

***ORANGE
COUNTY
TRACK
2016***

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

Don Chadez

Revised—2/229/2016

ORANGE COUNTY TRACK - 2016

This is the 26th 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 - 2016

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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	70-0	Bronson Osborn (Esperanza)	2016
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)	3:58.63	Los Alamitos	2015
Distance Medley (m)	11:34.65	Corona del Mar	2006
4 x 1500m	18:52.5	University	1982
4 x 1600m	20:20.38	Corona del Mar	2005
4 x Mile	20:32.33	Corona del Mar	2005
Pole Vault	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	6-10.75	Sean Lee (Trabuco Hills)	2016
Pole Vault	16-7	Michael Woepse (Mater Dei)	2010
Long Jump	23-10	Devin Harrison (Dana Hills)	2009
Triple Jump	49-1	Ken Williams (Troy)	1982
Shot Put	64-11.75	Dave Kurrasch (Newport)	1975

GIRLS COUNTY INDOOR RECORDS

50m	6.67	Carol Rodriguez (Western)	2003
55m	7.16	Alyssa Tao (Fountain Valley)	2013
300m	42.67	Hope Bender (Newport)	2015
440 yd	54.8	Arlise Emerson (Westminster)	1979
500 yd	65.4	Arlise Emerson (Westminster)	1978
600 yd	1:27.20	Cassie Durgy (Huntington Beach)	2015
600m	1:32.9	Mary Decker (Orange)	1974
880 yd	2:02.4	Mary Decker (Orange)	1974
1000 yd	2:26.7	Mary Decker (Orange)	1974
1500m	4:26.2	Paula Rose (Corona del Mar)	1976
Mile	4:40.1	Mary Decker (Orange)	1976
Two Mile	10:45.7	Carrie Garritson (Sunny Hills)	1992
50m Hurdles	7.51	Elinor Tolson (Fountain Valley)	1992
55m Hurdles	8.38	Hope Bender (Newport)	2015
4x 160 yd	1:18.4	Mission Viejo	1988
4 x 440 yd	4:07.8	Edison	1985
4x 880 yd	9:37.3	Foothill	1983
High Jump	5-10.25	Sharon Day (Costa Mesa)	2003
Pole Vault	13-4	Rachel Baxter (Canyon)	2016
Long Jump	18-6.25	Ashley Bethel (Mission Viejo)	1996
Triple Jump	39-7.75	Michelle Sanford (Woodbridge)	2003
Shot Put	45-9.75	Mackeen Howard (Fountain Valley)	2014

ALL-TIME OUTDOOR BEST MARKS LIST—BOYS

100 yards

9.3	Tony Pitts (SA Valley)	1978
9.5	Jackie White (Santa Ana)	1969
9.5	Devon Trahan (Saddleback)	1971
9.5	Kerwin Bell (Edison)	1980
9.6	Eddie Morris (Huntington Beach)	1940
9.6	Bill Swisshelm (Santa Ana)	1954
9.6	Bob Maimbourg (Garden Grove)	1960
9.6	** Stan Edmonds (Savanna)	1964
9.6	Fred Kuller (Santiago)	1964
9.6	Dick Coulter (SA Valley)	1967
9.6	Ron Pharris (Anaheim)	1967
9.6	Ron Hamley (Lowell)	1968
9.6	*Jack Struble (Kennedy)	1971
9.6	*Jim Straw (Garden Grove)	1973
9.6	Clancy Edwards (Santa Ana)	1973
9.6	Walter Steen (SA Valley)	1982
9.84	* Kerwin Bell (Edison)	1979
9.7	Bill Swift (La Habra)	1959
9.7	Pat Moore (La Habra)	1959
9.7	Bob Armstrong (Rancho Alamitos)	1961
9.7	* Ed Preston (Santa Ana)	1963
9.7	Herman Grimes (SA Valley)	1964
9.7	Randy Lynch (Anaheim)	1965
9.7	Dave Samarin (La Habra)	1965
9.7	Dave Cooke (Brea)	1966
9.7	Ed Steward (Santa Ana)	1967
9.7	Robert Ray (Santiago)	1967
9.7	Bruce Rollinson (Mater Dei)	1995
9.7	Pete Sprout (El Modena)	1969
9.7	Clyde Emery (SA Valley)	1969
9.7	Rick Gilson (Bolsa Grande)	1970
9.7	Luis Castle (Sunny Hills)	1970
9.7	* Steve Elkins (Loara)	1970
9.7	*Jim Beyers (Loara)	1970
9.7	Jim Rohrig (SA Valley)	1974
9.7	Mike Rhue (SA Valley)	1976
9.7	Rex Brown (Ocean View)	1982
9.7	Clay Kussler (Los Alamitos)	1984
9.7	Elliot Dunning (SA Valley)	1984
9.7	Paul Peters (SA Valley)	1987
9.7	Erik Mitchell (Los Alamitos)	1990
9.91	Ulysess Trammel (Rancho Alamitos)	1991
9.8	Dan Hoefler (Fullerton)	1948
9.8	Johnny Allen (Santa Ana)	1956
9.8	Ron Vande Putte (Valencia)	1959
9.8	Gary Walker (Tustin)	1959
9.8	Jim Lawrence (Buena Park)	1964
9.8	* Randy Julian (Bolsa Grande)	1965
9.8	Mike Morgan (Mater Dei)	1967
9.8	Dennis Johnson (El Modena)	1969
9.8	Keith Denson (SA Valley)	1969
9.8	Tom Teeple (Brea)	1969
9.8	Darryl Blood (Newport)	1970
9.8	Dave Johnson (Estancia)	1970
9.8	Dave Lacey (Marina)	1970
9.8	Phil Maas (Fountain Valley)	1971
9.8	Tony Krzyzosiak (Garden Grove)	1986
9.8	Carlo Tosti (Corona del Mar)	1972
9.8	James Butler (SA Valley)	1972
9.8	Warren Hansen (Garden Grove)	1973
9.8	Doug Perrall (Pacifica)	1974
9.8	Chris Saunders (Sonora)	1978
9.8	Robert Powell (SA Valley)	1978
9.8	Steve Southward (Fountain Valley)	1981
9.8	Rick Nichols (Fountain Valley)	1982
9.8	Rod Harmon (Santa Ana)	1982
9.8	Richard Calvin (SA Valley)	1982
9.8	Teddy Baker (Saddleback)	1985
9.8	Chip Rish (Marina)	1985
9.8	Ellis Bradford (SA Valley)	1986

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

Wind-aided:

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

100 meters

10.36	Curtis Godin (Mater Dei)	2014
10.45	Matt Bruno (Trabuco Hills)	2002
10.50	Justin Woods (Los Alamitos)	2005
10.51	Herbert Gamboa (San Clemente)	2012
10.54	* Kyle Middlebrooks (Fountain Valley)	2009
10.56	Tim Martin (San Clemente)	1991
10.56	** Bryan Harrison (Dana Hills)	1995
10.57	Elliot Dunning (SA Valley)	1984
10.58	Quinton Bell (Costa Mesa)	2014
10.60	Walter Steen SA Valley)	1982
10.61	Brian Woods (Los Alamitos)	2003
10.62	Matt Slater (Servite)	2003
10.64c	Eddie Morris (Huntington Beach)	10.4 1940
10.65	Chukwuekezue Nwachie (Loara)	2012
10.66	Tony Pitts (SA Valley)	1978
10.66	* Garland West (Cypress)	2004
10.67	Kevin Griswold Garden Grove)	1996
10.67	Damani Wilson (Orange Lutheran)	2010
10.67	Austin Hazel (Mater Dei)	2012
10.67	Mike McNair (Mater Dei)	1998
10.68	Andy White (Mission Viejo)	2007
10.70	Kerwin Bell (Edison)	1980
10.70	Erik Mitchell (Los Alamitos)	1990
10.70	Gary Young (Woodbridge)	1994
10.70	* Claude Melvin (Brea)	1999
10.71	Rex Brown (Ocean View)	1982
10.71	*Trent Langham (Pacifica)	2011
10.71	Hunter Simmons (Tesoro)	2012
10.71	*Spencer Danner (San Juan Hills)	2013
10.72	Kevin Alexander (Valencia)	1992
10.72	Josh Brown (El Modena)	2007
10.72	**Alex Suchesk (Santa Margarita)	2012
10.73	* Joey Branker (Mission Viejo)	2009
10.73	Scott Patton (Woodbridge)	2015
10.74	Donovan Stephens (Mission Viejo)	1986
10.74c	* Jarrett Murrell (Saddleback)	10.5 1991
10.74c	Charles Crook (Katella)	10.5 1997
10.74c	Anthony Privitelli (Villa Park)	10.5 2008
10.74	Anton Jamir (Cypress)	2003
10.76	* Darryl Poston (Edison)	2000
10.76	Kellen Foley (Dana Hills)	2008
10.76	Chris Nicholls (Servite)	2010
10.76	**Hunter Simmons (Tesoro)	2011
10.77	* Teddy Baker (Saddleback)	1984
10.77	*Matt Slater (Servite)	2002
10.77	Devin Harrison (Dana Hills)	2011
10.78	* Chip Rish (Marina)	1984
10.79	* Terry Johnson (Katella)	1985
10.80	Dajuan Pannell (Western)	2000
10.80	Arron Harris (Western)	2008
10.81	* Chucky Linman (Edison)	2001
10.81	* Deshaun Foster (Tustin)	1997
10.81	Shane Henry (Esperanza)	2006
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 (Mission 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 Glead (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

