

***ORANGE
COUNTY
TRACK
2015***

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

Don Chadez

Revised—6/14/2015

ORANGE COUNTY TRACK - 2015

This is the 25th 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 - 2015

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 | 3:46.94 | Austin Tamagno (Brea) | 2015 |
| 1600m | 4:00.83 | Jantzen Oshier (Trabuco Hills) | 2011 |
| 2000m | 5:22.69 | Brandon Bethke (El Toro) | 2004 |
| Mile | 4:05.4 | Mark Schilling (Garden Grove) | 1972 |
| 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 (Saddlcbck) | 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 | 41.48 | Tustin | 1997 |
| 4 x 110 yd | 41.2 | SA Valley | 1971 |
| 4 x 220 yd | 1:26.8 | Bolsa Grande | 1966 |
| 4 x 400m | 3:13.98 | Orange Lutheran | 2008 |
| 4 x 440 yd | 3:15.0 | Santa Ana | 1972 |
| Sprint Medley (yd) | 3:27.4 | I.a Habra | 1961 |
| Sprint Medlev (m) | 3:27.33 | El Modena | 1982 |
| 4 x 800m | 7:40.30 | Dana Hills | 2009 |
| 4x 880yd | 7:48.0 | Tustin | 1965 |
| 4 x 1500m | 16:23.1 | University | 1981 |
| 4 x 1600m | 17:12.60 | Trabuco Hills | 2012 |
| 4 x Mile | 17:27.75 | Dana Hills | 2009 |
| Distance Medley (yd) | 10:12.0 | El Modena | 1970 |
| Distance Medley (m) | 9:58.76 | Dana Hills | 2010 |
| High Jump | 7-2.5 | Harrison Steed (J Serra) | 2010 |
| 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 | 69-6.5 | Brian Blutreich (Capo Valley) | 1985 |
| Shot Put (161 b.) | 57-10.25 | Dave Murphy (Sunny IIills) | 1966 |
| Discus | 213-11 | Scott Moser (Huntington Beach) | 1997 |
| Discus (41b. 6.4oz) | 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 | 24.04 | Danielle Darden (Aliso Niguel) | 2013 |
| 200 yd | 24.51 | Michelle Kelley (Irvine) | 1979 |
| 400m | 53.42 | Arlise Emerson (Westminster) | 1978 |
| 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 | 17:44.95 | Crystal Reed (Fountain Valley) | 2005 |
| 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 | 42.18 | Hope Bender (Newport) | 2015 |
| 400m Hurdles | 61.63 | Chris Davenport (Troy) | 1979 |
| 4 x 100m | 46.57 | Kennedy | 2005 |
| 4x 110 yd | 47.98 | SA Valley | 1979 |
| 4 x 400m | 3:48.28 | Corona del Mar | 1988 |
| 4 x 440 yd | 3:50.4 | Fountain Valley | 1979 |
| 4 x 800m | 9:10.70 | Foothill | 1983 |
| 4 x 880 yd | 9:46.4 | Foothill | 1981 |
| Sprint Medley (m) | 4:03.90 | Edison | 1983 |
| 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 | 13-9 | Kaitlyn Merritt (Santa Margarita) | 2014 |
| High Jump | 6-2 | Sharon Day (Costa Mesa) | 2003 |
| Long Jump | 20-8.75 | Karen Attlessey (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 |
| 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 (Santa Margarita) | 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 | Harrison Steed (J Serra) | 2010 |
| 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 |
| 50m | 6.67 | Carol Rodriguez (Western) | 2003 |

GIRLS COUNTY INDOOR RECORDS

| | | | |
|-------------|---------|-----------------------------------|------|
| 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 | 12-6 | Victoria Rische (Foothill) | 2010 |
| Long Jump | 18-6.25 | Ashley Bethel (Mission Viejo) | 1996 |
| Triple Jump | 39-7.75 | Michelle Sanford (Woodbridge) | 2003 |
| Shot Put | 45-9.75 | Mackeena Howard (Fountain Valley) | 2014 |

ALL-TIME OUTDOOR BEST MARKS LIST—BOYS

100 yards

| | | | | | |
|------|-----------------------------------|------|--------------------|---------------------------------------|-----------|
| 9.3 | Tony Pitts (SA Valley) | 1978 | 9.8 | * Kirk Ayers (Western) | 1986 |
| 9.5 | Jackie White (Santa Ana) | 1969 | 9.8 | Tien Bui (Villa Park) | 1988 |
| 9.5 | Devon Trahan (Saddleback) | 1971 | 9.8 | * William Dancy (SA Valley) | 1988 |
| 9.5 | Kerwin Bell (Edison) | 1980 | 9.8 | * Dariel Whipple (Western) | 1989 |
| 9.6 | Eddie Morris (Huntington Beach) | 1940 | 9.8 | Kevin Thomas (Valencia) | 1989 |
| 9.6 | Bill Swisshelm (Santa Ana) | 1954 | Wind-aided: | | |
| 9.6 | Bob Maimbourg (Garden Grove) | 1960 | 9.5w | Eddie Morris (Huntington Beach) | 1940 |
| 9.6 | ** Stan Edmonds (Savanna) | 1964 | 9.5w | Bill Swisshelm (Santa Ana) | 1953 |
| 9.6 | Fred Kuller (Santiago) | 1964 | 9.5w | Dick Cooper (SA Valley) | 1967 |
| 9.6 | Dick Coulter (SA Valley) | 1967 | 9.5w | Clancy Edwards (Santa Ana) | 1973 |
| 9.6 | Ron Pharris (Anaheim) | 1967 | 9.69w | Kerwin Bell (Edison) | 1980 |
| 9.6 | Ron Hamley (Lowell) | 1968 | 9.6w | Stan Edmonds (Kennedy) | 1966 |
| 9.6 | *Jack Struble (Kennedy) | 1971 | 9.6w | Richard Yukihiro (Western) | 1967 |
| 9.6 | *Jim Straw (Garden Grove) | 1973 | 9.6w | *Jim Beyers (Loara) | 1970 |
| 9.6 | Clancy Edwards (Santa Ana) | 1973 | 9.6w | Mike Rhue (SA Valley) | 1976 |
| 9.6 | Walter Steen (SA Valley) | 1982 | 100 meters | | |
| 9.84 | * Kerwin Bell (Edison) | 1979 | 10.36 | Curtis Godin (Mater Dei) | 2014 |
| 9.7 | Bill Swift (La Habra) | 1959 | 10.45 | Matt Bruno (Trabuco Hills) | 2002 |
| 9.7 | Pat Moore (La Habra) | 1959 | 10.50 | Justin Woods (Los Alamitos) | 2005 |
| 9.7 | Bob Armstrong (Rancho Alamitos) | 1961 | 10.51 | Herbert Gamboa (San Clemente) | 2012 |
| 9.7 | * Ed Preston (Santa Ana) | 1963 | 10.54 | * Kyle Middlebrooks (Fountain Valley) | 2009 |
| 9.7 | Herman Grimes (SA Valley) | 1964 | 10.56 | Tim Martin (San Clemente) | 1991 |
| 9.7 | Randy Lynch (Anaheim) | 1965 | 10.56 | ** Bryan Harrison (Dana Hills) | 1995 |
| 9.7 | Dave Samarin (La Habra) | 1965 | 10.57 | Elliot Dunning (SA Valley) | 1984 |
| 9.7 | Dave Cooke (Brea) | 1966 | 10.58 | Quinton Bell (Costa Mesa) | 2014 |
| 9.7 | Ed Steward (Santa Ana) | 1967 | 10.60 | Walter Steen SA Valley) | 1982 |
| 9.7 | Robert Ray (Santiago) | 1967 | 10.61 | Brian Woods (Los Alamitos) | 2003 |
| 9.7 | Bruce Rollinson (Mater Dei) | 1995 | 10.62 | Matt Slater (Servite) | 2003 |
| 9.7 | Pete Sprout (El Modena) | 1969 | 10.64c | Eddie Morris (Huntington Beach) | 10.4 1940 |
| 9.7 | Clyde Emery (SA Valley) | 1969 | 10.65 | Chukwuekezue Nwachie (Loara) | 2012 |
| 9.7 | Rick Gilson (Bolsa Grande) | 1970 | 10.66 | Tony Pitts (SA Valley) | 1978 |
| 9.7 | Luis Castle (Sunny Hills) | 1970 | 10.66 | * Garland West (Cypress) | 2004 |
| 9.7 | * Steve Elkins (Loara) | 1970 | 10.67 | Kevin Griswold Garden Grove) | 1996 |
| 9.7 | *Jim Beyers (Loara) | 1970 | 10.67 | Damani Wilson (Orange Lutheran) | 2010 |
| 9.7 | Jim Rohrig (SA Valley) | 1974 | 10.67 | Austin Hazel (Mater Dei) | 2012 |
| 9.7 | Mike Rhue (SA Valley) | 1976 | 10.67 | Mike McNair (Mater Dei) | 1998 |
| 9.7 | Rex Brown (Ocean View) | 1982 | 10.68 | Andy White (Mission Viejo) | 2007 |
| 9.7 | Clay Kussler (Los Alamitos) | 1984 | 10.70 | Kerwin Bell (Edison) | 1980 |
| 9.7 | Elliot Dunning (SA Valley) | 1984 | 10.70 | Erik Mitchell (Los Alamitos) | 1990 |
| 9.7 | Paul Peters (SA Valley) | 1987 | 10.70 | Gary Young (Woodbridge) | 1994 |
| 9.7 | Erik Mitchell (Los Alamitos) | 1990 | 10.70 | * Claude Melvin (Brea) | 1999 |
| 9.91 | Ulysess Trammel (Rancho Alamitos) | 1991 | 10.71 | Rex Brown (Ocean View) | 1982 |
| 9.8 | Dan Hoefler (Fullerton) | 1948 | 10.71 | *Trent Langham (Pacifica) | 2011 |
| 9.8 | Johnny Allen (Santa Ana) | 1956 | 10.71 | Hunter Simmons (Tesoro) | 2012 |
| 9.8 | Ron Vande Putte (Valencia) | 1959 | 10.71 | *Spencer Danner (San Juan Hills) | 2013 |
| 9.8 | Gary Walker (Tustin) | 1959 | 10.72 | Kevin Alexander (Valencia) | 1992 |
| 9.8 | Jim Lawrence (Buena Park) | 1964 | 10.72 | Josh Brown (El Modena) | 2007 |
| 9.8 | * Randy Julian (Bolsa Grande) | 1965 | 10.72 | **Alex Suchesk (Santa Margarita) | 2012 |
| 9.8 | Mike Morgan (Mater Dei) | 1967 | 10.73 | * Joey Branker (Mission Viejo) | 2009 |
| 9.8 | Dennis Johnson (El Modena) | 1969 | 10.73 | Scott Patton (Woodbridge) | 2015 |
| 9.8 | Keith Denson (SA Valley) | 1969 | 10.74 | Donovan Stephens (Mission Viejo) | 1986 |
| 9.8 | Tom Teeple (Brea) | 1969 | 10.74c | * Jarrett Murrell (Saddleback) | 10.5 1991 |
| 9.8 | Darryl Blood (Newport) | 1970 | 10.74c | Charles Crook (Katella) | 10.5 1997 |
| 9.8 | Dave Johnson (Estancia) | 1970 | 10.74c | Anthony Privitelli (Villa Park) | 10.5 2008 |
| 9.8 | Dave Lacey (Marina) | 1970 | 10.74 | Anton Jamir (Cypress) | 2003 |
| 9.8 | Phil Maas (Fountain Valley) | 1971 | 10.76 | * Darryl Poston (Edison) | 2000 |
| 9.8 | Tony Krzyzosiak (Garden Grove) | 1986 | 10.76 | Kellen Foley (Dana Hills) | 2008 |
| 9.8 | Carlo Tosti (Corona del Mar) | 1972 | 10.76 | Chris Nicholls (Servite) | 2010 |
| 9.8 | James Butler (SA Valley) | 1972 | 10.76 | **Hunter Simmons (Tesoro) | 2011 |
| 9.8 | Warren Hansen (Garden Grove) | 1973 | 10.77 | * Teddy Baker (Saddleback) | 1984 |
| 9.8 | Doug Perrall (Pacifica) | 1974 | 10.77 | *Matt Slater (Servite) | 2002 |
| 9.8 | Chris Saunders (Sonora) | 1978 | 10.77 | Devin Harrison (Dana Hills) | 2011 |
| 9.8 | Robert Powell (SA Valley) | 1978 | 10.78 | * Chip Rish (Marina) | 1984 |
| 9.8 | Steve Southward (Fountain Valley) | 1981 | 10.79 | * Terry Johnson (Katella) | 1985 |
| 9.8 | Rick Nichols (Fountain Valley) | 1982 | 10.80 | Dajuan Pannell (Western) | 2000 |
| 9.8 | Rod Harmon (Santa Ana) | 1982 | 10.80 | Arron Harris (Western) | 2008 |
| 9.8 | Richard Calvin (SA Valley) | 1982 | 10.81 | * Chucky Linman (Edison) | 2001 |
| 9.8 | Teddy Baker (Saddleback) | 1985 | 10.81 | * Deshaun Foster (Tustin) | 1997 |
| 9.8 | Chip Rish (Marina) | 1985 | 10.81 | Shane Henry (Esperanza) | 2006 |
| 9.8 | Ellis Bradford (SA Valley) | 1986 | 10.81 | Matt Hurst (Corona del Mar) | 2014 |

| | | | | | |
|--------|-----------------------------------|-----------|--------|-----------------------------------|-----------|
| 10.82 | Tony Mosley (Santa Ana) | 1987 | 10.95 | Miles Robertson (La Habra) | 2014 |
| 10.82 | Kamron Shahbahrami (Irvine) | 2011 | 10.96 | Allen Shumate (Tustin) | 2000 |
| 10.83 | Jeff Smith (Troy) | 2001 | 10.96 | **Jonathan Woods (El Toro) | 2001 |
| 10.83 | Drew Endly (Laguna Hills) | 2008 | 10.96 | Whittaker (Mission Viejo) | 2001 |
| 10.83 | * Shawn Tucker (Laguna Hills) | 2008 | 10.96 | Jonahtan Hill (Cypress) | 2014 |
| 10.83 | *Alex Young (Woodbridge) | 2015 | 10.97 | Anthony Ramirez (Mission Viejo) | 1992 |
| 10.84c | Steve Jennings (Marina) | 10.6 1986 | 10.97 | * Aaron Ford (Los Alamitos) | 1994 |
| 10.84c | * William Dancy (SA Valley) | 10.6 1988 | 10.97 | Allen Sabio (Servite) | 1997 |
| 10.84c | Ben Cesar (Ocean View) | 10.6 1990 | 10.97 | Aaron Coudy (St Margaret's) | 2002 |
| 10.84c | Tim Fitzgerald (Santa Margarita) | 10.6 1996 | 10.97 | Raphael McFarlane (Mission Viejo) | 2003 |
| 10.84c | Guillermo Esparza (Brea) | 10.6 1997 | 10.97 | Adam Gann (Trabuco Hills) | 2011 |
| 10.84c | ** Marshall Johnson (SA Valley) | 10.6 1997 | 10.97 | Dustin Holtz (El Modena) | 2012 |
| 10.84 | * Chad Watts (Saddleback) | 1998 | 10.97 | Garrett Estrada (Mater Dei) | 2015 |
| 10.84c | * Adolph Keyes (Los Alamitos) | 10.6 1998 | 10.98 | Jim Adams (Anaheim) | 1984 |
| 10.84c | John Sanders (Fountain Valley) | 10.6 1998 | 10.98 | Jeff Roach-(Laguna Hills) | 1984 |
| 10.84c | Rasuli Webster (Brea) | 10.6 1998 | 10.98 | Jesus Acevedo (Anaheim) | 1997 |
| 10.84c | *Zach Chandy (Sage Hill) | 10.6 2005 | 10.98 | Julius Williams (Tustin) | 1998 |
| 10.84 | Malik Felton (Servite) | 2011 | 10.98 | ** Lb Al-amous (Canyon) | 2008 |
| 10.85 | Korey Alexander (Valencia) | 1992 | 10.99 | Kimiko Bandy (SA Valley) | 1992 |
| 10.85 | Denny Casupanan (Tustin) | 2002 | 10.99 | Rashad White (Garden Grove) | 2000 |
| 10.85 | Justin Hunter (Dana Hills) | 2014 | 10.99 | Joey Branker (Mission Viejo) | 2010 |
| 10.85 | Brandon Douglas (Los Alamitos) | 2015 | 10.99 | Cory Thomson (Santa Margarita) | 2011 |
| 10.86 | Charlie Davidson (Saddleback) | 1992 | 11.00 | Greg Portis (Katella) | 1985 |
| 10.86 | * Alex Suchesk (Mission Viejo) | 2013 | 11.00 | Sam Moore (El Toro) | 1999 |
| 10.86 | Logan Obbards (Mission Viejo) | 2014 | 11.00 | * Matt Moore (Corona del Mar) | 2000 |
| 10.87 | Scott Young (Cypress) | 1985 | 11.00 | Chris Felix (Estancia) | 1995 |
| 10.87 | Trevor Jones (Newport) | 2000 | 11.00 | Logan Sweet (Santa Margarita) | 2011 |
| 10.87 | Vince Nguyen (Fountain Valley) | 2001 | 11.00 | * Joseph Velazquez (El Modena) | 2013 |
| 10.87 | Wes Williams (Esperanza) | 2005 | 11.01 | * Dahrin Footman (Esperanza) | 1994 |
| 10.88 | Rich Brooks (Woodbridge) | 1986 | 11.01 | Ray Bardone (Edison) | 1997 |
| 10.88 | Matt Brooks (Santa Margarita) | 1998 | 11.01 | Weston Ellis (Pacifica) | 2014 |
| 10.88 | Mike Chavis (Mission Viejo) | 1998 | 11.02 | Paul Peters (SA Valley) | 1987 |
| 10.88 | Greg Stewart (Costa Mesa) | 2000 | 11.02 | Tien Bui (Villa Park) | 1988 |
| 10.88 | Dominique Williams (Savanna) | 2008 | 11.02 | **Greg Cleave (Cypress) | 1993 |
| 10.88 | Mikey Fischelli (Dana Hills) | 2009 | 11.02 | * Steve Douglas (Loara) | 2000 |
| 10.88 | **Isaiah Diego Williams (J Serra) | 2014 | 11.02 | **Marcus Collins (Mission Viejo) | 2011 |
| 10.88 | Michael Hamill (Beckman) | 2014 | 11.03 | Mike Allison (Laguna Hills) | 1989 |
| 10.89 | Jeff Williams (Orange) | 1994 | 11.03 | * Al Williams (Irvine) | 1997 |
| 10.89 | Scott Langford (Santa Margarita) | 2001 | 11.03 | Russ Rommelfinger (Woodbridge) | 1999 |
| 10.90 | ***Michael Graham (Mater Dei) | 1993 | 11.03 | Travis Pett (Huntington Beach) | 2000 |
| 10.90 | Jason Boyce (Corona del Mar) | 1994 | 11.03 | **Sean Henderson (Los Alamitos) | 2006 |
| 10.90 | William Stovall (Woodbridge) | 1997 | 11.03 | * Andrew Connell (Mission Viejo) | 2008 |
| 10.90 | Quinten Pounds (Cypress) | 2015 | 11.03 | Nolan Grimm (El Toro) | 2010 |
| 10.91 | Kevin Thomas (Valencia) | 1989 | 11.03 | Karlton Dennis (Servite) | 2011 |
| 10.91 | Dane Endly (Laguna Hills) | 2003 | 11.03 | Josh Raylor (Misison Viejo) | 2014 |
| 10.91 | Andrew Tucker (Mission Viejo) | 2004 | 11.04c | Steve Ashworth (Orange Lutheran) | 10.8 1979 |
| 10.91 | Adrian Pioquinto (Century) | 2009 | 11.04c | Aaron Thigpen (Saddleback) | 10.8 1982 |
| 10.92 | * Clay Kussler (Los Alamitos) | 1983 | 11.04c | Damon Sweazy (El Toro) | 10.8 1982 |
| 10.92 | * Dariel Whipple (Western) | 1989 | 11.04c | Lance Martin (Corona del Mat) | 10.8 1983 |
| 10.92 | * Julius Williams (Tustin) | 1997 | 11.04c | Troy McAllister (Saddleback) | 10.8 1983 |
| 10.92 | **Nick Wedin (Dana Hills) | 2000 | 11.04c | John Garcia (Esperanza) | 10.8 1983 |
| 10.92 | Turill Engleman (Marina) | 2002 | 11.04c | Mike Stafford (Marina) | 10.8 1986 |
| 10.92 | * Alex Miller (Savanna) | 2003 | 11.04c | John Sims (Marina) | 10.8 1988 |
| 10.92 | Grant Schwartz (Dana Hills) | 2005 | 11.04c | Vic Gutierrez (Ocean View) | 10.8 1988 |
| 10.92 | Ibahim Al-arnous (Mission Viejo) | 2010 | 11.04c | Joe White (Capo Valley) | 10.8 1989 |
| 10.93 | * Charles Crook (Katella) | 1996 | 11.04c | Chuck Steen (SA Valley) | 10.8 1989 |
| 10.93 | Scott White (Sonora) | 1999 | 11.04c | * Mark Brown (Sunny Hills) | 10.8 1990 |
| 10.93 | Vanden Staly (Canyon) | 2002 | 11.04c | Andre Hill (Troy) | 10.8 1990 |
| 10.93 | Eddie Wallace (San Clemente) | 2010 | 11.04 | Mark Mahone (Marina) | 1992 |
| 10.94c | Jeff Gleed (Dana Hills) | 10.7 1981 | 11.04c | Cale Carter (Mater Dei) | 10.8 1992 |
| 10.94c | Norm Moss (SA Valley) | 10.7 1984 | 11.04c | Ulysses Trammel (Rancho Al) | 10.8 1991 |
| 10.94c | Dave Reedus (Westminster) | 10.7 1988 | 11.04c | Childs (La Habra) | 10.8 1991 |
| 10.94c | Mark Barnum (Corona del Mar) | 10.7 1990 | 11.04c | * Brandon Jessie (Edison) | 10.8 1991 |
| 10.94c | Jarryd Gonzalez (Pacifica) | 10.7 1992 | 11.04c | Sandro (Estancia) | 10.8 1991 |
| 10.94c | Kojo Ahrin (Irvine) | 10.7 1996 | 11.04c | Jim Sebreros (Garden Grove) | 10.8 1993 |
| 10.94 | Pham (La Quinta) | 1998 | 11.04c | * Mike Flores (Savanna) | 10.8 1994 |
| 10.94c | Julio Peraza (Dana Hills) | 10.7 1998 | 11.04c | Reuben Droughns (Anaheim) | 10.8 1996 |
| 10.94c | Josh Saunders (Capo Valley) | 10.7 1998 | 11.04c | Mike Garko (Servite) | 10.8 1996 |
| 10.94 | Adolph Keys (Los Alamitos) | 1999 | 11.04c | Lydon Covington (Villa Park) | 10.8 1996 |
| 10.94c | * Turrill Engelman (Marina) | 10.7 2001 | 11.04c | Steve Anstead (Dana Hills) | 10.8 1997 |
| 10.94 | Nicholas Sanford (El Modena) | 2005 | 11.04c | Jason Jerkins (Sunny Hills) | 10.8 1997 |
| 10.94 | Sean Henderson (Los Alamitos) | 2008 | 11.04c | Eric Nuanes (Loara) | 10.8 1997 |
| 10.94 | Adrian Hernandez (Mater Dei) | 2015 | 11.04c | Wray Watkins (Fountain Valley) | 10.8 1997 |
| 10.95 | * Che Garcia (Anaheim) | 1992 | 11.04c | Myron Bownes (Woodbridge) | 10.8 1998 |
| 10.95 | * Austin Messick (Capo Valley) | 2007 | 11.04c | Ben Ogawa (Edison) | 10.8 1999 |
| 10.95 | Chad Grimmett (El Toro) | 2009 | 11.04c | Shorter (Cypress) | 10.8 2000 |
| 10.95 | Ameer Webb (Tustin) | 2009 | 11.04c | Darryl Parker (Canyon) | 10.8 2001 |

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|--------|-------------------------------------|--------|------|--------|------------------------------------|--------|------|
| 21.72 | * Mike Fritz (Anaheim) | | 1986 | 22.11+ | John Winstead (Santa Ana) | 22.0y | 1970 |
| 21.72+ | Dave Johnson (Estancia) | 21.6y | 1970 | 22.11+ | Hein (Tustin) | 22.0y | 1970 |
| 21.72+ | Greg Jones (Mission Viejo) | 21.6y | 1977 | 22.11+ | Robert Harrell (Santa Ana) | 22.0y | 1972 |
| 21.72 | Roshawn Sims (Esperanza) | | 1991 | 22.11+ | Rick Desmet (Costa Mesa) | 22.0y | 1972 |
| 21.73 | Anthony Davis (SA Valley) | | 1992 | 22.11+ | Mike Johnson (Magnolia) | 22.0y | 1978 |
| 21.73 | Anton Jamir (Cypress) | | 2003 | 22.11+ | Paul Harvey (Dana Hills) | 22.0y | 1984 |
| 21.76 | Taylor Torres (Mater Dei) | | 2013 | 22.11+ | Ellis Bradford (SA Valley) | 22.0y | 1986 |
| 21.78 | *Jeff Jacobs (Santa Margarita) | | 2002 | 22.11+ | Devon Edwards (Valencia) | 22.0y | 1991 |
| 21.79 | * Garland West (Cypress) | | 2004 | 22.11 | Julius Williams (Tustin) | | 1998 |
| 21.82+ | Bruce Rollinson (Mater Dei) | 21.7y | 1967 | 22.12 | Hector Flores (Villa Park) | | 1993 |
| 21.82+ | * Steve Elkins (Loara) | 21.7y | 1970 | 22.12 | Mike Chavis (Mission Viejo) | | 1998 |
| 21.82+ | Jack Struble (Kennedy) | 21.7y | 1972 | 22.12 | Dajuan Pannell (Western) | | 2000 |
| 21.82+ | * Kirk Ayers (Western) | 21.7y | 1986 | 22.12 | Will Taylor (Mission Viejo) | | 2006 |
| 21.82 | *Trent Langham (Pacifica) | | 2011 | 22.12 | Adrian Hernandez (Mater Dei) | | 2015 |
| 21.83 | John Sanders (Fountain Valley) | | 1998 | 22.13 | Ray Bardone (Edison) | | 1997 |
| 21.83 | Tubotein Taylor (Canyon) | | 2009 | 22.13 | Cade Lindahl (Dana Hills) | | 2006 |
| 21.84c | Donovan Stephens (Mission Viejo) | | 1986 | 22.13 | ** Victor Blackwell (Mater Dei) | | 2009 |
| 21.84 | Jeff Williams (Orange) | | 1994 | 22.14c | Mike Duncan (Loara) | 21.9 | 1981 |
| 21.84c | Kai Lewis (San Clemente) | 21.6 | 1999 | 22.14 | Henning Peterson (Esperanza) | | 1981 |
| 21.84c | Jeff Smith (Troy) | 21.6 | 2001 | 22.14c | John Garcia (Esperanza) | 21.9 | 1984 |
| 21.84 | Nick Provencio (San Clemente) | | 2008 | 22.14 | Ray Willis (Pacifica) | | 1988 |
| 21.84 | Jonathan Hill (Cypress) | | 2014 | 22.14 | Dave Reedus (Westminster) | | 1988 |
| 21.87 | ** Marshall Johnson (SA Valley) | | 1997 | 22.14 | Will York (El Toro) | | 1991 |
| 21.89 | Bradley Gordon (Los Alamitos) | | 2011 | 22.14c | **Jason Boyce (Corona del Mar) | 21.9 | 1992 |
| 21.90 | Mason Champieux (Laguna Hills) | | 2011 | 22.14c | * Jesus Alvarado (Anaheim) | 21.9 | 1996 |
| 21.91 | Brandon Clark (Santa Margarita) | | 2002 | 22.14c | Guillermo Esparza (Brea) | 21.9 | 1997 |
| 21.92+ | * Phil Maas (Fountain Valley) | 21.8y | 1970 | 22.14c | Garrett Thompson (Santa Margarita) | 21.9 | 1999 |
| 21.92+ | * Joe Ventimiglia (Marina) | 21.8y | 1970 | 22.14c | * Nick McIver (Sonora) | 21.9 | 2000 |
| 21.92+ | Tony Krzyzosiak (Garden Grove) | 21.8y | 1971 | 22.14 | Sean Young (Irvine) | | 2011 |
| 21.92+ | Mike Gibson (Lowell) | 21.8y | 1973 | 22.11 | **Isaiah Diego Williams (JSerra) | | 2014 |
| 21.92+ | Kerwin Bell (Edison) | 21.8y | 1980 | 22.15 | Danny Thompson (Huntington Beach) | | 1984 |
| 21.92+ | Mo Printup (Buena Park) | 21.8y | 1982 | 22.15 | ** Jonathan Woods (El Toro) | | 2001 |
| 21.92 | Korey Alexander (Valencia) | | 1992 | 22.15 | Vince Nguyen (Fountain Valley) | | 2001 |
| 21.92 | * Chris Nicholls (Servite) | | 2009 | 22.15 | *Marcus Collins (Mission Viejo) | | 2012 |
| 21.94c | * William Dancy (SA Valley) | 21.7 | 1988 | 22.16+ | Steve Ashworth (Orange Lutheran) | 22.28y | 1979 |
| 21.94 | Greg Stewart (Costa Mesa) | | 2000 | 22.16 | Blaise Bryant (Cypress) | | 1987 |
| 21.94c | Darryl Parker (Canyon) | 21.7 | 2001 | 22.16 | * Nate Gilkes (Troy) | | 2002 |
| 21.95 | Sean White (Servite) | | 2008 | 22.18 | Kevin Thomas (Valencia) | | 1989 |
| 21.95 | Justin Hunter (Dana Hills) | | 2014 | 22.18 | Nicholas Sanford (El Modena) | | 2005 |
| 21.96c | Clay Kussler (Los Alamitos) | 22.08y | 1984 | 22.19 | Jay Magruder (Katella) | | 1988 |
| 21.96 | Ahmad Wright (Kennedy) | | 1999 | 22.19 | Kendall Wesley (Katella) | | 1990 |
| 21.96 | *Alex Young (Woodbridge) | | 2015 | 22.19 | * Kelvin Beatty (Kennedy) | | 2000 |
| 21.97 | Matt Brooks (Santa Margarita) | | 1998 | 22.19 | Dominique Williams (Savanna) | | 2008 |
| 21.97 | Drew Endly (Laguna Hills) | | 2008 | 22.20 | * Julius Williams (Tustin) | | 1997 |
| 21.98 | Jerard Bryant (Canyon) | | 1989 | 22.20 | Kellen Foley (Dana Hills) | | 2008 |
| 21.99 | Dan Gomez (Troy) | | 2006 | 22.20 | * Chad Rozean (Trabuco Hills) | | 2009 |
| 21.99 | Derek Barnes (Tesoro) | | 2012 | 22.21+ | Clyde Emery (SA Valley) | 22.1y | 1969 |
| 21.99 | Nick Van Vliet (Dana Hills) | | 2014 | 22.21+ | Joe Ventimiglia (Marina) | 22.1y | 1969 |
| 22.00 | Gary Stenlund (Saddleback) | | 1980 | 22.21+ | Mike Black (Anaheim) | 22.1y | 1970 |
| 22.00 | **Josh Herrera (La Habra) | | 1998 | 22.21+ | Lewis Castle (Sunny Hills) | 22.1y | 1971 |
| 22.00 | * Chucky Linman (Edison) | | 2001 | 22.21+ | M Ferguson (Savanna) | 22.1y | 1971 |
| 22.02+ | Jim Morgan (Mater Dei) | 21.9y | 1967 | 22.21+ | John Miles (Corona del Mar) | 22.1y | 1972 |
| 22.02+ | Jim Beyers (Loara) | 21.9y | 1971 | 22.21+ | David Wade (Anaheim) | 22.1y | 1972 |
| 22.02+ | Tom Teeple (Brea) | 21.9y | 1971 | 22.21+ | Gilbert Brito (Western) | 22.1y | 1973 |
| 22.02+ | Jack Struble (Kennedy) | 21.9y | 1971 | 22.21+ | M Callander (Buena Park) | 22.1y | 1975 |
| 22.02+ | Brian Theriot (Newport) | 21.9y | 1975 | 22.21+ | Perry Johnson (Kennedy) | 22.1y | 1977 |
| 22.02+ | Marshal Johnson (SA Valley) | 21.9y | 1978 | 22.21+ | William Steen (SA Valley) | 22.1y | 1978 |
| 22.02+ | Aaron Lybarger (El Toro) | 21.9y | 1982 | 22.21+ | Chris Corum (Newport) | 22.1y | 1978 |
| 22.02+ | Aaron Thigpen (Saddleback) | 21.9y | 1982 | 22.21+ | Rod Harmon (Santa Ana) | 22.1y | 1982 |
| 22.02 | *Jonathan Berry-Smith (Oxford Acad) | | 2010 | 22.21+ | Lance Martin (Corona del Mar) | 22.1y | 1983 |
| 22.02 | Scott Patton (Woodbridge) | | 2015 | 22.21+ | Wayne Barrett (Santa Ana) | 22.1y | 1984 |
| 22.03 | Drake Alvarez-Cates (Edison) | | 2012 | 22.21+ | John Hollis (SA Valley) | 22.1y | 1986 |
| 22.04 | * Jarrett Murrell (Saddleback) | | 1991 | 22.21+ | Seals McCarthy (Brea) | 22.34y | 1987 |
| 22.04c | * Mike Flores (Savanna) | 21.8 | 1994 | 22.21 | * Tommy Adams (Capo Valley) | | 1987 |
| 22.05 | * Vince Rivera (Savanna) | | 1982 | 22.21+ | * Ed Presbury (Loara) | 22.1y | 1991 |
| 22.05 | Kyle Dravis (Orange Lutheran) | | 2009 | 22.21 | * DeShawn Foster (Tustin) | | 1997 |
| 22.05 | ** Brandon Douglas (Los Alamitos) | | 2013 | 22.21 | Garrett Estrada (Mater Dei) | | 2015 |
| 22.06 | Rasuli Webster (Brea) | | 1998 | 22.22 | *Brent Geray (Corona del Mar) | | 2010 |
| 22.06 | David Traylor (Servite) | | 1999 | 22.22 | Josh Taylor (Mission Viejo) | | 2014 |
| 22.07 | Shad Vickers (Tustin) | | 1991 | 22.24c | Lance Martin (Corona del Mar) | 22.0 | 1983 |
| 22.07 | Austin Tinsley (Santa Margarita) | | 2014 | 22.24c | Eric Shermerhorn (Woodbridge) | 22.0 | 1984 |
| 22.08 | Brandon Douglas (Los Alamitos) | | 2015 | 22.24 | * Greg Portis (Katella) | | 1985 |
| 22.09 | * Rich Brooks (Woodbridge) | | 1985 | 22.24c | * Grant Pearsall (Villa Park) | 22.0 | 1993 |
| 22.10 | Bob Rust (Kennedy) | | 1980 | 22.24c | ***Michael Graham (Mater Dei) | 22.0 | 1993 |
| 22.10 | Logan Obbards (Mission Viejo) | | 2014 | 22.24c | Gary Charles (Magnolia) | 22.0 | 1995 |
| 22.11+ | Richard Yukihiko (Western) | 22.0y | 1967 | 22.24c | Tim Fitzgerald (Santa Margarita) | 22.0 | 1996 |
| 22.11+ | Andrews (Tustin) | 22.0y | 1969 | 22.24c | Young (Calvary Chapel) | 22.0 | 1996 |

| | | | | | | | |
|--------|-------------------------------------|-------|------|--------------------|------------------------------------|-------|------|
| 22.24c | Jesus Acevedo (Anaheim) | 22.0 | 1997 | 22.39 | Jarryd Gonzalez (Pacifica) | | 1992 |
| 22.24c | Scott Thompson (Trabuco Hills) | 22.0 | 1991 | 22.39 | Jimmy Thorson (Edison) | | 2000 |
| 22.24c | * Chris Ringstrom (Corona del Mar) | 22.0 | 2003 | 22.39 | Duane Nix (Tustin) | | 2001 |
| 22.24 | Aaron Harris (Western) | | 2009 | 22.40 | Jeff Dooley (Trabuco Hills) | | 1987 |
| 22.24 | Joseph Velasquez (El Modena) | | 2014 | 22.40 | Bill Whalen (El Dorado) | | 1987 |
| 22.25 | Ben Cesar (Ocean View) | | 1990 | 22.40 | Wray Watkins (Fountain Valley) | | 1997 |
| 22.25 | * Steve Douglas (Loara) | | 2000 | 22.40 | *Alex Alvarez (San Clemente) | | 2010 |
| 22.25 | Chukwuekezie Nwachie (Loara) | | 2012 | 22.41 | Eric Padgett (Katella) | | 1983 |
| 22.26 | Kamico Bandy (SA Valley) | | 1992 | 22.41+ | Rick Geddes (San Clemente) | 22.3y | 1969 |
| 22.26 | * Sam Morton (Garden Grove) | | 2004 | 22.41+ | Tom Teeple (Brea) | 22.3y | 1970 |
| 22.26 | * Jonathon Brady (Capo Valley) | | 2009 | 22.41+ | David Wade (Anaheim) | 22.3y | 1971 |
| 22.26 | Kamron Shahbahrani (Irvine) | | 2011 | 22.41+ | Greg Kempton (El Dorado) | 22.3y | 1972 |
| 22.26 | **Hunter Simmons (Tesoro) | | 2011 | 22.41+ | Len Swavely (El Modena) | 22.3y | 1972 |
| 22.27 | John Van Dam (Pacifica) | | 1982 | 22.41+ | Mark Rafter (Western) | 22.3y | 1972 |
| 22.27 | * Duke Ly (Magnolia) | | 1986 | 22.41+ | Dwayne Bunker (Santa Ana) | 22.3y | 1973 |
| 22.27 | Richard CREDIT (Cypress) | | 2000 | 22.41+ | Jim Straw (Garden Grove) | 22.3y | 1974 |
| 22.27 | Grant Schwartz (Dana Hills) | | 2006 | 22.41+ | Mike Rhue (SA Valley) | 22.3y | 1976 |
| 22.27 | Ibrahim Al-arnous (Mission Viejo) | | 2010 | 22.41+ | Wayne Kasperek (Newport) | 22.3y | 1978 |
| 22.28 | *John Moos (Edison) | | 1997 | 22.41+ | Chris Saunders (Sonora) | 22.3y | 1978 |
| 22.29 | Ricardo Molina (Los Alamitos) | | 2013 | 22.41+ | Steve Southward (Fountain Valley) | 22.3y | 1981 |
| 22.30 | Andy Sims (Dana Hills) | | 1984 | 22.41+ | Walter Steen (SA Valley) | 22.3y | 1982 |
| 22.30 | Joe White (Capo Valley) | | 1989 | 22.41+ | * Keith Golden (Foothill) | 22.3y | 1985 |
| 22.30 | Robert Peinado (Savanna) | | 1997 | 22.41+ | Ron Rojas (Troy) | 22.3y | 1986 |
| 22.30 | * Denny Casupanan (Tustin) | | 2001 | 22.41+ | Eric Adkins (El Modena) | 22.3y | 1987 |
| 22.30 | Kyle Crisp (Irvine) | | 2002 | 22.41+ | Mark Shores (SA Valley) | 22.3y | 1988 |
| 22.30 | Justin Christjaener (Edison) | | 2006 | 22.41 | Aaron Ford (Los Alamitos) | | 1995 |
| 22.30 | Richard Perez (Laguna Hills) | | 2012 | 22.41 | ** Dan Bowling (Mission Viejo) | | 1997 |
| 22.30 | *John Galloway (Aliso Niguel) | | 2015 | 22.41 | Sam Moore (El Toro) | | 1999 |
| 22.30 | *Dimitrius Peters (Santa Margarita) | | 2015 | 22.41 | Nathan Farris (Brethren Christian) | | 1999 |
| 22.31 | Ray Waiters (Trabuco Hills) | | 1987 | 22.42 | Coy Collins (Loara) | | 1990 |
| 22.31+ | Mike Morgan (Mater Dei) | 22.2y | 1967 | 22.42 | Steve Anstead (Dana Hills) | | 1997 |
| 22.31+ | Szatkowski (Pacifica) | 22.2y | 1969 | 22.42 | **Ryan Maxwell (Santa Margarita) | | 2005 |
| 22.31+ | Dennis Lackey (Savanna) | 22.2y | 1969 | 22.43 | * Austin Messick (Capo Valley) | | 2007 |
| 22.31+ | Phil Maas (Fountain Valley) | 22.2y | 1971 | 22.44c | David Diamond (Katella) | 22.2 | 1981 |
| 22.31+ | Carlo Tosti (Corona del Mar) | 22.2y | 1972 | 22.44c | Mark McGouney (El Modena) | 22.2 | 1983 |
| 22.31+ | Kirk Vandaveer (Savanna) | 22.2y | 1972 | 22.44c | Shaun Massey (Marina) | 22.2 | 1985 |
| 22.31+ | Paul Desmet (Costa Mesa) | 22.2y | 1974 | 22.44c | **Jeremy Buck (Dana Hills) | 22.2 | 1990 |
| 22.31+ | Warren Hansen (Garden Grove) | 22.2y | 1973 | 22.44c | Anthony Ramirez (Mission Viejo) | 22.2 | 1991 |
| 22.31+ | Howard Carson (Anaheim) | 22.2y | 1973 | 22.44 | ** Gary Young (Westminster) | | 1992 |
| 22.31+ | Randy Hawkins (Marina) | 22.2y | 1973 | 22.44c | Cale Carter (Mater Dei) | 22.2 | 1992 |
| 22.31+ | Dan Field (Valencia) | 22.2y | 1974 | 22.44c | Greg Muniz (Woodbridge) | 22.2 | 1992 |
| 22.31+ | Kevin Moerhing (Sunny Hills) | 22.2y | 1974 | 22.44 | Darius McMillan (Cypress) | | 1996 |
| 22.31+ | Doug Parrell (Pacifica) | 22.2y | 1974 | 22.44c | Scott White (Sonora) | 22.2 | 1999 |
| 22.31+ | Keith Denson (SA Valley) | 22.2y | 1975 | 22.44 | Vanden Staly (Canyon) | | 2002 |
| 22.31+ | Steve Hines (Edison) | 22.2y | 1975 | 22.44 | Bryan Payee (Trabuco Hills) | | 2004 |
| 22.31+ | Rob Martin (Villa Park) | 22.2y | 1977 | 22.44 | Tomas Olech (Trabuco Hills) | | 2011 |
| 22.31+ | Mike Dotterer (Mater Dei) | 22.2y | 1978 | 22.44 | *Vince Hernandez (Santa Margarita) | | 2013 |
| 22.31+ | Mark Shores (SA Valley) | 22.2y | 1987 | 22.44 | *Keyon Riley (Servite) | | 2015 |
| 22.31 | * Shawn Tucker (Laguna Hills) | | 2008 | 22.44 | Weston Ellis (Pacifica) | | 2015 |
| 21.31 | ** Tramaine Brown (Savanna) | | 2003 | | | | |
| 22.32 | Bill Thurmond (Saddleback) | | 1987 | | | | |
| 22.33 | Ryan Crane (Dana Hills) | | 1992 | Wind aided: | | | |
| 22.33 | Phil Sardis (Santa Margarita) | | 2000 | 20.82 | ** Bryan Harrison (Dana Hills) | | 1995 |
| 22.33 | Shane Henry (Esperanza) | | 2006 | 20.92 + | Clancy Edwards (Santa Ana) | 20.8y | 1973 |
| 22.33 | George Petsas (Esperanza) | | 2013 | 21.01 | Justin Woods (Los Alamitos) | | 2005 |
| 22.34c | Chuck Steen (SA Valley) | 22.1 | 1989 | 21.09 | Elliot Dunning (SA Valley) | | 1984 |
| 22.34 | *** Jimmy Hutsell (Cypress) | | 1992 | 21.13 | Wes Williams (Esperanza) | | 2005 |
| 22.34c | Ethan Taub (Foothill) | 22.1 | 1994 | 21.17 | Mike McNair (Mater Dei) | | 1998 |
| 22.34c | Zach Berridge (Western) | 22.1 | 1994 | 21.17 | Gabe Warner (Woodbridge) | | 2015 |
| 22.34c | josh Christensen (Western) | 22.1 | 1994 | 21.23 | * Claude Melvin (Brea) | | 1999 |
| 22.34c | Mike Flores (Savanna) | 22.1 | 1995 | 21.25 | Tim Martin (San Clemente) | | 1991 |
| 22.34c | Kojo Ahrin (Irvine) | 22.1 | 1996 | 21.26 | * Terry Johnson (Katella) | | 1985 |
| 22.34c | Terrence Williams (Orange) | 22.1 | 1996 | 21.24 | Ameer Webb (Tustin) | | 2009 |
| 22.34c | Kenny Greer (El Dorado) | 22.1 | 2001 | 21.42 | Tubotein Taylor (Canyon) | | 2009 |
| 22.35 | William Kim (Villa Park) | | 1983 | 21.51+ | Jim Rohrig (SA Valley) | 21.4y | 1973 |
| 22.35 | Ulysses Trammel (Rancho Alamitos) | | 1991 | 21.53 | * Anton Hector (Esperanza) | | 1994 |
| 22.35 | Stephen Ferguson (Dana Hills) | | 2008 | 21.54 | * Joey Branker (Mission Viejo) | | 2009 |
| 22.35 | Eddie Wallace (San Clemente) | | 2010 | 21.62+ | Jim Beyers (Loara) | 21.5y | 1971 |
| 22.36 | Bob Nita (Katella) | | 1999 | 21.63 | ** Victor Blackwell (Mater Dei) | | 2009 |
| 22.36 | Andrew Tucker (Mission Viejo) | | 2004 | 21.66 | Roshawn Sims (Esperanza) | | 1991 |
| 22.36 | *Kyle Dravis (Orange Lutheran) | | 2008 | 21.67 | Matt Brooks (Santa Margarita) | | 1998 |
| 22.36 | * Jeremy Maxwell (Edison) | | 2013 | 21.67 | *Alex Young (Woodbridge) | | 2015 |
| 22.37 | Micah Dennison (Dana Hills) | | 1994 | 21.71 | Taylor Torres (Mater Dei) | | 2013 |
| 22.37 | * Mike Chavis (Mission Viejo) | | 1997 | 21.72 | Nick Van Vliet (Dana Hills) | | 2014 |
| 22.37 | Justin Aguayo (Mission Viejo) | | 2009 | 21.72 | Brandon Douglas (Los Alamitos) | | 2015 |
| 22.37 | Miles Robertson (La Habra) | | 2014 | 21.74c | * Geoff Smith (Troy) | 21.5 | 2000 |
| 22.39 | Mike Sullivan (Sunny Hills) | | 1991 | 21.77 | Cade Lindahl (Dana Hills) | | 2006 |
| | | | | 21.81 | Grant Schwartz (Dana Hills) | | 2006 |

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|---------|-------------------------------------|------|------|--------|---------------------------------------|--------|------|
| 21.81 | Ameer Webb (Tustin) | | 2008 | 47.73 | Roshawn Sims (Esperanza) | | 1991 |
| 21.82 | Eddie Wallace (San Clemente) | | 2010 | 47.73 | Tubotein Taylor (Canyon) | | 2009 |
| 21.83 | Dan Gomez (Troy) | | 2006 | 47.77 | Trevor Jones (Newport) | | 2000 |
| 21.87 | Jalen Carter (Woodbridge) | | 2011 | 47.79 | Matt Hurst (Corona del Mar) | | 2014 |
| 21.88 | Lance Dravis (Orange Lutheran) | | 2015 | 47.80 | Cade Lindahl (Dana Hills) | | 2006 |
| 21.89 | *Chris Nicholls (Servite) | | 2009 | 47.87+ | Dave Buck (Brea) | 48.0y | 1963 |
| 21.89 | *Jonathan Berry-Smith (Oxford Acad) | | 2010 | 47.87 | * Chad Rozean (Trabuco Hills) | | 2009 |
| 21.91 | Drake Alvarez-Cates (Edison) | | 2012 | 47.89 | * Wes Willaims (Esperanza) | | 2004 |
| 21.92 | Kyle Dravis (Orange Lutheran) | | 2009 | 47.92 | Jonathan Berry-Smith (Oxford Academy) | | 2011 |
| 21.93 | Austin Simpkins (Huntington Beach) | | 2012 | 47.94 | Devin Harrison (Dana Hills) | | 2011 |
| 21.94 | *Austin Hazel (Mater Dei) | | 2011 | 47.97 | *Jeff Jacobs (Santa Margarita) | | 2002 |
| 21.95 | Sam Phillippi (JSerra) | | 2015 | 48.05+ | Greg Jones (Mission Viejo) | 48.34y | 1977 |
| 21.96 | Logan Obbards (Mission Viejo) | | 2014 | 48.06+ | Tony Sanford (La Habra) | 48.1y | 1965 |
| 21.97 | Trevor Jones (Newport) | | 2000 | 48.06+ | Tom Lloy (Edison) | 48.1 y | 1975 |
| 21.98 | Chas Harmon (JSerra) | | 2012 | 48.09 | Kevin Griswold (Garden Grove) | | 1996 |
| 22.00 | Myron Bownes (Woodbridge) | | 1998 | 48.12 | * Ethan Traub (Foothill) | | 1993 |
| 22.04 | Chuckie Linman (Edison) | | 2002 | 48.16+ | Gary Walker (Tustin) | 48.2y | 1960 |
| 22.04 | Thomas Testini (Corona del Mar) | | 2012 | 48.19+ | Marshall Johnson (SA Valley) | 48.48y | 1978 |
| 22.08 | * Alex Suschesk (Mission Viejo) | | 2013 | 48.25 | Andrew Carty (Los Alamitos) | | 2015 |
| 22.10 | Alex Hardlund (Cypress) | | 2012 | 48.26+ | Neil Catterson (Bolsa Grande) | 48.4y | 1966 |
| 22.13 | Arron Harris (Western) | | 2008 | 48.26+ | Paul Williams (Huntington Beach) | 48.4y | 1968 |
| 22.13 | *Marcus Collins (Mission Viejo) | | 2012 | 48.26 | Mike Fritz (Anaheim) | | 1986 |
| 22.14 | * Henning Peterson (Esperanza) | | 1981 | 48.27 | Paul Resong (Servite) | | 2015 |
| 22.14 c | Kamico Bandy (S A Valley) | 21.9 | 1992 | 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 |
| | | | | 48.53 | Micah Dennison (Dana Hills) | | 1994 |
| | | | | 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 |
| | | | | 48.59 | * Jess Strutzel (Huntington Beach) | | 1995 |
| | | | | 48.59 | Garrett Baxter (Canyon) | | 2009 |
| | | | | 48.60 | Nick John Haiduc (Servite) | | 1987 |
| | | | | 48.63 | Nick Van Vliet (Dana Hills) | | 2014 |
| | | | | 48.63 | Curtis Godin (Mater Dei) | | 2014 |
| | | | | 48.64 | Greg Muniz (Woodbridge) | | 1992 |
| | | | | 48.65 | Kendall Wesley (Katella) | | 1990 |
| | | | | 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 McGuinnes (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 |

220 yards (straight)

| | | | | | | | |
|------|-------------------------------------|--|------|--------|------------------------------------|--------|------|
| 20.7 | Eddie Morris (Huntington Beach) | | 1940 | 48.36+ | Dave Samarin (La Habra) | 48.5y | 1965 |
| 20.7 | * Steve Elkins (Loara) | | 1970 | 48.36+ | Mike Owens (Valencia) | 48.5y | 1966 |
| 20.8 | Bill Swisshelm (Santa Ana) | | 1954 | 48.36 | Brandon Clark (Santa Margarita) | | 2002 |
| 20.8 | Devon Trahan (Saddleback) | | 1971 | 48.40 | Chris Sperle (Fountain Valley) | | 1984 |
| 20.8 | * Eddie Preston (Santa Ana) | | 1963 | 48.41 | Vince Rivers (Savanna) | | 1983 |
| 20.9 | Derald Logue (La Habra) | | 1962 | 48.41 | Bill Thurmond (Saddleback) | | 1987 |
| 20.9 | Randy Julian (Bolsa Grande) | | 1966 | 48.42 | Ryan Crane (Dana Hills) | | 1992 |
| 20.9 | Dick Coulter (SA Valley) | | 1967 | 48.45 | David Boyd (Esperanza) | | 1983 |
| 21.0 | Pat Moore (La Habra) | | 1959 | 48.45 | Sean Young (Irvine) | | 2011 |
| 21.0 | Bob Maimbourg (Garden Grove) | | 1960 | 48.53 | Micah Dennison (Dana Hills) | | 1994 |
| 21.0 | Stan Edmonds (Kennedy) | | 1966 | 48.56+ | Paul Hackett (La Habra) | 48.7y | 1967 |
| 21.1 | Dave Samarin (La Habra) | | 1965 | 48.56+ | Tom Grasha (Savanna) | 48.7y | 1971 |
| 21.2 | Ron Pharris (Anaheim) | | 1967 | 48.57 | Aaron Taub (Foothill) | | 1992 |
| 21.3 | Ron Van de Putte (Valencia) | | 1959 | 48.57 | Don Oliver (Foothill) | | 1994 |
| 21.3 | Stan Pash (Western) | | 1963 | 48.58 | Geno Howard (Los Amigos) | | 1986 |
| 21.3 | Fred Kullar (Santiago) | | 1964 | 48.59 | * Jess Strutzel (Huntington Beach) | | 1995 |
| 21.3 | Dave Cooke (Brea) | | 1966 | 48.59 | Garrett Baxter (Canyon) | | 2009 |
| 21.3 | Clyde Emery (SA Valley) | | 1968 | 48.60 | Nick John Haiduc (Servite) | | 1987 |
| 21.3 | Jackie White (Santa Ana) | | 1969 | 48.63 | Nick Van Vliet (Dana Hills) | | 2014 |
| 21.4 | Lanny Carter (Orange) | | 1953 | 48.63 | Curtis Godin (Mater Dei) | | 2014 |
| 21.4 | Earl Woodson (Western) | | 1960 | 48.64 | Greg Muniz (Woodbridge) | | 1992 |
| 21.4 | Randy Scott (Western) | | 1960 | 48.65 | Kendall Wesley (Katella) | | 1990 |
| 21.4 | Aldrich Vanderlinden (Garden Grove) | | 1963 | 48.66+ | Lanny Carter (Orange) | 48.8y | 1952 |
| 21.4 | Jim Lawrence (Buena Park) | | 1964 | 48.66+ | Gil Rangel (Santa Ana) | 48.8y | 1963 |
| 21.4 | Paul Hackett (La Habra) | | 1967 | 48.66+ | *John Galbraith (Magnolia) | 48.8y | 1970 |
| 21.5 | Claude LaBarre (Santiago) | | 1963 | 48.66+ | Jan Skaarud (Buena Park) | 48.8y | 1972 |
| 21.5 | Dave Allen (Buena Park) | | 1963 | 48.66+ | Matt Hogsett (Newport) | 48.8y | 1972 |
| 21.5 | John Winstead (Santa Ana) | | 1970 | 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 McGuinnes (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 |

Wind-aided:

| | | | | | | | |
|-------|---------------------------------|--|------|--------|--------------------------------|------|------|
| 20.6w | Eddie Morris (Huntington Beach) | | 1940 | 48.69 | Richard Faircloth (Magnolia) | | 2006 |
| 20.6w | Randy Julian (Bolsa Grande) | | 1966 | 48.69 | * Richard Garcia (Loara) | | 2009 |
| 20.6w | Jackie White (Santa Ana) | | 1970 | 48.74 | Terrence Williams (Orange) | | 1996 |
| 20.7w | * Steve Elkins (Loara) | | 1970 | 48.74c | Bryan Payne (Trabuco Hills) | 48.6 | 2004 |
| 20.8w | * Eddie Preston (Santa Ana) | | 1963 | 48.74c | ** Devin Harrison (Dana Hills) | 48.6 | 2009 |
| 20.8w | Rich Coulter (SA Valley) | | 1967 | 48.75 | Joey Branker (Mission Viejo) | | 2010 |

