1989	14.85	**Erin Stovall (Woodbridge)		1995
15.29	Emily Thiebaud (Esperanza)		1988	14.87	Tori Usgaard (Dana Hills)		2012
15.33	Jennifer Owens (San Clemente)		1988	14.89	*Grace Esslinger (Dana Hills)		2008
15.34c	Leanna Delgado (Estancia)	15.1	1980	14.89	Michelle Wicker (Trabuco Hills)		2010
15.34c	Sharon Bruster (El Modena)	15.1	1980	14.89	Erin Gerardo (Santa Margarita)		2017
15.34c	*Susie Jacobsen (Newport)	15.1	1989	14.90	Hannah Duarte (Mission Viejo)		2016
15.34	Shelby MacKay (Dana Hills)		1990	14.93	Amanda Herrington (Edison)		2017
15.35	Summer Everly (El Toro)		1989	14.94	Jessica Bragg (El Toro)		2009
15.38	**Millie Potts (Loara)		1982	14.96	Michelle Urabe (Mater Dei)		2010
15.39	Tiffany Feliz (Mater Dei)		1986	14.98	Jordan Agnew (Los Alamitos)		2013
15.42	Ann Kissinger (Marina)		1988	15.02	*Marie Philman (Edison)		1995
15.43	***Lynde Gibson (Woodbridge)		1991	15.02	Amanda Fleskoski (Mission Viejo)		2000
15.44	Ursula Lovely (Kennedy)		1987	15.03	*Amanda Shanklin (Santa Margarita)		1998
15.44c	Katie Whitfield (Dana Hills)	15.2	1983	15.03	*Kelsey Schuler (Katella)		2006
15.44c	*Kelly Grand (Los Amigos)	15.2	1985	15.04c	Heather Sterlin (Mission Viejo)	14.8	1992
15.44+	Ashley Selman (Foothill)	15.3y	1988	15.04c	*Kerry O'Bric (Edison)	14.8	1995
15.47	Tamara Noggle (El Dorado)		1989	15.04c	*Rachael Ziemann (Edison)	14.8	2001
15.49	*Brenda Robinson (SA Valley)		1989	15.04	Becky Marshburn (Dana Hills)		2005
15.50	**Jill Lindhart (Capo Valley)		1986	15.08	Lindsay Wells (Mater Dei)		2000

**Wind-aided:**

14.04+	Chris Davenport (Troy)	14.13y	1979	15.10	**Heather Gibson (Orange Lutheran)		2004
14.08	Laura Mills (Unversity)		1981	15.10	Lauren Correa (El Toro)		2005
14.08	Sharon Hatfield (Fountain Valley)		1982	15.11	Cira Wright (Kennedy)		2000
14.08+	*Suzie Ray (Villa Park)	14.17y	1979	15.13	*Sunny Nichols (Sunny Hills)		1997
14.13	Tracy Hanlon (Edison)		1980	15.14	Kiana Henry (Canyon)		2011
14.20	Stacy Noton (Sunny Hills)		1983	15.14	Brittney Thornton (San Clemente)		2013
14.27	Jocelyn Lee (Irvine)		1983	15.15	Krissy Knowles (Fountain Valley)		2009
14.39	Angela Rock (El Toro)		1981	15.15	Annie Quach (Katella)		2018
14.60	*Kim Collins (Tustin)		1985	15.16	*Alison Parsons (Los Alamitos)		2015
14.63	Ann Kissinger (Marina)		1988	15.16	Ryann Beveridge (Aliso Niguel)		2018
14.79	Nikki Jackson (Esperanza)		1990	15.17	Lauren Willingham (Los Alamitos)		2018
14.95	Alison Franke (Canyon)		1988	15.18	Heather Novak (Santa Margarita)		1994
14.95	Emily Thiebaud (Esperanza)		1988	15.19	**Kiana Stradford (Trabuco Hills)		2018
14.97	**Heather Novak (Santa Margarita)		1992	15.20	*Cristina Ohaeri (Esperanza)		1995
15.23	Ashley Selman (Foothill)		1988	15.20	Hailey Bond (Edison)		2014
15.23	Brenda Robinson (Newport)		1990	15.21	Daria Shkel (University)		2017
15.27	Sher Dufur (Canyon)		1981	15.21	**Hailey Ray (Dana Hills)		2017
15.30	Chris Tucker (Irvine)		1981	15.24c	*Susan Pettus (Marina)	15.0	1995
15.31	Jennifer Owens (San Clemente)		1988	15.24	Jenna Wendell (Santa Margarita)		2008
15.34	Susie Jacobson (Newport)		1990	15.26	*Shay Alexander (Capo Valley)		2001
15.44	Karen Rish (Marina)		1986	15.26	*Trista Marquez (Dana Hills)		2004
				15.26	**Maddie Lyon (Woodbridge)		2018
				15.27	Rachel Gagnon (Oxford Academy)		2017
				15.28	*Jasmine Webb (Buena Park)		2004
				15.28	Kellie May (Northwood)		2017
				15.31	*Emily Garner (Woodbridge)		2018
				15.32	Courtnee Moreno (Fountain Valley)		2018
				15.33	Mandy Girling (Orange Lutheran)		1999
				15.33	Amber Carpenter (Santa Margarita)		2003
				15.33	*Jordan Davis (Troy)		2013
				15.33	*Davina Pham (Fountain Valley)		2015
				15.34c	Megan Scanlon (Troy)	15.1	1999
				15.35	Dilcia Loomis (Sunny Hills)		2006
				15.38	Michaela Schaeffer (Edison)		2013
				15.39	Ashley Jsmes (Savanna)		2008
				15.39	Kamala Parker (La Habra)		2003
				15.39	Elizabeth Bastos (El Toro)		2006
				15.40	*Courtnee Moreno (Fountain Valley)		2017
				15.40	Julianne Bartz (Corona del Mar)		2018
				15.42	Alex McCarten (San Clemente)		1997
				15.43	**Taylor Wilkison (Mater Dei)		2018
				15.44	Gigi Surmon (Costa Mesa)		1993
				15.44	*Breanna Barker (Dana Hills)		2012
				15.45	Taylor Dunigan (Mission Viejo)		2010
				15.46	Aaliyah Banner (Buena Park)		2016
				15.47	Kaitlyn Meeder (El Modena)		2017

**100 meter Hurdles (33")**

13.82	*Ashley Bethel (Mission Viejo)		1997
13.87	**Dana Bethel (Mission Viejo)		1999
13.93	Nikki Merritt (Santa Margarita)		2018
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
14.30	*Lauren Collins (Santa Margarita)		2004
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
14.44	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

15.48	**Elizabeth Loud (Irvine)		2000	15.94c	Christina Gustlin (Foothill)	15.7	1994
15.48	*** Chelsea Larson (Orange Lutheran)		2008	15.94c	Kendra Lakins(Brea)	15.7	1996
15.48	***Katelyn Johnson (El Toro)		2015	15.94c	Katie Wildermuth (Santa Margarita)	15.7	1998
15.49	**Emma Kratzberg (Corona del Mar)		2014	15.94c	*Nicole Yergler (Santa Margarita)	15.7	2004
15.50	*Laurel Simpson (Capo Valley)		1994	15.95	***Shay Alexander (Capo Valley)		1999
15.50	Whitney MacDonald (Edison)		2004	15.95	Keena Bensworth (Trabuco Hills)		2013
15.50	Lauren Bercha (Tesoro)		2010	15.95	Hailey James (Foothill)		2013
15.51	*Lisa Stegman (Dana Hills)		1996	15.95	**Megan Weiss (Edison)		2018
15.51	Connie Barrett (El Toro)		2018	15.96	Carrie Hoagland (Canyon)		1994
15.54c	Elinor Tolson (Fountain Valley)	15.3	1993	15.96	*Rene Delellis Rosary)		2000
15.54c	Marlene Lang (Fountain Valley)	15.3	1994	15.96	Taylor Sims (Tesoro)		2012
15.54c	*Sarah Bohannon (Los Amigos)	15.3	1995	15.96	*Isabella Branstrom (San Clemente)		2014
15.54c	M.E. Clayton (Newport)	15.3	1997	15.97	Smith (SA Valley)		2000
15.54	Brittany Hanrahan (Mater Dei)		2013	15.97	Ashley Vogt (Mission Viejo)		2001
15.54	Davina Pham (Fountain Valley)		2016	15.97	Kathryn Karkut (Calvary Chapel)		2008
15.55	**Jill Holmes (El Toro)		1994	15.97	*Annie Bubinski (Dana Hills)		2010
15.55	Claire Vahey (Capo Valley)		2018	15.97	*Claire Curie (El Toro)		2012
15.56	Sarah Bonilla (Brea)		1998	15.97	Kaylin Petersen (Brea)		2013
15.56	Melissa Scott (Beckman)		2016	15.97	Tori Occhipinti (Crean Lutheran)		2013
15.56	Jocelyn Parkinson (St Margaret's)		2002				
15.56	Kristine Okereke (Foothill)		2017	<b>Wind-aided:</b>			
15.60	*Chelsea Larson (Orange Lutheran)		2010	13.62	*Ashley Bethel (Mission Viejo)		1997
15.60	**Ashlan Revollar (Los Alamitos)		2014	13.82	Dana Bethel (Mission Viejo)		2001
15.61	**Taylor Sims (Tesoro)		2012	14.11	Natalie Roy (Mission Viejo)		2007
15.61	***Madison Lyon (Woodbridge)		2017	14.14	Emma Radan (Mater Dei)		2014
15.62	**Cira Wright (Kennedy)		1998	14.15	Kimmie Conner (Dana Hills)		2010
15.63	Cathy Mullee (Edison)		1998	14.20	Monica Todd (Trabuco Hills)		2010
15.63	*Emily Peterson (El Toro)		2010	14.22	Emma Kratzberg (Newport)		2016
15.63	Mychal Robinson (Tustin)		2015	14.41	Kerry O'Brick (Edison)		1995
15.64c	Courtney Morris (Marina)	15.4	1995	14.44	Katie Mook (Foothill)		1995
15.64	*Victoria Ton (Northwood)		2004	14.49	Hannah Duarte (Mission Viejo)		2016
15.65	*Madison Klovstad (El Modena)		2002	14.64	Chelsea Taylor (Mission Viejo)		2008
15.69	Gabby Wikidal (Santa Margarita)		2016	14.65	Julie Handy (Esperanza)		2004
15.71	Rosita Smith (Mater Dei)		1994	14.70	Kristen Woepse ((Woodbridge)		2005
15.71	Lindsay Kenefick (Huntington Beach)		2018	14.71	Kyndol Craver (Woodbridge)		2013
15.72	*Lauren Porter (Northwood)		2010	14.72	Amanda Harrington (Edison)		2017
15.72	Yasmeen Chennault (Laguna Hills)		2011	14.73	**Michaela King (Dan Hills)		2012
15.72	Daria Shkel (University)		2018	14.76	Krissy Knowles (Fountain Valley)		2009
15.73	** Elizabeth Loper (Trabuco Hills)		2009	14.86	Michaela King (Dana Hills)		2014
15.74	Katy Zimmon (Edison)		1998	14.87	Kiana Henry (Canyon)		2011
15.74	Emma Farrell (Mission Viejo)		2013	14.90	Jordan Agnew (Los Alamitos)		2013
15.77	**Stevie Nicholas (Sunny Hills)		1998	14.96	Lindsay Wells (Mater Dei)		2000
15.78	Lisa Stigman (Dana Hills)		1997	14.50	Inshirah Jones (Esperanza)		1995
15.78	Nicole Lomeli (Esperanza)		1999	14.52	*Erin Stovall (Woodbridge)		1996
15.78	Annie Bubinski (Dana Hills)		2011	14.56	* Amanda Shanklin (Santa Margarita)		1998
15.78	Amanda Torchia (Fountain Valley)		2016	14.64	Chelsea Taylor (Mission Viejo)		2008
15.79	Kelly O'Connor (Esperanza)		1996	14.81	Michelle Wicker (Trabuco Hills)		2010
15.79	Marie Ingram (Aliso Niguel)		2006	14.82	Lauren Wilson (Esperanza)		2006
15.79	Lauren Wilson (Esperanza)		2006	14.87	Lauren Correa (El Toro)		2005
15.79	Rebecca Hamilton (Mater Dei)		2008	14.90	Ashley Jsmes (Savanna)		2008
15.79	** Paige Grigus (Fountain Valley)		2009	14.92	Michelle Urabe (Mater Dei)		2010
15.79	*Amanda Schrader (Edison)		2017	15.01	Cristina Ohaeri (Esperanza)		1995
15.80	*Kaitlyn Meeder (El Modena)		2016	15.01	*Heather Gibson (Orange Lutheran)		2005
15.80	**Isabella Ales (Troy)		2018	15.07	Hailey Bond (Edison)		2014
15.82	Paige Donaldson (San Juan Hills)		2014	15.11	*DavinaPham (Fountain Valley)		2015
15.83	*Cathy Mullee (Edison)		1997	15.12	Michaela Schaeffer (Edison)		2013
15.83	*Adrienne Baker (Santa Margarita)		2006	15.18	Kellie May (Northwood)		2017
15.83	Lily Trinh (Fountain Valley)		2010	15.21	Shay Alexander (Capo Valley)		2002
15.84c	**Amber Price (SA Valley)	15.6	1997	15.22	Aaliyah Banner (Buena Park)		2016
15.84	** Brit Vasac (Dana Hills)		2007	15.22	**Kiana Stradford (Trabuco Hills)		2018
15.84	***Ami Ballo (Dana Hills)		2010	15.25	Madison Klovstad (El Modena)		2003
15.84	Amada Perez (Yorba Linda)		2018	15.25	Alison Parsons (Los Alamitos)		2016
15.85	** Taylor Ramirez (Katella)		2009	15.32	Marlene Lang (Fountain Valley)		1994
15.86	Pheobe Ladd (Woodbridge)		2018	15.32	*Aaliyah Banner (Buena Park)		2015
15.86	Megan Poyar (Mater Dei)		2018	15.33	Brittany Hanrahan (Mater Dei)		2013
15.87	*Malia Billups (Brea)		2006	15.33	**Ashlan Revollar (Los Alamitos)		2014
15.87	**Chelsea Josten (Brea)		2006	15.35	Katie O'Dell (University)		2002
15.87	*Tiffany Liu (Corona del Mar)		2006	15.35	Juliana Crum (Troy)		2010
15.87	*Jessica Robson (Newport)		2006	15.36	*** Taylor Ramirez (Katella)		2008
15.87	Nadia Sine (Woodbridge)		2014	15.39	*Mariah Durian (Esperanza)		2011
15.89	** Megan Jones (Dana Hills)		2009	15.46	Misha Vincent (Orange)		2010
15.90	Megan Jones (Dana Hills)		2011	15.47	**Emma Kratzberg (Corona del Mar)		2014
15.90	Brittany Hanrahan (Mater Dei)		2012	15.48	*Chelsea Larson (Orange Lutheran)		2010
15.90	Gabi Sagorin (Woodbridge)		2014	15.51	Tiffany Pransky (Orange Lutheran)		2005
15.93	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
15.57	Susie Schmidt (Westminster)	1993
15.58	***Kendra Larkins (Brea)	1993
15.58	Paige Donaldson (San Juan Hills)	2014
15.61	Amber Price (Saddleback)	1999
15.61	Gabby Wikidal (Santa Margarita)	2016
15.62	Tori Occhipinti (Crean Lutheran)	2013
15.63	Lisa Stigman (Dana Hills)	1997
15.64c	*Roberta Burns (Dana Hills)	15.4 1994
15.64c	Tia Barbee (El Toro)	1995