11.04c	Nokoff (Dana Hills)	10.8	2005	10.90	Drake Alvarez-Cates (Edison)	2012
11.04	Will Taylor (Mission Viejo)		2006	10.90	*Weston Ellis (Pacifica)	2014
11.04	Brian Lockridge (Mission Viejo)		2007	10.91	Carlo Valdes (Mater Dei)	2008
11.04	* Matthew Nichols (Mater Dei)		2009	10.92	J.J Cisneros (Los Alamitos)	1988
11.04	Ronnie Hillman (La Habra)		2009	10.92	Turill Engleman (Marina)	2002
11.04	Ryan Lynn (San Clemente)		2012	10.92	**Ryan Maxwell (Santa Margarita)	2005
11.04	**John Galloway (Aliso Niguel)		2015	10.93	George Petsas (Esperanza)	2013
11.04	Sean Damiano (Aliso Niguel)		2015	10.93	Nolan Thompson (Huntington Beach)	2015
11.04	Jeremiah Harris (Orange Lutheran)		2015	10.94c	Chris Sperle (Fountain Valley)	10.7w 1984
				10.94c	Mark Mahone (Marina)	10.7w 1992
				10.94c	* Nate Gilkes (Troy)	10.7w 2002
				10.94	* Dahrin Footman (Esperanza)	1994
				10.94	Michael Denton (Western)	2009
				10.95	Bryan Dawson (Cypress)	1991
				10.95	Tyler Rios (La Alamitos)	2014
				10.96	* Andrew Connell (Mission Viejo)	2008
				10.96	Kevin Schaefer (Sage Hill)	2010
				10.97	Matthew Nichols (Mater Dei)	2010
				10.97	*Corbin Anderson (Mater Dei)	2010
				10.97	Ricardo Molina (Los Alamitos)	2013
				10.98	Sam Apraku (Savanna)	2006
				10.98	Cory Thomson (Santa Margarita)	2011
				10.98	* Vince Hernandez (Santa Margarita)	2013
				10.98	Dante Pettis (JSerra)	2014
				10.98	*John Galloway (Aliso Niguel)	2015
				10.99	* Ed Presbury (Loara)	1991
				10.99	* Jeff Williams (Century)	1993
Wind-aided:						
10.29	Curtis Godin (Mater Dei)		2014			
10.33	Matt Bruno (Trabuco Hills)		2002			
10.40	* Claude Melvin (Brea)		1999			
10.42	** Bryan Harrison (Dana Hills)		1995			
10.46	Tim Martin (San Clemente)		1991			
10.48	Justin Woods (Los Alamitos)		2005			
10.48	* Kyle Middlebrooks (Fountain Valley)		2009			
10.51	Quinton Bell (Costa Mesa)		2014			
10.52	Gary Young (Woodbridge)		1994			
10.55	Mike McNair (Mater Dei)		1998			
10.55	Brian Woods (Los Alamitos)		2003			
10.58	Charles Crook (Katella)		1997			
10.59	Garland West (Cypress)		2005			
10.60	Demarion Horton (Western)		2008			
10.61	Josh Brown (El Modena)		2007			
10.61	Andy White (Mission Viejo)		2007			
10.63	* Rex Brown (Ocean View)		1981			
10.63	Kevin Griswold (Garden Grove)		1996			
10.64	Teddy Baker (Saddleback)		1985			
10.64c	Chip Rich (Marina)	10.4w	1985			
10.65	Anton Jamir (Cypress)		2003			
10.65	Scott Patton (Woodbridge)		2015			
10.66	* Chucky Linman (Edison)		2001			
10.66	* Chris Nichols (Servite)		2009			
10.66	Amir Webb (Tustin)		2009			
10.66	* Spencer Danner (San Juan Hills)		2013			
10.67	*Trent Langham (Pacifica)		2011			
10.68	* Joey Branker (Mission Viejo)		2009			
10.72	Darryl Poston (Edison)		2001			
10.72	Shane Henry (Esperanza)		2006			
10.72	Mikail Lowery (Bolsa Grande)		2010			
10.73	Dane Endly (Laguna Hills)		2003			
10.73	Chris Nicholls (Servite)		2010			
10.74c	Ricky Ellis (Mater Dei)	10.5w	1991			
10.74c	Jason Boyce (Corona del Mar)	10.5w	1994			
10.74c	Kai Lewis (San Clemente)	10.5	1999			
10.75	DeShaun Foster (Tustin)		1998			
10.75	** lb Al-arnous (Canyon)		2008			
10.76	* Denny Casupanan (Tustin)		2001			
10.76	Kamron Shahbahrami (Irvine)		2011			
10.77	Austin Simkins (Huntington Beach)		2012			
10.77	**Isaiah Diego Williams (JSerra)		2014			
10.78	Jonathan Hill (Cypress)		2014			
10.78	Logan Obbards (Mission Viejo)		2014			
10.79	* Jonathan Woods (El Toro)		2002			
10.79	Dan Gomez (Troy)		2006			
10.79	Michael Hamill (Beckman)		2014			
10.79	Jeremiah Harris (Orange Lutheran)		2015			
10.80	Matt Brooks (Santa Margarita)		1998			
10.80	Scott Langford (Santa Margarita)		2001			
10.80	*** Alexander Young (Woodbridge)		2013			
10.81	Bernard Hardeman (Santa Ana)		1993			
10.81	* Adolph Keyes (Loa Alamitos)		1998			
10.81	*Zach Chandy (Sage Hill)		2005			
10.82	Drew Endly (Laguna Hills)		2008			
10.82	Kendall Holmes (Los Alamitos)		2012			
10.83	Darrell Fuey (JSerra)		2012			
10.84c	Tony Thompson (Huntington B)	10.6w	1984			
10.84c	Shaun Massey (Marina)	10.6w	1985			
10.84	* Anton Jamir (Cypress)		2002			
10.84	Luke McCarthy (Sonora)		2011			
10.85	Dahrin Footman (Esperanza)		1995			
10.87	Alexander Donigian (Trabuco Hills)		2011			
10.87	Toby Closure (Fullerton)		2011			
10.88	* Joseph Velazquez (El Modena)		2013			
10.89	* Chad Dunn (Los Alamitos)		2003			
10.89	Austin Tinsley (Santa Margarita)		2014			
				200 meters		
				20.82	Matt Bruno (Trabuco Hills)	2002
				20.85	Curtis Godin (Mater Dei)	2014
				21.01	Chip Rish (Marina)	1985
				21.04	*Jalen Craver (Woodbridge)	2010
				21.10	** Bryan Harrison (Dana Hills)	1995
				21.19	Zach Chandy (Sage Hill)	2006
				21.21	Kevin Griswold (Garden Grove)	1996
				21.25	Ameer Webb (Tustin)	2009
				21.26	Mario Bassani (Irvine)	2001
				21.28	Mike McNair (Mater Dei)	1997
				21.28	Wes Williams (Esperanza)	2005
				21.28	Justin Woods (Los Alamitos)	2005
				21.29	Charles Crook (Katella)	1997
				21.32+	Clancy Edwards (Santa Ana)	21.2y 1973
				21.33	Elliot Dunning (SA Valley)	1984
				21.34	Erik Mitchell (Los Alamitos)	1990
				21.34	Quinton Bell (Costa Mesa)	2014
				21.34	*Gabe Warner (Woodbridge)	2014
				21.39	Rex Brown (Ocean View)	1982
				21.39	Gary Young (Woodbridge)	1994
				21.39	Matt Slater (Servite)	2003
				21.39	Brian Woods (Los Alamitos)	2003
				21.40	* Claude Melvin (Brea)	1999
				21.40	Darryl Poston (Edison)	2001
				21.41	Dante Pettis (JSerra)	2014
				21.42+	Ron Pharris (Anaheim)	21.3y 1967
				21.42	Kevin Alexander (Valencia)	1992
				21.44	* Spencer Danner (San Juan Hills)	2013
				21.46	Teddy Baker (Saddleback)	1985
				21.46	Dane Endly (Laguna Hills)	2003
				21.48	Paul Peters (SA Valley)	1987
				21.50	Tim Martin (San Clemente)	1991
				21.52+	Jackie White (Santa Ana)	21.4y 1970
				21.54	* Kyle Middlebrooks (Fountain Valley)	2009
				21.54	Devin Harrison (Dana Hills)	2011
				21.56	* Joey Branker (Mission Viejo)	2009
				21.57	Malik Felton (Servite)	2011
				21.60	William Stovall (Woodbridge)	1997
				21.60	Herbert Gamboa (San Clemente)	2012
				21.61	Marcus North (Mission Viejo)	2006
				21.61	Matt Hurst (Corona del Mar)	2014
				21.62+	Devon Trahan (Saddleback)	21.5y 1971
				21.62+	Jim Rohrig (SA Valley)	21.5y 1974
				21.62+	*Mike Kruthers (San Clemente)	21.75y 1977
				21.62	Austin Hazel (Mater Dei)	2012
				21.64c	Jeff Gleed (Dana Hills)	21.4 1981
				21.64	Damani Wilson (Orange Lutheran)	2010
				21.67	* Terry Johnson (Katella)	1985

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

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

Wind-aided:

20.6w	Eddie Morris (Huntington Beach)		1940
20.6w	Randy Julian (Bolsa Grande)		1966
20.6w	Jackie White (Santa Ana)		1970
20.7w	* Steve Elkins (Loara)		1970
20.8w	* Eddie Preston (Santa Ana)		1963
20.8w	Rich Coulter (SA Valley)		1967