400 meters

| | | | | | | | |
|--------|--------------------------------|-------|------|--------|------------------------------------|--------|------|
| 45.84c | Chip Rish (Marina) | 45.7 | 1985 | 48.76+ | Mark Joiner (Laguna Hills) | 49.04y | 1980 |
| 46.57+ | Tony Krzyzosiak (Garden Grove) | 46.7y | 1971 | 48.76+ | Curtis Mack (Western) | 48.9y | 1961 |
| 46.92 | *Jalen Craver (Woodbridge) | | 2010 | 48.76+ | Jim Morgan (Mater Dei) | 48.9y | 1967 |
| 47.01 | Mario Bassani (Irvine) | | 2001 | 48.76+ | **Eric Olson (Estancia) | 48.9y | 1970 |
| 47.04c | Brian Theriot (Newport) | 46.9 | 1975 | 48.76+ | Vince Mulroy (Newport) | 48.9y | 1975 |
| 47.07+ | * Robert Harrell (Santa Ana) | 47.2y | 1971 | 48.77 | Nick Provencio (San Clemente) | | 2008 |
| 47.09 | Eric Schermerhorn (Woodbridge) | | 1984 | 48.79 | John Dingus (Tesoro) | | 2008 |
| 47.27+ | * Randy Julian (Bolsa Grande) | 47.4y | 1965 | 48.83 | Vince McGuinnes (Corona del Mar) | | 1983 |
| 47.29 | * Zach Chandy (Sage Hill) | | 2005 | 48.86+ | * Dave Cooke (Brea) | 49.0y | 1965 |
| 47.30 | Gabe Warner (Woodbridge) | | 2015 | 48.86+ | Steve Christiano (Fountain Valley) | 49.0y | 1970 |
| 47.34 | Paul Peters (SA Valley) | | 1987 | 48.86+ | Bob Bradford (University) | 49.0y | 1973 |
| 47.59 | Jeff Roach (Laguna Hills) | | 1984 | 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 | 49.36 | ** Anton Hector (Esperanza) | | 1993 |
| 48.89 | Joe White (Capo Valley) | | 1989 | 49.38 | Pete Morello (Laguna Hills) | | 1997 |
| 48.92 | Jonathon Brady (Capo Valley) | | 2010 | 49.38 | *Justin Parga (Cypress) | | 2005 |
| 48.94c | * Eric Chesley (Mission Viejo) | 48.8 | 1985 | 49.38 | Chas Harmon (JSerra) | | 2012 |
| 48.94c | Shelton Davis (Villa Park) | 48.8 | 1998 | 49.40 | * Steve Hilferty Mater Dei | | 1998 |
| 48.96+ | Grif Rimes (Newport) | 49.1y | 1972 | 49.40 | Jared Hayman (Trabuco Hills) | | 1999 |
| 48.96+ | Jim Harris (Westminster) | 49.1y | 1980 | 49.42 | Jimmy Martin (Santa Margarita) | | 2009 |
| 48.96 | * Brian Goodell (Mission Viejo) | | 2004 | 49.42 | John Swigert (Corona del Mar) | | 2012 |
| 49.01 | Abrae Booker-Ciurrin (Mission Viejo) | | 2015 | 49.42 | *Keyon Riley (Servite) | | 2015 |
| 49.02 | * Henning Peterson (Esperanza) | | 1981 | 49.43 | David Terry (Tustin) | | 2012 |
| 49.02 | *Mason Mitchell (Santa Margarita) | | 2015 | 49.44 | Eric Van Aken (Ocean View) | | 2001 |
| 49.04 | Alex Hardlund (Cypress) | | 2012 | 49.45 | Troy Stanley (Tustin) | | 2006 |
| 49.05 | Garrett Thompson (Santa Margarita) | | 1999 | 49.45 | ** Sean Krink (Valencia) | | 2008 |
| 49.06+ | Bart Walker (Tustin) | 49.2y | 1964 | 49.46+ | John Robinson (Santa Ana) | 49.6y | 1969 |
| 449.06+ | Bill Van Note (Corona del Mar) | 49.2y | 1966 | 49.46+ | Jim Keathley (Westminster) | 49.6y | 1972 |
| 49.06+ | Chuck Denmark (Santa Ana) | 49.2y | 1973 | 49.46+ | Bryant Humann (Newport) | 49.6y | 1976 |
| 49.06+ | Tom Ahlstrom (Los Alamitos) | 49.2y | 1975 | 49.46+ | Dave Russell (Canyon) | 49.6y | 1978 |
| 49.06+ | Chris Corum (Newport) | 49.2y | 1978 | 49.46+ | John Hall (Tustin) | 49.6y | 1979 |
| 49.06+ | Jon Michael (El Dorado) | 49.2y | 1980 | 49.46 | Nathan Lancaster (Laguna Beach) | | 2014 |
| 49.06+ | Greg Heet (Lowell) | 49.2y | 1964 | 49.47 | Curtis Lehman (Sonora) | | 2000 |
| 49.06+ | Mike Terry (El Modena) | 49.2y | 1991 | 49.50 | Michael Andraszczyk (Aliso Niguel) | | 2008 |
| 49.09 | Chris Sperle (Fountain Valley) | | 1984 | 49.50 | *Dimitrius Peters (Santa Margarita) | | 2015 |
| 49.13 | Jeff Dooley (Trabuco Hills) | | 1987 | 49.50 | Daniel Bell (Villa Park) | | 2015 |
| 49.13 | * Gus Berga (Santa Margarita) | | 2008 | 49.52 | Jerard Byant (Canyon) | | 1989 |
| 49.15 | Tom Rodriguez (Mission Viejo) | | 2002 | 49.52 | Baltierra (Mission Viejo) | | 2005 |
| 49.15 | David Christensen (El Dorado) | | 2014 | 49.53 | Rob Smith (El Modena) | | 1982 |
| 49.16+ | Bob Bonebrake (Orange) | 49.3y | 1934 | 49.53 | Brad Slinkard (Santa Margarita) | | 2001 |
| 49.16+ | George Bragg (Anaheim) | 49.3y | 1958 | 49.54c | Todd Homer (University) | 49.4 | 1982 |
| 49.16+ | Randy Smyth (Costa Mesa) | 49.3y | 1964 | 49.54c | Phil Porter (Rancho Alamitos) | 49.4 | 1985 |
| 49.16+ | Phil Morton (Lowell) | 49.3y | 1970 | 49.54 | John Boos (Edison) | | 1998 |
| 49.16 | *Victor Blackwell (Mater Dei) | | 2010 | 49.55 | Danny Dwelley (El Toro) | | 1998 |
| 49.18 | Mark Guest (Ocean View) | | 1982 | 49.56+ | Dan Hoefler (Fullerton) | 49.7 | 1949 |
| 49.20 | ** Brian Woods (Los Alamitos) | | 2002 | 49.56+ | Mike Bradshaw (Loara) | 49.7y | 1968 |
| 49.20 | Derek Holtz (El Modena) | | 2012 | 49.56+ | Lewis Castle (Sunny Hills) | 49.7y | 1971 |
| 49.21 | Matt Willis (Servite) | | 2002 | 49.56+ | Harry Doland (Buena Park) | 49.7y | 1972 |
| 49.21 | Kyle Crisp (Irvine) | | 2002 | 49.56+ | Frank Venclik (Newport) | 49.7y | 1978 |
| 49.22 | Ray Walters (Trabuco Hills) | | 1987 | 49.56 | ** Kirk Ayers (Western) | | 1985 |
| 49.22+ | Eddie Morris (Huntington Beach) | 49.4y | 1940 | 49.56 | Scott Tiverson (Woodbridge) | | 1989 |
| 49.22 | Kevin Ahlstrom (Los Alamitos) | | 2004 | 49.56 | Sam Morton (Garden Grove) | | 2005 |
| 49.23 | Chase Frazier (Mission Viejo) | | 2004 | 49.56 | Wes Feighner (Los Alamitos) | | 2008 |
| 49.25 | Jonnie McIntyre (Western) | | 2005 | 49.56 | Nick Lee (Mission Viejo) | | 2012 |
| 49.26+ | Greg Tagliaferri (Santiago) | 49.4y | 1964 | 49.57 | Chris Sweeney (Capo Valley) | | 2008 |
| 49.26+ | Jim Keathley (Westminster) | 49.4y | 1972 | 49.58 | *John West (Sonora) | | 1997 |
| 49.26+ | Steve Dyer (Westminster) | 49.4y | 1972 | 49.59 | Shane Vickers (Tustin) | | 1997 |
| 49.26+ | Clancy Edwards (Santa Ana) | 49.4y | 1972 | 49.59 | Chris Braham (Marina) | | 2004 |
| 49.26+ | Jim Dykes (University) | 49.4y | 1973 | 49.59 | Colin MacRae (Aliso Niguel) | | 1998 |
| 49.26+ | *Jim Walters (Estancia) | 49.4y | 1976 | 49.60 | Chuck Reid (Villa Park) | | 1996 |
| 49.26+ | George Carlross (Saddleback) | 49.4y | 1976 | 49.61 | Pat McGrath (Corona del Mar) | | 1985 |
| 49.27 | Max Redfield (Mission Viejo) | | 2013 | 49.61 | Mark Shores (SA Valley) | | 1988 |
| 49.28 | Walter Williams (Foothill) | | 1984 | 49.61 | Corey Hammond (Mater Dei) | | 2012 |
| 49.28 | Thierry Brusselle (Newport) | | 1987 | 49.62 | Keith Pontiflet (Esperanza) | | 1985 |
| 49.28 | Zack Neenah (Orange Lutheran) | | 2013 | 49.62 | Alex Alvarez (San Clemente) | | 2011 |
| 49.30 | Bobby Haghani (Laguna Hills) | | 2005 | 49.63 | Kyle Dravis (Orange Lutheran) | | 2009 |
| 49.30 | Eric Vetter (Esperanza) | | 2010 | 49.64c | *Nick John Haiduc (Servite) | 49.5 | 1986 |
| 49.31 | Josh Christensen (Western) | | 1994 | 49.64 | Tad Heath (Foothill) | | 1993 |
| 49.31 | Robert Peinado (Savanna) | | 1997 | 49.64c | Matt Blasdel (Santa Margarita) | 49.5 | 1996 |
| 49.31 | Alexander Whiston (University) | | 2008 | 49.64 | * Chris Ringstrom (Corona del Mar) | | 2003 |
| 49.32 | Julian Lujan (Servite) | | 2012 | | | | |
| 49.33 | Justin Christjaener (Edison) | | 2006 | | | | |
| 49.33 | Joshua Smith (Huntington Beach) | | 2008 | | | | |
| 49.34c | Rod Emery (Fountain Valley) | 49.2 | 1982 | 800 meters | | | |
| 49.34c | Noel Trout (Irvine) | 49.2 | 1985 | 1:48.20 | Sean Krink (Valencia) | | 2010 |
| 49.34c | Paul Harvey (Dana Hills) | 49.2 | 1985 | 1:48.6 + | Dennis Carr (Lowell) | 1:49.2y | 1963 |
| 49.34 | Mitchell Ramirez (Buena Park) | | 2009 | 1:48.8 + | Jim Walters (Estancia) | 1:49.4y | 1977 |
| 49.34 | Trevor Oblouk (El Toro) | | 2014 | 1:49.21 | Eric Schermerhorn (Woodbridge) | | 1984 |
| 49.35 | Scott Thompson (Trabuco Hills) | | 1999 | 1:49.4 + | Dave Kingsland (El Modena) | 1:50.0y | 1977 |
| 49.35 | *Alex Moreno (?) | | 2005 | 1:50.6 + | Paul Williams (Huntington Beach) | 1:51.2y | 1968 |
| 49.36+ | Larry Kirchman (Anaheim) | 49.5y | 1952 | 1:50.8 + | Robert Harrell (Santa Ana) | 1:51.4y | 1972 |
| 49.36+ | Bruce Bess (La Habra) | 49.5y | 1962 | 1:50.8 + | Tom Kovacich (Buena Park) | 1:51.4y | 1972 |
| 49.36+ | Tom Julian (Bolsa Grande) | 49.5y | 1966 | 1:51.02 | *Michael Haddan (Woodbridge) | | 2002 |
| 49.36+ | * Kevin Cochran (Orange) | 49.5y | 1964 | 1:51.29 | Brandon Pacheco (Brethren Christian) | | 1995 |
| 49.36+ | Tom Kovacich (Buena Park) | 49.5y | 1972 | 1:51.29 | Jantzen Oshier (Trabuco Hills) | | 2011 |
| 49.36+ | Barry Hyde (Villa Park) | 49.5y | 1974 | 1:51.34 | Eric Behring (La Habra) | | 1981 |
| 49.36+ | Jack Hagan (Corona del Mar) | 49.5y | 1975 | 1:51.4 + | Jan Underwood (Buena Park) | 1:52.0y | 1960 |
| 49.36+ | Marty Johnson (SA Valley) | 49.5y | 1976 | 1:51.42 | Andy Sims (Dana Hills) | | 1984 |
| 49.36+ | * Scott Turner (Buena Park) | 49.5y | 1976 | 1:51.49 | *Thomas Heib (Los Alamitos) | | 2015 |
| 49.36+ | * Don Stodola (Esperanza) | 49.5y | 1976 | 1:51.6 + | * Tom Lloy (Edison) | 1:52.2y | 1974 |

| | | | | | | | |
|----------|------------------------------------|----------|------|------------|------------------------------------|----------|------|
| 1:51.7+ | * Mike Owens (Valencia) | 1:52.3y | 1965 | 1:54.51 | Eric Solis (Costa Mesa) | | 1997 |
| 1:51.75 | * Jess Strutzel (Huntington Beach) | | 1995 | 1:54.52 | Andrew Brown (Mission Viejo) | | 2013 |
| 1:51.94 | Doug Nichols (Edison) | | 1989 | 1:54.6 + | Phil Wingard (Troy) | 1:55.2y | 1974 |
| 1:52.1 + | Nick Rose (Corona del Mar) | 1:52.7y | 1971 | 1:54.6 + * | Steve Telaneus (Dana Hills) | 1:55.2y | 1976 |
| 1:52.19 | Josh Kingsland (Woodbridge) | | 2011 | 1:54.6 | Noel Trout (Irvine) | | 1986 |
| 1:52.22 | Eamon Smythe (Edison) | | 2014 | 1:54.60 | Dave Sanford (Los Alamitos) | | 1988 |
| 1:52.27 | Angelo Cervantes (Savanna) | | 2011 | 1:54.61 | Matt Stoner (Laguna Hills) | | 2009 |
| 1:52.3 + | *Jon Cook (Mission Viejo) | 1:52.9y | 1974 | 1:54.66 | Lucas Divok (University) | | 2011 |
| 1:52.33 | *Austin Tamagno (Brea) | | 2015 | 1:54.7 + | Chuck Denmark (Santa Ana) | 1:55.3y | 1973 |
| 1:52.38 | Jim Sorenson (Villa Park) | | 1986 | 1:54.70 | **Devin Lindahl (Dana Hills) | | 1997 |
| 1:52.40 | Nick John Haiduc (Servite) | | 1981 | 1:54.71 | Brent Jones (Brea) | | 1988 |
| 1:52.4 + | Carl Trentadue (Westminster) | 1:53.0y | 1965 | 1:54.76 | Parker Hostrand (Corona del Mar) | | 2015 |
| 1:52.47+ | Frank Venclik (Newport) | 1:53.13y | 1978 | 1:54.8 + | Steve Morago (Santa Ana) | 1:55.4y | 1975 |
| 1:52.5 + | Eric Olson (Estancia) | 1:53.1y | 1972 | 1:54.80 | Noel Trout (Irvine) | | 1985 |
| 1:52.50 | Dave Cangelosi (Villa Park) | | 1979 | 1:54.8 | Ethan Taub (Foothill) | | 1994 |
| 1:52.61 | Jacob Gustafsson (Mission Viejo) | | 2002 | 1:54.85 | Sam Delgado (Orange Lutheran) | | 2008 |
| 1:52.62 | Jim Gallivan (Mater Dei) | | 1983 | 1:54.86 | * Chris Kemp (Mission Viejo) | | 1998 |
| 1:52.66 | * Ruben Esparza (El Modena) | | 1982 | 1:54.89 | Derrick Fleming (Woodbridge) | | 2010 |
| 1:52.75 | DraganSivic (Woodbridge) | | 2012 | 1:54.9 + | Milford Dahl (Santa Ana) | 1:55.5y | 1958 |
| 1:52.8 + | * Bob Delaney (Orange) | 1:53.4y | 1961 | 1:54.9 + | Poss (Westminster) | 1:55.5y | 1973 |
| 1:52.8 + | Andy Clifford (Sunny Hills) | 1:53.4y | 1974 | 1:54.9 | Scott Smith (Dana Hills) | | 2005 |
| 1:52.8 + | Larry Hayden (Sunny Hills) | 1:53.4y | 1975 | 1:54.92 | Mark Gleason (Mission Viejo) | | 1998 |
| 1:52.85 | Jack Morgenson (Dana Hills) | | 2013 | 1:54.97 | *Karl Wenberg (Marina) | | 2010 |
| 1:52.89 | * Matt Stollenwerk (San Clemente) | | 2003 | 1:55.0 + | Steve Christiano (Fountain Valley) | 1:55.6y | 1970 |
| 1:52.9 + | Charlie Christensen (Edison) | 1:53.5y | 1976 | 1:55.0 | James Cameron (Mission Viejo) | | 2009 |
| 1:52.95 | *Connor Dunne (Dan Clemente) | | 2015 | 1:55.1 + | Terry Fink (El Modena) | 1:55.7y | 1974 |
| 1:52.98 | Garrett Corcoran (Villa Park) | | 2014 | 1:55.1 + | Ralph Serna (Loara) | 1:55.7y | 1975 |
| 1:52.87 | * Alonso Smith (Tustin) | | 2000 | 1:55.1 + | Matt Bell (Foothill) | 1:55.7y | 1975 |
| 1:52.92 | John Carrow (Esperanza) | | 1988 | 1:55.1 + | * Anthony Wells (SA Valley) | 1:55.7y | 1980 |
| 1:52.95 | Mike Terry (El Modena) | | 1991 | 1:55.05 | * Antonio Lozano (Katella) | | 1999 |
| 1:52.99 | Dave Anderson (Corona del Mar) | | 1984 | 1:55.08 | Joe Alexander (Huntington Beach) | | 1984 |
| 1:53.02 | Jeff Williams (Foothill) | | 1982 | 1:55.10 | Kevin Knapp (Esperanza) | | 1985 |
| 1:53.0 | ** Kevin Green (Villa Park) | | 1982 | 1:55.10 | John Peschelt (Newport) | | 2001 |
| 1:53.1 + | Craig Lewis (Tustin) | 1:53.7y | 1966 | 1:55.18 | Riley Sullivan (Trabuco Hills) | | 2008 |
| 1:53.12 | Brian O'Bannon (Ocean View) | | 1995 | 1:55.2 + | Bob Ironroad (Sonora) | 1:55.8y | 1972 |
| 1:53.13 | John Cronin (Mission Viejo) | | 1985 | 1:55.2 + | Matt Hogsett (Newport) | 1:55.8y | 1972 |
| 1:53.19 | Michael Andraszczyk (Aliso Niguel) | | 2008 | 1:55.2 + | Mike Serna (Loara) | 1:55.8y | 1980 |
| 1:53.2+ | ***Bruce Bess (La Habra) | 1:53.5y | 1960 | 1:55.22 | Mike Lynch (Foothill) | | 1993 |
| 1:53.20 | Tony Guadagnini (Marina) | | 2005 | 1:55.22 | * Billy Vetter (El Modena) | | 2008 |
| 1:53.20 | Jesus Molina (Dana Hills) | | 2010 | 1:55.25 | Rusty Parker (Dana Hills) | | 2008 |
| 1:53.26 | * Kris Monte (Capo Valley) | | 2000 | 1:55.26 | Zach Chandy (Sage Hill) | | 2006 |
| 1:53.27 | Arien Anderson (Mission Viejo) | | 1985 | 1:55.27 | Jason Graney (Fountain Valley) | | 2001 |
| 1:53.34 | Toby Villalva (El Toro) | | 2009 | 1:55.28 | Kyle Morton (Westminster) | | 1983 |
| 1:53.4 + | John Griffin (Lowell) | 1:54.0y | 1967 | 1:55.3 + | Jim Greenman (Westminster) | 1:55.9y | 1965 |
| 1:53.42 | *Joe Gatel (Edison) | | 2004 | 1:55.30 | Jim Bowles (Costa Mesa) | | 1985 |
| 1:53.46 | Cole Guerin (Dana Hills) | | 2010 | 1:55.30 | Kyle Iverson (Corona de Mar) | | 2012 |
| 1:53.48 | Dan Niednagel (Dana Hills) | | 1991 | 1:55.32 | Brenden Stone (Northwood) | | 2014 |
| 1:53.52 | Louie Gallardo (Mater Dei) | | 2008 | 1:55.33 | Scott Snyder (El Modena) | | 1985 |
| 1:53.54 | Tad Heath (Foothill) | | 1993 | 1:55.33 | Wade Hauptmeier (Esperanza) | | 1986 |
| 1:53.57 | Brendon Confer (Servite) | | 2009 | 1:55.36 | Wes Luke (Trabuco Hills) | | 2000 |
| 1:53.6 + | Mike Bruggeman (Corona del Mar) | 1:54.2y | 1979 | 1:55.36 | Humberto Rojas (Estancia) | | 2003 |
| 1:53.6 + | Phil Vasquez (University) | 1:54.2y | 1970 | 1:55.4 + | Brian Hunsaker (Corona del Mar) | 1:56.0y | 1975 |
| 1:53.7 + | Dave Hustwick (Laguna Beach) | 1:54.3y | 1970 | 1:55.4 + | Tom Fogerty (Capo Valley) | 1:56.0y | 1979 |
| 1:53.7 + | Steve Dyer (Westminster) | 1:54.3y | 1972 | 1:55.4 + | F Rossi (Canyon) | 1:56.0y | 1982 |
| 1:53.8 + | Bill Reimer (Edison) | 1:54.4y | 1980 | 1:55.40 | Andy Coleman (Corona del Mar) | | 1985 |
| 1:53.89 | Ryan Martin (Santa Margarita) | | 2007 | 1:55.4 | Chris Clark (El Modena) | | 1994 |
| 1:53.9 + | Ken Hower (Mission Viejo) | 1:54.5y | 1973 | 1:55.45 | Pedro Mendez (Katella) | | 2012 |
| 1:53.9 + | Mike Delaney (Orange) | 1:54.5y | 1973 | 1:55.46 | Daniel Kor (Pacifica) | | 2003 |
| 1:53.9 + | Larry Sparks (Sonora) | 1:54.5y | 1979 | 1:55.46 | *Spencer Allen (El Toro) | | 2011 |
| 1:54.03 | *Cooper Kossick (Edison) | | 2014 | 1:55.48 | Mike Villasin (Servite) | | 2008 |
| 1:54.1 + | Dexter Stanley (Foothill) | 1:54.7y | 1979 | 1:55.5 + | Bill Armstrong (El Dorado) | 1:56.1y | 1974 |
| 1:54.10 | Cody Nguyen (Brea) | | 2012 | 1:55.5 + | Carlos Carrillo (Santa Ana) | 1:56.1y | 1976 |
| 1:54.18 | David Boyd (Esperanza) | | 1983 | 1:55.5 + | Vic Herrera (Costa Mesa) | 1:56.10y | 1980 |
| 1:54.2 + | Mark Schilling (Garden Grove) | 1:54.8y | 1972 | 1:55.53 | * Ken Simms (Irvine) | | 1983 |
| 1:54.2 + | Tim Sall (Villa Park) | 1:54.8y | 1974 | 1:55.53 | Jim Smith (Garden Grove) | | 1983 |
| 1:54.30 | Craig Olson (El Dorado) | | 1987 | 1:55.54 | Mike Neckerman (Capo Valley) | | 1983 |
| 1:54.33 | Tyler Valdes (Dana Hills) | | 2009 | 1:55.54 | Luke Decker (JSerra) | | 2011 |
| 1:54.34 | Juan Gonzalez (El Toro) | | 2013 | 1:55.54 | Dalton Hall (Mater Dei) | | 2013 |
| 1:54.4 + | Preston Campbell (Marina) | 1:55.0y | 1973 | 1:55.54 | *Jake Ogden (Dana Hills) | | 2015 |
| 1:54.4 + | Jon Albrecht (La Habra) | 1:55.0y | 1975 | 1:55.56 | Ricardo Campuzano (Dana Hills) | | 2011 |
| 1:54.4 | *Dan Niednagel (Dana Hills) | | 1990 | 1:55.6 + | * Dave Stoner (Magnolia) | 1:55.2y | 1963 |
| 1:54.40 | Connor Kaddatz (Dana Hills) | | 2011 | 1:55.60 | Bob Grego (Costa Mesa) | | 1982 |
| 1:54.42 | * Ryan Valdes (Dana Hills) | | 2008 | 1:55.64 | * Ross Gierczak (Los Alamitos) | | 2004 |
| 1:54.44 | Ryan Germann (El Toro) | | 2011 | 1:55.65 | Mike Chavez (Esperanza) | | 2003 |
| 1:54.47 | Mike Hancock (Newport Harbor) | | 1991 | 1:55.66 | Talal Khan (Valencia) | | 2008 |
| 1:54.49 | Peter Robie (Servite) | | 2006 | 1:55.66 | Robert Blackwell (Costa Mesa) | | 2012 |
| 1:54.5 | Jim Robbins (Corona del Mar) | | 1988 | 1:55.66 | *Chance Lambuth (Canyon) | | 2015 |

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|----------|------------------------------------|--------------|---------|------------------------------|--------------|
| 1:55.67 | * John West (Sonora) | 1997 | 4:09.34 | Victor Valen (El Modena) | 1984 |
| 1:55.7 + | Gil Rangel (Santa Ana) | 1:56.3y 1963 | 4:09.42 | Toby Villalva (El Toro) | 2009 |
| 1:55.7 + | Mike Eck (Savanna) | 1:56.3y 1963 | 4:09.5+ | Doug MacLean (Costa Mesa) | 4:10.9y 1972 |
| 1:55.7 + | Ron Taylor (Garden Grove) | 1:56.3y 1965 | 4:09.53 | *Brandon Bethke (El Toro) | 2004 |
| 1:55.7 + | Kevin Eaton (Mission Viejo) | 1:56.3y 1974 | 4:09.54 | Sydney Gidabuday (El Modena) | 2014 |
| 1:55.7 + | Bob Sutherland (Fullerton) | 1:56.3y 1974 | 4:09.58 | Connor Kaddatz (Dana Hills) | 2011 |
| 1:55.70 | Darren Wood (Corona del Mar) | 1985 | 4:09.6+ | Dale Story (Orange) | 4:11.0y 1959 |
| 1:55.70 | Ryan Jensen (Newport) | 1999 | 4:09.6+ | Matt Bell (Foothill) | 4:11.0y 1975 |
| 1:55.71 | Tad Kaput (El Toro) | 1996 | 4:09.79 | Juan Gonzalez (El Toro) | 2013 |
| 1:55.71 | Darron Grimes (Dana Hills) | 2005 | 4:09.8+ | Mark Spilsbury (Foothill) | 4:11.2y 1976 |
| 1:55.71 | *Max McBride (Brea) | 2011 | 4:09.8+ | Dave Cangelosi (Villa Park) | 4:11.2y 1979 |
| 1:55.72 | Demetrious Lloyd (Servite) | 2013 | 4:09.95 | Tyler Valdes (Dana Hills) | 2009 |
| 1:55.74 | * Peter Gustafsson (Mission Viejo) | 2003 | 4:10.51 | Brennon Koryta (Brea) | 2014 |
| 1:55.75 | *Frank Guadagnini (Servite) | 2010 | 4:10.67 | Zak Phillips (Dana Hills) | 2009 |
| 1:55.77 | * Dave Baker (Edison) | 1989 | 4:10.73 | Blake Ahrold (Dana Hills) | 2010 |

1500 meters

| | | | | | |
|---------|--------------------------------------|------|----------|--------------------------------|---------------|
| 3:46.94 | Austin Tamagno (Brea) | 2015 | 4:10.74 | Jim Robbins (Corona del Mar) | 1988 |
| 3:50.2 | Charlie Christensen (Edison) | 1977 | 4:10.84+ | Ruben Esparza (El Modena) | 4:12.31y 1982 |
| 3:50.24 | Brandon Pacheco (Brethren Christian) | 1995 | 4:10.92 | Dave Anderson (Corona del Mar) | 1984 |
| 3:50.4 | Ralph Serna (Loara) | 1975 | 4:10.97 | Luke Decker (JSerra) | 2011 |
| 3:51.1 | Dave Cangelosi (Villa Park) | 1979 | 4:10.99 | Brandon Babiracki (Dana Hills) | 2003 |
| 3:51.2' | Jeff Williams (Foothill) | 1982 | 4:11.12 | Billy Gaudreau (St Margaret's) | 2012 |
| 3:52.0 | Jon Butler (Edison) | 1981 | 4:11.2+ | Tom Keefer (Anaheim) | 4:12.6y 1969 |
| 3:52.5 | * Eric Hulst (Laguna Beach) | 1975 | 4:11.56 | Mike Nielsen (Mater Dei) | 1989 |
| 3:52.5 | * Jon Cook (Mission Viejo) | 1974 | 4:11.6+ | Pat Dutzi (El Dorado) | 4:13.0y 1973 |
| 3:52.5' | *Dennis Carr (Lowell) | 1962 | 4:11.54 | Haissam Sabra (Ocean View) | 1987 |
| 3:52.6 | Andy Clifford (Sunny Hills) | 1974 | 4:11.74+ | Nick Plumb (Trabuco Hills) | 4:13.20y 2012 |
| 3:54.27 | Eddie Lavelle (Corona del Mar) | 1989 | 4:11.82 | Sean Krinik (Valencia) | 2010 |
| 3:54.4' | Jim Geerlings (Newport) | 1988 | 4:11.88 | Cooper Kossick (Edison) | 2015 |
| 3:54.6' | Dale Story (Orange) | 1959 | 4:11.94 | Eddie Lavelle (Corona del Mar) | 1989 |
| 3:54.8 | Kyle Morton (Westminster) | 1983 | 4:12.0+ | Bruce Bess (La Habra) | 4:13.4y 1962 |
| 3:55.1' | Victor Valen (El Modena) | 1984 | 4:12.04 | Austin Goins (Canyon) | 2013 |
| 3:55.4 | John Gerhart (Costa Mesa) | 1978 | 4:12.08 | Jeff Thies (Edison) | 2013 |
| 3:55.4' | Dave Anderson (Corona del Mar) | 1984 | 4:12.21+ | Dragan Simic (Woodbridge) | 4:13.68y 2012 |
| 3:55.6 | Dave Daley (Foothill) | 1978 | 4:12.25 | Scott Smith (Dana Hills) | 2005 |
| 3:55.66 | James Cameron (Mission Viejo) | 2009 | 4:12.32 | *Andrew Burkhardt (JSerra) | 2015 |
| 3:56.1 | Jim Robbins (Corona del Mar) | 1988 | 4:12.38 | Ryan Valdes (Dana Hills) | 2009 |
| 3:56.11 | Haissam Sabra (Ocean View) | 1987 | 4:12.46 | Mike Chavez (Esperanza) | 2003 |
| 3:56.17 | Shawn Gallagher (Corona del Mar) | 1981 | 4:12.53 | John Sullivan (Trabuco Hills) | 2007 |
| 3:56.62 | Ricardo Campuzano (Dana Hills) | 2011 | 4:12.72 | Riley Sullivan (Trabuco Hills) | 2008 |
| 3:56.8 | Mike Serna (Loara) | 1980 | 4:12.73 | Humberto Rojas (Estancia) | 2003 |
| 3:56.89 | Jaime Martinez (Orange) | 1994 | 4:12.76 | Andrew Daedler (Brea) | 2011 |
| 3:56.98 | *Juan Gonzalez (El Toro) | 2012 | 4:12.8+ | Ed Radermacher (Mission Viejo) | 4:14.2y 1972 |
| 3:56.99 | Greg Whiteley (University) | 1985 | 4:12.8+ | John Gerhart (Costa Mesa) | 4:14.2y 1978 |
| 3:57.1' | Mike Nielsen (Mater Dei) | 1989 | 4:12.87 | Mike Bernstein (Garden Grove) | 1991 |
| 3:57.4' | Bruce Bess (La Habra) | 1962 | 4:12.97 | * Kevin Green (Villa Park) | 1982 |
| 3:57.4 | Ruben Esparza (El Modena) | 1983 | 4:13.24 | * Jaime Martinez (Orange) | 1993 |
| 3:54.4' | Neil Stevenson (Capo Valley) | 1989 | 4:13.3 | Greg Whiteley (University) | 1985 |
| 3:57.8' | *Jim Olson (Irvine) | 1985 | 4:13.33 | Talal Khan (Valencia) | 2008 |
| 3:57.8 | Kurt Depfyffer (Laguna Beach) | 1987 | 4:13.54 | * Chris Kemp (Mission Viejo) | 1998 |
| 3:57.8' | Garrett Jensen (Sunny Hills) | 1995 | 4:13.56 | Mark Gleason (Mission Viejo) | 1998 |

1600 meters

| | | | | | |
|----------|--------------------------------------|---------------|----------|----------------------------------|---------------|
| 4:00.83 | Jantzen Oshier (Trabuco Hills) | 2011 | 4:13.56 | * Scott Blair (Trabuco Hills) | 2007 |
| 4:03.77+ | Garrett Corcoran (Villa Park) | 4:05.19y 2014 | 4:13.65 | Karl Baranov (Marina) | 2011 |
| 4:04.0+ | Mark Schilling (Garden Grove) | 4:05.4y 1972 | 4:13.70 | * Joe Gatel (Edison) | 2004 |
| 4:04.59 | *Austin Tamagno (Brea) | 2015 | 4:13.78 | *Jim Olson (Irvine) | 1985 |
| 4:05.3+ | Andy Clifford (Sunny Hills) | 4:06.7y 1974 | 4:13.87 | Kurt Depfyffer (Laguna Beach) | 1987 |
| 4:05.54+ | Ryan Bousquet (Esperanza) | 4:06.97y 2000 | 4:13.89 | Abdow Haji (El Toro) | 2007 |
| 4:05.6 + | Ralph Serna (Loara) | 4:07.0y 1975 | 4:13.99 | Garrett Jensen (Sunny Hills) | 1995 |
| 4:06.75 | Jon Butler (Edison) | 1981 | 4:14.0+ | Sal Mendoza (Santa Ana) | 4:15.4y 1964 |
| 4:07.02+ | Jeff Williams (Foothill) | 4:08.46y 1982 | 4:14.09 | Josh Yelsey (Corona del Mar) | 2001 |
| 4:07.1+ | Carl Trentadue (Westminster) | 4:08.5y 1965 | 4:14.1+ | Dave Daley (Foothill) | 4:15.5y 1978 |
| 4:07.1+ | Charlie Christensen (Edison) | 4:08.5y 1977 | 4:14.11 | Gilbert Solorza (Buena Park) | 2013 |
| 4:07.3+ | * Dennis Carr (Lowell) | 4:08.7y 1962 | 4:14.15 | Kyle Morton (Westminster) | 1983 |
| 4:07.26+ | Mike Serna (Loara) | 4:08.70y 1980 | 4:14.2+ | Colin McConnell (Edison) | 4:15.6y 1976 |
| 4:07.7+ | * Eric Hulst (Laguna Beach) | 4:09.1 y 1974 | 4:14.21c | Dalton Hall (Mater Dei) | 2013 |
| 4:07.8+ | Mike Solomon (Westminster) | 4:09.2y 1967 | 4:14.22 | * William Feliciano (Cypress) | 1984 |
| 4:08.24 | *Jake Ogden (Dana Hills) | 2015 | 4:14.24 | Conor Stanton (Servite) | 2010 |
| 4:08.3+ | Robert Angel (Huntington Beach) | 4:09.7y 1975 | 4:14.28 | *Connor Dunne (San Clemente) | 2015 |
| 4:08.59 | Brandon Pacheco (Brethren Christian) | 1995 | 4:14.32 | Ricardo Campuzano (Dana Hills) | 2011 |
| 4:08.9+ | Terry Lamb (Bolsa Grande) | 4:10.4y 1969 | 4:14.35 | * Jesse Ramirez (Santa Ana) | 2004 |
| 4:08.97+ | Jim Geerlings (Newport) | 4:10.43y 1988 | 4:14.37+ | Raul Lara (Orange) | 4:15.85y 2004 |
| 4:09.02 | George Gleason (Huntington Beach) | 2015 | 4:14.4+ | Mark Hower (Mission Viejo) | 4:15.8y 1974 |
| 4:09.15+ | James Cameron (Mission Viejo) | 4:10.61y 2009 | 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 |

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|----------|-----------------------------------|---------------|
| 4:14.93 | Jason Engel (Santa Margarita) | 2013 |
| 4:14.96 | * Jon Shawel (Troy) | 2007 |
| 4:15.1+ | *Chance Lamberth (Canyon) | 4:16.3y 2015 |
| 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 |
| 4:15.42 | Chris McMillen (Newport) | 2001 |
| 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 |
| 4:15.60 | * Matt McElroy (Edison) | 2009 |
| 4:15.67 | Garrett Milner (San Clemente) | 2000 |
| 4:15.7+ | Bill Delaney (Orange) | 4:17.1y 1963 |
| 4:15.7+ | Armando Cendejas (Buena Park) | 4:17.1y 1974 |
| 4:15.77 | Neil Stevenson (CapoValley) | 1989 |
| 4:15.78 | Brandon Price (St Margarets) | 2013 |
| 4:15.79 | Daniel Mejia (Katella) | 2000 |
| 4:15.8+ | Bill Graves (Pacifica) | 4:17.2y 1974 |
| 4:15.90 | Bill Meyer (Villa Park) | 1986 |
| 4:16.01 | Steve Frisone (Laguna Hills) | 1989 |
| 4:16.01 | Craig Huff (Marina) | 2014 |
| 4:16.02 | David Napper (Cypress) | 2003 |
| 4:16.04 | *Dragan Simic (Woodbridge) | 2011 |
| 4:16.06 | Timothy Scott (Corona del Mar) | 2007 |
| 4:16.1+ | Mike Parker (Tustin) | 4:17.5y 1982 |
| 4:16.3+ | Scott Fessenden (Lowell) | 4:17.7y 1975 |
| 4:16.3+ | Brian Hunsaker (Corona del Mar) | 4:17.7y 1975 |
| 4:16.3 | D.J. Neuman (San Clemente) | 2009 |
| 4:16.34 | Juan Paredes (Santa Ana) | 2008 |
| 4:16.4+ | Mickey Wooley (El Modena) | 4:17.8y 1970 |
| 4:16.4+ | Bill Ryan (Sunny Hills) | 4:17.8y 1976 |
| 4:16.40 | Kevin Durham (El Toro) | 2012 |
| 4:16.49 | * Hunter Gulino (Fountain Valley) | 2013 |
| 4:16.50 | Wesley Walsh (Canyon) | 2015 |
| 4:16.5+ | Adamaitis (San Clemente) | 4:17.9y 1976 |
| 4:16.55+ | Scott Lacrosse (Costa Mesa) | 4:18.04y 1980 |
| 4:16.61+ | Matt Groff (El Dorado) | 4:18.10y 1980 |
| 4:16.65 | Luis Morales (Fountain Valley) | 2011 |
| 4:16.63 | Jay Bonthius (Fountain Valley) | 2012 |
| 4:16.75 | Jordan Senko (El Toro) | 2010 |
| 4:16.8 + | Ron Fister (Western) | 4:18.2y 1966 |
| 4:16.80 | Jared Hazlett (Trabuco Hills) | 2012 |
| 4:16.86 | Brian McCaffery (Marina) | 1990 |
| 4:16.73+ | Jim Hartford (Corona del Mar) | 4:18.22y 1980 |
| 4:17.0+ | Neil Sybert (Westminster) | 4:18.3y 1967 |
| 4:17.00+ | Scott Curran (Tesoro) | 4:18.3y 2014 |
| 4:17.0+ | John Holcomb (Newport) | 4:18.4y 1972 |
| 4:17.0+ | Mike Lansdon (Edison) | 4:18.4y 1978 |
| 4:17.0+ | Rick Cisneros (Valencia) | 4:18.4y 1978 |
| 4:17.0+ | Jon Lee (El Dorado) | 4:18.4y 1980 |
| 4:17.01 | Rex Nelson (Newport) | 2008 |
| 4:17.03 | Brad Clary (Katella) | 1982 |
| 4:17.1+ | Mike Walterhouse (Mission Viejo) | 4:18.5y 1977 |
| 4:17.1 | *Jayson Hayes (Edison) | 2005 |
| 4:17.2+ | Jose Saavedra (Loara) | 4:18.6y 1974 |
| 4:17.20 | Josh Linen (Valencia) | 2007 |
| 4:17.26 | Fredd Hesslevik (University) | 1982 |
| 4:17.38 | * Augie Escobar (Villa Park) | 1999 |
| 4:17.4+ | George Aguilar (SA Valley) | 4:18.8y 1974 |
| 4:17.4+ | * Bob Erickson (Fountain Valley) | 4:18.8y 1981 |
| 4:17.46 | Spencer Keith (Corona del Mar) | 2014 |
| 4:17.36 | Greg Lamb (Mission Viejo) | 1988 |
| 4:17.42 | Javier Barrera (Dana Hills) | 1988 |
| 4:17.5+ | Gary Blume (Marina) | 4:18.9y 1974 |
| 4:17.5+ | Matt Blaty (Marina) | 4:18.9y 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 |
| 4:17.72 | *Brandon Price (St. Margaret's) | 2012 |

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|---------|-----------------------------------|--------------|
| 4:17.75 | * Bruce Hancock (Costa Mesa) | 1998 |
| 4:17.77 | Adolfo Cruz (El Modena) | 2015 |
| 4:17.80 | Jesus Molina (Dana Hills) | 2010 |
| 4:17.90 | Daniel Kor (Pacifica) | 2003 |
| 4:17.92 | Cameron Ashbaugh (Mission Viejo) | 2014 |
| 4:17.94 | Anuare Magana (Costa Mesa) | 2015 |
| 4:17.99 | Angelo Cervantes (Savanna) | 2011 |
| 4:18.0+ | Bill Cram (Anaheim) | 4:19.4y 1961 |
| 4:18.0+ | Tom Lipski (Saddleback) | 4:19.4y 1969 |
| 4:18.01 | Chris Partner (Edison) | 1988 |
| 4:18.08 | Matt McKeehan (Foothill) | 2002 |
| 4:18.1+ | Tim Gollnick (Costa Mesa) | 4:19.5y 1973 |
| 4:18.1+ | Brad Meyer (University) | 4:19.5y 1980 |
| 4:18.1 | *Jon Cook (Mission Viejo) | 1975 |
| 4:18.1+ | Brian Appell (Fountain Valley) | 4:19.6y 1978 |
| 4:18.1+ | Jim Hartford (Corona del Mar) | 4:19.6y 1980 |
| 4:18.14 | Gavin Diem (Dana Hills) | 2014 |
| 4:18.19 | Billy Thibault (Newport) | 1990 |
| 4:18.2+ | Ken Ernst (El Dorado) | 4:19.7y 1979 |
| 4:18.21 | Jon Kelly (Dana Hills) | 1985 |
| 4:18.23 | Shane Daugherty (El Toro) | 2002 |
| 4:18.25 | Cesar Galvez (Santa Ana) | 2011 |
| 4:18.3+ | Steve Webb (Kennedy) | 4:19.8y 1978 |
| 4:18.36 | Ned Mosher (Fountain Valley) | 1982 |
| 4:18.4+ | Chris Mecher (La Habra) | 4:19.9y 1970 |
| 4:18.40 | Jackson Marshall (Woodbridge) | 2014 |
| 4:18.5+ | Tod White (Newport) | 4:20.0y 1955 |
| 4:18.5+ | Rocky Chisolm (El Dorado) | 4:20.0y 1968 |
| 4:18.5+ | Ruben Mejia (La Habra) | 4:20.0y 1969 |
| 4:18.5+ | Ted Bechtel (Rancho Alamitos) | 4:20.0y 1969 |
| 4:18.5+ | Mike Annis (Sunny Hills) | 4:20.0y 1974 |
| 4:18.5+ | Mark Hallenbeck (Tustin) | 4:20.0y 1975 |
| 4:18.5+ | John Kolar (Costa Mesa) | 4:20.0y 1975 |
| 4:18.53 | *Elliot Myers (Esperanza) | 2010 |
| 4:18.55 | Dan Kash (Westminster) | 1987 |
| 4:18.55 | Jacob Gustaffson (Mission Viejo) | 2002 |
| 4:18.55 | **Richie Soto (Marina) | 2011 |
| 4:18.56 | Jose Madera (Anaheim) | 2010 |
| 4:18.6+ | Bob Godfrey (Fullerton) | 4:20.1y 1973 |
| 4:18.6 | * David Moore (Orange) | 1985 |
| 4:18.63 | David Abraham (Fountain Valley) | 2014 |
| 4:18.67 | Nick Arciniaga (Fountain View) | 2001 |
| 4:18.7+ | Dan McGaha (Orange) | 4:20.3y 1981 |
| 4:18.7 | * David Longyear (Villa Park) | 1986 |
| 4:18.72 | John Janneck (Brea) | 2013 |
| 4:18.75 | Julian DeRubira (Santa Margarita) | 2006 |
| 4:18.77 | Mike Gavino (Fountain Valley) | 2002 |
| 4:18.8+ | Mike Hall (Tustin) | 4:20.3y 1967 |
| 4:18.8+ | Rick Carr (Lowell) | 4:20.3y 1967 |

2000 meters

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

3000 meters

| | | |
|---------|-----------------------------------|------|
| 8:17.5' | Jon Butler (Edison) | 1981 |
| 8:21.6 | Matt Blaty (Marina) | 1979 |
| 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 | 9:06.66 | Robby Price (Saddleback) | 1990 |
| 8:37.0' | Chris Lugo (Valencia) | 1987 | 9:06.70 | Shawn Frack (Esperanza) | 1993 |
| 8:37.1' | Ben Flamm (Huntington Beach) | 1993 | 9:06.74 | Javier Barerra (Dana Hills) | 1988 |
| 8:38.68 | Tony Trueba (Huntington Beach) | 1997 | 9:06.8+ | Dave Cangelosi (Villa Park) | 9:09.9y 1979 |
| 8:38.8' | *Terrence Mahon (La Habra) | 1987 | 9:06.85 | Josh Linen (Valencia) | 2007 |
| 8:39.4' | Mike Farrell (San Clemente) | 1990 | 9:06.9+ | * Larry Gerich (Foothill) | 9:10.0y 1972 |
| 8:40.0 | Curt Herberts (Newport) | 1999 | 9:06.81 | Mitch Eddy (Mater Dei) | 1983 |
| 8:40.2' | *Steve Niednagel (Dana Hills) | 1988 | 9:06.82 | *Kevin Durham (El Toro) | 2011 |
| 8:41.26 | Dan Gaston (Huntington Beach) | 1997 | 9:07.1+ | Tom Keefer (Anaheim) | 9:10.2y 1969 |
| 8:42.2 | Brad Meyer (University) | 1981 | 9:07.03 | Mike Love (Katella) | 1993 |
| 8:42.8 | Robert Planta (Mater Des) | 1982 | 9:07.51 | * Mark Gonzales (La Habra) | 1990 |
| 8:43.1 | Robby Price (Saddleback) | 1990 | 9:08.2+ | Andy Gerkin (Corona del Mar) | 9:12.4 1978 |
| 8:43.6 | * William Feliciano (Cypress) | 1984 | 9:08.3+ | Darrell Hatfield (Rancho Alamitos) | 9:11.4y 1973 |
| 8:44.4 | Mark Clary (Katella) | 1980 | 9:08.5 + | Mike Annis (Sunny Hills) | 9:11.6y 1974 |
| 8:45.7 | Mark Lindrud (Mission Viejo) | 1986 | 9:08.6+ | John Gerhart (Costa Mesa) | 9:11.7y 1978 |
| 8:45.9 | Allen McGaha (El Modena) | 1983 | 9:08.65 | Chris Lugo (Valencia) | 1987 |

3200 meters

| | | | | | |
|----------|------------------------------------|---------------|---------|-------------------------------------|--------------|
| 8:41.6+ | Eric Hulst (Laguna Beach) | 8:44.6y 1976 | 9:08.7+ | Jose Saavedra (Loara) | 9:11.8y 1974 |
| 8:42.9+ | Ralph Serna (Loara) | 8:45.9y 1975 | 9:08.87 | Collin Price (St Margaret's) | 2015 |
| 8:46.78 | Jon Butler (Edison) | 1981 | 9:09.4+ | Neil Sybert (Westminster) | 9:12.6y 1967 |
| 8:50.4+ | Marc Genet (Santa Ana) | 8:53.4y 1972 | 9:09.48 | David Napper (Cypress) | 2003 |
| 8:50.6+ | Mark Spilsbury (Foothill) | 8:53.6y 1976 | 9:09.52 | * Mike Chavez (Esperanza) | 2002 |
| 8:51.2+ | Jim Salcido (Sunny Hills) | 8:54.2y 1972 | 9:09.58 | Brad Meyer (University) | 1981 |
| 8:51.7+ | Bill St. John (Mater Dei) | 8:54.8y 1976 | 9:09.6+ | Ron Fister (Western) | 9:12.8y 1966 |
| 8:51.9+ | Colin McConnell (Edison) | 8:55.0y 1976 | 9:09.62 | James Cameron (Mission Viejo) | 2009 |
| 8:52.18 | Garrett Corcoran (Villa Park) | 2014 | 9:10.11 | Mike Tansley (Dana Hills) | 1989 |
| 8:53.7+ | Brian Hunsaker (Corona del Mar) | 8:56.8y 1975 | 9:10.19 | Mike Farrell (San Clemente) | 1990 |
| 8:54.01 | Juan Gonzalez (El Toro) | 2013 | 9:10.41 | * Terrence Mahon (La Habra) | 1987 |
| 8:54.13 | *Austin Tamagno (Brea) | 2015 | 9:10.47 | Jose Herrera (Loara) | 1999 |
| 8:55.73 | Steve Valen (El Modena) | 1981 | 9:10.72 | George Gleason (Huntington Beach) | 2015 |
| 8:56.09 | Riley Sullivan (Trabuco Hills) | 2008 | 9:10.78 | Blake Hofmeister (Laguna Beach) | 2010 |
| 8:56.23 | Augie Escobar (Villa Park) | 1999 | 9:10.89 | * Raul Lara (Orange) | 2003 |
| 8:56.25 | Wesley Walsh (Canyon) | 2015 | 9:10.99 | Ben Flamm (Huntington Beach) | 1993 |
| 8:56.44 | * Matt McElroy (Edison) | 2009 | 9:11.0+ | Beldon Burch (San Clemente) | 9:14.2y 1967 |
| 8:56.7+ | *Dave White (El Modena) | 8:59.8y 1969 | 9:11.3+ | Tom Westfall (Villa Park) | 9:14.5y 1977 |
| 8:57.5+ | Armando Cendejas (Buena Park) | 9:00.6y 1974 | 9:11.42 | Ryan Herson (Trabuco Hills) | 2011 |
| 8:57.5+ | Greg Whiteley (University) | 9:00.6y 1985 | 9:11.6+ | Robert Angel (Huntington Beach) | 9:14.8y 1973 |
| 8:57.7+ | Gary Blume (Marina) | 9:00.8y 1974 | 9:12.22 | *Karl Baranov (Marina) | 2010 |
| 8:58.18+ | John Sullivan (Trabuco Hills) | 9:01.32y 2007 | 9:12.3+ | Mike Davis (Garden Grove) | 9:15.5y 1968 |
| 8:58.96+ | Ken Ernst (El Dorado) | 9:02.14y 1979 | 9:12.3+ | Greg Dean (Fullerton) | 9:15.8y 1976 |
| 8:59.04 | Blake Ahrold (Dana Hills) | 2010 | 9:12.6+ | Mike Fisher (Villa Park) | 9:15.8y 1980 |
| 8:59.12 | **Jake Ogden (Dana Hills) | 2014 | 9:12.6+ | Randy Spotts (Orange) | 9:15.8y 1971 |
| 8:59.4+ | * Jeff Vandereems (Mission Viejo) | 9:02.5y 1979 | 9:12.0+ | Chris Money (El Modena) | 9:16.2y 1976 |
| 8:59.5 | Toby Villalva (El Toro) | 2009 | 9:12.4+ | George Aguilar (SA Valley) | 9:16.6y 1974 |
| 9:00.1+ | * Mike Durham (Troy) | 9:03.2y 1973 | 9:13.19 | *Jose Herrera (Loara) | 1998 |
| 9:00.1+ | Steve Webb (Kennedy) | 9:03.2y 1978 | 9:13.6+ | Bill Inglehart (Westminster) | 9:16.8y 1966 |
| 9:00.23 | Shawn Gallagher (Corona del Mar) | 1981 | 9:13.62 | Jared Hazlett (Trabuco Hills) | 2012 |
| 9:00.24 | Billy Gaudreau (St. Margaret's) | 2012 | 9:13.66 | Daniel Mejia (Katella) | 2000 |
| 9:00.7+ | Breggar Moore (Rancho Alamitos) | 9:03.8y 1975 | 9:13.76 | Jesse Morrill (Marina) | 2006 |
| 9:00.9+ | John Olswang (Costa Mesa) | 9:04.0y 1972 | 9:13.80 | Tim Aukshunas (El Modena) | 2003 |
| 9:01.15 | Mark Junkermann (Los Alamitos) | 1983 | 9:13.85 | * Joe Gatel (Edison) | 2004 |
| 9:01.5+ | Tom Olswang (Costa Mesa) | 9:04.6y 1972 | 9:13.88 | Curt Herberts (Newport) | 1999 |
| 9:01.7+ | Ruben Mejia (La Habra) | 9:04.8y 1969 | 9:13.99 | *Brandon Price (St. Margaret's) | 2012 |
| 9:01.96 | *Mason Coppi (Dana Hills) | 2015 | 9:14.07 | * Steve Niednagel (Dana Hills) | 1988 |
| 9:02.15 | * Brandon Bethke (El Toro) | 2004 | 9:14.2+ | Kent Norton (Orange) | 9:17.4y 1973 |
| 9:02.42 | Rex Nelson (Newport) | 2008 | 9:14.29 | Mark Gleason (Mission Viejo) | 1998 |
| 9:02.57 | Bob Erickson (Fountain Valley) | 1982 | 9:14.43 | Karl Baranov (Marina) | 2011 |
| 9:02.88 | Spencer Keith (Corona del Mar) | 2014 | 9:14.47 | Ricardo Campuzano (Dana Hills) | 2011 |
| 9:02.90 | * Eddie Lavelle (Corona del Mar) | 1988 | 9:14.49 | * Blake Hofmeister (Laguna Beach) | 2009 |
| 9:03.06 | * Jim Rodriguez (SA Valley) | 1988 | 9:14.83 | ***Jake Landgraf (Dana Hills) | 2015 |
| 9:03.57 | Shannon Winkleman (Marina) | 1988 | 9:14.84 | Anuare Magana (Costa Mesa) | 2015 |
| 9:04.1+ | Pat Dutzi (El Dorado) | 9:07.2y 1973 | 9:14.9+ | Rick Cisneros (Valencia) | 9:18.2y 1978 |
| 9:04.34 | Jeff Thies (Edison) | 2013 | 9:14.95 | Kyler Fisk (Tesoro) | 2012 |
| 9:04.94 | Kevin Durham (El Toro) | 2012 | 9:14.98 | Tyler Valdes (Dana Hills) | 2009 |
| 9:05.0+ | Matt Blaty (Marina) | 9:08.1y 1979 | 9:15.0+ | Mark Cunnart (Los Amigos) | 9:18.3y 1980 |
| 9:05.20 | Sydney Gidabuday (El Modena) | 2014 | 9:15.2+ | * Robert Tillman (Valencia) | 9:18.5y 1973 |
| 9:05.5+ | Doug MacLean (Costa Mesa) | 9:08.6y 1972 | 9:15.30 | Nathaniel Cushing-Murray (Foothill) | 2011 |
| 9:05.86 | Gus Quinonez (Huntington Beach) | 1983 | 9:15.33 | Jantzen Oshier (Trabuco Hills) | 2011 |
| 9:05.94 | *Andrew Burkhardt (JSerra) | 2015 | 9:15.54 | David Abraham (Fountain Valley) | 2014 |
| 9:06.08 | Jaime Martinez (Orange) | 1994 | 9:15.62 | Mike Nielsen (Mater Dei) | 1989 |
| 9:06.13 | * Scott Blair (Trabuco Hills) | 2007 | 9:15.66 | Brent Ritschel (Trabuco Hills) | 2011 |
| 9:06.4+ | Joe Young (Costa Mesa) | 9:09.5y 1977 | 9:15.71 | * Mark Gleason (Mission Viejo) | 1997 |
| 9:06.43 | Scott Smith (Dana Hills) | 2005 | 9:15.72 | Luke Dorman (Trabuco Hills) | 2013 |
| 9:06.49 | Fredd Hesslevik (University) | 1982 | 9:15.86 | Julian DeRubira (Santa Margarita) | 2006 |
| 9:06.5+ | * Mike Walterhouse (Mission Viejo) | 9:09.6y 1976 | 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 (Fountion Valley) | | 2012 |
| 9:17.05 | *Dylan Scarsone (Canyon) | | 2015 |
| 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 |
| 9:17.5+ | Terry Carroll (Fullerton) | 9:20.7y | 1973 |
| 9:17.8+ | Joey Gomez (Valencia) | 9:21.0y | 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 |
| 9:18.1+ | Gordon Duff (Huntington Beach) | 9:21.3y | 1978 |
| 9:18.35 | *Nicholas Plumb (Trabuco Hills) | | 2011 |
| 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 |
| 9:18.73 | 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 Kopczyński (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 |
| 9:21.99 | Jackson Marshall (Woodbridge) | | 2014 |
| 9:22.04 | *Jonathan Blanton (Troy) | | 2010 |
| 9:22.1+ | Jeff Huber (La Habra) | 9:25.3y | 1970 |
| 9:22.15 | Jerain Torres (Katella) | | 2004 |
| 9:22.10 | Spencer Green (Villa Park) | | 1986 |
| 9:22.2+ | Sam Walling (University) | 9:25.4y | 1979 |
| 9:22.22 | * Chris Kemp (Mission Viejo) | | 1998 |
| 9:22.28 | *Kyler Fisk (Tesoro) | | 2011 |
| 9:22.5+ | 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 |
| 9:36.6 | 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 |

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 |
| 14:59.00 | 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

| | | |
|---------|------------------------------------|------|
| 2:31:24 | ****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 |
| 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 |
| 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 |
| 13.99 | 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 |
| 14.28+ | 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 |
| 14.36 | Ahmad Wright (Kennedy) | 1999 |
| 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 |
| 14.53 | *Cameron Hurd (Trabuco Hills) | 2015 |
| 14.55 | Austin Tinsley (Santa Margarita) | 2014 |
| 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 |
| 14.64 | * Al Williams (Irvine) | 1997 |
| 14.64c | Mitch Allen (El Toro) | 14.4 2006 |
| 14.65 | Anton Hector (Esperanza) | 1995 |
| 14.66+ | Simon Faivailo (SA Valley) | 14.63y 1978 |
| 14.68+ | Louie Muniz (Santa Ana) | 14.4y 1963 |
| 14.68+ | Dan Hedlund (Villa Park) | 14.4y 1971 |
| 14.68+ | Bob McQueen (Anaheim) | 14.4y 1971 |
| 14.68+ | Matt Hogsett (Newport) | 14.4y 1972 |
| 14.68+ | Dave Cooper (Magnolia) | 14.4y 1972 |
| 14.68+ | Steve Adams (Estancia) | 14.4y 1974 |
| 14.68+ | B. Richardson (El Modena) | 14.4y 1974 |
| 14.68+ | Jim Hunt (El Dorado) | 14.4y 1976 |
| 14.68+ | Zim Walker (Savanna) | 14.4y 1977 |
| 14.68+ | Alan Duncan (Fountain Valley) | 14.4y 1981 |
| 14.68+ | Steve Davis (Edison) | 14.4y 1981 |
| 14.68 | Dan Foote (Foothill) | 1995 |
| 14.68 | Jim Bittner (Katella) | 1998 |
| 14.68 | *Ryan Whites (Estancia) | 2006 |
| 14.69 | Nick Falcione (La Habra) | 2004 |
| 14.70 | Dwayne Gregory (Mission Viejo) | 1984 |
| 14.70 | Espinosa (Capo Valley) | 1984 |
| 14.70 | Scott Crowson (Mission Viejo) | 1999 |
| 14.70 | ** Mike Liti (Foothill) | 2001 |
| 14.71 | * Brian Flowers (SA Valley) | 1984 |
| 14.72 | Ben Forbes (Marina) | 1998 |
| 14.72 | Doyin Sule (Fullerton) | 2011 |
| 14.73 | Doug Miller (Estancia) | 1986 |
| 14.73 | * Preston Spence (Edison) | 2008 |
| 14.73 | Grant Bayr (Dana Hills) | 2015 |
| 14.74c | Eric Nuanes (Loara) | 1997 |
| 14.74 | Myles Gregory (Fountain Valley) | 2003 |
| 14.75 | Brent Elliot (Canyon) | 2011 |
| 14.76 | Eric Dorn (Estancia) | 1986 |
| 14.76 | Aaron Hill (Esperanza) | 1999 |
| 14.77 | ** Mike Smith (Mission Viejo) | 1995 |
| 14.77 | Ramon Vargas (Huntington Beach) | 2012 |
| 14.78+ | Forrest Younger (Fullerton) | 14.5y 1952 |
| 14.78+ | Don Jones (Huntington Beach) | 14.5y 1956 |
| 14.78+ | Bob Ballew (Garden Grove) | 14.5y 1957 |
| 14.78+ | John Eastman (La Habra) | 14.5y 1958 |
| 14.78+ | Dave Jensen (Valencia) | 14.5y 1966 |
| 14.78+ | Carl Field (SA Valley) | 14.5y 1969 |
| 14.78+ | Harry Bracy (Los Alamitos) | 14.5y 1970 |
| 14.78+ | Garth Wise (Huntington Beach) | 14.5y 1971 |

| | | | | | | | |
|--------|-------------------------------------|--------|------|--------------------|-------------------------------------|-------|------|
| 14.78+ | Darrel Walker (Tustin) | 14.5y | 1972 | 14.96 | * Long Duong (Katella) | | 2000 |
| 14.78+ | Steve Pickford (Huntington Beach) | 14.5y | 1972 | 14.97 | ** Steve Forte (Woodbridge) | | 1993 |
| 14.78+ | Steve Ward (La Quinta) | 14.5y | 1972 | 14.97 | Oliver Pham (Canyon) | | 2012 |
| 14.78+ | Walter Mead (Santa Ana) | 14.5y | 1972 | 14.97 | Ryan Evans (Aliso Niguel) | | 2013 |
| 14.78+ | Henry Harrell (Santa Ana) | 14.5y | 1973 | 14.98+ | Keith Keckler (SA Valley) | 14.7y | 1969 |
| 14.78+ | Lars Soderlind (Anaheim) | 14.5y | 1973 | 14.98+ | David Porter (Orange) | 14.7v | 1970 |
| 14.78+ | Garry Templeton (SA Valley) | 14.5y | 1974 | 14.98+ | Blacker (San Clemente) | 14.7y | 1970 |
| 14.78+ | Bristol (La Quints) | 14.5y | 1975 | 14.98+ | Don Mickelson (Los Alamitos) | 14.7y | 1970 |
| 14.78+ | Dave Berger (Canyon) | 14.5y | 1977 | 14.98+ | Jeff Schrechengost (Loara) | 14.7y | 1971 |
| 14.78+ | Vic Beradino (Cypress) | 14.5y | 1977 | 14.98+ | Randy Lazenby (Garden Grove) | 14.1y | 1972 |
| 14.78+ | Chris Roberson (Kennedy) | 14.5y | 1977 | 14.98+ | Lori Perez (Santa Ana) | 14.7y | 1972 |
| 14.78+ | Aaron Williamson (Westminster) | 14.5y | 1980 | 14.98+ | Gary Stewart (Loara) | 14.7y | 1973 |
| 14.78+ | Brian Chapman (Troy) | 14.5y | 1986 | 14.98+ | Craig Feola (El Dorado) | 14.7y | 1974 |
| 14.78 | Brent Busch (Newport) | | 1991 | 14.98+ | Jay Craig (SA Valley) | 14.7y | 1974 |
| 14.78 | *Robert Garrett (Katella) | | 2010 | 14.98+ | Roy Hedlund (Villa Park) | 14.7y | 1977 |
| 14.79 | Andy Stuffer (Villa Park) | | 1982 | 14.98+ | Charles Lucky (Los Alamitos) | 14.7y | 1977 |
| 14.79 | Michael Miela (Trabuco Hills) | | 2009 | 14.98+ | Jim Schulte (Foothill) | 14.7y | 1978 |
| 14.80 | *Rich Nichols (Fountain Valley) | | 1982 | 14.98+ | Art Gourdine (El Toro) | 14.7y | 1978 |
| 14.80 | Shaheed Quassin (Laguna Hills) | | 1992 | 14.98+ | Steve McRoberts (Huntington Beach) | 14.7y | 1979 |
| 14.80 | Juan Lomeli (Saddleback) | | 1997 | 14.98+ | Mike McGee (Dana Hills) | 14.7y | 1986 |
| 14.80 | Corey Hammond (Mater Dei) | | 2012 | 14.98+ | Todd Andrews (Fountain Valley) | 14.7y | 1982 |
| 14.81 | John Hall (Servite) | | 1996 | 14.98 | * Justin Rovin (Laguna Beach) | | 2006 |
| 14.81 | Shaquille Richardson (Los Alamitos) | | 2010 | 14.99 | Tony Garcia (Foothill) | | 1994 |
| 14.82 | Todd Prukop (Servite) | | 1985 | 14.99 | Javier Nava (El Dorado) | | 2003 |
| 14.82 | Jimmy Martin (Santa Margarita) | | 2009 | | | | |
| 14.82 | * Dennis Austria (Kennedy) | | 2009 | Wind-aided: | | | |
| 14.82 | Greg Starkey (San Clemente) | | 2009 | 13.44 | Dominique DeGrammont (Tustin) | | 1997 |
| 14.84c | Chris Fenn (Laguna Hills) | 14.6 | 1981 | 13.54c | Terry Johnson (Katella) | 13.3 | 1986 |
| 14.84c | Adam Shapiro (Capo Valley) | 14.6 | 1984 | 13.94 | Charlie Davidson (Saddleback) | | 1992 |
| 14.84 | Greg Muniz (Woodbridge) | | 1992 | 13.95 | * Devalle Pedrogo (Mission Viejo) | | 2009 |
| 14.84c | Dampen Roberts (SA Valley) | 14.6 | 1998 | 14.08 | Sam Barkley (Mater Dei) | | 2011 |
| 14.84c | Jordan Czaykowski (El Modena) | 14.6 | 2000 | 14.19 | Pat Swanson (Esperanza) | | 1996 |
| 14.85+ | Larry Neehan (Orange Lutheran) | 14.82y | 1979 | 14.20 | Mark Hale (Katella) | | 1981 |
| 14.85 | Jon Peck (Irvine) | | 1992 | 14.23 | *Ramon Vargas (Huntington Beach) | | 2011 |
| 14.86+ | Jesse Johnson (SA Valley) | 14.83y | 1980 | 14.24 | Ahmad Wright (Kennedy) | | 1999 |
| 14.86 | Carlos Valles (Katella) | | 2005 | 14.25 | James Brown (Dana Hills) | | 1998 |
| 14.86 | Joshua Lindley (Aliso Niguel) | | 2009 | 14.26 | Tyler Rios (Los Alamitos) | | 2014 |
| 14.87+ | Alan Duncan (Fountain Valley) | 14.84y | 1978 | 14.28+ | Sonny Owens (Fullerton) | 14.0y | 1956 |
| 14.88+ | Steve Davis (Edison) | 14.85y | 1978 | 14.29 | * Denny Flangan (Edison) | | 2001 |
| 14.88+ | Sonny Owens (Fullerton) | 14.6y | 1955 | 14.36 | *Jalen Craver (Woodbridge) | | 2010 |
| 14.88+ | **Doug Hankins (Fullerton) | 14.6y | 1957 | 14.40 | Myles Gregory (Fountain Valley) | | 2003 |
| 14.88+ | Stan Kincade (Santa Ana) | 14.6y | 1963 | 14.40 | Muzae Sesay (Canyon) | | 2008 |
| 14.88+ | * Jeff Nelson (Bolsa Grande) | 14.6y | 1964 | 14.41 | *Cameron Hurd (TrabucoHills) | | 2015 |
| 14.88+ | Brent Romney (Loara) | 14.6y | 1965 | 14.45 | Shane Vickers Tustin) | | 1997 |
| 14.88+ | Bob Wilkins (SA Valley) | 14.6y | 1965 | 14.46 | Jimmy Martin (Santa Margarita) | | 2009 |
| 14.88+ | Craig Bothwell (Loara) | 14.6y | 1965 | 14.47 | Anton Hector (Esperanza) | | 1995 |
| 14.88+ | Jack Handy (Loara) | 14.6y | 1971 | 14.48+ | Doug Hankins (Fullerton) | 14.2 | 1959 |
| 14.88+ | Frank Mazon (Savanna) | 14.6y | 1971 | 14.48+ | Keith Denson (S A Valley) | 14.2y | 1970 |
| 14.88+ | Dick Chemieleski (Villa Park) | 14.6y | 1974 | 14.48+ | Bob McQueen (Anaheim) | 14.2y | 1971 |
| 14.88+ | Plent (La Habra) | 14.6y | 1974 | 14.50 | * Preston Spence (Edison) | | 2008 |
| 14.88+ | Jeff Butler (Los Alamitos) | 14.6y | 1975 | 14.53 | Eric Nuanes (Loara) | | 1997 |
| 14.88+ | Owehand (Rancho Al) | 14.6y | 1975 | 14.54c | George Lynch (Mater Dei) | 14.3 | 1988 |
| 14.88+ | Randy James (Lowell) | 14.6y | 1975 | 14.54c | Brian Law (Villa Park) | 14.3 | 2007 |
| 14.88+ | Scott Bruckner (Lowell) | 14.6y | 1976 | 14.55 | Dwayne Gregory (Mission Viejo) | | 1984 |
| 14.88+ | * Mark Hale (Katella) | 14.6y | 1980 | 14.55 | Brent Busch (Newport) | | 1991 |
| 14.88+ | Tom Rish (Ocean View) | 14.6y | 1980 | 14.57 | Dylan Atencio (Yorba Linda) | | 2015 |
| 14.88 | Pat Swanson (Esperanza) | | 1995 | 14.58+ | Garth Wise (Huntington Beach) | 14.3y | 1971 |
| 14.88 | Matt Blasdel (Santa Margarita) | | 1996 | 14.58+ | Todd Prukop (Servite) | 14.3y | 1985 |
| 14.89 | Adolph Renaud (La Habra) | | 1986 | 14.58+ | Lars Soderlind (Anaheim) | 14.4 | 1973 |
| 14.90 | David Frazier (Mission Viejo) | | 2002 | 14.60 | Andy Bardine (El Toro) | | 2012 |
| 14.90 | Nick McGuinness (Corona del Mar) | | 2013 | 14.61 | Carlos Valles (Katella) | | 2005 |
| 14.91 | Louie Muniz (Woodbridge) | | 1989 | 14.62 | * Mike Liti (Foothill) | | 2002 |
| 14.91 | Muzae Sesay (Canyon) | | 2008 | 14.62 | Oliver Pham (Canyon) | | 2012 |
| 14.91 | Andy Bardine (El Toro) | | 2012 | 14.64 | * Andy Stuffer (Villa Park) | 14.4 | 1981 |
| 14.92 | Sean Zeitler (Santa Margarita) | | 2001 | 14.64c | Tony Garcia (Foothill) | 14.4 | 1994 |
| 14.92 | * Joe Emerson (Huntington Beach) | | 2002 | 14.65 | Nathan Arellano (Canyon) | | 2014 |
| 14.93 | Jim Flanagan (Edison) | | 2006 | 14.68 | Brian Danskin (Pacifica) | | 1992 |
| 14.93 | AJ Beynon (Edison) | | 2015 | 14.70 | Shaquille Richardson (Los Alamitos) | | 2010 |
| 14.94c | Jesse Johnson (SA Valley) | 14.7 | 1981 | 14.73 | *Robert Garrett (Katella) | | 2010 |
| 14.94c | Al Abdallah (SA Valley) | 14.7 | 1981 | 14.74+ | Steve Ward (La Quinta) | 14.5y | 1972 |
| 14.94c | Tom Fishbeck (Foothill) | 14.7 | 1981 | 14.74+ | Dave Powell (Edison) | 14.5y | 1972 |
| 14.94c | Tyrone Tucker (Villa Park) | 14.7 | 1983 | 14.74 | * Kelvin Bias (Servite) | 14.5 | 1987 |
| 14.94c | Javon Guiens (Cypress) | 14.7 | 2004 | 14.74 | * Eddie Dwelley (Edison) | | 2000 |
| 14.94 | Reggie Dunn (Los Alamitos) | | 1988 | 14.74 | Sam Spencer (San Clemente) | | 2008 |
| 14.94 | Sean Coye (Irvine) | | 1993 | 14.75 | * Joe Emerson (Huntington Beach) | | 2002 |
| 14.94 | Scott Dicus (El Modena) | | 1997 | 14.77 | * Dusin Huynh (Fountain Valley) | | 2013 |
| 14.96 | * Michael Colby (Tustin) | | 2000 | | | | |

| | | | |
|--------|------------------------------|------|------|
| 14.80 | AJ Beynon (Edison) | | 2014 |
| 14.83 | *Grant Bayr (Dana Hills) | | 2014 |
| 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 |
| 14.92 | Cheatham (Rancho Alamitos) | | 1987 |
| 14.95 | Malcolm Sun (Troy) | | 2014 |
| 14.96 | **Daniel Sun (Woodbridge) | | 2014 |
| 14.97 | Manual Gomez (Los Alamitos) | | 2015 |