## 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
43.36	*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
43.52	*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 James (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
44.52	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
44.98	Thelma Harman (SA Valley)	1981
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
45.14	Sahla Cook (Mission Viejo)	2016
45.15	*Jocelyn Parkinson (St Margaret's)	2001
45.16	Jordan Agnew (Los Alamitos)	2013
45.19	*Suzanne Kerho (Mission Viejo)	1988
45.19	* Clara Atkins (Esperanza)	2008
45.21	Lauren Wilson (Esperanza)	2005
45.22	*Sue Delacy (Newport)	1982
45.23	*Paige Damron (Corona del Mar)	2018
45.26	Michelle Wicker (Trabuco Hills)	2010
45.26	Tori Usgaard (Dana Hills)	2012
45.27	Ann Kissinger (Marina)	1988
45.27	Delphia Moore (Orange)	1994
45.33	Julie Kroenig (Costa Mesa)	2000
45.34c	Jocelyn Lee (Irvine)	45.1 1983
45.34c	**Trish Aubuchon (Esperanza)	45.1 1983
45.34c	Natalie Roy (Mission Viejo)	45.1 2007
45.34	* Jessica Bragg (El Toro)	2008
45.35	Tiffany Pransky (Orange Lutheran)	2005
45.36	*Lisa Knott (Sonora)	1991
45.36	*Nicole Lomeli (Esperanza)	1998
45.36	* Breana Nielson (Mission Viejo)	2006
45.36	*Natalie Ward (Newport)	2014
45.38	*Taylor Stokes (University)	1996
45.39	*Mariah Durian (Esperanza)	2011
45.47	Alexandra Sciarra (Crean Lutheran)	2010
45.48+	Kim Collins (Tustin)	45.5y 1985
45.48	Hailey Bond (Edison)	2014
45.53	*Aaliyah Banner (Buena Park)	2014
45.54c	Sharon Attlesey (Newport)	45.3 1986
45.57	* Cassidy Gayner (Newport)	2007
45.61	Nicole Yergler (Santa Margarita)	2005
45.62	Alex McCarten (San Clemente)	1997
45.62	*Janel Loudat (Woodbridge)	1999
45.64	Tasha Walker (El Dorado)	1994
45.65	*Lauren Willingham (Los Alamitos)	2017
45.68	Kathy Lavering (Fullerton)	1982
45.70	** Natalie Ward (Newport)	2013
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
45.74+	**Kathy Kelly (Canyon)	45.8y 1983
45.75	*Mila Schulenburg (Irvine)	1997
45.75	* Elizabeth Ramsey (Huntington Beach)	2009
45.76	*Madison Goerlinger (Villa Park)	2018
45.76	**Isabella Ales (Troy)	2018
45.78	*Galen Ames (El Modena)	1984
45.78	*Michelle Foglia (Esperanza)	2003
45.79	**Emma Kratzberg (Corona del Mar)	2014
45.79	**Emily Garner (Woodbridge)	2017
45.81	Misha Vincent (Orange)	2010
45.83	*Hilary Mann (Mission Viejo)	1990
45.83	*Riley Bennyworth (Edison)	2015
45.84c	Laura Knight (Loara)	45.6 1982
45.84c	Roy (Esperanza)	45.6 2005
45.85	Daria Shkel (University)	2017
45.85	*Beth Merkle (Mission Viejo)	1994
45.85	Ashleigh Gunderman (Mater Dei)	2005
45.90	***Liana Fuentes (Cypress)	2005
45.92	Kathy Kelly (Dana Hills)	1989
45.93	Amanda Fleskoski (Mission Viejo)	2000

45.94c	Sherrie Ray (Loara)	45.7	1982	47.82	El Toro		2015
45.94c	Kristen Schertzer (Woodbridge)	45.7	1988	47.82	Santa Margarita		2015
45.97	**Jennifer Konowal (Huntington Beach)		1998	47.98	Mater Dei		2011
45.97	Beatriz Delgadillo (Esperanza)		2010	48.02	Aliso Niguel		2005
45.97	Ryann Beveridge (Aliso Niguel)		2018	48.02	Los Alamitos		2018
46.00	*Michelle Urabe (Mater Dei)		2009	48.03	Capo Valley		2012
46.00	***Hailey Ray (Mater Dei)		2016	48.04c	El Toro	47.9	2011
46.02	Cara Brookhouse (El Modena)		1989	48.04+	SA Valley	48.32y	1978
46.02	**Milda Mikuleviciute (El Dorado)		2012	48.04	Mater Dei		2012
46.04c	*Sara Morton (Irvine)	45.8	1983	48.08	Yorba Linda		2018
46.04c	Tucker	45.8	1983	48.12	Canyon		2014
46.04	** Natalie Fyke (Esperanza)		2008	48.14c	Mission Viejo	48.0	2011
46.04	Autumn Tanaguchi (Marina)		2011	48.15	Canyon		2011
46.06	*Elle Cruikshank (Foothill)		2002	48.15	Mission Viejo		2012
46.07	Colleen Gamblin (Esperanza)		1986	48.17	Irvine		2013
46.07	Brooklyn Paxson (Fountain Valley)		2010	48.17	Mission Viejo		2015
46.08+	**D'Layne Kerr (Corona del Mar)	46.1y	1986	48.18	Cypress		2007
46.11	Madelleine Lisebland (Woodbridge)		1990	48.19	Esperanza		1988
46.12	Katie Hill (Mission Viejo)		2002	48.19	Troy		2009
46.13	Jaycee Mahler (Corona del Mar)		2001	48.21	Saddleback		1982
46.15	Alana Palacio (Villa Park)		1993	48.21	Capo Valley		2010
46.16	Renee Wright (Orange Lutheran)		1991	48.22	Aliso Niguel		2018
46.16	*Jordan Agnew (Los Alamitos)		2012	48.24c	Capo Valley	48.1	2009
46.17	*** Brittany Swank (Foothill)		1997	48.24	Dana Hills		2013
46.17	Nadia Sine (Woodbridge)		2014	48.24	Mission Viejo		2016
46.19	Megan Scanlon (Troy)		1999	48.26	Kennedy		2003
46.19	**Brianna Mikalson (Los Alamitos)		2012	48.29	Dana Hills		2014
46.20	Marissa Perez (Saddleback)		2014	48.30	Mission Viejo		2018
46.23	* Kyle Wolff (Woodbridge)		2007	48.33	Dana Hills		2008
46.24	**Anne Hinman (Capo Valley)		2011	48.34+	Edison	48.5y	1977
46.24	Rachel Gagnon (Oxford Academy)		2017	48.34	SA Valley		1999
46.26	Megan McQuaid (Woodbridge)		1997	48.37	Irvine		2011
46.26	Madison Klovstad (El Modena)		2003	48.39	El Toro		2017
46.27	** Megan Jones (Dana Hills)		2009	48.40	Los Alamitos		2014
46.29	*Trista Marquez (Dana Hills)		2004	48.44+	Newport	48.6y	1975
46.30	**Sherie Moore (Los Alamitos)		1992	48.45	Woodbridge		1994
46.31	Sherifa Cox (Los Alamitos)		1991	48.45	Northwood		2016
46.31	Cheyenne Perez (Los Alamitos)		2011	48.45	Yorba Linda		2017
46.32	Sandy Springer (Los Amigos)		1983	48.48	Cypress		2015
46.32	*Susan Pettus (Marina)		1995	48.48	Rosary		2016
46.32	*Lahondy Avery (Orange Lutheran)		2017	48.49	SA Valley		1997
46.33	*Kristine Okerero (Foothill)		2017	48.49	Cypress		2008
46.34c	Tanya Buchanan (Fountain Valley)	46.1	1986	48.50	Trabuco Hills		2017
46.34c	Arcela Diaz (Saddleback)	46.1	1988	48.51	Mission Viejo		1988
46.34	*Shannon Dean (Mission Viejo)		1991	48.52	SA Valley		1982
46.34c	*Jamie Lenehan (El Modena)	46.1	2000	48.52	Woodbridge		2005
46.35	*Rene Wright (Orange Lutheran)		1990	48.52	Northwood		2013
				48.52	Corona del Mar		2005
				48.55	Trabuco Hills		2015
				48.55	Mater Dei		2009
				48.59	Woodbridge		1999
				48.60	Mater Dei		2010
				48.60	Cypress		2014
				48.60	Santa Margarita		2003
				48.61	Santa Margarita		2013
				48.61	Trabuco Hills		2016
				48.62	Cypress		2006
				48.62	Dana Hills		2007
				48.62	Canyon		2013
				48.63	Woodbridge		2017
				48.64c	Woodbridge	48.5	1998
				48.64c	Mission Viejo	48.5	2010
				48.64	Los Alamitos		2016
				48.64	Woodbridge		2018
				48.64	San Clemente		2018
				48.65	Santa Margarita		2011
				48.66	Esperanza		1983
				48.67	Los Alamitos		2010
				48.68	Los Alamitos		2005
				48.69	Valencia		1983
				48.69	Irvine		2012
				48.70	Western		2008
				48.70	Woodbridge		2013
				48.74+	El Toro	48.9y	1977
				48.74	Los Alamitos		2017

## 400 meter Low Hurdles

61.63 Chris Davenport (Troy) 1979

## 4 x 100 meter Relay

46.28	Santa Margarita		2017	48.61	Santa Margarita		2003
46.57	Kennedy		2005	48.61	Santa Margarita		2013
46.82	Trabuco Hills		2010	48.61	Trabuco Hills		2016
46.91	Los Alamitos		2015	48.62	Cypress		2006
46.99	Santa Margarita		2016	48.62	Dana Hills		2007
47.13	Woodbridge		1995	48.62	Canyon		2013
47.23	Mater Dei		2014	48.63	Woodbridge		2017
47.25	Trabuco Hills		2009	48.64c	Woodbridge	48.5	1998
47.39	Mater Dei		2013	48.64c	Mission Viejo	48.5	2010
47.40	Woodbridge		1997	48.64	Los Alamitos		2016
47.40	Mater Dei		2017	48.64	Woodbridge		2018
47.43	Santa Margarita		2018	48.64	San Clemente		2018
47.45	Dana Hills		2018	48.65	Santa Margarita		2011
47.55	Mater Dei		2015	48.66	Esperanza		1983
47.56	Mater Dei		2018	48.67	Los Alamitos		2010
47.57	El Toro		2016	48.68	Los Alamitos		2005
47.65	Edison		1984	48.69	Valencia		1983
47.70+	SA Valley	47.98y	1979	48.69	Irvine		2012
47.70	Kennedy		2004	48.70	Western		2008
47.74	Mission Viejo		1995	48.70	Woodbridge		2013
47.77	Capo Valley		2011	48.74+	El Toro	48.9y	1977
47.79	Mater Dei		2016	48.74	Los Alamitos		2017