400 meters

45.84c	Chip Rish (Marina)	45.7	1985
46.57+	Tony Krzyzosiak (Garden Grove)	46.7y	1971
46.92	*Jalen Craver (Woodbridge)		2010
47.01	Mario Bassani (Irvine)		2001
47.04c	Brian Theriot (Newport)	46.9	1975
47.07+	* Robert Harrell (Santa Ana)	47.2y	1971
47.09	Eric Schermerhorn (Woodbridge)		1984
47.27+	* Randy Julian (Bolsa Grande)	47.4y	1965
47.29	* Zach Chandy (Sage Hill)		2005
47.30	Gabe Warner (Woodbridge)		2015
47.34	Paul Peters (SA Valley)		1987
47.59	Jeff Roach (Laguna Hills)		1984

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)	49.63	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 Tiveron (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				
49.34c	Noel Trout (Irvine)	49.2	1985				
49.34c	Paul Harvey (Dana Hills)	49.2	1985				
49.34	Mitchell Ramirez (Buena Park)		2009				
49.34	Trevor Oblouk (El Toro)		2014				
49.35	Scott Thompson (Trabuco Hills)		1999				
49.35	*Alex Moreno (?)		2005				
49.36+	Larry Kirchman (Anaheim)	49.5y	1952				
49.36+	Bruce Bess (La Habra)	49.5y	1962				
49.36+	Tom Julian (Bolsa Grande)	49.5y	1966				
49.36+	* Kevin Cochran (Orange)	49.5y	1964				
49.36+	Tom Kovacich (Buena Park)	49.5y	1972				
49.36+	Barry Hyde (Villa Park)	49.5y	1974				
49.36+	Jack Hagan (Corona del Mar)	49.5y	1975				
49.36+	Marty Johnson (SA Valley)	49.5y	1976				
49.36+	* Scott Turner (Buena Park)	49.5y	1976				
49.36+	* Don Stodola (Esperanza)	49.5y	1976				

800 meters			
1:48.20	Sean Krink (Valencia)		2010
1:48.6 +	Dennis Carr (Lowell)	1:49.2y	1963
1:48.8 +	Jim Walters (Estancia)	1:49.4y	1977
1:49.21	Eric Schermerhorn (Woodbridge)		1984
1:49.4 +	Dave Kingsland (El Modena)	1:50.0y	1977
1:50.6 +	Paul Williams (Huntington Beach)	1:51.2y	1968
1:50.8 +	Robert Harrell (Santa Ana)	1:51.4y	1972
1:50.8 +	Tom Kovacich (Buena Park)	1:51.4y	1972
1:51.02	*Michael Haddan (Woodbridge)		2002
1:51.29	Brandon Pacheco (Brethren Christian)		1995
1:51.29	Jantzen Oshier (Trabuco Hills)		2011
1:51.34	Eric Behring (La Habra)		1981
1:51.4 +	Jan Underwood (Buena Park)	1:52.0y	1960
1:51.42	Andy Sims (Dana Hills)		1984
1:51.49	*Thomas Heib (Los Alamitos)		2015
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	DraganSimic (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

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

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
4:16.4+	Brian Appell (Fountain Valley)	4:17.8y	1978
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
4:17.2+	* Bob Erickson (Fountain Valley)	4:18.6y	1981
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
4:17.46	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)	4:18.9v	1979
4:17.5+	Sam Francis (Tustin)	4:18.9y	1965
4:17.5+	Mark Wynne (Fullerton)	4:18.9y	1963
4:17.5+	Mike Messenger (Corona del Mar)	4:18.9y	1974
4:17.6+	Allan Sanford (Tustin)	4:19.0y	1965
4:17.6+	Bob Gallagher (Loara)	4:19.0y	1975
4:17.63	Cody Nguyen (Brea)		2012
4:17.63	Austin Shellito (Brea)		2015

4:17.72	*Brandon Price (St. Margaret's)		2012
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+	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	9:08.7	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 Kopczynski (Tesoro)		2007
9:20.18	Paul Brennenman (St Margaret's)		2012
9:20.20	**Tony Trueba (Huntington Beach)		1995
9:20.4+	Kent Norton (Orange)	9:23.6y	1973
9:20.48	Matt Cipolla (El Toro)		2003
9:20.60	*Connor Kaddatz (Dana hills)		2010
9:20.7+	Jack Martinez (Rancho Alamitos)	9:23.9y	1974
9:20.74	Conor Stanton (Servite)		2010
9:20.8+	Dave Howard (Dana Hills)	9:24.0y	1980
9:20.89	Austin Goins (Canyon)		2013
9:20.98	Mike Parker (Tustin)		1982
9:21.18	Scott Brandos (Edison)		2001
9:21.2+	Paul O'Neil (El Dorado)	9:24.4y	1975
9:21.38	Juan Robles (Valencia)		2003
9:21.44	*Elliot Myers (Esperanza)		2010
9:21.57	Brnadon Ferguson (Woodbridge)		2012
9:21.63	Talal Khan (Valencia)		2008
9:21.64	Dimaggio Orozco (Brea)		2014
9:21.7+	Joe Smithson (Bolsa Grande)	9:24.9y	1971
9:21.73	Humberto Rojas (Estancia)		2003
9:21.80	Ulysses Orozco (El Toro)		2014
9:21.99	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
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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 (Woodbrriage)	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

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 (Santa 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

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

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

45-3 Silaphet Singbandith (Magnolia) 1992
 45-2.75 Adam Shapiro (Capo Valley) 1982
 45-2.75 Will Foster (Edison) 1987
 45-2.5 Jeff Robins (Saddleback) 1977
 45-2.5 Gatlin (?) 1985
 45-2 Robbie Glover (Orange) 1987
 45-2 J.J. Cisneros (Los Alamitos) 1988
 45-2 Scott Capulong (Woodbridge) 1989
 45-2 Tony Muniz (Woodbridge) 1994
 45-2 Javon Givens (Cypress) 2004
 45-1.75 Doug Nordquist (Sonora) 1977
 45-1.75 Dave McDonald (Dana Hills) 1982
 45-1.75 Carl Satterfield (Huntington Beach) 1983
 45-1.5 Tim Hickey (El Dorado) 1979
 45-1.5 Chris Boras (Dana Hills) 1986
 45-1.5 Jason Nunez (Villa Park) 1987
 45-1.25 Joe Cheng (Woodbridge) 1983
 45-1 Larry Williams (SA Valley) 1983
 45-1 Toney Jerkins (Capo Valley) 1989
 45-0.75 Mark Palmer (Corona del Mar) 1984
 45-0.5 Ron Hodgkinson (Loara) 1982
 45-0.5 Emilio Sartori (Villa Park) 2005
 45-0.5 * Sean Larson (Edison) 2009
 45-0.25 Kevin Reiter (El Dorado) 1977
 45-0.25 Stephen Jen (University) 1984
 45-0.25 Mike Alvidrez (El Modena) 1996
 45-0.25 Matt Brumen (Marina) 2004
 45-0 Joe Lawrence (Fountain Valley) 2000

Wind-aided:

51-10 Ken Williams (Troy) 1982
 49-10 * Myles Hawkins (Orange Lutheran) 2013
 49-8.5 * Reggie Curry (Tustin) 1994
 48-9.5 Clarence Moore (Cypress) 2000
 48-2.75 Vince Church (Kennedy) 1991
 47-10 Donald Hawthorne (Also Niguel) 2002
 47-9 Bernie Chapman (Capo Valley) 1991
 47-5 Blair Robinson (Kennedy) 2015
 47-3 Stephen Jen (University) 1984
 47-2.25 Drew Huusfeldt (Esperanza) 2010
 47-0 Raphael McFarlane (Mission Viejo) 2003
 46-11 Chris Gonzalez (Garden Grove) 2015
 46-9 Todd Fenton (Cypress) 1985
 46-8.5 **Myles Hawkins (Orange Lutheran) 2012
 46-8.5 Ryan Finnie (Mater Dei) 2013
 46-7.25 * Blaine Bolus (Corona del Mar) 2008
 46-6 Estrata (Villa Park) 1985
 46-5 Justin Hovey (Capo Valley) 1994
 46-3.5 Steve Feeney (Santa Margarita) 1991
 46-2.5 * Matt Dispenza (Marina) 2013
 46-1.25 * Scott Capulong (Woodbridge) 1988
 45-11.25 Aziz Spellman (Misison Viejo) 2007
 45-10.75 Ryan Collier (Northwood) 2011
 45-10 Tommy Plusayarang (Saddleback) 1984
 45-10 * Mitchell Bland (Tesoro) 2013
 45-7.75 Dwayne Gregory (Mission Viejo) 1984
 45-7.5 Donovan Toban (Cypress) 2008
 45-6 Danny Samarin (Edison) 2008
 45-5 Jamie Nelson (Villa Park) 1986

Shot Put

70-0 *Bronson Osborn (Esperanza) 2016
 69-6.5 Brian Blutreich (Capo Valley) 1985
 69-3.75 Jim Neidhart (Newport) 1973
 68-5 Dave Kurrasch (Newport) 1975
 67-9 Terry Albritton (Newport) 1972
 67-2.25 Mark Stevens (Newport) 1971
 67-2 Dave Murphy (Sunny Hills) 1966
 66-8 Mark Parlin (Esperanza) 1991
 65-1 Nick Robinson (El Toro) 2006
 64-11.75 Jim Doehring (San Clemente) 1980
 64-7.5 Greg Aitkenhead (Mission Viejo) 1984
 64-6.5 Ethan Cochran (Newport) 2012
 64-5.5 John Brenner (Fullerton) 1979
 64-0.5 Kaleaph Carter (Edison) 1988