120 yard High Hurdles (42")

| | | | |
|------|---------------------------------|--|------|
| 14.8 | Ross Nichols (Huntington Beach) | | 1923 |
|------|---------------------------------|--|------|

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 |
| 38.12+ | 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 |
| 36.74 | Keith Pontiflet (Esperanza) | | 1985 |
| 36.91 | Dominique DeGrammont (Tustin) | | 1997 |
| 37.00 | Connor Meech (San Juan Hills) | | 2015 |
| 37.13 | Matt Blasdel (Santa Margarita) | | 1996 |
| 37.14 | Al Williams (Irvine) | | 1998 |
| 37.25 | Austin Tinsley (Santa Margarita) | | 2014 |
| 37.26 | Terry Johnson (Katella) | | 1986 |
| 37.27 | Bryan Payne (Trabuco Hills) | | 2004 |
| 37.27 | Diego Courbis (Mission Viejo) | | 2014 |
| 37.35 | Corey Hammond (Mater Dei) | | 2012 |
| 37.37 | Anthony Hale (Garden Grove) | | 1988 |
| 37.37 | Brandon Phillips (Irvine) | | 2010 |
| 37.38 | Kevin Ahlstrom (Los Alamitos) | | 2004 |
| 37.41 | Shaquille Richardson (Los Alamitos) | | 2010 |
| 37.47 | Brian Law (Villa Park) | | 2007 |
| 37.50 | Dylan Alencio (Yorba Linda) | | 2015 |
| 37.51 | Sam Barkley (Mater Dei) | | 2011 |
| 37.54 | Danny Thompson (Huntington Beach) | | 1984 |
| 37.56 | Jeff Roach (Laguna Hills) | | 1984 |
| 37.56 | *Cameron Hurd (Trabuco Hills) | | 2015 |
| 37.75 | Cullan Riser (Orange Lutheran) | | 2013 |
| 37.79 | Jalen Craver (Woodbridge) | | 2011 |
| 37.60 | Mikey Fischetti (Dana Hills) | | 2009 |
| 37.62 | Mel Lete (Saddleback) | | 1994 |
| 37.62 | Ahmad Wright (Kennedy) | | 1999 |
| 37.66 | Charles Michinock (Mater Dei) | | 2011 |
| 37.69 | Greg Muniz (Woodbridge) | | 1992 |
| 37.69 | Tyler Rios (Los Alamitos) | | 2014 |
| 37.71 | Vince Fusco (Dana Hills) | | 2010 |
| 37.74 | Kirk Ayers (Western) | | 1987 |
| 37.77 | Sheldon Evans (Pacifica) | | 2004 |
| 37.79 | Matt Willis (Servite) | | 2002 |
| 37.80 | ** Anton Hector (Esperanza) | | 1993 |
| 37.81 | John Hall (Servite) | | 1996 |
| 37.88 | Vince Fusco (Dana Hills) | | 2010 |
| 37.89 | Jimmy Martin (Santa Margarita) | | 2009 |
| 38.05 | Shane Vickers (Tustin) | | 1997 |
| 38.05 | Cole Paton (Mission Viejo) | | 2015 |
| 38.23 | John Hollis (SA Valley) | | 1986 |
| 38.23 | *Jalen Craver (Woodbridge) | | 2010 |
| 38.24 | ** Nolan Grimm (El Toro) | | 2008 |
| 38.25 | Denny Flanagan (Edison) | | 2002 |
| 38.26 | Ramon Vargas (Huntington Beach) | | 2011 |
| 38.28 | Troy Hardy (Corona del Mar) | | 2013 |
| 38.30 | Sean Zeitler (Santa Margarita) | | 2001 |
| 38.31 | Charlie Davidson (Woodbridge) | | 1992 |
| 38.33 | Hassan Ilyas (Fountain Valley) | | 2011 |
| 38.34 | *AJ Beynon (Edison) | | 2014 |
| 38.35 | Kevin Jones (Fountain Valley) | | 2008 |
| 38.37 | Andrew Kokinakes (Aliso Niguel) | | 2009 |
| 38.43 | Elmer Guzman (Mission Viejo) | | 2005 |
| 38.45 | Pat Swanson (Esperanza) | | 1996 |
| 38.46 | David Fair (El Toro) | | 1990 |
| 38.52 | Phil Oh (Irvine) | | 1996 |
| 38.57 | Geno Howard (Los Amigos) | | 1986 |
| 38.60 | Kyle Clark (Whittier Christian) | | 2008 |
| 38.61 | Jon Peck (Irvine) | | 1992 |
| 38.63 | *Daniel Sun (Woodbridge) | | 2015 |
| 38.64 | * Eric Johnson (Sonora) | | 1987 |
| 38.66 | Shad Vickers (Tustin) | | 1991 |
| 38.67 | Trevor Wightman (Trabuco Hills) | | 2008 |
| 38.69 | Chris Lamm (Irvine) | | 2001 |
| 38.71 | Mike Smith (El Toro) | | 1997 |
| 38.73 | Mitch Allen (El Toro) | | 2006 |
| 38.75 | Myles Gregory (Fountain Valley) | | 2003 |
| 38.76 | Louie Muniz (Woodbridge) | | 1989 |

| | | | |
|--------|--|-------|------|
| 38.77 | George Lynch (Mater Dei) | | 1988 |
| 38.77 | ** Jeremy Buck (Dana Hills) | | 1990 |
| 38.77 | Kenny Vinh (Katella) | | 2000 |
| 38.78 | Jim Bittner (Katella) | | 1998 |
| 38.83 | Myron Felix (Estancia) | | 1984 |
| 38.87 | Justin Rovin (Laguna Beach) | | 2006 |
| 38.88 | Davis Taff (Edison) | | 2004 |
| 38.91 | **Cameron Hurd (Trabuco Hills) | | 2014 |
| 38.92+ | Mike Patton (Saddleback) | 38.9y | 1985 |
| 38.92 | Manuel Gomez (Los Alamitos) | | 2015 |
| 38.94c | Steve Lawrence (Capo Valley) | 38.7 | 1987 |
| 38.96 | Justin Davis (San Clemente) | | 2002 |
| 38.97 | Travis Harr (El Toro) | | 1994 |
| 38.99 | ** Steve Forte (Woodbridge) | | 1993 |
| 39.01 | Kevin Carr (Esperanza) | | 1997 |
| 39.02 | Chris Milosch (Dana Hills) | | 2005 |
| 39.03 | Mike McGee (Dana Hills) | | 1986 |
| 39.04 | Hyrum Taylor (Northwood) | | 2004 |
| 39.04 | Aaron Birk (Edison) | | 2009 |
| 39.07 | Brent Busch (Newport) | | 1991 |
| 39.08 | Ben Forties (Marina) | | 1998 |
| 39.09 | Justin Smith (Aliso Niguel) | | 2007 |
| 39.11 | Daniel Moyer (Newport) | | 2001 |
| 39.12 | Ryan Crane (Dana Hills) | | 1992 |
| 39.13 | Chris Frazier (Mission Viejo) | | 2003 |
| 39.13 | Randy Rense (St Margaret's) | | 2005 |
| 39.14c | * Wes Williams (Esperanza) | 38.9 | 2004 |
| 39.15 | Chad Hick-Beach (Marina) | | 1996 |
| 39.15 | Nick Ahrold (Dana Hills) | | 2011 |
| 39.16 | Scott Crowson (Mission Viejo) | | 1999 |
| 39.19 | * Phil Oh (Irvine) | | 1995 |
| 39.20 | Sean Coye (Irvine) | | 1993 |
| 39.22 | Christian Bohuslavizki (Santa Margarita) | | 2014 |
| 39.22 | *Jalen Gill (Woodbridge) | | 2015 |
| 39.23 | Michael Miela (Trabuco Hills) | | 2009 |
| 39.23 | Cameron Baldwin (Los Alamitos) | | 2012 |
| 39.23 | Jacob Anderson (Tustin) | | 2013 |
| 39.24 | Adrian Brown (Huntington Beach) | | 1991 |
| 39.26 | Doug Kalagian (Capo Valley) | | 2009 |
| 39.26 | **Ian Ward (Servite) | | 2015 |
| 39.27 | Scott Dicus (El Modena) | | 1997 |
| 39.27 | Greg Starkey (San Clemente) | | 2009 |
| 39.28 | John Gallup (Huntington Beach) | | 1986 |
| 39.28 | Tom Rodriguez (Mission Viejo) | | 2002 |
| 39.22+ | Mark Holman (Orange) | 39.2y | 1986 |
| 39.24c | Dwayne Gregory (Mission Viejo) | 39.0 | 1984 |
| 39.25 | Chad McHenry (Foothill) | | 1989 |
| 39.25 | Dante Maxey (Tustin) | | 1998 |
| 39.30 | Tim Williams (Woodbridge) | | 1988 |
| 39.30 | *Jack Grose (Trabuco Hills) | | 2010 |
| 39.31 | Brian Chapman (Troy) | | 1985 |
| 39.31 | Eddie Dwelley (Edison) | | 2000 |
| 39.31 | * Mike Mudge (Aliso Niguel) | | 2000 |
| 39.32+ | Rodney Wright (Canyon) | 39.3y | 1986 |
| 39.32+ | Brandon Beadle (Villa Park) | 39.3y | 1986 |
| 3932 | Ike Hicks (Cypress) | | 1996 |
| 39.33 | Vince Flores (Savanna) | | 1991 |
| 39.33 | Jarrett Deschenes (Esperanza) | | 2001 |
| 39.34c | Robbie Pietsch (El Modena) | 39.1 | 1989 |
| 39.34c | Don Oliver (Foothill) | 39.1 | 1994 |
| 39.35 | Steve Ernest (Canyon) | | 1989 |
| 39.35 | Dan Foote (Foothill) | | 1995 |
| 39.35 | Robert Morell (Esperanza) | | 2000 |
| 39.35 | * Dan Moyer (Newport) | | 2000 |
| 39.35 | Ramon Vargas (Huntington Beach) | | 2012 |
| 39.36 | Chayne Chaldu (Laguna Beach) | | 1997 |
| 39.36 | Nick McGuinness (Corona del Mar) | | 2012 |
| 39.37 | Jason Arellano (Edison) | | 1998 |
| 39.38 | Chuck Loo (Newport) | | 1998 |
| 39.39 | Tony Wilson (Anaheim) | | 1984 |
| 39.42+ | Nick Matrisciano (Villa Park) | 39.4y | 1985 |
| 39.42 | * Kevin Carr (Esperanza) | | 1996 |
| 39.42 | Sean Schuster (Mission Viejo) | | 2008 |
| 39.43 | Gabaldon (Rancho Alamitos) | | 2001 |
| 39.44c | Wynn Fredenburg (Esperanza) | 39.2 | 1984 |
| 39.44c | Craig Becker (Irvine) | 39.2 | 1985 |
| 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 |
| 41.29+ | Santa Ana | 41.4y | 1970 |
| 41.48 | Tustin | | 1997 |
| 41.56 | Woodbridge | | 2015 |
| 41.57 | Mission Viejo | | 2006 |
| 41.69+ | Santa Ana | 41.8y | 1968 |
| 41.70 | Orange Lutheran | | 2009 |
| 41.71 | Cypress | | 2005 |
| 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 |
| 41.89 | Woodbridge | | 2014 |
| 41.90 | Los Alamitos | | 2012 |
| 41.91 | Cypress | | 2003 |
| 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 |
| 42.14c | Mission Viejo | 42.0 | 2008 |
| 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 |
| 42.23 | Mission Viejo | | 2014 |
| 42.24 | Cypress | | 2004 |
| 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 |
| 42.31 | 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 |
| 42.35 | Mater Dei | | 2012 |
| 42.38 | SA Valley | | 1985 |
| 42.39 | Fountain Valley | | 1998 |
| 42.3h | Santa Margarita | | 2015 |

| | | | | | | | |
|--------|------------------|--------|------|--------|------------------|--------|------|
| 42.43 | Marina | | 1984 | 42.87 | Trabuco Hills | | 2001 |
| 42.43 | Mater Dei | | 2015 | 42.87 | Trabuco Hills | | 2004 |
| 42.37 | Mission Viejo | | 2004 | 42.87 | Beckman | | 2014 |
| 42.37 | Corona del Mar | | 2014 | 42.86 | Tesoro | | 2011 |
| 42.39+ | Loara | 42.5y | 1971 | 42.88 | Mater Dei | | 2011 |
| 42.39+ | Santa Ana | 42.5y | 1973 | 42.89+ | SA Valley | 43.0y | 1966 |
| 42.40 | Edison | | 1999 | 42.89+ | Loara | 43.0y | 1969 |
| 42.41 | Savanna | | 2006 | 42.89+ | Brea | 43.0y | 1970 |
| 42.42 | Mission Viejo | | 2010 | 42.89+ | SA Valley | 43.0y | 1972 |
| 42.46 | SA Valley | | 1992 | 42.89+ | Corona del Mar | 43.0y | 1972 |
| 42.46 | Tustin | | 2000 | 42.89+ | Los Alamitos | 43.0y | 1975 |
| 42.46 | Santa Margarita | | 2000 | 42.89+ | Villa Park | 43.0y | 1977 |
| 42.47 | Los Alamitos | | 2004 | 42.89+ | Ocean View | 43.0y | 1981 |
| 42.48+ | S A Valley | 42.72y | 1980 | 42.89+ | Katella | 43.0y | 1981 |
| 42.48 | Capo Valley | | 1988 | 42.89 | Esperanza | | 1990 |
| 42.48 | Valencia | | 1992 | 42.89 | Irvine | | 2001 |
| 42.48 | Irvine | | 2011 | 42.90 | Mater Dei | | 1991 |
| 42.49+ | Mater Dei | 42.6y | 1967 | 42.90 | Fountain Valley | | 1997 |
| 42.49+ | Garden Grove | 42.6y | 1972 | 42.91 | Troy | | 2000 |
| 42.49+ | SA Valley | 42.6y | 1973 | 42.91 | Edison | | 2002 |
| 42.49+ | SA Valley | 42.6y | 1974 | 42.92 | Foothill | | 1992 |
| 42.49+ | SA Valley | 42.6y | 1976 | 42.92 | El Modena | | 2008 |
| 42.49 | Mission Viejo | | 2012 | 42.92 | Trabuco Hills | | 2009 |
| 42.50 | Esperanza | | 2010 | 42.93 | Dana Hills | | 2013 |
| 42.51 | Esperanza | | 1993 | 42.94 | Villa Park | | 1983 |
| 42.51 | Canyon | | 2009 | 42.94c | Saddleback | 42.8 | 1985 |
| 42.51 | Servite | | 2010 | 42.94 | Irvine | | 2000 |
| 42.53 | Aliso Niguel | | 2015 | 42.95 | Brea | | 1998 |
| 42.54c | Capo Valley | 42.4 | 1989 | 42.95 | El Toro | | 2012 |
| 42.54 | Woodbridge | | 1994 | 42.96 | Saddleback | | 1984 |
| 42.54 | Santa Margarita | | 2014 | 42.96 | Santa Margarita | | 1997 |
| 42.55 | Trabuco Hills | | 2010 | 42.96 | Los Alamitos | | 2001 |
| 42.56 | Santa Margarita | | 2002 | 42.96 | Cypress | | 2002 |
| 42.56 | Mission Viejo | | 2005 | 42.96 | San Clemente | | 2009 |
| 42.58 | Los Alamitos | | 2014 | 42.96 | Servite | | 2013 |
| 42.60 | Tesoro | | 2014 | 42.97 | Sonora | | 2011 |
| 42.61 | Mission Viejo | | 1992 | 42.97 | Aliso Niguel | | 2012 |
| 42.61 | Edison | | 2000 | 42.99+ | Lowell | 43.1y | 1968 |
| 42.62 | Saddleback | | 1991 | 42.99+ | Marina | 43.1y | 1971 |
| 42.63 | SA Valley | | 1983 | 42.99+ | Kennedy | 43.1y | 1972 |
| 42.63 | Woodbridge | | 1992 | 42.99+ | Santa Ana | 43.1y | 1973 |
| 42.63 | Mater Dei | | 1998 | 42.99 | Santa Margarita | | 1995 |
| 42.63 | Dana Hills | | 2006 | 42.99 | Huntington Beach | | 2011 |
| 42.64c | Edison | 42.5 | 1980 | 43.00 | El Toro | | 1997 |
| 42.65 | Los Alamitos | | 2010 | 43.00 | Savanna | | 2004 |
| 42.65 | Santa Margarita | | 2012 | 43.00 | Western | | 2011 |
| 42.65 | Woodbridge | | 2013 | 43.00 | Laguna Hills | | 2012 |
| 42.67 | Fountain Valley | | 2008 | 43.00 | Los Alamitos | | 2013 |
| 42.69 | Mission Viejo | | 1986 | 43.00 | Servite | | 2014 |
| 42.69+ | Garden Grove | 42.8y | 1970 | 43.00 | Mission Viejo | | 2015 |
| 42.69+ | Fountain Valley | 42.8y | 1970 | 43.01 | Corona del Mar | | 1994 |
| 42.69+ | Sunny Hills | 42.8y | 1974 | 43.01 | Irvine | | 1995 |
| 42.69+ | Newport | 42.8y | 1978 | 43.01 | Dana Hills | | 1995 |
| 42.70 | Savanna | | 2003 | 43.01 | Mission Viejo | | 2002 |
| 42.70 | San Clemente | | 2008 | 43.01 | Orange Lutheran | | 2012 |
| 42.71 | Mission Viejo | | 2003 | 43.01 | Santa Margarita | | 2013 |
| 42.72 | Santa Margarita | | 1999 | 43.02 | Dana Hills | | 2009 |
| 42.74 | Katella | | 1986 | 43.03+ | Irvine | 43.28y | 1980 |
| 42.74 | Dana Hills | | 1994 | 43.03 | Anaheim | | 1996 |
| 42.75 | Mater Dei | | 1997 | 43.03 | Fountain Valley | | 2009 |
| 42.76 | Laguna Hills | | 2003 | 43.04 | SA Valley | | 1988 |
| 42.76 | Edison | | 2012 | 43.04c | Saddleback | 42.9 | 1990 |
| 42.77 | Canyon | | 2008 | 43.04c | Irvine | 4.29 | 1996 |
| 42.77 | Orange Lutheran | | 2011 | 43.05 | Orange Lutheran | | 2013 |
| 42.78 | San Clemente | | 2010 | 43.07 | El Toro | | 1987 |
| 42.79+ | Saddleback | 42.9y | 1975 | 43.07 | Dana Hills | | 2005 |
| 42.82 | Laguna Hills | | 2008 | 43.07 | Mater Dei | | 2010 |
| 42.83 | Mission Viejo | | 1997 | 43.09+ | El Modena | 43.2y | 1970 |
| 42.84c | Corona del Mar | 42.7 | 1983 | 43.09+ | Santiago | 43.2y | 1970 |
| 42.84c | Saddleback | 42.7 | 1983 | 43.09+ | Fountain Valley | 43.2y | 1971 |
| 42.84 | Woodbridge | | 1993 | 43.09+ | Katella | 43.2y | 1971 |
| 42.84 | Servite | | 1999 | 43.09+ | Edison | 43.2y | 1975 |
| 42.85 | Brea | | 1995 | 43.09+ | Loara | 43.2y | 1975 |
| 42.85 | Mater Dei | | 1996 | 43.09+ | La Habra | 43.2y | 1975 |
| 42.85 | Corona del Mar | | 2013 | 43.09+ | Savanna | 43.2y | 1975 |
| 42.86 | Huntington Beach | | 2012 | 43.09+ | Loara | 43.2y | 1981 |
| 42.87 | Katella | | 1985 | 43.09+ | El Modena | 43.2y | 1982 |

| | | | | | | | |
|--------|------------------|-------|------|----------|------------------|----------|------|
| 43.09 | Esperanza | | 1985 | 43.34c | Tustin | 43.2 | 1990 |
| 43.09 | Irvine | | 1986 | 43.34c | Katella | 43.2 | 1997 |
| 43.09 | Trabuco Hills | | 1987 | 43.34c | Canyon | 43.2 | 2001 |
| 43.09+ | Buena Park | 43.2y | 1990 | 43.34c | Los Alamitos | 43.2 | 2008 |
| 43.10 | Esperanza | | 2004 | 43.35 | Corona del Mar | | 2010 |
| 43.10 | Tustin | | 2012 | 43.35 | San Juan Hills | | 2012 |
| 43.11 | SA Valley | | 1982 | 43.35 | El Modena | | 2013 |
| 43.11 | Foothill | | 1991 | 43.37 | Cypress | | 1992 |
| 43.11 | El Modena | | 2007 | 43.38 | Dana Hills | | 1984 |
| 43.11 | Fountain Valley | | 2010 | 43.38 | Valencia | | 1986 |
| 43.12 | Buena Park | | 1993 | 43.38 | Los Alamitos | | 1994 |
| 43.12 | Kennedy | | 1999 | 43.38 | Esperanza | | 1996 |
| 43.12 | J Serra | | 2015 | 43.38 | Tustin | | 2008 |
| 43.13 | Edison | | 1997 | 43.39 | Fountain Valley | | 1988 |
| 43.13 | Los Alamitos | | 2006 | 43.39 | San Clemente | | 1990 |
| 43.14c | Anaheim | 43.0 | 1985 | 43.39 | Savanna | | 2008 |
| 43.14c | El Modena | 43.0 | 1992 | 43.40 | Foothill | | 1990 |
| 43.14c | El Toro | 43.0 | 2002 | 43.40 | El Toro | | 1998 |
| 43.14c | Aliso Niguel | 43.0 | 2008 | 43.40 | Dana Hills | | 1999 |
| 43.14 | Huntington Beach | | 2010 | 43.40 | Tustin | | 2009 |
| 43.14 | Laguna Hills | | 2011 | 43.41 | San Clemente | | 1989 |
| 43.15 | Sunny Hills | | 1995 | 43.41 | Mission Viejo | | 1994 |
| 43.16 | Woodbridge | | 1998 | 43.41 | Huntington Beach | | 2008 |
| 43.16 | Mission Viejo | | 2001 | 43.41 | Woodbridge | | 2010 |
| 43.16 | Irvine | | 2010 | 43.42 | Esperanza | | 2011 |
| 43.17 | Katella | | 1984 | 43.42 | Servite | | 2012 |
| 43.17 | Woodbridge | | 1999 | 43.43 | Pacifica | | 2010 |
| 43.17 | Trabuco Hills | | 2013 | 43.44c | Irvine | 43.3 | 1981 |
| 43.17 | El Modena | | 2014 | 43.44c | Estancia | 43.3 | 1986 |
| 43.18 | San Clemente | | 2006 | 43.44 | Marina | | 1990 |
| 43.18 | Tesoro | | 2012 | 43.44c | Rancho Alamitos | 43.3 | 1991 |
| 43.18 | Fountain Valley | | 2015 | 43.44 | Mater Dei | | 2001 |
| 43.19+ | Newport | 43.3y | 1975 | 43.44c | Esperanza | 43.3 | 2008 |
| 43.19+ | SA Valley | 43.3y | 1987 | 43.44 | Fullerton | | 2010 |
| 43.19 | Servite | | 1996 | 43.45 | Anaheim | | 1986 |
| 43.19 | El Toro | | 1999 | | | | |
| 43.19 | San Juan Hills | | 2013 | | | | |
| 43.20 | Rancho Alamitos | | 1990 | | | | |
| 43.20 | Trabuco Hills | | 1999 | 1:26.8 | Bolsa Grande | | 1966 |
| 43.20 | Santa Margarita | | 2005 | 1:27.2 | Santa Ana | | 1972 |
| 43.20 | Dana Hills | | 2015 | 1:27.9 | Mater Dei | | 1967 |
| 43.21 | Marina | | 1986 | 1:28.4 | SA Valley | | 1967 |
| 43.21 | Kennedy | | 2001 | 1:28.5 | Santa Ana | | 1956 |
| 43.21 | Los Alamitos | | 2005 | 1:28.5 | La Habra | | 1965 |
| 43.21 | Esperanza | | 2009 | 1:28.5 | SA Valley | | 1977 |
| 43.21 | Aliso Niguel | | 2009 | 1:28.7 | Valencia | | 1966 |
| 43.22 | Santa Margarita | | 2008 | 1:29.0 | SA Valley | | 1964 |
| 43.22 | Sonora | | 2012 | 1:29.0 | Bolsa Grande | | 1965 |
| 43.24c | Corona del Mar | 43.1 | 1980 | 1:29.00c | Orange Lutheran | 1:28.48m | 2009 |
| 43.24c | Capo Valley | | 2008 | 1:29.1 | Santa Ana | | 1954 |
| 43.24c | Calvary Chapel | 43.1 | 1996 | 1:29.10c | Orange Lutheran | 1:28.58m | 2008 |
| 43.24c | San Clemente | | 2007 | 1:29.18 | Servite | | 2011 |
| 43.24 | Anaheim | | 1984 | 1:29.28 | Orange Lutheran | | 2013 |
| 43.24 | Saddleback | | 1994 | 1:29.5 | Santa Ana | | 1969 |
| 43.24 | Trabuco Hills | | 2000 | 1:29.52c | Garden Grove | 1:29.0m | 1996 |
| 43.24 | Villa Park | | 2011 | 1:29.6 | Santa Ana | | 1966 |
| 43.25 | Esperanza | | 1991 | 1:29.7 | La Habra | | 1966 |
| 43.25 | Katella | | 1999 | 1:29.7 | Esperanza | | 1995 |
| 43.25 | Edison | | 2005 | 1:29.89 | Valencia | | 1992 |
| 43.25 | Orange Lutheran | | 2006 | 1:29.9 | Laguna Beach | | 1948 |
| 43.26 | Edison | | 1998 | 1:29.9 | Santa Ana | | 1953 |
| 43.27 | Capo Valley | | 1990 | 1:29.9 | Tustin | | 1960 |
| 43.27 | Tustin | | 1996 | 1:29.9 | Anaheim | | 1965 |
| 43.28 | Edison | | 2013 | 1:29.9 | SA Valley | | 1992 |
| 43.29+ | Los Alamitos | 43.4y | 1989 | 1:29.98 | Edison | | 1999 |
| 43.29+ | Katella | 43.4y | 1975 | 1:30.0 | Villa Park | | 1977 |
| 43.29+ | SA Valley | 43.4y | 1975 | 1:30.0c | Cypress | 1:29.4m | 2006 |
| 43.29+ | El Modena | 43.4y | 1986 | 1:30.1 | Newport | | 1967 |
| 43.30 | Mission Viejo | | 1999 | 1:30.1 | Saddleback | | 1991 |
| 43.30 | Trabuco Hills | | 2015 | 1:30.11c | Dana Hills | 1:29.58m | 2008 |
| 43.31 | Esperanza | | 1997 | 1:30.16c | Fountain Valley | 1:29.63m | 2008 |
| 43.32 | Newport | | 2001 | 1:30.2 | Corona del Mar | | 1972 |
| 43.33 | San Juan Hills | | 2014 | 1:30.28 | Mission Viejo | | 2011 |
| 43.34c | Ocean View | 43.2 | 1982 | 1:30.42 | Dan Hills | | 2013 |
| 43.34c | Saddleback | 43.2 | 1982 | 1:30.45 | Valencia | | 1991 |
| 43.34c | Mission Viejo | 43.2 | 1988 | 1:30.62c | Mater Dei | 1:30.09m | 2008 |
| 43.34c | Marina | 43.2 | 1983 | | | | |

4 x 220 yard Relay

4 x 400 meter Relay

| | | | | | |
|----------|-----------------|---------|----------|-----------------|---------------|
| | | | 3:20.59 | Dana Hills | 2014 |
| | | | 3:20.62 | Trabuco Hills | 1998 |
| 3:13.8 + | Santa Ana | 3:15.0y | 3:20.71 | Servite | 2015 |
| 3:13.98 | Orange Lutheran | | 3:20.73 | Orange Lutheran | 2013 |
| 3:14.53 | Orange Lutheran | | 3:20.74 | Santa Margarita | 1997 |
| 3:14.99 | Foothill | | 3:20.76 | Los Alamitos | 2003 |
| 3:15.10 | Foothill | | 3:20.80 | Santa Margarita | 2005 |
| 3:15.19 | Santa Margarita | | 3:20.84 | Mission Viejo | 2002 |
| 3:15.5 + | Newport | 3:16.7y | 3:20.89 | Mission Viejo | 2010 |
| 3:15.70 | Santa Margarita | | 3:20.98 | Mission Viejo | 2005 |
| 3:15.79 | Foothill | | 3:21.0 + | SA Valley | 3:22.2y 1969 |
| 3:15.81 | Trabuco Hills | | 3:21.11 | Woodbridge | 1992 |
| 3:15.94 | Santa Margarita | | 3:21.12 | Mater Dei | 2009 |
| 3:15.96 | Woodbridge | | 3:21.15 | Mater Dei | 2014 |
| 3:16.0 + | Newport | 3:17.2y | 3:21.16 | Santa Margarita | 1999 |
| 3:16.02 | Cypress | | 3:21.17 | Villa Park | 1983 |
| 3:16.34 | Mission Viejo | | 3:21.18 | Dana Hills | 2008 |
| 3:16.40 | Los Alamitos | | 3:21.22 | Tesoro | 2010 |
| 3:16.41 | Fountain Valley | | 3:21.38 | Los Alamitos | 2015 |
| 3:16.5 + | Fountain Valley | 3:17.7y | 3:21.4 + | Westminster | 3:22.7y 1973 |
| 3:16.80 | Mater Dei | | 3:21.4 + | Marina | 3:22.7y 1976 |
| 3:16.91 | Woodbridge | | 3:21.4 + | Villa Park | 3:22.7y 1977 |
| 3:16.92 | SA Valley | | 3:21.49 | Dana Hills | 2009 |
| 3:17.28 | Servite | | 3:21.5 + | Lowell | 3:22.8y 1970 |
| 3:17.30 | Trabuco Hills | | 3:21.5 + | University | 3:22.8y 1980 |
| 3:17.34 | Mater Dei | | 3:21.51 | Anaheim | 1984 |
| 3:17.46 | Santa Margarita | | 3:21.56 | Tustin | 2012 |
| 3:17.57 | Woodbridge | | 3:21.58 | Mater Dei | 1983 |
| 3:17.72 | Buena Park | 3:19.0y | 3:21.60 | Saddleback | 1992 |
| 3:17.80 | Corona del Mar | | 3:21.6 + | Buena Park | 3:22.9y 1971 |
| 3:17.84 | Valencia | | 3:21.62 | Trabuco Hills | 2003 |
| 3:17.85 | Valencia | | 3:21.67 | Mission Viejo | 1985 |
| 3:17.9 + | Garden Grove | 3:19.2y | 3:21.68 | Corona del Mar | 2013 |
| 3:17.9 + | Edison | 3:19.2y | 3:21.7 + | Newport | 3:23.0y 1973 |
| 3:17.92 | Newport | 3:19.2y | 3:21.75 | Trabuco Hills | 1999 |
| 3:18.12 | Villa Park | | 3:21.81 | Dana Hills | 1983 |
| 3:18.3 + | Newport | 3:19.6y | 3:21.85 | Canyon | 2009 |
| 3:18.3 + | Los Alamitos | 3:19.6y | 3:21.87 | Aliso Niguel | 2008 |
| 3:18.34 | Cypress | | 3:21.88 | SA Valley | 1997 |
| 3:18.4 + | Bolsa Grande | 3:19.7y | 3:21.9 + | Estancia | 3:23.2y 1976 |
| 3:18.53 | Foothill | | 3:21.91 | Edison | 2014 |
| 3:18.65 | Dana Hills | | 3:21.96 | Dana Hills | 2012 |
| 3:18.68 | Servite | | 3:21.98 | Aliso Niguel | 2015 |
| 3:18.7 + | Western | 3:20.0y | 3:22.04 | Fountain Valley | 1993 |
| 3:18.82 | Orange Lutheran | | 3:22.06 | Marina | 1984 |
| 3:18.98 | Tustin | | 3:22.09 | Dana Hills | 2011 |
| 3:19.1 + | Santa Ana | 3:20.4y | 3:22.1 + | Mission Viejo | 3:23.4y 1975 |
| 3:19.2 + | Newport | 3:20.5y | 3:22.1 | Corona del Mar | 1983 |
| 3:19.23 | Santa Margarita | | 3:22.2 + | Villa Park | 3:23.5y 1976 |
| 3:19.29 | Trabuco Hills | | 3:22.2 + | El Dorado | 3:23.5y 1978 |
| 3:19.32 | Edison | | 3:22.23+ | Edison | 3:23.41y 1980 |
| 3:19.34 | Edison | | 3:22.25 | Katella | 1988 |
| 3:19.46 | Fountain Valley | | 3:22.27 | Mater Dei | 2008 |
| 3:19.47 | El Modena | | 3:22.28 | Esperanza | 1993 |
| 3:19.54 | Mater Dei | | 3:22.3 + | Newport | 3:23.5y 1969 |
| 3:19.60 | Mission Viejo | | 3:22.30 | Santa Margarita | 2014 |
| 3:19.64 | Dana Hills | | 3:22.34 | Edison | 2013 |
| 3:19.68 | Woodbridge | | 3:22.40 | Los Alamitos | 2005 |
| 3:19.82 | Servite | | 3:22.41 | Orange | 1983 |
| 3:19.83 | Dana Hills | | 3:22.41 | Mission Viejo | 2012 |
| 3:19.9 + | Savanna | 3:21.2y | 3:22.42 | Aliso Niguel | 2009 |
| 3:19.9 + | Santa Ana | 3:21.2y | 3:22.5 + | El Dorado | 3:23.8y 1980 |
| 3:20.0 + | Tustin | 3:21.3y | 3:22.50 | El Dorado | 1987 |
| 3:20.0 + | Santa Ana | 3:21.3y | 3:22.56 | Los Alamitos | 2001 |
| 3:20.00 | Esperanza | | 3:22.56 | Woodbridge | 2011 |
| 3:20.06 | Santa Margarita | | 3:22.59 | Corona del Mar | 2011 |
| 3:20.1 + | Lowell | 3:21.4y | 3:22.68 | Esperanza | 1989 |
| 3:20.16 | Dana Hills | | 3:22.71 | Mater Dei | 1981 |
| 3:20.21 | SA Valley | | 3:22.71 | Canyon | 1989 |
| 3:20.23 | Irvine | | 3:22.73 | Los Alamitos | 1983 |
| 3:20.26 | Newport | | 3:22.76 | University | 1981 |
| 3:20.26 | Mater Dei | | 3:22.80 | Irvine | 1987 |
| 3:20.27 | Esperanza | | 3:22.80 | Cypress | 1993 |
| 3:20.32 | Edison | | 3:22.80 | Orange Lutheran | 2006 |
| 3:20.4 + | Santa Ana | 3:21.7y | 3:22.81 | Costa Mesa | 1982 |
| 3:20.52 | Woodbridge | | 3:22.81 | Woodbridge | 2009 |
| 3:20.57 | Canyon | | 3:22.82 | Esperanza | 2000 |

| | | | | | |
|---------|------------------|------|----------|-----------------|--------------|
| 3:22.82 | Trabuco Hills | 2013 | 7:53.2 | Lowell | 1965 |
| 3:22.88 | Edison | 2001 | 7:53.7 | Edison | 1989 |
| 3:22.93 | Trabuco Hills | 2010 | 7:54.12 | Dana Hills | 2012 |
| 3:23.0 | El Modena | 1981 | 7:54.4 | Edison | 1980 |
| 3:23.00 | Edison | 1997 | 7:54.04 | Edison | 2004 |
| 3:23.09 | Mission Viejo | 2006 | 7:54.7 | Corona del Mar | 1989 |
| 3:23.09 | Los Alamitos | 2008 | 7:55.1 | Mater Dei | 1982 |
| 3:23.09 | Trabuco Hills | 2011 | 7:55.1 | Katella | 1982 |
| 3:23.10 | Estancia | 1986 | 7:55.12 | Marina | 2010 |
| 3:23.13 | Esperanza | 1982 | 7:55.43 | Servite | 2010 |
| 3:23.13 | Mission Viejo | 2014 | 7:55.77 | Villa Park | 1983 |
| 3:23.16 | Rancho Alamitos | 1984 | 7:55.80 | Irvine | 1985 |
| 3:23.18 | Villa Park | 1985 | 7:56.07 | Dana Hills | 2010 |
| 3:23.18 | Santa Margarita | 1996 | 7:56.10 | Marina | 2011 |
| 3:23.23 | Irvine | 1986 | 7:56.2 | Magnolia | 1964 |
| 3:23.24 | Mission Viejo | 2003 | 7:56.3 + | Villa Park | 7:59.1y 1972 |
| 3:23.31 | Servite | 1986 | 7:56.34 | Dana Hills | 2014 |
| 3:23.32 | Katella | 1983 | 7:56.35 | Capo Valley | 1989 |
| 3:23.33 | University | 1982 | 7:56.59 | Brea | 2011 |
| 3:23.39 | Savanna | 1997 | 7:56.6 + | Estancia | 7:59.4y 1977 |
| 3:23.42 | Los Alamitos | 2014 | 7:57.67 | Esperanza | 2002 |
| 3:23.45 | Esperanza | 1991 | 7:57.87 | Esperanza | 2011 |
| 3:23.45 | Saddleback | 1994 | 7:58.21 | El Toro | 2007 |
| 3:23.45 | Mission Viejo | 2009 | 7:58.37 | Brea Olinda | 1994 |
| 3:23.46 | Corona del Mar | 1984 | 7:58.84 | Santa Margarita | 2003 |
| 3:23.47 | Huntington Beach | 1990 | 7:58.94 | Esperanza | 2003 |
| 3:23.48 | Dana Hills | 2001 | 7:59.0 | University | 1980 |
| 3:23.49 | Newport | 1987 | 7:59.08 | Dana Hills | 2011 |
| 3:23.5 | Costa Mesa | 1981 | 7:59.2 | El Dorado | 1982 |
| 3:23.50 | Katella | 1989 | 7:59.21 | Fountain Valley | 2001 |
| 3:23.50 | Huntington Beach | 2008 | 7:59.33 | Dana Hills | 2002 |
| 3:23.50 | Servite | 2013 | 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 |
| 3:26.7 + | 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 |
| 3:30.5 + | 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 |
| 3:34.27 | 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 |
| 7:52.83 | El Toro | | 2006 |
| 7:53.04 | Valencia | | 2009 |

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 |
| 10:15.92 | 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 |
| 10:19.0 + | 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 |
| 10:22.5 + | Buena Park | 10:26.1y 1977 |
| 10:22.68 | Corona del Mar | 1984 |
| 10:22.68 | Orange | 2003 |
| 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 | Villa Park | 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 |

| | | |
|------------|-----------------|----------------|
| 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 + | Sunny Hills | 17:55.2y 1978 |
| 17:49.0 + | Marina | 17:55.3y 1978 |
| 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 |
| 17:53.0 + | 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 |
| 17:54.37 | 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 |

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 |
| 17:15.78 | 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 |
| 17:44.77 | Dana Hills | 1989 |
| 17:44.77 | Tesoro | 2015 |
| 17:45.25 | El Toro | 2012 |
| 17:45.80 | Dana Hills | 2012 |

High Jump

| | | |
|---------|------------------------------------|------|
| 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 | 6-6.5 | Rob Spencer (Canyon) | 1978 |
| 6-9 | *David Benton (Woodbridge) | 1990 | 6-6.5 | Eric Pryce (Mission Viejo) | 1988 |
| 6-9 | Tim Cody (Servite) | 1991 | 6-6.5 | Dan Funks (Laguna Hills) | 1995 |
| 6-9 | *Jeff Waldren (Cypress) | 1991 | 6-6.25 | Peter Hart (Villa Park) | 1970 |
| 6-9 | Santesh Swamis (El Modena) | 1998 | 6-6.25 | K.C. Connell (Newport) | 1975 |
| 6-9 | Sage Stone (Mission Viejo) | 2013 | 6-6.25 | Ron Craig (Newport) | 1977 |
| 6-9 | Myles Hawkins (Orange Lutheran) | 2014 | 6-6.25 | * Todd Broesder (Loara) | 1981 |
| 6-9 | Quinten Pounds (Cypress) | 2015 | 6-6 | Mike Lange (Costa Mesa) | 1962 |
| 6-9 | ***Sean Lee (Trabuco Hills) | 2015 | 6-6 | Dave Russ (Garden Grove) | 1969 |
| 6-8.75 | Tohru Asami (Sunny Hills) | 1978 | 6-6 | Greg Lynch (Lowell) | 1971 |
| 6-8.5 | Ed Caruthers (SA Valley)* | 1963 | 6-6 | Tom Johnson (Loara) | 1972 |
| | *(Recordholder for the Straddle Technique) | | 6-6 | Joe Denger (Corona del Mar) | 1972 |
| 6-8.5 | Dave White (Marina) | 1977 | 6-6 | Paul Morton (Kennedy) | 1972 |
| 6-8.5 | Jeff Bedell (Villa Park) | 1985 | 6-6 | Doug Martin (Mater Dei) | 1972 |
| 6-8.5 | Matt Dispenza (Marina) | 2014 | 6-6 | Jeff Hutton (Katella) | 1972 |
| 6-8.25 | Carl Eissman (San Clemente) | 1975 | 6-6 | Dave Gemmill (Lowell) | 1973 |
| 6-8.25 | Roger Leary (El Toro) | 1982 | 6-6 | Parker (Westminster) | 1974 |
| 6-8 | Rick Sloan (Anaheim) | 1964 | 6-6 | Craig Feola (El Dorado) | 1974 |
| 6-8 | Greg Heet (Lowell) | 1964 | 6-6 | Mitch Herold (Los Alamitos) | 1974 |
| 6-8 | Parker Kennedy (Foothill) | 1966 | 6-6 | Chris Davis (Edison) | 1975 |
| 6-8 | Dave Russ (Garden Grove) | 1969 | 6-6 | Gary Armstrong (Katella) | 1975 |
| 6-8 | Kevin Cuervo (Western) | 1975 | 6-6 | Eric Schommer (Los Alamitos) | 1975 |
| 6-8 | *Dave Kahn (Lowell) | 1978 | 6-6 | John Peterson (Saddleback) | 1975 |
| 6-8 | Jim Allen (Cypress) | 1978 | 6-6 | Todd Kirschner (El Dorado) | 1975 |
| 6-8 | Jeff Stevens (Tustin) | 1978 | 6-6 | Keith DeLapp (Saddleback) | 1976 |
| 6-8 | Dave Martin (Huntington Beach) | 1979 | 6-6 | Jacquez Tuz (Corona del Mar) | 1977 |
| 6-8 | Imad Jamal (Fullerton) | 1979 | 6-6 | Imad Jamal (Fullerton) | 1978 |
| 6-8 | Todd Hart (Servite) | 1980 | 6-6 | Teavy (El Toro) | 1978 |
| 6-8 | Mike Spera (Tustin) | 1980 | 6-6 | Doug Lalicker (Savanna) | 1978 |
| 6-8 | * Ed McGowan (Katella) | 1980 | 6-6 | Chris McNeese (Foothill) | 1978 |
| 6-8 | Jeff Armstrong (Western) | 1980 | 6-6 | Dave Garrett (Santa Ana) | 1978 |
| 6-8 | Ian Dougherty (Villa Park) | 1982 | 6-6 | Mike Seidschlag (Orange) | 1979 |
| 6-8 | *Jay Jensen (Los Alamitos) | 1983 | 6-6 | Mike Aschieris (Foothill) | 1979 |
| 6-8 | LeRon Ellis (Mater Dei) | 1987 | 6-6 | Rich Chang (Edison) | 1980 |
| 6-8 | Chris Chapman (Esperanza) | 1994 | 6-6 | Eugene Harriman (Magnolia) | 1981 |
| 6-8 | Danny Vasquez (Century) | 1995 | 6-6 | *Kevin Harrison (Foothill) | 1981 |
| 6-8 | Jim Lunnen (Santa Margarita) | 2000 | 6-6 | Allan Galloway (Pacifica) | 1982 |
| 6-8 | Hunter Orahoed (San Clemente) | 2001 | 6-6 | Brad Burns (Ocean View) | 1982 |
| 6-8 | Dionte Holloway (Kennedy) | 2002 | 6-6 | Ron Murray (Los Alamitos) | 1982 |
| 6-8 | Jeff Goddard (Edison) | 2003 | 6-6 | Ken Williams (Troy) | 1982 |
| 6-8 | Oberle (Cypress) | 2004 | 6-6 | ** Tom Ward (El Dorado) | 1983 |
| 6-8 | Tim George (Los Alamitos) | 2005 | 6-6 | Black (Santa Ana) | 1983 |
| 6-8 | Daniel Gomez (Troy) | 2006 | 6-6 | Todd Prukop (Servite) | 1984 |
| 6-8 | Conrad (Buena Park) | 2008 | 6-6 | Todd Jorgenson (Los Alamitos) | 1985 |
| 6-8 | Mike La Rocca (Dana Hills) | 2008 | 6-6 | Walter Lauderdale (Kennedy) | 1985 |
| 6-8 | Mitchell Bland (Tesoro) | 2014 | 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 Kimbwa (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 |
| 6-6.5 | Craig Fidone (Edison) | 1977 | 6-6 | * Santosh Swamidass (El Modena) | 1997 |

| | | | | | |
|-----|----------------------------------|------|----------|--------------------------------------|-------|
| 6-6 | Steve Smith (Costa Mesa) | 1997 | 15-4 | Curbs Hendrick (Marina) | 2003 |
| 6-6 | Ryan Kugel (Brea) | 1998 | 15-4 | Leon Roach (Marina) | 2008 |
| 6-6 | Bilian Panian (Los Alamitos) | 1999 | 15-4 | Ryan Simioni (Edison) | 2008 |
| 6-6 | Joe Thomas (Buena Park) | 1999 | 15-4 | Matt Cooper (Mater Dei) | 2009 |
| 6-6 | Andy Spaulding (Dana Hills) | 2000 | 15-4 | Eric Sims (Servite) | 2009 |
| 6-6 | Matt Johnson (Santa Margarita) | 2001 | 15-4 | Kevin Stull (Orange Lutheran) | 2013 |
| 6-6 | Daryl Parker (Canyon) | 2001 | 15-4 | Chandler Thorpe (Edison) | 2013 |
| 6-6 | * J.T. Perryman (Woodbridge) | 2001 | 15-3 | Paul Peters (Villa Park) | 1981 |
| 6-6 | Mike Prouder (Cypress) | 2001 | 15-3 | Ted Whalen (Mater Dei) | 1997 |
| 6-6 | *Jeff Goodard (Edison) | 2002 | 15-3 | B. J. Vandrovec (Fountain Valley) | 2001 |
| 6-6 | Brian McTigue (Mlision Viejo) | 2002 | 15-3 | Sean Jones (Mission Viejo) | 2002 |
| 6-6 | Zach Novae (Estancia) | 2003 | 15-3 | * Michael Simms (Servite) | 2006 |
| 6-6 | Blake Remeyer (Trabuco Hills) | 2003 | 15-3 | Sean McNanny (Mission Viejo) | 2009 |
| 6-6 | Williams (Savanna) | 2003 | 15-3 | Jesse Shank (Servite) | 2014 |
| 6-6 | Butts (Buena Park) | 2004 | 15-3 | Jacob Adler (Mission Viejo) | 2014 |
| 6-6 | Mike Lawrence (Servite) | 2004 | 15-2 | Ron Mooers (Valencia) | 1971 |
| 6-6 | Rick Fisher (El Toro) | 2005 | 15-2 | Willy Thorns (Newport) | 1980. |
| 6-6 | **Warren Reuland (Mission Viejo) | 2006 | 15-2 | Fritz Howser (Newport) | 1985 |
| 6-6 | Chase Redfield (Dana Hills) | 2007 | 15-2 | * Bobby Sparks (Esperanza) | 1998 |
| 6-6 | * Colton Grandbouche (Canyon) | 2008 | 15-2 | * Brandon Mora (Katella) | 2002 |
| 6-6 | * Andy Multari (Sage Hill) | 2009 | 15-2 | Chris Ostoich (St Margaret's) | 2002 |
| 6-6 | Neimah Jones (Irvine) | 2009 | 15-1.5 | * David Giang (Katella) | 2001 |
| 6-6 | Jordan Sachs (La Habra) | 2009 | 15-1 | Jim Collins (Valencia) | 1972 |
| 6-6 | Winston Lawson (Seegerstrom) | 2011 | 15-1 | Jim Bogart (Edison) | 1976 |
| 6-6 | Alex Wilde (Corona del Mar) | 2014 | 15-1 | Keith Miller (Corona del Mar) | 1991 |
| 6-6 | *Chance Kuehnel (Sage Hill) | 2015 | 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 | *Landon Shank (Servite) | 2015 |
| | | | 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 |
| | | | 14-9 | 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 |
| | | | 14-9 | Keith Messinger (Dana Hills) | 2012 |
| | | | 14-9 | Paul Bowker (Mission Viejo) | 2012 |
| | | | 14-8.5 | Tom Lueras (Santa Ana) | 1972 |
| | | | 14-8.5 | Aaron Corbett (Edison) | 2001 |
| | | | 14-8 | Mike Sampson (La Habra) | 1969 |
| | | | 14-8 | Mark Hill (Sunny Hills) | 1983 |
| | | | 14-8 | Manuel Ballard (Cypress) | 1985 |
| | | | 14-8 | Shawn Rogen (Irvine) | 1989 |
| | | | 14-7.75 | John Reed (Los Amigos) | 1981 |
| | | | 14-7.5 | Les Hague (Santa Ana) | 1965 |
| | | | 14-7.5 | Jim Burton (SA Valley) | 1966 |
| | | | 14-7.25 | Mike Simmons (Newport) | 1966 |

Pole Vault

| | | |
|---------|------------------------------------|------|
| 17-6 | Michael Woepse (Mater Dei) | 2010 |
| 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 |
| 16-5.25 | 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 | *Jett Gordon (Marina) | 2015 |
| 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 |
| 15-8.5 | 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 |
| 15-7 | David Kim (Los Alamitos) | 2010 |
| 15-7 | Jeremy Kennedy (Marina) | 2010 |
| 15-7 | *R.W. Henson (Newport) | 1987 |
| 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 |
| 15-7 | *Chris Doerr (Trabuco Hills) | 2015 |
| 15-4 | Eric Whitcomb (Valencia) | 1989 |
| 15-4 | Gary VanSluis (El Modena) | 1993 |
| 15-4 | Travis Vandrovec (Fountain Valley) | 1997 |