48.75	El Modena		2000	49.21	Sonora		2008
48.75	San Clemente		2012	49.22	Edison		2011
48.78	Esperanza		2000	49.23	Newport		1992
48.78	Santa Margarita		2000	49.24c	Brea	49.1	1997
48.79	Esperanza		1995	49.24	Cypress		2001
48.79	Edison		1995	49.25	Brea		2002
48.81	El Toro		2013	49.26	Canyon		2009
48.82	Mission Viejo		1992	49.29	Esperanza		2002
48.82	Laguna Hills		2016	49.29	El Toro		2018
48.83	Woodbridge		1990	49.30	Brea		2013
48.84	Mission Viejo		1989	49.31	Mission Viejo		2009
48.85	Esperanza		2001	49.31	Yorba Linda		2016
48.85	Santa Margarita		2012	49.31	University		2017
48.86	Capo Valley		1997	49.31	Laguna Beach		2018
48.86	Esperanza		1999	49.32	Aliso Niguel		2002
48.86	Woodbridge		2001	49.32	Aliso Niguel		2004
48.86	Corona del Mar		2004	49.32	Cypress		2004
48.86	Fountain Valley		2017	49.32	Brea		2011
48.87	Fountain Valley		1978	49.32	Marina		2011
48.87	Fountain Valley		2013	49.34	Trabuco Hills		1998
48.88	Mission Viejo		2013	49.34c	Mission Viejo	49.2	1987
48.89	Laguna Hills		2008	49.34	Mission Viejo		2003
48.89	Orange Lutheran		2011	49.34	Mission Viejo		2006
48.89	Mission Viejo		2017	49.34c	Mission Viejo	49.2	2007
48.91	Yorba Linda		2015	49.34	Brea		2008
48.91	Aliso Niguel		2017	49.34	Orange Lutheran		2008
48.92	Woodbridge		1996	49.36+	Capo Valley	49.64y	1979
48.92	Cypress		2012	49.36+	Edison	49.5y	1979
48.94	Trabuco Hills		2008	49.36	El Toro		2005
48.94	Trabuco Hills		2011	49.36	Cypress		2011
48.95	Cypress		2013	49.37	Fountain Valley		2009
48.96	Esperanza		1985	49.38	University		1982
48.97	San Clemente		2011	49.38	Los Alamitos		1993
48.98	Los Alamitos		2009	49.38	Irvine		2000
48.99	Western		2003	49.38	Capo Valley		2013
48.99	Woodbridge		2004	49.38	Fountain Valley		2014
49.00	Dana Hills		2006	49.39	Edison		1978
49.01	Woodbridge		1988	49.39	SA Valley		1981
49.01	Los Alamitos		2012	49.39	El Toro		2006
49.01	Dana Hills		2012	49.39	Northwood		2017
49.02	Marina		2009	49.40	Mater Dei		1997
49.02	Orange Lutheran		2012	49.40	Woodbridge		2003
49.03	La Habra		1984	49.40	San Clemente		2013
49.03	Mission Viejo		2004	49.41	Aliso Niguel		2012
49.03	Santa Margarita		2014	49.41	Troy		2013
49.04c	Santa Margarita	48.9	1998	49.41	El Modena		2016
49.04c	Dana Hills	48.9	2007	49.42	Santa Margarita		2010
49.04	Aliso Niguel		2015	49.42	Beckman		2018
49.04	Fountain Valley		2016	49.43	Santa Margarita		2002
49.05	Woodbridge		1989	49.43	Aliso Niguel		2016
49.05	Esperanza		1990	49.44c	Mission Viejo	49.3	1986
49.05	Mission Viejo		2014	49.44c	Esperanza	49.3	1987
49.06	Villa Park		2015	49.44	Santa Margarita		1994
49.06	Beckman		2017	49.44	Canyon		2005
49.07	Northwood		2014	49.45	Irvine		1986
49.08	University		2005	49.45	Woodbridge		2012
49.08	Troy		2014	49.46+	SA Valley	49.6y	1977
49.09	Edison		2000	49.46	Fountain Valley		1992
49.09	Santa Margarita		2004	49.46	SA Valley		2001
49.10	Aliso Niguel		2003	49.46	Los Alamitos		2004
49.10	Brea		2012	49.46	St Margaret's		2018
49.10	El Toro		2012	49.47	Dana Hills		2009
49.11+	Irvine	49.40y	1980	49.47	Fullerton		2017
49.11	Los Alamitos		2013	49.47	Edison		2018
49.13	Kennedy		2002	49.48	Mission Viejo		2005
49.14	El Modena		1999	49.48	Sonora		2014
49.16	University		1981	49.49	Saddleback		1981
49.16	Canyon		1993	49.49	Mater Dei		1997
49.17	Irvine		1981	49.49	Brea		2009
49.17	Mission Viejo		1990				
49.19	Aliso Niguel		2001				
49.19	Trabuco Hills		2002				
49.20	Capo Valley		1998				
49.21+	Huntington Beach	49.49y	1979	1:44.34	Mission Viejo		2018
49.21	Aliso Niguel		2006	1:44.74	Mission Viejo		2017
				1:48.34	Aliso Niguel		2018

### 4 x 200 meter Relay

1:48.66	Woodbridge		2018	3:55.17	Corona del Mar		2005
				3:55.19	Esperanza		1996
				3:55.27	Edison		1986
				3:55.29	Corona del Mar		2000
				3:55.32	Dana Hills		2003
				3:55.33	Woodbridge		1995
				3:55.33	Santa Margarita		2003
				3:55.43	Santa Margarita		2005
				3:55.45	Woodbridge		2016
				3:55.50	Western		2008
				3:55.58	Mater Dei		2002
				3:55.59	Santa Margarita		2002
				3:55.62	Woodbridge		1990
				3:55.73	Laguna Hills		1993
				3:55.8 +	Esperanza	3:57.1y	1976
				3:55.89	Capo Valley		2005
				3:55.90	Aliso Niguel		2018
				3:56.92	Canyon		2013
				3:55.94	Mission Viejo		2018
				3:55.96	Woodbridge		1999
				3:55.98	Mission Viejo		2009
				3:56.02	Corona del Mar		2006
				3:56.07	Mission Viejo		1989
				3:56.25	Western		2003
				3:56.27	Marina		2011
				3:56.33	Costa Mesa		1982
				3:56.34	Mater Dei		2003
				3:56.37	Newport		2015
				3:56.42	Marina		2010
				3:56.55	Mission Viejo		1990
				3:56.64	Newport		2003
				3:56.92	Woodbridge		1996
				3:56.99	Esperanza		1988
				3:56.01	Orange Lutheran		2010
				3:57.01	Mater Dei		2010
				3:57.03	Woodbridge		2005
				3:57.07	Trabuco Hills		2017
				3:57.07	Aliso Niguel		2017
				3:57.08	Orange Lutheran		2005
				3:57.09	San Clemente		2009
				3:57.1 +	Estancia	3:58.4y	1979
				3:57.12	Esperanza		2005
				3:57.20	El Toro		2003
				3:57.22	Corona del Mar		1986
				3:57.20	Foothill		1995
				3:57.33	Corona del Mar		2004
				3:57.39	Mission Viejo		2013
				3:57.38	Orange Lutheran		2006
				3:57.4 +	University	3:58.7y	1979
				3:57.4	Esperanza		1989
				3:57.47	Woodbridge		1998
				3:50.50	Dana Hills		2011
				3:57.51	Edison		1995
				3:57.54	Brea		1998
				3:57.6	El Toro		1981
				3:57.60	Santa Margarita		2012
				3:57.65	Newport		1997
				3:57.72	El Toro		2006
				3:57.74	Santa Margarita		2018
				3:57.77	Capo Valley		2009
				3:57.78	SA Valley		1999
				3:57.8 +	Esperanza	3:59.1y	1976
				3:57.83	Woodbridge		2013
				3:57.88	Mission Viejo		2010
				3:57.91	Esperanza		2000
				3:57.96	Irvine		2012
				3:57.99	Mater Dei		2009
				3:58.05	Corona del Mar		1985
				3:58.05	Corona del Mar		2003
				3:58.05	Northwood		2017
				3:58.06	Mater Dei		2001
				3:58.08	Los Alamitos		2009
				3:58.12	Northwood		2016
				3:58.20	Brea		2003
				3:58.22	Trabuco Hills		2009
3:46.67	Dana Hills		2017				
3:47.31	Mission Viejo		2016				
3:47.68	Dana Hills		2018				
3:47.82	Santa Margarita		2017				
3:48.28	Corona del Mar		1988				
3:48.60	Mater Dei		2014				
3:48.89	Mission Viejo		1986				
3:48.97	Los Alamitos		2015				
3:48.98	Mater Dei		2013				
3:48.99	El Toro		2005				
3:49.1 +	Fountain Valley	3:50.4y	1979				
3:49.45	Edison		1983				
3:49.45	Woodbridge		2007				
3:49.71	Canyon		1983				
3:49.60	Dana Hills		2014				
3:49.88	Mater Dei		2012				
3:49.88	Santa Margarita		2016				
3:50.22	Mater Dei		2011				
3:50.58	Woodbridge		2008				
3:50.70	Aliso Niguel		2007				
3:51.00	Santa Margarita		2013				
3:51.07	Mission Viejo		2014				
3:51.13	Kennedy		2005				
3:50.3 +	SA Valley	3:51.6y	1989				
3:51.21	Esperanza		1982				
3:51.3	Edison		1982				
3:51.49	Aliso Niguel		2006				
3:51.57	Woodbridge		1988				
3:51.59	Mission Viejo		2017				
3:51.62	Mission Viejo		2015				
3:51.63	Edison		1984				
3:51.86	Yorba Linda		2017				
3:52.13	Fountain Valley		2015				
3:52.15	Santa Margarita		2015				
3:52.19	Woodbridge		1997				
3:52.68	Esperanza		2001				
3:52.93	Esperanza		1990				
3:52.98	Santa Margarita		2008				
3:53.02	Yorba Linda		2018				
3:53.03	Woodbridge		2014				
3:53.35	Los Alamitos		2011				
3:53.37	Irvine		2011				
3:53.40	Woodbridge		1987				
3:53.65	Mission Viejo		2006				
3:53.62	Dana Hills		2009				
3:53.71	El Toro		2015				
3:53.8 +	Esperanza	3:55.1y	1976				
3:53.80	Corona del Mar		1987				
3:53.87	Troy		2009				
3:53.9	SA Valley		1978				
3:53.96	Esperanza		1985				
3:53.99	San Clemente		2010				
3:54.03	Woodbridge		2005				
3:54.04	Dana Hills		2016				
3:54.06	Orange Lutheran		2007				
3:54.08	Los Alamitos		2010				
3:54.22	Aliso Niguel		2005				
3:54.30	Yorba Linda		2016				
3:54.52	Trabuco Hills		2010				
3:54.54	Woodbridge		2017				
3:54.59	El Toro		2004				
3:54.60	Capo Valley		2010				
3:54.62	Woodbridge		1986				
3:54.78	Esperanza		1981				
3:54.79	Mission Viejo		2008				
3:54.82	El Toro		2002				
3:54.83	University		1982				
3:54.85	Los Alamitos		2016				
3:55.08	Corona del Mar		2010				
3:55.13	Esperanza		1983				
3:55.13	Santa Margarita		1999				