63-11.25 Bo Taylor (Newport) 2006
 63-6.5 Craig Polley (Sunny Hills) 1977
 63-5 Jake Fraser (El Toro) 2011
 63-0.5 Nick Coghill (Valencia) 2015
 62-6.75 * Kelsey Benoit (San Clemente) 2013
 62-6.25 Chad Smith (University) 2004
 62-5 Marty Taylor (Newport) 2013
 62-4.5 William Truong (Esperanza) 2014
 61-11.5 Kent Pagel (Fullerton) 1970
 61-10.5 Scott Moser (Huntington Beach) 1997
 70-0 *Bronson Osborn (Esperanza) 2016
 61-8.25 Rich Torbert (Lowell) 1974
 61-7 Tony Mancuso (Newport) 1992
 61-6 Wade Tift (Newport) 1994
 61-3.75 Vince Brown (Mater Dei) 1978
 61-1 Gabe Long (Esperanza) 2003
 61-0 Brian Ruziecki (Huntington Beach) 2002
 61-0 Blake Poole (Esperanza) 2008
 60-11.75 Aaron Dan (Esperanza) 2005
 60-11 Ken Mills (University) 1979
 60-11 Pat Kyle (Buena Park) 1982
 60-11 Chad Peare (Trabuco Hills) 1993
 60-11 Connor Einck (Servite) 2012
 60-10.75 Dave Johnson (Brea) 1976
 60-9.5 *Malik McMorris (Mater Dei) 2014
 60-8.5 Sam Lightbody (Huntington Beach) 1999
 60-6.5 Mason Miller (Esperanza) 2011
 60-6.25 Roy Thurman (Western) 1963
 60-6.25 Caleb McCurry (Northwood) 2009
 60-4.75 Bob Jensen (Magnolia) 1966
 60-4.5 Steve DeForrest (Katella) 1977
 60-3 Tambi Wenj (Fountain Valley) 1984
 60-3 Justin Birell (Esperanza) 1997
 60-1.25 Ryan Andrews (Newport) 2011
 59-9.75 Larry Saugstead (SA Valley) 1969
 59-9.25 Jim Heath (Anaheim) 1969
 59-9 Steve Lehmer (Loara) 1966
 59-8.75 *Brad Bolton (El Toro) 2011
 59-6.5 Brian Dyke (Bolsa Grande) 1973
 59-6.25 Maltipo Fuentes (Servite) 1977
 59-5.5 Ziad Khozam (El Modena) 1985
 59-5.5 Jeff Baca (Mission Viejo) 2008
 59-4 Dale Gordon (El Modena) 1969
 59-4 Alex Butler (El Modena) 2005
 59-1.75 Rory Mount (Dana Hills) 2009
 59-1 Tony Ciarelli (Huntington Beach) 1972
 58-11.75 Sullivan Parker (El Toro) 2011
 58-11.5 Kevin Jefferies (Newport) 1981
 58-10 Mike Johnson (Bolsa Grande) 1966
 58-10 Rich Blanchard (Edison) 1987
 58-9.5 Ed Labate (Villa Park) 1973
 58-9.5 Dave Torbert (Lowell) 1969
 58-8.5 Ken DeShano (Canyon) 1979
 58-8 Mike Watson (SA Valley) 1976
 58-7.5 Kevin Keeders (Anaheim) 1969
 58-6.75 Kirk Wassell (Western) 1964
 58-6 Jon O'Neil (Santa Margarita) 1997
 58-5.75 David Sampson (Cypress) 2003
 58-5.5 Joe Walshe (Foothill) 1984
 58-5 Jamil Douglas (Cypress) 2010
 58-4.5 John Harper (San Clemente) 1977
 58-4 Rocky Fenton (San Clemente) 2014
 58-3.5 Chris Dressel (El Dorado) 1979
 58-3.25 Mark Kinney (Esperanza) 1990
 58-3.25 Michael Sota (Valencia) 2014
 58-3 Steve Michaelsen (Newport) 2012
 58-1.5 Geof Harrowby (Laguna Beach) 1968
 58-1.25 Bill Flores (Kennedy) 1983
 58-1 Stephen Gonzales (Newport) 1994
 58-0 Steve Ledbetter (Brea) 1962
 57-11.5 Jerry Streny (Lowell) 1975
 57-11 John Logsdon (Rancho Alamitos) 1975
 57-11 Mitch Johnson (Pacifica) 1984
 57-11 Cecil Whiteside (Newport) 2009
 57-10.5 Mike Stone (Lowell) 1966

57-10.25 Jerry Shipkey (Anaheim) 1943
57-9.5 Sean Fenton (Corona del Mar) 2000
57-9.5 Edgar Oregel (SA Valle) 2003
57-8.25 Grant Heffernan (University) 2007
57-7.5 Travis Jones (Esperanza) 2001
57-7 Jim Ulam (Kennedy) 1968
57-6.75 Pat Murray (Lowell) 1969
57-6 Terry Guy (Fullerton) 1957
57-4.75 Joe Tosti (Corona del Mar) 1973
57-4.5 Keith Van Horne (Fullerton) 1976
57-4.5 Jerry French (SA Valle) 1967
57-4.5 Will Fortier (Newport) 2014
57-3.25 Mike Seibl (Magnolia) 1971
57-3.25 Skip Franklin (Newport) 1974
57-3 *Gabe Perez (Valencia) 2012
57-2 Mike Mathews (Mission Viejo) 2014
57-1.5 Rich Brown (Mission Viejo) 1987
57-1.25 Don Brandes (Canyon) 1977
57-1.25 Beau Ralphs (Newport) 1993
57-0.25 Jeff Klein (Rancho Alamitos) 1973
57-0 Brent Reiderich (Edison) 1985
57-0 Paul Castenada (SA Valle) 2004
56-11 Jerry Langenfeld (Rancho Alamitos) 1972
56-11 Chuck Underwood (Esperanza) 1989
56-10 Dick Mann (Savanna) 1971
56-10 Rick Tarvin (Marina) 1975
56-10 Vic Rakhshani (Edison) 1976
56-9.5 Rick Obema (Buena Park) 1974
56-9 Dan Noll (El Toro) 1996
56-8.75 Donnie Alaman (SA Valle) 1974
56-8.5 Kevin Einck (Servite) 1980
56-8.25 Chris Conrad (Brea) 1993
56-8 Dick Lindsay (Tustin) 1962
56-8 Kurt Clemens (Huntington Beach) 1969
56-8 Jeff Bodholdt (Irvine) 1994
56-7.75 J Tesimale (SA Valle) 1975
56-7 Jake Taylor (Newport) 2010
56-6.25 Mike Johnson (Bolsa Grande) 1965
56-5.5 Watson (SA Valle) 1975
56-5.5 Brian Stack (El Dorado) 1976
56-5 Dennis Shields (Tustin) 1965
56-5 Gus Coppens (Sunny Hills) 1973
56-5 *Matt Gray (Esperanza) 2003
56-4.75 John Covington (Sunny Hills) 1972
56-4.5 Curt Eilenberg (Costa Mesa) 1975
56-4.25 JB Salem (Newport) 2011
56-3.75 Doug Torbert (Lowell) 1969
56-3.75 Ed Thompson (Villa Park) 1970
56-3.75 Kevin McLain (Loara) 1971
56-3.25 * Brodie Reiderich (Edison) 1996
56-3 Matt Jordan (Dana Hills) 1990
56-3 Travis McCullough (Esperanza) 1993
56-2.75 Greg Blixt (SA Valle) 1982
56-2.5 Clarence Jackson (Saddleback) 1975
56-1.75 Robert Hulliger (Costa Mesa) 2000
56-0.75 John Jaragoski (Buena Park) 1965
56-0.75 P Cavanaugh (La Habra) 1969
56-0.75 Jerry Gillespie (Westminster) 1989
56-0 Jeff Brown (Corona del Mar) 1984
55-11.75 Dave Lawson (Corona del Mar) 1983
55-11.75 Kevin Fairman (Edison) 1987
55-11.5 T.J. Brown (Mission Viejo) 1993
55-11 Don Jones (Westminster) 1966
55-11 Matt Rudesill (Costa Mesa) 1998
55-10.5 John Ruitt (Fullerton) 1935
55-10.5 Don Kolstad (Santiago) 1970
55-10.5 Mark Davenport (El Dorado) 1972
55-10.5 Greg Thurston (Edison) 1989
55-10 Richard Keyser (Foothill) 1971
55-10 Patrick Geers (Capo Valley) 2012
55-9.75 Pat McRae (Pacifica) 1977
55-9.5 * Mike Burns (Esperanza) 1990

55-9.5 * Keneti Faagata (Trabuco Hills) 2004
55-9.5 Stephan Gabbard (Huntington Beach) 2007
55-9 Mike Evans (Orange) 1970
55-9 Trevor Theriot (Newport) 2005
55-8.5 Dwayne Peck (Marina) 2004
55-7.5 Steve Timmermann (Edison) 1972
55-7.5 Dave Lawson (Corona del Mar) 1983
55-7.5 Scott Bolton (Rancho Alamitos) 1981
55-7 Chris Sweeney (Capo Valley) 1980
55-7 *Javier Venegas (Newport) 2012
55-6.5 Joe Moretti (Magnolia) 1972
55-6 Rocky Liapis (Fullerton) 1975
55-6 Joshua Scherer (Trabuco Hills) 2010
55-5.5 Brad McPherson (Orange) 1973
55-5.5 Garrett Sweetser (Esperanza) 2014
55-5 Randy Vandivier (Anaheim) 1977
55-5 Ken Felix (Capo Valley) 1985
55-5 Trevor Lawrence (Newport) 2011
55-4.75 Steve Meier (Santa Ana) 1965
55-4.5 *Joe Walsche (Foothill) 1983
55-4 Sam Rossi (El Dorado) 1970
55-4 Paul Everson (Troy) 2001
55-4 Earnie Sagiao (Edison) 2008
55-3.5 Asi Faoa (Magnolia) 1999
55-3.5 Ryan Powdrell (Mission Viejo) 2002
55-3.25 Lawson Mollica (Edison) 1990

Shot Put (16 lb.)