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|---------|----------------------------------|------|---------|-----------------------------------|------|
| 14-7 | Ed Elliot (SA Valley) | 1967 | 14-2 | Jeff Oldham (Santa Ana) | 1967 |
| 14-7 | * Sven Northcott (Marina) | 1994 | 14-2 | Alvin Alaman (SA Valley) | 1972 |
| 14-7 | * Brian Lindley (University) | 1995 | 14-2 | *Dave Tucker (Magnolia) | 1971 |
| 14-7 | Matt Summer (Marina) | 1997 | 14-2 | Steve Pulvers (Garden Grove) | 1973 |
| 14-7 | * Aaron Roy (Edison) | 2005 | 14-2 | Foster (Lacuna Beach) | 1975 |
| 14-7 | Matt McCormick (Dana Hills) | 2008 | 14-2 | Tom Keim (Marina) | 1995 |
| 14-7 | Cameron Van Dieren (Servite) | 2010 | 14-2 | Mackel Vaughan (Dana Hills) | 2004 |
| 14-6.5 | Tony Hoffman (San Clemente) | 1971 | 14-2 | Andrew Wong (Corona del Mar) | 2004 |
| 14-6.5 | Kevin Magula (Marina) | 1988 | 14-1.5 | Joe Vermilyer (Santa Ana) | 1971 |
| 14-6 | John Anderson (Santa Ana) | 1969 | 14-1.5 | Terry Parkinson (Fountain Valley) | 1971 |
| 14-6 | Dan Ripley (Loara) | 1971 | 14-1.5 | Mike Cirillo (Corona del Mar) | 1976 |
| 14-6 | Bruce Fandel (Santiago) | 1971 | 14-1 | John Trosko (Valencia) | 1964 |
| 14-6 | Dan Polk (La Habra) | 1972 | 14-1 | Andy Solis (Santa Ana) | 1968 |
| 14-6 | Amaro Lopez (Santa Ana) | 1972 | 14-1 | Doug Boswell (Westminster) | 1977 |
| 14-6 | Terry Lowry (Savanna) | 1973 | 14-1 | Brummel (Mission Viejo) | 1991 |
| 14-6 | Larry Castanguay (Esperanza) | 1975 | 14-1 | Roger Van Sluis (El Modena) | 1995 |
| 14-6 | Plett (Troy) | 1977 | 14-1 | Richard Gridley (Katella) | 1998 |
| 14-6 | Randy Parker (Brea) | 1977 | 14-1 | David Morris (Katella) | 2000 |
| 14-6 | Scott Kissick (Lowell) | 1977 | 14-1 | Mardsen (Katella) | 2001 |
| 14-6 | Al Geduld (Valencia) | 1979 | 14-1 | Pha Ngo (Marina) | 2003 |
| 14-6 | Scout McKay (Newport) | 1979 | 14-1 | *Blake Coscino (Dana Hills) | 2007 |
| 14-6 | Dennis Shannon (Irvine) | 1979 | 14-1 | Brandon Janca (Edison) | 2009 |
| 14-6 | Terry Lomheim (Valencia) | 1982 | 14-1 | Mark Sakioka (Newport) | 2009 |
| 14-6 | Rich Forsythe (Edison) | 1982 | 14-1 | Jeremy Kennedy (Marina) | 2009 |
| 14-6 | Wayde Walker (Troy) | 1983 | 14-0.5 | Jeff Gilbert (El Dorado) | 1975 |
| 14-6 | Chuck Griffin (Sonora) | 1983 | 14-0.25 | Staines (Trabuco Hills) | 2001 |
| 14-6 | Chris Madsen (Los Alamitos) | 1985 | 14-0 | Laskey (SA Valley) | 1965 |
| 14-6 | Josh Herndon (University) | 1989 | 14-0 | Jim Feeney (Katella) | 1968 |
| 14-6 | Rob Lindley (Dana Hills) | 1990 | 14-0 | Alan Simons (Loara) | 1969 |
| 14-6 | John Bain (Foothill) | 1994 | 14-0 | Richard Carlson (Pacifica) | 1969 |
| 14-6 | David Allen (Woodbride) | 1997 | 14-0 | Wayne Gorman (Anaheim) | 1971 |
| 14-6 | Cameron St Clair (Brea) | 1997 | 14-0 | John Kwan (Santa Ana) | 1972 |
| 14-6 | Kris Scotten (Edison) | 1998 | 14-0 | Jack Hanion (Anaheim) | 1972 |
| 14-6 | * Dwayne McCabe (El Modena) | 2000 | 14-0 | M. Kinnison (El Modena) | 1972 |
| 14-6 | Tom Sparks (Esperanza) | 2000 | 14-0 | Steve Johnson (Troy) | 1972 |
| 14-6 | * Brian Rother (San Clemente) | 2003 | 14-0 | Steve Pulvers (Garden Grove) | 1972 |
| 14-6 | Garrett Gaska (Fountain Valley) | 2005 | 14-0 | Many Gresham (Marina) | 1973 |
| 14-6 | Blake Coscino (Dana Hills) | 2008 | 14-0 | Wayne Parris (Savanna) | 1973 |
| 14-6 | Kevin Miller (Fountain Valley) | 2010 | 14-0 | Allobello (La Habra) | 1974 |
| 14-6 | *Max Van Bergh (Newport) | 2010 | 14-0 | Eric Engberg (Brea) | 1975 |
| 14-6 | Tyger Morgan (Marina) | 2010 | 14-0 | Dean Barnett (Lowell) | 1975 |
| 14-6 | Bradley Wernick (Capo Valley) | 2012 | 14-0 | Rob Conrad (Katella) | 1975 |
| 14-6 | Ty Mason (Fountain Valley) | 2013 | 14-0 | Mark Harris (Lowell) | 1975 |
| 14-6 | Jordan Antol (Mission Viejo) | 2014 | 14-0 | Grochow (Estancia) | 1976 |
| 14-5.5 | Pat Lustig (Marina) | 1981 | 14-0 | *Rob Little (Saddleback) | 1977 |
| 14-5.25 | Eric Berg (Costa Mesa) | 1962 | 14-0 | Chris Hart (Western) | 1977 |
| 14-5 | *Julien Okey (Tesoro) | 2010 | 14-0 | Dan Duddridge (Costa Mesa) | 1977 |
| 14-4.5 | Mike Lindsay (Santa Ana) | 1962 | 14-0 | Tony Brassfield (Mission Viejo) | 1977 |
| 14-4.5 | Boyd (Western) | 1964 | 14-0 | Dan Worthington (Troy) | 1977 |
| 14-4 | Gordy Mooers (Valencia) | 1969 | 14-0 | Mike Houseal (Saddleback) | 1978 |
| 14-4 | Wood (Laguna Beach) | 1969 | 14-0 | *Jeff Koegel (Valencia) | 1979 |
| 14-4 | Bruce Hooten (Edison) | 1986 | 14-0 | Pat Gleason (Edison) | 1979 |
| 14-4 | ** Song Yang (Katella) | 2000 | 14-0 | Pickney (Estancia) | 1979 |
| 14-4 | * Eric Simms (Servite) | 2008 | 14-0 | John Knox (Edison) | 1979 |
| 14-3.25 | *Ty Mason (Fountain Valley) | 2012 | 14-0 | Steve Verdone (Villa Park) | 1980 |
| 14-3 | *Kevin Manix (Costa Mesa) | 1968 | 14-0 | Jim Kinnane (Troy) | 1980 |
| 14-3 | John Boyd (Kennedy) | 1968 | 14-0 | Ken Bodenhofer (Newport) | 1980 |
| 14-3 | Will Blockleman (Lowell) | 1974 | 14-0 | Dennis Crawford (Katella) | 1981 |
| 14-3 | Geof Gerstner (Sunny Hills) | 1975 | 14-0 | Curt Hildt (Irvine) | 1982 |
| 14-3 | Tom Turner (Cypress) | 1975 | 14-0 | Sean Robertson (Troy) | 1983 |
| 14-3 | Dale Anderson (Saddleback) | 1978 | 14-0 | Darren Stout (Valencia) | 1984 |
| 14-3 | John Carroll (Villa Park) | 1983 | 14-0 | Karl Schnug (Corona del Mar) | 1984 |
| 14-3 | *Vince Vu (Marina) | 1990 | 14-0 | *Jeff Jones (Estancia) | 1985 |
| 14-3 | Arthur Odden (Marina) | 1997 | 14-0 | Bruce Clemons (Dan Hills) | 1986 |
| 14-3 | Alexander Hale (Los Alamitos) | 2003 | 14-0 | Gary Covington (Los Alamitos) | 1986 |
| 14-3 | Phong Duong (Katella) | 2004 | 14-0 | Josh McHugh (Marina) | 1988 |
| 14-3 | Mike O'Sullivan (El Toro) | 2007 | 14-0 | Sean Woolsey (Corona del Mar) | 1988 |
| 14-3 | Travis Stock (Dana Hills) | 2009 | 14-0 | Curt Shipcott (Foothill) | 1988 |
| 14-3 | Scott Anderson (Santa Margarita) | 2010 | 14-0 | *Brad Williams (Servite) | 1988 |
| 14-3 | *Peter Klepp (El Toro) | 2010 | 14-0 | Derrick Fritz (Foothill) | 1988 |
| 14-3 | Kyle Garcia (Edison) | 2010 | 14-0 | * Tyson Jacobson (Capo Valley) | 1989 |
| 14-3 | **Jack Gallivan (Mater Dei) | 2010 | 14-0 | Keith Miller (Corona del Mar) | 1989 |
| 14-3 | Nick Van Hoogmoed (Servite) | 2011 | 14-0 | Brian Zeller (Trabuco Hills) | 1989 |
| 14-3 | **Riley Turner (Mater Dei) | 2012 | 14-0 | Joel Cardenas (Saddleback) | 1989 |
| 14-3 | **David Bean (Orange Lutheran) | 2012 | 14-0 | Jason Brizic (El Toro) | 1990 |
| 14-3 | John Macwillie (Fountain Valley) | 2012 | 14-0 | Derek Nguyen (Katella) | 1991 |
| 14-2.5 | Schenk (Fountain Valley) | 1972 | 14-0 | Tom Bottiaux (Canyon) | 1991 |

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|------|-------------------------------------|------|
| 14-0 | Mark Crowley (Marina) | 1992 |
| 14-0 | Peter Barney (University) | 1992 |
| 14-0 | Adam Dyer (Esperanza) | 1993 |
| 14-0 | * Robert Heckman (Huntington Beach) | 1994 |
| 14-0 | Robert Villegas (Century) | 1995 |
| 14-0 | Kevin Voorhis (Irvine) | 1995 |
| 14-0 | Kevin Bradley (Fountain Valley) | 1996 |
| 14-0 | * Greg Walker (El Toro) | 1996 |
| 14-0 | Dave Bienek (El Toro) | 1998 |
| 14-0 | * Brandon Guffey (Esperanza) | 1998 |
| 14-0 | Chits Heiner (Marina) | 1998 |
| 14-0 | Jason Knowles (Fountain Valley) | 1998 |
| 14-0 | Jim Whitesides (El Toro) | 1998 |
| 14-0 | Tom St Clair (Brea) | 1999 |
| 14-0 | Ray Kroona (Foothill) | 2000 |
| 14-0 | ** David Grant (Katella) | 2000 |
| 14-0 | Ryan Borland (Dana Hills) | 2000 |
| 14-0 | Mark Martello (San Clemente) | 2000 |
| 14-0 | Scott Robinson (Esperanza) | 2000 |
| 14-0 | John Rossell (Brea) | 2001 |
| 14-0 | * Byron Collins (Esperanza) | 2002 |
| 14-0 | Tyler Panian (Los Alamitos) | 2002 |
| 14-0 | Cart (Mission Viejo) | 2002 |
| 14-0 | Robert Fulton (Servite) | 2005 |
| 14-0 | Brett DeAvila (Mission Viejo) | 2006 |
| 14-0 | Michael Trieu (Woodbridge) | 2006 |
| 14-0 | James Wu (Dana Hills) | 2006 |
| 14-0 | Greg Bowlin (Aliso Niguel) | 2007 |
| 14-0 | Mathew McCormick (Dana Hills) | 2008 |
| 14-0 | Austin McGroaty (Marina) | 2009 |
| 14-0 | Daniel Taylor (Aliso Niguel) | 2009 |
| 14-0 | *Connor Hawks (Mater Dei) | 2010 |
| 14-0 | Trevor Rothaus (Servite) | 2010 |
| 14-0 | Tyler Frank (Santa Margarita) | 2011 |
| 14-0 | Jack Gallivan (Mater Dei) | 2012 |
| 14-0 | David Munoz (Newport) | 2013 |
| 14-0 | Christian Abbey (Newport) | 2013 |
| 14-0 | Jason McKinnon (Fountain Valley) | 2013 |
| 14-0 | Ryan Riviere (Servite) | 2014 |

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 |
| 23-10.75 | Hayden Pierce (Esperanza) | 2010 |
| 23-10.5 | Bob Rust (Kennedy) | 1980 |
| 23-10 | Justin Schneider (El Toro) | 2012 |
| 23-9.75 | Danny Casupanan (Tustin) | 2002 |
| 23-9 | Chambers (Fullerton) | 1937 |
| 23-8.75 | Walter Steen (SA Valley) | 1982 |
| 23-7.5 | Kevin McGannon (Buena Park) | 1965 |
| 23-7.5 | Dave Berger (Canyon) | 1978 |
| 23-7 | Ernie Fisher (Los Amigos) | 1978 |
| 23-6.75 | Charlie Tyler (Edison) | 1988 |
| 23-6 | Elliot Dunning (SA Valley) | 1984 |
| 23-6 | * William Dancy (SA Valley) | 1988 |
| 23-6 | Arik Nesbit (San Clemente) | 2014 |
| 23-5.5 | * Larry Williams (SA Valley) | 1982 |
| 23-5.5 | Antonio Thomas (Century) | 2000 |
| 23-5.25 | * Myles Hawkins (Orange Lutheran) | 2013 |
| 23-5 | * Sean Sawyer (El Modena) | 1984 |
| 23-4.5 | Willie Gardner (Garden Grove) | 1971 |
| 23-4.5 | Troy McAllister (Saddleback) | 1983 |
| 23-4.25 | Earl Jones (Saddleback) | 1984 |
| 23-3.75 | * Todd Fenton (Cypress) | 1984 |
| 23-3.5 | Sheldon Blockburger (Newport) | 1983 |
| 23-3.5 | Lee Mitchell (Tesoro) | 2014 |
| 23-3.25 | Isaac Curtis (Santa Ana) | 1968 |
| 23-3.25 | Matt Malone (Marina) | 1987 |
| 23-3 | Darrell Roberts (Fullerton) | 1955 |

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|----------|------------------------------------|------|
| 23-3 | *Kirk Ayers (Western) | 1986 |
| 23-3 | J.J. Cisneros (Los Alamitos) | 1988 |
| 23-2.75 | Eric Dorn (Estancia) | 1986 |
| 23-2.75 | *Jeremiah Harris (Orange Lutheran) | 2014 |
| 23-2 | Ric Hibbs (Pacifica) | 1966 |
| 23-2 | Mike Morgan (Mater Dei) | 1966 |
| 23-1.75 | Tohru Asami (Sunny Hills) | 1978 |
| 23-1.25 | Tony Mosley (Santa Ana) | 1987 |
| 23-1 | Garth Wise (Huntington Beach) | 1971 |
| 23-1 | Troy Blevins (Fountain Valley) | 1978 |
| 23-1 | Richard Brim (Huntington Beach) | 1982 |
| 23-1 | * Mario Valencia (Mater Dei) | 2003 |
| 23-0.75 | Bob McNamera (Fullerton) | 1958 |
| 23-0.75 | Jason Neben (Orange Lutheran) | 1989 |
| 23-0.5 | Jim Mitchell (Villa Park) | 1974 |
| 23-0 | Ray Harris (Fountain Valley) | 1971 |
| 23-0 | Don Moreno (Valencia) | 1977 |
| 23-0 | *Phouphet Singbandith (Magnolia) | 1989 |
| 23-0 | Frank Smith (Woodbridge) | 1990 |
| 23-0 | Elliott Parks (El Toro) | 1997 |
| 22-11.5 | Ron Crawford (Santa Ana) | 1973 |
| 22-11.5 | Rich Julien (Estancia) | 1976 |
| 22-11.5 | Robert Gaither (SA Valley) | 1980 |
| 22-11.5 | Scott McKenzie (El Toro) | 1980 |
| 22-11.5 | Eric Andrade (Servite) | 1982 |
| 22-11.5 | James Chun (Kennedy) | 1990 |
| 22-11.5 | Steagall (Villa Park) | 2001 |
| 22-11.25 | Drew Huusfeldt (Esperanza) | 2010 |
| 22-11 | Steve Alff (Lowell) | 1969 |
| 22-11 | * Roger Lemons (Katella) | 1979 |
| 22-11 | Bernie Chapman (Capo Valley) | 1991 |
| 22-11 | Kenny McGee (Magnolia) | 2008 |
| 22-10.75 | Jim Morgan (Mater Dei) | 1967 |
| 22-10.75 | Joe Birdó (SA Valley) | 1982 |
| 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 |
| 22-9.5 | Mitchell Bland (Tesoro) | 2014 |
| 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 |
| 22-8.25 | Geo 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 |
| 22-7.75 | *Josiah Williams (Valencia) | 1990 |
| 22-7.75 | Ray Bardone (Edison) | 1997 |
| 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 | * 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 |
| 23-4.25 | *Kirk Ayers (Western) | 1986 |
| 23-4 | * Eric Dorn (Estancia) | 1986 |
| 23-0.5 | ** *Richard Fanti (Santa Ana) | 1985 |
| 23-0.25 | Brent Watson (Orange) | 1971 |

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 |
| 46-9.5 | 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 Gourdine (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 (Misskion Viejo) | 2003 |
| 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 | Chris Moxley (Mision Viejo) | 1990 |
| 45-10 | Ryan Finnie (Mater Dei) | 2013 |
| 45-9.75 | Chris Jackson (Canyon) | 1999 |
| 45-9.5 | *Dave Berger (Canyon) | 1977 |
| 45-9.5 | ** Robert Stevens (La Habra) | 2003 |
| 45-9.50 | * Matt Dispenza (Marina) | 2013 |
| 45-9.25 | Ryan Gillette (Villa Park) | 1985 |
| 45-9 | *Steven Jen (University) | 1983 |
| 45-9 | Kienan Brigs (Valencia) | 2001 |
| 45-8.75 | Tohru Asami (Sunny Hills) | 1977 |
| 45-8.75 | John Amneus Foothill) | 1987 |
| 45-8.75 | * Cody Jones (Edison) | 1997 |
| 45-8.5 | Harvey Horse (Western) | 1978 |
| 45-8.5 | Todd Fenton (Cypress) | 1984 |
| 45-8.5 | * Ruben Hernandez (La Habra) | 1993 |
| 45-8.25 | Bob Rust (Kennedy) | 1980 |
| 45-8 | Greg Ruzicka (Corona del Mar) | 1973 |
| 45-8 | Don Stanford (Edison) | 1976 |
| 45-8 | Estrada (Villa Park) | 1985 |
| 45-8 | Justin Baker (Irvine) | 2004 |
| 45-8 | Hayden Pierce (Esperanza) | 2010 |
| 45-7.75 | Bill Crutchfield (Orange) | 1980 |
| 45-7.75 | Rob Boldt (El Toro) | 1988 |
| 45-7.5 | Chris Mandeville (Irvine) | 1983 |
| 45-7.5 | * Pamale Skippis (Los Amigos) | 1987 |
| 45-7.5 | * Brian Valdez (El Modena) | 1991 |
| 45-7.5 | Jordan Singleton (Dana Hills) | 2008 |
| 45-7.25 | Jeff Hutton (Katella) | 1972 |
| 45-6.5 | Emile Harry (Fountain Valley) | 1984 |
| 45-6.5 | Tom Desiano (Mission Viejo) | 1985 |
| 45-6.5 | * Chris Jackson (Mater Dei) | 1992 |
| 45-6.5 | Thomas Hopson (Trabuco Hills) | 2004 |
| 45-6.25 | Ike Nioku (Kennedy) | 2002 |
| 45-6 | Jake Burch (Orange) | 1974 |
| 45-6 | Zach Hickman (Dana Hills) | 1989 |
| 45-6 | Daniel Siapin (Sonora) | 2001 |
| 45-5.75 | Mark Kammerlohr (Orange) | 1990 |
| 45-5.5 | Richard Werner (El Modena) | 1976 |
| 45-5.5 | *Dave Hancock (San Clemente) | 1978 |
| 45-5.25 | Kevin Chang (El Modena) | 2005 |
| 45-5 | Jamie Nelson (Villa Park) | 1986 |
| 45-4.75 | Michael Nguyen (Westminster) | 1999 |
| 45-4.5 | Derek Jackson (Saddleback) | 1978 |
| 45-4.5 | * Robert Gaither (SA Valley) | 1979 |
| 45-4.5 | Steve Feeney (Santa Margarita) | 1991 |
| 45-4.25 | Jeremy Coe (San Clemente) | 2008 |
| 45-4 | *John Moore (Loara) | 1980 |
| 45-3.75 | Ben Nikalojivic (Fullerton) | 1983 |
| 45-3.75 | Sean Sawyer (El Modena) | 1985 |
| 45-3.5 | *Earl Jones (Saddleback) | 1983 |
| 45-3.5 | M. Walker (Los Amigos) | 1997 |
| 45-3.25 | Philavong (Buena Park) | 1989 |
| 45-3.25 | Justin Haney (Villa Park) | 1999 |
| 45-3 | Al Ruiz (El Modena) | 1981 |

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|--------------------|-------------------------------------|------|----------|-----------------------------------|------|
| 45-3 | Silaphet Singbandith (Magnolia) | 1992 | 63-6.5 | Craig Polley (Sunny Hills) | 1977 |
| 45-2.75 | Adam Shapiro (Capo Valley) | 1982 | 63-5 | Jake Fraser (El Toro) | 2011 |
| 45-2.75 | Will Foster (Edison) | 1987 | 63-0.5 | Nick Coghill (Valencia) | 2015 |
| 45-2.5 | Jeff Robins (Saddleback) | 1977 | 62-6.75 | * Kelsey Benoit (San Clemente) | 2013 |
| 45-2.5 | Gatlin (?) | 1985 | 62-6.25 | Chad Smith (University) | 2004 |
| 45-2 | Robbie Glover (Orange) | 1987 | 62-5 | Marty Taylor (Newport) | 2013 |
| 45-2 | J.J. Cisneros (Los Alamitos) | 1988 | 62-4.5 | William Truong (Esperanza) | 2014 |
| 45-2 | Scott Capulong (Woodbridge) | 1989 | 61-11.5 | Kent Pagel (Fullerton) | 1970 |
| 45-2 | Tony Muniz (Woodbridge) | 1994 | 61-10.5 | Scott Moser (Huntington Beach) | 1997 |
| 45-2 | Javon Givens (Cypress) | 2004 | 61-9 | **Bronson Osborn (Esperanza) | 2015 |
| 45-1.75 | Doug Nordquist (Sonora) | 1977 | 61-8.25 | Rich Torbert (Lowell) | 1974 |
| 45-1.75 | Dave McDonald (Dana Hills) | 1982 | 61-7 | Tony Mancuso (Newport) | 1992 |
| 45-1.75 | Carl Satterfield (Huntington Beach) | 1983 | 61-6 | Wade Tift (Newport) | 1994 |
| 45-1.5 | Tim Hickey (El Dorado) | 1979 | 61-3.75 | Vince Brown (Mater Dei) | 1978 |
| 45-1.5 | Chris Boras (Dana Hills) | 1986 | 61-1 | Gabe Long (Esperanza) | 2003 |
| 45-1.5 | Jason Nunez (Villa Park) | 1987 | 61-0 | Brian Ruziecki (Huntington Beach) | 2002 |
| 45-1.25 | Joe Cheng (Woodbridge) | 1983 | 61-0 | Blake Poole (Esperanza) | 2008 |
| 45-1 | Larry Williams (SA Valley) | 1983 | 60-11.75 | Aaron Dan (Esperanza) | 2005 |
| 45-1 | Toney Jerkins (Capo Valley) | 1989 | 60-11 | Ken Mills (University) | 1979 |
| 45-0.75 | Mark Palmer (Corona del Mar) | 1984 | 60-11 | Pat Kyle (Buena Park) | 1982 |
| 45-0.5 | Ron Hodgkinson (Loara) | 1982 | 60-11 | Chad Peare (Trabuco Hills) | 1993 |
| 45-0.5 | Emilio Sartori (Villa Park) | 2005 | 60-11 | Connor Einck (Servite) | 2012 |
| 45-0.5 | * Sean Larson (Edison) | 2009 | 60-10.75 | Dave Johnson (Brea) | 1976 |
| 45-0.25 | Kevin Reiter (El Dorado) | 1977 | 60-9.5 | *Malik McMorris (Mater Dei) | 2014 |
| 45-0.25 | Stephen Jen (University) | 1984 | 60-8.5 | Sam Lightbody (Huntington Beach) | 1999 |
| 45-0.25 | Mike Alvidrez (El Modena) | 1996 | 60-6.5 | Mason Miller (Esperanza) | 2011 |
| 45-0.25 | Matt Brumen (Marina) | 2004 | 60-6.25 | Roy Thurman (Western) | 1963 |
| 45-0 | Joe Lawrence (Fountain Valley) | 2000 | 60-6.25 | Caleb McCurry (Northwood) | 2009 |
| Wind-aided: | | | | | |
| 51-10 | Ken Williams (Troy) | 1982 | 60-4.75 | Bob Jensen (Magnolia) | 1966 |
| 49-10 | * Myles Hawkins (Orange Lutheran) | 2013 | 60-4.5 | Steve DeForrest (Katella) | 1977 |
| 49-8.5 | * Reggie Curry (Tustin) | 1994 | 60-3 | Tambi Wenj (Fountain Valley) | 1984 |
| 48-9.5 | Clarence Moore (Cypress) | 2000 | 60-3 | Justin Birell (Esperanza) | 1997 |
| 48-2.75 | Vince Church (Kennedy) | 1991 | 60-1.25 | Ryan Andrews (Newport) | 2011 |
| 47-10 | Donald Hawthorne (Also Niguel) | 2002 | 59-9.75 | Larry Saugstead (SA Valley) | 1969 |
| 47-9 | Bernie Chapman (Capo Valley) | 1991 | 59-9.25 | Jim Heath (Anaheim) | 1969 |
| 47-5 | Blair Robinson (Kennedy) | 2015 | 59-9 | Steve Lehmer (Loara) | 1966 |
| 47-3 | Stephen Jen (University) | 1984 | 59-8.75 | *Brad Bolton (El Toro) | 2011 |
| 47-2.25 | Drew Huusfeldt (Esperanza) | 2010 | 59-6.5 | Brian Dyke (Bolsa Grande) | 1973 |
| 47-0 | Raphael McFarlane (Mission Viejo) | 2003 | 59-6.25 | Maltipo Fuentes (Servite) | 1977 |
| 46-11 | Chris Gonzalez (Garden Grove) | 2015 | 59-5.5 | Ziad Khozam (El Modena) | 1985 |
| 46-9 | Todd Fenton (Cypress) | 1985 | 59-5.5 | Jeff Baca (Mission Viejo) | 2008 |
| 46-8.5 | **Myles Hawkins (Orange Lutheran) | 2012 | 59-4 | Dale Gordon (El Modena) | 1969 |
| 46-8.5 | Ryan Finnie (Mater Dei) | 2013 | 59-4 | Alex Butler (El Modena) | 2005 |
| 46-7.25 | * Blaine Bolus (Corona del Mar) | 2008 | 59-1.75 | Rory Mount (Dana Hills) | 2009 |
| 46-6 | Estrata (Villa Park) | 1985 | 59-1 | Tony Ciarelli (Huntington Beach) | 1972 |
| 46-5 | Justin Hovey (Capo Valley) | 1994 | 58-11.75 | Sullivan Parker (El Toro) | 2011 |
| 46-3.5 | Steve Feeney (Santa Margarita) | 1991 | 58-11.5 | Kevin Jefferies (Newport) | 1981 |
| 46-2.5 | * Matt Dispenza (Marina) | 2013 | 58-10 | Mike Johnson (Bolsa Grande) | 1966 |
| 46-1.25 | * Scott Capulong (Woodbridge) | 1988 | 58-10 | Rich Blanchard (Edison) | 1987 |
| 45-11.25 | Aziz Spellman (Misison Viejo) | 2007 | 58-9.5 | Ed Labate (Villa Park) | 1973 |
| 45-10.75 | Ryan Collier (Northwood) | 2011 | 58-9.5 | Dave Torbert (Lowell) | 1969 |
| 45-10 | Tommy Plusayarang (Saddleback) | 1984 | 58-8.5 | Ken DeShano (Canyon) | 1979 |
| 45-10 | * Mitchell Bland (Tesoro) | 2013 | 58-8 | Mike Watson (SA Valley) | 1976 |
| 45-7.75 | Dwayne Gregory (Mission Viejo) | 1984 | 58-7.5 | Kevin Keeders (Anaheim) | 1969 |
| 45-7.5 | Donavan Toban (Cypress) | 2008 | 58-6.75 | Kirk Wassell (Western) | 1964 |
| 45-6 | Danny Samarin (Edison) | 2008 | 58-6 | Jon O'Neil (Santa Margarita) | 1997 |
| 45-5 | Jamie Nelson (Villa Park) | 1986 | 58-5.75 | David Sampson (Cypress) | 2003 |
| Shot Put | | | | | |
| 69-6.5 | Brian Blutreich (Capo Valley) | 1985 | 58-5.5 | Joe Walshe (Foothill) | 1984 |
| 69-3.75 | Jim Neidhart (Newport) | 1973 | 58-5 | Jamil Douglas (Cypress) | 2010 |
| 68-5 | Dave Kurrasch (Newport) | 1975 | 58-4.5 | John Harper (San Clemente) | 1977 |
| 67-9 | Terry Albritton (Newport) | 1972 | 58-4 | Rocky Fenton (San Clemente) | 2014 |
| 67-2.25 | Mark Stevens (Newport) | 1971 | 58-3.5 | Chris Dressel (El Dorado) | 1979 |
| 67-2 | Dave Murphy (Sunny Hills) | 1966 | 58-3.25 | Mark Kinney (Esperanza) | 1990 |
| 66-8 | Mark Parlin (Esperanza) | 1991 | 58-3.25 | Michael Sota (Valencia) | 2014 |
| 65-1 | Nick Robinson (El Toro) | 2006 | 58-3 | Steve Michaelsen (Newport) | 2012 |
| 64-11.75 | Jim Doehring (San Clemente) | 1980 | 58-1.5 | Geof Harrowby (Laguna Beach) | 1968 |
| 64-7.5 | Greg Aitkenhead (Mission Viejo) | 1984 | 58-1.25 | Bill Flores (Kennedy) | 1983 |
| 64-6.5 | Ethan Cochran (Newport) | 2012 | 58-1 | Stephen Gonzales (Newport) | 1994 |
| 64-5.5 | John Brenner (Fullerton) | 1979 | 58-0 | Steve Ledbetter (Brea) | 1962 |
| 64-0.5 | Kaleaph Carter (Edison) | 1988 | 57-11.5 | Jerry Streny (Lowell) | 1975 |
| 63-11.25 | Bo Taylor (Newport) | 2006 | 57-11 | John Logsdon (Rancho Alamitos) | 1975 |
| | | | 57-11 | Mitch Johnson (Pacifica) | 1984 |
| | | | 57-11 | Cecil Whiteside (Newport) | 2009 |
| | | | 57-10.5 | Mike Stone (Lowell) | 1966 |
| | | | 57-10.25 | Jerry Shipkey (Anaheim) | 1943 |

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|----------|------------------------------------|------|--------------------------|------------------------------------|------|
| 57-9.5 | Sean Fenton (Corona del Mar) | 2000 | 55-9.5 | Stephan Gabbard (Huntington Beach) | 2007 |
| 57-9.5 | Edgar Oregel (SA Valle) | 2003 | 55-9 | Mike Evans (Orange) | 1970 |
| 57-8.25 | Grant Heffernan (University) | 2007 | 55-9 | Trevor Theriot (Newport) | 2005 |
| 57-7.5 | Travis Jones (Esperanza) | 2001 | 55-8.5 | Dwayne Peck (Marina) | 2004 |
| 57-7 | Jim Ulam (Kennedy) | 1968 | 55-7.5 | Steve Timmermann (Edison) | 1972 |
| 57-6.75 | Pat Murray (Lowell) | 1969 | 55-7.5 | Dave Lawson (Corona del Mar) | 1983 |
| 57-6 | Terry Guy (Fullerton) | 1957 | 55-7.5 | Scott Bolton (Rancho Alamitos) | 1981 |
| 57-4.75 | Joe Tosti (Corona del Mar) | 1973 | 55-7 | Chris Sweeney (Capo Valley) | 1980 |
| 57-4.5 | Keith Van Horne (Fullerton) | 1976 | 55-7 | *Javier Venegas (Newport) | 2012 |
| 57-4.5 | Jerry French (SA Valley) | 1967 | 55-6.5 | Joe Moretti (Magnolia) | 1972 |
| 57-4.5 | Will Fortier (Newport) | 2014 | 55-6 | Rocky Liapis (Fullerton) | 1975 |
| 57-3.25 | Mike Seibl (Magnolia) | 1971 | 55-6 | Joshua Scherer (Trabuco Hills) | 2010 |
| 57-3.25 | Skip Franklin (Newport) | 1974 | 55-5.5 | Brad McPherson (Orange) | 1973 |
| 57-3 | *Gabe Perez (Valencia) | 2012 | 55-5.5 | Garrett Sweetser (Esperanza) | 2014 |
| 57-2 | Mike Mathews (Mission Viejo) | 2014 | 55-5 | Randy Vandivier (Anaheim) | 1977 |
| 57-1.5 | Rich Brown (Mission Viejo) | 1987 | 55-5 | Ken Felix (Capo Valley) | 1985 |
| 57-1.25 | Don Brandes (Canyon) | 1977 | 55-5 | Trevor Lawrence (Newport) | 2011 |
| 57-1.25 | Beau Ralphs (Newport) | 1993 | 55-4.75 | Steve Meier (Santa Ana) | 1965 |
| 57-0.25 | Jeff Klein (Rancho Alamitos) | 1973 | 55-4.5 | *Joe Walsche (Foothill) | 1983 |
| 57-0 | Brent Reiderich (Edison) | 1985 | 55-4 | Sam Rossi (El Dorado) | 1970 |
| 57-0 | Paul Castenada (SA Valley) | 2004 | 55-4 | Paul Everson (Troy) | 2001 |
| 56-11 | Jerry Langenfeld (Rancho Alamitos) | 1972 | 55-4 | Earnie Sagiao (Edison) | 2008 |
| 56-11 | Chuck Underwood (Esperanza) | 1989 | 55-3.5 | Asi Faoa (Magnolia) | 1999 |
| 56-10 | Dick Mann (Savanna) | 1971 | 55-3.5 | Ryan Powdrell (Mission Viejo) | 2002 |
| 56-10 | Rick Tarvin (Marina) | 1975 | 55-3.25 | Lawson Mollica (Edison) | 1990 |
| 56-10 | Vic Rakhshani (Edison) | 1976 | | | |
| 56-9.5 | Rick Obema (Buena Park) | 1974 | | | |
| 56-9 | Dan Noll (El Toro) | 1996 | Shot Put (16 lb.) | | |
| 56-8.75 | Donnie Alaman (SA Valley) | 1974 | 57-10.25 | Dave Murphy (Sunny Hills) | 1966 |
| 56-8.5 | Kevin Einck (Servite) | 1980 | 55-10.5 | Jim Neidhart (Newport) | 1973 |
| 56-8.25 | Chris Conrad (Brea) | 1993 | 55-9 | Dave Kurrasch (Santa Ana) | 1975 |
| 56-8 | Dick Lindsay (Tustin) | 1962 | 55-3.25 | Terry Albritton (Newport) | 1972 |
| 56-8 | Kurt Clemens (Huntington Beach) | 1969 | 54-11.5 | John Brenner (Fullerton) | 1979 |
| 56-8 | Jeff Bodholdt (Irvine) | 1994 | 53-11 | Greg Aitkenhead (Mission Viejo) | 1984 |
| 56-7.75 | J Tesimale (SA Valley) | 1975 | 53-7.5 | *Brian Blutreich (Capo Valley) | 1984 |
| 56-7 | Jake Taylor (Newport) | 2010 | | | |
| 56-6.25 | Mike Johnson (Bolsa Grande) | 1965 | Discus | | |
| 56-5.5 | Watson (SA Valley) | 1975 | 213-11 | Scott Moser (Huntington Beach) | 1997 |
| 56-5.5 | Brian Stack (El Dorado) | 1976 | 213-7 | Bo Taylor (Newport) | 2006 |
| 56-5 | Dennis Shields (Tustin) | 1965 | 210-8 | Brian Blutreich (Capo Valley) | 1985 |
| 56-5 | Gus Coppens (Sunny Hills) | 1973 | 209-8 | Ethan Cochran (Newport) | 2012 |
| 56-5 | *Matt Gray (Esperanza) | 2003 | 203-5 | Travis Pendleton (Esperanza) | 2000 |
| 56-4.75 | John Covington (Sunny Hills) | 1972 | 200-9 | Matt Gray (Esperanza) | 2004 |
| 56-4.5 | Curt Eilenberg (Costa Mesa) | 1975 | 197-0 | Nick Robinson (El Toro) | 2006 |
| 56-4.25 | JB Salem (Newport) | 2011 | 195-11 | Sam Lightbody (Huntington Beach) | 1999 |
| 56-3.75 | Doug Torbert (Lowell) | 1969 | 194-8 | Malik McMorris (Mater Dei) | 2015 |
| 56-3.75 | Ed Thompson (Villa Park) | 1970 | 194-2 | Mark Parlin (Esperanza) | 1991 |
| 56-3.75 | Kevin McLain (Loara) | 1971 | 193-9 | Aaron Dan (Esperanza) | 2005 |
| 56-3.25 | * Brodie Reiderich (Edison) | 1996 | 193-6 | Blake Ayles (Orange Lutheran) | 2008 |
| 56-3 | Matt Jordan (Dana Hills) | 1990 | 192-1 | Andy Marrone (Dana Hills) | 1990 |
| 56-3 | Travis McCullough (Esperanza) | 1993 | 191-6 | Brian Ruziecki (Huntington Beach) | 2002 |
| 56-2.75 | Greg Blixt (SA Valley) | 1982 | 191-11 | Chad Peare (Trabuco Hills) | 1993 |
| 56-2.5 | Clarence Jackson (Saddleback) | 1975 | 190-8 | Tambi Wenj (Fountain Valley) | 1984 |
| 56-1.75 | Robert Hulliger (Costa Mesa) | 2000 | 190-4 | Marty Taylor (Newport) | 2013 |
| 56-0.75 | John Jaragoski (Buena Park) | 1965 | 190-01 | Nick Coghill (Valencia) | 2015 |
| 56-0.75 | P Cavanaugh (La Habra) | 1969 | 190-0 | Will Parsons (La Habra) | 2011 |
| 56-0.75 | Jerry Gillespie (Westminster) | 1989 | 189-10 | Mike Bain (Corona del Mar) | 1987 |
| 56-0 | Jeff Brown (Corona del Mar) | 1984 | 188-7 | Quaid Vuncannon (San Clemente) | 2012 |
| 55-11.75 | Dave Lawson (Corona del Mar) | 1983 | 187-9 | Cecil Whiteside (Newport) | 2009 |
| 55-11.75 | Kevin Fairman (Edison) | 1987 | 187-2 | Scott Hudson (Mission Viejo) | 1980 |
| 55-11.5 | T.J. Brown (Mission Viejo) | 1993 | 186-8 | Dan Westerfield (Capo Valley) | 1981 |
| 55-11 | Don Jones (Westminster) | 1966 | 186-2 | Kaleaph Carter (Edison) | 1988 |
| 55-11 | Matt Rudesill (Costa Mesa) | 1998 | 185-10 | Sepehr Sharifi (University) | 1995 |
| 55-10.5 | John Ruitt (Fullerton) | 1935 | 185-11 | Kevin Jefferies (Newport) | 1981 |
| 55-10.5 | Don Kolstad (Santiago) | 1970 | 185-2 | Greg Aitkenhead (Mission Viejo) | 1984 |
| 55-10.5 | Mark Davenport (El Dorado) | 1972 | 185-9 | Jake Fraser (El Toro) | 2011 |
| 55-10.5 | Greg Thurston (Edison) | 1989 | 185-1 | Steve Michaelson (Newport) | 2012 |
| 55-10 | Richard Keyser (Foothill) | 1971 | 185-1 | Kelsey Benoit (San Clemente) | 2014 |
| 55-10 | Patrick Geers (Capo Valley) | 2012 | 184-10 | Rocky Fenton (San Clemente) | 2014 |
| 55-9.75 | Pat McRae (Pacifica) | 1977 | 184-5 | **Bronson Osborn (Esperanza) | 2015 |
| 55-9.5 | * Mike Burns (Esperanza) | 1990 | 184-2 | Kevin Corbett (El Dorado) | 1976 |
| 55-9.5 | * Keneti Faagata (Trabuco Hills) | 2004 | 183-0 | Eki Faagai (Huntington Beach) | 2004 |

| | | | | | |
|--------|------------------------------------|------|--------|-------------------------------------|------|
| 182-2 | Ken Mills (University) | 1979 | 170-4 | Dave Sommers (Katella) | 1977 |
| 182-1 | Steve Lehmer (Loara) | 1966 | 170-4 | Lou Sargeant (El Toro) | 1983 |
| 181-8 | Miguel Lopez (Esperanza) | 2010 | 170-4 | Rich Brown (Mission Viejo) | 1987 |
| 181-4 | Phil Fulbright (Capo Valley) | 1995 | 170-4 | *Jim Stewart (Esperanza) | 1993 |
| 181-2 | Jake Pendleton (Esperanza) | 2009 | 170-3 | Chris Conrad (Brea) | 1993 |
| 180-8 | Brendon Birdsell (Beckman) | 2009 | 170-2 | Sager (Huntington Beach) | 2004 |
| 180-7 | Jason Bader (Edison) | 1995 | 170-0 | Mark Stevens (Newport) | 1971 |
| 180-5 | Mason Miller (Esperanza) | 2011 | 170-0 | Jess Rogers (Rancho Alamitos) | 1980 |
| 179-8 | Dylan Storey (El Modena) | 2003 | 170-0 | Chris Chester (Tustin) | 2001 |
| 179-6 | Zfad Khozam (El Modena) | 1985 | 169-10 | Leonard Ostrum (Orange) | 1970 |
| 179-6 | *Sullivan Parker (El Toro) | 2010 | 169-9 | Ed Labate (Villa Park) | 1973 |
| 179-4 | Caleb McCurry (Northwood) | 2009 | 169-8 | Matt Rudesill (Costa Mesa) | 1998 |
| 179-3 | Dave Winters (Valencia) | 1984 | 169-7 | Bill Flores (Kennedy) | 1983 |
| 178-11 | Chad Seymour (Aliso Niguel) | 2009 | 169-4 | Jud Binley (Laguna Beach) | 1973 |
| 178-9 | Scott Hudson (Mission Viejo) | 1979 | 169-4 | Jeff Greenbough (Laguna Beach) | 1977 |
| 178-7 | Jim Norum (Brea) | 1997 | 169-4 | Jon O'Neil (Santa Margarita) | 1997 |
| 178-6 | Rich Stewart (La Quinta) | 1975 | 169-3 | Randy Kendrick (Huntington Beach) | 1982 |
| 178-4 | Zach Tombol (Servite) | 2013 | 169-2 | *Jim Harper (San Clemente) | 1976 |
| 178-3 | Jeff Hall (Katella) | 1982 | 169-1 | Jim Ulam (Kennedy) | 1968 |
| 177-11 | David Sampson (Cypress) | 2003 | 169-1 | Blair Parrott (San Clemente) | 1991 |
| 177-9 | Steve Gonzales (Newport) | 1994 | 169-1 | Nick Sharp (Huntington Beach) | 2002 |
| 177-6 | Richard Bolton (Rancho Alamitos) | 1977 | 169-1 | Matt Murphy (El Toro) | 2007 |
| 177-6 | Troy Nikalus (Servite) | 2011 | 169-0 | * Ed Clarke (Newport) | 1997 |
| 177-5 | Mike Richie (Troy) | 1998 | 169-0 | Carlo Valdes (Mater Dei) | 2008 |
| 177-0 | Mark Baughman (Katella) | 1975 | 168-10 | Jeff Safarik (Fullerton) | 1979 |
| 176-11 | Steve Bruce (Valencia) | 1978 | 168-9 | Todd Kausen (Corona del Mar) | 1978 |
| 176-8 | Andrew Cruikshank (Foothill) | 2010 | 168-9 | ** Troy Nikalas (Servite) | 2009 |
| 176-3 | Randy Hein (Dana Hills) | 1995 | 168-8 | Jim Osborn (Rancho Alamitos) | 1985 |
| 176-2 | Sean Jarne (Esperanza) | 1996 | 168-8 | Jesse McDonald (Laguna Hills) | 1994 |
| 176-2 | Justin Stafford (Dana Hills) | 2014 | 168-8 | * Alex Butler (El Modena) | 2004 |
| 175-10 | Trevor Ofisa (Magnolia) | 2010 | 168-8 | Alec Cranford (Dana Hills) | 2013 |
| 175-8 | John Sheppard (Katella) | 1976 | 168-7 | *John Moses (Loara) | 1980 |
| 175-8 | * Joel Heaton (Aliso Niguel) | 2006 | 168-7 | Roger Masangkay (Huntington Beach) | 1984 |
| 175-6 | Dave Kurrasch (Newport) | 1975 | 168-7 | Chad Smith (University) | 2004 |
| 174-11 | Matt Plowman (Esperanza) | 2002 | 168-6 | Joel Brodowski (Pacifica) | 1980 |
| 174-8 | Chris Dressel (El Dorado) | 1979 | 168-5 | John Karahallos (Western) | 1979 |
| 174-8 | Jim Doehring (San Clemente) | 1980 | 168-4 | B Vamell (Sunny Hills) | 1982 |
| 174-6 | Morad Moussabeck (Fountain Valley) | 2005 | 168-4 | Paul Castenada (SA Valley) | 2004 |
| 174-4 | **Luke Wattenberg (JSerra) | 2015 | 168-2 | *Bob McGuire (Foothill) | 1973 |
| 174-2 | * Kelsey Benoit (San Clemente) | 2013 | 168-1 | Jim Eddleman (Valencia) | 2000 |
| 174-1 | Mike Morales (Garden Grove) | 1986 | 168-0 | JR Sauni (Orange) | 1991 |
| 174-0 | John Ortman (University) | 1978 | 167-11 | Scott Wingerson (Orange) | 1981 |
| 174-0 | * Dillon Hayes (Tustin) | 2000 | 167-10 | Craig Rebeck (Capo Valley)) | 1987 |
| 174-0 | Joshua Scherer (Trabuco Hills) | 2010 | 167-10 | * Nick Woloshun (Valencia) | 2001 |
| 173-5 | Af Haghi E (University) | 1990 | 167-10 | Nate Talbort (Newport) | 2008 |
| 173-5 | Al Avila (Loara) | 1990 | 167-10 | William Truong (Esperanza) | 2014 |
| 173-4 | Alex Covarrubias (Valencia) | 1972 | 167-9 | Shane Reese (Newport) | 1997 |
| 173-4 | Sullivan Parker (El Toro) | 2011 | 167-9 | *Marty Taylor (Newport) | 2012 |
| 173-2 | Clark (Laguna Beach) | 1979 | 167-6 | Tom Allison (Los Alamitos) | 1985 |
| 173-1 | Curt Eilenberg (Costa Mesa) | 1975 | 167-6 | Jeremiah Fagilli (Magnolia) | 1998 |
| 173-0 | Scott Strayer (Huntington Beach) | 2005 | 167-3 | * Dustin Slinkard (Santa Margarita) | 2002 |
| 173-0 | *Gabe Perez (Valencia) | 2012 | 167-0 | Jake Brower (Orange) | 1987 |
| 172-11 | Howard Royster (Corona del Mar) | 1972 | 167-0 | Brad Grace (Huntington Beach) | 1988 |
| 172-11 | John Brenner (Fullerton) | 1979 | 167-0 | Raphael Alvarez (Esperanza) | 2002 |
| 172-10 | Mike Zupancic (Trabuco Hills) | 2008 | 166-11 | Chris Sweeney (Capo Valley) | 1981 |
| 172-10 | *Javier Venegas (Newport) | 2012 | 166-8 | Tom Pellicer (Esperanza) | 1993 |
| 172-9 | Nathan Talbott (Newport) | 2008 | 166-7 | Hoth (El Toro) | 1982 |
| 172-7 | * Barrett Woods (Esperanza) | 1998 | 166-7 | Dylan Storey (El Modena) | 2003 |
| 172-6 | Kurt Vollers (Servite) | 1997 | 166-5 | Sinali Manu (Magnolia) | 2000 |
| 172-6 | Asi Faoa (Magnolia) | 1999 | 166-5 | Austin Niklas (Servite) | 2008 |
| 172-2 | Mike Johnson (Bolsa Grande) | 1966 | 166-5 | Mitch Dixon (Trabuco Hills) | 2013 |
| 172-0 | Sean Ullom (Orange) | 1987 | 166-4 | Kevin Watson (Century) | 1999 |
| 171-6 | Dale Gordon (El Modena) | 1969 | 166-4 | Rick Fry (Esperanza) | 2001 |
| 171-6 | Schuyler Francine (Villa Park) | 1983 | 166-3 | Bruce Mondello (Cypress) | 1977 |
| 171-5 | Mike Evans (Orange) | 1970 | 166-3 | Cole smith (Mission Viejo) | 2015 |
| 171-4 | Sean Fenton (Corona del Mar) | 2000 | 166-1 | John Ortman (University) | 1979 |
| 171-1 | Joe Walshe (Foothill) | 1984 | 166-1 | Tom Cowell (Western) | 1990 |
| 171-1 | *Brad Bolton (El Toro) | 2010 | 166-1 | Justin Birrell (Esperanza) | 1998 |
| 171-0 | Nash Parker (Dana Hills) | 2015 | 166-0 | Shane Tucker (El Toro) | 2008 |
| 170-11 | Jeff Bodholdt (Irvine) | 1994 | 165-10 | *Travis Kirschke (Esperanza) | 1992 |
| 170-10 | Mike Jablonsky (Esperanza) | 2005 | 165-9 | Eddie Cook (Katella) | 1979 |
| 170-5 | McMullen (Calvary Chapel) | 1996 | 165-7 | Steve Brown (Valencia) | 1973 |

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 (Fustin) | 2002 |
| 5.99 | Erik Mitchell (Los Alamitos) | 1990 |
| 6.02 | 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 (Servlte) | 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 (Santa Margarita) | 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 |
|---------|---------------------|------|

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

55 meter High Hurdles

| | | |
|------|-----------------------------|------|
| 7.76 | Dylan Atencio (Yorba Linda) | 2015 |
|------|-----------------------------|------|

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

4 x 160 yard Relay

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

8 x 160 yard Relay

| | | |
|---------|-----------------|------|
| 2:14.82 | Edison | 2000 |
| 2:15.6 | SA Valley | 1984 |
| 2:17.9 | SA Valley | 1992 |
| 2:18.3 | SA Valley | 1988 |
| 2:18.7 | Katella | 1998 |
| 2:18.9 | SA Valley | 1985 |
| 2:19.3 | Santa Ana | 1983 |
| 2:19.7 | Saddleback | 1993 |
| 2:19.8 | Saddleback | 1985 |
| 2:19.94 | Katella | 2000 |
| 2:20.1 | SA Valley | 1989 |
| 2:20.13 | Katella | 1999 |
| 2:20.4 | Santa Ana | 1982 |
| 2:21.42 | Katella | 1996 |
| 2:21.9 | SA Valley | 1987 |
| 2:22.0 | Mission Viejo | 1999 |
| 2:23.0 | Santa Margarita | 1999 |
| 2:23.5 | El Modena | 1982 |
| 2:23.6 | Newport | 1983 |
| 2:23.7 | SA Valley | 1993 |
| 2:23.7 | SA Valley | 1998 |

Mile Relay

| | | |
|--------|------------|------|
| 3:26.3 | Newport | 1975 |
| 3:27.0 | Newport | 1978 |
| 3:27.6 | Foothill | 1994 |
| 3:28.0 | Foothill | 1992 |
| 3:28.9 | Newport | 1979 |
| 3:30.2 | Foothill | 1993 |
| 3:31.0 | Costa Mesa | 1982 |

| | | |
|--------|--------------|------|
| 3:31.1 | Santa Ana | 1975 |
| 3:31.2 | Los Alamitos | 1984 |
| 3:32.6 | Loara | 1975 |
| 3:33.1 | El Modena | 1982 |
| 3:33.2 | Irvine | 1996 |
| 3:34.7 | Newport | 1976 |

4 x 880 Relay

| | | |
|---------|-----------------------------------|------|
| 8:08.8 | Westminster | 1974 |
| 8:13.2c | Saddleback | 1992 |
| | (converted time-one lap too long) | |
| 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 | Harrison Steed (JSerra) | 2010 |
| 6-7 | Dave White (Marina) | 1977 |
| 6-6 | Kevin Connell (Newport) | 1975 |
| 6-6 | Kevin Cuervo (Western) | 1976 |
| 6-6 | Brad Harris (Los Alamitos) | 1978 |
| 6-6 | Todd Hart (Servite) | 1981 |
| 6-6 | Francel Jones (SA Valley) | 1982 |
| 6-6 | Eric Wheelwright (Edison) | 1985 |
| 6-6 | Jeff Waldren (Cypress) | 1992 |
| 6-6 | Jay Lin (Sonora) | 1993 |
| 6-6 | Brian Carlson (Katella) | 1993 |
| 6-6 | Alex Marbley (Tustin) | 2001 |
| 6-5 | Roger Leary (El Toro) | 1983 |
| 6-5 | Mitchell Bland (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 |

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 |

Weight Throw 25#

| | | |
|---------|------------------------------------|------|
| 73-4 | Brad Bolton (El Toro) | 2011 |
| 62-5.5 | * Silviu Bocancea (Corona del Mar) | 2015 |
| 58-2.75 | Rocky Fenton (San Clemente) | 2014 |

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 |
| 11.87 | **Gianna Lowery (Capo Valley) | 2010 |
| 11.94 | Sara Limp (Los Alamitos) | 2015 |
| 11.95 | Janice Nsor (Kennedy) | 2005 |
| 11.97 | Danielle Darden (Aliso Niguel) | 2013 |
| 11.99 | Jackie Dix (Woodbridge) | 1997 |
| 12.01 | Estelle White (Saddleback) | 1982 |
| 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 |
| 12.21 | *Holly Rieck (Capo Valley) | 2011 |
| 12.22 | ***Ally Lynn (San Clemente) | 2011 |
| 12.22 | Alyssa Tao (Fountain Valley) | 2013 |
| 12.23 | Kandyce Doxey (Cypress) | 2008 |
| 12.23 | ***Ariana Wright (Westminster) | 2008 |
| 12.24 | * Dionne Garner (Valencia) | 1984 |
| 12.24 | **Erica Lee (Irvine) | 1989 |
| 12.24 | ** Erin Stovall (Woodbridge) | 1995 |
| 12.24 | Debra Blyden (Westminster) | 12.0 1979 |
| 12.24c | * Ashley Bethel (Mission Viejo) | 12.1 1997 |
| 12.24 | * Ashley Bush (Sonora) | 2009 |
| 12.25 | ***Becky Obinma (Villa Park) | 2015 |
| 12.25 | Nia Toliver (Villa Park) | 2015 |
| 12.26 | Alexia Williams (Irvine) | 2013 |
| 12.26 | *Haley Hopkins (Mater Dei) | 2015 |
| 12.27 | *** Elia Reid (Kennedy) | 2005 |
| 12.28 | ** Michelle Sanford (Woodbridge) | 2001 |
| 12.28 | Brittany Clark (Laguna Beach) | 2007 |
| 12.29 | Meghan Atkinson (Santa Margarita) | 2000 |
| 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 |
| 12.31 | Danetta Chaney (Saddleback) | 1989 |
| 12.31 | ***Kylee Wehrly (Trabuco Hills) | 2014 |
| 12.31 | *Kennedy Gillian (Mission Viejo) | 2015 |
| 12.32 | **Kelley Peterson (El Toro) | 2011 |
| 12.33 | * Kylie McCuen (Brea) | 2001 |
| 12.33 | ***Lillian Ebanks (Valencia) | 2012 |
| 12.34 | * Michelle Banks (El Dorado) | 1984 |
| 12.34c | **Trindl Fearnley (Edison) | 12.1 1984 |
| 12.34c | Breck Nester (El Toro) | 12.1 1993 |
| 12.34c | ** Meisha Wilson-Duval (Woodbridge) | 12.1 1994 |
| 12.34c | ** Adriana Gallardo (Saddleback) | 12.1 1994 |
| 12.34c | Ebony Dozier (Western) | 12.1 1997 |
| 12.34 | Carla Battle (Anaheim) | 1997 |
| 12.34 | Kristyne Hamberg (Mission Viejo) | 2005 |
| 12.34 | ** Kaitlyn Merritt (Santa Margarita) | 2013 |
| 12.35 | Stacy Noton (Sunny Hills) | 1983 |
| 12.35 | Kim Steele (Esperanza) | 1997 |
| 12.35 | * Danielle Eichelberger (Western) | 2003 |

| | | | | | | | |
|--------|--|------|------|--------|-------------------------------------|------|------|
| 12.36 | Sher DuFur (Canyon) | | 1981 | 12.54 | Amy Wilbourn (LA Habra) | | 2013 |
| 12.36 | ** Andrea Dean (Mission Viejo) | | 1990 | 12.55 | Melissa Swigart (Corona del Mar) | | 2005 |
| 12.36 | Shalanie Ross (Esperanza) | | 2000 | 12.55 | Christina Twicken (San Clemente) | | 2010 |
| 12.36 | ** Amy Burlingham (Newport) | | 2001 | 12.55 | ** Jazmin Moss (Mater Dei) | | 2013 |
| 12.36 | ** Mia Hummel (Canyon) | | 2013 | 12.56 | Cathy Conner (Esperanza) | | 1983 |
| 12.36 | **Sarah Perez (Mater Dei) | | 2014 | 12.56 | Vanessa Blanco (Los Alamitos) | | 1985 |
| 12.37 | * Tara Oettinger (Foothill) | | 1994 | 12.56 | * Jennifer Peterson (Edison) | | 1998 |
| 12.38 | * Eileen Dunaway (Huntington Beach) | | 1995 | 12.56 | * Leticia Pulido (Katella) | | 2001 |
| 12.37 | Nicole Johnson (Laguna Beach) | | 1999 | 12.56 | ** Megan Starkey (Kennedy) | | 2003 |
| 12.37 | ***Heather Walleigh (Santa Margarita) | | 2011 | 12.56 | Jennifer Janneck (Brea) | | 2013 |
| 12.38 | ***Sydney Carr (El Modena) | | 2014 | 12.57 | ** Colaine Grieb (Katella) | | 2003 |
| 12.39 | *Hollis Donovan (Dana Hills) | | 2014 | 12.57 | ***Kaelynn Greene (Orange Lutheran) | | 2008 |
| 12.40 | * Catherine Soto (Mater Dei) | | 1989 | 12.57 | Gabrielle Scott (Woodbridge) | | 2011 |
| 12.40 | Patrice Donaldson (Orange) | | 2001 | 12.57 | ***Sierra Castles (El Toro) | | 2015 |
| 12.40 | Tia McFarlane (Trabuco Hills) | | 2009 | 12.57 | **Lauren Vissman (San Juan Hills) | | 2015 |
| 12.41 | Roxanne Packard (Westminster) | | 1997 | 12.58 | Judy Jackson (Tustin) | | 1989 |
| 12.41 | Julie Steele (Troy) | | 1997 | 12.58 | Erin Kelly (Brea) | | 1998 |
| 12.41 | * Christina Camp (San Clemente) | | 1998 | 12.58 | * Michaela King (Dana Hills) | | 2013 |
| 12.42 | ** S. Salcido (Marina) | | 2009 | 12.58 | Kelley Peterson (El Toro) | | 2013 |
| 12.43 | ** Caitlin Atkinson (Santa Margarita) | | 2004 | 12.59 | *Chelsea Lelito (Dana Hills) | | 2008 |
| 12.43 | * Krytine Hanberg (Mission Viejo) | | 2004 | 12.59 | Mickinze Ellis (Dana Hills) | | 2014 |
| 12.43 | Kaelyn Kaichi (Tesoro) | | 2010 | 12.59 | Jazmin Moss (Mater Dei) | | 2015 |
| 12.44c | Tina Johnson (Kennedy) | 12.2 | 1981 | 12.60 | Pam Asbury (Valencia) | | 1982 |
| 12.44c | Kathy Grant (Estancia) | 12.2 | 1986 | 12.60 | * Pearl Mercer (Loara) | | 1994 |
| 12.44c | Jamie Karrer (Edison) | 12.2 | 1989 | 12.60 | ** Erin Reed (Huntington Beach) | | 1995 |
| 12.44c | ** Lucinda Watson (Century) | 12.2 | 1993 | 12.60 | * Julia Crum (Troy) | | 2009 |
| 12.44c | * Megan Reppe (Villa Park) | 12.2 | 1994 | 12.61 | Tiffany Pransky (Orange Lutheran) | | 2005 |
| 12.44c | Kelly Phillips (Mission Viejo) | 12.2 | 1995 | 12.61 | Marina Berrios (Pacifica) | | 2013 |
| 12.44c | Angela Allen (El Modena) | 12.2 | 1997 | 12.62 | * Leah Zaby (Newport) | | 1998 |
| 12.44c | ** Dana Bethel (Mission Viejo) | 12.2 | 1999 | 12.62 | Emily Kalmbach (Santa Margarita) | | 2000 |
| 12.44 | ** Whitney Harrison (Aliso Niguel) | | 2001 | 12.62 | **Lauren Deats (Edison) | | 2010 |
| 12.44 | * Tiffany Pransky (Orange Lutheran) | | 2004 | 12.63 | * Courtney Stafford (Katella) | | 2000 |
| 12.45 | ** Lori Smith (Canyon) | | 1987 | 12.63 | * Brittany Fastuca (Mission Viejo) | | 2006 |
| 12.45 | Madison Carney (Sonora) | | 2014 | 12.63 | * Aniela Guyot (Santa Margarita) | | 2008 |
| 12.46 | ** Tifney Reeve (Cypress) | | 2006 | 12.63 | *Kyleigh Brown (San Clemente) | | 2012 |
| 12.46 | *Adriane Jaminski (Rosary) | | 2010 | 12.63 | **Emma Radan (Mater Dei) | | 2012 |
| 12.46 | **Monica Ukah (Trabuco Hills) | | 2010 | 12.63 | Kenna Limp (Los Alamitos) | | 2015 |
| 12.46 | *** Kaiya McCullough (El Toro) | | 2013 | 12.63 | *Carina Hendley (Northwood) | | 2015 |
| 12.47 | Brenda Owens (SA Valley) | | 1982 | 12.63 | **Lauren Deysch (Santa Margarita) | | 2015 |
| 12.47 | ** Heidi Sandra (Los Alamitos) | | 1985 | 12.64c | Lynnda Kelley (Irvine) | 12.4 | 1981 |
| 12.47 | Kathy Hargis (Magnolia) | | 1986 | 12.64c | Celine Regalia (University) | 12.4 | 1982 |
| 12.47 | Heidi Sendro (Los Alamitos) | | 1985 | 12.64c | **Lori Shaw (Edison) | 12.4 | 1983 |
| 12.47 | *** Noel Dula (Marina) | | 1997 | 12.64c | Tiffany Felix (Mater Dei) | 12.4 | 1986 |
| 12.47 | * Aileen Sablo (Rosary) | | 1999 | 12.64c | Yrsa Tsuneyoshi (Marina) | 12.4 | 1988 |
| 12.47 | * Bridgett Brown (Cypress) | | 2000 | 12.64 | *Jenny Infusino (Edison) | | 1991 |
| 12.48 | Tami Letterman (Edison) | | 1995 | 12.64c | Darci Bishop (Sunny Hills) | 12.4 | 1991 |
| 12.48 | Megan Blanchard (Northwood) | | 2008 | 12.64c | * Rosie Manning (Trabuco Hills) | 12.4 | 1993 |
| 12.48 | *Shebanette Terry (Irvine) | | 2012 | 12.64 | Nicole Albano (Corona de1Mar) | | 1996 |
| 12.49 | Rakita Roberson (Loara) | | 1987 | 12.64c | Adrianna Gallardo (Saddleback) | 12.4 | 1996 |
| 12.49 | Eurie Jennings (Edison) | | 2000 | 12.64 | *** Lindsey Greco (Capo Valley) | | 1997 |
| 12.49 | Frenchy Silva (Dana Hills) | | 2008 | 12.64c | Mariner (Foothill) | 12.4 | 1997 |
| 12.50 | * Arika Griffith (El Toro) | | 1988 | 12.64 | *** Tiffany Hogan (Capo Valley) | 12.4 | 1997 |
| 12.50 | ** Maika Nelson (Brea) | | 1996 | 12.64 | * Quinna Starr (Savanna) | | 1998 |
| 12.50 | *** Caitlin Atkinson (Santa Margarita) | | 2003 | 12.64c | Kristin Keenan (Trabuco Hills) | 12.4 | 1998 |
| 12.51 | * Michelle Muniz (Woodbridge) | | 1989 | 12.64c | Grace Rozar (Mater Dei) | 12.4 | 1998 |
| 12.51 | * Erin Tuber (El Toro) | | 2005 | 12.64c | ** Sabrina Spruill (Kennedy) | 12.4 | 2004 |
| 12.51 | Ellexi Snover (Mater Dei) | | 2011 | 12.64c | * Amber Moore (Aliso Niguel) | 12.4 | 2004 |
| 12.51 | **Lauren McLeese (Tesoro) | | 2015 | 12.64c | ** Adriana Bracamonto (Orange Lut) | 12.4 | 2004 |
| 12.52 | * Erika Ebel (Orange Lutheran) | | 1991 | 12.64c | Gage (El Modena) | 12.4 | 2007 |
| 12.52 | ** Brooke Thulin (Edison) | | 2000 | 12.64c | Natalie Roy (Mission Viejo) | 12.4 | 2007 |
| 12.52 | *Crystal Eckman (Fountain Valley) | | 2014 | 12.64 | Kristen Woepse (Woodbridge) | | 2005 |
| 12.53 | * Amanda Wheeland (Corona del Ma r) | | 1989 | 12.64 | ** Kaelynn Greene (Orange Lutheran) | | 2009 |
| 12.53 | Rai Ahmed-Green (Irvine) | | 2014 | 12.64 | **Amy Heins (Troy) | | 2010 |
| 12.54c | Ann Kissinger (Marina) | 12.3 | 1988 | 12.64 | Sydney Elliott (Mission Viejo) | | 2011 |
| 12.54c | Rose Chavez (Kennedy) | 12.3 | 1991 | 12.65 | Adrianna Gallardo (Saddleback) | | 1997 |
| 12.54 | *** Julianne Santos (Capo Valley) | 12.3 | 1991 | 12.65 | Davis (Santa Margarita) | | 2000 |
| 12.54c | Casey Lozano (Sonora) | 12.3 | 1992 | 12.65 | *Kristina Bugg (Canyon) | | 2011 |
| 12.54c | * Elinor Tolson (Fountain Valley) | 12.3 | 1992 | 12.66 | *Julie Thiel (Katella) | | 1991 |
| 12.54c | ** Jaime Terry (Trabuco Hills) | 12.3 | 1994 | 12.66 | Suzanne Moshini (Edison) | | 1995 |
| 12.54c | ** Denay Dominic (Canyon) | 12.3 | 1997 | 12.66 | ***Jennifer Peteren (Edison) | | 1997 |
| 12.54c | * Brooke Fitzgerald (Santa Marg) | 12.3 | 1997 | 12.66 | ** Ann Brigs (Esperanza) | | 2000 |
| 12.54c | Allison Woody (Sonora) | 12.3 | 2007 | 12.66 | *** Katy Hinman (Capo Valley) | | 2009 |
| 12.54 | **Tanaz Nourian (San Clemente) | | 2012 | 12.66 | **Amanda Graceffa (J Serra) | | 2010 |
| 12.54 | *** Paige LaBare (Costa Mesa) | | 2013 | 12.66 | **Breezy Frias (Westminster) | | 2012 |
| 12.54 | Claire McKernan (Dana Hills) | | 2013 | 12.66 | ***Brianna Washa (Oxford Academy) | | 2012 |