21:32.89+	Fountain Valley	21:40.43y	2006	5-9	Jasmin Day (Costa Mesa)	2006
21:33.08	Dana Hills		2013	5-8.5	**Laura Mills (University)	1980
21:33.67	Capo Valley		2013	5-8.5	Lauren Collins (Santa Margarita)	2005
21:34.0	Costa Mesa		1981	5-8	Sharon Hatfield (Fountain Valley)	1980
21:34.1	Tustin		1981	5-8	Lisa Fegraus (Laguna Beach)	1982
21:36.2	Corona del Mar		1993	5-8	*Beth Byron (Villa Park)	1991
21:37.51	Marina		2014	5-8	Tracy Broughton (Irvine)	1992
21:37.91+	Fountain Valley	21:45.48y	2005	5-8	Darcia Morrieson (Laguna Hills)	1993
21:38.20+	Edison	21:45.77y	2004	5-8	* Linnea Housewright (Rosary)	1995
21:36.58	Brea		2017	5-8	** Stevie Nicholas (Sunny Hills)	1998
21:39.14+	Orange Lutheran	21:46.71y	2006	5-8	Jessica Robson (Newport)	2007
21:39.47	Los Alamitos		2013	5-8	** Annie Giebelhaus (Orange Lutheran)	2009
21:39.61+	Capo Valley	21:47.20y	2010	5-8	Dominique Ruotolo (Mater Dei)	2018
21:39.91	Laguna Beach		2014	5-8	*Emily Garner (Woodbridge)	2018
21:40.01	San Juan Hills		2017	5-7.5	Kelly Graton (Loara)	1989
21:41.07	Canyon		2012	5-7.5	Brenna Barker (Dana Hills)	2013
21:41.30	Cypress		2004	5-7	Ester Scherzinger (Anaheim)	1978
21:41.92	Santa Margarita		2003	5-7	Stacy Lee (Los Alamitos)	1985
21:42.36	Laguna Beach		2015	5-7	Lisa Coleman (Marina)	1987
21:42.97+	Fountain Valley	21:50.57y	2004	5-7	** Lisa Fager (Mission Viejo)	1988
21:43.14+	Trabuco Hills	21:50.75y	2007	5-7	* Kala Ross (Newport)	1992
21:43.55+	Los Alamitos	21:51.16y	2010	5-7	** Ashley Bethel (Mission Viejo)	1995
21:43.72	Trabuco Hills		2012	5-7	Lauren Correa (El Toro)	2005
21:44.28	Brea		2016	5-7	**Taylor Saline (Orange Lutheran)	2012
21:44.69	Trabuco Hills		2015	5-7	Taylor Eddleman (Huntington Beach)	2015
21:46.06	Trabuco Hills		2017	5-6.5	*Paula Jones (Mission Viejo)	1979
21:46.35	Edison		1995	5-6.5	Dena Beatty (Esperanza)	1982
21:46.37+	Trabuco Hills	21:54.00y	2010	5-6.5	** Courtney Stafford (Katella)	1999
21:46.5	Esperanza		1986	5-6.5	Lindsay Paulick (University)	2000
21:46.60	Capo Valley		2018	5-6.25	Val Corona (Sunny Hills)	1979
21:46.74	Dana Hills		2016	5-6.25	** Tracy Claussen (Sunny Hills)	1983
21:47.19+	Canyon	21:54.82y	2010	5-6.25	Stephanie Wettlin (Brea)	1997
21:47.28+	Edison	21:54.91y	1984	5-6.25	* Nicole Fallen (Mission Viejo)	1998
21:47.44+	Mission Viejo	21:55.06y	2006	5-6	Kelly McPheeters (Orange)	1978
21:48.10	Capo Valley		2011	5-6	C. Mack (SA Valley)	1978
21:49.13	Bolsa Grande		2012	5-6	Karen Christie (Los Alamitos)	1977
21:49.17	J Serra		2018	5-6	Marcie Wurts (Corona del Mar)	1979
21:49.47	Bolsa Grande		2015	5-6	Lynnda Kelly (Irvine)	1981
21:50.9	Dana Hills		1996	5-6	*** Leah Palmer (Sunny Hills)	1982
21:52.27+	Edison	21:59.92y	2006	5-6	Molly Moore (Loara)	1983
21:52.49	Fountain Valley		2012	5-6	*Debbie Orr (Ocean View)	1985
21:52.76	Fountain Valley		2007	5-6	Tricia Masangkay (Huntington Beach)	1986
21:53.10	El Modena		1996	5-6	*Lisa Coleman (Marina)	1986
21:53.85	Dana Hills		2005	5-6	Melanie Williams (Western)	1986
21:54.60	San Juan Hills		2011	5-6	Elizabeth Bauer (Foothill)	1989
21:54.73	Dana Hills		2015	5-6	Christie Howard (Estancia)	1990
21:54.78	Tesoro		2012	5-6	Anderson (Esperanza)	1994
21:54.80	Mission Viejo		2017	5-6	April Ross (Newport)	2000
21:55.8	El Modena		1993	5-6	** Allison Brawner (Corona del Mar)	2000
21:56.5	Irvine		1992	5-6	*Stephanie Marks (Woodbridge)	2001
21:57.4	Esperanza		1998	5-6	*Erica Malouf (University)	2001
21:58.02	Trabuco Hills		2016	5-6	Kathleen Mahony (Rosary)	2002
21:58.7	SA Valley		1989	5-6	Shawn Dooley (Villa Park)	2003
21:59.17	Woodbridge		2016	5-6	Kathleen Mahoney (Rosary)	2004
21:59.37	Laguna Beach		2018	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 Giebelhaus (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
				5-5.25	* 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

## High Jump

6-2	Sharon Day (Costa Mesa)	2003
6-0	* Yleana Carrasco (Anaheim)	1985
5-11	** Ursula Lovely (Kennedy)	1985
5-10.75	* Kristy Kierulff (Esperanza)	1994
5-10.5	Lori Svoboda (El Dorado)	1989
5-10.5	Tayyiba Haneef (Laguna Hills)	1997
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

5-5	Artemis Sotirotoulos (Sunny Hills)	2004
5-5	L. Fletcher (Loara)	2005
5-5	Soremekum (Cypress)	2005
5-5	* Suzanne Munganga (Orange Lutheran)	2008
5-5	Kimemie 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

## Pole Vault

14-4	Rachel Baxter (Canyon)	2017
13-9	*Kaitlyn Merritt (Santa Margarita)	2014
13-8	* McKenna Caskey (Mater Dei)	2016
13-7	*Allison Stokke (Newport)	2007
13-4	Kate Thomas (Santa Margarita)	2017
13-2	*Tori Pena (Edison)	2005
13-1	Allison Koresel (Huntington Beach)	2009
13-0.25	Victoria Rische (Foothill)	2012
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
12-4	**Morgan Flynn (Aliso Niguel)	2018
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 Hotchkin (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
12-0.75	Erica Hoering (Foothill)	1996
12-0	** Mandie Rowell (Santa Margarita)	2001
12-0	*Janna Bennett (Foothill)	2004
12-0	** Brooke Arthur (Mater Dei)	2008
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
11-11	Sara Higham (Mission Viejo)	1998
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
11-8	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	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
11-6	Jocelyn Do (Marina)	2004
11-6	*** Katie Adams (Aliso Niguel)	2005
11-6	** Alexa Ward (Los Alamitos)	2006
11-6	* Hillary Van Ert (Capo Valley)	2007
11-6	Allison Krugman (Newport)	2011
11-6	Grace Boyer (Mater Dei)	2013
11-6	Brittany Henderson (Mission Viejo)	2014
11-6	*Erin McAndrews (Mater Dei)	2015
11-6	*Ella Hampson (Dana Hills)	2015
11-6	*Nina Espeleta (Huntington Beach)	2017
11-6	Camdyn Roberts (Trabuco Hills)	2017
11-4	Noelle Smith (Huntington Beach)	2013
11-4	Madi Bragg (El Toro)	2013
11-4	*Keri Lindstrom (Capo Valley)	2017
11-3	Missy Burley (Rosary)	2007
11-3	Cheryl Smith (Trabuco Hills)	2009
11-3	Monica Danielson (Edison)	2011
11-3	Mikaela Morris (El Toro)	2012
11-3	* Diana Fujii (Mater Dei)	2013
11-3	*Lillie Boyer (Mater Dei)	2017
11-2	*Lindsay Steinriede (Dana Hills)	2003
11-2	Lauren Walker (Huntington Beach)	2006
11-1	Becky Beal (Fountain Valley)	2007
11-1	* Micah Fein (Laguna Hills)	2007
11-1	Christina Jakimiw (Marina)	2007
11-1	* Caroline Yin (Edison)	2009
11-1	Hannah Chang (San Clemente)	2015
11-1	Nicole Gehring (Mater Dei)	2016
11-0	*Michelle McCaslin (Marina)	1997
11-0	Christine Von der Ahe (Santa Margarita)	2000
11-0	Alexis Jaime (Laguna Hills)	2000
11-0	* Elisa Liana (Katella)	2001
11-0	*Lindsay Steinriede (Dana Hills)	2002
11-0	** Brenna Martin (Katella)	2002
11-0	Tracie Nakagawa (Brea)	2002
11-0	DeeDee Chan (Capo Valley)	2004
11-0	* Hilary Pohlman (Huntington Beach)	2004
11-0	** Rachel Tears (Santa Margarita)	2005
11-0	Chelsea Ravitch (Trabuco Hills)	2005
11-0	Kristina Fryar (Fountain Valley)	2006
11-0	Molly Mahony (Rosary)	2008
11-0	** Kate Johnson (Mater Dei)	2008
11-0	Vanessa Chin (El Toro)	2008
11-0	Q. Chang (El Toro)	2008
11-0	Lisa Dolan (Edison)	2008
11-0	*Grace Boyer (Mater Dei)	2012
11-0	Kaylie Welch (Mater Dei)	2012
11-0	*Natalie Grabowski (Santa Margarita)	2012
11-0	Ashley Prevett (Edison)	2013
11-0	*Nicole Katzaroff (Mater Dei)	2014
11-0	Niguel Ziegler (Trabuco Hills)	2016
11-0	Melissa Scott (Beckman)	2016
11-0	Alison Young (Huntington Beach)	2018
10-10	Catalina Dunmeyer (Trabuco Hills)	2011
10-10	* Chrstina Clark (Mission Viejo)	2013
10-9	Kelly McCormick (Dana Hills)	2011
10-9	Chloe Roy (Edison)	2014
10-9	Erica Davis (Fountain Valley)	2014
10-9	**Nina Espeleta (Huntington Beach)	2016
10-9	Natalia Cieply (Mission Viejo)	2017
10-9	*Madison Wong (Woodbridge)	2018
10-8	Michelle Urabe (Mater Dei)	2010
10-8	*Peri Howser (Newport)	2012
10-8	**Jenny Kroeger (Mission Viejo)	2018
10-7	** Kristen Purcha (Katella)	2002
10-7	Kelly Meyer (Mater Dei)	2008
10-7	** Siara Fabbri (Newport)	2009
10-7	** Evelyn Villa (Orange Lutheran)	2013

10-7	Janae Mudge (Trabuco Hills)	2015	18-10	Cheryl Henderson (Fountain Valley)	1984
10-7	*Grace Clemence (Newport)	2015	18-9	Danielle Brown (Sunny Hills)	1991
10-7	**Olivia Chung (Beckman)	2018	18-7	*Simran Malhotra (Woodbridge)	2018
10-7	Hayley Gardner (Trabuco Hills)	2018	18-7	*Sophia Chiamonte (Mater Dei)	2018
10-7	***Dylan Beveridge (Aliso Niguel)	2018	18-6.5	Julie Steele (Troy)	1997
10-6	Stephanie Heup (Marina)	1996	18-6.5	*Dominique Ruotolo (Home Sch)	2017
10-6	** Kristine Burns (Mission Viejo)	1998	18-6.25	*Jennifer Gillespie (Cypress)	1981
10-6	Lisa Fellers (Irvine)	1998	18-6	Michelle Kelly (Irvine)	1979
10-6	Michelle McCastlin (Marina)	1998	18-5	Allison Franke (Canyon)	1989
10-6	** Crystal Richardson (Foothill)	1998	18-5	Monica Todd (Trabuco Hills)	2010
10-6	Jenny Thompson (Woodbridge)	1998	18-5.25	Kellie May (Northwood)	2017
10-6	Natalie Hallett (Marina)	1998	18-4.75	Ashley Voisinet (Mater Dei)	2003
10-6	Michelle Noble (Irvine)	1999	18-4.5	Thelma Viagar (Los Alamitos)	1980
10-6	Vanessa Duquette (Mater Dei)	2000	18-4.5	*Debbie Knight (La Habra)	1984
10-6	Cathryn Perkins (Edison)	2000	18-4.5	Ashley Fletcher (Loara)	2005
10-6	* Kriserin Lanary (Corona del Mar)	2001	18-4.25	*Tracy Hanlon (Edison)	1979
10-6	*** Janna Bennett (Foothill)	2002	18-4.25	*Jordan Agnew (Los Alamitos)	2012
10-6	Alissa Miller (Laguna Hills)	2002	18-4	Erin Pike (Kennedy)	1977
10-6	* Breanna Martin (Katella)	2003	18-3.5	* Mellisa McDonald (Mater Dei)	1990
10-6	*Joanna Burley (Rosary)	2003	18-3.5	* Kristen Kiefer (Capo Valley)	2006
10-6	*Samantha Lin (Brea)	2003	18-3.5	Celine Smith (Mission Viejo)	2015
10-6	*** Katelyn Beighton (Los Alamitos)	2004	18-3.25	*Allison Axtell (Mission Viejo)	1989
10-6	*Katie Adams (Aliso Niguel)	2004	18-3.25	*Alexis Turley-Young (Canyon)	2015
10-6	***Amy Wallace (Santa Margarita)	2006	18-3	Sandy Lucas (Corona del Mar)	1988
10-6	Takymyn (Marina)	2007	18-3	** Bonnie Sorensen (Huntington Beach)	2005
10-6	Megan Churlonis (Dana Hills)	2007	18-2.75	* Amber Moore (Aliso Niguel)	2004
10-6	Mary Garrett (Los Alamitos)	2008	18-2.75	Kelli Godin (Mater Dei)	2018
10-6	Lauren Lask (Aliso Niguel)	2008	18-2.5	Ronda Colbert (Fountain Valley)	1980
10-6	Rachel Mahler (Trabuco hills)	2008	18-2.5	***Kim Walulik (Edison)	1982
10-6	Claire Harper (Mater Dei)	2009	18-2.5	Penny Franklin (SA Valley)	1983
10-6	Kelli Gibson (El Toro)	2010	18-2.5	Brenda Robinson (SA Valley)	1990
10-6	* Katherine Shepherd (Orange Lutheran)	2013	18-2.5	Eurie Jennings (Edison)	2000
10-6	*Sara Maloney (Mission Viejo)	2014	18-2.5	*Maddie Jocson (Tesoro)	2018
10-6	Cierra Sloate (Edison)	2014	18-2.25	* Marina Laymon (La Habra)	1981
10-6	*Janae Mudge (Trabuco Hills)	2014	18-2.25	Taylor Ashmore (Mater Dei)	2016
10-6	**Callie Wilcox (Tesoro)	2015	18-2	*Jolie Robinson (Capo Valley)	2018
10-6	Nicole Gehring (Mater Dei)	2015	18-1.75	Jiao Tsai (Corona del Mar)	1980
10-6	**Natalie Cieply (Mission Viejo)	2015	18-1.75	Kimmie Conner (Dana Hills)	2010
10-6	*Jenna Brewer (Capo Valley)	2016	18-1.5	***Kris Dietz (Sonora)	1978
10-6	Ariana Zormeier (Yorba Linda)	2016	18-1.5	Lynnda Kelley (Irvine)	1981
10-6	**Keri Lindstrom (Capo Valley)	2016	18-1.5	Bonnie Mercer (SA Valley)	1980
10-6	*Amanda Mohr (Troy)	2016	18-1.5	Joy McDonnell (Tustin)	1980
10-6	**Kirra Schulz (San Clemente)	2017	18-1.5	Rochelle Snyder (Fountain Valley)	1982
10-6	Julianna Kolk (Trabuco Hills)	2017	18-1.5	* Kim Taylor (Valencia)	1984
10-6	Delaney Ashbrook (Rosary)	2018	18-1.5	Quinna Starr (Savanna)	1999
10-6	Peyton Herrera (St Margaret's)	2018	18-1.5	Elizabeth Weeks (Santa Margarita)	2017
10-6	*Isabella Chio (Santa Margarita)	2018	18-1	Sue Kruse (Newport)	1976
10-6	***Shannon Strassman (Corona del Mar)	2018	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
			17-11.25	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
			17-9.75	Marcie Salze (Laguna Hills)	2006
			17-9.5	***Paula Tezak (La Habra)	1981