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

Discus

213-11 Scott Moser (Huntington Beach) 1997
213-7 Bo Taylor (Newport) 2006
210-8 Brian Blutreich (Capo Valley) 1985
209-8 Ethan Cochran (Newport) 2012
203-5 Travis Pendleton (Esperanza) 2000
200-9 Matt Gray (Esperanza) 2004
197-0 Nick Robinson (El Toro) 2006
195-11 Sam Lightbody (Huntington Beach) 1999
194-8 Malik McMorris (Mater Dei) 2015
194-2 Mark Parlin (Esperanza) 1991
193-9 Aaron Dan (Esperanza) 2005
193-6 Blake Ayles (Orange Lutheran) 2008
192-1 Andy Marrone (Dana Hills) 1990
191-6 Brian Ruziecki (Huntington Beach) 2002
191-11 Chad Peare (Trabuco Hills) 1993
190-8 Tambi Wanj (Fountain Valley) 1984
190-4 Marty Taylor (Newport) 2013
190-01 Nick Coghill (Valencia) 2015
190-0 Will Parsons (La Habra) 2011
189-10 Mike Bain (Corona del Mar) 1987
188-7 Quaid Vuncannon (San Clemente) 2012
187-9 Cecil Whiteside (Newport) 2009
187-2 Scott Hudson (Mission Viejo) 1980
186-8 Dan Westerfield (Capo Valley) 1981
186-2 Kaleaph Carter (Edison) 1988
185-10 Sepehr Sharifi (University) 1995
185-11 Kevin Jefferies (Newport) 1981
185-2 Greg Aitkenhead (Mission Viejo) 1984
185-9 Jake Fraser (El Toro) 2011
185-1 Steve Michaelsen (Newport) 2012
185-1 Kelsey Benoit (San Clemente) 2014
184-10 Rocky Fenton (San Clemente) 2014
184-5 **Bronson Osborn (Esperanza) 2015
184-2 Kevin Corbett (El Dorado) 1976

183-0	Eki Faagai (Huntington Beach)	2004	170-5	McMullen (Calvary Chapel)	1996
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 Moussabek (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 Haggi 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	Reyn 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

165-7	Steve Brown (Valencia)	1973
165-7	Bill Ashmore (Katella)	1987
165-6	* Shane Reese (Newport)	1996
165-4	Derek Davis (Woodbridge)	2003
165-3	Erik Bansberg (El Toro)	2000
165-2	Kevin McLain (Loara)	1971
164-11	Cody Maresh (Orange)	1971
164-11	Nathan Neemia (Katella)	1999
164-9	Talaesca (Santiago)	1973
164-9	Eric Van Skike (Foothill)	1978
164-8	** Kyle Grosky (Esperanza)	2006
164-6	Bob Raya (El Modena)	1978
164-6	Chuck Underwood (Esperanza)	1989
164-5	*Ryan Belanger (Esperanza)	2010
164-5	Trevor Lawrence (Newport)	2011
164-4	Pat McRae (Pacifica)	1977
164-4	David Keller (Ocean View)	1989
164-4	Kostas Hatzidakis (Esperanza)	1996
164-4	Jefferson Santos (Woodbridge)	2006
164-4	Mark Russell (Sonora)	2011
164-3	Ed Clarke (Newport)	1998
164-3	C. O'Brian (Dana Hills)	1998
164-2	Gabe Paldi (El Modena)	1978
164-2	Lucas Dunbar (Marina)	1998
164-0	Ed LeVasseur (Saddleback)	1978
163-11	Brad Bolton (El Toro)	2011
163-9	Jeff Brown (El Dorado)	1974
163-9	Stephen Mantei (Newport)	2015
163-8	Kirk Wassell (Western)	1964
163-7	** Favio Lochananonda (Woodbridge)	2000
163-5	Tony Mancuso (Newport)	1992
163-4	Tony Buonacorsi (Trabuco Hills)	1998
163-3	Carlo Bell (Valencia)	1982
163-3	McDuffie (El Modena)	1985
163-3	Raphael Molle (Irvine)	1989
163-3	Scott Bolton (Tesoro)	2009
163-3	Scott DeCou (Woodbridge)	2011
163-2	Hadley James (Santiago)	1966
163-0	Bob Wilson (Edison)	1977
163-0	Greg Thurston (Edison)	1989
163-0	* Chad Seymour (Tesoro)	2008
162-10	Bill Ashmore (Katella)	1986
162-10	*Jordan Anmann (Esperanza)	2015
162-10	Joey Hawley (Esperanza)	2006
162-9	Joshua Schnitzer (Los Alamitos)	2009
162-9	*Cole smith (Newport)	2015
162-8	Ed Cook (Katella)	1979
162-8	* Tony Buogiacolsi (Trabuco Hills)	1997
162-8	Luis Guzman (Katella)	2006
162-7	Eric Shank (Irvine)	1986
162-6	Gavin Fallen (Foothill)	2010
162-4	Dave Fouche (Magnolia)	1974
162-4	Abe Mendoza (Mission Viejo)	1996
162-4	Matt Plowman (Esperanza)	2000
162-2	Jim Sanders (Westminster)	1976
162-2	Qualic Vargas (Costa Mesa)	2004
162-2	Brandon Kula (Newport)	2009
162-1	Brad Griffiths (Saddleback)	1977
162-1	A. Perez (Valencia)	2000
162-0	Mike Pedro (Irvine)	1991
161-11	*Troy McWhinney (Huntington Beach)	1991
161-11	Travis McCullough (Esperanza)	1993
161-10	Chris Johnson (El Modena)	1989
161-9	Steve Horvath (Villa Park)	1980
161-9	*Zach Tombol (Servite)	2012
161-8	Don Brandes (Canyon)	1977
161-8	Tim Osborne (Rancho Alamitos)	1984
161-8	Tim Tillman (Savanna)	1989
161-8	Griffin Wayne (Esperanza)	1996
161-7	Christian Ydends (Santa Margarita)	2015
161-6	Ryan Caine (Villa Park)	2000
161-6	Dwayne Peck (Marina)	2004

161-4	Richard Echard (Los Alamitos)	1971
161-4	Brian Dyke (Bolsa Grande)	1973
161-4	Roger Masangkay (Huntington Beach)	1983
161-4	Cameron Calvin (Woodbridge)	2004
161-3	Don Winters (Valencia)	1987
161-3	Cracchiolo (Fountain Valley)	1995
161-2	Earnie Sagiao (Edison)	2008
161-1	Skip Rimer (Corona del Mar)	1970
161-1	* Brendon Birdsell (Beckman)	2008
161-0	John Covington (Sunny Hills)	1972
161-0	***Scott Paulsen (Valencia)	1986
160-11	Chad Bruechert (Fullerton)	1988
160-11	Jason Carpenter (Katella)	1996
160-10	Taso Tsirtsis (El Toro)	1996
160-10	Shane Torrea (Dana Hills)	2005
160-10	Donald Caskey (Mater Dei)	2010
160-9	*Peter Timoti (Valencia)	2014
160-7	T. J. Brown (Mission Viejo)	1993
160-7	Kyle Hodges (Dana Hills)	2006
160-6	Hill (University)	1982
160-6	James Sargent (Tustin)	1999
160-5	*Mark Kricfalusi (Canyon)	1980
160-5	Zach Smotherman (El Modena)	2006
160-4	Ayles (Costa Mesa)	1979
160-4	Rudy Motley (Santiago)	1989
160-3	Pedro Lucas (Western)	2004
160-2	Greg Holden (Costa Mesa)	1976
160-2	*Adam Waller (Esperanza)	2014
160-1	* Scott Strayer (Huntington Beach)	2004
160-0	Pat O'Shaughnessy (Valencia)	1972
160-0	Paul Richard (Valencia)	1991
160-0	Amico (Huntington Beach)	2000
160-0	Mark Corrales (Huntington Beach)	2000

Discus (4 lb. 6oz.)