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|--------|---------------------------------------|-----------|--------------------|---------------------------------------|-----------|
| 12.67 | Julie Petrilla (E1 Dorado) | 1993 | 12.74 | Amanda Chevalier (Brea) | 2009 |
| 12.67 | ***Madison Lankford (Calvary Ch (SA)) | 2010 | 12.74 | **Nylia Hudspeth (Kennedy) | 2012 |
| 12.67 | ***Mikaela Truckey (Orange Lutheran) | 2010 | 12.74 | Kellie Perry (Mission Viejo) | 2013 |
| 12.67 | *Kaiya McCullough (El Toro) | 2015 | | | |
| 12.68 | Caryn Christiano (E1 Dorado) | 1983 | | | |
| 12.68 | Melanie Williams (Western) | 1986 | Wind-aided: | | |
| 12.68 | Sherrie Buente (Esperanza) | 1990 | 11.56 | Danielle Darden (Aliso Niguel) | 2013 |
| 12.68 | Barbara Scheil (Santa Margarita) | 1995 | 11.73 | Janice Nsor (Kennedy) | 2005 |
| 12.68 | ** Pam Thomas (Cypress) | 2001 | 11.79 | *Danielle Darden (Aliso Niguel) | 2012 |
| 12.68 | Britt Williams (Mission Viejo) | 1984 | 11.85 | Jackie Dix (Woodbridge) | 1997 |
| 12.69 | Shelly Tochluk (Westminster) | 1989 | 11.88 | Sara Lipm (Los Alamitos) | 2015 |
| 12.69 | ** Melissa Mewes (El Toro) | 2009 | 11.89 | Estelle White (Saddleback) | 1982 |
| 12.69 | Aniela Guyot (Santa Margarita) | 2009 | 11.91 | Cavetra Mitchell (Los Alamitos) | 1993 |
| 12.69 | Julia Crum (Troy) | 2010 | 11.91 | Gia Trevisan (Mater Dei) | 2011 |
| 12.69 | **Kelsey Waldmann (Mission Viejo) | 2011 | 11.92 | Persis William-Mensah (Estancia) | 2014 |
| 12.69 | Katelyn Andress (Capo Valley) | 2012 | 11.93 | Sherri Bertell (Mission Viejo) | 1988 |
| 12.69 | ***Danielle Solaru (Northwood) | 2013 | 11.93 | * Marquita Taylor (San Clemente) | 2001 |
| 12.69 | **Dana Padget (Esperanza) | 2014 | 11.98 | *** Elia Reid (Kennedy) | 2005 |
| 12.70 | * Melanie Midani (Loara) | 1988 | 11.99 | Amber Moore (Aliso Niguel) | 2005 |
| 12.70 | Kristi Kierulff (Esperanza) | 1995 | 11.99 | Percylla Nared (Trabuco Hills) | 2010 |
| 12.70 | * Tierricka Haynes (Brea) | 2004 | 11.99 | *Sydney Carr (El Modena) | 2015 |
| 12.70 | * Victoria Ton (Northwood) | 2004 | 12.00 | Dionne Garner (Valencia) | 1985 |
| 12.70 | * Samantha Hanberg (Mission Viejo) | 2009 | 12.03 | Trish Aubuchon (Esperanza) | 1984 |
| 12.70 | *Damillia Foster (Savanna) | 2010 | 12.04c | ***Juanita Lawson (El Modena) | 11.8 1999 |
| 12.70 | *Amy Heins (Troy) | 2011 | 12.05 | ** Erin Stovall (Woodbridge) | 1996 |
| 12.70 | *Lauren Deats (Edison) | 2011 | 12.07 | **Ashley Willingham (Los Alamitos) | 2014 |
| 12.71 | Alida Dixon (SA Valley) | 1989 | 12.08 | * Meryl Stone (Woodbridge) | 1998 |
| 12.71 | Ashley Fletcher (Loara) | 2005 | 12.10 | Melissa Swigart (Corona del Mar) | 2005 |
| 12.71 | ***Kassidy Gorman (Santa Margarita) | 2011 | 12.10 | Alyssa Tao (Fountain Valley) | 2013 |
| 12.71 | * Mallory Winston (Laguna Hills) | 2013 | 12.12 | Yasmin Webb (Buena Park) | 2005 |
| 12.71 | ***Mallory Barnes (Santa Margarita) | 2015 | 12.12 | Kaitlyn Merritt (Santa Margarita) | 2015 |
| 12.72 | * Mildred Owens (SA Valley) | 1983 | 12.12 | **Julia Cabrales (Mission Viejo) | 2010 |
| 12.72 | * Heaven Yoshino (Woodbridge) | 1995 | 12.14c | * Tara Oettinger (Foothill) | 11.9 1994 |
| 12.72 | Lucinda Watson (Century) | 1995 | 12.15 | *** Ariana Wright (Westminster) | 2008 |
| 12.72 | *Christina Ta (Rancho Alamitos) | 2005 | 12.17 | * Brooke Fitzgerald (Santa Margarita) | 1997 |
| 12.72 | Katie Madler (Santa Margarita) | 2011 | 12.17 | Malia Tilton (El Modena) | 2013 |
| 12.72 | Allison Sprong (Dana Hills) | 2012 | 12.20 | Ashley Bush (Sonora) | 2010 |
| 12.72 | ***Keelin Gilbert (Cypress) | 2012 | 12.20 | ***Becky Obinma (Villa Park) | 2015 |
| 12.72 | * Aliyah Jones (Troy) | 2013 | 12.22 | ** Danielle Eichelberger (Cypress) | 2002 |
| 12.73 | * * Melissa Rivera (Marina) | 2004 | 12.23 | ** Michelle Sanford (Woodbridge) | 2001 |
| 12.73 | * Rosie Manning (Trabuco Hills) | 1993 | 12.23 | Krystyne Hanberg (Mission Viejo) | 2005 |
| 12.73 | Eylsse Vanleer (Edison) | 2004 | 12.24 | **Kennedy Gillian (Mission Viejo) | 2014 |
| 12.73 | ** Christina Ta (Rancho Alamitos) | 2004 | 12.25 | Kelley Peterson (El Toro) | 2013 |
| 12.73 | * Amanda Chevalier (Brea) | 2008 | 12.25 | *Crystal Eckman (Fountain Valley) | 2014 |
| 12.73 | * Tia McFarlane (Trabuco Hills) | 2008 | 12.27 | * Kylie McCuen (Brea) | 2001 |
| 12.73 | Kimmie Conner (Dana Hills) | 2010 | 12.27 | Tierra Tyler (Western) | 2008 |
| 12.73 | ***Frances James (Troy) | 2013 | 12.28 | **Heather Walleigh (Santa Margarita) | 2012 |
| 12.74c | Annette Brown (Saddleback) | 12.5 1982 | 12.28 | Madison Carney (Sonora) | 2014 |
| 12.74c | *Suzanne Kerho (Mission Viejo) | 12.5 1988 | 12.30 | **Parisia Barker (Orange Lutheran) | 2012 |
| 12.74c | Melissa Taylor (Edison) | 12.5 1987 | 12.30 | ** Mia Hummel (Canyon) | 2013 |
| 12.74c | Carolyn Griffin (University) | 12.5 1990 | 12.31 | * S Salcido (Marina) | 2009 |
| 12.74c | *Kala Ross (Newport) | 12.5 1992 | 12.31 | *Lily Ebanks (Valencia) | 2014 |
| 12.74c | Michol Murray (Garden Grove) | 12.5 1992 | 12.31 | Jazmin Moss (Mater Dei) | 2015 |
| 12.74c | Jaime Terry (Trabuco Hills) | 12.5 1996 | 12.32 | ** Meghan Reppe (Villa Park) | 1993 |
| 12.74c | Tori Young (Mater Dei) | 12.5 1996 | 12.32 | Megan Blanchard (Northwood) | 2008 |
| 12.74c | Kelly Marshall (Edison) | 12.5 1996 | 12.33 | Wendy Hale (Brea) | 1980 |
| 12.74c | Nicole Bronner (Edison) | 12.5 1996 | 12.33 | *** Ashley Lampley (Marina) | 2005 |
| 12.74c | Kerry O'Bric (Edison) | 12.5 1996 | 12.34c | Lori Shaw (Edison) | 12.1 1985 |
| 12.74c | ** Erin Sauchelli (Sunny Hills) | 12.5 1996 | 12.34c | Rosie Manning (Trabuco Hills) | 12.1 1994 |
| 12.74c | * Baylea Norman (Capo Valley) | 12.5 1997 | 12.34c | Ann Briggs (Esperanza) | 12.1 2002 |
| 12.74c | ** Shannon Lee (Kennedy) | 12.5 1997 | 12.34 | *Amy Heins (Troy) | 2011 |
| 12.74c | ***Tachaidra Ra (SA Valley) | 12.5 1997 | 12.35 | Tami Letterman (Edison) | 1995 |
| 12.74c | ** Amanda Shanklin (Santa Marg) | 12.5 1997 | 12.36 | * Arika Griffith (El Toro) | 1988 |
| 12.74 | Alex McCarten (San Clemente) | 1997 | 12.36 | * Julieann Crum (Troy) | 2009 |
| 12.74 | *** Megan Clark (Esperanza) | 1998 | 12.36 | * Kaelyn Kaichi (Tesoro) | 2009 |
| 12.74c | * Ngozi Ossai (Foothill) | 12.5 1998 | 12.36 | *Shebanette Terry (Irvine) | 2012 |
| 12.74c | * Julie Handy (Esperanza) | 12.5 2001 | 12.37 | ** Eileen Danaway (Huntington Beach) | 1993 |
| 12.74c | Henderson (Foothill) | 12.5 2004 | 12.37 | * Pearl Mercer (Loara) | 1994 |
| 12.74c | Fernandez (Loara) | 12.5 2004 | 12.37 | Janey Morris (Fountain Valley) | 2007 |
| 12.74c | Salze (La Habra) | 12.5 2004 | 12.38 | *Gabrielle Scott (Woodbridge) | 2010 |
| 12.74c | Amado (Aliso Niguel) | 12.5 2004 | 12.40 | Cron (Ocean View) | 1985 |
| 12.74c | * Tierricka Haynes (Brea) | 12.5 2004 | 12.40 | * Tenaya Johnson (Laguna Hills) | 1991 |
| 12.74c | Whitney Wiedner (Corona del Mar) | 12.5 2004 | 12.40 | *** Amy Heins (Troy) | 2009 |
| 12.74 | *** Felicia Keely (Anaheim) | 2006 | 12.40 | **Amanda Graceffa (J Serra) | 2010 |
| 12.74 | * Janev Morris (Fountain Valley) | 2006 | 12.41 | *** Kristina Bugg (Canyon) | 2009 |
| | | | 12.41 | Amy Heins (Troy) | 2012 |

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|--------|---|-----------|--------|---------------------------------------|-------------|
| 12.42 | Mattye Morton (Garden Grove) | 2001 | 25.19 | Chloe Fan (Aliso Niguel) | 2015 |
| 12.42 | **Ally Lynn (San Clemente) | 2012 | 25.20 | * Emily Kalmbach (Santa Margarita) | 2002 |
| 12.44c | Michelle Muniz (Woodbridge) | 12.2 1990 | 25.20 | * Perris William-Mensah (Estancia) | 2013 |
| 12.44 | Leticia Pulido (Katella) | 2002 | 25.22 | *Kandyce Doxey (Cypress) | 2007 |
| 12.44 | ** Kaelynn Greene (Orange Lutheran) | 2009 | 25.23 | * Juanita Lawson (El Modena) | 2002 |
| 12.44 | Juliana Crum (Troy) | 2010 | 25.23 | Danielle Eichelberger (Cypress) | 2003 |
| 12.44 | Katie Ostler (Beckman) | 2011 | 25.23 | Tai Crumsey (Canyon) | 2014 |
| 12.44 | ***Persis Williams (Estancia) | 2011 | 25.24 | *Hollis Donovan (Dana Hills) | 2014 |
| 12.45 | * Alida Dixon (SA Valley) | 1988 | 25.25 | * Meghan Atkinson (Santa Margarita) | 1999 |
| 12.45 | ** Kelly Phillips (Mission Viejo) | 1993 | 25.25 | Alyssa Tao (Fountain Valley) | 2013 |
| 12.45 | ***Mikaela Truckey (Orange Lutheran) | 2010 | 25.26 | Jessica Erickson (San Clemente) | 2014 |
| 12.46 | Suzanne Moshini (Edison) | 1995 | 25.28 | Whitney Harrison (Aliso Niguel) | 2003 |
| 12.47 | * Lindsey Amado (Aliso Niguel) | 2005 | 25.28 | Emily Kressin (Troy) | 2009 |
| 12.47 | Lauren Delgadillo (Fountain Valley) | 2014 | 25.30 | Amanda Rosencrantz (Kennedy) | 2005 |
| 12.48 | Jennifer Infusido (Edison) | 1992 | 25.30 | ** Mia Hummel (Canyon) | 2013 |
| 12.48 | Julie Petrilla (El Dorado) | 1993 | 25.32 | Michele Hull (Santa Margarita) | 2004 |
| 12.48 | ** Allison Sarrell (Brethren Christian) | 2001 | 25.32 | ** Ashley Bush (Sonora) | 2008 |
| 12.48 | Ashley Moore (Rosary) | 2012 | 25.32 | **Ally Lynn (San Clemente) | 2012 |
| 12.49 | ** Sherrie Buente (Esperanza) | 1988 | 25.33 | **Kandyce Sillette (Tesoro) | 2005 |
| 12.49 | Jenifer Janneck (Brea) | 2013 | 25.34c | Brenda Owens (SA Valley) | 25.1 1982 |
| | | | 25.34 | Kelly Phillips (Mission Viejo) | 1995 |
| | | | 25.34 | Angella Allen (El Modena) | 1997 |
| | | | 25.34 | Maika Nelson (Brea) | 1997 |
| | | | 25.34 | * Erin Albee (El Toro) | 2005 |
| | | | 25.34 | **Lauren Drysch (Santa Margarita) | 2015 |
| | | | 25.37 | Mattye Morton (Garden Grove) | 2001 |
| | | | 25.37 | *Holly Rieck (Capo Valley) | 2011 |
| | | | 25.40+ | Cheryl Henderson (Fountain Valley) | 25.3y 1984 |
| | | | 25.40 | ** S Salcido (Marina) | 2009 |
| | | | 25.40 | *Shebanette Terry (Irvine) | 2012 |
| | | | 25.40 | Hope Bender (Newport) | 2015 |
| | | | 25.41 | Shelly Tochluk (Westminster) | 1989 |
| | | | 25.41 | Amanda Rozenantz (Kennedy) | 2002 |
| | | | 25.42 | Anne Briggs (Esperanza) | 2001 |
| | | | 25.43 | Celine Regalia (University) | 1982 |
| | | | 25.43 | Tiffany Hogan (Capo Valley) | 1997 |
| | | | 25.44c | Barbara Rainey (Edison) | 25.2 1982 |
| | | | 25.44c | Danetta Chaney (Saddleback) | 25.2 1989 |
| | | | 25.45 | Bridgett Brown (Cypress) | 2000 |
| | | | 25.45 | Julia Cabrales (Mission Viejo) | 2012 |
| | | | 25.46 | Courtney Stafford (Katella) | 2000 |
| | | | 25.46 | *** Amy Heins (Troy) | 2009 |
| | | | 25.46 | * Alexis Deol (Aliso Niguel) | 2007 |
| | | | 25.47 | Taylor Hypolite (El Toro) | 2011 |
| | | | 25.48 | Schell (Fountain Valley) | 1983 |
| | | | 25.49 | Shemanette Terry (Irvine) | 2012 |
| | | | 25.49 | *Kimiko Tanaka (Dana Hills) | 2014 |
| | | | 25.50+ | Cheryl Glazier (El Toro) | 25.4y 1977 |
| | | | 25.51 | *** Michelle Sanford (Woodbridge) | 2000 |
| | | | 25.52 | * Pam Asbury (Valencia) | 1981 |
| | | | 25.52 | Rosie Manning (Trabuco Hills) | 1994 |
| | | | 25.52 | ***Mikaela Truckey (Orange Lutheran) | 2010 |
| | | | 25.53 | ** Lucinda Watson (Century) | 1993 |
| | | | 25.54c | Estelle White (Saddleback) | 25.3 1982 |
| | | | 25.54 | Jamie Karrer (Edison) | 1989 |
| | | | 25.54c | ***Andrea Dean (Mission Viejo) | 25.3 1989 |
| | | | 25.54c | Heather Sterlin (Mission Viejo) | 25.3 1992 |
| | | | 25.54c | ** Raven Herbert (SA Valley) | 25.3 1997 |
| | | | 25.54c | Erin Kelly (Brea) | 25.3 1998 |
| | | | 25.54c | * Janice Nsor (Kennedy) | 25.3 2004 |
| | | | 25.56+ | Chris Davenport (Troy) | 25.71y 1979 |
| | | | 25.57 | ** Christina Ciampa (San Clemente) | 1997 |
| | | | 25.57 | * Nathalie Michiels (Santa Margarita) | 2005 |
| | | | 25.57 | Lauren Deats (Edison) | 2012 |
| | | | 25.59 | ** Meghan Reppe (Villa Park) | 1993 |
| | | | 25.59 | Janey Morris (Fountain Valley) | 2007 |
| | | | 25.59 | Holly Rieck (Capo Valley) | 2012 |
| | | | 25.60+ | Tina Johnson (Kennedy) | 25.77y 1981 |
| | | | 25.60+ | * Tsenre Jackson (Edison) | 25.5y 1981 |
| | | | 25.61 | *Lily Ebanks (Valencia) | 2014 |
| | | | 25.62 | *Alex Gilbert (Santa Margarita) | 2012 |
| | | | 25.62 | ***Kylee Wehrly (Trabuco Hills) | 2014 |
| | | | 25.63 | Trudy Zandbergen (Pacifica) | 1982 |
| | | | 25.63 | *** Kristina Bugg (Canyon) | 2009 |
| | | | 25.64c | Kelly Marshall (Edison) | 25.4 1996 |

200 meters

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|--------|--------------------------------------|-------------|--|--|--|
| 24.04 | Danielle Darden (Aliso Niguel) | 2013 | | | |
| 24.15 | **Gianna Lowery (Capo Valley) | 2010 | | | |
| 24.18 | Sara Limp (Los Alamitos) | 2015 | | | |
| 24.21 | Percylla Nared (Trabuco Hills) | 2010 | | | |
| 24.22 | Carol Rodriguez (Western) | 2003 | | | |
| 24.29 | *Gabrielle Scott (Woodbridge) | 2010 | | | |
| 24.33 | Gia Trevisan (Mater Dei) | 2011 | | | |
| 24.37+ | Michelle Kelley (Irvine) | 24.51y 1979 | | | |
| 24.39 | Annette Rogers (University) | 1984 | | | |
| 24.42 | *Sara Limp (Los Alamitos) | 2014 | | | |
| 24.45 | * Christina Twicken (San Clemente) | 2009 | | | |
| 24.50 | Alexandrea Kruthers (Capo Valley) | 2010 | | | |
| 24.52 | Cavetra Mitchell (Los Alamitos) | 1993 | | | |
| 24.53 | **Kennedy Gillian (Mission Viejo) | 2014 | | | |
| 24.55 | Sheri Bertell (Mission Viejo) | 1988 | | | |
| 24.56 | *** Elia Reid (Kennedy) | 2005 | | | |
| 24.59+ | Janet Steen (SA Valley) | 24.73y 1979 | | | |
| 24.61 | Meisha Wilson-Duvall (Woodbridge) | 1995 | | | |
| 24.64 | Marquita Taylor (San Clemente) | 2002 | | | |
| 24.66 | Melissa Swigart (Corona del Mar) | 2005 | | | |
| 24.66 | ***Maliyah Medley (El Toro) | 2015 | | | |
| 24.70 | ** Hilary Ojinnaka (Cypress) | 2013 | | | |
| 24.71 | Trish Aubuchon (Esperanza) | 1984 | | | |
| 24.71 | D'Layne Kerr (Corona del Mar) | 1988 | | | |
| 24.72+ | Vanessa Denniston (SA Valley) | 24.87y 1978 | | | |
| 24.73 | ** Crystal Davis (SA Valle) | 1999 | | | |
| 24.76 | Jackie Dix (Woodbridge) | 1997 | | | |
| 24.77 | Ashley Bethel (Mission Viejo) | 1997 | | | |
| 24.77 | Kylie McCuen (Brea) | 2002 | | | |
| 24.77 | * Tara Radan (Mater Dei) | 2013 | | | |
| 24.78 | ***Kylie Klein (Villa Park) | 2010 | | | |
| 24.79 | Dionne Garner (Valencia) | 1985 | | | |
| 24.80 | Liz Morse (Corona del Mar) | 2000 | | | |
| 24.82 | *Ashley Willingham (Los Alamitos) | 2015 | | | |
| 24.83 | ** Amy Burlingham (Newport) | 2001 | | | |
| 24.84 | Meryl Stone (Woodbridge) | 1998 | | | |
| 24.85 | Emma Radan (Mater Dei) | 2014 | | | |
| 24.87 | Brierra Winfrey (Trabuco Hills) | 2011 | | | |
| 24.87 | Rai Ahmed-Green (Irvine) | 2014 | | | |
| 24.88 | Adriana Bracamonte (Orange Lutheran) | 2007 | | | |
| 24.94c | * Michelle Banks (El Dorado) | 24.7 1984 | | | |
| 24.94c | **Trindl Fearnley (Edison) | 24.7 1984 | | | |
| 24.96 | Kristyne Hanberg (Mission Viejo) | 2005 | | | |
| 25.04c | * Tara Oettinger (Foothill) | 24.8 1994 | | | |
| 25.05 | * Tifney Reeve (Capo Valley) | 2005 | | | |
| 25.05 | Ellexi Snover (Mater Dei) | 2011 | | | |
| 25.09 | **Kelley Peterson (El Toro) | 2011 | | | |
| 25.10 | **Sarah Perez (Mater Dei) | 2014 | | | |
| 25.14 | Grace Esslinger (Dana Hills) | 2009 | | | |
| 25.14 | * Ashley Bush (Sonora) | 2009 | | | |
| 25.16 | * Jessica Zavalza (St Margaret's) | 2007 | | | |

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|--------|-------------------------------------|--------|------|--------------------|--|-----------|
| 25.64c | Kerry O'Bric (Edison) | 25.4 | 1996 | 25.91 | ** Lindsay Amado (Aliso Niguel) | 2004 |
| 25.64c | ** Shannon Lee (Kennedy) | 25.4 | 1997 | 25.91 | Chelsea Green (Laguna Hills) | 2008 |
| 25.64c | Patrice Donaldson (Orange) | 25.4 | 2001 | 25.91 | *Alyssa Schlom (Orange Lutheran) | 2011 |
| 25.64c | ** Darin Milovich (Tesoro) | 25.4 | 2008 | 25.91 | *Kyleigh Brown (San Clemente) | 2012 |
| 25.65 | Emily Fischer (Troy) | | 2011 | 25.92 | ** Erin Stovall (Woodbridge) | 1995 |
| 25.66 | Dana Kriesel (Pacifica) | | 1981 | 25.92 | ***Becky Obinma (Villa Park) | 2015 |
| 25.66 | *Ceili Tuttle (Fullerton) | | 2015 | 25.93 | *Anijah Green (Los Alamitos) | 2015 |
| 25.67 | Ebony Dozier (Western) | | 1997 | 25.94c | Cherie Andre (Edison) | 25.7 1987 |
| 25.67 | *Michelle Holt (Laguna Hills) | | 2015 | 25.94c | * Corolar White (Esperanza) | 25.7 1996 |
| 25.68+ | Kim Law (SA Valley) | 25.83y | 1978 | 25.94c | ***Emily Dunn (Esperanza) | 25.7 2004 |
| 25.70+ | Kristen Rios (Sonora) | 25.6y | 1984 | 25.94 | Alexia Williams (Irvine) | 2013 |
| 25.70 | Julie Petrilla (El Dorado) | | 1993 | 25.95 | * Erin Kelly (Brea) | 1997 |
| 25.71 | Jonna Evans (Sunny Hills) | | 1997 | 25.95 | **Lauren Vissman (San Juan Hills) | 2015 |
| 25.71 | * Alisyn Clark (SA Valley) | | 2003 | 25.96 | Kira Helmer (Mission Viejo) | 2008 |
| 25.71 | Alex Gilbert (Santa Margarita) | | 2013 | 25.96 | * Danielle Fessenden (Los Alamitos) | 2009 |
| 25.72 | Jennifer Janneck (Brea) | | 2013 | 25.96 | Brina Jablonski (Woodbridge) | 2014 |
| 25.72 | *** Kaiya McCullough (Irvine) | | 2013 | 25.96 | *Kaitlyn Merritt (Santa Margarita) | 2014 |
| 25.73 | *Katy Hinman (Capo Valley) | | 2011 | 25.97 | Palmer (University) | 2004 |
| 25.74c | Kris Lambent (Foothill) | 25.5 | 1985 | 25.97 | * Philine Qian (Northwood) | 2013 |
| 25.74c | Casey Lozano (Sonora) | 25.5 | 1992 | 25.98 | ** Melissa McDonald (Mater Dei) | 1989 |
| 25.74c | * Ngozi Ossai (Foothill) | 25.5 | 1998 | 25.98 | Sheila McMorris (Los Alamitos) | 1990 |
| 25.74 | ** Danielle Coffman (Marina) | | 2005 | 25.98 | Sara McMillan (Cypress) | 1998 |
| 25.74 | **Maia Craver (Woodbridge) | | 2012 | 25.98 | *Adriane Jaminski (Rosary) | 2010 |
| 25.75 | Kathy Grant (Estancia) | | 1986 | 25.98 | * Aliyah Jones (Troy) | 2013 |
| 25.75 | Eileen Dunaway (Huntington Beach) | | 1995 | 25.98 | Luaren Wyckoff (Capo Valley) | 2015 |
| 25.75 | * Jennifer Peterson (Edison) | | 1998 | 25.99 | Tricia Klemke (Marina) | 1985 |
| 25.75 | Summer Crawley (Irvine) | | 2013 | | | |
| 25.76 | Sherrie Buente (Esperanza) | | 1990 | Wind-aided: | | |
| 25.76 | Denise Gallion (Woodbridge) | | 2005 | 23.72 | * Carol Rodriguez (Western) | 2003 |
| 25.76 | *** Katy Hinman (Capo Valley) | | 2009 | 23.95 | Sara Limp (Los Alamitos) | 2015 |
| 25.76 | Samantha Hanberg (Mission Viejo) | | 2010 | 24.15 | Percylla Nared (Trabuco Hills) | 2010 |
| 25.77 | Lyn Murray (Esperanza) | | 1991 | 24.27 | Jackie Dix Woodbridge) | 1997 |
| 25.77 | * Chistina Ciampa (San Clemente) | | 1998 | 24.29 | Cavetra Mitchell (Los Alamitos) | 1993 |
| 25.77 | ***Kaelynn Greene (Orange Lutheran) | | 2008 | 24.42 | ***Malyah Medley (El Toro) | 2015 |
| 25.78 | *** Noel Dula (Marina) | | 1997 | 24.43 | **Kennedy Gillian (Mission Viejo) | 2014 |
| 25.78 | Allison Sprong (Dana Hills) | | 2012 | 24.47 | ** Meryl Stone (Woodbridge) | 1997 |
| 25.79 | Pam Kurtela (Los Alamitos) | | 1990 | 24.48 | *Michelle Holt (Laguna Hills) | 2015 |
| 25.79 | Carla Battle (Anaheim) | | 1997 | 24.49 | *** Elia Reid (Kennedy) | 2005 |
| 25.79 | Shalanie Ross (Esperanza) | | 2000 | 24.56 | * Tara Radan (Mater Dei) | 2013 |
| 25.80 | Claire McKernan (Dana Hills) | | 2013 | 24.59 | ** Hilary Ojinnaka (Cypress) | 2013 |
| 25.80 | Hollis Donovan (Dana Hills) | | 2015 | 24.62 | **Lauren Drysch (Santa Margarita) | 2015 |
| 25.81 | Lori Shaw (Edison) | | 1985 | 24.64 | Dionne Garner (Valencia) | 1985 |
| 25.81 | Megan Blanchard (Northwood) | | 2008 | 24.66 | Trish Aubuchon (Esperanza) | 1985 |
| 25.81 | **Dana Padget (Esperanza) | | 2014 | 24.67 | *Ashley Willingham (Los Alamitos) | 2015 |
| 25.81 | Madison Carney (Sonora) | | 2014 | 24.74 | Danielle Darden (Aliso Niguel) | 2013 |
| 25.81 | *Chinyere Chambers (Northwood) | | 2015 | 24.80 | Ashley Bethel (Misisson Viejo) | 1998 |
| 25.82 | Danielle Reaves (Esperanza) | | 1988 | 24.87 | * Danielle Eichelberger (Western) | 2003 |
| 25.82 | Sharon Day (Costa Mesa) | | 2003 | 24.91 | * Alexis Deol (Aliso Niguel) | 2007 |
| 25.82 | * Darin Milovich (Tesoro) | | 2009 | 24.93 | Ellexi Snover (Mater Dei) | 2011 |
| 25.82 | Amy Wilbourn (LA Habra) | | 2013 | 24.98 | ** Ashley Bush (Sonora) | 2008 |
| 25.82 | ***Sydney Carr (El Modena) | | 2014 | 25.01 | Amanda Rosencrantz (Kennedy) | 2005 |
| 25.82 | *Carina Hendley (Northwood) | | 2015 | 25.02 | * Tifney Reeve (Capo Valley) | 2006 |
| 25.83 | Danielle Coffman (Marina) | | 2008 | 25.06 | Kandyce Doxey (Cypress) | 2008 |
| 25.84c | Slier Dufur (Canyon) | 25.6 | 1981 | 25.11 | * Grace Esslinger (Dana Hills) | 2008 |
| 25.84c | Kristen Fleeting (Tustin) | 25.6 | 1981 | 25.13 | *** Sheri Bertell (Mission Viejo) | 1985 |
| 25.84c | Chris Salerno (Canyon) | 25.6 | 1982 | 25.14 | Jennifer Janneck (Brea) | 2013 |
| 25.84c | Jocelyn Lee (Irvine) | 25.6 | 1983 | 25.16 | Janice Nsor (Kennedy) | 2005 |
| 25.84 | Erica Lee (Irvine) | | 1989 | 25.19 | Persis William-Mensah (Estancia) | 2014 |
| 25.84c | ***Nikki Adams (Newport) | 25.6 | 1992 | 25.21 | Lily Eubanks (Valencia) | 2015 |
| 25.84c | Angela Allen (El Modena) | 25.6 | 1998 | 25.25 | *Shemanette Terry (Irvine) | 2012 |
| 25.84c | * Chelsea Lelito (Dana Hills) | 25.6 | 2008 | 25.29 | * Erin Albee (El Toro) | 2005 |
| 25.84c | * Kassie Ham (Dana Hills) | 25.6 | 2008 | 25.35 | * Danielle Fessenden (Los Alamitos) | 2009 |
| 25.84 | Ashley Jsmes (Savanna) | | 2008 | 25.37 | Sharon Day (Costa Mesa) | 2003 |
| 25.84 | **Amy Heins (Troy) | | 2010 | 25.38 | ** Andrea Dean (Mission Viejo) | 1990 |
| 25.87 | **Allie Freed (University) | | 2010 | 25.39 | ***Kristien Sobschak (El Dorado) | 2015 |
| 25.87 | *Kelley Peterson (El Toro) | | 2012 | 25.40 | ** Adrianna Bracamonte (Orange Lutheran) | 2005 |
| 25.86 | * Amanda Wheeland (Dana Hills) | | 1989 | 25.41 | *Alex Gilbert (Santa Margarita) | 2012 |
| 25.86 | **Haley Hopkins (Mater Dei) | | 2015 | 25.41 | *Cassidy Hodson (Villa Park) | 2012 |
| 25.88 | Heather Simpson (Marina) | | 2011 | 25.44c | Lori Shaw (Edison) | 25.2 1986 |
| 25.89+ | Cathy Jones (Edison) | 25.8y | 1976 | 25.45 | ** Marquita Taylor (San Clemente) | 2000 |
| 25.89+ | * Marina Laymon (La Habra) | 25.8y | 1982 | 25.45 | ***Mikaela Truckey (Orange Lutheran) | 2010 |
| 25.89 | * Tierricka Haynes (Brea) | | 2004 | 25.47 | Alyssa Schlom (Orange Lutheran) | 2012 |
| 25.90 | Karyn Haight (Orange Lutheran) | | 1978 | 25.50 | Hollis Donovan (Dana Hills) | 2015 |
| 25.90 | Lori Svoboda (El Dorado) | | 1989 | 25.51 | **Dana Padget (Esperanza) | 2014 |
| 25.90 | Brooke Thulin (Edison) | | 2002 | 25.52 | Pam Asbury (Valencia) | 1981 |

| | | | | | | | |
|--------|-------------------------------------|--------|------|--------|---------------------------------------|-------|------|
| 25.52 | Danielle Reaves (Esperanza) | | 1988 | 55.55 | Christina Twicken (San Clemente) | | 2010 |
| 25.54 | Megan Blanchard (Northwood) | | 2008 | 55.63 | Emily Kressin (Troy) | | 2009 |
| 25.57 | ** S Salcido (Marina) | | 2009 | 55.71 | *Shebanette Terry (Irvine) | | 2012 |
| 25.59 | ***Madison Lankford (Calvary Ch-SA) | | 2010 | 55.77 | Shelly Tochluk (Westminster) | | 1989 |
| 25.60 | Summer Crawley (Irvine) | | 2013 | 55.80 | Trish Aubuchon (Esperanza) | | 1985 |
| 25.61 | *Anijah Green (Los Alamitos) | | 2015 | 55.88 | ** Tanya Ransom (El Toro) | | 1982 |
| 25.62 | * Amanda Chevalier (Brea) | | 2008 | 55.89 | Liz Morse (Corona del Mar) | | 2000 |
| 25.62 | *Cassidy Hodson (Villa Park) | | 2012 | 55.90 | Alexandrea Kruthers (Capo Valley) | | 2010 |
| 25.62 | ***Becky Obinma (VillaPark) | | 2015 | 55.95 | Melissa Swigart (Corona del Mar) | | 2005 |
| 25.63 | Tia McFarlane (Trabuco Hills) | | 2009 | 56.00 | Brierra Winfrey (Trabuco Hills) | | 2011 |
| 25.64 | **Maia Craver (Woodbridge) | | 2012 | 56.01 | Kyle Wolff (Woodbridge) | | 2008 |
| 25.65 | *Amy Heins (Troy) | | 2011 | 56.15 | Rai Ahmed-Green (Irvine) | | 2014 |
| 25.66 | *Marina Berrios (Pacifica) | | 2012 | 56.27 | * Alisyn Clark (SA Valley) | | 2003 |
| 25.66 | **Birute Mikuleviciute (El Dorado) | | 2012 | 56.28 | * Suzy Hensel (Valencia) | | 1982 |
| 25.68 | ** Nicole Callander (Canyon) | | 1991 | 56.33 | d'Layne Kerr (Corona del Mar) | | 1988 |
| 25.68 | Alex Gilbert (Santa Margarita) | | 2013 | 56.34 | * Mary Coleman (Irvine) | | 1986 |
| 25.70 | *** Kristina Bugg (Canyon) | | 2009 | 56.38 | * Cassie Stanislaw (Woodbridge) | | 2006 |
| 25.71 | Eileen Dunaway (Huntington Beach) | | 1995 | 56.47 | ** Raven Hebert (SA Valley) | | 1997 |
| 25.71 | Annelise Doerr (Fountain Valley) | | 2015 | 56.47 | * Emily Kalmbach (Santa Margarita) | | 2002 |
| 25.72 | *Lupe Medina (Mater Dei) | | 2012 | 56.52+ | Michelle Kelly (Irvine) | 56.7y | 1979 |
| 25.74 | Michelle Muniz (Woodbridge) | | 1990 | 56.54 | Kaci Keffer (Woodbridge) | | 1990 |
| 25.74c | Lauren Little (San Clemente) | 25.5 | 2007 | 56.54 | * Brittany Flores (Cypress) | | 2006 |
| 25.76 | Amber Moore (Aliso Niguel) | | 2005 | 56.57 | *Ceili Tuttle (Fullerton) | | 2015 |
| 25.76 | Amy Heins (Troy) | | 2012 | 56.57 | * Debbie Marsino (Cypress) | | 1980 |
| 25.76 | Brina Jablonski (Woodbridge) | | 2014 | 56.60 | * Maia Craver (Woodbridge) | | 2013 |
| 25.77 | Claire McKernan (Dana Hills) | | 2013 | 56.62+ | Cathy Jones (Edison) | 56.8y | 1976 |
| 25.78 | Heather Simpson (Marina) | | 2011 | 56.62+ | Debbie Bottomley (Canyon) | 56.8y | 1976 |
| 25.78 | **Parisia Barker (Orange Lutheran) | | 2012 | 56.64 | Alejandra Torres (Woodbridge) | | 1997 |
| 25.79 | Kira Helmer (Mission Viejo) | | 2008 | 56.65 | Amanda Rosencranztz (Kennedy) | | 2005 |
| 25.80 | *Ashley Jsmes (Savanna) | | 2007 | 56.74 | *** Alexis Deol (Aliso Niguel) | | 2005 |
| 25.80 | *Paige LaBare (Costa Mesa) | | 2015 | 56.79 | Chloe Deol (Dana Hills) | | 2014 |
| 25.81 | * Lori Smith (Canyon) | | 1988 | 56.81+ | Chris Davenport (Troy) | 57.0y | 1979 |
| 25.82 | Harrison (Aliso Niguel) | | 2002 | 56.84 | *Kimiko Tanaka (Dan Hills) | | 2014 |
| 25.82 | *Kelley Peterson (El Toro) | | 2012 | 56.87 | *** Alisyn Clark (SA Valley) | | 2001 |
| 25.83 | Lauren Vissman (San Juan Hills) | | 2015 | 56.89 | *** Tiffany Hogan (Capo Valley) | | 1997 |
| 25.84 | * Kelly Phillips (Mission Viejo) | | 1993 | 56.90 | *Cassie Durgy (Huntington Beach) | | 2015 |
| 25.84c | Sara Tafazoli (Corona del Mar) | 25.6 | 1993 | 56.91+ | Tsenre Jackson (Edison) | 57.1y | 1982 |
| 25.84c | Donna Garcia (Ocean View) | 25.6 | 1993 | 56.91 | *** Don 'Yell Norris (Mission Viejo) | | 1989 |
| 25.84c | *Jessica Zavalza (St Margaret's) | 25.6 | 2007 | 56.91 | ** Erin Albee (El Toro) | | 2004 |
| 25.84c | Hamer (Capo Valley) | 25.6 | 2007 | 56.94 | *Alex Gilbert (Santa Margarita) | | 2012 |
| 25.84 | Kassie Ham (Dana Hills) | | 2009 | 56.97 | *Shemanette Terry (Irvine) | | 2012 |
| 25.84 | Danielle Fessenden (Los Alamitos) | | 2010 | 57.01+ | Janet Steen (SA Valley) | 57.2y | 1978 |
| 25.86 | Colleen O'Higgins (El Dorado) | | 1983 | 57.03 | * Corolar White (Esperanza) | | 1996 |
| 25.86 | Brianna Ramsey (Fountain Valley) | | 2009 | 57.03 | Jessica Erickson (San Clemente) | | 2014 |
| 25.87 | * Tanya Taylor (Sunny Hills) | | 2006 | 57.06 | * Debbie Arthur (Esperanza) | | 1981 |
| 25.87 | *Cassie Durgy (Huntington Beach) | | 2015 | 57.08 | * Ashley Furst (Laguna Hills) | | 1998 |
| 25.88 | **Taylor Gather (Santa Margarita) | | 2015 | 57.09 | Hope Bender (Newport) | | 2015 |
| 25.88 | **Emma Radan (Mater Dei) | | 2012 | 57.16 | ***Kathy Grayson (Mission Viejo) | | 1986 |
| 25.89 | *Adriane Jarminski (Rosary) | | 2010 | 57.17 | ** Kelly Morgan (Corona del Mar) | | 2004 |
| 25.90 | Krista Kenyon (Esperanza) | | 1993 | 57.21+ | ***Kenya Thornburg (University) | 57.4y | 1980 |
| 25.90 | Katelyn Andress (Capo Valley) | | 2013 | 57.23 | Sara Kronquist (Brea) | | 2011 |
| 25.90 | **Danielle Solaru (Northwood) | | 2014 | 57.24c | Arona (Troy) | | 1987 |
| 25.92 | Carolyn Griffin (University) | | 1990 | 57.24 | Raven Hebert (SA Valley) | | 1999 |
| 25.92 | Emily Nolen (Brea) | | 2013 | 57.27 | Chelsea Hairanian (Cypress) | | 2011 |
| 25.93 | Emily Thiebaud (Esperanza) | | 1988 | 57.28 | * Maika Nelson (Brea) | | 1997 |
| 25.93 | Brenda Robinson (SA Valley) | | 1990 | 57.31+ | Stacy Kneeshaw (Foothill) | 57.5y | 1978 |
| 25.93 | Marlene Laing (Fountain Valley) | | 1994 | 57.31 | ***Maliyah Medley (El Toro) | | 2015 |
| 25.93 | Chelsea Hairanian (Cypress) | | 2011 | 57.32 | * Danielle Fessenden (Los Alamitos) | | 2009 |
| 25.95 | Katie Ostler (Beckman) | | 2011 | 57.35 | Sharon Day (Costa Mesa) | | 2002 |
| 25.97 | Julie McMillen (Sonora) | | 2008 | 57.40 | Catherine Schmidt (Mater Dei) | | 2002 |
| | | | | 57.41+ | * Liz Melton (Fountain Valley) | 57.6y | 1978 |
| | | | | 57.45 | Maia Craver (Woodbridge) | | 2014 |
| | | | | 57.48 | *Kaiya McCullough (El Toro) | | 2015 |
| | | | | 57.52 | *** Meghan Atkinson (Santa Margarita) | | 1998 |
| 53.42 | *Arlise Emerson (Westminster) | | 1978 | 57.54c | Sherri Smith (Woodbridge) | 57.4 | 1986 |
| 53.98 | Gabrielle Scott (Woodbridge) | | 2011 | 57.54c | Molly Pierson (El Toro) | 57.4 | 2005 |
| 54.89 | *Ashley Willingham (Los Alamitos) | | 2015 | 57.54c | Annelise Doerr (Fountain Valley) | | 2015 |
| 55.05 | Emily Dunn (Esperanza) | | 2007 | 57.55 | *** Katy Hinman (Capo Valley) | | 2009 |
| 55.24c | * Carol Rodriguez (Western) | 55.1 | 2003 | 57.51+ | *Laura Ichikawa (Katella) | 57.7y | 1981 |
| 55.24 | * Tiffany Reeve (Capo Valley) | | 2005 | 57.59 | * Tanya Taylor (Sunny Hills) | | 2006 |
| 55.35 | * Tara Radan (Mater Dei) | | 2013 | 57.61+ | ** Renee Durrand (Laguna Beach) | 57.8y | 1980 |
| 55.40 | Meisha Wilson-Duval (Woodbridge) | | 1995 | 57.61+ | ** Jodie Wood (Canyon) | 57.8y | 1980 |
| 55.42 | Barbara Rainey (Edison) | | 1983 | 57.61 | Chloe Fan (Aliso Niguel) | | 2015 |
| 55.43+ | Kim Law (SA Valley) | 55.76y | 1978 | 57.63 | * Julie Baker (Capo Valley) | | 1980 |
| 55.44 | * Michelle Banks (El Dorado) | | 1984 | 57.63 | Trudy Zandbergen (Pacifica) | | 1982 |
| 55.53 | **Kennedy Gillian (Mission Viejo) | | 2014 | | | | |

400 meters

| | | | | | | |
|--------|------------------------------------|-------|------|----------|---------------------------------------|---------------|
| 57.64c | Dawn Price (Costa Mesa) | 57.5 | 1981 | 2:12.90 | * Tiffany Boykin (Laguna Hills) | 1994 |
| 57.64 | Carissa Bricker (Dana Hills) | | 2011 | 2:12.99 | Julie Kaudelka (Edison) | 1994 |
| 57.64 | Brina Jablonski (Woodbridge) | | 2014 | 2:13.24 | **Nicole Biggers (El Toro) | 1983 |
| 57.65 | * Karen Anderson (Edison) | | 1995 | 2:13.36 | Courtney Pugmire (Esperanza) | 1995 |
| 57.68 | Michelle Hull (Santa Margarita) | | 2004 | 2:13.4+ | Liz Melton (Fountain Valley) | 2:14.1y 1979 |
| 57.68 | * * Summer Shaw (Huntington Beach) | | 1995 | 2:13.49 | Heather Balbier (Dana Hills) | 2009 |
| 57.69 | Brenna McNulty (Dana Hills) | | 2014 | 2:13.50 | Samantha Costantini (Mater Dei) | 2005 |
| 57.70 | * Angela Allen (El Modena) | | 1997 | 2:13.61 | Laurinda Mulhaupt (Capo Valley) | 1989 |
| 57.71+ | Rhonda Patcha (Valencia) | 57.9y | 1979 | 2:13.67 | Leslie Pratt (Edison) | 1983 |
| 57.71 | Lyn Murray (Esperanza) | | 1991 | 2:13.73 | * Nancy Long (Mission Viejo) | 1984 |
| 57.72 | * Tara Oettinger (Foothill) | | 1994 | 2:13.73 | * Molly Pierson (El Toro) | 2004 |
| 57.73 | Emily Fischer (Troy) | | 2011 | 2:13.74 | Cynthia Mendez (Savanna) | 2004 |
| 57.74 | Kristen Schertzer (Woodbridge) | | 1988 | 2:13.80 | Bethan Knights (Northwood) | 2014 |
| 57.74 | * Tai Crumsey (Canyon) | | 2013 | 2:13.84 | Sabrina Caplis (Foothill) | 1995 |
| 57.81 | * Julie Koubeke (Edison) | | 1992 | 2:13.86 | Natalie Herberg (Capo Valley) | 2014 |
| 57.81 | Samantha Solaru (Northwood) | | 2011 | 2:13.9 | ***Sharon Hatfield (Fountain Valley) | 1979 |
| 57.82 | *Kyle Wolff (Woodbridge) | | 2007 | 2:13.91 | Kamilah Foley (Trabuco Hills) | 2010 |
| 57.83 | ** Molly Pierson (El Toro) | | 2003 | 2:13.97 | Kristin Kovacich (Mater Dei) | 2004 |
| 57.84 | Erika Lee (Irvine) | | 1988 | 2:13.97 | Cristen Lane (Foothill) | 2013 |
| 57.86 | * Dana Kriesel (Pacifica) | | 1980 | 2:14.08 | * Cindy Stoughton (Corona del Mar) | 1980 |
| 57.86 | *** Maribeth Buche (Esperanza) | | 1998 | 2:14.14 | * Shalice Pugmire (Esperanza) | 2001 |
| 57.87 | * Anne Briggs (Esperanza) | | 2001 | 2:14.15 | * Maika Nelson (Brea) | 1997 |
| 57.88 | *Coco Putnam 9Laguna Beach) | | 2015 | 2:14.3 + | Rhonda Patcha (Valencia) | 2:15.0y 1979 |
| 57.90 | Becky Marshburn (Dana Hills) | | 2005 | 2:14.33 | **Lauren Jirges (Cypress) | 2003 |
| 57.90 | Zahira Montanez (Kennedy) | | 2006 | 2:14.36 | ***Amanda Honn (Huntington Beach) | 2011 |
| 57.92 | Monica Todd (Trabuco Hills) | | 2010 | 2:14.4 | ***Barbara Boisvert (Orange Lutheran) | 1992 |
| 57.93 | * Unique Conner (Western) | | 2008 | 2:14.44 | Carrie Caulkins (Esperanza) | 1995 |
| 57.94 | Denise Gallion (Woodbridge) | | 2005 | 2:14.45 | **Jennifer Gillis (Irvine) | 1991 |
| 57.95 | * Marissa Clow (Northwood) | | 2009 | 2:14.55 | ***Sommer Owens (Santa Margarita) | 1999 |
| 57.97 | Stephanie Jones (Kennedy) | | 1985 | 2:14.57 | Holiday Molway (University) | 1992 |
| | | | | 2:14.57 | Sarah Keddington (Corona del Mar) | 2010 |
| | | | | 2:14.66 | *Sara Kebede (San Clemente) | 2012 |
| | | | | 2:14.67 | Ariana Selix (Esperanza) | 2008 |
| | | | | 2:14.7 | Mary Anne Bullard (Esperanza) | 1984 |
| | | | | 2:14.75 | ** Sarah Toberty (Woodbridge) | 2006 |
| | | | | 2:14.76+ | **Barbara Vasquez (Irvine) | 2:15.5 1980 |
| | | | | 2:14.83 | Kathy Karpel (Ocean View) | 1987 |
| | | | | 2:14.83 | * Kyle Oefelein (Woodbridge) | 2013 |
| | | | | 2:14.84 | Devon Hoppe (Corona del Mar) | 2011 |
| | | | | 2:14.88 | * Kathryn Gullikson (Dana Hills) | 2009 |
| | | | | 2:14.93 | Sarah Porter (Santa Margarita) | 2012 |
| | | | | 2:15.0 + | Nancy Jessen (Dana Hills) | 2:15.7y 1979 |
| | | | | 2:15.01 | ** Hilary May (Corona del Mar) | 2005 |
| | | | | 2:15.08 | * Sydney Teske (J Serra) | 2009 |
| | | | | 2:15.09 | Olivia Goins (Canyon) | 2013 |
| | | | | 2:15.10 | * Buffy Rabbitt (Newport) | 1985 |
| | | | | 2:15.1 + | Lori Blanco (Westminster) | 2:15.8y 1976 |
| | | | | 2:15.11 | ***Jacquie Adams (Orange Lutheran) | 2010 |
| | | | | 2:15.17 | Emily Taylor (Marina) | 2012 |
| | | | | 2:15.2 + | Dale Keough (Corona del Mar) | 2:15.9y 1976 |
| | | | | 2:15.30 | * Tracy Wright (Irvine) | 1985 |
| | | | | 2:15.35 | Jenny Thune (Brea) | 2001 |
| | | | | 2:15.4+ | * Kerry Cerda (Melodyland) | 2:16. ly 1979 |
| | | | | 2:15.41 | ***Katie Nuanes (Santa Margarita) | 1994 |
| | | | | 2:15.44 | **Cassandra Smith (Trabuco Hills) | 2010 |
| | | | | 2:15.44 | Rianna Goins (Canyon) | 2013 |
| | | | | 2:15.45 | Shannon Karpel (Ocean View) | 1987 |
| | | | | 2:15.46 | Jerry Baker (Capo Valley) | 1981 |
| | | | | 2:15.48 | Kyle Wolff (Woodbridge) | 2008 |
| | | | | 2:15.5 | Monica Rothenburger (Dana Hills) | 2004 |
| | | | | 2:15.53 | * Kristin Harkins (La Quinta) | 1986 |
| | | | | 2:15.55 | **Christa Fitzgerald (Dana Hills) | 1996 |
| | | | | 2:15.56 | * Janice Lane (Woodbridge) | 2013 |
| | | | | 2:15.56 | *Natalie Grohmann (Fountain Valley) | 2014 |
| | | | | 2:15.59 | Maribel Delgado (SA Valley) | 1996 |
| | | | | 2:15.65 | Shira Duzman (University) | 1993 |
| | | | | 2:15.66 | **Ashley Larson (Northwood) | 2014 |
| | | | | 2:15.69 | **Jessica Dahlberg (El Modena) | 1996 |
| | | | | 2:15.69 | * Natalie Fyke (Esperanza) | 2009 |
| | | | | 2:15.7 | Judy McLaughlin (University) | 1983 |
| | | | | 2:15.70 | Brianna Bartello (Laguna Hills) | 2015 |
| | | | | 2:15.75 | Janette Reed (Foothill) | 1989 |
| | | | | 2:15.75 | **Peggie Hall (Trabuco Hills) | 1994 |
| | | | | 2:15.76 | Jenny Cummins (Corona del Mar) | 2001 |
| | | | | 2:15.80 | Kristen Rivera (Corona del Mar) | 2012 |

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 | | | | |
| 2:09.54 | * Anja Disiena (Fountain Valley) | 2007 | | | | |
| 2:09.55 | Hanna Edwards (El Toro) | 2011 | | | | |
| 2:09.66 | * Shelby Buckley (Corona del Mar) | 2007 | | | | |
| 2:09.82 | Suzy Hensel (Valencia) | 1983 | | | | |
| 2:09.83 | Julie Seleine (University) | 1983 | | | | |
| 2:09.9 | * Polly Plumer (University) | 1982 | | | | |
| 2:10.06 | Annie St Geme (Corona del Mar) | 2006 | | | | |
| 2:10.15 | Christine Babcock (Woodbridge) | 2008 | | | | |
| 2:10.38 | **Taylor Arco (Mission Viejo) | 2014 | | | | |
| 2:10.45 | Katie Izzo (Los Alamitos) | 2015 | | | | |
| 2:10.47 | **Meghan Foley (Edison) | 2007 | | | | |
| 2:10.57 | * Haley Lawrence (Aliso Niguel) | 2006 | | | | |
| 2:10.60 | Gabrielle Scott (Woodbridge) | 2011 | | | | |
| 2:10.76 | Katherine Delaney (JSerra) | 2011 | | | | |
| 2:10.82 | * Alex Dunne (San Clemente) | 2008 | | | | |
| 2:10.92 | **Laura Chapel (Irvine) | 1984 | | | | |
| 2:10.97 | ***Kathy Grayson (Mission Viejo) | 1986 | | | | |
| 2:11.03 | Natalie Grohmann (Fountain Valley) | 2015 | | | | |
| 2:11.09 | Nicole Ritchot (Edison) | 1986 | | | | |
| 2:11.22 | Sherr Smith (Woodbridge) | 1986 | | | | |
| 2:11.23 | * Christie Engesser (Ocean View) | 1992 | | | | |
| 2:11.32 | Sara Van Dyke (Marina) | 2011 | | | | |
| 2:11.59 | Shelley Taylor (Edison) | 1992 | | | | |
| 2:11.72 | *Allison Damon (Corona del Mar) | 2007 | | | | |
| 2:11.73 | **Amy Cox (Foothill) | 1982 | | | | |
| 2:11.92 | * Natalie Herberg (Capo Valley) | 2013 | | | | |
| 2:12.03 | Summer Shaw (Huntington Beach) | 1997 | | | | |
| 2:12.61 | * Vicki Kelly (Costa Mesa) | 1981 | | | | |
| 2:12.63 | Maribeth Buche (Esperanza) | 2001 | | | | |
| 2:12.79 | Amber Steen (Newport) | 2001 | | | | |
| 2:12.86 | Erika Lovett (Savanna) | 1987 | | | | |
| 2:12.86 | *** Whitney Hampton (El Toro) | 2002 | | | | |

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|----------|---|--------------|
| 2:15.86 | Kylee Vandenberg (San Juan Hills) | 2013 |
| 2:15.92 | Sara Bass (Los Alamitos) | 2014 |
| 2:15.98 | Jacque Adams (Foothill) | 2013 |
| 2:16.03 | **Alexandria Adams (Northwood) | 2010 |
| 2:16.10 | Katherine Gullikson (Dana Hills) | 2010 |
| 2:16.12 | ***Mackensie Peace (Mission Viejo) | 2011 |
| 2:16.14 | ***Melissa Mello (Mission Viejo) | 2006 |
| 2:16.21 | Lauren Greco (Edison) | 2012 |
| 2:16.3 + | Kim Vollmer (Canyon) | 2:17.1y 1978 |
| 2:16.3 + | Shannon Stryker (Tustin) | 2:17.1y 1982 |
| 2:16.33 | Rachel Roesgen (Santa Margarita) | 2012 |
| 2:16.33 | ***Paige Metayer (University) | 2015 |
| 2:16.36 | Ali Hummelberg (Corona del Mar) | 2010 |
| 2:16.39 | Christina Theriot (Corona del Mar) | 2009 |
| 2:16.41 | Kimberly Condino (Corona del Mar) | 2009 |
| 2:16.42 | *Katie Camarena (San Juan Hills) | 2015 |
| 2:16.45 | Vanessa Hancock (Brea) | 2008 |
| 2:16.48 | Jessica Kanin (Woodbridge) | 2001 |
| 2:16.5 + | * Jessie Fiorda (Costa Mesa) | 2:17.3y 1980 |
| 2:16.54 | * Emma Kao (Dana Hills) | 2013 |
| 2:16.59 | *Kathy Kelley (Canyon) | 1985 |
| 2:16.59 | *Sara Fleming (Mission Viejo) | 2012 |
| 2:16.65 | ** Hannah Kent -Johnson (Sunny Hills) | 2004 |
| 2:16.66 | Alyssa Brown (Mission Viejo) | 2006 |
| 2:16.66 | Nicci Corbin (Tesoro) | 2011 |
| 2:16.69 | *Amanda Gehrich (Tesoro) | 2015 |
| 2:16.70 | Christine Adams (Esperanza) | 2008 |
| 2:16.70 | *Kylie Nishisaka (Marina) | 2012 |
| 2:16.78 | *Alana Jones (Laguna Hills) | 2012 |
| 2:16.81 | Mackensie Peace (Mission Viejo) | 2014 |
| 2:16.84 | *** Lauren Medina (Mission Viejo) | 2005 |
| 2:16.84 | Chanel Fischetti (Dana Hills) | 2006 |
| 2:16.84 | *Janie Crawford (Laguna Beach) | 2014 |
| 2:16.85 | Brielle Budroe (Laguna Beach) | 2014 |
| 2:16.86 | Mollie Flint (Corona del Mar) | 1993 |
| 2:16.89 | **Jordan Ansara (Aliso Niguel) | 2010 |
| 2:16.90 | Tammy Hogge (Canyon) | 1978 |
| 2:16.90 | *** Katherine Delaney (Santa Margarita) | 2008 |
| 2:16.91 | Tepee Hawkins (Dana Hills) | 1987 |
| 2:16.92 | Hannah Winokur (San Clemente) | 2010 |
| 2:16.95 | ***Rachel Ngu (Northwood) | 2008 |
| 2:16.97 | * Christa Fitzgerald (Dana Hills) | 1997 |
| 2:17.0 | Mary Kenney (Valencia) | 1984 |
| 2:17.1 | Camila Turati (El Toro) | 2014 |
| 2:17.08 | **Jennifer Daly (Dana Hills) | 2015 |
| 2:17.10 | Jennifer Wells (Fountain Valley) | 2006 |
| 2:17.13 | Shannon Lane (Trabuco Hills) | 2007 |
| 2:17.17 | *Ashley Larson (Northwood) | 2015 |
| 2:17.18 | Kell Lewis (Dana Hills) | 1987 |
| 2:17.18 | * Sarah Keddington (Corona del Mar) | 2009 |
| 2:17.19 | *Julia Sienski (Edison) | 2014 |
| 2:17.2 | ** Raji Espinoza (Dana Hills) | 1991 |
| 2:17.23 | Joy Biefeld (Edison) | 1984 |
| 2:17.29 | **Heather Cuthbertson (Marina) | 1996 |
| 2:17.29 | Kylee Grubbs (Brea) | 2015 |
| 2:17.34 | * Kristina Dahlberg (El Modena) | 1992 |
| 2:17.4 | Tish Olswang (Newport) | 1983 |
| 2:17.43 | * Sandy McClain (Orange) | 1983 |
| 2:17.47 | Kendal Billingsley (Mission Viejo) | 2001 |
| 2:17.48 | Staci Foster (Orange Lutheran) | 2009 |
| 2:17.53 | Sydney Teske (J Serra) | 2010 |
| 2:17.55 | * Jessica Dahlberg (El Modena) | 1997 |
| 2:17.56 | ***Sarah Heckel (Yorba Linda) | 2015 |
| 2:17.6 + | Amy Thompson (Costa Mesa) | 2:18.4y 1974 |
| 2:17.61 | Melissa Mello (Mission Viejo) | 2009 |
| 2:17.64 | ***Amy Robles (Woodbridge) | 1988 |
| 2:17.64 | **Charisma Byrd (Rosary) | 2014 |
| 2:17.65 | * Vanessa Kelly (Marina) | 2000 |
| 2:17.7 + | Laura Johnson (Esperanza) | 2:18.5y 1975 |
| 2:17.70 | *** Jillian Bennett (Foothill) | 2005 |
| 2:17.72 | * Julie Allen (Corona del Mar) | 2001 |
| 2:17.72 | Karly Goral (El Modena) | 2002 |
| 2:17.73 | Taylor Williams (Orange Lutheran) | 2011 |
| 2:17.80 | Diane Munoz (El Modena) | 1987 |
| 2:17.80 | Nicole Alai (Edison) | 2006 |