## 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)	1977
19-9	Kerry O'Bric (Edison)	1996
19-8.75	Kelly O'Connor (Esperanza)	1996
19-8.5	Heather Sterlin (Mission Viejo)	1992
19-7.5	* Tara Oettinger (Foothill)	1994
19-7.25	** *Michelle Sanford (Woodbridge)	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 (Bols Grande)	2018
18-10.5	Lily Ebanks (Valencia)	2015
18-10.25	***Jade McDonald (Mater Dei)	2018
18-10.25	**Madison Lyon (Woodbridge)	2018

17-9.5	* Sierra Backus (University)	2004	40-2.25	***Jade McDonald (Mater Dei)	2018
17-9.25	Tori Usgaard (Dana Hills)	2012	39-11.5	*Lisa Fager (Mission Viejo)	1989
17-9	Joy Marimon (Newport)	1977	39-9.5	**Madison Lyon (Woodbridge)	2018
17-9	McFall (Huntington Beach)	1978	39-8.25	Debbie Orr (Ocean View)	1986
17-9	Debbie Orr (Ocean View)	1986	39-8	Kerry O'Bric (Edison)	1996
17-9	Clark (Calvary Chapel)	1996	39-5.5	Kim Taylor (Valencia)	1985
17-9	Megan Horn (Crean)	2018	39-5.5	Danielle Brown (Sunny Hills)	1991
17-8.75	Pat Anderson (Valencia)	1972	39-5.5	**Emily Garner (Woodbridge)	2017
17-8.75	Susan Guest (Troy)	1986	39-1	* Courtney Stafford (Katella)	2000
17-8.75	Tanisha Maze (Brea)	1988	38-11.75	Kellie May (Northwood)	2017
17-8.5	Nancy O'Neil (Villa Park)	1981	38-11.25	***Darneshia Griffith (Trabuco Hills)	1995
17-8.5	Gaylen Ames (El Modena)	1985	38-11	Marie Ingram (Aliso Niguel)	2006
17-8.5	***Victoria Ton (Northwood)	2004	38-11	Elizabeth Weeks (Santa Margarita)	2017
17-8.25	* Ashley Voisnet (Mater Dei)	2002	38-10	* Gaylen Ames (El Modena)	1984
17-8	Cynthia Davis (Villa Park)	1979	38-9.25	Brenna Barker (Dana Hills)	2013
17-8	* Tanya Ransom (El Toro)	1983	38-9	*Alexis Turley-Young (Canyon)	2015
17-8	Krishna Burgdorf (Capo Valley)	2004	38-8.25	Melissa McDonald (Mater Dei)	1991
17-8	Brierra Winfrey (Trabuco Hills)	2011	38-8.25	Jazmin Moss (Mater Dei)	2015
17-8	Breanna Moreno (Fountain Valley)	2017	38-8	Tammy Graham (Mission Viejo)	1991
17-7.75	***Noel Dula (Marina)	1997	38-7.5	**Sophia Hartwell (Pacifica)	2018
17-7.5	Annette Brown (Saddleback)	1982	38-6.5	Alice Franklin (SA Valley)	1982
17-7.25	* Val Macayan (Fountain Valley)	1981	38-6.5	Tynisha Edwards (Foothill)	1999
17-7.25	*Jacqueline Faris (Dana Hills)	2017	38-5.75	Erica Dickson (Mission Viejo)	1996
17-7	Lori Olsen (Western)	1985	38-5.5	**Cassandra Smith (Trabuco Hills)	2010
17-7	Monica Fisher (El Toro)	1989	38-5	Eurie Jennings (Edison)	2000
17-7	Bianca James (Mater Dei)	2017	38-4.5	Allison Franke (Canyon)	1989
17-7	Alexa Munoz (Trabuco Hills)	2017	38-4.5	** Elizabeth Clayton (Newport)	2002

#### Wind-aided:

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

#### Triple Jump

43-4.5	*Michelle Sanford (Woodbridge)	2001
41-4.5	Dominique Ruotolo (Mater Dei)	2018
40-11.75	Kelly O'Connor (Esperanza)	1996

36-11	Christina Murillo (Trabuco Hills)	2007	41-7	*Dominque Ruotolo (Home Sch)	2017
36-10.5	Tennli Ulicny (Brea)	1998	40-11	Lisa Fager (Mission Viejo)	1990
36-10.25	*Lara Wright (Esperanza)	1985	39-9.5	Hannah Duarte (Mission Viejo)	2016
36-10	Danielle Brown (Sunny Hills)	1990	39-5.75	Michaela Schaeffer (Edison)	2013
36-10	Chelsie Churchill (St Margaret's)	2012	39-5.5	Courtney Stafford (Katella)	2001
36-9.5	** Kristen Kiefer (Capo Valley)	2005	39-5	Cassandra Smith (Trabuco Hills)	2012
36-9.25	Megan Horn (Crean)	2018	39-3.25	Jamie Kirven (Woodbridge)	1985
36-9	Joan Greve (Marina)	1992	39-2.5	** * Dameshia Griffith (Trabuco Hills)	1995
36-9	Kim Duong (La Quinta)	2001	39-2	***Kaylee Zych (Tesoro)	2017
36-9	Amanda Kronquist (Brea)	2006	38-10.5	* Erica Dickson (Mission Viejo)	1995
36-9	*Kelli May (Northwood)	2016	38-10.5	*Brenna Barker (Dana Hills)	2012
36-9	Elisa Trujillo (Brea)	2016	38-4.75	*Michaela Schaeffer (Edison)	2012
36-8.5	**Courtnee Moreno (Fountain Valley)	2016	38-2.75	Marilyn Anene (University)	2006
36-8	Alex Gaines (Mission Viejo)	2011	38-0.5	Christina Murillo (Trabuco Hills)	2007
36-7.75	Allyson Rahives (Rosary)	2017	37-11	*Chelsea Churchill (St Margaret's)	2011
36-7.5	Kimmie Conner (Dana Hills)	2010	37-11	* Lora Bender (Fountain Valley)	2013
36-7	Taylor Cusick (Esperanza)	2003	37-10.5	*Maddie Jocsno (Tesoro)	2018
36-7.75	Jamie Cuthbert-Allen (La Habra)	2001	37-10	Elisa Trujillo (Brea)	2016
36-7.5	Young (Fountain Valley)	1987	37-9	Debbie Knight (La Habra)	1985
36-7.5	Krista Widen (Irvine)	1990	37-9	** Mandy Clayton (Newport)	1995
36-6.75	*Ashley Rhorer (Santa Margarita)	2011	37-7.75	*Adrienne Liu (Trabuco Hills)	2011
36-6.5	Ursula Lovely (Kennedy)	1987	37-7.5	Lara Wright (Esperanza)	1986
36-6.5	Hilary Mann (Mission Viejo)	1991	37-7.25	Tiffany Liu (Corona del Mar)	2007
36-6.5	Ashley Fletcher (Loara)	2005	37-7	Taylor Dunigan (Mission Viejo)	2010
36-6.25	Lori Lucas (Corona del Mar)	1987	37-7	Elizabeth Cotociu (Pacifica)	2014
36-6.25	* Erica Tillman (Esperanza)	2001	37-6	LaShieka Henderson (Trabuco Hills)	1995
36-6.25	Taylor Dunigan (Mission Viejo)	2010	37-6	Jennifer Michaelman (Laguna Hills)	2011
36-6	Tracy Wright (Irvine)	1986	37-4.5	Alison Parsons (Los Alamitos)	2016
36-6	** Christina Ivey (Foothill)	1991	37-0.25	Jordyn Stoddard (Aliso Niguel)	2008
36-6	Kara Theis (Orange Lutheran)	1992	36-11	Anna Lindsey (Edison)	2013
36-6	LaShieka Henderson Trabuco Hills)	1995	36-9.75	**Summer Higgins (Dana Hills)	2014
36-6	** Jordyn Stoddard (Aliso Niguel)	2006	36-9	Kristen McGregor (Marina)	2002
36-6	Taylor Eljenholm (Dana Hills)	2011	36-9	Taylor Cusick (Esperanza)	2003
36-5.75	Holly Hutchinson (Mission Viejo)	1988	36-9	*Jole Robinson (Capo Valley)	2018
36-5.75	Jennifer Bandle (Los Alamitos)	2014	36-8.25	* Cassie Stanislaw (Woodbridge)	2006
36-5.5	** Jessica Lyons (Capo Valley)	1998	36-7.25	Jennifer Bandle (Los Alamitos)	2014
36-5	Jenny Wooton (Marina)	1998	36-7	Emily Huynh (Oxford Academy)	2016
36-5	Jennifer Fairchild (Orange)	2001	36-6	Amanda Torchia (Fountain Valley)	2016
36-5	Alexa Munoz (Trabuco Hills)	2017	36-5.75	Jordan Agnew (Los Alamitos)	2013
36-4.75	**Sheila Green (Canyon)	1988	36-5.5	* Erika Ebel (Orange Lutheran)	1991
36-4.75	** Christina Murillo (Trabuco Hills)	2005	36-5.5	* Taylor Fenton (Capo Valley)	2008
36-4.75	**Arletha Saiht (Beckman)	2017	36-5.5	Paula Pedrani (El Toro)	2016
36-4.5	* Mychael Westervelt (Capo Valley)	1999	36-5.25	Megan Horn (Crean)	2018
36-4	** Shemica Perkins (Tustin)	1995	36-5	* Clair Whelan (Canyon)	1988
36-3.5	* Xhristina Pham (University)	1993	36-5	* Julianne Conrad (El Toro)	2006
36-3.5	Nikki Kotey (Trabuco Hills)	2002	36-5	Ashley Rhorer (Santa Margarita)	2012
36-3.5	Anna Lindsey (Edison)	2013	36-5	Laura Hamann (Rosary)	2014
36-2.75	* Tiffany Chandler (Foothill)	1986	36-5	***Raquel Gonzalez (El Toro)	2016
36-2.5	**Nina Foster (Mission Viejo)	1992	36-3.75	***Nikki Johnson (Canyon)	1988
36-2.5	Paula Pedrani (El Toro)	2016	36-9.5	*Ashley Rhorer (Santa Margarita)	2011
36-2.25	Whitney Nelson (El Dorado)	1987	36-6.75	Chloe Soremekun (Cypress)	2011
36-2.25	* Jessica Lyons (Capo Valley)	1999	36-6.5	Cherish Harris (Orange Lutheran)	2011
36-2.25	**Shay Alexander (Capo Valley)	2000	36-4	Channing Jones (El Toro)	2011
36-2.25	***Phallon Bakus (University)	2003	36-4.25	Jacqueline Faris (Dana Hills)	2018
36-2	Tami Chick (Huntington Beach)	1987	36-3	Skye Atchley (Orange Lutheran)	2009
36-2	***Maryjone Dinnie (Capo Valley)	1992	36-3	*Bianca James (Mater Dei)	2016
36-2	Tracy Thomas (SA Valley)	1992	36-3	**Kira Kawano (Canyon)	2016
36-2	** Deidra Segura (El Toro)	1995	36-2.5	** Allison McCoy (Edison)	2008
36-2	*Sumner Higgins (Dana Hills)	2015	36-2	** Monica Todd (Trabuco Hills)	2008
36-1.5	Chloe Soremekun (Cypress)	2011	36-2	*** D.J. Rhoades (El Modena)	2008
36-1.25	Bailey Turk (Santa Margarita)	2012	36-2	Brianna Dixon (Los Alamitos)	2009
36-1.25	Sophia Chiaramonte (Mater Dei)	2017	36-1	Katie Dibene (Dana Hills)	2011
36-1	Nina Speights (El Toro)	2004	36-1	*Alexa Munoz (Trabuco Hills)	2016
36-1	*** Sara Mitchell (LaQuinta)	2006	36-0.5	Cross (Bolsa Grande)	1988
36-1	* Allison McCoy (Edison)	2009	36-0	** DJ Rhoades (El Modena)	2009
36-1	**Lora Bender (Fountain Valley)	2012			
36-1	Kayla Mixon (Mater Dei)	2018			
36-0.5	** Cherris Gray (San Clemente)	1990			
36-0.25	* Jennifer Close (Marina)	1989			
36-0.25	Christine Von Der Ahe (Santa Margarita)	2000			
36-0.5	*Courtnee Moreno (Fountain Valley)	2017			
36-0	Teri Zanelli (Ocean View)	1986			
36-0	Vanessa Gardner (Mission Viejo)	2004			