161-2	Steve Lehmer (Loara)	1966
155-3	*Brian Blutreich (Capo Valley)	1984
147-8	Dale Gordon (El Modena)	1969

Hammer Throw #12

238-9	Brad Bolton (El Toro)	2011
171-9	Silviu Bocanea (Corona del Mar)	2014
163-5	*Mason Crane (Corona del Mar)	2016
150-8	Jacob Fraser (El Toro)	2011
150-4	Joe Parsons (La Habra)	2007
148-4	Brian Snell (Esperanza)	1994
147-9	Griffin Wayne (Esperanza)	2004
147-8	Justin Birrell (Esperanza)	1997
139-3	Will Parsons (La Habra)	2010
128-3	Sean Jarne (Esperanza)	1995
128-2	Travis Kirske (Esperanza)	1992
124-0	R Frye (Esperanza)	1999

Junior (6kg/13.2-lb)

217-6	Brad Bolton (El Toro)	2011
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International (16-lb)

207-10	Brad Bolton (El Toro)	2011
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ALL-TIME INDOOR MARKS LIST

Boys

50 meters

5.86	* Tim Martin (San Clemente)	1990
5.90	Matt Bruno (Trabuco Hills)	2002
5.91	Darryl Poston (Edison)	2001
5.93	Gary Young (Woodbridge)	1994
5.94	Denny Casupanan (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 (Servite)	2003
6.23	* Sparks (Mater Dei)	1991
6.24	Phil Lau (Mission Viejo)	1999
6.26	Adam Hayworth (Marina)	2002
6.27	Ed Presbury (Loara)	1992
6.31	Tim Fitzgerald (Santa Margarita)	1996

60 yards/55 meters#

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

60 meters

6.78	Kerwin Bell (Edison)	1980
6.85	Kyle Middlebrooks (Fountain Valley)	2009

6.87	Tony Pitts (SA Valley)	1978
7.15	David Reedus (Westminster)	1988

300 meters

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

500 yards

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

600 yards

1:14.72	Chad Rozean (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
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Two Mile

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

3,000 meters

8:31.2'	Mark Junkerman (Los Alamitos)	1983
8:38.2'	Gus Quinonez (Huntington Beach)	1983

50 meter High Hurdles

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

60 Yard High Hurdles

7.57	Steve Kerho (Mission Viejo)	1981
7.64c	Terry Johnson (Katella)	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
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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

6-10.75	**Sean Lee (Trabuco Hills)	2016
6-10	Harrison Steed (JSerra)	2010
6-7	Dave White (Marina)	1977
6-6	Kevin Connell (Newport)	1975
6-6	Kevin Cuervo (Western)	1976
6-6	Brad Harris (Los Alamitos)	1978
6-6	Todd Hart (Servite)	1981
6-6	Francel Jones (SA Valley)	1982
6-6	Eric Wheelwright (Edison)	1985
6-6	Jeff Waldren (Cypress)	1992
6-6	Jay Lin (Sonora)	1993
6-6	Brian Carlson (Katella)	1993
6-6	Alex Marbley (Tustin)	2001
6-5	Roger Leary (El Toro)	1983
6-5	Mitchell Bland (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

58-2.75 Rocky Fenton (San Clemente)

2014

Long Jump

23-10	Devin Harrison (Dana Hills)	2009
23-2.5	Tony Pitts (SA Valley)	1978
22-9.5	* Jim Morgan (Mater Dei)	1966
22-8	William Dancy (SA Valley)	1989
22-6.25	* Dakarai Barnett (Fountain Valley)	2015
22-5	Eric Dorn (Estancia)	1986
22-3.5	Denny Casupanan (Fustin)	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 WilliamsjTroy)	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

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

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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

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

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

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			

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

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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

2:15.86	Kylee Vandenberg (San Juan Hills)	2013	2:17.8	Marcia Escobosa (El Dorado)	1984
2:15.92	Sara Bass (Los Alamitos)	2014	2:17.84	**Sarah Porter (Santa Margarita)	2010
2:15.98	Jacque Adams (Foothill)	2013	2:17.85	Karen Nance (Capo Valley)	1986
2:16.03	**Alexandria Adams (Northwood)	2010	2:17.87	Angel Vallier (Mission Viejo)	2015
2:16.10	Katherine Gullikson (Dana Hills)	2010	2:17.9	Brittany Swanek (Foothill)	2000
2:16.12	***Mackensie Peace (Mission Viejo)	2011	2:17.90	*Nicci Corbin (Tesoro)	2010
2:16.14	***Melissa Mello (Mission Viejo)	2006	2:17.91	Briar Brumley (Tesoro)	2015
2:16.21	Lauren Greco (Edison)	2012	2:17.93	Karen Anderson (Edison)	1995
2:16.3 +	Kim Vollmer (Canyon)	2:17.1y 1978	2:17.93	** Kim Condino (Corona del Mar)	2008
2:16.3 +	Shannon Stryker (Tustin)	2:17.1y 1982	2:17.94	** Jenny Pilecki (Huntington Beach)	2008
2:16.33	Rachel Roesgen (Santa Margarita)	2012	2:17.98	*Joy Wilk (Esperanza)	2003
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			
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
4:23.4'	Julie Seleine (University)	1983	4:26.8'	Jennifer Abraham (Foothill)	1983
4:29.3'	Jennifer Abraham (Foothill)	1983	4:31.2'	Shelley Taylor (Edison)	1992
4:31.2'	Shelley Taylor (Edison)	1992	4:31.6'	Courtney Pugmire (Esperanza)	1995
4:31.6'	Courtney Pugmire (Esperanza)	1995	4:33.0'	** Sharon Hulse (Edison)	1978
4:33.0'	** Sharon Hulse (Edison)	1978	4:33.4'	* Staci Kneeshaw (Foothill)	1979
4:33.4'	* Staci Kneeshaw (Foothill)	1979	4:34.1'	**Nicole Ritchot (Edison)	1984
4:34.1'	**Nicole Ritchot (Edison)	1984	4:34.3'	Tammy Snyders (Edison)	1984
4:34.3'	Tammy Snyders (Edison)	1984	4:34.3'	Kathy Karpel (Ocean View)	1987
4:34.3'	Kathy Karpel (Ocean View)	1987	4:35.6'	Leslie Pratt (Edison)	1983
4:35.6'	Leslie Pratt (Edison)	1983	4:35.7'	*Barbara Boisvert (Orange Lutheran)	1992
4:35.7'	*Barbara Boisvert (Orange Lutheran)	1992	4:36.0'	Sherri Smith (Woodbridge)	1986
4:36.0'	Sherri Smith (Woodbridge)	1986	4:36.02'	Molly Babcock (Woodbridge)	2012
4:36.02'	Molly Babcock (Woodbridge)	2012	4:36.8'	Maggie Henson (Newport)	1986
4:36.8'	Maggie Henson (Newport)	1986	4:36.90	Amy Cox (Foothill)	1984
4:36.90	Amy Cox (Foothill)	1984	4:37.3'	Marcia Escobosa (El Dorado)	1984
4:37.3'	Marcia Escobosa (El Dorado)	1984	4:37.6'	Judy McLaughlin (University)	1983
4:37.6'	Judy McLaughlin (University)	1983	4:38.3'	*Allyson Marquand (University)	1998
4:38.3'	*Allyson Marquand (University)	1998	4:39.03	Laura McCracken (Westminster)	1983
4:39.03	Laura McCracken (Westminster)	1983	4:39.2'	Shannen Karpel (Ocean View)	1987
4:39.2'	Shannen Karpel (Ocean View)	1987	4:39.2'	** Hilary May (Corona del Mar)	2005
4:39.2'	** Hilary May (Corona del Mar)	2005	4:39.9'	Kelly Lewis (Dana Hills)	1987
4:39.9'	Kelly Lewis (Dana Hills)	1987	4:39.97	**Amber Parkinson (Orange Lutheran)	1991
4:39.97	**Amber Parkinson (Orange Lutheran)	1991	4:39.97	**Christie Engesser (Ocean View)	1991
4:39.97	**Christie Engesser (Ocean View)	1991	4:41.30'	*Kylie Nishisaka (Marina)	2012
4:41.30'	*Kylie Nishisaka (Marina)	2012	4:42.1	**Anabelle Villanueva (Fountain Vally)	1979
4:42.1	**Anabelle Villanueva (Fountain Vally)	1979	4:42.2'	Carrie Caulkins (Esperanza)	1995
4:42.2'	Carrie Caulkins (Esperanza)	1995	4:42.3'	** Shelby Buckley (Corona del Mar)	2006
4:42.3'	** Shelby Buckley (Corona del Mar)	2006	4:42.5'	***Kellie Campbell (Corona del Mar)	1993
4:42.5'	***Kellie Campbell (Corona del Mar)	1993	4:42.7	Heidi Sickler (Laguna Hills)	1993
4:42.7	Heidi Sickler (Laguna Hills)	1993	4:42.97	**Krishna Dahlberg (El Modena)	1991
4:42.97	**Krishna Dahlberg (El Modena)	1991	4:43.1'	Buffy Rabbitt (Newport)	1986
4:43.1'	Buffy Rabbitt (Newport)	1986	4:43.10	Kristin Harkins (La Quinta)	1987
4:43.10	Kristin Harkins (La Quinta)	1987	4:43.1'	**Jennifer Spahr (Huntington Beach)	1995
4:43.1'	**Jennifer Spahr (Huntington Beach)	1995	4:44.4'	*Janna Evans (Edison)	1992
4:44.4'	*Janna Evans (Edison)	1992	4:45.47	* Nancy Dollar (San Clemente)	1994
4:45.47	* Nancy Dollar (San Clemente)	1994	4:45.7'	Susanna Thrasher (Villa Park)	1990
4:45.7'	Susanna Thrasher (Villa Park)	1990	4:44.8	* Kim Nelson (Canyon)	1993
4:44.8	* Kim Nelson (Canyon)	1993	4:45.9	Shannon Stryker (Tustin)	1982
4:45.9	Shannon Stryker (Tustin)	1982	4:45.9	* * Amber Steen (Newport)	1999
4:45.9	* * Amber Steen (Newport)	1999	4:46.1'	Denisha Bendz (Costa Mesa)	1992
4:46.1'	Denisha Bendz (Costa Mesa)	1992	4:46.5	* Heather Garritson (Buena Park)	1997
4:46.5	* Heather Garritson (Buena Park)	1997	4:46.9'	**Carne Garritson (Sunny Hills)	1992
4:46.9'	**Carne Garritson (Sunny Hills)	1992	4:46.9'	*Meghan Mayes (Capo Valley)	1993
4:46.9'	*Meghan Mayes (Capo Valley)	1993	4:47.3'	Heather Killeen (Valencia)	1991
4:47.3'	Heather Killeen (Valencia)	1991	4:47.7	* Theresa Barrios (University)	1982
4:47.7	* Theresa Barrios (University)	1982	4:47.7	Melisa Partin (University)	1983
4:47.7	Melisa Partin (University)	1983	4:47.7	Elizabeth Alexander (Tustin)	1993
4:47.7	Elizabeth Alexander (Tustin)	1993	4:47.8	* Heather Cuthbertson (Marina)	1995
4:47.8	* Heather Cuthbertson (Marina)	1995	4:47.9	***Kathy Kiernan (Los Amigos)	1979
4:47.9	***Kathy Kiernan (Los Amigos)	1979	4:48.3	Sita Jones (La Habra)	1988
4:48.3	Sita Jones (La Habra)	1988	4:48.3	*** Meghan Mainwaring (Santa Margarita)	1999
4:48.3	*** Meghan Mainwaring (Santa Margarita)	1999	4:48.7	Taryn Lawson (Ocean View)	1995
4:48.7	Taryn Lawson (Ocean View)	1995	4:48.78	* Amy Robles (Woodbridge)	1990
4:48.78	* Amy Robles (Woodbridge)	1990	4:48.9'	Kelly Flathers (Mater Dei)	1990
4:48.9'	Kelly Flathers (Mater Dei)	1990	4:48.99	**Rajai Espinoza (Dana Hills)	1991
4:48.99	**Rajai Espinoza (Dana Hills)	1991	4:49.0	Tammy Snyder (Edison)	1984
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