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|---------|-------------------------------------|------|
| 2:17.8 | Marcia Escobosa (El Dorado) | 1984 |
| 2:17.84 | **Sarah Porter (Santa Margarita) | 2010 |
| 2:17.85 | Karen Nance (Capo Valley) | 1986 |
| 2:17.87 | Angel Vallier (Mission Viejo) | 2015 |
| 2:17.9 | Brittany Swanek (Foothill) | 2000 |
| 2:17.90 | *Nicci Corbin (Tesoro) | 2010 |
| 2:17.91 | Briar Brumley (Tesoro) | 2015 |
| 2:17.93 | Karen Anderson (Edison) | 1995 |
| 2:17.93 | ** Kim Condino (Corona del Mar) | 2008 |
| 2:17.94 | ** Jenny Pilecki (Huntington Beach) | 2008 |
| 2:17.98 | *Joy Wilk (Esperanza) | 2003 |

1500 Meters

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

4:49.11 *Tracy Fatone (Los Alamitos) 1991
 4:49.4' *Katie Durham (Woodbridge) 1992
 4:49.8' Ann Helm (Laguna Hills) 1985

1600 Meters

4:33.65+ Polly Plummer (University) 4:35.24y 1982
 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
 4:48.52 Shelley Taylor (Edison) 1992
 4:48.86 Laura Hollander (Marina) 2012
 4:49.1+ **Sharon Hulse (Edison) 4:50.7y 1978
 4:49.43 *Ximena Cruz (Trabuco Hills) 2008
 4:49.57 Stacy Kneeshaw (Foothill) 1980
 4:49.66 Jennifer Abraham (Foothill) 1983
 4:49.95 Staci Foster (Orange Lutheran) 2009
 4:50.47 Courtney Pugmire (Esperanza) 1995
 4:50.9+ Kathy Mintie (Rosary) 4:52.5y 1978
 4:51.49 *Allison Damon (Corona del Mar) 2007
 4:51.67 Leslie Pratt (Edison) 1983
 4:51.67 Alana Jones (Laguna Hills) 2013
 4:52.14 *Hillary Hayes (Edison) 2008
 4:52.50 Alex Dunne (San Clemente) 2009
 4:52.66 ***Katherine Delaney (Santa Margarita) 2008
 4:52.9 **Nicole Ritchot (Edison) 1984
 4:52.99 Molly Babcock (Woodbridge) 2012
 4:53.02 Maggie Henson (Newport) 1986
 4:53.02 *Christine Adams (Esperanza) 2009
 4:53.45 Sarah Paddon (St Margaret's) 2011
 4:53.66 Paige Canterbury (Dana Hills) 2013
 4:53.68 Vanessa Hancock (Brea) 2008
 4:53.74 Allison Costello (Esperanza) 2003
 4:53.83+ Emily Taylor (Marina) 4:55.54y 2012
 4:54.0 Tammy Snyders (Edison) 1984
 4:54.15 Heather Balbier (Dana Hills) 2009
 4:54.16 Kathy Karpel (Ocean View) 1987
 4:54.43 Nicci Corbin (Tesoro) 2011
 4:54.67 Rianna Goins (Canyon) 2013
 4:54.93 Shalice Pugmire (Esperanza) 2002
 4:54.95 Hilary May (Corona del Mar) 2007
 4:54.95 Briar Brumley (Tesoro) 2015
 4:55.04 Julia Sienski (Edison) 2015
 4:55.27 Katie Izzo (Los Alamitos) 2015
 4:55.37 Sherrie Smith (Woodbridge) 1986
 4:55.39 Ashlyn Rambo (Mater Dei) 2014
 4:55.43 *Allyson Marquand (University) 1998
 4:55.89 Ashley Elliott (Tesoro) 2013
 4:55.9 Marcia Escobosa (El Dorado) 1984
 4:55.96 Katie Nuanes (Santa Margarita) 1997
 4:56.04 Brianna Bartello (Laguna Hills) 2015
 4:56.07 Ava Kent (Orange Lutheran) 2011
 4:56.17 Judy McLaughlin (University) 1983
 4:56.23 Melissa Eisele (San Clemente) 2014
 4:56.38 Monica Rothenburger (Dana Hills) 2004
 4:56.54 Catherine Martinez (Fountain Valley) 2011
 4:56.55 Kelsey Carroll (San Clemente) 2015
 4:56.67 ***Lauren Mauer (Crean) 2012
 4:56.79 Sarah Cummings (Corona del Mar) 2007
 4:56.83 **Cassie Durgy (Huntington Beach) 2014
 4:56.87 *Stefanie Y Ortega (Segerstrom) 2015
 4:56.89 Hanna Edwards (El Toro) 2011
 4:57.37 **Bethan Knights(Northwood) 2012
 4:57.40 Crystal Reed (Fountain Valley) 2006
 4:57.56 **Alaina Alvarez (Dana Hills) 2009
 4:57.57 Julie Allen (Corona del Mar) 2002
 4:57.70 Shannon Stryker (Tustin) 1982
 4:57.75 ***Haley Herberg (Capo Valley) 2015

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
 4:58.81 Cassandra Smith (Trabuco Hills) 2012
 4:58.93 Shannen Karpel (Ocean View) 1987
 4:59.08 *Meghan Foley (Edison) 2008
 4:59.15 Angie Winkler (Fountain Valley) 1996
 4:59.31 Kristin Harkins(La Quinta) 1984
 4:59.33 Chelsea Kruthers (San Juan Hills) 2012
 4:59.35 **Carrie Caulkins (Esperanza) 1993
 4:59.38 Taylor Williams (Orange Lutheran) 2011
 4:49.43 *Ximena Cruz (Trabuco Hills) 2008
 4:59.52 *Whitney Blue (Newport) 2005
 4:59.59 *Taylor Bryson (Newport) 2006
 4:59.75 ***Kellie Campbell (Corona del Mar) 1993
 4:59.81 ***Amanda Honn (Huntington Beach) 2011
 4:59.90 Kristen Berglas (Woodbridge) 2003
 5:00.2 *Theresa Barrios (University) 1982
 5:00.2 ***Barbara Boisvert (Orange Lutheran) 1992
 5:00.19 Sara VanDyke (Marina) 2011
 5:00.21 Sierra Vega (Foothill) 2010
 5:00.24 Elizabeth Coe (Fountain Valley) 2008
 5:00.30 Sarah Keddington (Corona del Mar) 2010
 5:00.42 Lauren Grego (Edison) 2012
 5:00.64 **Olivia Goins (Canyon) 2011
 5:00.75 **Clair Kim (Sunny Hills) 2002
 5:00.82 **Amber Parkinson (Orange Lutheran) 1991
 5:00.84 Danica Wyson (Aliso Niguel) 2012
 5:00.87 **Leslie White (Lowell) 1980
 5:00.93 *Gianna Velasquez (El Toro) 2009
 5:01.02 Jessica Kanin (Woodbridge) 2001
 5:01.03 *Brianna Bartello (Laguna Hills) 2014
 5:01.17 Buffy Rabbitt (Newport) 1986
 5:01.17 Nisha Richardson (Canyon) 2006
 5:01.2 + Jill Caldwell (Westminster) 5:02.9y 1974
 5:01.32 Christina Fitzgerald (Dana Hills) 1998
 5:01.34 ***Rachel Ngu (Northwood) 2008
 5:01.35 Cathryn Saylor (Trabuco Hills) 2009
 5:01.37 Emily Haigh (Foothill) 2002
 5:01.41 Samantha Costantini (Mater Dei) 2005
 5:01.46 Camila Turati (El Toro) 2014
 5:01.63 Vanessa Kelly (Marina) 2001
 5:01.7 + Mari Gibbs (Marina) 5:03.4y 1977
 5:01.77 **Sami Murphy (Northwood) 2015
 5:01.84 Kristin Arkin (Trabuco Hills) 2008
 5:01.90 Carrie Garritson (Buena Park) 1994
 5:01.92 Heidi Sickler (Laguna Hills) 1993
 5:01.94 Melanie Powers (Corona del Mar) 2010
 5:02.06 Lori Mann (Santa Margarita) 2001
 5:02.10 Susanna Thrasher (Villa Park) 1990
 5:02.25 Natasha Strickland (Laguna) 2012
 5:02.40 Kimberly Condino (Corona del Mar) 2009
 5:02.49 *Gabrielle Yatauro (Edison) 2013
 5:02.56 *Jessie Babcock (Woodbridge) 2005
 5:02.74 Laura Sauerwein (University) 1982
 5:02.80 *Jessica Howard (University) 1999
 5:02.84 ***Taylor Williams (Orange Lutheran) 2008
 5:02.85 **Kellian Hunt (Whittier Chr) 2010
 5:02.93 *Kelsey Carroll (San Clemente) 2014
 5:03.0 Laura McCracken (Westminster) 1983
 5:03.0 **Becky Miske (El Toro) 1997
 5:03.03 *Heather Garritson (Buena Park) 1997
 5:03.11 *Melanie Powers (Corona del Mar) 2009
 5:03.12 Hannah Bell (Esperanza) 2012
 5:03.18 *Rebecca Sarmiento (El Modena) 2012
 5:03.22 Olivia Goins (Canyon) 2013
 5:03.27 ***Jacquie Adams (Orange Lutheran) 2010

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|----------|--------------------------------------|--------------|----------|--------------------------------------|---------------|
| 5:03.27 | Ashlee Powers (Corona del Mar) | 2011 | 5:07.76 | ***Anne Charles (Canyon) | 2011 |
| 5:03.37 | ***Brittany Bertuzzi (Aliso Niguel) | 2004 | 5:07.77 | Erica Sahli (Villa Park) | 2004 |
| 5:03.38 | CJ Smith (Trabuco Hills) | 2011 | 5:07.81 | * Nancy Dollar (San Clemente) | 1994 |
| 5:03.65 | Sarah Darby (San Clemente) | 2010 | 5:07.86 | *Molly Mann (San Clemente) | 2011 |
| 5:03.67 | Taylor Bryson (Newport) | 2007 | 5:07.87 | * Emily Harper (Dana Hills) | 2013 |
| 5:03.74 | **Molly Babcock (Woodbridge) | 2010 | 5:07.9 | ***Tanja Brix (University) | 1989 |
| 5:03.81 | Sita Jones (La Habra) | 1988 | 5:07.90 | Jess Lesser(Woodbridge) | 2014 |
| 5:03.90 | Laura Bilder (Corona del Mar) | 2009 | 5:07.92 | **Brooke Thomas (Laguna Hills) | 1997 |
| 5:03.91 | Katherine Nielsen (Irvine) | 2007 | 5:07.96 | Rocio Pelayo (Bolsa Grande) | 2007 |
| 5:03.93 | Jessica Cushing-Murray (Foothill) | 2014 | 5:07.96 | Megan Petkovic (Pacifica) | 2008 |
| 5:03.94 | Ariana Selix (Esperanza) | 2008 | 5:07.98 | Janna Evans (Edison) | 1993 |
| 5:04.08 | Denisha Bendz (Costa Mesa) | 1992 | 5:08.0 | Christie Engesser (Ocean View) | 1993 |
| 5:04.10 | Cassidy Towner (El Dorado) | 2014 | 5:08.0 | ** Tanisha White (El Toro) | 1997 |
| 5:04.14 | *Pearl Shoemaker (Laguna Beach) | 2015 | 5:08.01 | Becky Sarmiento (El Modena) | 2013 |
| 5:04.19 | Kellian Hunt (Whittier Christian) | 2012 | 5:08.01 | **Christina Wright (Dana Hills) | 2014 |
| 5:04.2 | ** Grace Schafer (Capo Valley) | 2013 | 5:08.06 | ***Sara Leonard (Canyon) | 2015 |
| 5:04.21 | ***Ashley Elliott (Tesoro) | 2010 | 5:08.08 | Jennifer Spahr (Marina) | 1997 |
| 5:04.29 | **Alicia McFall (Newport) | 1997 | 5:08.16 | * Jessica Meyer (Laguna Hills) | 2008 |
| 5:04.32 | Kelly Flathers (Mater Dei) | 1990 | 5:08.17 | Jamie DeNoewer (Corsta Mesa) | 1999 |
| 5:04.43 | *Jillian Deavila (Los Alamitos) | 2010 | 5:08.25 | Ann Helm (Laguna Hills) | 1985 |
| 5:04.69 | **Kristina Dahlberg (El Modena) | 1991 | 5:08.28 | Cathy Casserly (Tustin) | 1981 |
| 5:04.80 | Rebecca Deitch (Capo Valley) | 2015 | 5:08.28 | * Patience Unger (Foothill) | 1981 |
| 5:04.93 | **Dominique Regalado (Trabuco Hills) | 2012 | 5:08.3 + | Rhonda Craig (Cypress) | 5:10.1 y 1979 |
| 5:05.0 | ** Melissa Livermore (Irvine) | 1997 | 5:08.3 | K Strachan (Foothill) | 2001 |
| 5:05.04 | * Erica Pearson (Newport) | 2008 | 5:08.35 | Maggie Cummings (Esperanza) | 2010 |
| 5:05.04 | Sarah Porter (Santa Margarita) | 2012 | 5:08.36 | Melissa Mead (Newport) | 2007 |
| 5:50.16 | *Sienna Serrao (Dana Hills) | 2015 | 5:08.36 | Arianna Fuentes (Katella) | 2013 |
| 5:05.17 | * Kim Nelson (Canyon) | 1993 | 5:08.42 | Sara Keenan (Dana Hills) | 1980 |
| 5:50.21 | Amber Bragdon (Fountain Valley) | 2014 | 5:08.45+ | Kilo Lantry (Edison) | 1980 |
| 5:05.3 + | **Anabelle Villanueva (F Valley) | 5:07.0y 1979 | 5:08.45 | *Sara Digiiovanni (Mater Dei) | 2012 |
| 5:05.31 | * Janna Evans (Edison) | 1992 | 5:08.53 | *Bronte Golick (Capo Valley) | 2010 |
| 5:05.31 | ***Jeanette Zambrano (Bolsa Grande) | 2012 | 5:08.54 | ** Nichole Slykhous (Corona Del Mar) | 2005 |
| 5:50.37 | *Erin Barth (Newport) | 2014 | 5:08.57 | Arane Gushue (Foothill) | 2011 |
| 5:05.40 | Ali Hummelberg (Corona del Mar) | 2010 | 5:08.57 | ** Erin Barth (Newport) | 2013 |
| 5:05.42 | Heather Killeen (Valencia) | 1991 | 5:08.6 | Melisa Partin (University) | 1983 |
| 5:05.47 | **Ashley Licata (Capo Valley) | 2014 | 5:08.60 | * Becky Miske (El Toro) | 1998 |
| 5:05.53 | Christi Americh (Rosary) | 2001 | 5:08.61 | ***Whitney Hampton (El Toro) | 2002 |
| 5:05.57 | Meghan Mainwaring (Santa Margarita) | 2002 | 5:08.76 | Hannah Kent Johnston (Sunny Hills) | 2005 |
| 5:05.66 | Anne Gustafson (Brea) | 2005 | 5:08.93 | * Melissa Eisele (San Clemente) | 2013 |
| 5:05.71 | *Gracie Georgi (San Clemente) | 2014 | 5:08.96 | Katherine Gallaher (Esperanza) | 2015 |
| 5:05.74 | *** Melissa Mello (Mission Viejo) | 2006 | 5:09.01 | Michelle Thune (Brea) | 1998 |
| 5:05.88 | Eileen Stressling (Marina) | 2014 | 5:09.02 | *** Rachel Lida (Yorba Linda) | 2013 |
| 5:05.95 | Ashlee Powers (Corona del Mar) | 2012 | 5:09.06 | Jenny Thune (Brea) | 2001 |
| 5:05.97 | **Jenny Sears (Mater Dei) | 2000 | 5:09.1 | ** Jennifer Cooke (Esperanza) | 1985 |
| 5:06.01 | **Liz Morse (Corona del Mar) | 1998 | 5:09.10 | * Natalie Herberg (Capo Valley) | 2013 |
| 5:06.2+ | Cynthia Harryman (Laguna Beach) | 5:07.9y 1976 | 5:09.15 | * Rajai Espinoza (Dana Hills) | 1992 |
| 5:06.28 | **Jordan Stiewig (Villa Park) | 2014 | 5:09.17 | Bailee Margolis (Trabuco Hills) | 2015 |
| 5:06.3 | **Sara Kebede (San Clemente) | 2011 | 5:09.19 | Jessica McIntyre (Los Alamitos) | 2013 |
| 5:06.35 | ***Gwynn Geroge (Santa Margarita) | 2015 | 5:09.2 | * Nicole Biggers (El Toro) | 1983 |
| 5:06.41 | Heather Cuthbertson (Marina) | 1996 | 5:09.2 | Sabrina Caplis (Foothill) | 1995 |
| 5:06.44 | **Jacquie Adams (Foothill) | 2011 | 5:09.26 | Claire Kim (Sunny Hills) | 2004 |
| 5:06.47 | *Chloe Berry (Mission Viejo) | 2015 | 5:09.33 | Claire Feit (Mater Dei) | 1982 |
| 5:06.66 | Marissa Bartello (Laguna Hills) | 2015 | 5:09.34 | Jessica Marquardt (Orange Lutheran) | 2011 |
| 5:06.67 | * Mary Moore (Woodbridge) | 1997 | 5:09.36 | ** Jeanette Zambrano (Bolsa Grande) | 2013 |
| 5:06.7 + | *Nancy Jessen (Dana Hills) | 5:08.4y 1979 | 5:09.37 | Lilly Schmidt (Corona del Mar) | 2014 |
| 5:06.71 | * Kelly Rendon (Orange Lutheran) | 2004 | 5:09.40 | ***Candice Alai (Edison) | 2003 |
| 5:06.72 | * Candace Alai (Edison) | 2005 | 5:09.42 | Ashley Bergstrom (Canyon) | 2011 |
| 5:06.78 | Madeline Bradford (Woodbridge) | 2014 | 5:09.46 | ** Janie Crawford (Laguna Beach) | 2013 |
| 5:06.80 | Bridget O'Keefe (Santa Margarita) | 2008 | 5:09.47 | * Brooke Pigneri (Santa Margarita) | 2013 |
| 5:06.83 | Susan Meyers (Foothill) | 1983 | 5:09.48 | Breelan Matranga (Dana Hills) | 2009 |
| 5:06.84 | Jessica Chang (Esperanza) | 2010 | 5:09.50 | Gabrielle Yatauro (Edison) | 2014 |
| 5:06.89 | Kenna Kohl (Esperanza) | 2008 | 5:09.51 | **Raquel Powers (Corona del Mar) | 2015 |
| 5:06.96 | **Kendra Corey (Sunny Hills) | 2015 | 5:09.6 | Lynne Hagan (Mater Dei) | 1988 |
| 5:07.04 | Kalie Demerjian (El Toro) | 2015 | 5:09.61 | *Paige Tennison (Newport) | 2012 |
| 5:07.08 | * Stacy Kim (Sunny Hills) | 2003 | 5:09.71 | * Janice Lane (Woodbridge) | 2013 |
| 5:07.08 | Chanel Fischetti (Dana Hills) | 2006 | 5:09.73 | Mikaela Mulhall (Capo Valley) | 2015 |
| 5:07.20 | ** Emily Goldstein (El Toro) | 2008 | 5:09.75 | * Katie Durham (Woodbridge) | 1992 |
| 5:07.43 | Alison Palmer (San Clemente) | 2011 | 5:09.85 | Chelsea Vancott (Calvary Chapel) | 2008 |
| 5:07.47 | * Amy Robles (Woodbridge) | 1990 | 5:09.90 | **Anna Attard (Marina) | 2002 |
| 5:07.6 | * Ruth Chassen (Costa Mesa) | 1983 | 5:09.9 + | Kim Vollmer (Canyon) | 5:11.7y 1977 |
| 5:07.60 | Kim DeVetis (Edison) | 1982 | 5:09.95 | * Johanna Walin (Corona del Mar) | 1989 |
| 5:07.62 | Mewgan Miller (Mission Viejo) | 2015 | 5:10.0 | *Vicki Kelly (Costa Mesa) | 1981 |
| 5:07.66 | *Ashley Licata (Capo Valley) | 2015 | 5:10.01 | *Alex Sterritt (Irvine) | 2015 |
| 5:07.7 | Natalie Grohmann (Fountain Valley) | 2015 | 5:10.02 | *Colby Lindholm (J Serra) | 2012 |
| 5:07.73 | Ashley Larson (Northwood) | 2014 | 5:10.19 | Nicole Blalock (Villa Park) | 2003 |

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|----------|-------------------------------------|--------------|----------|---------------------------------------|--------------|
| 5:10.2 | Elizabeth Alexander (Tustin) | 1993 | 5:12.51 | *Melissa Ledesma (Esperanza) | 2014 |
| 5:10.27 | *Paige Canterbury (Dana Hills) | 2012 | 5:12.53 | *Katie Eklof (Costa Mesa) | 1991 |
| 5:10.3 | **Madison Huffman (San Clemente) | 2011 | 5:12.53 | Kelsey Carroll (San Clemente) | 2012 |
| 5:10.37 | *Aaren Cadieux (Trabuco Hills) | 2010 | 5:12.67 | Erin Griffith (Capo Valley) | 2007 |
| 5:10.4 | ***Shelby Buckley (Rosary) | 2005 | 5:12.69 | Kelly Dickerson (Tustin) | 1999 |
| 5:10.40 | ***Laura Strachan (Foothill) | 1999 | 5:12.69 | ***Kayla White (Dana Hills) | 2009 |
| 5:10.44 | *Joy Wilk (Esperanza) | 2004 | 5:12.7 + | Sherri Roach (Kennedy) | 5:14.6y 1978 |
| 5:10.48 | ***Tracy Fatone (Los Alamitos) | 1989 | 5:12.71 | **Maribeth Buche (Esperanza) | 1999 |
| 5:10.5 + | Joelin Fisher (Costa Mesa) | 5:12.3y 1980 | 5:12.79 | Alyssa Cerminara-Gutcher (Woodbridge) | 2012 |
| 5:10.5 | *Ava Jones (La Habra) | 2001 | 5:12.8 | Jaime Canterbury (Dana Hills) | 2005 |
| 5:10.51 | Lindsay Buwalda (Laguna Beach) | 1997 | 5:12.87 | Lauren Maurer (Crean Lutheran) | 2015 |
| 5:10.56 | Emily Scharmann (Tesoro) | 2013 | 5:12.94 | ***Hannah Hall (Foothill) | 2015 |
| 5:10.63 | ***Anja DiSiena (Fountain Valley) | 2005 | 5:12.96 | Cori Stemper (Foothill) | 2013 |
| 5:10.65 | *Sarah Toberty (Woodbridge) | 2007 | 5:13.0 | Jordan Steiwig (Villa Park) | 2014 |
| 5:10.65 | Rachael Rutkowski (Aliso Niguel) | 2009 | 5:13.01 | Sabrina Hermann (Trabuco Hills) | 2015 |
| 5:10.70 | *Tracy Wright (Irvine) | 1985 | 5:13.04 | **Jessica Marquardt (Orange Lutheran) | 2009 |
| 5:10.75 | **Emily Bacon (Newport) | 2014 | 5:13.06 | Madison Huffman (San Clemente) | 2013 |
| 5:10.76 | *Martha Pinto (Katella) | 1990 | 5:13.08 | **Ashley Geisler (J Serra) | 2014 |
| 5:10.78 | *Kaitlyn Smith (San Clemente) | 2010 | 5:13.09c | Aubrey Carr (Dana Hills) | 2013 |
| 5:10.8 | Leslie Cashion (Corona del Mar) | 1988 | 5:13.10 | ***Hannah Hunsaker (JSerra) | 2011 |
| 5:10.88 | *Cait Williamson (Sage Hill) | 2008 | 5:13.10 | *Amanda Stark (Fountain Valley) | 2013 |
| 5:10.88 | ***Erica Liem (Tesoro) | 2011 | 5:13.12 | **Makenna Duda (Trabuco Hills) | 2015 |
| 5:10.98 | Mikaela Garduno (Foothill) | 2014 | 5:13.14 | Cynthia Mendez (Savanna) | 2004 |
| 5:10.99 | Lauren Jirges (Cypress) | 2005 | 5:13.17 | *Claire Rainey (Los Alamitos) | 2013 |
| 5:11.06 | Kelly Oelschlagger (Woodbridge) | 2004 | 5:13.19 | *Hannah Stemper (Foothill) | 2014 |
| 5:11.06 | Tori Yanco (JSerra) | 2015 | 5:13.24 | ***Alyssa Bautista (Capo Valley) | 2015 |
| 5:11.08 | *Kayla Tresser (Capo Valley) | 2015 | 5:13.25 | **Julie Cooper (El Dorado) | 1984 |
| 5:11.14 | Madison Hoffman (San Clemente) | 2012 | 5:13.30 | **Camille Perkins (Dana Hills) | 2014 |
| 5:11.15 | **Tern Smythers (San Clemente) | 1989 | 5:13.32 | Jacquie Adams (Foothill) | 2013 |
| 5:11.27 | **Mary Steinberger (Mission Viejo) | 1991 | 5:13.38 | *Kristin Chadez (Esperanza) | 1999 |
| 5:11.30 | Heather Hisgen (El Modena) | 2008 | 5:13.38 | **Britney Webster (Capo Valley) | 2001 |
| 5:11.34 | Sydney Szabo (San Clemente) | 2014 | 5:13.4 | **Julie Morris (Costa Mesa) | 1983 |
| 5:11.39 | ***Taylor Arco (Mission Viejo) | 2013 | 5:13.4 | **Aubrey Carr (Dana Hills) | 2011 |
| 5:11.42 | *Courtney Kostrikin (Edison) | 2006 | 5:13.43 | *Kelly Caulfield (Pacifica) | 2009 |
| 5:11.53 | Sara Bass (Los Alamitos) | 2014 | 5:13.43 | Lorraine Fernandez (Valencia) | 2014 |
| 5:11.54 | Ligaya Lange (St Margaret's) | 2001 | 5:13.46 | ***Madde Fox (Marina) | 2013 |
| 5:11.6 | *Katherine Ott (San Juan Hills) | 2011 | 5:13.48 | **Laura Dzida (Rosary) | 2003 |
| 5:11.62 | Erin Bailey (Edison) | 1994 | 5:13.52 | *Tish Williams (Laguna Hills) | 1989 |
| 5:11.64 | *Nikki Zielinski (Canyon) | 2015 | 5:13.57 | Nancy Jessen (Dana Hills) | 1980 |
| 5:11.72 | Raeanna Cortez (Bolsa Grande) | 2011 | 5:13.57 | Madeline McDonald (Rosary) | 2014 |
| 5:11.75 | Courtney Carder (Esperanza) | 2007 | 5:13.59 | *Emily Bacon (Newport) | 2015 |
| 5:11.76 | Ximenal Cruz (Trabuco Hills) | 2009 | 5:13.6 | Jami Nourse University | 1982 |
| 5:11.77 | *Pam Smith (Esperanza) | 1998 | 5:13.6 | Bronte Colick (Capo Valley) | 2011 |
| 5:11.83 | **Gabrielle Yatauro (Edison) | 2012 | 5:13.65 | *Kendal Marking (Newport) | 2015 |
| 5:11.87 | *Christine Bjelland (Costa Mesa) | 2002 | 5:13.72 | Heather Hutchison (Mission Viejo) | 1986 |
| 5:11.92 | **Lauren Mauer (Crean Lutheran) | 2013 | 5:13.82 | *Bailee Margolis (Trabuco Hills) | 2014 |
| 5:11.93 | ***Grace LaMontagne (Laguna Beach) | 2015 | 5:13.83 | *Kyle Oefelein (Woodbridge) | 2013 |
| 5:12.0 | Sue Sharr (Mission Viejo) | 1981 | 5:13.84 | **Mariana Chavez (Fountain Valley) | 2014 |
| 5:12.0 | *Mary Crane (Newport) | 1991 | 5:13.9+ | Sandra Katzer (Huntington Beach) | 5:15.8y 1977 |
| 5:12.0 | *Breelan Matranga (Dana Hills) | 2008 | 5:13.9 | Kylie Hunsaker (San Clemente) | 2008 |
| 5:12.01 | Kathryn Carroll (San Clemente) | 2015 | 5:13.91 | *Stefanie Y Ortega (Seegerstrom) | 2015 |
| 5:12.02 | *Jessica Dahlberg (El Modena) | 1997 | 5:14.00 | **Kendall Billingsley (Mission Viejo) | 1999 |
| 5:12.04 | Kate Hirschboeck (Santa Margarita) | 2004 | 5:14.01 | Marissa Nickles (Fountain Valley) | 2012 |
| 5:12.04 | **Jennifer Daly (Dana Hills) | 2015 | 5:14.03 | *Kristen Green (Huntington Beach) | 1998 |
| 5:12.05 | *Nicole Evans (Woodbridge) | 2011 | 5:14.1 | Bowles (?) | 2005 |
| 5:12.07 | *Laura Beresford (Dana Hills) | 2010 | 5:14.2 | *Debbie Lloyd (Foothill) | 1983 |
| 5:12.11 | Kathryn Bishop (Trabuco Hills) | 2011 | 5:14.2 | *Jenni Scott (Tustin) | 1983 |
| 5:12.13 | **K Durant (Marina) | 2009 | 5:14.24 | Jeanette Zambrano (Bolsa Grande) | 2015 |
| 5:12.14 | **Sarah Rettman (Mission Viejo) | 1999 | 5:14.26 | ***Charisma Byrd (Rosary) | 2013 |
| 5:12.20 | *Roseanne Peters (Fountain Valley) | 2000 | 5:14.27 | Laura Peck (Woodbridge) | 1989 |
| 5:12.22 | **Emily Park (Kennedy) | 2014 | 5:14.28 | Megan Geyer (Dana Hills) | 2012 |
| 5:12.23 | Madeline Bradford (Woodbridge) | 2012 | 5:14.3 | Wolfe (Costa Mesa) | 1982 |
| 5:12.24 | **Shannon Mackellar (Esperanza) | 2015 | 5:14.31 | Wendy Petersen (Laguna Beach) | 1987 |
| 5:12.28 | **Mikayla Marshall (Mission Viejo) | 2010 | 5:14.32 | **Hannah Tobin (El Toro) | 2015 |
| 5:12.3+ | Marilyn Nichols (El Dorado) | 5:14.2y 1981 | 5:14.42 | Kristin Carney (Foothill) | 1985 |
| 5:12.31 | Cathy Peck (Woodbridge) | 1989 | 5:14.46 | **Carmille Garcia (Fountain Valley) | 2009 |
| 5:12.32 | Jamie Vaicaro (Katella) | 1995 | 5:14.46 | *Natalie Wilson (Mater Dei) | 2011 |
| 5:12.34 | Carrie Quinn (Edison) | 1994 | 5:14.5 | Liz Holland (Corona del Mar) | 1987 |
| 5:12.39 | Kortnee Burton (Brea) | 2008 | 5:14.51 | Katie Carroll (San Clemente) | 2015 |
| 5:12.4 + | *Ann Scott (Corona del Mar) | 5:14.3y 1980 | 5:14.51 | **Elizabeth Dahl (Woodbridge) | 2015 |
| 5:12.4 | Tara Whitfield (El Modena) | 1995 | 5:14.51 | **Lora Gonzalez (Woodbridge) | 2015 |
| 5:12.40 | *Sereena Warino (Aliso Niguel) | 2001 | 5:14.54 | Jessica Chadwick (El Toro) | 2009 |
| 5:12.40 | **Kathryn Kaloroumakis (Dana Hills) | 2015 | 5:14.6 | Cindy Stoughton (Corona del Mar) | 1981 |
| 5:12.44 | Tess St Geme (Corona del Mar) | 2014 | 5:14.6 | ***Bree Frigo (El Toro) | 1992 |
| 5:12.48 | *Haley Seward (Edison) | 2012 | 5:14.65 | **Nicole Scheid (Mission Viejo) | 2002 |

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|---------|---------------------------------|------|
| 5:14.66 | Pazton Cota (Dana Hills) | 2011 |
| 5:14.66 | ** Kalie Demerjian (El Toro) | 2013 |
| 5:14.70 | *** Lauren Jacob (Los Alamitos) | 2013 |
| 5:14.84 | **Kelly Wacker (Mater Dei) | 2015 |
| 5:14.87 | **Laura Chapel (Irvine) | 1984 |
| 5:14.88 | Laura Doering (Villa Park) | 1989 |
| 5:14.98 | **Alyssa White (Dana Hills) | 2014 |
| 5:14.99 | Christine Eckstaedt (El Modena) | 2000 |

3000 meters

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|----------|--------------------------------------|------|
| 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 Garritson (Sunny Hills) | 1992 |
| 9:49.8' | Shannon Stryker (Tustin) | 1982 |
| 9:53.8' | ** Teresa Barrios (University) | 1982 |
| 9:56.2' | * Whitney Blue (Newport) | 2005 |
| 9:58.9' | ** Shelby Buckley (Corona del Mar) | 2006 |
| 9:59.3' | ** Allyson Marquand (University) | 1997 |
| 10:00.9' | Buffy Rabbitt (Newport) | 1986 |
| 10:01.5' | ** Amber Parkinson (Orange Lutheran) | 1991 |
| 10:02.4' | * Sara Cummings (Corona del Mar) | 2006 |
| 10:04.7' | ** Christine Babcock (Woodbridge) | 2006 |
| 10:05.2 | * Sharon Hulse (Edison) | 1979 |
| 10:07.0' | ** Elizabeth Coe (Fountain Valley) | 2006 |
| 10:07.2' | Jenni Scott (Tustin) | 1984 |
| 10:07.9 | ***Kathy Kiernan (Los Amigos) | 1979 |
| 10:08.0 | Laura McCracken (Westminster) | 1983 |
| 10:09.5' | *Martha Pinto (Katella) | 1990 |
| 10:11.0 | Rhonda Craig (Cypress) | 1979 |
| 10:11.8' | *** Julie Allen Fountain Valley | 1999 |
| 10:12.4' | * Rocio Pelayo (Bolsa Grande) | 2006 |
| 10:12.5 | Nicole Ritchot (Edison) | 1984 |
| 10:12.7' | * Tanya Brix (University) | 1990 |
| 10:12.8 | *** Hillary Hayes (Edison) | 2006 |
| 10:13.22 | Jennifer Abraham (Foothill) | 1983 |
| 10:13.6' | ***Kelly Campbell (Corona del Mar) | 1993 |
| 10:13.9' | *Tracy Wright (Irvine) | 1985 |
| 10:14.5' | * Kim Nelson (Canyon) | 1993 |
| 10:15.1' | ** Elyse Homberger (Edison) | 1993 |
| 10:16.3' | Elizabeth Alexander (Tustin) | 1993 |
| 10:19.1 | Sita Jones (La Habra) | 1988 |
| 10:19.3' | * Nancy Dollar (San Clemente) | 1994 |
| 10:19.64 | ** Carrie Caulkins (Esperanza) | 1993 |
| 10:19.88 | ***Kay Nekota (Woodbridge) | 1991 |
| 10:21.1' | Heather Killeen (Valencia) | 1991 |
| 10:21.2' | Tracy Clark (Corona del Mar) | 1995 |
| 10:21.8 | Sherri Roach (Kennedy) | 1978 |
| 10:22.8' | * Angie Winkler (Fountain Valley) | 1995 |
| 10:23.6 | ** Trudy Gardner (Magnolia) | 1980 |
| 10:23.7 | Maricelle Benavides (SA Valley) | 1988 |
| 10:24.0' | ** Amber Steen (Newport) | 1999 |
| 10:24.8 | Leslie Cashion (Corona del Mar) | 1988 |
| 10:24.8' | Elly Estrada (Santa Ana Valley) | 1995 |
| 10:24.98 | Meghan Mayes (Capo Valley) | 1994 |
| 10:25.0 | * Jessie Babcock (Woodbridge) | 2005 |
| 10:25.10 | Sophia Ditty (Newport) | 2008 |
| 10:25.3' | *** Heather Garritson (Buena Park) | 1995 |
| 10:25.4 | Alicia Kirkhorn (Edison) | 1978 |
| 10:26.04 | ** Donna Fleagle (Tustin) | 1983 |
| 10:26.7 | Cathy Peck (Woodbridge) | 1990 |
| 10:27.6 | * Magi Henson (Newport) | 1985 |
| 10:28.9 | Tasmin Valdez (Esperanza) | 1983 |
| 10:29.55 | Rocio Pelayo (Bolsa Grande) | 2007 |
| 10:29.6 | Debbie Lies (Loara) | 1984 |
| 10:30.0 | *** Kirstin Harkins (La Quinta) | 1981 |
| 10:30.6 | Susan Armentrout (University) | 1983 |
| 10:30.90 | * Katie Eklof (Costa Mesa) | 1991 |
| 10:32.3 | Kirsten Quigely (Dana Hills) | 1988 |
| 10:32.3' | Crystal Reed (Fountain Valley) | 2006 |
| 10:35.12 | Jessica Marquardt (Orange Lutheran) | 2011 |
| 10:35.62 | ** Terri Smythers (San Clemente) | 1989 |

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|----------|-----------------------------------|------|
| 10:36.0 | Maria Mendoza (Santa Ana) | 1988 |
| 10:36.20 | * Natalie Adam (Huntington Beach) | 1989 |
| 10:36.5 | Lynne Hagan (Mater Dei) | 1988 |
| 10:36.8 | Tami Harberth (Esperanza) | 1985 |
| 10:36.83 | * Desiree Alexander (Newport) | 2008 |

3200 Meters

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| 9:54.89 | Bethan Knights (Northwood) | 2014 |
| 10:04.03 | Christina Babcock (Woodbridge) | 2008 |
| 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 |
| 10:25.17+ | 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 |
| 10:28.79 | Hillary Hayes (Edison) | 2009 |
| 10:29.03 | ** Teresa Barrios (University) | 1982 |
| 10:29.42 | Shannon Stryker (Tustin) | 1982 |
| 10:31.15 | *Paige Tennison (Newport) | 2012 |
| 10:33.08 | Melissa Eisele (San Clemente) | 2014 |
| 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 |
| 10:38.80 | ** Amber Parkinson (Orange Lutheran) | 1991 |
| 10:39.17 | ** Allyson Marquand (University) | 1997 |
| 10:39.39 | ***Amanda Honn (Huntington Beach) | 2011 |
| 10:39.90 | Kylie Nishisaka (Marina) | 2013 |
| 10:41.71 | * Jessie Babcock (Woodbridge) | 2005 |
| 10:41.98 | *Alana Jones (Laguna Hills) | 2012 |
| 10:42.16 | Buffy Rabbitt (Newport) | 1986 |
| 10:42.29 | Lori Hoffman (Trabuco Hills) | 2009 |
| 10:42.50 | *Sabrina Hermann (Trabuco Hills) | 2014 |
| 10:42.51 | * Martha Pinto (Katella) | 1990 |
| 10:43.05 | ** Elizabeth Coe (Fountain Valley) | 2006 |
| 10:43.96 | Cassidy Towner (El Dorado) | 2014 |
| 10:44.00 | ** Heather Garritson (Buena Park) | 1996 |
| 10:44.09 | * Megan Meyer (Tesoro) | 2008 |
| 10:44.50 | * Bethany Nickless (Fountain Valley) | 2002 |
| 10:44.95 | * Patience Unger (Foothill) | 1981 |
| 10:45.10 | Lori Mann (Santa Margarita) | 2001 |
| 10:45.49 | *** Nancy Dollar (San Clemente) | 1992 |
| 10:45.99 | Marissa Bartello (Laguna Hills) | 2015 |
| 10:46.30 | ** Julie Allen (Fountain Valley) | 2000 |
| 10:46.31 | Heather Balbier (Dana Hills) | 2009 |
| 10:46.99 | *** Shelby Buckley (Rosary) | 2005 |
| 10:47.42 | ** Grace Schafer (Capo Valley) | 2013 |
| 10:47.82 | Jenni Scott (Tustin) | 1984 |
| 10:47.83 | Rebecca Deitch (Capo Valley) | 2015 |
| 10:47.98 | Allison Costello (Esperanza) | 2003 |
| 10:48.13 | * Kim Nelson (Canyon) | 1993 |
| 10:48.29 | ** Claire Feit (Mater Dei) | 1982 |
| 10:48.33 | * Crystal Reed (Fountain Valley) | 2006 |
| 10:48.33 | Jeanette Zambrano (Bolsa Grande) | 2015 |
| 10:48.80 | Kim DeVitis (Edison) | 1982 |
| 10:48.98 | * Tracy Wright (Irvine) | 1985 |
| 10:49.00 | Kelsey Carroll (San Clemente) | 2015 |
| 10:49.05 | **Kathryn Kaloroumakis (Dana Hills) | 2015 |
| 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 |

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|----------|-------------------------------------|---------------|-----------|--------------------------------------|----------------|
| 10:49.90 | *Nicole Evans (Woodbridge) | 2011 | 11:02.65 | * Sue Armentrout (University) | 1981 |
| 10:50.03 | * Erica Pearson (Newport) | 2008 | 11:02.86 | *** Jordan Stiewig (Villa Park) | 2013 |
| 10:50.13 | *Bailee Margolis (Trabuco Hills) | 2014 | 11:03.07 | ** Alicia McFall (Newport) | 1997 |
| 10:50.28 | Jessica Cushing-Murray (Foothill) | 2014 | 11:03.14 | Jenny Sears (Woodbridge) | 2002 |
| 10:50.29 | ***Sami Murphy (Northwood) | 2014 | 11:03.27 | Keena Kohl (Esperanza) | 2008 |
| 10:50.5 | * Sharon Hulse (Edison) | 1979 | 11:03.4 | Sita Jones (La Habra) | 1988 |
| 10:50.50 | Ann Helm (Laguna Hills) | 1984 | 11:03.60 | **Stephanie Ortega (Seegerstrom) | 2014 |
| 10:50.75 | Bronte Golick (Capo Valley) | 2011 | 11:03.89 | **Emily Bacon (Newport) | 2014 |
| 10:50.8+ | Sherri Roach (Kennedy) | 10:54.6y 1978 | 11:04.15 | Arianna Seliz (Esperanza) | 2008 |
| 10:51.1+ | Stacy Kneeshaw (Foothill) | 10:54.8y 1980 | 11:04.19 | Emily Scharmann (Tesoro) | 2013 |
| 10:51.17 | Camila Turati (El Toro) | 2014 | 11:04.49 | ** Carrie Caulkins (Esperanza) | 1993 |
| 10:51.19 | Sophia Ditty (Newport) | 2008 | 11:04.54 | Kristy Koenes (Canyon) | 2009 |
| 10:51.28 | *** Kelly Campbell (Corona del Mar) | 1993 | 11:05.00 | * Stephanie Torres (Cypres) | 2003 |
| 10:51.4 | + ** Polly Plumer (University) | 10:55.2y 1980 | 11:05.09 | Leslie Cashion (Corona del Mar) | 1988 |
| 10:51.65 | ** Anne Gustafsson (Brea) | 2003 | 11:05.27 | *** Laura Strachan (Foothill) | 1999 |
| 10:51.76 | Ashlee Powers (Corona del Mar) | 2012 | 11:05.57 | *Taylor Romine (El Toro) | 2012 |
| 10:51.84 | * Amber Bragdon (Fountain Valley) | 2013 | 11:05.57 | **Sapna Dholakia (Esperanza) | 2015 |
| 10:52.96 | *Nikki Zielinski (Canyon) | 2015 | 11:06.01 | Tasmin Valdez (Esperanza) | 1983 |
| 10:53.25 | * Rocio Pelayo (Bolsa Grande) | 2006 | 11:06.04 | Justine Rea (Trabuco Hills) | 2010 |
| 10:53.74 | *** Sheridan Gomez (Dana Hills) | 2009 | 11:06.14 | ** Kellee Miller (Tustin) | 1982 |
| 10:54.2+ | Rhonda Craig (Cypress) | 10:58.0y 1979 | 11:06.21 | *Laura Beresford (Dana Hills) | 2010 |
| 10:54.20 | Kristin Arkin (Trabuco Hills) | 2008 | 11:06.41 | **Natasha Strickland (Laguna Beach) | 2010 |
| 10:54.45 | *Ashley Licata (Capo Valley) | 2015 | 11:06.5 | +Barb Ludovise (Corona del Mar) | 11:10.3y 1980 |
| 10:54.55 | Angie Winkler (Fountain Valley) | 1996 | 11:06.60 | ***Kay Nekota (Woodbridge) | 1991 |
| 10:54.58 | ** Elyse Homberger (Edison) | 1993 | 11:06.62 | * Desiree Alexander (Newport) | 2008 |
| 10:55.6+ | Mari Gibbs (Marina) | 10:59.4y 1977 | 11:06.7+ | * Joelin Fisher (Costa Mesa) | 11:10.5y 1979 |
| 10:55.61 | Melissa Mead (Newport) | 2007 | 11:07.17+ | Janice Kelley (Canyon) | 11:11.07y 1978 |
| 10:56.17 | ***Lauren Mauer (Crean) | 2012 | 11:07.22 | ***Maggie Goodson (Newport) | 2010 |
| 10:56.18 | ** Maryann Pynchon (Edison) | 2001 | 11:07.29 | *Stacy Kim (Sunny Hills) | 2003 |
| 10:56.20 | Laura McCracken (Westminster) | 1983 | 11:07.50 | **Hannah Tobin (El Toro) | 2015 |
| 10:56.5+ | Deborah Chaddock (Los Alamitos) | 11:00.3y 1979 | 11:07.61 | * Sue Sharr (Mission Viejo) | 1981 |
| 10:56.50 | **Olivia Goins (Canyon) | 2011 | 11:07.67 | Jen Blair (Corona del Mar) | 1998 |
| 10:56.58 | Molly Babcock (Woodbridge) | 2012 | 11:07.7 | *** Bree Frigo (El Toro) | 1992 |
| 10:56.63 | Allie Rigby (Foothill) | 2010 | 11:07.72 | ** Terri Smythers (San Clemente) | 1989 |
| 10:56.94 | Cassandra Smith (Trabuco Hills) | 2012 | 11:07.79 | * Mary Moore (Woodbridge) | 1997 |
| 10:57.0 | * Leslie White (Lowell) | 1980 | 11:07.97 | ** Lauren Maurer (Crean Lutheran) | 2013 |
| 10:57.1 | Becky Miske (El Toro) | 1998 | 11:08.17 | Madison Tanner (Canyon) | 2011 |
| 10:57.3 | * Maggie Henson (Newport) | 1985 | 11:08.38 | * Dominique Regalado (Trabuco Hills) | 2013 |
| 10:57.33 | Elizabeth Alexander (Tustin) | 1993 | 11:08.47 | Elly Estrada (Santa Ana Valley) | 1995 |
| 10:57.37 | Ava Jones (La Habra) | 2002 | 11:08.5+ | Amy Cox (Foothill) | 11:12.0y 1984 |
| 10:57.77 | **Kendra Corey (Sunny Hills) | 2015 | 11:08.67 | * Shalice Pugmire (Esperanza) | 2001 |
| 10:57.99 | **Kellian Hunt (Whittier Chr) | 2010 | 11:09.08 | *Brianna Bartello (Laguna Hills) | 2014 |
| 10:58.49 | ***Sara Leonard (Canyon) | 2015 | 11:09.15 | *Haley Seward (Edison) | 2012 |
| 10:58.55 | Sarah Paddon (St Margaret's) | 2011 | 11:09.27 | ** Tracy Clark (Corona del Mar) | 1993 |
| 10:58.79 | ** Donna Fleagle (Tustin) | 1983 | 11:09.3 | Haley Niles (Trabuco Hills) | 2009 |
| 10:58.8 | ** Kelly Roda (Irvine) | 1991 | 11:09.32 | Julia Rigby (Foothill) | 2008 |
| 10:58.92 | **Jacquie Adams (Foothill) | 2011 | 11:09.4 | Gergley (Woodbridge) | 2004 |
| 10:59.01 | *Emily Scharmann (Tesoro) | 2012 | 11:09.48 | ***Julia Van Marter (Canyon) | 2012 |
| 10:59.07 | Marilyn Nichols (El Dorado) | 1981 | 11:09.52 | Kathryn Carroll (San Clemente) | 2015 |
| 10:59.11 | Sabrina Herrmann (Trabuco Hills) | 2015 | 11:09.58 | ** Courtney Kostrikin (Edison) | 2005 |
| 10:59.21 | ** Jenny Sears (Mater Del) | 2000 | 11:09.58 | *Kaitlyn Smith (San Clemente) | 2010 |
| 10:59.22 | **Shannon Mackellar (Esperanza) | 2015 | 11:09.67 | * Hayley Niles (Trabuco Hills) | 2008 |
| 10:59.47 | Laura Bilder (Corona del Mar) | 2009 | 11:10.83 | *Sara Digiovanni (Mater Dei) | 2012 |
| 10:59.51 | Kalie Demerjian (El Toro) | 2015 | 11:10.10 | ***Paxton Cota (Dana Hills) | 2008 |
| 10:59.52 | Sydney Szabo (San Clemente) | 2014 | 11:10.22 | Colby Lindholm (JSerra) | 2012 |
| 10:59.67 | ***Kathryn Bishop (Trabuco Hills) | 2011 | 11:10.32 | Katie Nuanes (Santa Margarita) | 1997 |
| 10:59.81 | Bailee Margolis (Trabuco Hills) | 2015 | 11:10.4 | * Ashley Sutor (Dana Hills) | 2004 |
| 11:00.25 | *Natasha Strickland (Laguna Beach) | 2011 | 11:10.57 | ** Misha Wilson (University) | 1995 |
| 11:00.36 | Katherine Nielsen (Irvine) | 2007 | 11:10.04 | Kim Robinson (Newport) | 1990 |
| 11:00.49 | Kristen Berglas (Woodbridge) | 2003 | 11:10.0 | Sherri Smith (Woodbridge) | 1986 |
| 11:00.81 | ** Brooke Thomas (Laguna Hills) | 1997 | 11:10.05 | *Katie Eklof (Costa Mesa) | 1991 |
| 11:00.6 | +***Kathy Kiernan (Los Amigos) | 11:04.5y 1980 | 11:10.8 | Barbara Kozlowski (Irvine) | 1988 |
| 11:00.87 | Paige Canterbury (Dana Hills) | 2013 | 11:10.94 | Lynne Hagan (Mater Dei) | 1988 |
| 11:00.99 | Jessica Marquardt (Orange Lutheran) | 2011 | 11:11.06 | * Mikaela Garduno (Foothill) | 2013 |
| 11:01.11 | Erica Pearson (Newport) | 2009 | 11:11.23 | Emily Haigh (Foothill) | 2002 |
| 11:01.20 | Rosalva Bonilla (Los Amigos) | 1981 | 11:11.71 | Nicole Giove (Fountain Valley) | 2008 |
| 11:01.34 | **Raquel Powers (Corona del Mar) | 2015 | 11:11.91 | **Natasha Gunther (Dana Hills) | 2010 |
| 11:01.35 | * Claire Kim (Sunny Hills) | 2003 | 11:11.94 | *Hannah Bell (Esperanza) | 2011 |
| 11:01.40 | Erin Griffith (Capo Valley) | 2007 | 11:12.26 | Tori Yanco (JSerra) | 2015 |
| 11:01.8 | Tracy Clark (Corona del Mar) | 1995 | 11:12.32 | Erica Sahl (Villa Park) | 2004 |
| 11:01.87 | Heather Killeen (Valencia) | 1991 | 11:12.41 | Makenna Smith (Trabuco Hills) | 2010 |
| 11:01.87 | Pearl Shoemaker (Laguna Beach) | 2015 | 11:12.49 | Megan Petkovic (Pacifica) | 2008 |
| 11:01.94 | Briar Brumley (Tesoro) | 2015 | 11:12.55 | **Nicole Evans (Woodbridge) | 2010 |
| 11:01.96 | Ariane Gushue (Foothill) | 2011 | 11:12.64 | Kellian Hunt (Whittier Chr.) | 2012 |
| 11:02.52 | ** Emily Goldstein (El Toro) | 2008 | 11:12.72 | ***Julia Van Marter (Canyon) | 2012 |

11:13.02 Vanessa Kelly (Marina) 2001
 11:13.04 Nicole Evans (Woodbridge) 2011
 11:13.11 Gabrielle Yatauro (Edison) 2014
 11:13.2 * Camila Turati (El Toro) 2013
 11:13.33 Andrea Aguilar (Mater Dei) 2006
 11:13.38 **Molly Mann (San Clemente) 2010
 11:13.4 Wendy Petersen (Laguna Beach) 1987
 11:13.51 * Maureen Quinn (Dana Hills) 1983
 11:13.63 *** Allison Damon (Corona del Mar) 2005
 11:13.64 Katie Durant (Marina) 2008
 11:13.66 Nicole Slyhous (Corona del Mar) 2007
 11:13.69 ** Gianna Velasquez (El Toro) 2008
 11:13.78 Shelby Stegall (Foothill) 2010
 11:13.8 ** Tiffany Anderson (Newport) 1985
 11:13.85 Roselynda Garcia (Kennedy) 1987
 11:13.88 Christine Eckstaedt (El Modena) 2000
 11:13.89 *Emily Bacon (Newport) 2015
 11:13.97 ** Liz Huipe (Estancia) 1999
 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
 11:14.52 *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
 11:15.4 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
 11:16.22 ** 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
 11:16.6+ ***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
 11:17.22 ***Haley Herberg (Capo Valley) 2015
 11:17.28 Katherine Woie (Valencia) 1987
 11:17.35 **Lora Gonzalez (Woodbridge) 2015
 11:17.43 Ashley Geisler (J Serra) 2015
 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
 11:18.09 Katie Ott (San Juan Hills) 2011
 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
 11:18.89 *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
 11:19.81 Ali Hummelberg (Corona del Mar) 2010
 11:19.99 ** Melanie Powers (Corona del Mar) 2008

5,000 Meters

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 Attlesy (Katella) | 14.9 | 1986 |
| 15.14c | Le Anne Margerum (Fountain Valley) | 14.9 | 1980 |
| 15.16 | *Rene Wright (Orange Lutheran) | | 1990 |
| 15.17 | *Shundra Holland (Saddleback) | | 1986 |
| 15.19 | *Gaylen Ames (El Modena) | | 1984 |
| 15.20 | Laura Knight (Katella) | | 1982 |
| 15.21 | Heather Novak (Santa Margarita) | | 1992 |
| 15.22 | Tammy Siefert (Cypress) | | 1982 |
| 15.23 | Kristina Lockwood (Woodbridge) | | 1990 |
| 15.24c | Heidi Smith (Valencia) | 15.0 | 1991 |
| 15.24c | *Tracy Broughton (Irvine) | 15.0 | 1991 |
| 15.25+ | Beth Rockliffle (Santa Ana) | 15.1y | 1978 |
| 15.25 | Nancy Chabot (Brea) | | 1990 |
| 15.28 | Erin Stansbury (Ocean View) | | 1989 |
| 15.29 | Emily Thiebaud (Esperanza) | | 1988 |
| 15.33 | Jennifer Owens (San Clemente) | | 1988 |
| 15.34c | Leanna Delgado (Estancia) | 15.1 | 1980 |
| 15.34c | Sharon Bruster (El Modena) | 15.1 | 1980 |
| 15.34c | *Susie Jacobsen (Newport) | 15.1 | 1989 |
| 15.34 | Shelby MacKay (Dana Hills) | | 1990 |
| 15.35 | Summer Everly (El Toro) | | 1989 |
| 15.38 | ** Millie Potts (Loara) | | 1982 |
| 15.39 | Tiffany Feliz (Mater Dei) | | 1986 |
| 15.42 | Ann Kissinger (Marina) | | 1988 |
| 15.43 | ***Lynde Gibson (Woodbridge) | | 1991 |
| 15.44 | Ursula Lovely (Kennedy) | | 1987 |
| 15.44c | Katie Whitfield (Dana Hills) | 15.2 | 1983 |
| 15.44c | *Kelly Grand (Los Amigos) | 15.2 | 1985 |
| 15.44+ | Ashley Selman (Foothill) | 15.3y | 1988 |
| 15.47 | Tamara Noggle (El Dorado) | | 1989 |
| 15.49 | *Brenda Robinson (SA Valley) | | 1989 |
| 15.50 | **Jill Lindhart (Capo Valley) | | 1986 |

Wind-aided:

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

100 meter Hurdles (33")

| | | | |
|--------|-------------------------------------|------|------|
| 13.82 | *Ashley Bethel (Mission Viejo) | | 1997 |
| 13.87 | **Dana Bethel (Mission Viejo) | | 1999 |
| 14.19 | Emma Radan (Mater Dei) | | 2014 |
| 14.20 | Kimmie Conner (Dana Hills) | | 2010 |
| 14.21 | Natalie Roy (Mission Viejo) | | 2007 |
| 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 |
| 14.71 | *Julie Handy (Esperanza) | | 2001 |
| 14.73 | Chelsea Taylor (Mission Viejo) | | 2008 |
| 14.79 | Emma Kratzberg (Newport) | | 2015 |
| 14.80 | Kristen Woepse (Woodbridge) | | 2004 |
| 14.82 | *Katie Mook (Foothill) | | 1994 |
| 14.82 | * Michaela King (Dana Hills) | | 2013 |
| 14.83 | **Olivia Teegarden (Misison Viejo) | | 2015 |
| 14.84 | Kyndol Craver (Woodbridge) | | 2013 |
| 14.85 | **Erin Stovall (Woodbridge) | | 1995 |
| 14.87 | Tori Usgaard (Dana Hills) | | 2012 |
| 14.88 | ***Nikki Merritt (Santa Margarita) | | 2015 |
| 14.89 | * Grace Esslinger (Dana Hills) | | 2008 |
| 14.89 | Michelle Wicker (Trabuco Hills) | | 2010 |
| 14.94 | Jessica Bragg (El Toro) | | 2009 |
| 14.96 | Michelle Urabe (Mater Dei) | | 2010 |
| 14.98 | Jordan Agnew (Los Alamitos) | | 2013 |
| 14.98 | *Hannah Durarte (Mission Viejo) | | 2015 |
| 15.02 | *Marie Philman (Edison) | | 1995 |
| 15.02 | Amanda Fleskoski (Mission Viejo) | | 2000 |
| 15.03 | *Amanda Shanklin (Santa Margarita) | | 1998 |
| 15.03 | *Kelsey Schuler (Katella) | | 2006 |
| 15.04c | Heather Sterlin (Mission Viejo) | 14.8 | 1992 |
| 15.04c | *Kerry O'Bric (Edison) | 14.8 | 1995 |
| 15.04c | *Rachael Ziemann (Edison) | 14.8 | 2001 |
| 15.04 | Becky Marshburn (Dana Hills) | | 2005 |
| 15.08 | Lindsay Wells (Mater Dei) | | 2000 |
| 15.08 | *Jasmine Webb (Buena Park) | | 2004 |
| 15.10 | **Heather Gibson (Orange Lutheran) | | 2004 |
| 15.10 | Lauren Correa (El Toro) | | 2005 |
| 15.11 | Cira Wright (Kennedy) | | 2000 |
| 15.13 | *Sunny Nichols (Sunny Hills) | | 1997 |
| 15.14 | Kiana Henry (Canyon) | | 2011 |
| 15.14 | Brittney Thornton (San Clemente) | | 2013 |
| 15.15 | Krissy Knowles (Fountain Valley) | | 2009 |
| 15.16 | *Alison Parsons (Los Alamitos) | | 2015 |
| 15.18 | Heather Novak (Santa Margarita) | | 1994 |
| 15.20 | *Cristina Ohaeri (Esperanza) | | 1995 |
| 15.20 | Hailey Bond (Edison) | | 2014 |
| 15.24c | *Susan Pettus (Marina) | 15.0 | 1995 |
| 15.24 | Jenna Wendell (Santa Margarita) | | 2008 |
| 15.26 | *Shay Alexander (Capo Valley) | | 2001 |
| 15.26 | *Trista Marquez (Dana Hills) | | 2004 |
| 15.28 | *Jasmine Webb (Buena Park) | | 2004 |
| 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 |
| 15.42 | Alex McCarten (San Clemente) | | 1997 |
| 15.44 | Gigi Surmon (Costa Mesa) | | 1993 |
| 15.44 | *Breanna Barker (Dana Hills) | | 2012 |
| 15.45 | Tailor Dunigan (Mission Viejo) | | 2010 |
| 15.48 | **Elizabeth Loud (Irvine) | | 2000 |
| 15.48 | *** Chelsea Larson (Orange Lutheran) | | 2008 |
| 15.48 | ***Katelyn Johnson (El Toro) | | 2015 |
| 15.49 | Emma Kratzberg (Corona del Mar) | | 2014 |
| 15.50 | *Laurel Simpson (Capo Valley) | | 1994 |
| 15.50 | Whitney MacDonald (Edison) | | 2004 |
| 15.50 | Lauren Bercha (Tesoro) | | 2010 |
| 15.51 | *Lisa Stegman (Dana Hills) | | 1996 |
| 15.54c | Elinor Tolson (Fountain Valley) | 15.3 | 1993 |
| 15.54c | Marlene Lang (Fountain Valley) | 15.3 | 1994 |
| 15.54c | *Sarah Bohannon (Los Amigos) | 15.3 | 1995 |
| 15.54c | M.E. Clayton (Newport) | 15.3 | 1997 |
| 15.54 | Brittany Hanrahan (Mater Dei) | | 2013 |

| | | | | | | | |
|--------|-------------------------------------|-------|------|------------------------------|---------------------------------------|-------|------|
| 43.56 | Yasmin Webb (Buena Park) | | 2005 | 45.61 | Nicole Yergler (Santa Margarita) | | 2005 |
| 43.63 | *Paula Pedrani (El Toro) | | 2015 | 45.62 | Alex McCarten (San Clemente) | | 1997 |
| 43.71 | *Elinor Tolson (Fountain Valley) | | 1992 | 45.62 | *Janel Laudat (Woodbridge) | | 1999 |
| 43.78 | *Mary Ann Bullard (Esperanza) | | 1983 | 45.64 | Tasha Walker (El Dorado) | | 1994 |
| 43.81 | Kelly Collins (Santa Margarita) | | 2008 | 45.68 | Kathy Lavering (Fullerton) | | 1982 |
| 43.81 | *Caroline Hilley (Santa Margarita) | | 2013 | 45.70 | ** Natalie Ward (Newport) | | 2013 |
| 43.93 | Lexi Shaw (San Juan Hills) | | 2013 | 45.71 | *Hannah Duarte (Mission Viejo) | | 2015 |
| 44.03 | **Janel Loudat (Woodbridge) | | 1998 | 45.72 | **Jill Linhart (Capo Valley) | | 1986 |
| 44.19 | ***Dana Bethel (Mission Viejo) | | 1998 | 45.72 | *Cristina Ohaeri (Esperanza) | | 1995 |
| 44.21 | Monica Fisher (El Toro) | | 1989 | 45.73 | * Beatriz Delgadillo (Esperanza) | | 2009 |
| 44.24 | *Emma Kratzberg (Newport) | | 2015 | 45.74+ | **Kathy Kelly (Canyon) | 45.8y | 1983 |
| 44.25 | *Sunny Nichols (Sunny Hills) | | 1997 | 45.75 | *Mila Schulenburg (Irvine) | | 1997 |
| 44.26 | ***Nikki Merritt (Santa Margarita) | | 2015 | 45.75 | * Elizabeth Ramsey (Huntington Beach) | | 2009 |
| 44.27 | Ashley Jsames (Savanna) | | 2008 | 45.78 | *Galen Ames (El Modena) | | 1984 |
| 44.30 | Danielle Reeves (Esperanza) | | 1988 | 45.78 | *Michelle Foglia (Esperanza) | | 2003 |
| 44.32 | Jerri Baker (Capo Valley) | | 1981 | 45.79 | **Emma Kratzberg (Corona del Mar) | | 2014 |
| 44.34 | Katie Mook (Foothill) | | 1995 | 45.81 | Misha Vincent (Orange) | | 2010 |
| 44.39 | *Brittney Thornton (San Clemente) | | 2012 | 45.83 | *Hilary Mann (Mission Viejo) | | 1990 |
| 44.44 | **Olivia Teegarden (Mission Viejo) | | 2015 | 45.83 | *Riley Bennyworth (Edison) | | 2015 |
| 44.45 | Hannah Heising (Woodbridge) | | 2014 | 45.84c | Laura Knight (Loara) | 45.6 | 1982 |
| 44.52 | Yleana Carrasco (Anaheim) | | 1985 | 45.84c | Roy (Esperanza) | 45.6 | 2005 |
| 44.58 | Frenchy Silva (Dana Hills) | | 2008 | 45.85 | *Beth Merkle (Mission Viejo) | | 1994 |
| 44.60 | Inshirah Jones (Esperanza) | | 1995 | 45.85 | Ashleigh Gunderman (Mater Dei) | | 2005 |
| 44.64 | Sarah Bonilla (Brea) | | 1998 | 45.90 | ***Liana Fuentes (Cypress) | | 2005 |
| 44.66 | *Michelle Basanda (Aliso Niguel) | | 1998 | 45.92 | Kathy Kelly (Dana Hills) | | 1989 |
| 44.69 | **Caroline Hilley (Santa Margarita) | | 2012 | 45.93 | Amanda Fleskoski (Mission Viejo) | | 2000 |
| 44.73 | Emily Thiebaud (Esperanza) | | 1988 | 45.94c | Sherrie Ray (Loara) | 45.7 | 1982 |
| 44.74c | Debbie Arthur (Esperanza) | 44.5 | 1982 | 45.94c | Kristen Schertzer (Woodbridge) | 45.7 | 1988 |
| 44.74c | Jill Young (Corona del Mar) | 44.5 | 1990 | 45.97 | **Jennifer Konowal (Huntington Beach) | | 1998 |
| 44.76 | Kerry O'Bric (Edison) | | 1996 | 45.97 | Beatriz Delgadillo (Esperanza) | | 2010 |
| 44.80 | Grace Esslinger (Dana Hills) | | 2009 | 46.00 | * Michelle Urabe (Mater Dei) | | 2009 |
| 44.82 | Nancy Niewlandt (Valencia) | | 1984 | 46.02 | Cara Brookhouse (El Modena) | | 1989 |
| 44.84c | Marlene Lang (Fountain Valley) | 44.6 | 1994 | 46.02 | **Milda Mikuleviciute (El Dorado) | | 2012 |
| 44.85 | Sydney Elliott (Mission Viejo) | | 2011 | 46.04c | *Sara Morton (Irvine) | 45.8 | 1983 |
| 44.91 | ***Elinor Tolson (La Quinta) | | 1990 | 46.04c | Tucker | 45.8 | 1983 |
| 44.91 | Skye Atchley (Orange Lutheran) | | 2009 | 46.04 | ** Natalie Fyke (Esperanza) | | 2008 |
| 44.92 | Heaven Yoshino (Woodbridge) | | 1996 | 46.04 | Autumn Tanaguchi (Marina) | | 2011 |
| 44.95 | Kelly Grand (Los Amigos) | | 1986 | 46.06 | *Elle Cruikshank (Foothill) | | 2002 |
| 44.96 | Alexus Atchley (Yorba Linda) | | 2012 | 46.07 | Colleen Gamblin (Esperanza) | | 1986 |
| 44.97 | Shannon Bryant (Sonora) | | 1989 | 46.07 | Brooklyn Paxson (Fountain Valley) | | 2010 |
| 44.97 | Elizabeth Bastos (El Toro) | | 2006 | 46.08+ | **D'Layne Kerr (Corona del Mar) | 46.1y | 1986 |
| 44.97 | Kyndol Craver (Woodbridge) | | 2013 | 46.11 | Madelleine Lisebland (Woodbridge) | | 1990 |
| 44.98 | Thelma Harman (SA Valley) | | 1981 | 46.12 | Katie Hill (Mission Viejo) | | 2002 |
| 45.03 | Brittany Hanrahan (Mater Dei) | | 2013 | 46.13 | Jaycee Mahler (Corona del Mar) | | 2001 |
| 45.06 | Lindsay Wells (Mater Dei) | | 2000 | 46.15 | Alana Palacio (Villa Park) | | 1993 |
| 45.10 | Emilie Winckel (Los Margarita) | | 2006 | 46.16 | Renee Wright (Orange Lutheran) | | 1991 |
| 45.11 | Laurie Hagan (Dana Hills) | | 1983 | 46.16 | *Jordan Agnew (Los Alamitos) | | 2012 |
| 45.15 | *Jocelyn Parkinson (St Margaret's) | | 2001 | 46.17 | *** Brittany Swank (Foothill) | | 1997 |
| 45.16 | Jordan Agnew (Los Alamitos) | | 2013 | 46.17 | Nadia Sine (Woodbridge) | | 2014 |
| 45.19 | *Suzanne Kerho (Mission Viejo) | | 1988 | 46.19 | Megan Scanlon (Troy) | | 1999 |
| 45.19 | * Clara Atkins (Esperanza) | | 2008 | 46.19 | **Brianna Mikalson (Los Alamitos) | | 2012 |
| 45.21 | Lauren Wilson (Esperanza) | | 2005 | 46.20 | Marissa Perez (Saddleback) | | 2014 |
| 45.22 | *Sue Delacy (Newport) | | 1982 | 46.23 | * Kyle Wolff (Woodbridge) | | 2007 |
| 45.26 | Michelle Wicker (Trabuco Hills) | | 2010 | 46.24 | **Anne Hinman (Capo Valley) | | 2011 |
| 45.26 | Tori Usgaard (Dana Hills) | | 2012 | 46.26 | Megan McQuaid (Woodbridge) | | 1997 |
| 45.27 | Ann Kissinger (Marina) | | 1988 | 46.26 | Madison Klovsstad (El Modena) | | 2003 |
| 45.27 | Delphia Moore (Orange) | | 1994 | 46.27 | ** Megan Jones (Dana Hills) | | 2009 |
| 45.33 | Julie Kroenig (Costa Mesa) | | 2000 | 46.29 | *Trista Marquez (Dana Hills) | | 2004 |
| 45.34c | Jocelyn Lee (Irvine) | 45.1 | 1983 | 46.30 | **Sherie Moore (Los Alamitos) | | 1992 |
| 45.34c | **Trish Aubuchon (Esperanza) | 45.1 | 1983 | 46.31 | Sherifa Cox (Los Alamitos) | | 1991 |
| 45.34c | Natalie Roy (Misison Viejo) | 45.1 | 2007 | 46.31 | Cheyenne Perez (Los Alamitos) | | 2011 |
| 45.34 | * Jessica Bragg (El Toro) | | 2008 | 46.32 | Sandy Springer (Los Amigos) | | 1983 |
| 45.35 | Tiffany Pransky (Orange Lutheran) | | 2005 | 46.32 | *Susan Pettus (Marina) | | 1995 |
| 45.36 | *Lisa Knott (Sonora) | | 1991 | 46.34c | Tanya Buchanan (Fountain Valley) | 46.1 | 1986 |
| 45.36 | *Nicole Lomeli (Esperanza) | | 1998 | 46.34c | Arcela Diaz (Saddleback) | 46.1 | 1988 |
| 45.36 | * Breana Nielson (Mission Viejo) | | 2006 | 46.34 | *Shannon Dean (Mission Viejo) | | 1991 |
| 45.36 | *Natalie Ward (Newport) | | 2014 | 46.34c | *Jamie Lenehan (El Modena) | 46.1 | 2000 |
| 45.38 | *Taylor Stokes (University) | | 1996 | 46.35 | *Rene Wright (Orange Lutheran) | | 1990 |
| 45.39 | *Mariah Durian (Esperanza) | | 2011 | | | | |
| 45.47 | Alexandra Sciarra (Crean Lutheran) | | 2010 | | | | |
| 45.48+ | Kim Collins (Tustin) | 45.5y | 1985 | 400 meter Low Hurdles | | | |
| 45.48 | Hailey Bond (Edison) | | 2014 | 61.63 | Chris Davenport (Troy) | | 1979 |
| 45.53 | *Aaliyah Banner (Buena Park) | | 2014 | 4 x 100 meter Relay | | | |
| 45.54c | Sharon Attlesey (Newport) | 45.3 | 1986 | 46.57 | Kennedy | | 2005 |
| 45.57 | * Cassidy Gayner (Newport) | | 2007 | | | | |

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|--------|-----------------|--------|------|--------|------------------|--------|------|
| 46.82 | Trabuco Hills | | 2010 | 48.78 | Santa Margarita | | 2000 |
| 46.91 | Los Alamitos | | 2015 | 48.79 | Esperanza | | 1995 |
| 47.13 | Woodbridge | | 1995 | 48.79 | Edison | | 1995 |
| 47.23 | Mater Dei | | 2014 | 48.81 | El Toro | | 2013 |
| 47.25 | Trabuco Hills | | 2009 | 48.82 | Mission Viejo | | 1992 |
| 47.39 | Mater Dei | | 2013 | 48.83 | Woodbridge | | 1990 |
| 47.40 | Woodbridge | | 1997 | 48.84 | Mission Viejo | | 1989 |
| 47.55 | Mater Dei | | 2015 | 48.85 | Esperanza | | 2001 |
| 47.65 | Edison | | 1984 | 48.85 | Santa Margarita | | 2012 |
| 47.70+ | SA Valley | 47.98y | 1979 | 48.86 | Capo Valley | | 1997 |
| 47.70 | Kennedy | | 2004 | 48.86 | Esperanza | | 1999 |
| 47.74 | Mission Viejo | | 1995 | 48.86 | Woodbridge | | 2001 |
| 47.77 | Capo Valley | | 2011 | 48.86 | Corona del Mar | | 2004 |
| 47.82 | El Toro | | 2015 | 48.87 | Fountain Valley | | 1978 |
| 47.82 | Santa Margarita | | 2015 | 48.87 | Fountain Valley | | 2013 |
| 47.98 | Mater Dei | | 2011 | 48.88 | Mission Viejo | | 2013 |
| 48.02 | Aliso Niguel | | 2005 | 48.89 | Laguna Hills | | 2008 |
| 48.03 | Capo Valley | | 2012 | 48.89 | Orange Lutheran | | 2011 |
| 48.04c | El Toro | 47.9 | 2011 | 48.91 | Yorba Linda | | 2015 |
| 48.04+ | SA Valley | 48.32y | 1978 | 48.92 | Woodbridge | | 1996 |
| 48.04 | Mater Dei | | 2012 | 48.92 | Cypress | | 2012 |
| 48.12 | Canyon | | 2014 | 48.94 | Trabuco Hills | | 2008 |
| 48.14c | Mission Viejo | 48.0 | 2011 | 48.94 | Trabuco Hills | | 2011 |
| 48.15 | Canyon | | 2011 | 48.95 | Cypress | | 2013 |
| 48.15 | Mission Viejo | | 2012 | 48.96 | Esperanza | | 1985 |
| 48.17 | Irvine | | 2013 | 48.97 | San Clemente | | 2011 |
| 48.17 | Mission Viejo | | 2015 | 48.98 | Los Alamitos | | 2009 |
| 48.18 | Cypress | | 2007 | 48.99 | Western | | 2003 |
| 48.19 | Esperanza | | 1988 | 48.99 | Woodbridge | | 2004 |
| 48.19 | Troy | | 2009 | 49.00 | Dana Hills | | 2006 |
| 48.21 | Saddleback | | 1982 | 49.01 | Woodbridge | | 1988 |
| 48.21 | Capo Valley | | 2010 | 49.01 | Los Alamitos | | 2012 |
| 48.24c | Capo Valley | 48.1 | 2009 | 49.01 | Dana Hills | | 2012 |
| 48.24 | Dana Hills | | 2013 | 49.02 | Marina | | 2009 |
| 48.26 | Kennedy | | 2003 | 49.02 | Orange Lutheran | | 2012 |
| 48.29 | Dana Hills | | 2014 | 49.03 | La Habra | | 1984 |
| 48.33 | Dana Hills | | 2008 | 49.03 | Mission Viejo | | 2004 |
| 48.34+ | Edison | 48.5y | 1977 | 49.03 | Santa Margarita | | 2014 |
| 48.34 | SA Valley | | 1999 | 49.04c | Santa Margarita | 48.9 | 1998 |
| 48.37 | Irvine | | 2011 | 49.04c | Dana Hills | 48.9 | 2007 |
| 48.40 | Los Alamitos | | 2014 | 49.04 | Aliso Niguel | | 2015 |
| 48.44+ | Newport | 48.6y | 1975 | 49.05 | Woodbridge | | 1989 |
| 48.45 | Woodbridge | | 1994 | 49.05 | Esperanza | | 1990 |
| 48.48 | Cypress | | 2015 | 49.05 | Mission Viejo | | 2014 |
| 48.49 | SA Valley | | 1997 | 49.06 | Villa Park | | 2015 |
| 48.49 | Cypress | | 2008 | 49.07 | Northwood | | 2014 |
| 48.51 | Mission Viejo | | 1988 | 49.08 | University | | 2005 |
| 48.52 | SA Valley | | 1982 | 49.08 | Troy | | 2014 |
| 48.52 | Woodbridge | | 2005 | 49.09 | Edison | | 2000 |
| 48.52 | Northwood | | 2013 | 49.09 | Santa Margarita | | 2004 |
| 48.55 | Corona del Mar | | 2005 | 49.10 | Aliso Niguel | | 2003 |
| 48.55 | Trabuco Hills | | 2015 | 49.10 | Brea | | 2012 |
| 48.59 | Mater Dei | | 2009 | 49.10 | El Toro | | 2012 |
| 48.60 | Woodbridge | | 1999 | 49.11+ | Irvine | 49.40y | 1980 |
| 48.60 | Mater Dei | | 2010 | 49.11 | Los Alamitos | | 2013 |
| 48.60 | Cypress | | 2014 | 49.13 | Kennedy | | 2002 |
| 48.61 | Santa Margarita | | 2003 | 49.14 | El Modena | | 1999 |
| 48.61 | Santa Margarita | | 2013 | 49.16 | University | | 1981 |
| 48.62 | Cypress | | 2006 | 49.16 | Canyon | | 1993 |
| 48.62 | Dana Hills | | 2007 | 49.17 | Irvine | | 1981 |
| 48.62 | Canyon | | 2013 | 49.17 | Mission Viejo | | 1990 |
| 48.64c | Woodbridge | 48.5 | 1998 | 49.19 | Aliso Niguel | | 2001 |
| 48.64c | Mission Viejo | 48.5 | 2010 | 49.19 | Trabuco Hills | | 2002 |
| 48.65 | Santa Margarita | | 2011 | 49.20 | Capo Valley | | 1998 |
| 48.66 | Esperanza | | 1983 | 49.21+ | Huntington Beach | 49.49y | 1979 |
| 48.67 | Los Alamitos | | 2010 | 49.21 | Aliso Niguel | | 2006 |
| 48.68 | Los Alamitos | | 2005 | 49.21 | Sonora | | 2008 |
| 48.69 | Valencia | | 1983 | 49.22 | Edison | | 2011 |
| 48.69 | Irvine | | 2012 | 49.23 | Newport | | 1992 |
| 48.70 | Western | | 2008 | 49.24c | Brea | 49.1 | 1997 |
| 48.70 | Woodbridge | | 2013 | 49.24 | Cypress | | 2001 |
| 48.74+ | El Toro | 48.9y | 1977 | 49.25 | Brea | | 2002 |
| 48.75 | El Modena | | 2000 | 49.26 | Canyon | | 2009 |
| 48.75 | San Clemente | | 2012 | 49.29 | Esperanza | | 2002 |
| 48.78 | Esperanza | | 2000 | 49.30 | Brea | | 2013 |

| | | | | | | | |
|--------|-----------------|--------|------|----------|-----------------|---------|------|
| 49.31 | Mission Viejo | | 2009 | 3:51.62 | Mission Viejo | | 2015 |
| 49.32 | Aliso Niguel | | 2002 | 3:51.63 | Edison | | 1984 |
| 49.32 | Aliso Niguel | | 2004 | 3:52.13 | Fountain Valley | | 2015 |
| 49.32 | Cypress | | 2004 | 3:52.15 | Santa Margarita | | 2015 |
| 49.32 | Brea | | 2011 | 3:52.19 | Woodbridge | | 1997 |
| 49.32 | Marina | | 2011 | 3:52.68 | Esperanza | | 2001 |
| 49.34 | Trabuco Hills | | 1998 | 3:52.93 | Esperanza | | 1990 |
| 49.34c | Mission Viejo | 49.2 | 1987 | 3:52.98 | Santa Margarita | | 2008 |
| 49.34 | Mission Viejo | | 2003 | 3:53.03 | Woodbridge | | 2014 |
| 49.34 | Mission Viejo | | 2006 | 3:53.35 | Los Alamitos | | 2011 |
| 49.34c | Mission Viejo | 49.2 | 2007 | 3:53.37 | Irvine | | 2011 |
| 49.34 | Brea | | 2008 | 3:53.40 | Woodbridge | | 1987 |
| 49.34 | Orange Lutheran | | 2008 | 3:53.65 | Mission Viejo | | 2006 |
| 49.36+ | Capo Valley | 49.64y | 1979 | 3:53.62 | Dana Hills | | 2009 |
| 49.36+ | Edison | 49.5y | 1979 | 3:53.71 | El Toro | | 2015 |
| 49.36 | El Toro | | 2005 | 3:53.8 + | Esperanza | 3:55.1y | 1976 |
| 49.36 | Cypress | | 2011 | 3:53.80 | Corona del Mar | | 1987 |
| 49.37 | Fountain Valley | | 2009 | 3:53.87 | Troy | | 2009 |
| 49.38 | University | | 1982 | 3:53.9 | SA Valley | | 1978 |
| 49.38 | Los Alamitos | | 1993 | 3:53.96 | Esperanza | | 1985 |
| 49.38 | Irvine | | 2000 | 3:53.99 | San Clemente | | 2010 |
| 49.38 | Capo Valley | | 2013 | 3:54.03 | Woodbridge | | 2005 |
| 49.38 | Fountain Valley | | 2014 | 3:54.06 | Orange Lutheran | | 2007 |
| 49.39 | Edison | | 1978 | 3:54.08 | Los Alamitos | | 2010 |
| 49.39 | SA Valley | | 1981 | 3:54.22 | Aliso Niguel | | 2005 |
| 49.39 | El Toro | | 2006 | 3:54.52 | Trabuco Hills | | 2010 |
| 49.40 | Mater Dei | | 1997 | 3:54.59 | El Toro | | 2004 |
| 49.40 | Woodbridge | | 2003 | 3:54.60 | Capo Valley | | 2010 |
| 49.40 | San Clemente | | 2013 | 3:54.62 | Woodbridge | | 1986 |
| 49.41 | Aliso Niguel | | 2012 | 3:54.78 | Esperanza | | 1981 |
| 49.41 | Troy | | 2013 | 3:54.79 | Mission Viejo | | 2008 |
| 49.42 | Santa Margarita | | 2010 | 3:54.82 | El Toro | | 2002 |
| 49.43 | Santa Margarita | | 2002 | 3:54.83 | University | | 1982 |
| 49.44c | Mission Viejo | 49.3 | 1986 | 3:55.08 | Corona del Mar | | 2010 |
| 49.44c | Esperanza | 49.3 | 1987 | 3:55.13 | Esperanza | | 1983 |
| 49.44 | Santa Margarita | | 1994 | 3:55.13 | Santa Margarita | | 1999 |
| 49.44 | Canyon | | 2005 | 3:55.17 | Corona del Mar | | 2005 |
| 49.45 | Irvine | | 1986 | 3:55.19 | Esperanza | | 1996 |
| 49.45 | Woodbridge | | 2012 | 3:55.27 | Edison | | 1986 |
| 49.46+ | SA Valley | 49.6y | 1977 | 3:55.29 | Corona del Mar | | 2000 |
| 49.46 | Fountain Valley | | 1992 | 3:55.32 | Dana Hills | | 2003 |
| 49.46 | SA Valley | | 2001 | 3:55.33 | Woodbridge | | 1995 |
| 49.46 | Los Alamitos | | 2004 | 3:55.33 | Santa Margarita | | 2003 |
| 49.47 | Dana Hills | | 2009 | 3:55.43 | Santa Margarita | | 2005 |
| 49.48 | Mission Viejo | | 2005 | 3:55.50 | Western | | 2008 |
| 49.48 | Sonora | | 2014 | 3:55.58 | Mater Dei | | 2002 |
| 49.49 | Saddleback | | 1981 | 3:55.59 | Santa Margarita | | 2002 |
| 49.49 | Mater Dei | | 1997 | 3:55.62 | Woodbridge | | 1990 |
| 49.49 | Brea | | 2009 | 3:55.73 | Laguna Hills | | 1993 |
| | | | | 3:55.8 + | Esperanza | 3:57.1y | 1976 |
| | | | | 3:55.89 | Capo Valley | | 2005 |
| | | | | 3:56.92 | Canyon | | 2013 |
| | | | | 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 |
| | | | | 3:57.08 | 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 |

4 x 400 meter Relay

| | | | | | | | |
|----------|-----------------|---------|------|----------|-----------------|---------|------|
| 3:48.28 | Corona del Mar | | 1988 | 3:55.96 | Woodbridge | | 1999 |
| 3:48.89 | Mission Viejo | | 1986 | 3:55.98 | Mission Viejo | | 2009 |
| 3:48.98 | Mater Dei | | 2013 | 3:56.02 | Corona del Mar | | 2006 |
| 3:48.99 | El Toro | | 2005 | 3:56.07 | Mission Viejo | | 1989 |
| 3:48.60 | Mater Dei | | 2014 | 3:56.25 | Western | | 2003 |
| 3:48.97 | Los Alamitos | | 2015 | 3:56.27 | Marina | | 2011 |
| 3:49.1 + | Fountain Valley | 3:50.4y | 1979 | 3:56.33 | Costa Mesa | | 1982 |
| 3:49.45 | Edison | | 1983 | 3:56.34 | Mater Dei | | 2003 |
| 3:49.45 | Woodbridge | | 2007 | 3:56.37 | Newport | | 2015 |
| 3:49.71 | Canyon | | 1983 | 3:56.42 | Marina | | 2010 |
| 3:49.60 | Dana Hills | | 2014 | 3:56.55 | Mission Viejo | | 1990 |
| 3:49.88 | Mater Dei | | 2012 | 3:56.64 | Newport | | 2003 |
| 3:50.22 | Mater Dei | | 2011 | 3:56.92 | Woodbridge | | 1996 |
| 3:50.58 | Woodbridge | | 2008 | 3:56.99 | Esperanza | | 1988 |
| 3:50.70 | Aliso Niguel | | 2007 | 3:56.01 | Orange Lutheran | | 2010 |
| 3:51.00 | Santa Margarita | | 2013 | 3:57.01 | Mater Dei | | 2010 |
| 3:51.07 | Mission Viejo | | 2014 | 3:57.03 | Woodbridge | | 2005 |
| 3:51.13 | Kennedy | | 2005 | 3:57.08 | Orange Lutheran | | 2005 |
| 3:50.3 + | SA Valley | 3:51.6y | 1989 | 3:57.09 | San Clemente | | 2009 |
| 3:51.21 | Esperanza | | 1982 | 3:57.1 + | Estancia | 3:58.4y | 1979 |
| 3:51.3 | Edison | | 1982 | 3:57.12 | Esperanza | | 2005 |
| 3:51.49 | Aliso Niguel | | 2006 | 3:57.20 | El Toro | | 2003 |
| 3:51.57 | Woodbridge | | 1988 | 3:57.22 | Corona del Mar | | 1986 |

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|----------|-----------------|------|
| 12:23.7 | Foothill | 1980 |
| 12:23.95 | El Toro | 2003 |
| 12:24.07 | Woodbridge | 2003 |
| 12:24.61 | Edison | 1985 |
| 12:24.90 | Santa Margarita | 2004 |
| 12:25.07 | Woodbridge | 1991 |
| 12:25.2 | Laguna Hills | 1993 |
| 12:25.30 | Irvine | 1984 |
| 12:25.43 | Brea | 2002 |
| 12:25.68 | Dana Hills | 2011 |
| 12:25.89 | Brea | 2005 |
| 12:26.51 | Ocean View | 1986 |
| 12:26.91 | Newport | 2006 |
| 12:27.2 | Edison | 1981 |
| 12:28.10 | Costa Mesa | 1992 |
| 12:28.32 | Woodbridge | 2001 |
| 12:28.35 | Edison | 2005 |
| 12:28.5 | Esperanza | 1983 |
| 12:28.60 | Trabuco Hills | 2013 |
| 12:29.01 | Edison | 1984 |
| 12:29.44 | Brea | 2003 |
| 12:29.94 | San Clemente | 2012 |
| 12:30.26 | Marina | 2014 |
| 12:30.40 | La Quinta | 1987 |
| 12:30.3 | Laguna Beach | 1981 |
| 12:30.98 | Ocean View | 1992 |
| 12:31.10 | Marina | 2011 |
| 12:31.18 | Edison | 1993 |
| 12:31.19 | Dana Hills | 2014 |
| 12:31.33 | Edison | 1982 |
| 12:31.95 | Orange Lutheran | 2010 |
| 12:32.05 | Capo Valley | 1981 |
| 12:32.19 | Fountain Valley | 2010 |
| 12:32.24 | Foothill | 2011 |
| 12:32.27 | Laguna Hills | 2013 |
| 12:32.60 | El Toro | 2013 |
| 12:32.9 | Fountain Valley | 2002 |
| 12:33.17 | University | 1998 |
| 12:33.49 | Newport | 1984 |
| 12:33.58 | Foothill | 2013 |
| 12:34.05 | Edison | 2008 |
| 12:34.78 | Esperanza | 2014 |
| 12:35.0 | Foothill | 1979 |
| 12:35.11 | Brea | 2004 |
| 12:35.23 | Ocean view | 1993 |
| 12:35.25 | Fountain Valley | 2012 |
| 12:35.40 | Newport | 1985 |
| 12:35.49 | Trabuco Hills | 2007 |
| 12:35.57 | El Modena | 1993 |
| 12:35.61 | Newport | 1986 |
| 12:35.99 | Esperanza | 2007 |
| 12:36.0 | University | 1979 |
| 12:36.10 | Fountain Valley | 2003 |
| 12:36.19 | Edison | 2010 |
| 12:36.23 | Woodbridge | 2013 |
| 12:36.58 | Edison | 1986 |
| 12:36.79 | Woodbridge | 2012 |
| 12:36.83 | El Modena | 1995 |
| 12:37.75 | Canyon | 2009 |
| 12:37.97 | Newport | 2005 |
| 12:38.09 | El Toro | 2005 |
| 12:38.60 | Capo Valley | 2000 |

4 x 1500 meter Relay

| | | |
|---------|------------|------|
| 18:52.5 | University | 1982 |
| 19:39.5 | Edison | 1984 |
| 19:42.5 | Edison | 1985 |
| 19:43.2 | University | 1983 |
| 19:51.4 | Edison | 1983 |
| 19:57.8 | University | 1981 |
| 20:01.7 | Esperanza | 1985 |
| 20:33.5 | Tustin | 1984 |
| 21:11.5 | Tustin | 1985 |

4 x 1600 meter Relay

| | | | |
|-----------|-----------------|-----------|------|
| 20:20.38 | Corona del Mar | 2005 | |
| 20:31.56+ | Dana Hills | 20:46.38y | 2009 |
| 20:51.68 | Capo Valley | 2014 | |
| 20:52.13 | Orange Lutheran | 2010 | |
| 20:55.59+ | Orange Lutheran | 21:02.92y | 2008 |
| 20:58.02 | Trabuco Hills | 2011 | |
| 21:00.07 | Marina | 2011 | |
| 21:06.18 | Orange Lutheran | 2007 | |
| 21:06.77 | El Toro | 2013 | |
| 21:08.02 | Fountain Valley | 2014 | |
| 21:08.12 | Capo Valley | 2015 | |
| 21:09.10+ | Trabuco Hills | 2009 | |
| 21:09.57 | El Toro | 2014 | |
| 21:09.57 | Esperanza | 2015 | |
| 21:10.15 | Dana Hills | 21:17.56y | 2006 |
| 21:11.10+ | Dana Hills | 21:18.52y | 2008 |
| 21:11.12 | Laguna Hills | 2015 | |
| 21:12.49 | Trabuco Hills | 2014 | |
| 21:13.49 | Canyon | 2013 | |
| 21:14.1+ | Tustin | 21:19.7y | 1985 |
| 21:14.44 | Fountain Valley | 2013 | |
| 21:16.27 | Dana Hills | 2012 | |
| 21:17.81 | Laguna Hills | 2012 | |
| 21:18.15 | Dana Hills | 2011 | |
| 21:18.34 | Marina | 2012 | |
| 21:18.38 | Corona del Mar | 2001 | |
| 21:18.90 | El Toro | 2012 | |
| 21:20.7 | Edison | 1986 | |
| 21:21.15 | Dana Hills | 2014 | |
| 21:21.20 | Fountain Valley | 2011 | |
| 21:21.84+ | El Toro | 21:29.33y | 2008 |
| 21:22.2 | Edison | 1994 | |
| 21:22.83+ | Trabuco Hills | 21:30.32y | 2008 |
| 21:23.70 | Dana Hills | 21:40.08y | 2010 |
| 21:24.25 | Canyon | 2011 | |
| 21:24.33+ | Fountain Valley | 21:31.83y | 2008 |
| 21:25.40+ | Newport | 21:32.89y | 2006 |
| 21:25.57+ | El Modena | 21:33.08y | 2008 |
| 21:26.32 | Laguna Hills | 2014 | |
| 21:26.93+ | Esperanza | 21:34.45y | 2007 |
| 21:28.34 | Woodbridge | 2012 | |
| 21:29.30 | Laguna Beach | 2013 | |
| 21:29.62 | Newport | 2015 | |
| 21:30.17 | Marina | 2013 | |
| 21:31.19+ | Santa Margarita | 21:38.73y | 2008 |
| 21:31.70 | Trabuco Hills | 2013 | |
| 21:31.81 | Bolsa Grande | 2013 | |
| 21:32.89+ | Fountain Valley | 21:40.43y | 2006 |
| 21:33.08 | Dana Hills | 2013 | |
| 21:33.67 | Capo Valley | 2013 | |
| 21:34.0 | Costa Mesa | 1981 | |
| 21:34.1 | Tustin | 1981 | |
| 21:36.2 | Corona del Mar | 1993 | |
| 21:37.51 | Marina | 2014 | |
| 21:37.91+ | Fountain Valley | 21:45.48y | 2005 |
| 21:38.20+ | Edison | 21:45.77y | 2004 |
| 21:39.14+ | Orange Lutheran | 21:46.71y | 2006 |
| 21:39.47 | Los Alamitos | 2013 | |
| 21:39.61+ | Capo Valley | 21:47.20y | 2010 |
| 21:39.91 | Laguna Beach | 2014 | |
| 21:41.07 | Canyon | 2012 | |
| 21:41.30 | Cypress | 2004 | |
| 21:41.92 | Santa Margarita | 2003 | |
| 21:42.36 | Laguna Beach | 2015 | |
| 21:42.97+ | Fountain Valley | 21:50.57y | 2004 |
| 21:43.14+ | Trabuco Hills | 21:50.75y | 2007 |
| 21:43.55+ | Los Alamitos | 21:51.16y | 2010 |
| 21:43.72 | Trabuco Hills | 2012 | |
| 21:44.69 | Trabuco Hills | 2015 | |
| 21:46.35 | Edison | 1995 | |
| 21:46.37+ | Trabuco Hills | 21:54.00y | 2010 |

| | | | |
|-----------|-----------------|-----------|------|
| 21:46.5 | Esperanza | | 1986 |
| 21:47.19+ | Canyon | 21:54.82y | 2010 |
| 21:47.28+ | Edison | 21:54.91y | 1984 |
| 21:47.44+ | Mission Viejo | 21:55.06y | 2006 |
| 21:48.10 | Capo Valley | | 2011 |
| 21:49.13 | Bolsa Grande | | 2012 |
| 21:49.47 | Bolsa Grande | | 2015 |
| 21:50.9 | Dana Hills | | 1996 |
| 21:52.27+ | Edison | 21:59.92y | 2006 |
| 21:52.49 | Fountain Valley | | 2012 |
| 21:52.76 | Fountain Valley | | 2007 |
| 21:53.10 | El Modena | | 1996 |
| 21:53.85 | Dana Hills | | 2005 |
| 21:54.60 | San Juan Hills | | 2011 |
| 21:54.73 | Dana Hills | | 2015 |
| 21:54.78 | Tesoro | | 2012 |
| 21:55.8 | El Modena | | 1993 |
| 21:56.5 | Irvine | | 1992 |
| 21:57.4 | Esperanza | | 1998 |
| 21:58.7 | SA Valley | | 1989 |

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 |
| 5-9 | Jasmin Day (Costa Mesa) | | 2006 |
| 5-8.5 | **Laura Mills (University) | | 1980 |
| 5-8.5 | Lauren Collins (Santa Margarita) | | 2005 |
| 5-8 | Sharon Hatfield (Fountain Valley) | | 1980 |
| 5-8 | Lisa Fegeaus (Laguna Beach) | | 1982 |
| 5-8 | *Beth Byron (Villa Park) | | 1991 |
| 5-8 | Tracy Broughton (Irvine) | | 1992 |
| 5-8 | Darcia Morrison (Laguna Hills) | | 1993 |
| 5-8 | * Linnea Housewright (Rosary) | | 1995 |
| 5-8 | ** Stevie Nicholas (Sunny Hills) | | 1998 |
| 5-8 | Jessica Robson (Newport) | | 2007 |
| 5-8 | ** Annie Giebelhaus (Orange Lutheran) | | 2009 |
| 5-7.5 | Kelly Graton (Loara) | | 1989 |
| 5-7.5 | Brenna Barker (Dana Hills) | | 2013 |
| 5-7 | Ester Scherzinger (Anaheim) | | 1978 |
| 5-7 | Stacy Lee (Los Alamitos) | | 1985 |
| 5-7 | Lisa Coleman (Marina) | | 1987 |
| 5-7 | ** Lisa Fager (Mission Viejo) | | 1988 |
| 5-7 | * Kala Ross (Newport) | | 1992 |
| 5-7 | *** Ashley Bethel (Mission Viejo) | | 1995 |
| 5-7 | Lauren Correa (El Toro) | | 2005 |
| 5-7 | **Taylor Saline (Orange Lutheran) | | 2012 |
| 5-7 | Taylor Eddleman (Huntington Beach) | | 2015 |
| 5-6.5 | *Paula Jones (Mission Viejo) | | 1979 |
| 5-6.5 | Dena Beatty (Esperanza) | | 1982 |
| 5-6.5 | ** Courtney Stafford (Katella) | | 1999 |
| 5-6.5 | Lindsay Paulick (University) | | 2000 |
| 5-6.25 | Val Corona (Sunny Hills) | | 1979 |
| 5-6.25 | ** Tracy Claussen (Sunny Hills) | | 1983 |
| 5-6.25 | Stephanie Wettlin (Brea) | | 1997 |
| 5-6.25 | * Nicole Fallen (Mission Viejo) | | 1998 |
| 5-6 | Kelly McPheeters (Orange) | | 1978 |
| 5-6 | C. Mack (SA Valley) | | 1978 |
| 5-6 | Karen Christie (Los Alamitos) | | 1977 |
| 5-6 | Marcie Wurts (Corona del Mar) | | 1979 |
| 5-6 | Lynnda Kelly (Irvine) | | 1981 |

| | | | |
|--------|--------------------------------------|--|------|
| 5-6 | *** Leah Palmer (Sunny Hills) | | 1982 |
| 5-6 | Molly Moore (Loara) | | 1983 |
| 5-6 | *Debbie Orr (Ocean View) | | 1985 |
| 5-6 | Tricia Masangkay (Huntington Beach) | | 1986 |
| 5-6 | *Lisa Coleman (Marina) | | 1986 |
| 5-6 | Melanie Williams (Western) | | 1986 |
| 5-6 | Elizabeth Bauer (Foothill) | | 1989 |
| 5-6 | Christie Howard (Estancia) | | 1990 |
| 5-6 | Anderson (Esperanza) | | 1994 |
| 5-6 | April Ross (Newport) | | 2000 |
| 5-6 | ** Allison Brawner (Corona del Mar) | | 2000 |
| 5-6 | *Stephanie Marks (Woodbridge) | | 2001 |
| 5-6 | *Erica Malouf (University) | | 2001 |
| 5-6 | Kathleen Mahony (Rosary) | | 2002 |
| 5-6 | Shawn Dooley (Villa Park) | | 2003 |
| 5-6 | Kathleen Mahoney (Rosary) | | 2004 |
| 5-6 | Sandy Gonzalez (El Modena) | | 2006 |
| 5-6 | *** Ashlynn Thomas (Loara) | | 2008 |
| 5-6 | * Melissa Hancock (Newport) | | 2009 |
| 5-6 | *Caitlin Birdsell (Beckman) | | 2010 |
| 5-6 | *Chelsea Larson (Orange Lutheran) | | 2010 |
| 5-6 | Annie Gielbelhaus (Orange Lutheran) | | 2011 |
| 5-6 | * Michelle DeDmon (El Toro) | | 2013 |
| 5-6 | * Susannah Oleson (Huntington Beach) | | 2013 |
| 5-5.25 | * 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 (Coroa del Mar) | | 1989 |
| 5-5 | Carrie Hoagland (Canyon) | | 1994 |
| 5-5 | ** Marie Philman (Edison) | | 1994 |
| 5-5 | ** Erica Paulick (University) | | 2000 |
| 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 | Kimmie Conner (Dana Hills) | | 2010 |
| 5-5 | *Madalyn Sando (Mater Dei) | | 2011 |
| 5-5 | **Christine Campbell (University) | | 2011 |
| 5-5 | Tori Usgaard (Dana Hills) | | 2012 |
| 5-5 | Madalyn Sando (Mater Dei) | | 2012 |
| 5-5 | Asha Hardy (Corona del Mar) | | 2014 |
| 5-5 | Hannah O'Connor (Woodbridge) | | 2014 |
| 5-5 | **Kallie Given (Los Alamitos) | | 2015 |

Pole Vault

| | | | |
|---------|-------------------------------------|--|------|
| 13-9 | *Kaitlyn Merritt (Santa Margarita) | | 2014 |
| 13-7 | *Allison Stokke (Newport) | | 2007 |
| 13-3 | **Rachel Baxter (Canyon) | | 2015 |
| 13-2 | *Tori Pena (Edison) | | 2005 |
| 13-1 | Allison Koressel (Huntington Beach) | | 2009 |
| 13-0 | **Kate Thomas (Santa Margarita) | | 2015 |
| 13-0 | **McKenna Caskey (Mater Dei) | | 2015 |
| 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 |
| 12-4 | Katie Rorem (Marina) | | 1998 |
| 12-4 | *Carissa Culver (Los Alamitos) | | 2010 |
| 12-4 | Karen Snapper (Edison) | | 2012 |
| 12-4 | *** Claire Kao (Dana Hills) | | 2013 |
| 12-3 | Jennae Bennett (Foothill) | | 2005 |
| 12-3 | *Lyndly Tamura (Huntington Beach) | | 2006 |
| 12-3 | Brooke Arthur (Mater Dei) | | 2010 |
| 12-3 | Madalyn Roberts (Mater Dei) | | 2011 |
| 12-2 | *Megan Jamerson (Santa Margarita) | | 2003 |
| 12-2 | Susanne Hotchkin (Mission Viejo) | | 2006 |
| 12-2 | Katelyn Beighton (Los Alamitos) | | 2007 |
| 12-1 | Kelly MacLean (Edison) | | 2005 |

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|---------|---|------|
| 12-1 | Sierra Hansen (Dana Hills) | 2013 |
| 12-0.75 | Erica Hoering (Foothill) | 1996 |
| 12-0 | ** Mandie Rowell (Santa Margarita) | 2001 |
| 12-0 | *Janna Bennet (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 | *Claire Kao (Dana Hills) | 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 |
| 11-9 | 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 |
| 11-4 | Noelle Smith (Huntington Beach) | 2013 |
| 11-4 | Madi Bragg (El Toro) | 2013 |
| 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 |
| 11-2 | *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 Jakimiv (Marina) | 2007 |
| 11-1 | * Caroline Yin (Edison) | 2009 |
| 11-1 | Hannah Chang (San Clemente) | 2015 |
| 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 |

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|-------|--|------|
| 11-0 | *Natalie Grabowski (Santa Margarita) | 2012 |
| 11-0 | Ashley Prevett (Edison) | 2013 |
| 11-0 | *Nicole Katzaroff (Mater Dei) | 2014 |
| 10-10 | Catalina Dunmeyer (Trabuco Hills) | 2011 |
| 10-10 | * Chrsitina Clark (Mission Viejo) | 2013 |
| 10-9 | Kelly McCormick (Dana Hills) | 2011 |
| 10-9 | Chloe Roy (Edison) | 2014 |
| 10-9 | Erica Davis (Fountain Valley) | 2014 |
| 10-8 | Michelle Urabe (Mater Dei) | 2010 |
| 10-8 | *Peri Howser (Newport) | 2012 |
| 10-8 | **Erin Gerardo (Santa Margarita) | 2015 |
| 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 |
| 10-7 | *Grace Clemence (Newport) | 2015 |
| 10-7 | *Erin McAdnews (Mater Dei) | 2015 |
| 10-6 | Stephanie Heup (Marina) | 1996 |
| 10-6 | ** Kristine Burns (Mission Viejo) | 1998 |
| 10-6 | Lisa Fellers (Irvine) | 1998 |
| 10-6 | Michelle McCastlin (Marina) | 1998 |
| 10-6 | ** Crystal Richardson (Foothill) | 1998 |
| 10-6 | Jenny Thompson (Woodbridge) | 1998 |
| 10-6 | Natalie Hallett (Marina) | 1998 |
| 10-6 | Michelle Noble (Irvine) | 1999 |
| 10-6 | Vanessa Duquette (Mater Dei) | 2000 |
| 10-6 | Cathryn Perkins (Edison) | 2000 |
| 10-6 | * Kriserin Lanary (Corona del Mar) | 2001 |
| 10-6 | *** Janna Bennet (Foothill) | 2002 |
| 10-6 | Alissa Miller (Laguna Hills) | 2002 |
| 10-6 | * Breanna Martin (Katella) | 2003 |
| 10-6 | *Joanna Burley (Rosary) | 2003 |
| 10-6 | *Samantha Lin (Brea) | 2003 |
| 10-6 | *** Katelyn Beighton (Los Alamitos) | 2004 |
| 10-6 | *Katie Adams (Aliso Niguel) | 2004 |
| 10-6 | ***Amy Wallace (Santa Margarita) | 2006 |
| 10-6 | Takymin (Marina) | 2007 |
| 10-6 | Megan Churlonis (Dana Hills) | 2007 |
| 10-6 | Mary Garrett (Los Alamitos) | 2008 |
| 10-6 | Lauren Lask (Aliso Niguel) | 2008 |
| 10-6 | Rachel Mahler (Trabuco hills) | 2008 |
| 10-6 | Claire Harper (Mater Dei) | 2009 |
| 10-6 | Kelli Gibson (El Toro) | 2010 |
| 10-6 | * Katherine Shepherd (Orange Lutheran) | 2013 |
| 10-6 | *Sara Maloney (Mission Viejo) | 2014 |
| 10-6 | Cierra Sloate (Edison) | 2014 |
| 10-6 | *Janae Mudge (Trabuco Hills) | 2014 |
| 10-6 | **Callie Wilcox (Tesoro) | 2015 |
| 10-6 | Nicole Gehring (Mater Dei) | 2015 |
| 10-6 | **Natalie Cieply (Mission Viejo) | 2015 |

Long Jump

| | | |
|----------|--------------------------------------|------|
| 20-8.75 | Karen Attlesey (Corona del Mar) | 1971 |
| 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 |
| 19-0.5 | ** 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 |
| 18-10.5 | Lily Ebanks (Valencia) | 2015 |
| 18-10 | Cheryl Henderson (Fountain Valley) | 1984 |
| 18-9 | Danielle Brown (Sunny Hills) | 1991 |
| 18-6.5 | Julie Steele (Troy) | 1997 |

18-6.25 *Jennifer Gillespie (Cypress) 1981
 18-6 Michelle Kelly (Irvine) 1979
 18-5 Allison Franke (Canyon) 1989
 18-5 Monica Todd (Trabuco Hills) 2010
 18-4.75 Ashley Voisinnet (Mater Dei) 2003
 18-4.5 Thelma Viagar (Los Alamitos) 1980
 18-4.5 *Debbie Knight (La Habra) 1984
 18-4.5 Ashley Fletcher (Loara) 2005
 18-4.25 *Tracy Hanlon (Edison) 1979
 18-4.25 *Jordan Agnew (Los Alamitos) 2012
 18-4 Erin Pike (Kennedy) 1977
 18-4 *Alison Parsons (Los Alamitos) 2015
 18-3.5 * Mellisa McDonald (Mater Dei) 1990
 18-3.5 * Kristen Kiefer (Capo Valley) 2006
 18-3.5 Celine Smith (Mission Viejo) 2015
 18-3.25 *Allison Axtell (Mission Viejo) 1989
 18-3.25 *Alexis Turley-Young (Canyon) 2015
 18-3 Sandy Lucas (Corona del Mar) 1988
 18-3 ** Bonnie Sorensen (Huntington Beach) 2005
 18-2.75 * Amber Moore (Aliso Niguel) 2004
 18-2.5 Ronda Colbert (Fountain Valley) 1980
 18-2.5 ***Kim Walulik (Edison) 1982
 18-2.5 Penny Franklin (SA Valley) 1983
 18-2.5 Brenda Robinson (SA Valley) 1990
 18-2.5 Eurie Jennings (Edison) 2000
 18-2.25 * Marina Laymon (La Habra) 1981
 18-1.75 Jiao Tsai (Corona del Mar) 1980
 18-1.75 Kimmie Conner (Dana Hills) 2010
 18-1.5 ***Kris Dietz (Sonora) 1978
 18-1.5 Lynnda Kelley (Irvine) 1981
 18-1.5 Bonnie Mercer (SA Valley) 1980
 18-1.5 Joy McDonnell (Tustin) 1980
 18-1.5 Rochelle Snyder (Fountain Valley) 1982
 18-1.5 * Kim Taylor (Valencia) 1984
 18-1.5 Quinna Starr (Savanna) 1999
 18-1 Sue Kruse (Newport) 1976
 18-0.5 ***Kaitlynn Johnson (El Toro) 2015
 18-0.25 Tammy Graham (Mission Viejo) 1991
 18-0 * Lilli Bess (Huntington Beach) 1983
 18-0 * Samantha Toomey (Capo Valley) 1987
 18-0 Ashley Selman (Foothill) 1987
 18-0 * Catherine Soto (Mater Dei) 1989
 18-0 Tynisha Edwards (Foothill) 1999
 17-11.75 Alysse Phillips (Cypress) 1984
 17-11.25 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
 17-10.5 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
 17-9.5 * Sierra Backus (University) 2004
 17-9.25 Tori Usgaard (Dana Hills) 2012
 17-9 Joy Marimon (Newport) 1977
 17-9 McFall (Huntington Beach) 1978
 17-9 Debbie Orr (Ocean View) 1986
 17-9 Clark (Calvary Chapel) 1996
 17-8.75 Pat Anderson (Valencia) 1972
 17-8.75 Susan Guest (Troy) 1986
 17-8.75 Tanisha Maze (Brea) 1988
 17-8.5 Nancy O'Neil (Villa Park) 1981
 17-8.5 Gaylen Ames (El Modena) 1985
 17-8.5 *** Victoria Ton (Northwood) 2004

17-8.25 * Ashley Voisinnet (Mater Dei) 2002
 17-8 Cynthia Davis (Villa Park) 1979
 17-8 * Tanya Ransom (El Toro) 1983
 17-8 Krishna Burgdorf (Capo Valley) 2004
 17-8 Brierra Winfrey (Trabuco Hills) 2011
 17-7.75 ***Noel Dula (Marina) 1997
 17-7.5 Annette Brown (Saddleback) 1982
 17-7.25 * Val Macayan (Fountain Valley) 1981
 17-7 Lori Olsen (Western) 1985
 17-7 Monica Fisher (El Toro) 1989

Wind-aided:

20-8.75 * Michelle Sanford (Woodbridge) 2002
 20-2.75 Dana Bethel (Mission Viejo) 2001
 19-9 Heather Sterlin (Mission Viejo) 1992
 19-9 Tara Oettinger (Foothill) 1995
 19-0.75 **Alice Franklin (SA Valley) 1979
 19-1 *** Ashley Bethel (Mission Viejo) 1995
 19-0.5 Kristy Kierulff (Esperanza) 1995
 18-9 Melissa McDonald (Mater Dei) 1991
 18-8 *Mia Hummel (Canyon) 2014
 18-7.5 * Val Macayan (Fountain Valley) 1981
 18-7 *Alexis Turley-young (Canyon) 2015
 18-6.5 Amber Moore (Aliso Niguel) 2005
 18-6 ***Kaitlynn Johnson (El Toro) 2015
 18-4.25 *Alison Parsons (Los Alamitos) 2015
 18-3.25 Denise Smith (Tustin) 1979
 18-3 Jiao Tsai (Corona del Mar) 1980
 18-2 * Samantha Toomey (Capo Valley) 1987
 18-1.75 Marcie Salze (Laguna Hills) 2006
 18-1.75 Taylor Hypolite (El Toro) 2011
 18-1 * Kimmie Conner (Dana Hills) 2009
 18-0.5 ** Sheila Green (Canyon) 1988
 18-0.5 *Alex Gaines (Mission Viejo) 2010
 18-0.5 Amy Heins (Troy) 2012
 18-0.5 **Kellie May (Northwood) 2015
 18-0 Bonnie Sorensen (Huntington Beach) 2007
 18-0 Laura Hamann (Rosary) 2014
 17-11.5 * Taylor Fenton (Capo Valley) 2008
 17-11 * Maia Craver (Woodbridge) 2013
 17-11 *Taylor Torellas (Edison) 2014
 17-10.5 Debbie Orr (Ocean View) 1986
 17-10.25 Cira Wright (Kennedy) 2000
 17-10 Marina Laymon (La Habra) 1981

Triple Jump

43-4.5 *Michelle Sanford (Woodbridge) 2001
 40-11.75 Kelly O'Connor (Esperanza) 1996
 39-11.5 *Lisa Fager (Mission Viejo) 1989
 39-8.25 Debbie Orr (Ocean View) 1986
 39-8 Kerry O'Bric (Edison) 1996
 39-5.5 Kim Taylor (Valencia) 1985
 39-5.5 Danielle Brown (Sunny Hills) 1991
 39-1 * Courtney Stafford (Katella) 2000
 38-11.25 ***Darneshia Griffith (Trabuco Hills) 1995
 38-11 Marie Ingram (Aliso Niguel) 2006
 38-10 * Gaylen Ames (El Modena) 1984
 38-9.25 Brenna Barker (Dana Hills) 2013
 38-9 *Alexis Turley-Young (Canyon) 2015
 38-8.25 Melissa McDonald (Mater Dei) 1991
 38-8.25 Jazmin Moss (Mater Dei) 2015
 38-8 Tammy Graham (Mission Viejo) 1991
 38-6.5 Alice Franklin (SA Valley) 1982
 38-6.5 Tynisha Edwards (Foothill) 1999
 38-5.75 Erica Dickson (Mission Viejo) 1996
 38-5.5 **Cassandra Smith (Trabuco Hills) 2010
 38-5 Eurie Jennings (Edison) 2000
 38-4.5 Allison Franke (Canyon) 1989
 38-4.5 ** Elizabeth Clayton (Newport) 2002
 38-3.5 Monica Fisher (El Toro) 1989
 38-3.25 Jamie Kirven (Woodbridge) 1985
 38-2.5 Reanita Starr (Savanna) 2000
 38-2.25 Michaela Schaeffer (Edison) 2013
 38-2 Marilyn Anene (University) 2006
 38-1.5 Cindy Oparah (Brethren Christian) 1998
 38-1 Brenda Robinson (SA Valley) 1990
 38-1 Christina Murillo (Trabuco Hills) 2007

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|----------|---------------------------------------|------|--------------------|---|------|
| 37-11.25 | Kyra Coley (Mater Dei) | 2015 | 36-3.5 | * Xhristina Pham (University) | 1993 |
| 37-11 | Doneisa Anderson (Tustin) | 1987 | 36-3.5 | Nikki Kotey (Trabuco Hills) | 2002 |
| 37-10.75 | **Leila Khoury (Foothill) | 1994 | 36-3.5 | Anna Lindsey (Edison) | 2013 |
| 37-10.75 | Amanda Shanklin (Santa Margarita) | 1998 | 36-2.75 | * Tiffany Chandler (Foothill) | 1986 |
| 37-10.75 | *Chelsie Churchill (St Margaret's) | 2011 | 36-2.5 | **Nina Foster (Mission Viejo) | 1992 |
| 37-10 | * Shay Alexander (Capo Valley) | 2001 | 36-2.25 | Whitney Nelson (El Dorado) | 1987 |
| 37-9 | * Kelsey Schuler (Katella) | 2006 | 36-2.25 | * Jessica Lyons (Capo Valley) | 1999 |
| 37-8 | Sarah Mullenburg (Brethren Christian) | 1999 | 36-2.25 | **Shay Alexander (Capo Valley) | 2000 |
| 37-7.25 | * Samantha Toomey (Capo Valley) | 1987 | 36-2.25 | ***Phallon Bakus (University) | 2003 |
| 37-7.25 | **Adienne Liu (Trabuco Hills) | 2010 | 36-2 | Tami Chick (Huntington Beach) | 1987 |
| 37-7 | Penny Franklin (SA Valley) | 1983 | 36-2 | ***Maryjone Dinnie (Capo Valley) | 1992 |
| 37-7 | Kirby Ruback (Tesoro) | 2014 | 36-2 | Tracy Thomas (SA Valley) | 1992 |
| 37-6.75 | Cassandra Smith (Trabuco Hills) | 2012 | 36-2 | ** Deidra Segura (El Toro) | 1995 |
| 37-6.5 | Siera Backus (University) | 2005 | 36-2 | *Sumner Higgins (Dana Hills) | 2015 |
| 37-6 | ***Dominique Ruotolo (Mater Dei) | 2015 | 36-1.5 | Chloe Soremekun (Cypress) | 2011 |
| 37-5.75 | Elizabeth Cotociu (Pacifica) | 2014 | 36-1.5 | **Kellie May (Northwood) | 2015 |
| 37-5.5 | Debbie Knight (La Habra) | 1985 | 36-1.25 | Bailey Turk (Santa Margarita) | 2012 |
| 37-5 | Samantha Seirano (Marina) | 2004 | 36-1 | Nina Speights (El Toro) | 2004 |
| 37-4.5 | Susan Guest (Troy) | 1986 | 36-1 | *** Sara Mitchell (LaQuinta) | 2006 |
| 37-4.25 | M.E. Clayton (Newport) | 1997 | 36-1 | * Allison McCoy (Edison) | 2009 |
| 37-4 | ** Eurie Jennings (Edison) | 1998 | 36-1 | **Lora Bender (Fountain Valley) | 2012 |
| 37-3.5 | * Tynisha Edwards (Foothill) | 1998 | 36-0.5 | ** Cherris Gray (San Clemente) | 1990 |
| 37-2.5 | * Ashley Voisinet (Mater Dei) | 2002 | 36-0.25 | * Jennifer Close (Marina) | 1989 |
| 37-2.25 | **April Ross (Newport) | 1998 | 36-0.25 | Christine Von Der Ahe (Santa Margarita) | 2000 |
| 37-2.25 | Laura Gordon (Sage Hill) | 2005 | 36-0 | Teri Zanelli (Ocean View) | 1986 |
| 37-2 | Jennifer Michaelman (Laguna Hills) | 2011 | 36-0 | Vanessa Gardner (Mission Viejo) | 2004 |
| 37-1.5 | *Shundra Holland (Saddleback) | 1986 | | | |
| 37-1.25 | Megan McQuaid (Woodbridge) | 1997 | | | |
| 37-1 | Ashley Selman (Foothill) | 1988 | Wind-aided: | | |
| 37-1 | *** Marcia Fogg (Tustin) | 1989 | 40-11 | Lisa Fager (Mission Viejo) | 1990 |
| 37-1 | Katie Mook (Foothill) | 1995 | 39-5.75 | Michaela Schaeffer (Edison) | 2013 |
| 37-1 | * Tiffany Liu (Corona del Mar) | 2006 | 39-5.5 | Courtney Stafford (Katella) | 2001 |
| 37-0.5 | Kristin Kulow (Capo Valley) | 1987 | 39-5 | Cassandra Smith (Trabuco Hills) | 2012 |
| 37-0.5 | Laura Clayton (Newport) | 2007 | 39-3.25 | Jamie Kirven (Woodbridge) | 1985 |
| 36-11.5 | **Nikki Charette (Mission Viejo) | 1990 | 39-2.5 | *** Dameshia Griffith (Trabuco Hills) | 1995 |
| 36-11 | Debbie Geary (Cypress) | 1983 | 38-10.5 | * Erica Dickson (Mission Viejo) | 1995 |
| 36-11 | **Jenny Wooten (Marina) | 1996 | 38-10.5 | *Brenna Barker (Dana Hills) | 2012 |
| 36-11 | Christina Murillo (Trabuco Hills) | 2007 | 38-4.75 | *Michaela Schaeffer (Edison) | 2012 |
| 36-10.5 | Tennli Ulicny (Brea) | 1998 | 38-2.75 | Marilyn Anene (University) | 2006 |
| 36-10.25 | *Lara Wright (Esperanza) | 1985 | 38-0.5 | Christina Murillo (Trabuco Hills) | 2007 |
| 36-10 | Danielle Brown (Sunny Hills) | 1990 | 37-11 | *Chelsea Churchill (St Margaret's) | 2011 |
| 36-10 | Chelsie Churchill (St Margaret's) | 2012 | 37-11 | * Lora Bender (Fountain Valley) | 2013 |
| 36-9.5 | ** Kristen Kiefer (Capo Valley) | 2005 | 37-9 | Debbie Knight (La Habra) | 1985 |
| 36-9 | Joan Greve (Marina) | 1992 | 37-9 | ** Mandy Clayton (Newport) | 1995 |
| 36-9 | Kim Duong (La Quinta) | 2001 | 37-7.75 | *Adrienne Liu (Trabuco Hills) | 2011 |
| 36-9 | Amanda Kronquist (Brea) | 2006 | 37-7.5 | Lara Wright (Esperanza) | 1986 |
| 36-8 | Alex Gaines (Mission Viejo) | 2011 | 37-7.25 | Tiffany Liu (Corona del Mar) | 2007 |
| 36-7.5 | Kimmie Conner (Dana Hills) | 2010 | 37-7 | Taylor Dunigan (Mission Viejo) | 2010 |
| 36-7 | Taylor Cusick (Esperanza) | 2003 | 37-7 | Elizabeth Cotociu (Pacifica) | 2014 |
| 36-7.75 | Jamie Cuthbert-Allen (La Habra) | 2001 | 37-6 | LaShieka Henderson (Trabuco Hills) | 1995 |
| 36-7.5 | Young (Fountain Valley) | 1987 | 37-6 | Jennifer Michaelman (Laguna Hills) | 2011 |
| 36-7.5 | Krista Widen (Irvine) | 1990 | 37-0.25 | Jordyn Stoddard (Aliso Niguel) | 2008 |
| 36-6.75 | *Ashley Rhorer (Santa Margarita) | 2011 | 36-11 | Anna Lindsey (Edison) | 2013 |
| 36-6.5 | Ursula Lovely (Kennedy) | 1987 | 36-9.75 | **Summer Higgins (Dana Hills) | 2014 |
| 36-6.5 | Hilary Mann (Mission Viejo) | 1991 | 36-9 | Kristen McGregor (Marina) | 2002 |
| 36-6.5 | Ashley Fletcher (Loara) | 2005 | 36-9 | Taylor Cusick (Esperanza) | 2003 |
| 36-6.25 | Lori Lucas (Corona del Mar) | 1987 | 36-8.25 | * Cassie Stanislaw (Woodbridge) | 2006 |
| 36-6.25 | * Erica Tillman (Esperanza) | 2001 | 36-7.25 | Jennifer Bandley (Los Alamitos) | 2014 |
| 36-6.25 | Taylor Dunigan (Mission Viejo) | 2010 | 36-6 | *Hannah Duarte (Mission Viejo) | 2015 |
| 36-6 | Tracy Wright (Irvine) | 1986 | 36-5.75 | Jordan Agnew (Los Alamitos) | 2013 |
| 36-6 | ** Christina Ivey (Foothill) | 1991 | 36-5.5 | * Erika Ebel (Orange Lutheran) | 1991 |
| 36-6 | Kara Theis (Orange Lutheran) | 1992 | 36-5.5 | * Taylor Fenton (Capo Valley) | 2008 |
| 36-6 | LaShieka Henderson Trabuco Hills) | 1995 | 36-5 | * Clair Whelan (Canyon) | 1988 |
| 36-6 | ** Jordyn Stoddard (Aliso Niguel) | 2006 | 36-5 | * Julianne Conrad (El Toro) | 2006 |
| 36-6 | Taylor Eljenholm (Dana Hills) | 2011 | 36-5 | Ashley Rhorer (Santa Margarita) | 2012 |
| 36-6 | *Elisa Trujillo (Brea) | 2015 | 36-5 | Laura Hamann (Rosary) | 2014 |
| 36-5.75 | Holly Hutchinson (Mission Viejo) | 1988 | 36-3.75 | ***Nikki Johnson (Canyon) | 1988 |
| 36-5.75 | Jennifer Bandley (Los Alamitos) | 2014 | 36-9.5 | *Ashley Rhorer (Santa Margarita) | 2011 |
| 36-5.5 | ** Jessica Lyons (Capo Valley) | 1998 | 36-6.75 | Chloe Soremekun (Cypress) | 2011 |
| 36-5 | Jenny Wooten (Marina) | 1998 | 36-6.5 | Cherish Harris (Orange Lutheran) | 2011 |
| 36-5 | Jennifer Fairchild (Orange) | 2001 | 36-4 | Channing Jones (El Toro) | 2011 |
| 36-4.75 | **Sheila Green (Canyon) | 1988 | 36-3.5 | **Kellie May (Northwood) | 2015 |
| 36-4.75 | ** Christina Murillo (Trabuco Hills) | 2005 | 36-3 | Skye Atchley (Orange Lutheran) | 2009 |
| 36-4.5 | * Mychael Westervelt (Capo Valley) | 1999 | 36-2.5 | ** Allison McCoy (Edison) | 2008 |
| 36-4 | ** Shemica Perkins (Tustin) | 1995 | 36-2 | ** Monica Todd (Trabuco Hills) | 2008 |
| | | | 36-2 | *** D.J. Rhoades (El Modena) | 2008 |