#### Wind-aided:

#### Shot Put

53-7.75	Natalie Kaaiawahia (Fullerton)	1983
50-2.5	Mackenna Howard (Los Alamitos)	2014
48-11.5	Susie Ray (Villa Park)	1980
47-5	Gina Heads (Newport)	1994
46-11.75	Elaina Oden (Irvine)	1985
46-11.75	*Faimalie Sale (Los Alamitos)	2017
46-9	Heidi Adams (Mission Viejo)	1985

46-8.75	Melissa Yunghans (Orange Lutheran)	2004	39-9.5	Vicky Craig (Kennedy)	1981
46-2	Faimalie Sale (Los Alamitos)	2018	39-6.25	* Kau ilani Mikihan (Mater Dei)	2013
46-1.5	Rosario Ramos (Anaheim)	1979	39-8.75	Kristy Dominguez (Mission Viejo)	2001
45-6.5	Hilary Fraser (El Toro)	2007	39-7.5	Whitney Johnson (Mission Viejo)	2004
44-11.5	* Jacque Nelson (Canyon)	1978	39-7	White (Villa Park)	1977
44-9.5	*Alaysha Green (El Toro)	2016	39-6.5	Ann Bland (Santa Ana)	1981
44-6	Erin Streater (Villa Park)	2002	39-6.5	Chelesea Weenig (Laguna Beach)	2000
44-4.75	Heather Quinn (El Toro)	2002	39-5.5	Julie Tafua (Westminster)	1988
44-4.25	Priscilla Gardner (Mission Viejo)	2003	39-4.5	Kerry O'Bric (Edison)	1996
44-3	Diane Clements (San Clemente)	1981	39-4.2	**Kianey Davis (Troy)	1999
44-1.5	Shelly Lovati (El Modena)	1986	39-3	Lisa Bullock (Edison)	1977
43-10.75	Jacque Norton (Mission Viejo)	1982	39-3	Hannah Meager (El Toro)	2014
43-6.25	Jaycee Olsen (Corona del Mar)	2010	39-2.75	Rachel Davis (Katella)	1993
43-4.25	Luseane Makensesi (Katella)	2009	39-2.25	Etta Jackson (Magnolia)	1998
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
42-9.75	Becky Daniel (Newport)	1976	39-0.5	Devon Pessler (Foothill)	2014
42-7.5	*Kathryn Plummer (Aliso Niguel)	2015	39-0	Tiffany Gray (El Dorado)	2011
42-7	Karle'h Wilson (Corona del Mar)	2012	38-11	*** Niki Awaa (Brea)	2002
42-6	Bonnie Dasse (Costa Mesa)	1977	38-10.5	Olive Langi (Saddleback)	1989
42-5.75	* Priscilla Gardner (Mission Viejo)	2002	38-10	Loretta Sepulona (Santa Ana)	1978
42-5.5	Kay Ilertson (Valencia)	1974	38-9.75	Jordaine Simmons (Mission Viejo)	2016
42-3	Courtney Brown (El Modena)	2010	38-9.5	Jennifer Insley (Los Alamitos)	1988
42-3	Felicia Crenshaw (Costa Mesa)	2018	38-9.5	Robin Regan (Mater Dei)	2004
42-2.5	Suzanne Linn (Trabuco Hills)	1998	38-9.25	**Joy McArthur (Dana Hills)	2015
42-2.5	Kate Hutchinson (San Clemente)	2003	38-9	* Laura Wilson (Newport)	1995
42-1	Kristin Dunn (Mission Viejo)	1990	38-9	Alfa Stewart (Woodbridge)	2000
42-0.25	Tafi Togogae (Los Amigos)	1996	38-8.75	Jacqueline Anderson (San Clemente)	2001
42-0	Lisa Tamamasui (Westminster)	1991	38-8.5	Michelle Paproski (Villa Park)	1989
41-11.5	Leslee Briggs (Edison)	1989	38-8.5	Brianna Uipi (Orange Lutheran)	2016
41-10.5	Krista Dill (Newport)	2000	38-8.25	* Janell Jakubka (Capo Valley)	1987
41-7.5	Lynn Kelley (Irvine)	1981	38-8.5	Shawn Sturgeon (Esperanza)	1982
41-7.75	Joanna Alo (SA Valley)	1990	38-8.5	Tarua Rich (Mission Viejo)	2000
41-7.25	Jenny Shutt (Edison)	1997	38-8.5	Laura Boggein (Huntington Beach)	2007
41-6.5	Christina Kim (El Toro)	2008	38-8	Erika De La Puente (University)	2008
41-6	Ann Gill (Western)	1985	38-8	*Sheraton Jones (Canyon)	2012
41-5.25	* Andrea Bill (University)	1992	38-8	**Kayla Pemasa (Marina)	2016
41-5.25	Chrissy Tolson (Fountain Valley)	1996	38-8	Anelamaikalani Miki-han (Irvine)	2016
41-5	Ciera Williams (Mission Viejo)	2016	38-7.5	* Scarlet Leduga (El Toro)	2001
41-3.75	Bev Oden (Irvine)	1989	38-7	*Dani Lister (Mission Viejo)	2018
41-2.75	* Kristin Thompson (Esperanza)	1999	38-6.75	Kathy Copelm (Sunny Hills)	1977
41-2.5	Adara Newidouski (Dana Hills)	1993	38-6.5	Megan McCullough (Mission Viejo)	2008
41-1.5	Robyn Utu (Huntington Beach)	1982	38-6	Ashley Johnson (Saddleback)	2002
41-1.5	Marie Philman (Edison)	1996	38-6	Tayla Crenshaw (Costa Mesa)	2018
41-1.5	Kristy Chester (Esperanza)	2002	38-5.5	Pat Shaw (SA Valley)	1978
40-11.25	*Susan Linn (Trabuco Hills)	1997	38-5	* Lia Rousset (Newport)	1995
40-11.25	*Rachelle A La Torre (Newport)	2015	38-4.5	*Nicole Oberreuter (Estancia)	1990
40-11	* Lisa Williams (SA Valley)	1982	38-4.25	Julia Loya (Mission Viejo)	1998
40-10	Christa Kondru (Northwood)	2010	38-4	Julie Sprague (Santa Ana)	1983
40-9.75	Julie Green (Fountain Valley)	1978	38-4.	* Mary Uata (Mater Dei)	1999
40-9	Laura Matos (Capo Valley)	1983	38-4	Mielle Zylstra (Edison)	2000
40-9	Heather Cunningham (El Dorado)	1996	38-4	* Laura Cadranel (Los Alamitos)	2001
40-9	Stephanie Sampson (Esperanza)	1999	38-3.5	Vogel (Corona del Mar)	1975
40-8.75	Pamela Makanesi (Katella)	2011	38-3.5	Melissa Price (Loara)	1997
40-8	Angela Burgess (Woodbridge)	1995	38-3.25	Laura Mills (University)	1981
40-8	*Anna Gillis (San Clemente)	2015	38-3	Hoyler (Whittler Christian)	1997
40-7.5	* Lori Von Boxtal (Anaheim)	1983	38-3	Margarita Matiks (Irvine)	2009
40-7.5	**Nicole Beauregard (Valencia)	1991	38-3	Jackie Chasteler (Mission Viejo)	2013
40-7	Natala Lualemaga (Santa Ana)	2000	38-2.5	Beverly Hewitt (Canyon)	1980
40-7	Kau Ilani Miki-han (Mater Dei)	2014	38-2.5	Stephanie Bell (Foothill)	1986
40-6	*Ava Butterbaugh (Mission Viejo)	2018	38-2.5	Spring Trammell (Los Amigos)	1995
40-5-5	Carina Martinez (SA Valley)	2001	38-2.5	Lauren Anderson (Troy)	2004
40-5	Amanda Fleskoski (Mission Viejo)	2000	38-2.25	Abby Erickson (Mater Dei)	1995
40-3	Sina Dailey (Mission Viejo)	2008	38-2.25	*Haunani Pedro (Trabuco Hills)	2015
40-3	Sabrina Hartman (Mission Viejo)	2018	38-2	*Kelly Wilson (Woodbridge)	1984
40-0.75	Aprile Powell (Century)	1999	38-2	Vao Faoa (Magnolia)	2002
40-0.75	* Robin Regan (Mater Dei)	2003	38-2	Mele Makenesi (Loara)	2004
39-11.5	**Sheraton Jones (Canyon)	2011	38-1.5	Nia Jones (Santa Ana)	1992
39-11.5	Ashley Beacn (Tesoro)	2018	38-1.5	Cara Heads (Newport)	1995
39-11	Nina Foster (Mission Viejo)	1991	38-1	Booth (Westminster)	1978
39-11	Vanessa Gardner (Mission Viejo)	2004	38-1	*Taylor Crenshaw (Costa Mesa)	2017
39-11	*Ashley Donohoe (Huntington Beach)	2012	38-0.5	Erica Goodman (Estancia)	1986
39-10	Suzie Greganic (Marina)	1989	38-0	Adee Gunkel (Mater Dei)	1981
39-10	Jacky Cenan (Laguna Beach)	2016	38-0	Mararita Matiks (Irvine)	2010

37-11.75	McConnell (San Clemente)	1979
37-11.5	Brittany Frers (Marina)	2010
37-11	Karen Jones (SA Valley)	1982
37-11	Kelly Langi (Saddleback)	1997
37-11	* Becky Steen (Tesoro)	2003
37-11	Philliz Tuavao (Canyon)	2015
37-10.75	Abria Lipscomb (Northwood)	2003
37-10.25	Rachel Savaii (Fullerton)	2010
37-10	Dannie Darrow (Dana Hills)	1994
37-10	* Greshawnda Clayton (Canyon)	1996
37-10	Brooke Fitzgerald (Santa Margarita)	1998
37-10	** Tabitha Tabb (Santa Ana)	2001
37-10	Cristina Kim (El Toro)	2008
37-10	Ashley Donohoe (Huntington Beach)	2013
37-10	*Kyliegh Wilkerson (Trabuco Hills)	2018
37-9.75	Lori Gustafson (Corona del Mar)	1980
37-9.5	Leslie Contreras (La Habra)	1979
37-9	Nicole Lied (Tustin)	1985
37-9	* Spring Trammell (Los Amigos)	1994
37-9	* Malaya Paggatt (Mission Viejo)	1998
37-9	* Geneva Bailey (Loara)	2001
37-9	Una Makenesi (Loara)	2004
37-9	Miranda Ta'amu (Los Alamitos)	2017
37-8.75	**Maddy Mitchell (Dana Hills)	2017
37-8.5	Laura Williams (SA Valley)	1980
37-8.5	Megan Good (Huntington Beach)	2010
37-8.25	Gretchen Schroeder (Mission Viejo)	1984
37-8	Sue Bolton (Rancho Alamitos)	1983
37-8	* Katy Homewood (Marina)	1997
37-8	Meagan O'Reilly (Mission Viejo)	2007
37-7.75	*Caroline Van de Velde (Corona del Mar)	2010
37-7.5	Shirlyn Weenig (Laguna Beach)	1984
37-7.5	* Keely Ziegler (Huntington Beach)	1995
37-5.5	Alyxa Bennett (Loara)	1995
37-5.5	Riley Laos (Esperanza)	2016
37-5.25	* Gabby Botts (Villa Park)	2009
37-7	** Marybeth Thobe (Edison)	1982
37-7	Tracy Titus (Loara)	1991
37-6.5	* Olivia Raya (El Modena)	2004
37-5.75	Hughes (Sonora)	1978
37-5.75	**Erica Dickson (Mission Viejo)	1994
37-5.75	Litia Makakaufaki (Laguna Hills)	2001
37-5	Susan Gingrich (Estancia)	1985
37-5.5	Avelina Ruiz (Santa Ana)	1990
37-4	Kim Faoa (Magnolia)	2000
37-3.5	Jodi Dyer (Troy)	1989
37-3.5	***Deanna Mitchelson (Aliso Niguel)	1994
37-3.25	* Jenny Branam (El Dorado)	1998
37-3	Asou (Magnolia)	2007
37-3	Holly Fraser (El Toro)	2009
37-3	Sheraton Jones (Canyon)	2013
37-3	Madison Burford (Yorba Linda)	2017
37-2.75	Maryn Ciarelli (Huntington Beach)	1999
37-2	H. Langi (Saddleback)	1997
37-2	Kelly Lynn (Tustin)	1999
37-2	* Alia Stewart (Woodbridge)	2001
37-1.5	Yolanda Penukoko (Anaheim)	2010
37-1	Tracy Wilson (Loara)	1983
37-1	*** Mindy Speed (Irvine)	1987
37-1	** Tonja Lawson (SA Valley)	1992
37-1	Victoria Gomez (Los Amigos)	2014
37-1	Jasmine Mataia (Loara)	2018
37-0.75	Marianne Gourd (Fullerton)	2016
37-0.5	Julia Reedy (Mission Viejo)	2011
37-0.5	*Kelly Fagan (Yorba Linda)	2015
<b>Shot Put (81b.)</b>		
50-6.5	*Susie Ray (Villa Park)	1979
50-0.5	Emily Dole (Kennedy)	1975
49-4.25	Rosarie Ramos (Anaheim)	1979
46-10.5	*** Natalie Kaaiawahia (Fullerton)	1980
40-10	Jiao Tsai (Corona del Mar)	1980
40-3.75	* Julie Green (Fountain Valley)	1979