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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

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

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	Jacque 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

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

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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

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

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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

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

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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	14.55	* Kelly Collins (Santa Margarita)		2007
15.13	Lima Smith (Villa Park)		1984	14.56	Inshirah Jones (Esperanza)		1995
15.14c	Sarah Moleski (Katella)	14.9	1980	14.60	*Susie Ray (Villa Park)		1979
15.14c	Sharon Attlesy (Katella)	14.9	1986	14.68	Genelle Ives (Dana Hills)		2005
15.14c	Le Anne Margerum (Fountain Valley)	14.9	1980	14.68	* Caroline Hilley (Santa Margarita)		2013
15.16	*Rene Wright (Orange Lutheran)		1990	14.71	*Julie Handy (Esperanza)		2001
15.17	*Shundra Holland (Saddleback)		1986	14.73	Chelsea Taylor (Mission Viejo)		2008
15.19	*Gaylen Ames (El Modena)		1984	14.79	Emma Kratzberg (Newport)		2015
15.20	Laura Knight (Katella)		1982	14.80	Kristen Woepse (Woodbridge)		2004
15.21	Heather Novak (Santa Margarita)		1992	14.82	*Katie Mook (Foothill)		1994
15.22	Tammy Siefert (Cypress)		1982	14.82	* Michaela King (Dana Hills)		2013
15.23	Kristina Lockwood (Woodbridge)		1990	14.83	**Olivia Teegarden (Mision Viejo)		2015
15.24c	Heidi Smith (Valencia)	15.0	1991	14.84	Kyndol Craver (Woodbridge)		2013
15.24c	*Tracy Broughton (Irvine)	15.0	1991	14.85	**Erin Stovall (Woodbridge)		1995
15.25+	Beth Rockliffle (Santa Ana)	15.1y	1978	14.87	Tori Usgaard (Dana Hills)		2012
15.25	Nancy Chabot (Brea)		1990	14.88	***Nikki Merritt (Santa Margarita)		2015
15.28	Erin Stansbury (Ocean View)		1989	14.89	* Grace Esslinger (Dana Hills)		2008
15.29	Emily Thiebaud (Esperanza)		1988	14.89	Michelle Wicker (Trabuco Hills)		2010
15.33	Jennifer Owens (San Clemente)		1988	14.94	Jessica Bragg (El Toro)		2009
15.34c	Leanna Delgado (Estancia)	15.1	1980	14.96	Michelle Urabe (Mater Dei)		2010
15.34c	Sharon Bruster (El Modena)	15.1	1980	14.98	Jordan Agnew (Los Alamitos)		2013
15.34c	*Susie Jacobsen (Newport)	15.1	1989	14.98	*Hannah Durarte (Mission Viejo)		2015
15.34	Shelby MacKay (Dana Hills)		1990	15.02	*Marie Philman (Edison)		1995
15.35	Summer Everly (El Toro)		1989	15.02	Amanda Fleskoski (Mission Viejo)		2000
15.38	** Millie Potts (Loara)		1982	15.03	*Amanda Shanklin (Santa Margarita)		1998
15.39	Tiffany Feliz (Mater Dei)		1986	15.03	*Kelsey Schuler (Katella)		2006
15.42	Ann Kissinger (Marina)		1988	15.04c	Heather Sterlin (Mission Viejo)	14.8	1992
15.43	***Lynde Gibson (Woodbridge)		1991	15.04c	*Kerry O'Brice (Edison)	14.8	1995
15.44	Ursula Lovely (Kennedy)		1987	15.04c	*Rachael Ziemann (Edison)	14.8	2001
15.44c	Katie Whitfield (Dana Hills)	15.2	1983	15.04	Becky Marshburn (Dana Hills)		2005
15.44c	*Kelly Grand (Los Amigos)	15.2	1985	15.08	Lindsay Wells (Mater Dei)		2000
15.44+	Ashley Selman (Foothill)	15.3y	1988	15.08	*Jasmine Webb (Buena Park)		2004
15.47	Tamara Noggle (El Dorado)		1989	15.10	**Heather Gibson (Orange Lutheran)		2004
15.49	*Brenda Robinson (SA Valley)		1989	15.10	Lauren Correa (El Toro)		2005
15.50	**Jill Lindhart (Capo Valley)		1986	15.11	Cira Wright (Kennedy)		2000

Wind-aided:

14.04+	Chris Davenport (Troy)	14.13y	1979	15.14	Kiana Henry (Canyon)		2011
14.08	Laura Mills (Unversity)		1981	15.14	Brittney Thornton (San Clemente)		2013
14.08	Sharon Hatfield (Fountain Valley)		1982	15.15	Krissy Knowles (Fountain Valley)		2009
14.08+	*Suzie Ray (Villa Park)	14.17y	1979	15.16	*Alison Parsons (Los Alamitos)		2015
14.13	Tracy Hanlon (Edison)		1980	15.18	Heather Novak (Santa Margarita)		1994
14.20	Stacy Noton (Sunny Hills)		1983	15.20	*Cristina Ohaeri (Esperanza)		1995
14.27	Jocelyn Lee (Irvine)		1983	15.20	Hailey Bond (Edison)		2014
14.39	Angela Rock (El Toro)		1981	15.24c	*Susan Pettus (Marina)	15.0	1995
14.60	*Kim Collins (Tustin)		1985	15.24	Jenna Wendell (Santa Margarita)		2008
14.63	Ann Kissinger (Marina)		1988	15.26	*Shay Alexander (Capo Valley)		2001
14.79	Nikki Jackson (Esperanza)		1990	15.26	*Trista Marquez (Dana Hills)		2004
14.95	Alison Franke (Canyon)		1988	15.28	*Jasmine Webb (Buena Park)		2004
14.95	Emily Thiebaud (Esperanza)		1988	15.33	Mandy Girling (Orange Lutheran)		1999
14.97	**Heather Novak (Santa Margarita)		1992	15.33	Amber Carpenter (Santa Margarita)		2003
15.23	Ashley Selman (Foothill)		1988	15.33	* Jordan Davis (Troy)		2013
15.23	Brenda Robinson (Newport)		1990	15.33	*Davina Pham (Fountain Valley)		2015
15.27	Sher Dufur (Canyon)		1981	15.34c	Megan Scanlon (Troy)	15.1	1999
15.30	Chris Tucker (Irvine)		1981	15.35	Dilcia Loomis (Sunny Hills)		2006
15.31	Jennifer Owens (San Clemente)		1988	15.38	Michaela Schaeffer (Edison)		2013
15.34	Susie Jacobson (Newport)		1990	15.39	Ashley Jsmes (Savanna)		2008
15.44	Karen Rish (Marina)		1986	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	Taylor 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