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| 36-2 | Brianna Dixon (Los Alamitos) | 2009 |
| 36-1 | Katie Dibene (Dana Hills) | 2011 |
| 36-1 | ***Kellie May (Northwood) | 2014 |
| 36-0.5 | Cross (Bolsa Grande) | 1988 |
| 36-0 | ** DJ Rhoades (El Modena) | 2009 |

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 |
| 46-9 | Heidi Adams (Mission Viejo) | 1985 |
| 46-8.75 | Melissa Yungmans (Orange Lutheran) | 2004 |
| 46-1.5 | Rosario Ramos (Anaheim) | 1979 |
| 45-6.5 | Hilary Fraser (El Toro) | 2007 |
| 44-11.5 | * Jacque Nelson (Canyon) | 1978 |
| 44-6 | Erin Streater (Villa Park) | 2002 |
| 44-4.75 | Heather Quinn (El Toro) | 2002 |
| 44-4.25 | Priscilla Gardner (Mission Viejo) | 2003 |
| 44-3 | Diane Clemente (San Clemente) | 1981 |
| 44-1.5 | Shelly Lovati (El Modena) | 1986 |
| 43-10.75 | Jacque Norton (Mission Viejo) | 1982 |
| 43-6.25 | Jaycee Olsen (Corona del Mar) | 2010 |
| 43-4.25 | Luseane Makensesi (Katella) | 2009 |
| 43-1 | Celeste Paquette (Rancho Alamitos) | 1985 |
| 43-1 | *Karie'h Wilson (Corona del Mar) | 2011 |
| 43-0.75 | Sonja Bryant (Marina) | 1996 |
| 42-9.75 | Becky Daniel (Newport) | 1976 |
| 42-7.5 | *Kathryn Plummer (Aliso Niguel) | 2015 |
| 42-7 | Karle'h Wilson (Corona del Mar) | 2012 |
| 42-6 | Bonnie Dasse (Costa Mesa) | 1977 |
| 42-5.75 | * Priscilla Gardner (Mission Viejo) | 2002 |
| 42-5.5 | Kay Ilertson (Valencia) | 1974 |
| 42-3 | Courtney Brown (El Modena) | 2010 |
| 42-2.5 | Suzanne Linn (Trabuco Hills) | 1998 |
| 42-2.5 | Kate Hutchinson (San Clemente) | 2003 |
| 42-1 | Kristin Dunn (Mission Viejo) | 1990 |
| 42-0.25 | Tafi Togogae (Los Amigos) | 1996 |
| 42-0 | Lisa Tamamasui (Westminster) | 1991 |
| 41-11.5 | Leslee Briggs (Edison) | 1989 |
| 41-10.5 | Krista Dill (Newport) | 2000 |
| 41-7.5 | Lynn Kelley (Irvine) | 1981 |
| 41-7.75 | Joanna Alo (SA Valley) | 1990 |
| 41-7.25 | Jenny Shutt (Edison) | 1997 |
| 41-6.5 | Christina Kim (El Toro) | 2008 |
| 41-6 | Ann Gill (Western) | 1985 |
| 41-5.25 | * Andrea Bill (University) | 1992 |
| 41-5.25 | Chrissy Tolson (Fountain Valley) | 1996 |
| 41-3.75 | Bev Oden (Irvine) | 1989 |
| 41-2.75 | * Kristin Thompson (Esperanza) | 1999 |
| 41-2.5 | Adara Newidouski (Dana Hills) | 1993 |
| 41-1.5 | Robyn Utu (Huntington Beach) | 1982 |
| 41-1.5 | Marie Philman (Edison) | 1996 |
| 41-1.5 | Kristy Chester (Esperanza) | 2002 |
| 40-11.25 | *Susan Linn (Trabuco Hills) | 1997 |
| 40-11.25 | *Rachelle A La Torre (Newport) | 2015 |
| 40-11 | * Lisa Williams (SA Valley) | 1982 |
| 40-10 | Christa Kondru (Northwood) | 2010 |
| 40-9.75 | Julie Green (Fountain Valley) | 1978 |
| 40-9 | Laura Matos (Capo Valley) | 1983 |
| 40-9 | Heather Cunningham (El Dorado) | 1996 |
| 40-9 | Stephanie Sampson (Esperanza) | 1999 |
| 40-8.75 | Pamela Makanesi (Katella) | 2011 |
| 40-8 | Angela Burgess (Woodbridge) | 1995 |
| 40-8 | *Anna Gillis (San Clemente) | 2015 |
| 40-7.5 | * Lori Von Bostal (Anaheim) | 1983 |
| 40-7.5 | **Nicole Beauregard (Valencia) | 1991 |
| 40-7 | Natala Lualemaga (Santa Ana) | 2000 |
| 40-7 | Kau Ilani Miki-han (Mater Dei) | 2014 |
| 40-5-5 | Carina Martinez (SA Valley) | 2001 |
| 40-5 | Amanda Fleskoski (Mission Viejo) | 2000 |

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|---------|------------------------------------|------|
| 40-3 | Sina Dailey (Mission Viejo) | 2008 |
| 40-0.75 | Aprile Powell (Century) | 1999 |
| 40-0.75 | * Robin Regan (Mater Dei) | 2003 |
| 39-11.5 | **Sheraton Jones (Canyon) | 2011 |
| 39-11 | Nina Foster (Mission Viejo) | 1991 |
| 39-11 | Vanessa Gardner (Mission Viejo) | 2004 |
| 39-11 | *Ashley Donohoe (Huntington Beach) | 2012 |
| 39-10 | Suzie Greganic (Marina) | 1989 |
| 39-9.5 | Vicky Craig (Kennedy) | 1981 |
| 39-6.25 | * Kau ilani Mikihan (Mater Dei) | 2013 |
| 39-8.75 | Kristy Dominguez (Mission Viejo) | 2001 |
| 39-7.5 | Whitney Johnson (Mission Viejo) | 2004 |
| 39-7 | White (Villa Park) | 1977 |
| 39-6.75 | *Ciera Williams (Mission Viejo) | 2015 |
| 39-6.5 | Ann Bland (Santa Ana) | 1981 |
| 39-6.5 | Chelesea Weenig (Laguna Beach) | 2000 |
| 39-5.5 | Julie Tafua (Westminster) | 1988 |
| 39-4.5 | Kerry O'Bric (Edison) | 1996 |
| 39-4.2 | **Kianey Davis (Troy) | 1999 |
| 39-3 | Lisa Bullock (Edison) | 1977 |
| 39-3 | Hannah Meager (El Toro) | 2014 |
| 39-2.75 | Rachel Davis (Katella) | 1993 |
| 39-2.25 | Etta Jackson (Magnolia) | 1998 |
| 39-1.5 | Kelly Wilson (Woodbridge) | 1985 |
| 39-1.5 | Ashley Selman (Foothill) | 1988 |
| 39-0.5 | Devon Pessler (Foothill) | 2014 |
| 39-0 | Tiffany Gray (El Dorado) | 2011 |
| 38-11 | *** Niki Awaa (Brea) | 2002 |
| 38-10.5 | Olive Langi (Saddleback) | 1989 |
| 38-10 | Loretta Sepulona (Santa Ana) | 1978 |
| 38-9.5 | Jennifer Insley (Los Alamitos) | 1988 |
| 38-9.5 | Robin Regan (Mater Dei) | 2004 |
| 38-9.25 | **Joy McArthur (Dana Hills) | 2015 |
| 38-9 | * Laura Wilson (Newport) | 1995 |
| 38-9 | Alfa Stewart (Woodbridge) | 2000 |
| 38-8.75 | Jacqueline Anderson (San Clemente) | 2001 |
| 38-8.5 | Michelle Paposki (Villa Park) | 1989 |
| 38-8.25 | * Janell Jakubka (Capo Valley) | 1987 |
| 38-8.5 | Shawn Sturgeon (Esperanza) | 1982 |
| 38-8.5 | Tarua Rich (Mission Viejo) | 2000 |
| 38-8.5 | Laura Boggein (Huntington Beach) | 2007 |
| 38-8 | Erika De La Puente (University) | 2008 |
| 38-8 | *Sheraton Jones (Canyon) | 2012 |
| 38-7.5 | * Scarlet Leduga (El Toro) | 2001 |
| 38-6.75 | Kathy Copelm (Sunny Hills) | 1977 |
| 38-6.5 | Megan McCullough (Mission Viejo) | 2008 |
| 38-6 | Ashley Johnson (Saddleback) | 2002 |
| 38-5.5 | Pat Shaw (SA Valley) | 1978 |
| 38-5 | * Lia Rousset (Newport) | 1995 |
| 38-4.5 | *Nicole Oberreuter (Estancia) | 1990 |
| 38-4.25 | Julia Loya (Mission Viejo) | 1998 |
| 38-4 | Julie Sprague (Santa Ana) | 1983 |
| 38-4 | * Mary Uata (Mater Dei) | 1999 |
| 38-4 | Mielle Zylstra (Edison) | 2000 |
| 38-4 | * Laura Cadranel (Los Alamitos) | 2001 |
| 38-3.5 | Vogel (Corona del Mar) | 1975 |
| 38-3.5 | Melissa Price (Loara) | 1997 |
| 38-3.25 | Laura Mills (University) | 1981 |
| 38-3 | Hoyler (Whittler Christian) | 1997 |
| 38-3 | Margarita Matiks (Irvine) | 2009 |
| 38-3 | Jackie Chasteler (Mission Viejo) | 2013 |
| 38-2.5 | Beverly Hewitt (Canyon) | 1980 |
| 38-2.5 | Stephanie Bell (Foothill) | 1986 |
| 38-2.5 | Spring Trammell (Los Amigos) | 1995 |
| 38-2.5 | Lauren Anderson (Troy) | 2004 |
| 38-2.25 | Abby Erickson (Mater Dei) | 1995 |
| 38-2.25 | *Jacky Cenana (Laguna Beach) | 2015 |
| 38-2.25 | *Haunani Pedro (Trabuco Hills) | 2015 |
| 38-2 | *Kelly Wilson (Woodbridge) | 1984 |
| 38-2 | Vao Faoa (Magnolia) | 2002 |
| 38-2 | Mele Makenesi (Loara) | 2004 |
| 38-1.5 | Nia Jones (Santa Ana) | 1992 |
| 38-1.5 | Cara Heads (Newport) | 1995 |
| 38-1 | Booth (Westminster) | 1978 |
| 38-0.5 | Erica Goodman (Estancia) | 1986 |

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|----------|---|------|
| 38-0 | Adee Gunkel (Mater Dei) | 1981 |
| 38-0 | Mararita Matiks (Irvine) | 2010 |
| 37-11.75 | McConnell (San Clemente) | 1979 |
| 37-11.5 | Brittany Frers (Marina) | 2010 |
| 37-11.5 | *Brianna Uipi (Orange Lutheran) | 2015 |
| 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 |
| 37-11 | **Alaysha Green (El Toro) | 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 |
| 37-9.75 | 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 |
| 37-8.5 | 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 |
| 37-5.25 | * 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 |
| 37-2.75 | 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 |
| 37-0.5 | Julia Reedy (Mission Viejo) | 2011 |
| 37-0.5 | *Kelly Fagan (Yorba Linda) | 2015 |

Shot Put (81b.)

| | | |
|---------|------------------------------------|------|
| 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 |
| 158-2 | Hilary Fraser (El Toro) | 2007 |
| 156-10 | Priscilla Gardner (Mission Viejo) | 2003 |
| 155-6 | Terri Sabol (Buena Park) | 1974 |
| 152-8 | * Vao Faoa (Magnolia) | 2001 |
| 150-0 | * Carrie Axton (Los Amigos) | 1996 |
| 149-9 | Mackenna Howard (Los Alamitos) | 2014 |
| 149-5 | Carla Heads (Newport) | 1995 |
| 149-2 | Eaina 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 |
| 147-8 | Carrie Axton (Los Amigos) | 1997 |
| 147-5 | Alana Faagai (Huntington Beach) | 2006 |
| 146-1 | Gina Heads (Newport) | 1994 |
| 146-1 | Ashley Pyka (Canyon) | 2008 |
| 144-3 | Margarita Matiks (Irvine) | 2010 |
| 144-0 | Marie Philman (Edison) | 1996 |
| 143-10 | Debbie Hargrove (Estancia) | 1990 |
| 143-3 | * Angela Burgess (Woodbridge) | 1994 |
| 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 |
| 141-9 | Susie Ray (Villa Park) | 1979 |
| 141-8 | Suzanne Linn (Trabuco Hills) | 1998 |
| 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 |
| 137-11 | *Emma DeSilva (Mission Viejo) | 2015 |
| 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 |
| 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 |
| 134-2 | Tracy Wilson (Loara) | 1983 |
| 133-7 | * Christa Van Doren (Estancia) | 1991 |
| 133-7 | Joy MacArthur (Dana Hills) | 2014 |
| 133-6 | Mele Makenesi (Loara) | 2004 |
| 133-5 | Stephanie Sampson (Esperanza) | 1999 |
| 133-5 | Ashley Johnson (Saddleback) | 2002 |

| | | | | | |
|--------|--|------|--------|--------------------------------------|------|
| 133-0 | * Megan Ilertsen (Troy) | 2003 | 125-10 | Jerrilyn Stanwood (Trabuco Hills) | 2009 |
| 132-7 | Samantha Grant (Mission Viejo) | 2002 | 125-8 | Katie Holmes (Canyon) | 1996 |
| 132-6 | * Jessica Perez (Sunny Hills) | 1999 | 125-5 | * Robyn Utu (Huntington Beach) | 1981 |
| 132-6 | Sina Dailey (Mission Viejo) | 2008 | 125-5 | * Jenny Shutt (Edison) | 1996 |
| 132-2 | * Stacy Kohler (Marina) | 1990 | 125-5 | Christina Kim (El Toro) | 2008 |
| 132-2 | Stacy Jame (Esperanza) | 1998 | 125-4 | *Madison Chronister (San Clemente) | 2014 |
| 131-11 | Christa Kondru (Northwood) | 2010 | 125-3 | Jennifer Harney (Esperanza) | 1990 |
| 131-8 | Marie Arthur (Fountain Valley) | 1996 | 125-3 | Lauren O'Hara (Irvine) | 1998 |
| 131-4 | Carolyn Pendleton (Esperanza) | 2001 | 125-2 | Katie Okano (Trabuco Hills) | 1995 |
| 131-3 | Abria Lipscomb (Northwood) | 2003 | 125-2 | *Amanda Troung (Esperanza) | 2015 |
| 131-3 | *Haunani Pedro (Trabuco Hills) | 2015 | 125-0 | * Kristen Okura (Mission Viejo) | 1988 |
| 131-1 | Aidee Pacheco (Saddleback) | 1995 | 125-0 | L. Kelly (Villa Park) | 1983 |
| 131-1 | Emily Gleason (El Toro) | 1998 | 125-0 | * Katie Smith (Orange) | 1992 |
| 131-0 | Konafesi Mataia (Loara) | 2009 | 124-10 | * Katie Henze (Foothill) | 1997 |
| 130-10 | Ann Gill (Western) | 1985 | 124-8 | *Karle'h Wilson (Corona del Mar) | 2011 |
| 130-9 | Erin Streater (Villa Park) | 2002 | 124-7 | Maria Ornes (Foothill) | 1982 |
| 130-9 | ** Tara Ross (Mission Viejo) | 2004 | 124-7 | Cheyenne Maneafaiga (Garden Grove) | 2012 |
| 130-6 | Lisa Wood (Saddleback) | 1986 | 124-3 | Keanna Roberson (Aliso Niguel) | 2011 |
| 130-3 | Emily Crum (Mater Dei) | 2014 | 124-2 | Karlie Manos (Katella) | 1999 |
| 130-2 | Kathrine Henze (Foothill) | 1998 | 124-2 | Ashley Donohoe (Huntington Beach) | 2013 |
| 130-0 | ** Marybeth Thobe (Edison) | 1982 | 124-1 | Bernadette Quinteras (Orange) | 1992 |
| 130-0 | Aprile Powell (Century) | 1999 | 124-1 | ** Olivia Raya (El Modena) | 2003 |
| 130-0 | * Laura Cadranel (Los Alamitos) | 2001 | 124-0 | *Nicole Beauregard (Valencia) | 1991 |
| 130-0 | Evelyn Roberts (Dana Hills) | 2015 | 123-10 | Terri Ortega (Irvine) | 1987 |
| 129-11 | *Anna Gillis (San Clemente) | 2015 | 123-10 | Teresa Rocha (Esperanza) | 2011 |
| 129-10 | Luisa Thimauave (Magnolia) | 1988 | 123-7 | Jamie Questa (Edison) | 1997 |
| 129-9 | * Samantha Meredith (El Modena) | 1999 | 123-6 | Leslee Briggs (Edison) | 1989 |
| 129-9 | Asou (Magnolia) | 2007 | 123-6 | * Kristin Gunderson (Laguna Beach) | 1998 |
| 129-4 | ** Krista Gregory (El Toro) | 2008 | 123-6 | Stacy Knisley (Esperanza) | 2001 |
| 129-3 | Laura Wilson (Newport) | 1996 | 123-6 | Courtney Brown (El Modena) | 2010 |
| 129-3 | * * Ashley Parrish (Esperanza) | 2000 | 123-6 | Evelyn Roberts (Dana Hills) | 2014 |
| 129-3 | Mary Geers (Capo Valley) | 2013 | 123-3 | Bernadette Quinteros (Western) | 1993 |
| 129-3 | *Philliz Tuavao (Canyon) | 2014 | 123-3 | Marissa Welliver (Aliso Niguel) | 2003 |
| 129-2 | Kelly Langi (Saddleback) | 1997 | 123-2 | Meagan O'Reilly (Mission Viejo) | 2007 |
| 129-0 | **Joy McArthur (Dana Hills) | 2015 | 123-0 | Jevona Morgan (La Quinta) | 2004 |
| 128-11 | *Kara Caskey (Mater Dei) | 2011 | 123-0 | Sina Daley (Mission Viejo) | 2008 |
| 128-10 | Antoinette Herrera (Los Amigos) | 1998 | 123-0 | Ambernicole Hollinger (Los Alamitos) | 2014 |
| 128-9 | Tee Eskridge (El Modena) | 1982 | 122-11 | Jennifer Yu (Western) | 1988 |
| 128-8 | Kristy Dominguez (Mission Viejo) | 2001 | 122-8 | Lisa Henderson (Foothill) | 1988 |
| 128-7 | Kristin Dunn (Mission Viejo) | 1990 | 122-2 | Nori McCrystal (LaHabra) | 1997 |
| 128-6 | Lisa Henderson (Foothill) | 1988 | 122-7 | Julia Loya (Mission Viejo) | 1998 |
| 128-6 | Kari DeSoto (Esperanza) | 1996 | 122-6 | Kristin Dutwiler (Mission Viejo) | 1998 |
| 128-5 | Marlene Godbolt Mission Viejo) | 1995 | 122-6 | Miki-han Anelamaikala (Irvine) | 2015 |
| 128-5 | Evaine Mansfield (Foothill) | 1999 | 122-1 | Nicole Lind (Tustin) | 1985 |
| 128-4 | Sheraton Jones (Canyon) | 2013 | 122-0 | Jacque Nelson (Canyon) | 1978 |
| 128-0 | ** Lia Rousset (Newport) | 1994 | 122-0 | Nina Foster (Misisson Viejo) | 1994 |
| 128-1 | Spring Trammell Los Amigos) | 1995 | 122-0 | * L.J. Amadi (Dana Hills) | 2003 |
| 128-1 | Hannah Meager (El Toro) | 2014 | 122-0 | Veronica Beavor (Orange Lutheran) | 2008 |
| 127-11 | Melanie Dear (Garden Grove) | 1991 | 121-9 | * Joanne Alo (SA Valley) | 1989 |
| 127-11 | *Sheraton Jones (Canyon) | 2012 | 121-9 | * Hannah Meager (El Toro) | 2013 |
| 127-9 | Tawney Barber (El Modena) | 2007 | 121-8 | Sarah Hernandez (Huntington Beach) | 2008 |
| 127-8 | Megan Good (Huntington Beach) | 2010 | 121-8 | Julia Reedy (Mission Viejo) | 2011 |
| 127-7 | Kara Stephens (Orange Lutheran) | 1992 | 121-7 | Becky Daniel (Newport) | 1976 |
| 127-5 | Joanna Alo (SA Valley) | 1990 | 121-7 | ** Shakeena Henderson (Tustin) | 1997 |
| 127-5 | Carina Martinez (SA Valley) | 2001 | 121-5 | ** Jenny Sotomayor (LaHabra) | 1997 |
| 127-5 | **Xochitl Bryson (Oxford Academy) | 2015 | 121-5 | Amanda Rodnguez (Cypress) | 2004 |
| 127-4 | Megan Franke (Canyon) | 1988 | 121-4 | * Yesenia Carrillo (Katella) | 1998 |
| 127-4 | Chichi Amadi (Dana Hills) | 2008 | 121-4 | Regina Dos Santos (Los Alamitos) | 2010 |
| 127-4 | *Ashley Donohoe (Huntington Beach) | 2012 | 121-4 | Hannah TerHarr (Mission Viejo) | 2013 |
| 127-1 | Dayna McKenzie (Capo Valley) | 1993 | 121-3 | * Maria Omes (Foothill) | 1981 |
| 127-1 | Katie Easley (Los Alamitos) | 1996 | 121-2 | Wendy Fullmer (Esperanza) | 1991 |
| 126-11 | Jenny Brickner (Esperanza) | 2000 | 121-1 | Pat Shaw (SA Valley) | 1978 |
| 126-11 | * Scarlet Leduga (El Toro) | 2001 | 121-1 | ** Tonya Lawson (SA Valley) | 1991 |
| 126-11 | Stacy Knisley (Esperanza) | 2002 | 121-1 | Tabitha Goff (Newport) | 2010 |
| 126-10 | Marlena Godboldt (Mission Viejo) | 1996 | 120-10 | * Spring Trammel (Los Amigos) | 1994 |
| 126-10 | Whitney Johnson (Mission Viejo) | 2004 | 120-10 | *Melissa Lee (University) | 2015 |
| 126-9 | *** Marjorie Niumata (Rancho Alamitos) | 1996 | 120-8 | Jiao Tsai (Corona del Mar) | 1980 |
| 126-8 | ** Samangha Meredith (El Modena) | 1998 | 120-7 | * Milaya Paggett (Mission Viejo) | 1998 |
| 126-6 | Una Makanesi (Loara) | 2004 | 120-4 | Bonnie Manning (SA Valley) | 1980 |
| 126-6 | Madison Chronister (San Clemente) | 2015 | 120-4 | Luisa Tuimauvae (Magnolia) | 1990 |
| 126-4 | Reena Gonzales (Brea) | 2000 | 120-3 | *Ciera Williams (Mission Viejo) | 2015 |
| 126-1 | Becky Crouse (Woodbridge) | 2008 | 120-1 | Jennifer Pettey (El Dorado) | 1991 |
| 126-1 | Jessica Imani (Corona del Mar) | 2011 | 120-1 | Lara Ohanesian (St Margarets) | 2014 |
| 126-0 | ** Jillianne Whitfield (Newport) | 2002 | 120-0 | Tawnya Turton (Mission Viejo) | 2010 |
| 126-0 | *Tiffany Gray (El Dorado) | 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 |
| 4691 | 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 |
| 4168 | Brenna Barker (Dana Hills) | 2013 |
| 4003 | Molly Moore (Loara) | 1982 |
| 3922 | *Chelsea Larson (Orange Lutheran) | 2010 |
| 3856 | Tailor Dunigan (Mission Viejo) | 2010 |
| 3821 | Hailey Bond (Costa Mesa) | 2014 |
| 3772 | *Alexis Turley-Young (Canyon) | 2015 |
| 3672 | *Davina Pham (Fountain Valley) | 2015 |
| 3584 | ***Laura Lainson (Huntington Beach) | 2011 |
| 3578 | Jennifer Stanley (University) | 1994 |
| 3566 | Katy Zimmon (Edison) | 1997 |

Pentathlon

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

Hammer Throw

| | | |
|-------|-------------------------------------|------|
| 160-9 | *Jessica Imani (Corona del Mar) | 2010 |
| 146-4 | Stephanie Sampson (Esperanza) | 1999 |
| 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 |
| 113-2 | **Alicia Burnes (Sonora) | 2010 |
| 113-2 | Jaycee Olsen (Corona del Mar) | 2010 |
| 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 |
|------|------------------------------|------|

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 | Suzu 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) | 199 |
| 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 |
|--------|------------------------|------|

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 BlancoWestminster) | 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

| | | |
|---------|-----------------------------------|------|
| 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 |
| 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 |
| 11-1 | *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 |
| 10-6 | * Claire Kao (Dana Hills) | 2015 |

Long Jump

| | | |
|---------|-------------------------------------|------|
| 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

| | | |
|---------|--------------------------------------|------|
| 39-7.7 | Michelle Sanford (Woodbridge) | 2003 |
| 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

| | | |
|---------|--------------------------------|------|
| 48-5.25 | Mackenna Howard (Los Alamitos) | 2014 |
|---------|--------------------------------|------|

ALL-TIME SCHOOL RECORDS

ALISO NIGUEL

| | | | |
|---------|--------------------|---------|------|
| Boys | | | |
| 100m | John Galloway | 11.04 | 2015 |
| | Sean Damiano | 11.04 | 2015 |
| 200m | John Galloway | 22.30 | 2015 |
| 400m | Michael Andraszcyk | 49.50 | 2008 |
| 800m | Michael Andraszcyk | 1:53.19 | 2008 |
| 110m H | Joshua Lindley | 14.86 | 2009 |
| 300m H | Andrew Kokinakes | 38.37 | 2009 |
| 400m R | | 41.75 | 2007 |
| 1600m R | | 3:21.87 | 2008 |
| TJ | Donald Hawthorne | 47-7.75 | 2002 |
| PV | Greg Bowlin | 14-0 | 2007 |
| | Daniel Taylor | 14-0 | 2009 |
| Dis | Chad Seymour | 178-11 | 2009 |

Girls

| | | | |
|--------|------------------|----------|------|
| 100m | Danielle Darden | 11.97 | 2013 |
| 200m | Danielle Darden | 24.04 | 2013 |
| 400m | Alexis Deol | 56.74 | 2005 |
| 800m | Haley Lawrence | 2:10.57 | 2006 |
| 1600m | Danica Wyson | 5:00.84 | 2012 |
| 3200m | Danica Wyson | 10:33.55 | 2009 |
| 100m H | Marie Ingram | 15.79 | 2006 |
| 300m H | Michelle Basanda | 46.02 | 1998 |
| 400mR | | 48.02 | 2005 |
| 1600mR | | 3:58.66 | 2009 |
| PV | Katie Adams | 11-6 | 2005 |
| 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 | Tony Wilson | 39.39 | 1984 |
| 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 |
| 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 Moralez | 50.86 | 2014 |
| 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

| | | | |
|----|------------------|-----|------|
| HJ | Caitlin Birdsell | 5-6 | 2010 |
|----|------------------|-----|------|

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 | 1:52.33 | 2015 |
| 1600m | Austin Tamagno | 4:04.59 | 2015 |
| 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 |
| LJ | Taniha Maze | 17-8.75 | 1988 |
| TJ | Tennli Ulicny | 36-10.5 | 1998 |
| SP | Niki Awaa | 38-11 | 2002 |
| DIS | Nikki Awaa | 137-2 | 2004 |

BOLSA GRANDE

Boys

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

Girls

| | | | |
|-------|-------------------|----------|------|
| 1600m | Jeanette Zambrano | 5:05.31 | 2012 |
| 3200m | Rocio Pelayo | 10:53.25 | 2006 |

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 | Austin Goins | 4:12.04 | 2013 |
| 3200m | Wesley Walsh | 8:56.25 | 2015 |
| 110m H | Brent Elliot | 14.75 | 2011 |
| 300m H | Rodney Wright | 39.32+(39.3y) | 1986 |
| 400m R | | 42.51 | 2009 |
| 1600m R | | 3:20.57 | 2008 |
| HJ | Cody Crampton | 6-11 | 2011 |
| 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 | Kim Nelson | 10:48.13 | 1993 |
| 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 | 13-3 | 2015 |
| 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 | 4:57.75 | 2015 |
| 3200m | Grace Schafer | 10:47.42 | 2013 |
| 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 | Emma Kratzberg | 45.79 | 2014 |
| 400m R | | 48.55 | 2005 |
| 1600m R | | 3:48.28 | 1988 |
| HJ | Allison Brawner | 5-7 | 2000 |
| PV | Krisserin Canary | 11-6 | 2002 |
| LJ | Sandy Lucas | 18-3 | 1988 |
| SP | Jaycee Olsen | 43-6.25 | 2010 |
| DIS | Jaycee Olsen | 136-7 | 2010 |

COSTA MESA

Boys

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

| | | | | | | | |
|-----------------------|--------------------|--------------------|------|---------------------------|------------------|--------------------|-------|
| Dis | Curt Eilenberg | 173-1 | 1975 | SP | Rory Mount | 59-1.75 | 2009 |
| | | | | Dis | Andy Marrone | 192-1 | 1990 |
| Girls | | | | Girls | | | |
| 100m | Paige LaBare | 12.54 | 2013 | 100m | Grace Esslinger | 12.18 | 2008 |
| 200m | Sharon Day | 25.82 | 2003 | 200m | Grace Esslinger | 25.14 | 2009 |
| 400m | Sharon Day | 57.35 | 2002 | 400m | Chloe Deol | 56.79 | 2014 |
| 800m | Vicki Kelly | 2:12.61 | 1981 | 400m | Heather Balbier | 2:13.49 | 2009 |
| 1600m | Denisha Bendz | 5:04.08 | 1992 | 800m | Paige Canterbury | 4:53.66 | 2013 |
| 3200m | Joelin Fisher | 11:06.7+(11:10.5y) | 1979 | 1600m | Alaina Alvarez | 10:36.16 | 2011 |
| 100mH | Gigi Surmon | 15.44 | 1993 | 100m H | Kimmie Conner | 14.20 | 2010 |
| 300m H | Julie Kroenig | 45.33 | 2000 | 300m H | Kimmie Conner | 42.97 | 2010 |
| 1600m R | | 3:56.33 | 1982 | 400m R | | 48.24 | 2013 |
| HJ | Sharon Day | 6-2 | 2003 | 1600m R | | 3:49.80 | 2014 |
| SP | Bonnie Dasse | 42-6 | 1977 | HJ | Brenna Barker | 5-7.5 | 2013 |
| DIS | Bonnie Dasse | 135-6 | 1977 | PV | Sierra Hansen | 12-4 | 2013 |
| CREAN LUTHERAN | | | | EASTSIDE CHRISTIAN | | | |
| Boys | | | | Boys | | | |
| 800m | Sean Pino | 1:57.90 | 2013 | HJ | TJ Fakehinde | 7-0.5 | 2002 |
| Girls | | | | EDISON | | | |
| 1600 | Lauren Mauer | 4:56.67 | 2012 | Boys | | | |
| 3200 | Lauren Mauer | 10:56.17 | 2012 | 100m | Kerwin Bell | 10.70 | 1980 |
| 100m H | Tori Occhipinti | 15.97 | 2013 | 200m | Darryl Poston | 21.40 | 2001 |
| 300m H | Alexandra Sciarra | 45.47 | 2010 | 400m | Tom Lloy | 48.06+(48.1y) | 1975 |
| CYPRESS | | | | 800m | Tom Lloy | 1:51.6+(1:52.2y) | 1974, |
| Boys | | | | 1600m | Jon Butler | 4:06.75 | 1981 |
| 100m | Garland West | 10.66 | 2004 | 3200m | Jon Butler | 8:46.78 | 1981 |
| 200m | Anton Jamir | 21.73 | 2003 | 110m H | Denny Flanagan | 14.40 | 2001 |
| 400m | Jimmy Hutsell | 48.30 | 1993 | 300m H | Denny Flanagan | 38.25 | 2002 |
| 1600m | William Feliciano | 4:14.22 | 1984 | 400m R | | 42.00 | 2001 |
| 3200 | David Napper | 9:09.48 | 2003 | 1600m | | 3:17.9+(3:19.2y) | 1975 |
| 110m HH | Tom Turner | 14.28+(14.0y) | 1975 | HJ | Jeff Goddard | 6-8 | 2003 |
| 400m R | | 41.91 | 2003 | PV | Dave Noel | 16-4 | 1988 |
| 1600m R | | 3:22.80 | 1993 | LJ | Chris Macke | 23-11 | 2006 |
| HJ | Jeff Waldren | 6-9 | 1991 | TJ | Ian Jennings | 46-5.5 | 1998 |
| | Quinten Pounds | 6-9 | 2015 | SP | Kaleaph Carter | 64-0.5 | 1988 |
| PV | Jeff Conkle | 15-0 | 1977 | DIS | Kaleaph Carter | 186-2 | 1988 |
| LJ | Todd Fenton | 23-3.75 | 1984 | Girls | | | |
| TJ | Clarence Moore | 48-3.75 | 2000 | 100m | Trindl Fearnley | 12.34c (12.1) | 1984 |
| SP | Jamil Douglas | 58-5 | 2010 | 200m | Trindl Fearnley | 24.94c(24.7) | 1984 |
| DIS | David Sampson | 177-11 | 2003 | 400m | Barbara Rainey | 55.42 | 1983 |
| Girls | | | | 800m | Meghan Foley | 2:10.47 | 2007 |
| 100m | Hilary Ojinnaka | 12.05 | 2013 | 1600m | Shelley Taylor | 4:48.52 | 1992 |
| 200m | Hilary Ojinnaka | 24.70 | 2013 | 3200m | Hillary Hayes | 10:28.79 | 2009 |
| 400m | Brittany Flores | 56.54 | 2006 | 100m H | Marie Philman | 15.02 | 1995 |
| 800m | Lauren Jirges | 2:14.33 | 2003 | 300m H | Kerry O'Bric | 44.76 | 1996 |
| 1600m | Rhonda Craig | 5:08.3+(5:10.1y) | 1979 | 400m R | | 47.65 | 1984 |
| 3200m | Rhonda Craig | 10:54.2+(10:58.0y) | 1979 | 1600m R | | 3:49.45 | 1983 |
| 300m H | Liana Fuentes | 45.90 | 2005 | HJ | Rachel Zieman | 5-10 | 2000 |
| 400m R | | 48.18 | 2007 | PV | Tori Pena | 13-2 | 2005 |
| HJ | Soremekum | 5-5 | 2005 | LJ | Kerry O'Bric | 19-9 | 1996 |
| PV | Melissa Morris | 11-9 | 2008 | TJ | Kerry O'Bric | 39-8 | 1996 |
| LJ | Jennifer Gillespie | 18-6.25 | 1981 | SP | Leslee Briggs | 41-11.5 | 1989 |
| TJ | Debbie Geary | 36-11 | 1983 | Dis | Marie Philman | 144-0 | 1996 |
| Dis | Amanda Rodriguez | 121-5 | 2004 | EL DORADO | | | |
| DANA HILLS | | | | Boys | | | |
| Boys | | | | 200m | Kenny Greer | 22.34c(22.1) | 2001 |
| 100m | Bryan Harrison | 10.56 | 1995 | 400m | Jon Michael | 49.06+(49.2y) | 1980 |
| 200m | Bryan Harrison | 21.10 | 1995 | 800m | Craig Olson | 1:54.30 | 1987 |
| 400m | Cade Lindahl | 47.80 | 2006 | 1600m | Pat Dutzi | 4:11.6+(4:13.0y) | 1973 |
| 800m | Andy Sims | 1:51.42 | 1984 | 3200m | Ken Ernst | 8:58.96+(9:02.14y) | 1979 |
| 1600m | Jake Ogden | 4:08.24 | 2015 | 110m H | Jim Hunt | 14.68+(14.4y) | 1976 |
| 3200m | Blake Ahrold | 8:59.04 | 2010 | 1600m R | | 3:22.5+(3:23.8y) | 1980 |
| 110m H | Mike Germain | 14.30 | 1983 | HJ | Ron Edgley | 6-10 | 1979 |
| 300m H | Mikey Fischetti | 37.60 | 2009 | PV | Greg Ernst | 16-6 | 1978 |
| 400m R | | 41.78 | 2008 | TJ | Tim Hickey | 45-1 | 1979 |
| 1600m R | | 3:18.65 | 2005 | SP | Chris Dressel | 58-3.5 | 1979 |
| 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 | | | | |

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|--------------|---------------------|--------------|------|
| 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 | | 49.82 | 2000 |
| 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 (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 | Angela Allen | 25.34 | 1997 |
| 800m | Jessica Dahlberg | 2:15.69 | 1996 |
| 1600m | Rebecca Sarmiento | 5:03.18 | 2012 |
| 3200m | Leslie Burton | 11:09.08 | 1995 |
| 100m H | Madison Klovstad | 15.65 | 2002 |
| 300m H | Cara Brookhouse | 46.02 | 1989 |
| 400m R | | 48.75 | 2000 |
| HJ | Sandy Gonzalez | 5-6 | 2006 |
| LJ | Gaylen Ames | 17-8.5 | 1985 |
| TJ | Gaylen Ames | 38-10 | 1984 |
| SP | Shelly Lovati | 44-1.5 | 1986 |
| Dis | Shelly Lovati | 139-5 | 1986 |

EL TORO

Boys

| | | | |
|--------|------------------|---------------|------|
| 100m | Chad Grimmatt | 10.95 | 2009 |
| 200m | Aaron Lybarger | 22.02+(21.9y) | 1982 |
| 400m | 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 |
|------|----------------|-------|------|

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|---------|----------------|----------|------|
| 200m | Maliyah Medley | 24.66 | 2015 |
| 400m | Tanya Ranson | 55.88 | 1982 |
| 800m | Hanna Edwards | 2:09.55 | 2011 |
| 1600m | Hanna Edwards | 4:56.89 | 2011 |
| 3200m | Camila Turati | 10:51.17 | 2014 |
| 100m H | Jessica Bragg | 14.94 | 2009 |
| 300m H | Paula Pedrani | 43.63 | 2015 |
| 400m R | | 47.82 | 2015 |
| 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 (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 | Mark Parlin | 66-8 | 1991 |
| DIS | Travis Pendleton | 203-5 | 2000 |

Girls

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

ESTANCIA

Boys

| | | | |
|---------|----------------|------------------|------|
| 100m | MyranFelix | (10.8w) | 1994 |
| 200m | Dave Johnson | 21.72 21.6y | 1970 |
| 400m | Eric Olson | 48.76 48.9y | 1970 |
| 800m | Jim Walters | 1:48.8+(1:49.4y) | 1977 |
| 1600m | Humberto Rojas | 4:12.73 | 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 |

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 | Hunter Gulino | 4:16.49 | 2013 |
| 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 | | 42.67 | 2008 |
| 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 Disiena | 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 | | 48.87 | 1978 |
| | | 48.87 | 2013 |
| 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 |
| 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 | Matty Morton | 12.42w | 2001 |
| 200m | Matty Morton | 25.37 | 2001 |
| DIS | Melanie Dear | 127-11 | 1991 |

GODINEZ

Boys

| | | | |
|-------|---------------|---------|------|
| 3200m | Jose Penaloza | 9:16.81 | 2013 |
|-------|---------------|---------|------|

HUNTINGTON BEACH

Boys

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

Girls

| | | | |
|------|----------------|---------------|------|
| 100m | Eileen Dunaway | 12.38(12.37w) | 1995 |
| 200m | Eileen Dunaway | 25.75 | 1995 |
| 400m | Cassie Durgy | 56.90 | 2015 |
| 800m | Cassie Durgy | 2:09.57 | 2015 |

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|--------|-------------------|----------------|------|
| 1600m | Cassie Durgy | 4:56.83 | 2014 |
| 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 | Brandon Phillips | 22-6.5 | 2008 |
| 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 | Luke Decker | 4:10.97 | 2011 |
| 3200m | Andrew Burkhardt | 9:05.94 | 2015 |
| 400m R | | 42.21 | 2014 |
| HJ | Harrison Steed | 7-2.5 | 2010 |
| LJ | Dante Pettis | 24-7 | 2014 |
| TJ | Dante Pettis | 44-4 | 2014 |
| SP | Luke Wattenberg | 53-5.5 | 2014 |
| Dis | Luke Wattenberg | 173-1 | 2014 |

Girls

| | | | |
|-------|-------------------|----------|------|
| 100m | Amanda Graceffa | 12.66 | 2010 |
| 800m | Katherine Delaney | 2:10.76 | 2011 |
| 1600m | Katherine Delaney | 4:42.95 | 2011 |
| 3200m | Colby Lindholm | 11:10.22 | 2012 |

KATELLA

Boys

| | | | |
|-------|----------------|---------|------|
| 100m | Charles Crook | 10.74 | 1997 |
| 200m | Charles Crook | 21.29 | 1997 |
| 400m | Kendall Lozano | 48.65 | 1990 |
| 800m | Antonio Lozano | 1:55.05 | 1999 |
| 1600m | Mike Love | 4:14.72 | 1992 |

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|---------|-----------------|--------------|------|
| 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 |
| 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 |
| 400m | Rennie Durrand | 57.61+(57.8y) | 1980 |

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|---------|--------------------|----------|------|
| 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 |
| 1600m R | | 3:59.85 | 2015 |
| HJ | Lisa Fregraus | 5-8 | 1982 |
| SP | Chelesea Weenig | 39-6.5 | 2000 |
| 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 |
| Dis | Jesse McDonald | 168-8 | 1994 |

Girls

| | | | |
|---------|--------------------|----------|------|
| 100m | Nedra Lyons | 12.30 | 1984 |
| 200m | Michelle Holt | 25.67 | 2015 |
| 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 | | 48.89 | 2008 |
| 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 |
| 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 |
|------|-----------------|---------|------|

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|-------|-----------------|---------|------|
| 1600m | Kristin Harkins | 4:59.31 | 1984 |
| TJ | Kim Duong | 36-9 | 2001 |
| Dis | Jevona Morgan | 123-0 | 2004 |

LOARA

Boys

| | | | |
|--------|---------------------|-----------------------|------|
| 100m | Chukwuekeze 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 | Tyler Rios | 14.59 | 2014 |
| 300m H | Kevin Ahlstrom | 37.38 | 2004 |
| 400m R | | 41.86 | 2003 |
| 1600m R | | 3:16.40 | 2004 |
| HJ | Brad Harris | 6-11 | 1978 |
| PV | Dustin Deleo | 16-2 | 2004 |
| U | JJ Cisneros | 23-3(23-7w) | 1988 |
| 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 | Katie Izzo | 2:10.45 | 2015 |
| 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 | Thelma Viagar | 18-4.5 | 1980 |
| TJ | Jennifer Bandlely | 36-5.75 | 2014 |
| SP | Mackenna Howard | 50-2.5 | 2014 |
| Dis | Mackenna Howard | 149-9 | 2014 |

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 |

Girls

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

MAGNOLIA

Boys

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

Girls

| | | | |
|-------|----------------|---------|------|
| 100m | Kathy Hargis | 12.47 | 1986 |
| 3200m | Trudy Gardner | 11:19.2 | 1980 |
| PV | Misty Richards | 9-0 | 1996 |
| SP | Eta Jackson | 39-2.25 | 1998 |
| Dis | Vao Faao | 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 | Logan Odder | 16-7 | 2000 |
| LJ | Mitch Malone | 23-3.25 | 1987 |
| TJ | Tony Parrish | 50-11.75 | 1993 |
| SP | Rick Tarrin | 56-10 | 1975 |
| DIS | Lucas Dunbar | 164-2 | 1998 |

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 | Jim Gallivan | 1:52.62 | 1983 |
| 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 | Gia Trevisan | 12.12 | 2011 |
| 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 | 13-0 | 2015 |
| LJ | Ashley Voisinet | 18-4.75 | 2003 |
| TJ | Melissa McDonald | 38-8.25 | 1991 |
| | Jazmin Moss | 38-8.25 | 2015 |
| 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 | Sean Jones | 15-3 | 2002 |
| | Sean McNanny | 15-3 | 2009 |
| | Jacob Adler | 15-3 | 2014 |
| LJ | Diego Courbis | 22-8 | 2014 |
| 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 | 55.53 | 2014 |
| 800m | Kathy Grayson | 2:10.97 | 1986 |
| 1600m | Alyssa Brown | 4:58.25 | 2006 |
| 3200m | Sue Sharr | 11:07.61 | 1981 |
| 100m H | Ashley Bethel | 13.82 | 1997 |
| 300m H | Chelsea Taylor | 43.26 | 2008 |
| 400m R | | 48.51 | 1988 |
| 1600m R | | 3:48.89 | 1986 |
| 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 | Mark Sakioka | 16-3 | 2011 |
| 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 |
| 800m | Maggie Henson | 2:09.17 | 1986 |
| 1600m | Amber Steen | 4:43.75 | 2001 |
| 3200m | Amber Steen | 10:26.45 | 2001 |
| 100m H | Hope Bender | 14.35 | 2015 |
| 300m H | Hope Bender | 42.18 | 2015 |
| 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

| | | | |
|--------|---------------|---------|------|
| 800m | Brenden Stone | 1:55.32 | 2014 |
| 300m H | Hyrum Taylor | 39.04 | 2004 |
| 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 |
| 400mR | | 48.52 | 2013 |
| 1600m R | | 3:59.88 | 2010 |
| 100mH | Kristen Woepse | 15.33 | 2002 |
| LJ | Victoria Ton | 17-8.5 | 2004 |
| TJ | Kellie May | 36-1.5 | 2015 |
| 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 |
| 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 |
| 400m R | | 48.89 | 2011 |
| 1600m R | | 3:54.06 | 2007 |
| HJ | Annie Giebelhaus | 5-8 | 2009 |
| PV | Kari McCollum | 12-0 | 2015 |
| TJ | Kara Theis | 36-6 | 1992 |
| SP | Melissa Yunghans | 46-8.75 | 2004 |
| Dis | Melissa Yunghans | 142-5 | 2004 |

OXFORD ACADEMY

Boys

| | | | |
|------|----------------------|-------|------|
| 200m | Jonathan Berry-Smith | 22.02 | 2010 |
| 400m | Jonathan Berry-Smith | 47.92 | 2011 |

Girls

| | | | |
|--------|----------------|-------|------|
| 100m | Brianna Washa | 12.66 | 2012 |
| Discus | Xochitl Bryson | 127-5 | 2015 |

PACIFICA

Boys

| | | | |
|------|---------------|-------|------|
| 100m | Trent Langham | 10.71 | 2011 |
| 200m | Trent Langham | 21.82 | 2011 |

| | | | |
|--------|-----------------|------------------|------|
| 800m | Daniel Kor | 1:55.46 | 2003 |
| 1600m | Bill Graves | 4:15.8+(4:17.2y) | 1974 |
| 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 | Elizabeth Cotociu | 36-6.75 | 2013 |

RANCHO ALAMITOS

Boys

| | | | |
|---------|-----------------|------------------|------|
| 100m | Ulysses Trammel | 11.04c(10.8) | 1991 |
| 200m | Ulysses Trammel | 22.35 | 1991 |
| 400m | Phil Porter | 49.54c(49.4) | 1985 |
| 1600m | Ted Bechtel | 4:18.5+(4:20.0y) | 1969 |
| 3200m | Breggar Moore | 9:00.7+(9:03.8y) | 1975 |
| 110m H | Owehand | 14.88+(14.6y) | 1975 |
| 300m H | Gabalán | 39.43 | 2001 |
| 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 | Adriane Jaminski | 12.46 | 2010 |
| 200m | Adriane Jaminski | 25.98 | 2010 |
| 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 |
| LJ | Laura Hamann | 17-0 | 2014 |
| 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 |
| HJ | CJ McCord | 6-10.25 | 2014 |

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 | Matt Stollenwerk | 1:52.89 | 2003 |
| 1600m | Connor Dunne | 4:14.28 | 2015 |
| 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 | | 48.75 | 2012 |
| 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 | Kyle Estrada | 49.98 | 2014 |
| 800m | Chris Camarena | 1:56.64 | 2014 |
| 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 |

Girls

| | | | |
|---------|------------------|----------|------|
| 100m | Lauren Vissman | 12.57 | 2015 |
| 200m | Lauren Vissman | 25.95 | 2015 |
| 800m | Chelsea Kruthers | 2:09.29 | 2012 |
| 1600m | Chelsea Kruthers | 4:59.33 | 2012 |
| 3200m | Katherine Ott | 11:18.09 | 2011 |
| 100m H | Paige Donaldson | 15.82 | 2014 |
| 300m H | Lexi Shaw | 43.93 | 2013 |
| 400m R | | 43.35 | 2012 |
| 1600m R | | 3:58.41 | 2010 |

SANTA ANA

Boys

| | | | |
|---------|----------------|---------------------------|--------------|
| 100m | Tony Mosley | 10.82 | 1987 |
| 200m | Clancy Edwards | 21.32+(21.2y) (20.8yw) | 1973 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

| | | | |
|----|------------------|------|------|
| 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 | | |

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)'79 | |
| TJ | Alice Franklin | 38-6.5 | 1982 |
| SP | Loanna Alo | 41-7.75 | 1990 |
| Dis | Lisa Williams | 142-0 | 1983 |

SANTA MARGARITA

Boys

| | | | |
|---------|-----------------|-----------------|------|
| 100m | Tim Fitzgerald | 10.84c(10.6) | 1996 |
| 200m | Jeff Jacobs | 22.06 | 2003 |
| 400m | Jeff Jacobs | 47.97 | 2002 |
| 800m | Ryan Martin | 1:53.89 | 2007 |
| 1600m | Jason Engel | 4:14.93 | 2013 |
| 3200m | Julian DeRubera | 9:15.86 | 2006 |
| 110m H | Jimmy Martin | 14.82 | 2009 |
| 300m H | Matt Blasdel | 37.13 | 1996 |
| 400m R | | 42.13 | 1996 |
| 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 | Meghan Atkinsori | 12.30 | 1999 |
| 200m | Emily Kalmbach | 25.20 | 2002 |

| | | | |
|---------|-------------------|----------|------|
| 400m | Emily Kalmbach | 56.47 | 2002 |
| 800m | Sommer Owens | 2:14.55 | 1999 |
| 1600m | Katherine Delaney | 4:52.66 | 2008 |
| 3200m | Lori Mann | 10:45.10 | 2001 |
| 100m H | Lauren Collins | 14.30 | 2004 |
| 300m H | Amanda Shanklin | 43.68 | 1998 |
| 400m R | | 47.82 | 2015 |
| 1600m R | | 3:51.00 | 2013 |
| HJ | Lauren Collins | 5-8.5 | 2005 |
| LJ | Kaitlin Long | 16-10.25 | 2014 |
| PV | Kaitlyn Merritt | 13-9 | 2014 |
| TJ | Amanda Shanklin | 37-10.75 | 1998 |
| 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 Jsames | 25.84 | 2008 |
| 800m | Erika Lovett | 2:12.86 | 1987 |
| 1600m | Cynthia Mendez | 5:13.14 | 2004 |
| 100m H | Ashley Jsames | 15.39 | 2008 |
| 300m H | Ashley Jsames | 44.27 | 2008 |
| 400m R | | 49.59 | 1999 |
| LJ | Quinna Starr | 18-1.5 | 1999 |
| TJ | Renita Starr | 38-2.5 | 2000 |

SEGERSTROM

Boys

| | | | |
|----|----------------|-----|------|
| HJ | Winston Lawson | 6-6 | 2011 |
|----|----------------|-----|------|

Girls

| | | | |
|-------|------------------|----------|------|
| 1600m | Stephanie Ortega | 4:56.87 | 2015 |
| 3200m | Stephanie Ortega | 11:03.60 | 2014 |

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 | | 42.06 | 2003 |
| 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 | Ligaya Lange | 5:11.54 | 2001 |
| 3200m | Sarah Paddon | 10:58.55 | 2011 |
| 100m H | Jocelyn Parkinson | 15.56 | 2002 |
| 300m H | Jocelyn Parkinson | 45.15 | 2001 |
| 400m R | | 49.65 | 2002 |
| TJ | Chelsie Churchill | 37-10.75 | 2011 |
| SP | Becky Steen | 37-11 | 2003 |

TESORO

| | | | |
|-------------|----------------|---------|------|
| Boys | | | |
| 100m | Hunter Simmons | 10.71 | 2012 |
| 200m | Derek Barnes | 21.99 | 2012 |
| 400m | John Dingus | 48.79 | 2008 |
| 1600m | Scott Curran | 4:17.00 | 2014 |
| 3200m | Kyler Fisk | 9:14.95 | 2012 |
| 400m R | | 42.60 | 2014 |
| 1600m R | | 3:21.22 | 2010 |
| HJ | Mitchell Bland | 6-8 | 2014 |
| LJ | Lee Mitchell | 23-3.5 | 2014 |
| TJ | Mitchell | 49-4 | 2014 |
| PV | Julien Okey | 14-5 | 2010 |
| Dis | Scott Bolton | 163-3 | 2009 |

Girls

| | | | |
|--------|------------------|--------------------|------|
| 100m | Kaelyn Kaichi | 12.43 | 2010 |
| 200m | Kandyce Sillette | 25.33 | 2005 |
| 800m | Nicci Corbin | 2:16.66 | 2011 |
| 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 | Kirby Ruback | 17-3.25 | 2014 |
| TJ | Kirby Ruback | 37-7 | 2014 |
| SP | Becky Steen | 37-2 | 2004 |

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 | Brian Payne | 37.27 | 2004 |
| 400m R | | 42.32 | 2011 |
| 1600m R | | 3:16.34 | 2004 |
| HJ | Daniel Krikpatrick | 6-11 | 2007 |
| 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 | Susan Linn | 141-8 | 1998 |

TROY

| | | | |
|-------------|--------------|------------------|------|
| Boys | | | |
| 100m | Geoff Smith | 10.83 | 2001 |
| | Dan Gomez | (10.79w) | 2006 |
| 200m | Geoff Smith | 21.84c (21.6) | 2001 |
| | Dan Gomez | (21.83w) | 2006 |
| 400m | Conner Sill | 48.86+(49.0y) | 1979 |
| 800m | Phil Wingard | 1:54.6+(1:55.2y) | 1974 |

| | | | |
|--------|---------------|------------------|------|
| 1600m | Jon Shawel | 4:14.96 | 2007 |
| 3200m | Mike Durham | 9:00.1+(9:03.2y) | 1973 |
| 110m H | Brian Chapman | 14.78+(14.5y) | 1986 |
| 400m R | | 42.91 | 2000 |
| HJ | Daniel Gomez | 6-8 | 2006 |
| PV | Greg Stull | 16-1 | 1980 |
| LJ | Ken Williams | 22-6.5 | 1982 |
| TJ | Ken Williams | 50-3.5 | 1982 |
| | | (51-10w) | |
| SP | Paul Evenson | 55-4 | 2001 |
| Dis | Mike Richie | 177-5 | 1998 |

Girls

| | | | |
|---------|----------------|---------|------|
| 100m | Julie Steele | 12.41 | 1997 |
| 200m | Emily Kressin | 25.28 | 2009 |
| 400m | Emily Kressin | 55.63 | 2009 |
| 100m H | Jordan Davis | 15.33 | 2013 |
| 400m R | | 49.08 | 2014 |
| 1600m R | | 3:53.87 | 2009 |
| HJ | Laura Campbell | 5-10 | 1981 |
| 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 | 18-1.5 | 1980 |
| | Smith | (18-3.25w) | 1980 |
| TJ | Doneisa Anderson | 37-11 | 1987 |
| SP | Nicole Lind | 37-9 | 1985 |
| Dis | Nicole Lind | 122-1 | 1985 |

UNIVERSITY

Boys

| | | | |
|---------|---------------|------------------|------|
| 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 |
| 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 |
| 800m | Julie Seleine | 2:09.83 | 1983 |
| 1600m | Polly Plummer | 4:33.65+(4:35.24y) | '82 |
| 3200m | Teresa Barrios | 10:29.03 | 1982 |
| 300m H | Taylor Stokes | 45.91 | 1995 |
| 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 Krinik | 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 |

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 |
| 1600m | Susanna Thrasher | 5:02.10 | 1990 |
| 3200m | Jordan Stiewig | 11:02.86 | 2013 |
| 100m H | Susie Ray | 14.60 | 1979 |
| 300m H | Alana Palacio | 46.15 | 1993 |
| 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 Kirk Ayers 49.56 1985
 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
 400m R 48.70 2008
 1600m R 3:55.50 2008
 HJ Melanie Williams 5-6 1986
 LJ Lori Olsen 17-7 1985
 SP Ann Gill 41-6 1985
 Dis Ann Gill 130-10 1985

WESTMINSTER

Boys

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

Girls

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

WHITTIER CHRISTIAN

Girls

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

WOODBIDGE

Boys

100m Rich Brooks 10.88 1986
 Young 10.52w 1994
 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

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 Stephanie Marks 5-6 2001
 PV Jenny Thompson 10-6 1998
 LJ Michelle Sanford 19-7.25 2000
 Ti 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
 300m H Dylan Atencio 37.50 2015
 400m R 43.54 2014

Girls

100m Meggin Rosas 12.75 2014
 1600m Rachel Lida 5:09.02 2013
 3200m Rachel Lida 11:19.53 2015
 300m H Alexis Atchley 44.96 2012
 400m R 48.91 2015
 SP Kelly Fagan 37-0.5 2015