## Discus

175-8	Kate Hutchinson (San Clemente)	2003
174-9	Natalie Kaaiawahia (Fullerton)	1983
167-5	Jacque Norton (Mission Viejo)	1982
160-6	Allison Franke (Canyon)	1989
159-11	*Felicia Crenshaw (Costa Mesa)	2017
158-2	Hilary Fraser (El Toro)	2007
156-10	Priscilla Gardner (Mission Viejo)	2003
155-6	Terri Sabol (Buena Park)	1974
153-10	*Faimalie Sale (Los Alamitos)	2017
152-8	* Vao Faoa (Magnolia)	2001
150-0	* Carrie Axton (Los Amigos)	1996
149-9	Mackenna Howard (Los Alamitos)	2014
149-5	Cara Heads (Newport)	1995
149-2	Elaina Oden (Irvine)	1985
148-5	* Katelyn Ciarelli (Huntington Beach)	2003
148-0	Celeste Paquette (Rancho Alamitos)	1985
148-0	Heidi Adams (Mission Viejo)	1985
148-0	Andrea Bill (University)	1993
147-7	*Kyliegh Wilkerson (Trabuco Hills)	2018
147-8	Carrie Axton (Los Amigos)	1997
147-5	Alana Faagai (Huntington Beach)	2006
146-1	Gina Heads (Newport)	1994
146-1	Ashley Pyka (Canyon)	2008
145-5	Emma DeSilva (Mission Viejo)	2016
144-3	Margarita Matiks (Irvine)	2010
144-0	Marie Philman (Edison)	1996
143-10	Debbie Hargrove (Estancia)	1990
143-3	* Angela Burgess (Woodbridge)	1994
143-2	Brianna Uipi (Orange Lutheran)	2016
142-11	Tayla Crenshaw (Costa Mesa)	2018
142-10	Sonya Bryant (Marina)	1996
142-6	Kelsey Allen (Capo Valley)	1988
142-5	Melissa Yunghans (Orange Lutheran)	2004
142-2	Kristin Thompson (Esperanza)	2000
142-0	Lisa Williams (SA Valley)	1983
142-0	Amanda Truong (Esperanza)	2016
141-9	Susie Ray (Villa Park)	1979
141-8	Suzanne Linn (Trabuco Hills)	1998
140-11	Ana Tovi (Costa Mesa)	2018
140-6	Kara Caskey (Mater Dei)	2012
140-3	Vanessa Gardner (Mission Viejo)	2004
140-3	*Rachelle A LaTorre (Newport)	2015
139-10	Holly Fraser (El Toro)	2009
139-8	Katie Laich (Esperanza)	2007
139-7	Jaycee Olsen (Corona del Mar)	2010
139-5	Shelly Lovati (El Modena)	1986
139-5	* Jenny Brickner (Esperanza)	2002
138-11	Chrissy Tolson (Fountain Valley)	1996
138-10	Luseane Makenesi (Katella)	2009
138-9	Fiapopo Apelu (Magnolia)	2004
138-8	Pamela Makenesi (Katella)	2011
138-4	Lynne Kelley (Irvine)	1981
137-11	Kelly Wilson (Woodbridge)	1985
137-8	* Olivia Raya (El Modena)	2004
137-4	Marie Midland (Estancia)	1990
137-4	Krista Dill (Newport)	2000
137-2	Bev Oden (Irvine)	1989
137-2	* Nikki Awaa (Brea)	2004
137-0	Heather Quinn (El Toro)	2002
136-11	Laura Mills (University)	1981
136-8	* Adara Newidouski (Dana Hills)	1992
136-1	Tawny Hanna (Irvine)	2012
136-0	Maryn Ciarelli (Huntington Beach)	1999
135-8	Shirlyn Weenig (Laguna Beach)	1984
135-6	Bonnie Dasse (Costa Mesa)	1977
135-5	Joni Argento (Kennedy)	1979
135-4	Anna Gillis (San Clemente)	2016
134-9	Etta Jackson (Magnolia)	1998
134-8	Melissa Price (Loara)	1997
134-8	Karle'h Wilson (Corona del Mar)	2012
134-7	Cyndi Lee (El Dorado)	1988
134-4	Diana Clements (San Clemente)	1981
134-4	Wendy Duffresne (Woodbridge)	1996

134-4	*Brianna Uipi (Orange Lutheran)	2015	127-1	Katie Easley (Los Alamitos)	1996
134-2	Tracy Wilson (Loara)	1983	126-11	Jenny Brickner (Esperanza)	2000
133-7	* Christa Van Doren (Estancia)	1991	126-11	* Scarlet Leduga (El Toro)	2001
133-7	Joy MacArthur (Dana Hills)	2014	126-11	Stacy Knisley (Esperanza)	2002
133-6	Mele Makenesi (Loara)	2004	126-10	Marlena Godboldt (Mission Viejo)	1996
133-5	Stephanie Sampson (Esperanza)	1999	126-10	Whitney Johnson (Mission Viejo)	2004
133-5	Ashley Johnson (Saddleback)	2002	126-9	*** Marjorie Niumata (Rancho Alamitos)	1996
133-0	* Megan Ilertsen (Troy)	2003	126-8	** Samangha Meredith (El Modena)	1998
132-7	Samantha Grant (Mission Viejo)	2002	126-6	Una Makenesi (Loara)	2004
132-6	* Jessica Perez (Sunny Hills)	1999	126-6	Madison Chronister (San Clemente)	2015
132-6	Sina Dailey (Mission Viejo)	2008	126-4	Reena Gonzales (Brea)	2000
132-2	* Stacy Kohler (Marina)	1990	126-3	*Kaitlyn Menichetti (Mission Viejo)	2018
132-2	Stacy Jame (Esperanza)	1998	126-1	Becky Crouse (Woodbridge)	2008
131-11	Christa Kondru (Northwood)	2010	126-1	Jessica Imani (Corona del Mar)	2011
131-8	Marie Arthur (Fountain Valley)	1996	126-0	** Jillianne Whitfield (Newport)	2002
131-8	**Alejandra Rosales (Marina)	2018	126-0	*Tiffany Gray (El Dorado)	2010
131-5	Ciera Williams (Mission Viejo)	2016	125-10	Jerrilyn Stanwood (Trabuco Hills)	2009
131-4	Carolyn Pendleton (Esperanza)	2001	125-8	Katie Holmes (Canyon)	1996
131-3	Abria Lipscomb (Northwood)	2003	125-5	* Robyn Utu (Huntington Beach)	1981
131-3	*Haunani Pedro (Trabuco Hills)	2015	125-5	* Jenny Shutt (Edison)	1996
131-3	Sabrina Hartman (Misison Viejo)	2018	125-5	Christina Kim (El Toro)	2008
131-1	Aidee Pacheco (Saddleback)	1995	125-3	Jennifer Harney (Esperanza)	1990
131-1	Emily Gleason (El Toro)	1998	125-3	Lauren O'Hara (Irvine)	1998
131-0	Konafesi Mataia (Loara)	2009	125-2	Katie Okano (Trabuco Hills)	1995
131-0	*Amanda Cooper (Corona del Mar)	2016	125-0	* Kristen Okura (Mission Viejo)	1988
130-10	Ann Gill (Western)	1985	125-0	L. Kelly (Villa Park)	1983
130-9	Erin Streater (Villa Park)	2002	125-0	* Katie Smith (Orange)	1992
130-9	** Tara Ross (Misson Viejo)	2004	124-10	* Katie Henze (Foothill)	1997
130-6	Lisa Wood (Saddleback)	1986	124-9	*Alaysha Green (El Toro)	2016
130-4	Rosalie Ballo (Dana Hills)	2018	124-8	*Karle'h Wilson (Corona del Mar)	2011
130-3	Emily Crum (Mater Dei)	2014	124-7	Maria Ornes (Foothill)	1982
130-2	Kathrine Henze (Foothill)	1998	124-7	Cheyenne Maneafaiga (Garden Grove)	2012
130-0	** Marybeth Thobe (Edison)	1982	124-4	*Emma Robbins (Esperanza)	2018
130-0	Aprile Powell (Century)	1999	124-3	Keanna Roberson (Aliso Niguel)	2011
130-0	* Laura Cadranel (Los Alamitos)	2001	124-3	Kate Jensen (Woodbridge)	2016
130-0	Evelyn Roberts (Dana Hills)	2015	124-2	Karlië Manos (Katella)	1999
130-0	Alaysha Green (El Toro)	2017	124-2	Ashley Donohoe (Huntington Beach)	2013
129-10	Luisa Thimauave (Magnolia)	1988	124-1	Bernadette Quinteras (Orange)	1992
129-9	* Samantha Meredith (El Modena)	1999	124-1	** Olivia Raya (El Modena)	2003
129-9	Asou (Magnolia)	2007	124-0	*Nicole Beauregard (Valencia)	1991
129-9	*Xochitl Bryson (Oxford Academy)	2016	123-10	Terri Ortega (Irvine)	1987
129-4	** Krista Gregory (El Toro)	2008	123-10	Teresa Rocha (Esperanza)	2011
129-3	Laura Wilson (Newport)	1996	123-7	Jamie Questa (Edison)	1997
129-3	** Ashley Parrish (Esperanza)	2000	123-7	Melissa Lee (University)	2016
129-3	Mary Geers (Capo Valley)	2013	123-6	Leslee Briggs (Edison)	1989
129-3	*Philliz Tuavao (Canyon)	2014	123-6	* Kristin Gunderson (Laguna Beach)	1998
129-2	Kelly Langi (Saddleback)	1997	123-6	Stacy Knisley (Esperanza)	2001
129-0	**Joy McArthur (Dana Hills)	2015	123-6	Courtney Brown (El Modena)	2010
128-11	*Kara Caskey (Mater Dei)	2011	123-6	Evelyn Roberts (Dana Hills)	2014
128-10	Antoinette Herrera (Los Amigos)	1998	123-3	Bernadette Quinteros (Western)	1993
128-9	Tee Eskridge (El Modena)	1982	123-3	Marissa Welliver (Aliso Niguel)	2003
128-8	Kristy Dominguez (Mission Viejo)	2001	123-2	Meagan O'Reilly (Mission Viejo)	2007
128-7	Kristin Dunn (Mission Viejo)	1990	123-0	Jevona Morgan (La Quinta)	2004
128-6	Lisa Henderson (Foothill)	1988	123-0	Sina Daley (Mission Viejo)	2008
128-6	Kari DeSoto (Esperanza)	1996	123-0	Ambernicole Hollinger (Los Alamitos)	2014
128-5	Marlene Godbolt Mission Viejo)	1995	122-11	Jennifer Yu (Western)	1988
128-5	Evaine Mansfield (Foothill)	1999	122-9	Trinity Arriola (El Dorado)	2016
128-4	Sheraton Jones (Canyon)	2013	122-8	Lisa Henderson (Foothill)	1988
128-3	**Faimalie Sale (Los Alamitos)	2016	122-2	Nori McCrystal (LaHabra)	1997
128-0	** Lia Rousset (Newport)	1994	122-7	Julia Loya (Mission Viejo)	1998
128-1	Spring Trammell Los Amigos)	1995	122-6	Kristin Dutwiler (Mission Viejo)	1998
128-1	Hannah Meager (El Toro)	2014	122-6	Miki-han Anelamaikala (Irvine)	2015
128-1	Emily O (Orange Lutheran)	2018	122-1	Nicole Lind (Tustin)	1985
127-11	Melanie Dear (Garden Grove)	1991	122-0	Jacque Nelson (Canyon)	1978
127-11	*Sheraton Jones (Canyon)	2012	122-0	Nina Foster (Misison Viejo)	1994
127-9	Tawney Barber (El Modena)	2007	122-0	* L.J. Amadi (Dana Hills)	2003
127-8	Megan Good (Huntington Beach)	2010	122-0	Veronica Beavor (Orange Lutheran)	2008
127-7	Kara Stephens (Orange Lutheran)	1992	122-0	Anelamaikalani Miki-han (Irvine)	2016
127-5	Joanna Alo (SA Valley)	1990	121-9	* Joanne Alo (SA Valley)	1989
127-5	Carina Martinez (SA Valley)	2001	121-9	* Hannah Meager (El Toro)	2013
127-4	Megan Franke (Canyon)	1988	121-8	Sarah Hernandez (Huntington Beach)	2008
127-4	Chichi Amadi (Dana Hills)	2008	121-8	Julia Reedy (Mission Viejo)	2011
127-4	*Ashley Donohoe (Huntington Beach)	2012	121-7	Becky Daniel (Newport)	1976
127-3	**Maddy Mitchell (Dana Hills)	2017	121-7	** Shakeena Henderson (Tustin)	1997
127-1	Dayna McKenzie (Capo Valley)	1993	121-6	Amina Mercado (Mater Dei)	2016