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

15.55	**Jill Holmes (El Toro)	1994	14.44	Katie Mook (Foothill)	1995	
15.56	Sarah Bonilla (Brea)	1998	14.64	Chelsea Taylor (Mission Viejo)	2008	
15.56	Jocelyn Parkinson (St Margaret's)	2002	14.65	Julie Handy (Esperanza)	2004	
15.60	*Chelsea Larson (Orange Lutheran)	2010	14.70	Kristen Woepse (Woodbridge)	2005	
15.60	**Ashlan Revollar (Los Alamitos)	2014	14.71	Kyndol Craver (Woodbridge)	2013	
15.61	**Taylor Sims (Tesoro)	2012	14.73	**Michaela King (Dan Hills)	2012	
15.62	**Cira Wright (Kennedy)	1998	14.74	***Nikki Merritt (Santa Margarita)	2015	
15.63	Cathy Mullee (Edison)	1998	14.76	Krissy Knowles (Fountain Valley)	2009	
15.63	*Emily Peterson (El Toro)	2010	14.86	Michaela King (Dana Hills)	2014	
15.63	Mychal Robinson (Tustin)	2015	14.87	Kiana Henry (Canyon)	2011	
15.64c	Courtney Morris (Marina)	15.4	1995	14.90	Jordan Agnew (Los Alamitos)	2013
15.64	*Victoria Ton (Northwood)	2004	14.96	Lindsay Wells (Mater Dei)	2000	
15.65	*Madison Klovsstad (El Modena)	2002	14.50	Inshirah Jones (Esperanza)	1995	
15.71	Rosita Smith (Mater Dei)	1994	14.52	*Erin Stovall (Woodbridge)	1996	
15.72	*Lauren Porter (Northwood)	2010	14.56	* Amanda Shanklin (Santa Margarita)	1998	
15.72	Yasmee Chennault (Laguna Hills)	2011	14.64	Chelsea Taylor (Mission Viejo)	2008	
15.73	** Elizabeth Loper (Trabuco Hills)	2009	14.81	Michelle Wicker (Trabuco Hills)	2010	
15.74	Katy Zimmon (Edison)	1998	14.82	Lauren Wilson (Esperanza)	2006	
15.74	Emma Farrell (Mission Viejo)	2013	14.87	Lauren Correa (El Toro)	2005	
15.77	**Stevie Nicholas (Sunny Hills)	1998	14.90	Ashley Jsmes (Savanna)	2008	
15.78	Lisa Stigman (Dana Hills)	1997	14.92	Michelle Urabe (Mater Dei)	2010	
15.78	Nicole Lomeli (Esperanza)	1999	15.01	Cristina Ohaeri (Esperanza)	1995	
15.78	Annie Bubinski (Dana Hills)	2011	15.01	*Heather Gibson (Orange Lutheran)	2005	
15.79	Kelly O'Connor (Esperanza)	1996	15.07	Hailey Bond (Edison)	2014	
15.79	Marie Ingram (Aliso Niguel)	2006	15.11	*DavinaPham (Fountain Valley)	2015	
15.79	Lauren Wilson (Esperanza)	2006	15.12	Michaela Schaeffer (Edison)	2013	
15.79	Rebecca Hamilton (Mater Dei)	2008	15.21	Shay Alexander (Capo Valley)	2002	
15.79	** Paige Grigus (Fountain Valley)	2009	15.25	Madison Klovsstad (El Modena)	2003	
15.82	Paige Donaldson (San Juan Hills)	2014	15.32	Marlene Lang (Fountain Valley)	1994	
15.83	*Cathy Mullee (Edison)	1997	15.32	*Aaliyah Banner (Buena Park)	2015	
15.83	*Adrienne Baker (Santa Margarita)	2006	15.33	Brittany Hanrahan (Mater Dei)	2013	
15.83	Lily Trinh (Fountain Valley)	2010	15.33	**Ashlan Revollar (Los Alamitos)	2014	
15.84c	**Amber Price (SA Valley)	15.6	1997	15.35	Katie O'Dell (University)	2002
15.84	** Brit Vasac (Dana Hills)	2007	15.35	Juliana Crum (Troy)	2010	
15.84	***Ami Ballo (Dana Hills)	2010	15.36	*** Taylor Ramirez (Katella)	2008	
15.85	** Taylor Ramirez (Katella)	2009	15.39	*Mariah Durian (Esperanza)	2011	
15>86	**Erin Gerardo (Santa Margarita)	2015	15.46	Misha Vincent (Orange)	2010	
15.87	*Malia Billups (Brea)	2006	15.47	**Emma Kratzberg (Corona del Mar)	2014	
15.87	**Chelsea Josten (Brea)	2006	15.48	*Chelsea Larson (Orange Lutheran)	2010	
15.87	*Tiffany Liu (Corona del Mar)	2006	15.51	Tiffany Pransky (Orange Lutheran)	2005	
15.87	*Jessica Robson (Newport)	2006	15.52	**Davina Pham (Fountain Valley)	2014	
15.87	Nadia Sine (Woodbridge)	2014	15.53	Laurel Simpson (Capo Valley)	1995	
15.89	** Megan Jones (Dana Hills)	2009	15.54	*Sara Jane McIntyre (El Modena)	2000	
15.90	Megan Jones (Dana Hills)	2011	15.54	Malia Billups (Brea)	2007	
15.90	Brittany Hanrahan (Mater Dei)	2012	15.55	*Lexi Shaw (San Juan Hills)	2012	
15.90	Gabi Sagorin (Woodbridge)	2014	15.56	Marie Ingram (Aliso Niguel)	2006	
15.91	**Alison Parsons (Los Alamitos)	2014	15.57	Susie Schmidt (Westminster)	1993	
15.93	Tiffany Pransky (Orange Lutheran)	2005	15.58	***Kendra Larkins (Brea)	1993	
15.94c	Christina Gustlin (Foothill)	15.7	1994	15.58	Paige Donaldson (San Juan Hills)	2014
15.94c	Kendra Larkins (Brea)	15.7	1996	15.61	Amber Price (Saddleback)	1999
15.94c	Katie Wildermuth (Santa Margarita)	15.7	1998	15.61	**Alison Parsons (Los Alamitos)	2014
15.94c	*Nicole Yergler (Santa Margarita)	15.7	2004	15.62	Tori Occhipinti (Crean Lutheran)	2013
15.95	***Shay Alexander (Capo Valley)	1999	15.63	Lisa Stigman (Dana Hills)	1997	
15.95	Keena Bensworth (Trabuco Hills)	2013	15.64c	*Roberta Burns (Dana Hills)	15.4	1994
15.95	Hailey James (Foothill)	2013	15.64c	Tia Barbee (El Toro)	1995	
15.96	Carrie Hoagland (Canyon)	1994				
15.96	*Rene Delellis Rosary)	2000				
15.96	Taylor Sims (Tesoro)	2012				
15.96	*Isabella Branstrom (San Clemente)	2014				
15.97	Smith (SA Valley)	2000				
15.97	Ashley Vogt (Mission Viejo)	2001				
15.97	Kathryn Karkut (Calvary Chapel)	2008				
15.97	*Annie Bubinski (Dana Hills)	2010				
15.97	*Claire Curie (El Toro)	2012				
15.97	Kaylin Petersen (Brea)	2013				
15.97	Tori Occhipinti (Crean Lutheran)	2013				
Wind-aided:						
13.62	*Ashley Bethel (Mission Viejo)	1997				
13.82	Dana Bethel (Mission Viejo)	2001				
14.11	Natalie Roy (Mission Viejo)	2007				
14.14	Emma Radan (Mater Dei)	2014				
14.15	Kimmie Conner (Dana Hills)	2010				
14.20	Monica Todd (Trabuco Hills)	2010				
14.41	Kerry O'Bric (Edison)	1995				
300 meter Hurdles						
42.18	Hope Bender (Newport)	2015				
42.55	Sharon Hatfield (Fountain Valley)	1982				
42.75	Kristen Kiefer (Capo Valley)	2007				
42.84	Kaci Keffer (Woodbridge)	1990				
42.97	Kimmie Conner (Dana Hills)	2010				
43.00	Emma Radan (Mater Dei)	2014				
43.20	**Genelle Ives (Dana Hills)	2003				
43.24	*Shebanette Terry (Irvine)	2012				
43.26	Chelsea Taylor (Mission Viejo)	2008				
43.36	*Becky Marshburn (Dana Hills)	2004				
43.40	Michaela King (Dana Hills)	2014				
43.41	Amanda Shanklin (Santa Margarita)	1999				
43.42	* Monica Todd (Trabuco Hills)	2009				
43.45	Nikki Jackson (Esperanza)	1990				
43.45	*Julie Handy (Esperanza)	2001				
43.52	*Coco Putnam (Laguna Beach)	2015				
43.54	Stacy Hoton (Sunny Hills)	1983				

43.56	Yasmin Webb (Buena Park)		2005	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				

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
3:48.60	Mater Dei		2014	3:55.98	Mission Viejo		2009
3:48.89	Mission Viejo		1986	3:56.02	Corona del Mar		2006
3:48.97	Los Alamitos		2015	3:56.07	Mission Viejo		1989
3:48.98	Mater Dei		2013	3:56.25	Western		2003
3:48.99	El Toro		2005	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

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

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

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

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 Voisinnet (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

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

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

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
135-2	*Elizabeth Jones (Corona del Mar)	2016
134-2	*Megan McCullough (Mission Viejo)	2012
130-3	Rachel Raper (Esperanza)	2005
127-3	Evy Roberts (Dana Hills)	2014
122-1	Katie Laich (Esperanza)	2007
119-6	***Molly McCullough (Mission Viejo)	2010
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
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500 yards

65.4	Arlise Emerson (Westminster)	1978
68.4	Rhonda Patcha (Valencia)	1978
68.5	* Tanya Ransom (El Toro)	1983
68.6	Trisha Aubuchon (Esperanza)	1985
68.7	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
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880 yards

2:02.4	**Mary Decker (Orange)	1974
2:10.96	Liz Morse (Corona del Mar)	2000
2:14.8	Cindy Stoughton (Corona del Mar)	1981
2:17.5	Maggie Henson (Newport)	1986
2:17.7	Christie Engesser (Ocean View)	1993
2:18.2	** Sharon Hatfield (Fountain Valley)	1980
2:18.4	* Nicole Biggers (El Toro)	1984
2:19.3	Shannon Karpel (Ocean View)	1987
2:19.4	Lori 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

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

Long Jump

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 Bandle (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
40-8	*Elizabeth Jones (Corona del Mar)	2016

ALL-TIME SCHOOL RECORDS

ALISO NIGUEL

Boys			
100m	John Galloway	11.04	2015
	Sean Damiano	11.04	2015
200m	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
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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
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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				

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	Bronson Osborn	70-0	2016
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	Brain Appell	4:16.4+ (4:17.8y)	1978
3200m	Bob Erickson	9:02.57	1982
110m H	Ken Margerum	13.82+(13.78y)	1977
300 H	Hassan Ilyas	38.33	2011
400m R		42.67	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

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

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

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

loom	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	1979
TJ	Alice Franklin	38-6.5	1982
SP	Loanna Alo	41-7.75	1990
Dis	Lisa Williams	142-0	1983

SANTA MARGARITA

Boys

100m	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
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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
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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