121-5	** Jenny Sotomayor (LaHabra)	1997
121-5	Amanda Rodnguez (Cypress)	2004
121-4	* Yesenia Carrillo (Katella)	1998
121-4	Regina Dos Santos (Los Alamitos)	2010
121-4	Hannah TerHarr (Mission Viejo)	2013
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
121-1	**SAloni Khandhadia (Beckman)	2018
120-10	* Spring Trammel (Los Amigos)	1994
120-8	Jiao Tsai (Corona del Mar)	1980
120-7	* Milaya Paggett (Mission Viejo)	1998
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
3922	*Chelsea Larson (Orange Lutheran)	2010
3856	Tailor 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 Lainson (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
161-4	*Emma Robins (Esperanza)	2018
160-9	*Jessica Imani (Corona del Mar)	2010
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 Truoung (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)	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
2:17.7	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

## One Mile

4:40.1 \*\*\*Mary Decker (Orange) 1979

4:45.9 Polly Plumer (University) 1982

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 Towner (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

10:07.6' \* 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 (Mission 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 (Mission 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

4:06.43m	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
39-7.75	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
36-2.25	*** Dominique Ruotolo (Mater Dei)	2015
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	John Galloway	11.04	2015
	Sean Damiano	11.04	2015
200m	Michael Phillippy	22.01	2018
400m	Michael Phillippy	48.15	2018
800m	Michael Andraszcyk	1:53.19	2008
110m H	Joshua Lindley	14.86	2009
300m H	Andrew Kokinakes	38.37	2009
400m R		41.13	2018
1600m R		3:14.68	2018
TJ	Donald Hawthorne	47-7.75	2002
PV	Greg Bowlin	14-0	2007
	Daniel Taylor	14-0	2009
	Nicholi Perelman	14-0	2018
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	Danica Wyson	5:00.84	2012
3200m	Danica Wyson	10:33.55	2009
100m H	Ryann Beveridge	15.16	2018
300m H	Ryann Beveridge	45.97	2018
400mR		48.02	2005
1600mR		3:57.07	2017
HJ	Lauren Battle	5-4	2018
PV	Morgan Flynn	12-4	2018
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
400m	Antonio Morales	50.86	2014
100m H	Melissa Scott	15.56	2016
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	12.57	2018
200m	Danielle Dixon	24.64c (24.4h)	2017
400m	Jocelyn Niemiec	57.48	2018

400m R		49.06	2017
HJ	Caitlin Birdsell	5-6	2010
PV	Olivia Chung	10-7	2018
TJ	Anna Biele	37-7.5	2018

## 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
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	Tenni 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	Aliison 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	F Rossi	1:55.4+(1:56.0y)	1982
1600m	Chance Lamberth	4:07.70	2016
3200m	Wesley Walsh	8:56.25	2015
110m H	Brent Elliot	14.75	2011
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	Ken DeShano	58-8.5	1979
Dis	Don Brandes	161-8	1977

**Girls**

100m	Alexis Turley-Young	12.15	2015
200m	Tai Crumsey	25.23	2014
400m	Debbie Bottomley	56.62+(56.8)	1976
800m	Oliva Goins	2:15.09	2013
1600m	Olivia Goins	4:54.67	2013
3200m	Sara Leonard	19:24.41	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
PV	Hillary Van Ert	11-6	2007
LJ	Kristen Kiefer	18-3.5	2006
TJ	Shay Alexander	37-10	2001
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 Boyce	22-7.5	1994
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	Melissa Swigart	12.55	2005
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	Sandy Lucas	18-3	1988
SP	Jaycee Olsen	43-6.25	2010
Dis	Jaycee Olsen	136-7	2010

**COSTA MESA**

<b>Boys</b>			
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	10:59.53	2018
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**

<b>Boys</b>			
800m	Sean Pino	1:57.90	2013

**Girls**

1600	Lauren Mauer	4:56.67	2012
3200	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**

<b>Boys</b>			
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		3:22.80	1993
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	Jamil Douglas	58-5	2010
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
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**

<b>Boys</b>			
100m	Bryan Harrison	10.56	1995
200m	Bryan Harrison	21.10	1995
400m	Cade Lindahl	47.80	2006
800m	Andy Sims	1:51.42	1984
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	Grace Esslinger	25.14	2009
400m	Chloe Deol	56.79	2014
800m	Jennifer Daly	2:11.93	2017
1600m	Paige Canterbury	4:53.66	2013
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**

<b>Boys</b>			
HJ	TJ Fakehinde	7-0.5	2002

**EDISON**

<b>Boys</b>			
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 Ziemann	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
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	Milda Mikuleviciute	16.29	2014
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	Whitney Nelson	36-2.25	1987
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	Scott Dicus	39.27	1997
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	Ziad Khozam	179-6	1985

#### Girls

100m	Juanita Lawson	12.14c (11.9)	2001
200m	Sydney Carr	25.29	2016
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 Grimmett	10.95	2009
200m	Aaron Lybarger	22.02+(21.9y)	1982
400m	Trevor Oblouk	49.34	2014
800m	Toby Villalva	1:53.34	2009
1600m	Toby Villalva	4:09.42	2009
3200m	Toby Villalva	8:59.5	2009
110m H	Mike Smith	14.25	1997
300m H	Nolan Grimm	38.24	2008
400m R		42.95	2012
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	Myran Felix	(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	4:12.73	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

200m	Ethan Taub	22.34c(22.1)	1994
400m	Ethan Taub	48.12	1993
800m	Jeff Williams	1:53.02	1982
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
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	14.82	1994
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	Anja Disena	2:09.54	2007
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

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	Chambers	23-9	1939
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

3200m	Jose Penaloza	9:16.81	2013
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**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	Eileen Dunaway	25.75	1995
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
110m H	Al Williams	14.23	1998
300m H	Al Williams	37.14	1998
400m R		42.48	2011
1600m R		3:20.23	2010
HJ	Neimah Jones	6-6	2009
PV	Shawn Rogen	14-8	1989
LJ	Jacob Haley	22-8	2017
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	Luke Decker	1:55.54	2011
1600m	Andrew Burkhardt	4:06.82	2016
3200m	Andrew Burkhardt	9:01.62	2016
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	Luke Wattenberg	53-5.5	2014
Dis	Luke Wattenberg	176-3	2016

**Girls**

100m	Jordyn Gather	12.51	2018
200m	Jorsdyn Gather	25.71	2018
800m	Katherine Delaney	2:10.76	2011
1600m	Katherine Delaney	4:42.95	2011
3200m	Nadia Tabrizi	10:58.11	2018

**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	Letty Pulido	12.56	2001
400m	Cortney Stafford	25.46	2000
800m	Donna Mills	2:15.80	1990
1600m	Martha Pinto	5:10.76	1990
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
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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 Durrand	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 Cenana	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	Miles Robertson	10.95	2014
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
Dis	Jevona Morgan	123-0	2004

### LOARA

#### Boys

100m	Chukwuekezie 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		41.86	2003
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
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		48.40	2014
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	Alison Parsons	37-0	2016
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 Skippis	45-7.5	1987
Dis	Adam Hernandez	166-1	2016

**Girls**

3200m	Kathy Kiernan	11:00.6+(11:04.5y) <sup>80</sup>	
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
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	Sonya Bryant	135-8	1995

**MATER DEI****Boys**

100m	Curtis Godin	10.36	2014
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	Sam Barkley	14.20	2011
300m H	Corey Hammond	37.35	2012
400m R		41.79	2014
1600m R		3:16.80	2010
HJ	LeRon Ellis	6-8	1987
PV	Michael Woepse	17-6	2010
LJ	Mike Morgan	23-2	1966
TJ	Chris Conrad	47-5.5	1987
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 Gariepy	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		48.24	2016
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	Lisa Fager	39-11.5	1989
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	Brenden Stone	1:55.32	2014
300m H	Hyrum Taylor	39.04	2004
400m R		43.45	2016
LJ	Ryan Collier	22-6	2011
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	Marissa Clow	57.95	2009
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
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
400m R		42.89+(43.0y)	1981
PV	Ray Dirling	15-6	1988
LJ	Marc Roosen	22-7.25	1989
TJ	David Shaw	45-11.5	1994
Dis	Craig Rebeck	167-10	1987

**Girls**

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
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 Walker 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  
 200m Adriana Bracamonte 24.88 2007  
 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  
 TJ Kara Theis 36-6 1992  
 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  
 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 39.44 2003  
 400m R 42.10 2011  
 HJ Allan Galloway 6-6 1982  
 PV Richard Carlson 14-0 1969  
 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  
 TJ Sophia Hartman 38-7.5 2018

**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 Bregar 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  
 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  
 400m R 48.48 2016  
 LJ Laura Hamann 17-0 2014  
 TJ Allyson Rahives 36-7.75 2016  
 HJ Linnea Housewright 5-8 1995  
 PV Haley Stauber 11-9 2010

**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 Kuehnell 14.71 2016  
 HJ CJ McCord 6-10.25 2014  
 PV Alex Escalera 15-10 2017

**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 Christina Twicken 55.55 2010  
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 Spencer Danner 10.71 2013  
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 43.19 2013  
1600m R 3:26.06 2014  
SP Sean Rhyan 59-11 2018

**Girls**

100m Lauren Vissman 12.57 2015  
200m Lauren Vissman 25.95 2015  
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) 1973  
(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 Luceras 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**

3200m Maria Hernandez 11:02.75 2018  
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 44.98 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) 1979  
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  
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 Nikki Merritt 11.82 2018  
200m Nikki Merritt 24.17 2018  
400m Lauren Drysch 55.90 2017  
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 2018  
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 Elizabeth Weeks 18-1.5 2017

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	Talaesea	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 Jsmes	25.84	2008
800m	Erika Lovett	2:12.86	1987
1600m	Cynthia Mendez	5:13.14	2004
100m H	Ashley Jsmes	15.39	2008
300m H	Ashley Jsmes	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
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#### 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	Matt Slater	10.62	2003
200m	Matt Slater	21.39	2003
400m	Paul Resong	48.27	2015
800m	Brendon Confer	1:53.57	2009
1600m	Conor Stanton	4:14.24	2010
3200m	Conor Stanton	9:20.74	2010
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
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
1600m	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	5:09.08	2018
3200m	Sarah Paddon	10:58.55	2011
100m H	Jocelyn Parkinson	15.56	2002
300m H	Jocelyn Parkinson	45.15	2001
400m R		49.46	2018
TJ	Chelsie Churchill	37-10.75	2011
SP	Becky Steen	37-11	2003

**TESORO****Boys**

100m	Hunter Simmons	10.71	2012
200m	Michael Mitchell	21.80	2016
400m	John Dingus	48.79	2008
800m	Ryan Bush	1:52.06	2018
1600m	Scott Curran	4:17.00	2014
3200m	Kyler Fisk	9:14.95	2012
110m H	Michael Robbins	14.63	2018
300m H	Michael Robbins	38.59	2018
400m R		42.60	2014
1600m R		3:21.22	2010
HJ	Mitchell Bland	6-8	2014
PV	Julien Okey	14-5	2010
LJ	Michael Mitchel	23-10.5	2016
TJ	Mitchell	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		41.88	2017
1600m R		3:15.81	2004
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
800m	Kamilah Foley	2:13.91	2010
1600m	Ximena Cruz	4:49.43	2008
3200m	Lori Hoffman	10:42.29	2009
100m H	Monica Todd	14.35	2010
300m H	Monica Todd	43.42	2009
400m R		46.82	2010
1600m R		3:54.52	2010
HJ	Darnisha Griffith	5-9	1998
PV	Shibley	11-7	2004
LJ	Darnisha Griffith	19-4.75	1998
TJ	Darnisha Griffith	38-11.25 (39-2.5w)	1995
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 (51-10w)	1982
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	Jordan Davis	15.33	2013
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	Dominique DeGrammont	13.48	1997
300m H	Dominique 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 Linday	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 Smith	18-1.5 (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 Seleine	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 Krinik	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 Coghill	63-0.5	2015
Dis	Nick Coghill	190-1	2015

**Girls**

100m	Dionne Garner	12.24	1984
200m	Dionne Garner	24.79	1985
		(24.64w)	
400m	Suzy Hensel	56.82	1983
800m	Suzy 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	Jeff Bedell	6-8.5	1985
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
1600m	Susanna Thrasher	5:02.10	1990
3200m	Jordan Stewig	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
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	48.98	2018
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	Schmidt	(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
TJ	Scott Capulong	45-2	1989
		(46-1.25w)	
Dis	Derek Davis	165-4	2003

### 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

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	Lauren O'Bannion	56.73	2018
800m	Sarah Heckel	2:17.35	2018
1600m	Siena Palicke	5:03.02	2018
3200m	Rachel Lida	11:19.53	2015
100m H	Amanda Perez	15.84	2018
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